

# The Concrete Herald

The Eastern Skagit County

Vol. 93, No. 4

April 2010

50 cents



Sign of a hero

p. 17

## Time for *Tulips*

Skagit County's biggest springtime attraction is in full bloom. The Skagit Valley Tulip Festival, which began April 1 and runs through the end of the month, boasts hundreds of acres of tulips bursting forth with millions of blossoms.

"The best part about my job is the people who are coming here because they want to experience the beauty of Mother Nature," said Tulip Festival Director Cindy Verge.

See **Tulips**, p. 11

## Woodfest is back!

By Ben Smith

Sedro-Woolley's officially sanctioned Tulip Festival event has returned for 2010 after a one-year hiatus in 2009, with all of this year's Woodfest events taking place at Sedro-Woolley High School.

Woodfest events will be held inside and outside the high school at 1235 Third Street. The event runs from April 10-11, from 9 a.m. to 5 p.m. on Saturday and from 10 a.m. to 4 p.m. on Sunday. Local chainsaw wood carvers will be carving on-site in the high school parking lot. Wood-carving vendors and other woodworking-related vendors will be inside the high school gym.

If you get hungry while watching the chips fly or browsing the displays, students and groups from the high school will offer concessions in the high school gym.

Pola Kelley, executive director of the Sedro-Woolley Chamber of Commerce, said that Woodfest is intended to show off Sedro-Woolley crops (trees) along with the tulips of the western part of Skagit county. Fittingly, Woodfest is all about wood.

**How much is that carving in the window?**

Check out the woodcarving raffle. The raffle winner will receive a chainsaw woodcarving of a bear. According to the Chamber Web site, the bear carving to be

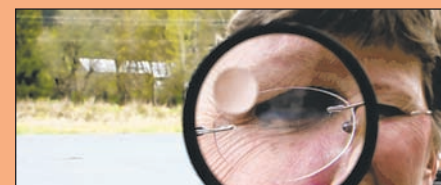
See **Woodfest**, p. 26



## Marblemount goes to battle, p. 22



Beth Sier



## History Detectives land in Rockport, p. 20



## Sweets from the sweet Local cake-maker creates tasty, artistic confections

Dulce Tenney must have been born to bake mouthwatering cakes: Even her Spanish name means "sweet."

Working from home, the Concrete chef creates birthday and wedding cakes that are works of art, as well as objects of desire for discerning taste buds.

Her fledgling business, Dulce's Cakes,

See **Cakes**, p. 11

*Published the first  
Wednesday of each month*

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# Concrete Herald

The Voice of Eastern Skagit County

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## Editorial

The Town of Concrete just shelled out more than \$100,000 of its own money to settle out of court a threatened lawsuit by BOSS Construction of Bellingham, which built the town’s waste-water treatment plant.

Why did the Town choose to settle? It’s no huge secret that our small community isn’t exactly flush with cash; the treatment plant itself was built using millions of dollars in grants and low-interest loans that the citizens of Concrete are now paying back. To appease BOSS, the Town pulled funds from an account dedicated to building a new Public Works building, an account into which it had been squirrelling away funds for several years. Doing so set back a much-needed project for even more years.

See Editorial, p. 21

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# Opinion

## Letters to the editor

### Prayers and love for Don Smith

Healing prayers are sent to our dear friend Don Smith (formerly of Sauk City, now of Sedro-Woolley) as he recovers from surgery.

See [www.carecalendar.org/logon/33274](http://www.carecalendar.org/logon/33274) for ways to help Don and Cheri, Orion, and Si during this challenging time. With love from your extended upriver family,

*Christie Fairchild  
Rockport*

### Thanks for Easter Egg Hunt prizes

We would like to thank the community members who donated prizes for the Easter Egg Hunt at Ovenell’s Heritage Inn & Log Cabins:

Concrete Theatre, Annie’s Pizza Station, 2G’s Mobile Cafe, Hair Fitness, Albert’s Red Apple, Valley Auto Supply (NAPA), Perks Espresso, Cascade Supply, Java Zone, Summit Bank, Sauk View Gallery.  
*Kris Ovenell-Hansen  
Concrete*

### Higher taxes a “moral necessity”?

Senator Lisa Brown (D – Spokane) believes that raising taxes is a “moral necessity” and she has convinced many in the legislature and the governor of this. Increases in sales tax and new taxes on bottled water and income are not the answer. Now is not the time for new taxes. With the state and national economies showing weakness since the fall of 2008, the budget shortfall was foreseeable and should have been planned for accordingly. When families have budget shortfalls they cannot go to their employers and seek additional monies, they must instead make decisions on expenses to cut to bring their budget into balance.

*Chris Ward  
Olympia*

### Letters policy

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

### Kristiansen bill signed into law

#### clearing way for retired firefighters to return to volunteer service

Retired firefighters who are collecting pensions will no longer be barred from volunteer firefighting duties under a bill sponsored by Rep. Dan Kristiansen, and signed into law during the week of March 15 by Gov. Chris Gregoire.

“Many rural fire districts rely on volunteers and could use the experience of someone who has retired from a life-long career of firefighting. Unfortunately, state law has prohibited retired firefighters who have been collecting a pension from volunteering their services. This measure eliminates that prohibition,” said Kristiansen, R-Snohomish.

Under House Bill 2823, retired firefighters who are at least age 65 and have been collecting a pension for at least three months would be permitted to resume volunteer firefighting. The measure makes clear that those who return are not eligible for disability payments in the event of an injury related to volunteer firefighting duties. Retired firefighters also would need to pass annual medical exams in order to offer their services.

“We have a high population of retired firefighters and collecting a pension who would enjoy volunteering. It seems pretty basic to be allowed to volunteer to help your community and your neighbors. I’m not quite sure why the law didn’t allow it, but now this legislation opens the door so communities can benefit from the vast experience of retired firefighters,” Kristiansen noted.

“House Bill 2823 will be a big help to the public, fire districts, and most importantly, volunteer firefighters,” added Ryan Spiller, spokesman for the Washington Fire Commissioners Association. “Representative Kristiansen’s leadership over the years has been extremely beneficial to fire districts and the fire service.”

The measure gained unanimous approval in both the House and Senate. The new law becomes effective in June.

### Corrections

The Athletes of the Month feature in our March issue incorrectly stated wrestler Jacob White’s grade level. Jacob White is a senior this year.

# Cleaning up Concrete

Townwide garbage, recycling, and yard waste pick-up and drop-off scheduled for April 10–11

Got any extra garbage, recyclable items, or yard waste? If you live in Concrete, this is your lucky weekend.

The Town of Concrete will hold its annual townwide residential garbage, recycling, and yard waste clean-up days on April 10 and 11, from 9 a.m. to 4 p.m. both days. The event allows all residents of Concrete to dispose of one average size pick-up load for free.

Concrete residents should receive a flyer in the mail before April 10. Any resident wishing to drop off materials must present the flyer and a valid ID that verifies that address as being within Concrete town limits.

The dropoff location is the same as last year: just east of the Skate Park and the Lone Star Building in Concrete.

## At a glance

**What:** Concrete townwide clean-up days

**When:** April 10–11, 9 a.m. to 4 p.m.

**Where:** East side of Skate Park, Main Street, Concrete

**Open to:** Concrete residents only

**Bring your flyer and ID to drop off refuse!**

## Pass-clearing proceeds two steps forward, one back

WSDOT crews began clearing State Route 20 west of Washington Pass on March 22. While good progress is being made, eight inches of new snow greeted snow-clearing crews on March 29 (photo courtesy of WSDOT).

They made progress despite the new snow and were able to clear the second half of the Cutthroat Ridge avalanche zone. They even completed a single cut with a Kodiak almost to Spiral



The following items will be accepted:

- Household garbage
- Junk and debris
- Clean wood
- Recyclable materials
- Furniture

Any furniture items longer than six feet must be cut into smaller pieces.

Some restrictions apply. No commercial loads will be accepted, for example; this is for residential purposes only. Information will be available regarding proper disposal of the following, which will not be accepted at the clean-up:

- Paint, roofing material
- Large appliances and propane tanks
- Construction debris, tires
- Large auto parts or computer parts
- Hazardous materials, such as motor oil, fluorescent bulbs, or flammables
- Asphalt, dirt, rock, or loose pet litter
- Microwaves, televisions, monitors

All wood and yard debris can be left at the existing yard debris/chipping location adjacent to the clean-up site. Motor oil, scrap metal, cardboard, and newspapers can be disposed of at no charge at the Sauk Transfer Station.

If you are disabled, a senior citizen, or otherwise incapable of bringing your garbage in during the clean-up weekend, contact Town Hall at 853.8401 to make special arrangements.

# community

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Puget Sound Energy and the Puget Sound Energy Foundation are proud to support the efforts of the **Skagit River Bald Eagle Awareness Team** and its dedicated volunteers.



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Coordinator

Judy Hemenway  
Awareness Team  
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Skagit County Historical Museum  
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## FAMILY DAY: Fly Fishing in the Skagit



Jason Miller

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May 8**

**11 am  
to  
4pm**

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# John Denver tribute artist to play with local musicians, singers

Mark your calendars for April 17. That’s when John Denver tribute artist Ted Vigil will return to the Lincoln Theatre in Mount Vernon and perform two tribute concerts: a family show at 4 p.m. and an adult show at 7:30 p.m. (children and seniors are welcome at both shows). For Vigil, these are extra-special performances, since John Denver’s lead guitarist, Steve Weisberg, will be playing with him.

The second concert holds extra appeal for eastern Skagit County residents. In March, Vigil invited any eastern Skagit County citizen who could carry



John Denver Tribute artist Ted Vigil welcomes Denver’s lead guitarist Steve Weisberg—and east Valley musicians—during two concerts on April 17. Submitted photo.

a tune or play an instrument to join him and Weisberg on the stage during his 7:30 p.m. concert for “Country Roads” and “Good To Be Back Home Again.”

- His invitation did not go unnoticed. At press time, the following musicians had signed on to join Vigil on stage:
- Jennifer Murray, originally from Sedro-Woolley, playing a hammered dulcimer
  - Scott Richmond, from Marblemount, playing the fiddle
  - Dana McCoy, originally from Concrete
  - Simme Bobrosky, from Day Creek
  - Karen Marks, from Rockport, playing guitar and/or singing
  - Flo Cloer
  - Jason Miller, from Concrete, singing

For more information and tickets, go to the Lincoln Theatre Web site at: [www.lincolnthatre.org/performance/ted-vigil-john-denver-tribute-artist](http://www.lincolnthatre.org/performance/ted-vigil-john-denver-tribute-artist).



John Denver tribute artist Ted Vigil. Submitted photo.

**WOOD FEST**

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Saturday April 10th 9AM - 5PM  
Sunday April 11th 10AM - 4PM

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Silent Auction – Saturday Only  
Drawing for Carving – Sunday at 2:30 pm

## Census info still needed for anyone living in Concrete!

The Town of Concrete is performing a local census, *separate from the federal census*. If you live within Concrete town limits but have not yet been contacted by the Town of Concrete, please call Concrete Town Hall to answer six very brief questions. Call 853.8401. It’s quick! It’s easy! It helps get federal dollars flowing our way. Call today!

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## THIS AND THAT

By J.K.M.

Congratulations to hoopster **Tyler Clark**, who was named to the 1st Team All State as a sophomore. He was the only sophomore on the Class 2B team! Oh, yeah. He got game.

More severe weather is forecast for the Cascades, so WSDOT has extended the **deadline for removing your studded tires** to 12:01 a.m. on April 11. The old deadline had been scheduled to expire on Thurs., April 1. Anyone caught with studded tires after April 11 faces a possible fine of \$124 by the Washington State Patrol.

## “Heart Health” workshop

United General Hospital of Sedro-Woolley and Encore Fitness of Concrete will sponsor a free workshop on Tues., May 11, from 6 to 8 p.m. at the Concrete Theatre, focusing on women’s heart health. The workshop includes a presentation about the important numbers related to heart health: blood pressure, resting heart rate, cholesterol, blood sugar and percent body fat. Following the workshop, free blood pressure, heart rate and body fat screenings will be offered, as well as information on fitness and daily activity. Each participant will receive a free pedometer and information on starting a walking program. Workshop registration deadline is May 9. Call 360.856.7245.

The workshop also will be offered in Sedro-Woolley on Thurs., May 13, from 6 to 8 p.m. and on Sat., May 15, from 10 a.m. till noon in the Community Room at the Cascade Mall in Burlington. The events are funded in part by the U.S. Department of Health and Human Services, Office of Women’s Health. For more information, go to: [www.unitedgeneral.org](http://www.unitedgeneral.org).

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2. Create an account
3. Search on “Concrete Herald” and send a friend request!

[www.concrete-herald.com](http://www.concrete-herald.com)

In March, **Mt. Baker Presbyterian** finished putting together its donated items to make Gift of the Heart Kits for Haitian disaster relief. The group came up with 52 hygiene kits and 52 school kits. All the bags for the school kits were made by church members. This is remarkable when you consider the church has only 16 active members; that translates to 6.5 kits per capita. They’re The Little Congregation That Could! Wouldn’t it be great if every church, business, or organization in Concrete met or exceeded that per capita mark—for any cause?

Before you bust my chops for including the **Clear Lake Easter Egg Hunt** in this issue and none of the others, let me explain. I had something planned, but it didn’t pan out. So, instead of leaving a big white space there, I begged intrepid reporter **Kathy Schmidt** and her merry band of photographers to help. ’Nuff said.

## Federal census response strong—what’s next for eastern Skagit County?

Federal census response rates for eastern Skagit County as of April 3 were impressive, according to numbers provided by Michael Bakker, a partnership assistant with the U.S. Census Bureau. The U.S. response rate was 56 percent, the Washington State rate was 55 percent, and the Skagit County rate was 59 percent. In eastern Skagit County, the response was similarly strong in the incorporated towns:

Concrete:	54 percent
Hamilton:	48 percent
Lyman:	55 percent
Sedro-Woolley:	56 percent

**Concern over P.O. Boxes**  
Some eastern Skagit County residents have only a P.O. Box for a mailing address and have been unsure how to register with the census or have filled out a form at the East County Resource Center in Concrete. If they filled out a form and included their address, they have nothing more to do, even though those forms are not barcoded, said Laverne Lamoureux, a partnership specialist for the U.S. Census Bureau. “If they have a P.O. Box and have not yet filled out a form, a census worker will come and take down their information in May,” said Lamoureux, who also cautioned residents to beware of scam artists posing as census workers. “Official census workers will have proper identification,” said Lamoureux.

See **Census**, p. 18



[www.concrete-herald.com](http://www.concrete-herald.com)

March 11 brought a **random act of kindness** to downtown Concrete, as Lois Slade, a.k.a. “Scooter,” motored in, ignoring the weather, as usual. But this day she wasn’t wearing a wig! “I didn’t even recognize her when I first saw her; she looked much younger,” said Matty’s On Main owner Sherrill Coville. It was cold and it started to sprinkle, so Sherrill dashed to her door and called across the street to Lois, motioning her over. Sherrill picked out two hats from her back room and offered Lois a choice to cover her head.

## Award-winning KOA campground opens for season

The Concrete/Grandy Creek Kampgrounds of America (KOA) Campground, located at 7370 Russell Road, opened for the summer camping season on April 1. The campground, owned by Equity Lifestyle Properties and operated by manager Pat Childers, received the 2009 KOA President’s Award at a special ceremony last December at KOA’s Annual International Convention in Houston, Texas. The KOA President’s Award is given annually to campgrounds that receive the highest customer service scores from their campers on KOA’s Kamper Satisfaction Survey. The Kamper Satisfaction Survey is sent to nearly 250,000 KOA campers each year, asking them specific questions about their stay at a particular KOA campground. Each campground also must pass an annual quality inspection, which also factors into the award.

The KOA President’s Award is unique in the camping industry because winning campgrounds are being recognized by their own campers based on their Kamper Satisfaction Survey results, much in the tradition of KOA founder Dave Drum, who created the first KOA campground on the shores of the Yellowstone River in Billings, Mont., in 1962. Drum was famous for continuously surveying those first campers in order to learn where improvements could be made. For more information on this KOA or any of the more than 470 campgrounds in the KOA system, or to make a reservation, go to [www.KOA.com](http://www.KOA.com).

Lois picked one and asked, “How much?” Sherrill said, “Nothing.” “Oh, thank you so much, you’ve made my day!” said Lois, smiling broadly. Sherrill checked Lois’ seatbelt and tightened it a bit, feeling better that this local icon was a little safer. “Making a 92-year-old lady’s day just about tops anything,” Sherrill wrote in a note to *Concrete Herald*. “And all this took place in less than 5 minutes!” In other news, **downtown Concrete** is getting a jump-start, with businesses changing hands, renovations under way, and new friends on the street. Watch for details in the May *Concrete Herald*.

**Writer(s) needed!**

Concrete Herald needs one or more objective reporters to cover the Concrete Town Council on a volunteer basis. For more information, contact:

Jason Miller  
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[editor@concrete-herald.com](mailto:editor@concrete-herald.com)

**APRIL SHOWERS BRING BIG SAVINGS!**

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## “Energy IQ” workshop

Do you wish you could cut your energy costs without going to too much trouble? The Upper Skagit Library will present a free, hands-on “Energy Savings” workshop as part of its “Our Upriver Home” speaker series. The event will be held at the Concrete Senior Center on April 15 from 6:30–8:30 p.m. It will include interactive displays, energy-saving tips, and stories from Eric Shen of Climate Stewards and Skagit Beat the Heat from Anacortes, plus an introduction to the *Low Carbon Diet* do-it-yourself guidebook from Susan Wood of Padilla Bay National Estuarine Research Reserve in Bayview.

**What:** Energy Savings Workshop  
**When:** April 15, from 6:30–8:30 p.m.  
**Where:** Concrete Senior Center, Concrete  
**Who:** Everyone—and it’s FREE

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## PSE rate increases approved

OLYMPIA — The Washington Utilities and Transportation Commission approved on April 2 a small rate increase for Puget Sound Energy’s (PSE) electric and natural gas customers. The Commission is allowing the company to raise electric rates by about 2.8 percent and natural gas prices by .8 percent. New rates are expected to take effect approximately April 7. The average PSE residential electric customer using 1000 kilowatt hours-a-month will see an increase of about \$2.80, and the average natural-gas customer using 70 therms a month will pay about 87 cents more. These rate hikes are in addition to amounts approved by the UTC April 1 for funding PSE’s conservation programs: \$1.78 more a month for residential electric customers and 45 cents extra for natural gas customers.





# Sports

Boys of summer “learning every day”

By Jason Miller

The Concrete Lions baseball team hasn’t notched many wins so far this season, but then, they had played only three games as of April 4. Rainouts cancelled two games in March.

Head Coach Jim Newby says the other half of the equation is a young team that faces a year of rebuilding.

“We’re a very inexperienced ball club” this year, said Newby.

The teams’ first game was March 16, during which they took on Coupeville and lost 11-1. The second game was March 18 against Lynden Christian, which handed them a 5-1 defeat. On March 22, the Lions battled La Conner and lost 11-1.

“Nobody likes to lose by 10 runs, which

we’ve done two out of three games so far, but we’re also taking a few good things from each game—lessons learned,” said Newby. “We’re learning every day not to repeat mistakes,” he said.

Newby says the team’s pitching is a strength and an unknown, because while his pitchers are strong, they’re also relatively inexperienced. And performances on the mound have been a mixed bag, he said.

“We no-hit Lynden Christian, but we lost 5-1. We struck out 9, walked 9, and had no errors. When you pitch no-hitters, you’re supposed to win. So it’s a learning lesson every day for these kids,” said Newby.



Junior third baseman Dalton Dellinger tags a runner during the team’s matchup against La Conner on March 22. La Conner handed the Lions a loss that day, forcing the 10-run rule and taking home an 11-1 win. *Photo by Amylynn Richards, courtesy La Conner Weekly News.*

## Fastpitch softballers young and improving

By Jason Miller

Women’s fastpitch softball Head Coach Don Beazizo is a man with a mission. His players are 0 for 5 so far this season and he intends to change that record in the coming weeks.

“We’re still a young squad, so we’re trying to take care of the errors, improve batting and hitting,” said Beazizo. “We’re gradually getting better, scoring more runs. But when we have runners in position, we have to be able to knock them in,” he said.

The team kicked off its season with an 11-7 loss to Coupeville on March 16. Lynden Christian handed the women a stinging 24-1 defeat on March 18. On March 19, the women started strong

against University Prep, but ended up losing 15-7. “We should have won that game,” winced Beazizo.

March 22 found the softballers at La Conner, which handed them an 11-0 defeat. During their March 25 home game against Meridian, they started strong by building a 7-1 lead in the first inning, but turned around in the top of the second inning and gave up five runs, eventually losing 21-11.

Beazizo said most of the losses can be chalked up to the team playing larger schools, but added that’s not an excuse.

“We have to take care of throwing and fielding errors,” he said. “We’ll continue to get better.”



**Above:** Senior Ashley Johnson beats the throw to first during the women’s fastpitch softball game against Meridian on March 25.

**Right:** Sophomore Alisha Chory knocks one down the first-base line during the Meridian game. *Photo by Mike Criner.*



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**Sports schedules are online**

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District sports teams are online and updated  
regularly. Go here:  
[www.concrete.k12.wa.us/sports.html](http://www.concrete.k12.wa.us/sports.html)

## High School Track kicks off season

By Jason Miller

With 26 men and 12 women on their Track team this year, Concrete High School co-Head Coaches Ashleigh Howell and Vanessa Williams reported a mixed bag of success as the season began.

Two meets were held before press time: on March 18 and April 1. Both were held in Friday Harbor.

The March 18 meet brought La Conner, Concrete, Friday Harbor, and Mount Vernon Christian together and found the Concrete men on top, with the women coming in last.

On April 1 the team again traveled to Friday Harbor to tangle with Mt. Vernon Christian, Lopez Island, Shoreline Christian, Grace Academy, North Sound Christian, and Friday Harbor. This time, the men’s team slipped a little, to second place, and the women improved to sixth place out of the seven teams attending.

Howell said she and Williams are excited about the team’s strengths and are dedicated to working on its weaknesses.

“Our weak spot for the men is hurdles, but I have two players who are going to take them on,” she said. “The flip side is that for the women, the hurdles are a strong point.”

Also in the “strengths” category are



Freshman hurdler Angie McLaughlin drills during a March track practice.

Greg McIntosh, Jose Torres, and D. J. Mitchell, who are the top three 400 runners in the league, with McIntosh being ranked first in the Tri-District. The three run the 4x400, with junior Kevin August filling out the group.

See **Track**, p. 31

## Middle School Track starts April 5

## Middle School wrestlers place at tournament

By Corrina Koenig

Concrete Middle School sent five wrestlers to the Northwest League Wrestling Championships in Anacortes this year; all performed admirably.

Kyle Nushart entered the championship with 5 wins and 3 losses, and placed second in the 115-lb. class.

Spencer Hindsley entered the championship with 6 wins and 2 losses, and placed third in the 105-lb. class.

Gibson Fichter notched 7 wins and 2 losses, taking third place in the 110-lb. class.

Sam Fallis had 6 wins and 3 losses, placing fourth in the 130-lb. class.



Kyle Nushart



Gibson Fichter



Spencer Hindsley



Sam Fallis

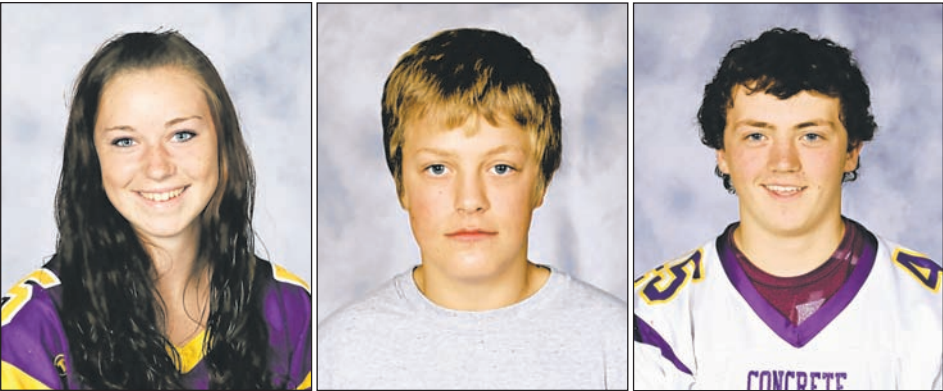
Two other wrestlers, Nate Long and Jordan Kucera, did not place at the championships and were not present, respectively.

Two sixth-grade wrestlers, Donovan Dellinger and Tucker Scollard, were at every turnout this season, practicing with the team. Because of their age they were unable to compete, but we’re looking forward to them wrestling next season.

The Middle School season began with training on basic moves. We then began drilling on all of our weakest moves until we became a stronger team. We had 12 middle schoolers sign up for the team, but some quickly became ineligible because

See **Wrestling**, p. 31

## Athletes of the Month



**Athletes of the Month are Brooke Lee, Jake Massingale, and Aiden Walsh**

**Brooke Lee**, a sophomore guard for the Lady Lions basketball team, “was one of our best defenders,” said Head Coach Kevik Rensink. “She doesn’t make a lot of mistakes on either end of the floor; she’s a very smart player,” said Rensink. **Jake Massingale** is a hardworking sophomore guard for the men’s basketball team. “Jake was asked to start and play big minutes on our Varsity team, and showed great improvement from the start of the season to the finish,” said Head Coach Chad Dinkins. **Aiden Walsh**, a sophomore forward for the Lions, “has improved by leaps and bounds for this being only his second season of basketball in the States,” said Dinkins. “He’s a very bright individual who works very hard and is a superb kid on and off the court,” he said. Lee, Massingale, and Walsh were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

## Former Concrete sports star now at George Fox

Concrete High School 2008 graduate Beka Thomas has taken her athletic prowess south of the border for George Fox University (GFU) in Newberg, Oregon.

Beka, a sophomore, is playing first base for the GFU Bruins. Winners of only four games last year, the team already has won seven games so far this season. Beka’s contribution primarily has been on the defensive end; her plate appearances have been limited because of a bulging disc in her back. As a result, her coach has been using a designated hitter for Beka for most

of the season.

When asked about her experiences thus far, Beka said, “It’s challenging. It’s more time-consuming and more competitive. But it’s been fun playing at a school that’s Christ-centered. We pray before each game.”



*Submitted photo.*

See **Thomas**, p. 31



This year’s Middle School wrestlers gathered at Head Coach John Koenig’s house for an awards party on March 26 (left to right): Volunteer Coach Joe Fallis, Volunteer Coach Michael Bower (in blue sweatshirt), Donovan Dellinger, Gibson Fichter, Sam Fallis, Spencer Hindsley, Nate Long, Kyle Nushart, Head Coach John Koenig, Assistant Coach Anjelika Koenig.





# Concrete sophomore, seniors recognized for achievements in science, math, technology

By Jason Miller

Concrete High School sophomore Emily Ogle was honored on March 27 during a ceremony sponsored by the Mount Vernon Branch of the American Association of University Women (AAUW).

In its tenth year, the AAUW High School Scholars Awards recognized one outstanding woman’s scholarship in each of three traditionally male-dominated subjects: science, math, and technology.

Five high schools were represented at the ceremony. From Concrete, Ogle received a Scholars Recognition Award for her hard work and achievements in science. Concrete High School seniors Taylor Lee and Cheri Baker were recognized in the fields of math and technology, respectively, but were unable to attend the ceremony. All three women were given certificates of achievement and AAUW lapel pins.

**A history of equity**

Founded in 1881, the AAUW “promotes equity for all women and girls, lifelong education, and positive societal change,” according to its mission statement. Membership in the organization is open to all graduates who hold an associate (or equivalent), baccalaureate, or higher degree

from an accredited college or university.

The organization offers a number of other resources that Ogle and her colleagues may use or perhaps find themselves recipients of in the future. These include its National Educational Foundation, a Legal Advocacy Fund, and an Amy Light Scholarship Fund, which helps to finance 4-year degrees.



Concrete High School sophomore Emily Ogle (right) received a Scholars Recognition Award for her academic achievements in science at an American Association of University Women High School Scholars Awards ceremony on March 27. Concrete seniors Taylor Lee and Cheri Baker also were recognized in the fields of math and technology, respectively. Glenda Hobbs with AAUW (left) presented Ogle with the award.

# Robotics team gains wisdom at Regionals

Concrete High School’s Robotics team traveled to Portland, Ore., for the Autodesk FIRST Robotics Regional competition from March 4–6. Sadly, this trip wasn’t quite the success story they experienced during their rookie outing last year. Hard luck and mechanical challenges damaged their strong ranking early in the competition, causing them to drop to 23 in the rankings—too low to

expect to continue in the competition during the finals. Chalk it up to gremlins.

Still, the students were upbeat about the experience, which again hammered home the importance of teamwork while teaching them valuable problem-solving skills. The team, dubbed “Caution: Static Discharge,” should return next year, a little older and a little wiser.



**Right:** Concrete’s Robotics team members pose with their robot during the 2010 FIRST Robotics competition. Shown left to right: Robert DiLeo, Jr. (kneeling); Constance Johnson; Alex Joens; Cheri Baker; Team Mentor Robert DiLeo, Sr.; Joseph DiLeo; Alen Moser (in back); Shae Van Wagoner; Team Mentor Cheri Van Wagoner; Drake Jansen.

# Concrete PTO news

By Debbie Ross, president

## Walkathon

Our walkathon is April 29 and 30. The money we raise this year will help to pay for a new readerboard sign in the parking lot. We are working to get some good prizes for the students who collect the most money. The pledge sheets will be coming home April 16. Kids who raise more than \$25 will get a free t-shirt. The kids also can count their laps walked for the 100-mile Club. We can always use volunteers to help count laps; please contact Debbie Ross if you can help.

## Fire and Safety Days

The PTO helped bring in two ambulances and a fire truck for the kids to crawl through. We also had two Washington State Patrol officers and a Skagit County Sheriff deputy come to talk and answer questions for the kids. The event was a big success. A really big thank you goes to all the paramedics, firemen, State Patrol and Skagit County Sheriff officers, and our guest speaker for donating their time.

## End of school year party

KJR 95.7 FM is sending a DJ up to celebrate the end of the school year with us in a family-friendly fashion. Activities may include the chicken dance, the hokey pokey, and the Macarena. They will help to play games, and keep the kids entertained from start to finish.

The date of this event is June 14, from 5 to 8 p.m. The PTO is in the process of organizing food for the event: possibly hot dogs, root beer floats, snow cones, and maybe popcorn. Volunteers are welcome to help serve food and plan this event. Please contact Debbie Ross for details.

A special Web page has been set up just for this event, where you can go to submit requests. You can access the Web page here: [www.radioparties.djintelligence.com/request/concrete](http://www.radioparties.djintelligence.com/request/concrete).

# School Board to meet

The Concrete School Board will hold its next regular board meeting on Wed., April 28, at 7 p.m., in the high school commons room. A work session is planned for Mon., April 26, at 6 p.m., in the commons room.

www.concrete-herald.com

# Science Fair showcases some really smart kids!

Is an olive a fruit or a vegetable? How long do alfalfa sprouts take to germinate? What is the effect of salt on the speed at which iron corrodes? How do your lungs pump air? Which has a lower flashpoint: WD-40 or hair spray? Can a naked rubber egg be created?

These questions and more were posed and answered during the Science Fair at Concrete Elementary on March 18. Approximately 40 students displayed their experiments during the fair; most included detailed explanations of their hypotheses and the methods they used to prove or refute them. Judges roamed the room, interviewing each student, who treated them to a volcanic eruption, a taste of homemade cake, and a peek at the afore-mentioned rubber egg. Some students went home with medals, but all were winners.

A word to the wise: If you use hair spray, stay away from open flames.

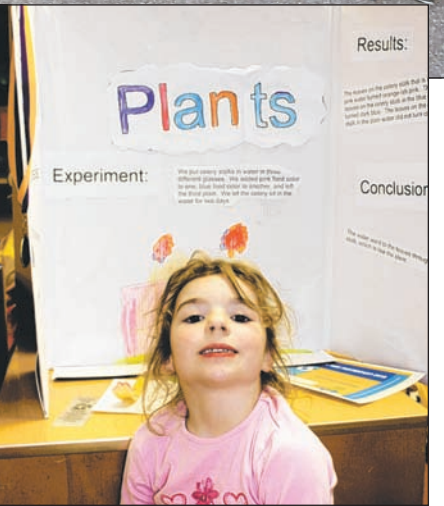


**Above:** Say “science”! A big group of inquisitive kids enjoyed explaining and demonstrating the fruits of their experiments during the March 18 Science Fair at Concrete Elementary.

Science Fair winners			
Kindergarten	First Place	Second Place	Third Place
	Nicole Erickson	Leah Tiemens	Carolynn Dominguez
1st Grade	Samuel Erickson	Anna Spangler	Lily Whitfield
2nd Grade	Noah Tiemens	Levi Lowry	Christopher Dominguez
3rd Grade	Cheyenne Robinette	Dalton Newby	Maxwell Hoffman
4th Grade	Hannah Haskett	Mary Spangler	Heather Warner
5th Grade	Emma Riedel	Tavish Beals	Victoria Sheahan
6th Grade	Tye Thompson	Shelby Meachan	[no winner]
7th Grade	Sahale Riedel	Anjelika Koenig	Scott Hansen

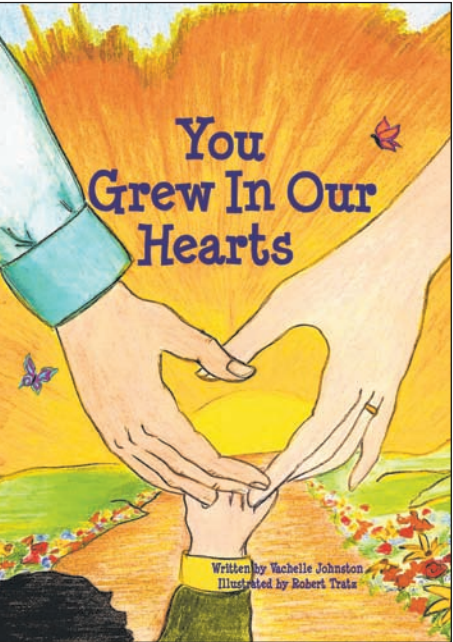


Tavish Beals, 11, unveiled a structure that incorporated five simple machines (inclined planes and levers). He dropped two differently weighted balls into the top of the machine, and timed their descents.



Kindergartener Leah-Marie Tiemens proved that plants draw water up to their leaves via their stems. She used celery stalks in colored water to prove her hypothesis.

# New kids’ book can be customized for adoptive families



Woodbury, Minn. — Discussing adoption with an adoptive child can be uncomfortable, even though it doesn’t need to be. Adoptive parents often are left to chart their own course of conversation when difficult questions are raised. Most children’s books on the topic address it in general terms for adoptive children, focusing on the author’s experience.

A new book, *You Grew In Our Hearts*, speaks to a specific adopted child, because the story is that child’s story.

Created by adoptive parents Cameron and Vachelle Johnston, *You Grew In Our Hearts* can be ordered in non-custom or custom formats, and provides a tool to answer certain inevitable questions in a warm and loving setting.

The ordering process is simple. Parents go to [www.storyforalifetime.com](http://www.storyforalifetime.com) and choose the gender and ethnicity of their child for a non-custom order. Custom

books include gender and ethnicity, plus the opportunity for parents to add text that speaks directly to their adoptive child on a dedication page and three custom-text pages. The custom pages include personalized details, such as the child’s

name, when the adoption was finalized, how his/her arrival was celebrated, and more. Both versions include illustrations that reflect the adoptive child in ethnicity and gender.

Each book is assembled by the Johnstons, using a professional printing press and binding system.

# Scholarship opportunity

The Ralph Crum Memorial Scholarship once again is available. Although the economy continues to prevent founders Ray and Ken Perrigoue from offering it to two students as they have in the past, they are able this year to offer it to one student.

The scholarship provides for two years at Skagit Valley College. Only students intending to attend SVC should apply.

Applications are due April 12. For an application or more information, contact Counselor Sally Straathof at 360.853.8143, ext. 240, or [counselor@concrete.k12.wa.us](mailto:counselor@concrete.k12.wa.us).

The scholarship was created in honor of Ralph Crum, who graduated from Concrete High School, but was killed shortly after in a car accident.

# YOUR RETIREMENT SAVINGS MAY BENEFIT FROM NEW 2010 TAX LAW CHANGES.

If you’re looking for tax-free opportunities for retirement, now is a great time to talk because tax law changes have created new reasons to consider converting to a Roth IRA. And converting is now available to everyone.

**Call today to schedule a time to discuss the opportunities.**

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. Please consult your attorney or qualified tax advisor regarding your situation.

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# Clear Lake



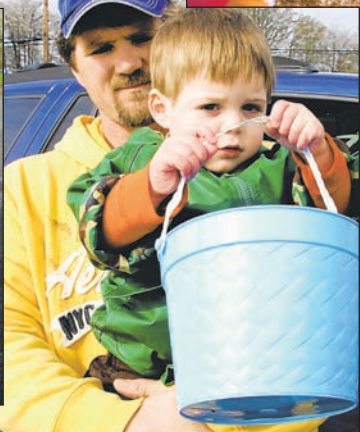
## Hunting for Easter Eggs in Clear Lake

By Kathy Schmidt; photos by Zachary Schmidt and Jonny Losey

The Annual Clear Lake Easter Egg Hunt kicked off on April 3 at 10 a.m.

Guests included the Clear Lake Fire Department (which had been on a call most of the early morning) and the Easter Bunny.

The highlight of the event was the sawdust inside the hay bales. There was candy and more than \$130 in change mixed into the sawdust.



## Strengthening Families Program comes to Concrete in spring

Nationally recognized, award-winning program encourages communication, healthful interaction

The Upper Valley Task Force and Town of Concrete will sponsor the Strengthening Families Program in Concrete on seven consecutive Tuesday evenings beginning April 13 and running through May 25. The free program is designed for families with youth ages 10–14.

The Strengthening Families Program is a family skills-development series of seven classes that build on family strengths to

help support healthy, happy parents and youth. The program teaches parents and youth how to respectfully understand each other, teaches youth effective ways to resist peer pressure, provides more than a dozen tools for effective parenting, and increases communication between parents and their children.

Each class begins with a free dinner for all families, followed by a parent-focused workshop for the adults, while the children participate in a youth-focused session. In the second hour, parents and youth are brought back together to practice the tools they learned.

Parent session topics include Encouraging Good Behavior, Using Love and Limits, Building Bridges, Making House Rules, and Protecting Against Substance Abuse.

Youth topics include Having Goals and Dreams, Dealing with Stress, Appreciating Parents, Handling Peer Pressure, Following House Rules, and Reaching Out to Others.

Family session topics include

Supporting Goals and Dreams, Appreciating All Family Members, Understanding Family Values, Using Family Meetings, Building Family Communication, and Reaching Family Goals.

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

Washington State Institute for Public Policy estimates that for each youth who attends the Strengthening Families Program, society saves \$5,805 (in 2004 dollars) in criminal justice costs related to youth substance abuse.

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

### Strengthening Families Program for parents/guardians and youth ages 10–14

**What:**  
A family skills-building program

**When:**  
The seven-session program will begin on Tues., April 13, and continue through May 24 from 6 p.m. – 8:30 p.m. (dinner from 6–6:30 p.m.)

**Where:**  
Concrete Elementary School

**Cost:**  
FREE! Free dinner and childcare provided!

**For more information or to sign up  
for the Information/Registration  
Night, call or e-mail:**

Linda Nelson  
Lindan.dolphin@gmail.com  
or

Renee Kenady, Counselor  
360.853.8145  
Concrete Elementary School  
rkenady@concrete.k12.wa.us

Tulips, cont. from p. 1

There's plenty beauty to go around. With heavy hitters Roozengaarde and Tulip Town leading the way, visitors and locals alike are guaranteed a dazzling display of flora.

This year's big news is the World Tulip Summit, which will bring to the valley tulip-loving representatives from all over the world.

"We have people coming from Istanbul, Turkey; friends from the Canadian Tulip Festival; guests from England and China; four people from four different tulip companies in The Netherlands; and one from a tulip museum in Amsterdam," said Verge. "It's gratifying to see the interest in our area."

The Summit delegates enjoy several

events from April 13–15, including tours, a reception and dinners, special presentations, and a visit from local gardening favorite Ciscoe Morris.



Photo by Amber Lee.

Tickets for some of the Summit events may be purchased online at [www.2010worldtulipsummit.com](http://www.2010worldtulipsummit.com).

The effects of this year's Festival should be felt east to Sedro-Woolley and beyond. Woodfest (see article, p. 1) has returned this year, officially sanctioned by the Festival.

Sauk Mountain Pottery will have a presence in the barn at Her Garden His Farm, located at 16769 McLean Rd., Mount Vernon. Show up in April between 10 a.m. and 5 p.m., and you won't be disappointed.

More Festival details can be found at [www.tulipfestival.org](http://www.tulipfestival.org)



## End of the line for the Concrete Fire Hall?

By Jason Miller

The Concrete Fire Hall is on its last legs and town officials think the best solution is to build a new one elsewhere in town.

Built in 1900, the existing building has been showing its age for years; now, structural and erosion issues are threatening to make the decision for the town if it doesn't act quickly.

According to a report by Concrete Fire Chief Rich Philips, the Fire Hall's walls, foundation, and roof are deteriorating badly. In two separate inspections, in March 2009 and March 2010, Town of Concrete engineering firm Reichardt &

Ebe Engineering, Inc., found numerous "areas of concern," including the roof. In a letter to the town dated March 30, 2009, engineer Cody Hart wrote that even under no snow load conditions, "the potential for total failure (collapse) of the roof is likely."

Beneath the building's eastern foundation edge, the steep slope to the Baker River is eroding, providing less and less support for the building.

Philips and Concrete Mayor Judd Wilson are working with Skagit County Commissioner Sharon Dillon to

Cakes, cont. from p. 1

began in December 2009, even though she had been baking wedding cakes for years, primarily for family members and friends. "My own wedding motivated me, because I wanted a fondant cake," she said. "But fondant cakes are not affordable, especially if you're going to college. So I decided to make pretty wedding cakes that are a lot cheaper than most other providers."

For the uninitiated, fondant is an icing that gives cakes a smooth, elegant look, like porcelain. Fondant can be made in a variety of ways; Tenney makes hers out of marshmallows. "Who doesn't like marshmallows?" she asks with a grin.

Tenney's creations are made to order and fit the mood of each occasion. Her wedding cakes bear the touch of a master, looking almost sculptural in their beauty.



Her birthday cakes show a playful side, sporting balloons, streamers, and confetti. One cake boasted a playful rubber ducky in the center.

Dulce's Cakes is online at [www.dulcescakes.com](http://www.dulcescakes.com), where you'll find cake offerings with prices that will surprise you. Tenney blogs at [www.dulcescakes.blogspot.com](http://www.dulcescakes.blogspot.com), too.

The next time you want a wedding or birthday to have the perfect cake for a price that won't incinerate your checking account, place an order with Dulce's Cakes. You'll get the best definition of a "sweet deal."



Submitted photos.

### Dulce's Cakes

**Phone:** 360.707.4310

**E-mail:** [dulcescakes@yahoo.com](mailto:dulcescakes@yahoo.com)

**Web:** [www.dulcescakes.com](http://www.dulcescakes.com)

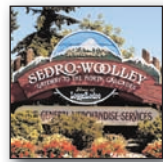
investigate the feasibility of and funding for construction of a new Fire Hall near the Lone Star building. The new location would place it out of the Lower Baker Dam failure zone; its larger size would accommodate modern fire engines.

**Right:** A view of the eastern side of the building's foundation shows the progression of erosion on the steep slope that leads down to the Baker River. A new slide area developed during this past winter. The building also lies within the Lower Baker Dam failure zone.

**Below:** Built in 1900, Concrete's Fire Hall and old police station building is structurally unsound, with deteriorating walls, foundation, and roof. The building also cannot adequately house appropriately sized fire engines.







# Sedro-Woolley



The Emerald City Grill held its Grand Opening on St. Patrick's Day, complete with a ribbon-cutting ceremony. Shown left to right are co-owners Heather Buchele and Kandace Alcocer, City Councilman Thomas Storrs, co-owner Dennis Roland, and Sedro-Woolley Chamber of Commerce Executive Director Pola Kelley. *Photo by Amber Lee*



Volunteers and Cascade Middle School students hosted a salmon dinner and auction on March 13 to raise funds for the CMS History Club. Taking a break from their duties are (l to r): Rebecca Dow, Ari Ortiz, Kyle Robbins, Father Aaron Robbins, Kevin Rose (in blue shirt), Abby Cybula, and Shannon Jack. *Photo by Amber Lee*

Turn to pages 16-17 for more photos of these and other March events in Sedro-Woolley.



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Chuck Ruhl



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Fax: 360-855-1868  
Email: lemleychapel@verizon.net

## From the Mayor's desk

By Mayor Mike Anderson

For the many years I have been involved with the City, I have often been critical of out-of-state travel. Too easily these trips seem to become junkets, rather than truly valuable uses of taxpayers' money. At the request of our sister cities, the City Supervisor and I recently traveled to Washington, D.C., to address a number of issues.

Our mission was twofold:

1. Discuss Skagit County flood issues.
2. Address specific funding requests for the Sedro-Woolley community.

On the flood issues, we were part of a team of nearly 20 people from Burlington, Mount Vernon, Skagit County, and La Conner, who met face-to-face with our federal elected officials and agency employees. Our goal was to get the agencies to join the local community at the table for a scientific conference and ultimately to reconsider the hydrology currently being used by those agencies for determining the flood potential of the Skagit River. We also requested funding for the General Investigation Study (GI) of the Skagit River, since the GI Study is a necessary step before major flood-risk-mitigation projects can be built. On these issues, the meetings were valuable and helpful for Sedro-Woolley and the county.

For the Sedro-Woolley-specific issues, we requested funding for the design of a new intersection at the entrance to town. This project would realign Cook Road back to SR 20 and build a new street, Edward R. Murrow Street, that would connect SR 9 to F&S Grade Road.

Following our meetings, Congressman Larsen included our project as one of his earmark requests.

We also asked for some additional funding for our Fire Station 2 project and were successful in receiving a commitment that our grant would be increased by \$135,000 to 200,000, which will help ensure that project becomes a reality later this year. Senator Cantwell requested information on our BNSF railroad bridge replacement project at SR 20 because she was concerned about the low height and width restrictions that limit truck traffic and make pedestrian traffic dangerous.

Being from Sedro-Woolley, we were tight with the budget. To save money, we used the Metro system for all but one trip. For that one trip in a taxi, we were faced with elephants and ended up jogging to Capital Hill for a meeting. As we moved from an agency meeting to a meeting with Senator Cantwell, we were a bit short on time. About four blocks from our

See Mayor Anderson, p. 31

## 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 by calling Robin Wood at 360.826.3075 or e-mailing us at concreteheritagemuseum@stumpranchonline.com.

Monthly meetings are held year-round at the museum, on the second Thursday of each month, at 7 p.m. All are welcome.

We encourage all Museum Association members to attend April's board meeting to review with the board of directors the changes being made to our bylaws. We look forward to your input.

The Centennial reprint of *So They Called the Town Concrete* is still

available. The new edition features enhanced photographs and a more readable font. New cover graphics were done by Philip Johnson. Copies are available at the lottery counter at Albert's Red Apple (remember to pay for it separately at that counter) and the museum; an order form also can be printed at our Web site at [www.stumpranchonline.com/concreteheritagemuseum](http://www.stumpranchonline.com/concreteheritagemuseum).

—Dan Royal

### WANTED:

New Museum Association members!  
Support your local historical museum.

## Upper Skagit Library news

Be a thoughtful book donor.

By Nancy B. Johnson

Many people have donated books to the library over the winter and we hope you're looking forward to the Friends of the Upper Skagit Library (FoUSL) book sales this summer. You may not realize how much work is involved in preparing for these book sales, but volunteers already have begun sorting donations. Every bag and box of books is handled several times as donations are taken from the library to storage, opened and sorted, and eventually carried to the sale site and organized for the sales.

Assuming that your plan is to support the library and that you don't want to burden volunteers and library staff with unnecessary work, the Friends have come up with some guidelines for donations based on their book sale experience.

Books sell best when they're in good condition, relatively new, and by popular authors. Paperbacks are especially appreciated as they sell faster and are easier on the backs of the volunteers who have to lift and sort each one. If you're wondering if your books would be appreciated, please talk to one of the library staff or a member of Friends at one of our meetings

or sales *before* you bring them in.

- Please *do* bring books in boxes that a "little old lady" can lift.
- Please *don't* leave books outside the library.
- Please *don't* donate materials that should be recycled, such as magazines, encyclopedias, dated computer books, and anything that's tattered or smells musty. We know it hurts to throw away or recycle a well-loved book, but sometimes it needs to be done.

These guidelines make the task of handling donations more manageable for both the library and the Friends.

We appreciate your thoughtfulness and encourage you to join the Friends of the Upper Skagit Library. Our annual dues are only \$1—a great, inexpensive way to show your support.

The Book Sales are lots of fun! Look for us Memorial Day weekend at the Saturday Market; Sat., July 24, during the Fly-in/Cement City Street Fair; and Sat., Aug. 21, during Cascade Days.

*Nancy Johnson is a member of Friends of the Upper Skagit Library.*

## Looking for Concrete Herald?

A complete list of distribution points is posted online at  
[www.concrete-herald.com/about-the-herald/distribution-points](http://www.concrete-herald.com/about-the-herald/distribution-points)

## COMMUNITY CALENDAR

### APRIL

- 8 Concrete Chamber of Commerce meeting, Perks Espresso, Concrete, 6 p.m.
- 8 Concrete Lions Club Sight & Hearing Screening for elementary and grade school ages, Concrete Elementary School (van in parking lot), school hours
- 8 Concrete High School classes of '89 and '90 meet to plan 20-year class reunion (in August), Porterhouse Restaurant, Mount Vernon, 7 p.m.
- 10 Concrete Saturday Market spring meeting, Concrete Senior Center, noon; a potluck lunch is planned; info at [concretesaturdaymarket@gmail.com](mailto:concretesaturdaymarket@gmail.com) or 360.856.2093
- 10 Pancake Breakfast, a benefit to aid a local E.M.T. who is unable to work, Grasmere Fire Hall, State Route 20, Concrete, 8 a.m. till noon; suggested donations: \$5 for adults, \$3 for children under 12 and seniors; info at [jctmwilson@msn.com](mailto:jctmwilson@msn.com) or 360.853.8831
- 10 Northwest History Detectives meet-up, Rockport Pub, Rockport, 9 a.m. to 3 p.m.; info at [skagitriverjournal@gmail.com](mailto:skagitriverjournal@gmail.com)
- 10 Clear Lake Easter Egg Hunt, Clear Lake Elementary, 10 a.m.
- 10 First Bloom Community Planting Party, Concrete Elementary School, 10 a.m. to 2 p.m., open to the public; info at 360.853.8280, 708.7214, or [jenele23@yahoo.com](mailto:jenele23@yahoo.com)
- 10 Dave Chapman Show plays at Rockport Pub, Rockport, 9 p.m.; info at 360.853.7433
- 10–11 Concrete townwide cleanup weekend, 9 a.m. to 4 p.m. both days; info at 360.853.8401
- 10–11 Woodfest, Sedro-Woolley; info at [www.sedro-woolley.com](http://www.sedro-woolley.com) and see article, p. 1, and ad, p. 4
- 10–11 Garage Sale, Antiques & More, Skagit County Fairgrounds, 1410 Virginia St., Mount Vernon, 8–5 (Sat.) and 10–4 (Sun.); \$2 for 2-day pass, \$2 parking
- 11 Litter Clean-Up along SR 20, Concrete, 9 a.m.; meet at the Silos to sign in; more info at 360.466.8754
- 14 Imagine Concrete meeting, Mears Field Pilots Lounge, Concrete, 6 p.m.; info at 360.853.8213 or [goodwords@verizon.net](mailto:goodwords@verizon.net)
- 15 Lone Star Building Planning Workshop to brainstorm possible future uses for Lone Star Building, Town Hall, Concrete, 6 p.m.; OPEN TO PUBLIC; info at 360.853.8401
- 15 Energy Savings Workshop, Concrete Senior Center, 6:30 to 8:30 p.m.
- 17 Clear Lake Clean-Up Day, Jansma Construction, Clear Lake, 9 a.m. to 3 p.m.
- 17 John Denver Tribute Concert by tribute artist Ted Vigil, Lincoln Theatre, Mount Vernon, shows at 4 and 7:30 p.m. (local musicians play and sing during 7:30 show); info and tickets at 360.336.8955 and [www.lincolnthatre.org](http://www.lincolnthatre.org)
- 17–18 Skagit Valley Dahlia Society Annual Tuber Sale at Skagit Valley Gardens, 18923 Peter Johnson Rd., Mount Vernon, 9 a.m. to 5 p.m. both days; info at 360.629.4439
- 24 Seattle City Light Annual Get-together, Royal Fork Restaurant, Mount Vernon, 11:30 a.m.; info at 360.757.1635

### MAY

- 1 First Bloom Field Trip: Diablo Lake Overlook planting, info at 360.853.8280, 708.7214, or [jenele23@yahoo.com](mailto:jenele23@yahoo.com)
- 29 Concrete Saturday Market opens, running every Saturday through Sept. 11 from 9 a.m. to 4 p.m. at the Concrete Senior Center off SR 20 at milepost 89; info at 360.856.2093 or [concretesaturdaymarket@gmail.com](mailto:concretesaturdaymarket@gmail.com)

\*Community Calendar is updated daily at [www.concrete-herald.com/calendar](http://www.concrete-herald.com/calendar)

You look like you could use some shrimp.

You'd better take a look at the ad for "Skagit's Own" Fish Market on p. 4.





# Lyman



## Lyman Library tales

By Elaine Kohler

The weather is getting nicer and nicer, and we are seeing lots of yard and garage sales popping up—a good way to make a little money and get rid of things you no longer need.

The library will be holding a book sale this year, too, but now it will be during the Lyman Town Yard Sale in June. Our book sale will be held at a private home, because a group of great crafters will be in the community center at the same time. We will use the money from the sale to buy books, puzzles, and movies. Watch for the flyers.

We are getting more and more biographies and autobiographies in the donations. I just finished reading George Carlin’s and even with the seven words you cannot say on TV, he has led an interesting life. I just picked up Julie Andrews’ *Home*. If you would like to know more about the people in the public eye, come in and check out who is on the shelf. We also have some on political figures on the top of the smaller bookcases.

We recently received a donation of movies and since our supply has increased quite a bit, we are in the process of getting a separate bookcase to make it easier to

browse through them. Topics range from Walt Disney to Dean Martin’s roast series. There is even a set of handyman tapes. So, ladies and gents, if working with tools is your thing, these may be just the thing for you to look into.

One word to the younger readers: Please, when you’re done with a book, return it so someone else can enjoy it. This is especially true with the more popular series, such as *Harry Potter* and the *Twilight* stories. We try to keep the latest ones in and would love to hear from any of you as to what books you would like to see on the shelves.

I would like to recognize one of our volunteers who is making hats for the angel tree project this year. Lynn Jonasson has a loom and it must be glowing red hot as she has made about 100 hats in various sizes. Thank you so much, Lynn. The children of Lyman will all have warm ears and heads next winter.

Welcome to our newest volunteer, Pam Benoit of Concrete. She will be one of our backup helpers.

The latest donations have included some new books by a few of the more popular writers. Nora Roberts, Kellerman, Patterson, and DeMille. So, until next month, stop in, say hello, and check out the new titles.

## Postal news

Beware of scam artists

By Kathy Watson

I was unable to submit an article last month in time for National Consumer Protection Week, which was March 7–13, but it is always beneficial to be aware of identity theft and fraudulent schemes. Common warning signs of scams include:

- Sounds too good to be true
- Pressure to act right away
- Guaranteed success
- Promises unusually high returns
- Requires up-front investment, even for a free prize
- Doesn’t act like a real business
- Something just doesn’t “feel” right

Scammers look for victims on Web sites and chat rooms, and even share their “sucker lists” with other crooks. They prey on vulnerable victims with schemes that often involve counterfeit checks, gift checks, traveler’s checks, and money orders.

There are many types of schemes, but they usually start when someone offers a realistic-looking check or money order and asks the victim to cash it, keeping a portion for themselves and sending the remainder in the form of cash or cashier’s check back to them or to another address.

**Top 5 tips to avoid scams**

1. If it sounds too good to be true – it is!
2. Foreign lotteries are illegal in the U.S.

3. Check your monthly statements
4. Never deposit a check if you don’t know who sent it to you.
5. Your bank will *never* e-mail or call asking for your account number.

**5-day mail delivery?**

Most of you have heard that the Postal Service has posted substantial losses the past few years. The USPS will ask Congress to change the law governing delivery frequency, which will allow them to adjust delivery days to better reflect current and anticipated volumes and changing patterns in customer use.

Many customers will not be affected much by the elimination of Saturday delivery, but many prefer 6-day delivery. To clarify the 5-day delivery, it will only affect mail delivery routes. It will not change Saturday delivery to a P.O. Box. Receiving Saturday delivery is one of the benefits to renting a P.O. Box, in addition to early mail delivery, private and secure, convenient pick-up of your mail any time of day (many Post Offices have access to P.O. Boxes 24/7), and there are several sizes of boxes to fit your mail volumes.

You can even rent a P.O. Box online by going to [www.usps.com/poboxes](http://www.usps.com/poboxes). (NOTE: you will need to present two forms of identification when you pick up the keys to your new P.O. Box.)

Kathy Watson is Postmaster of Marblemount, Washington.

**THINK ABOUT IT** Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

## TIME CAPSULE CONTENTS SOUGHT

During April and May, Lyman City Hall will accept all items for its Time Capsule. All objects must be able to fit into the Time Capsule’s 6-inch opening. Bring your items and become a part of Lyman history!

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# Day Creek



## Planting for the future

Skagit Fisheries Enhancement Group holds tree-planting event to improve fish and wildlife habitat in Day Creek.

By Jason Miller

“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”

Naturalist John Muir said that, and on March 27, a group of volunteers and board members from Skagit Fisheries Enhancement Group (SFEG) participated in an activity that reflected that knowledge.

The crew spread out over a large portion of Day Creek, walking its shores and struggling riparian areas, and planting numerous species of trees designed to improve salmon and wildlife habitat for decades to come. It was just one of several tree-planting parties for which SFEG is well known.

A tributary to the Skagit River, Day Creek was chosen because “it has historically been a highly productive stream for salmon of all species, especially Chinook, and including steelhead. There aren’t a lot of Skagit tributaries that can say that,” said SFEG director Alison Studley.

The tree-planters had 12 species of starts in their hands that day, including two kinds of Willow, Grand Fir, Red Alder, Western Red Cedar, Sitka Spruce, and Douglas Fir. The variety of species is intentional, said Lucy DeGrace, outreach coordinator with SFEG.

“In the natural world, all these species wouldn’t grow in the same place at once. The Alders would come first and shade the Cedar, which is shade-tolerant. The Firs would come along and grow more slowly. We don’t have time to wait 30 years, so we try to jump-start the species diversity,” said DeGrace.



Robert Holbrook from Concrete pushes a willow stake into the ground after forming a hole with the tool stuck in the ground in front of him. Willows root readily, swiftly forming a dense mat that quickly stabilizes shorelines.

Back to the Muir quote. Red Alders grow quickly and fix nitrogen in their roots while providing habitat for birds. The nitrogen supports other vegetation, such as Black Twinberry (also planted during the event), which can handle wet sites and is a great fruiting shrub, which birds like. Willows are speedy soil and bank stabilizers, and once the truly long-lived species such as the firs and other conifers take hold, they’ll provide long-term stabilization of the soils and creek banks, because they can live hundreds

of years. And Sitka Spruce is desirable because it is the preferred tree for eagle nests.

“When the conifers finally die and fall into the creek, they’ll provide habitat diversity, woody debris, and hiding places. They affect the hydrology of the creek, too, as the water flows around branches,” said DeGrace.

“We’re thinking in terms of 30 years and 500 years,” said DeGrace. “A lot could change, but if a tree survives and passes through the expected cycles, it could be very good for Day Creek.”

The willow starts, which looked like green wood stakes, were in abundance. “They’re a very inexpensive and fast way of getting things growing, so we try to concentrate them along the [creek] banks, because they’ll grow densely and quickly and will help to hold the banks together,” said Susan Madsen, an SFEG restoration ecologist, as she shoved willow stakes into the muddy ground. “These are only 10 or 20 cents apiece,” she said.

Future tree-planting parties along Day Creek are likely, said Studley.

“We’ve had an interest in Day Creek for quite some time, and we’ve been working with landowners to find those who are interested in participating and restoring the creek for both its salmon and wildlife benefits,” she said. “There’s a lot to be gained from restoring the creek—not just the salmon, but the wildlife, flooding benefits, and erosion control.”

For more information on Skagit Fisheries Enhancement Group, call 360.336.0172 or go to [www.skagitfisheries.org](http://www.skagitfisheries.org).



Susan Madsen, a restoration ecologist with Skagit Fisheries Enhancement Group, points to growth nodes on a willow stake. When planted, roots grow rapidly from these nodes.

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Volunteers and Skagit Fisheries Enhancement Group board members split into two groups to plant tree starts along a section of Day Creek on March 27.





**Above:** In Sedro-Woolley, the Emerald City Grill celebrated its Grand Opening on St. Patrick's Day. Gathering for a grin were (l to r): co-owner Kandace Alcocer, April Engebretson, Aubrey Naylor, Ty Howson (partially hidden), Christine Roland, Duncan Vance, Melody Pritchard (holding Ayrika Engebretson), EllenAnn Chantri, Kyle Brooks, co-owner Heather Buchele, and co-owner Dennis Roland.



**Left:** Jennifer Meekins and 2-month-old daughter, Makayla, were just two St. Paddy's Day party-goers at the hopping Emerald City Grill Grand Opening. *Photos by Amber Lee.*



**Above:** March 14 found members of Girls Scouts troop #50822 in front of Albert's Red Apple Market in Concrete, doing what they do best: selling cookies! From left to right: Savannah Pomroy (in cookie costume); Olivia Gresio and her mom, Heidi Gresio; Shanna Pomroy and her mom, Taina Pomroy. The eager customer at left is Jackie Jeffries. *Photo by Amber Lee.*



**Left:** Eighth-grader Madeline Burroughs wows the crowd with her solo performance of "Wishing you were somehow here again" from Phantom of the Opera during the Cascade Middle School Choir concert March 23. *Photo by Amber Lee.*

**Right:** The choir from Community Bible Church in Concrete performed an Easter concert in Concrete Theatre March 31. *Photo by Amber Lee.*



**Above:** Cascade Middle School's salmon barbecue didn't just happen. It took the expertise of grill masters, like these guys. From left to right: Bob Claybo, Shawn Naylor, Ardi Fox, and John Wilson. *Photo by Amber Lee.*



**Above:** Solar arrays were installed on the National Park Service building in Sedro-Woolley. *Photo by Amber Lee.*



The Big Lake Fire Department pancake feed on March 20 fed about 250 people and raised about \$2,700 for the department, Auxiliary President Tracy Berg reported. "We were thankful to have D. A. Davidson (brokers Art Larvie and Scott Berg) help sponsor our event," she said. Other donations came from Sign Pro of Mount Vernon (signs) and La Conner NAPA, Jewelry by Tresia, Industrial Bolt and Supply, Happy Face Farms, and Keith Brink, who all made donations toward the raffle.



**Above:** Grill volunteers Pete Devries (left) and Clay Learned, during a brief break from the heat. *Photo by Amber Lee.*

**Right:** A rainbow brightens the sky over Hamilton on March 14, hinting at the arrival of spring just over a week away. *Photo by Amber Lee.*



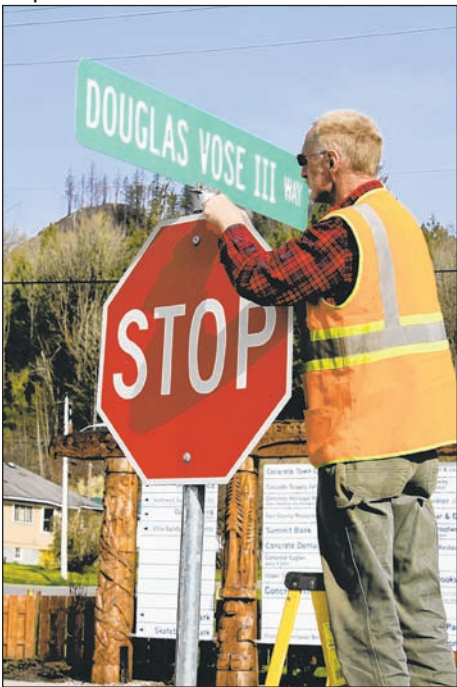
**Above:** A robot built by the Concrete High School Robotics team pushes a soccer ball into a goal—and scores—during the Autodesk FIRST Regional competition in Portland, Ore., March 4-6. *Photo by Chris Jansen.*



**Below:** Concrete High School Robotics team members wheel their robot away from the game floor after a match during the Autodesk FIRST Regional competition in Portland, Ore., March 4-6. Clockwise from foreground are Cheri Baker, Joseph DiLeo, Shae Van Wagoner, and Drake Jansen. *Photo by Chris Jansen.*



**Above:** Spring sprang to life in March. This bumblebee bore testament to the warming temperatures and bursting blossoms. *Photo by Amber Lee.*



**Above:** On March 24, Concrete Public Works groundskeeper Dale Angell removed the E Ave. street signs and installed new signs renaming the road Douglas Vose III Way. Vose, a Concrete native, was killed in the line of duty on July 29, 2009, while serving in Afghanistan. Concrete Town Councilman and National Guard member Paul Rider came up with the idea to rename the street in Vose's honor.

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**Left and above:** Christy Lyon from Summit Assistance Dogs in Anacortes puts 15-month-old Dawson through his paces at Cascade Mall. Trainers take dogs-in-training all over Skagit County in order to acclimate them to a variety of environments. *Photo by Amber Lee.*







# Hamilton



## Town Council summary

The Hamilton Town Council held a regular monthly meeting on Feb. 9. Major topics included:

- Michael Bakker from the Census Bureau spoke about the importance of the census. In the last census, 63 percent of Skagit County residents returned their census forms. The census this year is very basic and easy to fill out. Federal money will be based on the count this year. The State of Washington could gain an additional congressional representative if everyone responds to the census. (The first census will be sent out on March 15.)
- Council Bonner requested a discussion on obtaining an attorney for the town, which has been without a town attorney for two years. It was agreed that the town could benefit from an attorney. There are four local attorneys: Pat Hayden, David Day, Aaron Burk, and Marketa Vorel. Council Bonner stated there was \$6,000.00 in the attorney fund. The clerk will look further into finding an attorney.
- Mayor Bates presented Resolution No. 01-10 approving the Interlocal Agreement with the Association of Washington Cities Risk Management Agency and the Town of Hamilton. Council Cromley motioned to approve and Council Bonner seconded. Motion carried unanimously.
- The town's Capital Improvement Plan was discussed. Mayor Bates reported the County would not be giving out the Distressed Timber Tax, the new fire truck was still in process, the water line replacement would be about 800 feet, and further water line replacements would be made in a 5- to 6-year plan. Plans for this year include a ball park, fire truck, small section of water line replacement and a new picnic area.

## Birdsview buzz

By Kris Voigt

Happy Easter! Now that spring is officially here, can you believe all the snow in the hills finally? Great for the skiers and snowmobilers anyway, not so good for everyone waiting for the pass to open.

Would like to wish a speedy recovery to Buck Kales and Lawrence Bates who are recovering from recent surgery.

Darrel and Anita Weidkamp enjoyed a recent getaway to Ocean Shores. Speaking of Darrel, he also recently put in a new improved hitching post at the brewery, so lots more horses and riders can tie up. Thank you.

Belated March birthday wishes go to Jen Thramer, Eric Warner, Jackie Johnson, Rachel Parker Graybill, and Tom Claybo.

Birthday wishes this month go to:

- 10 Nancy Parker
- 11 Woody Deryckx

- 12 Saara Kuure, Cora Thomas
- 14 Jason Voigt
- 18 Candan Moser

We had a semi-annual horse ride from Cowboy Camp to the brewery on March 20. There were about 60-plus horses and riders, and later that night Bare Feet rocked the house. Barefeet will be back on April 17 from 6 to 9 p.m.

Jason Driver had a book signing on March 27, and says he will have another one in the near future.

Don't forget: Every second Friday of each month at the brewery is Open Jam. Bring your guitar and join the fun. Or just come and listen.

Our new shirts are in: "Make Beer Not War."

We're building a gazebo outside for more outdoor fun!

Fun things are happening: Hops are planted, barley's next; keep watching to see what's new.

Have a great month!

## DOE finds Skagit County in full compliance with federal and state floodplain regulations

SKAGIT COUNTY — Skagit County Administrator Tim Holloran was notified in late March by the Washington State Department of Ecology that Skagit County is in full compliance with federal and state floodplain regulations.

The letter also stated that in addition to being in compliance, Skagit County Code contains several excellent higher regulatory standards. During a recent Community Assistance Visit (CAV) in Skagit County, 36 cases of possible violations were cited in Ecology's Field Inspection Report.

In the ensuing weeks, Skagit County worked closely with Ecology and provided documentation that cleared all but two cases, which were later resolved.

"This clears all of the findings identified in our October 7, 2009, letter and closes the CAV for Skagit County," said Charles L. Steele, Floodplain Management Specialist. "Our conclusion is that Skagit County is effectively regulating development in the County's flood hazard areas."

"The quality of your management and staff in floodplain matters is deserving of your high rating in FEMA's Community Rating System," said Steele.

Skagit County currently holds a rating of 4 in FEMA's National Flood Insurance Program Community Rating System, ranking 5th in the nation.

A major observation of Ecology is that Skagit County's agricultural preservation program has continued to be a very effective adjunct to the Skagit County's floodplain management program.

### Census, cont. from p. 4

They will not ask you for your Social Security number or banking information. If you are suspicious, ask them to give you their boss' name, then call **425.609.7302** and verify them. No census worker should ever ask to come into your house for any reason, and you should not invite them," said Lamoureux.

If residents who feel they should have received a 2010 Census form through the mail have not yet received one by April 19, they should call the local Census Office for Skagit and Whatcom counties at **425.609.7302**.

Individuals with other questions regarding the Census should call **1.866.872.6868**. **CI**

## Business Spotlight: Dave's Towing

By Jason Miller

It's a dark and stormy night, and you're locked out of your car. Or it won't start. Or you just wrecked it. Maybe you even drove it off a cliff!

Who ya gonna call? In eastern Skagit County, the answer is easy: Dave's Towing.

Dave and Deborah Chapman are the people behind the name that's become synonymous with quality service 24/7. They've been in the business almost five years, now, and are 30-year Concrete natives with a work ethic that would put a farmer to shame.

Dave's Towing offers exactly what you'd expect, plus tire changes, jump starts, and a helping hand when you've locked yourself out of your car. The company also is a service provider for AAA, Allstate, and most other auto clubs, and accepts major credit cards.

### In it to help people

What puts this towing company above its competition, however, is its philosophy.

"I'm in it to help people," says Dave. "I can't understand why any tow company would be in it only for the money. Of course I want to make money, but that's secondary."

Dave's talk plays out in the field, where he offers free clunker removal and tries



to help people in the least expensive way possible. He'll tow vehicles to the closest reasonable destination, rather than his private lot. He'll tell visitors where the closest lodging is located. He'll bring food and water if someone is trapped in a remote area, no matter how nasty the weather is. "My wife always loads me down with snacks and water," he says.

"My main goal is to get people going again," says Dave. "Sometimes, I can go

out on a job and fix the problem, rather than towing the vehicle."

He'll deliver gas, transmission fluid, even a spare tire if he can find a match for the beleaguered traveler's car.

Dave will come to anyone's rescue, but he admits the most rewarding work is "helping little old ladies. It's so nice to be called an 'angel,'" he laughs. "I figure if I get called an angel three times in one day, it'll elevate me to sainthood!"

## AT A GLANCE: Dave's Towing

Phone: 360.853.7433 or 770.6705

Hours: 24/7

Mail: P.O. Box 305  
Concrete, WA 98237

### Right tool for the job

Dave's rig is just right for some of the tricky situations people get themselves into. The truck is small enough that he can maneuver it—even turn it around—on narrow mountain roads. He pairs his powerful winches (which are one class step above the truck) with hundreds of feet of cable, which allows him to do vehicle extractions in dicey terrain. After that, it's up to the truck.

"I can tow a Miata or a 21-foot RV," says Dave. "Trailers, pick-up trucks, motorcycles, passenger cars, you name it. I've pulled out propane trucks that have been stuck in yards."

Surprised? You shouldn't be. This is the guy who once got a call from a concerned father on Guemes Island, and ended up trekking for miles in Sauk Mountain snow to reach a group of stranded kids and free their car with a come-along.

Took him six hours.

## Open for Business: Eagles In Flight

Motorcyclists love the Cascade Loop, a.k.a. State Route 20, for its curves and jaw-dropping scenery. Now they have another reason: Eagles In Flight Sales and Service, which opened in Concrete on March 20.

Owned and operated by Tygret family members John, Anne, Rob, Tesha, Ashten, and Tanner, Eagles In Flight aims to be a destination and stopping point for anyone on two wheels. Housed in the old NAPA Auto Parts store, the new business will sell, repair, and service whatever motorcyclists need to get back on the road. They even service quads.

Eagles In Flight can perform simple service routine maintenance, repair and upgrade engines, and handle all insurance repairs after an accident. They'll deal handily with extended warranty repairs, too, if a biker has a breakdown while still covered under warranty.

John and Rob have been in the motorcycle world their entire lives, with more than a decade spent in the parts,

sales, and repair departments of Harley Davidson franchises. Rob holds the highest recognition level granted to Harley mechanics, along with many other certifications.

So why open a shop of their own? Why now? "We've come to the conclusion that if there's something you want to do in life, you need to do it, because you may never have the chance again," said Rob. "We'd thought about doing this for the last six to seven years, but the timing was never right for us. Then the downturn in the economy made the property affordable for us. And, talking with the general population, it seems like a lot of people want to support the small, local guy. So we feel the opportunity is there.

"We're trying to give our local biking community another pit stop along the Cascade Loop," said Rob. "We're going to create a new destination for people."

—J.K.M.

## Eagles In Flight

Location: 7489 S. Dillard Ave., Concrete

Phone: 360.853.7000

E-mail: eaglesinflight@live.com

Web: www.eaglesinflightllc.com

Hours: Tue.-Sat. 8-5; Sun. 9-4;  
Closed Mondays



**Above:** Eagles In Flight is owned and operated by Tygret family members (l to r): Tesha, Rob, Ashten, Tanner, John, and Anne.



**Left:** The new business is housed in the old NAPA Auto Parts building at SR 20 and S. Dillard in Concrete. It opened for business on March 20.

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# Rockport



## Parks and Recreation Commission bumps Rockport State Park decision to May meeting

On March 29, Washington State Parks issued an addendum to the Feb. 12 Determination of Nonsignificance (DNS) for the Rockport State Park Area Land Classifications and Long-Term Boundaries plan.

The long-term park boundary for Rockport State Park was revised to remove property located immediately to the west. The proposed long-term park boundary still includes Skagit County’s Howard Miller Steelhead Park and lands linking it to the core old growth area of Rockport State Park.

After consulting with the County, staff believes that the County park provides adequate overnight camping opportunities in the Rockport area. The nature of the camping experience previously provided by standard sites in an old growth setting is not replicated by the County park

experience, nor would it be replicated by the property west of the current state park. Thus, the current recommendation removes all land west of the park from the long-term boundary, while retaining the long-term capability to provide trail linkages northward to federal lands.

The Parks and Recreation Commission is expected to take action on the land classification and long-term boundary for Rockport State Park at its next regularly scheduled meeting on May 6 at 9 a.m., at the Montesano City Hall located at 112 North Main Street, Montesano, Washington. E-mail comments may be submitted to Derek Gustafson, Northwest Region Parks Planner, at rockport.planning@parks.wa.gov.

Additional information can be found on the agency’s Web site at [www.parks.wa.gov/plans/rockport/](http://www.parks.wa.gov/plans/rockport/).



The Washington State Parks and Recreation Commission has postponed action on the land classification and long-term boundary for Rockport State Park at its next meeting on May 6. The park has been open for daytime use since May 2007, when the overnight camping area was closed.

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## The game is afoot! Northwest History Detectives to hold second meet-up in Rockport



Northwest History Detectives founder Noel V. Bourasaw welcomed a group of about 25 to the history enthusiasts’ first meet-up in Sedro-Woolley on March 21. The event included a tour around town.



# Home & Garden



## First Bloom to host community planting party April 10

Friends and families encouraged to join educational and fun event, learn more about First Bloom program.

The First Bloom program will host a Community Planting Party on Sat., April 10, from 10 a.m. till 2 p.m. at Concrete Elementary School. The event will take place on school grounds and in the gymnasium, and is free and open to the public.

All are welcome, but a special invitation is extended to friends and families of the First Bloom kids, said Jennie McGuigan with First Bloom, one of the event’s organizers. “Our kids need you to come break ground with us,” she said.

First Bloom kids in the 4th, 5th, and 6th grades will spend the day starting seeds, planting seedlings, and learning what they’ll need to know in order to enjoy and maintain their eventual corner of the planned community garden in Concrete. “The kids are asking the members of their community to volunteer their time and their muscle to help them with their very first garden in Concrete,” said McGuigan.

A variety of activities and special guests are on the agenda, including:

- National Park Service horticulturalists and rangers
- WSU Master Gardeners
- Skagit Valley 4-H representatives
- Free native plant gardening advice for all knowledge levels
- Opportunity to gain volunteer experience in planting native plants in your community for environmental health and restoration, beautifying our school, and giving our children a holistic education

Native plants will be a special focus at the planting party, said McGuigan, since they offer low maintenance, lower water requirements, no need for chemical fertilizers, are great for wildlife, and are perfectly designed for our climate. “Plus, they’re just beautiful to enjoy,” she said.

McGuigan encourages all community members to attend and bring with them a skill, a special interest, or an artistic talent to share with the First Bloom kids.

“Make a difference in the life of a child by working with them and sharing your stories, while we make our community more beautiful together,” she said.



### Editorial, cont. from p. 2

As usual, the blame for this fiasco can be shared by all. First, the Town and its legal representation neglected to tighten up the contract language that allowed BOSS to have a leg—albeit a shaky one—to stand on when it threatened litigation.

Second, the plant project’s engineer, HDR, walked off the job because the Town wasn’t willing to pay HDR hundreds of thousands of dollars more than the contract stipulated. HDR’s actions caused BOSS financial hardship;

the company then turned to the only contractually bound entity it could for compensation: The Town of Concrete.

Finally, BOSS threatened the Town of Concrete with litigation because of hardship the Town didn’t create. Faced with coughing up more than \$100,000 for settlement or facing years of litigation that could easily have cost the Town that amount or more, the Town effectively rewarded bad behavior and paid up.

Honestly, I don’t know how some people sleep at night.

—J.K.M.

## First Bloom Community Planting Party April 10 schedule

- 9 a.m.** First Bloom kids arrive to help set up and prepare
- 10** Public (parents and friends) arrive at gym  
Displays set up with people to talk to
- 10:20** Slideshow (pictures and stories of First Bloom kids this year)  
Thank you’s to the parents/community/school district/partners  
Kids can come up and share a funny story, song , or share knowledge they’ve learned  
Special presentation to kids : Give out Junior Ranger badges
- 11** Ribbon-cutting ceremony outside  
Stations run by kids/adults to teach the public about native plants and gardening  
Plant cuttings in the propagation beds  
Native plants in the garden in front of the school  
Weeding crews/mulching crews/watering crews/etc.  
Park personnel giving talks (planned)  
WSU Master Gardeners giving demonstrations (planned)
- 12:30 p.m.** Lunch: soup, bread, coffee, drinks, treats
- 1** Activities and demonstrations:  
Viewing of KCTS 9 documentary (in gym)  
Seed balls  
Tissue paper flowers (TBD)  
Pollinator pals (TBD)  
Composting/Worm bins (TBD)  
Prizes for people who can name 5–10 ways to a healthier earth (TBD)  
Games and stories (TBD)
- 2** Public goes home  
Kids stay to wish Marieke farewell to her new job in Alaska
- 3** Clean up
- 4** Bus takes kids home

## WSU Know & Grow Workshop: Enhancing Your Landscape with Native Plants

WSU Skagit County Extension Master Gardeners in partnership with WSU–Mount Vernon NWREC present a WSU Know & Grow workshop, “Enhancing Your Landscape with Native Plants,” on Tue., April 13, 1 – 2:30 p.m. at WSU Mount Vernon NWREC Sakuma Auditorium, 16650 State Route 536 (Memorial Highway). Roger Hill, a professional landscape designer and installer, will discuss ways to use native plants in the home landscape and suggest a variety of native plants to fit your needs. More info: 360.428.4270 or <http://skagit.wsu.edu/MG>.





# Marblemount



## The Battle of Marblemount returns

By Marshall Cooper

From April 17–18, the streets of Marblemount once again will be filled with smoke and littered with bodies.

The Washington Civil War Association (WCWA) will reenact the Civil War in the streets of Marblemount with the Yankee and Rebel soldiers going head to head with musket and artillery fire. The event is free and open to the public.

Union forces will be portrayed by the Army of the Columbia, Commanded by Col. Ted Sayler. The Confederate forces will be portrayed by Adams Legion, Commanded by Maj. Toby Gully. Battles are scheduled for Sat., April 17, and Sun., April 18, at 1 p.m.

When the troops are not in battle, they will drill on the ball field adjacent to the North Cascade Business Association (NCBA) building at 59831 State Route 20 from approximately 10 a.m. to noon both days. Encampments will be open to the public before and after the battles.

The WCWA is a nonprofit organization whose members strive to honor the

memory of the men and women who gave their all for the causes they believed in during the American Civil War.

The reenactment allows WCWA members, who are avid history buffs, to communicate the realities of living during that period of turmoil in our nation’s history.

During last year’s event, *Concrete Herald* spoke with Ruben and Anna Flores, who were newcomers to the WCWA. Anna had adopted the persona of a Tennessee woman whose husband was fighting in the war. She did not know his location.

“I’m still living in my house, but money is hard to come by and the blockade is making it more difficult to obtain what I need, such as flour, sugar, and fabric,” said Anna, speaking in character. “Prices for everything are skyrocketing.”

The Battle of Marblemount promises to give visitors a glimpse into the war from many perspectives. For more information, contact the NCBA in Marblemount at 360.873.4150 or 873.2103.



Beth Sier

## Marblemount’s Clara O’Brien serves and learns in the Legislature

Clara O’Brien, a sophomore at Concrete High School, recently served as a page in the Washington House of Representatives. She was sponsored by Rep. Dan Kristiansen, R-Snohomish.

Clara learned about the Legislature’s page program from a most unlikely place:

algebra class. Her teacher, Cheri Van Wagoner, recommended the program to students.

“I had no idea what the page program was,” said Clara, who already was interested in politics and decided to participate.

As a page, Clara was responsible for delivering messages and documents to legislators in their offices, committee meetings and the House chamber during floor sessions.

“It was a really great experience. I was able to see how things worked and met many new people,” she said.

During her week at the Capitol, Clara had a front-row seat in the House chamber to one of the most contentious debates of the session: the bill that would suspend the Taxpayer Protection Act, Initiative 960. The initiative, which was approved by voters in November 2008, required the Legislature to have a two-thirds approval before taxes could be raised. Senate Bill 6130 suspended the initiative, making it easier for the majority party to raise taxes. Clara performed her page duties in the chamber during part of the 10-hour debate.



Sophomore Clara O’Brien from Marblemount recently served as a page in the Washington House of Representatives. She was sponsored by Rep. Dan Kristiansen, R-Snohomish.

Submitted photo.

“Our page program is a real eye-opening experience for many young people who get to experience first-hand how the Legislature operates,” said Kristiansen. “It was an honor to have a page come to the Capitol from Marblemount. Clara did a great job and we’re all very proud of her.”



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# Newhalem



## Historic company towns becoming model for energy efficiency

Seattle City Light invests in upgrades for Newhalem, Diablo homes, commercial buildings

SEATTLE — Seattle City Light’s Skagit Historic Housing District will become a testing ground for merging historic preservation, energy efficiency, and enhanced living conditions.

Superintendent Jorge Carrasco announced March 31 the start of a renovation project in the historic residential neighborhoods that will install energy-efficient heat pumps, lighting, and water heaters, along with additional insulation and other energy-saving measures.

“A lot has changed since the 1920s when Seattle City Light started building the homes in Newhalem and Diablo for employees working at our Skagit Hydroelectric Project,” Carrasco said.

“Our challenge is to improve their energy efficiency, accommodate modern living, and enhance their comfort while still preserving their historic character.”

“Once these renovations are complete, Newhalem and Diablo will become a living laboratory where City Light will be able to measure the effectiveness of different energy efficiency technologies and changes in how the residents use their electricity,” Carrasco said. “The lessons we learn here will help the utility ... boost efforts to help our customers reduce their electricity consumption as well.”

Located along State Route 20 on the Skagit River at the edge of the North Cascades National Park, Newhalem and

Diablo are among the very few, if not the only, municipally owned company towns left in the United States. The Skagit Historic Housing District is listed in the National Register of Historic Places. The buildings have been lived in almost continually since their construction in the 1920s and ’30s.

Fife-based Centennial Contractors Enterprises was scheduled to begin construction March 31 on the first six homes. Work also includes two work shops and another commercial building.

When the project is finished during the next several years, 34 homes and up to 24 commercial buildings, including the three powerhouses at the dams, will be updated. Those improvements are expected to save 2.5 million kilowatt-hours of electricity each year. That’s enough to power 277 average Seattle homes for a year, or all 57 Newhalem and Diablo homes for about two years.

## Attn: Boaters and paddlers on Diablo Lake, and hikers on the Diablo Lake Trail

Be advised that a **debris avalanche** occurred on March 15 at the head of Diablo Lake, rendering unusable a local access road that connects Diablo Lake with Ross Lake. The area remains unstable and dangerous.

## Skagit General Store winter hours

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

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

## Outdoor Skagit

By Bob DiLeo

Let’s start with a new sport whose popularity is increasing: **disc golf**. Go see the 18-hole course near Sedro-Woolley, at the Northern State Recreation Area on Helmick Road.

The game is played a lot like golf. You start your hole at the tee and you aim for a basket or target. You keep track of how many throws it takes to score.

First, though, you have to get your discs. Start with three discs: a distance driver, a mid-range, and a putt and approach disc. The discs are 8 to 9 inches wide. There is a specific size to be used for this sport, so don’t buy just any disc. Don’t worry about being able to keep up with the pros. Just go out and have fun and get some exercise with your family. After the initial purchase of discs, the course is free.

This is the time of the year when I start looking for **shed antlers** from deer and elk. All three deer species in Washington drop their antlers in mid-March; both elk species drop their antlers around the first of April. Some deer and elk will drop earlier and some later, but the majority will drop at this time.

I have found lots of sheds and we search

for them as a family activity. This also will help you plan for the fall hunting season, because a buck or bull often will drop his antlers in the area he’ll be in the fall. Please be careful, however, not to harass the wildlife, because this is a stressful time of the year for them after the lean winter season. Also check the regulations before you go afield. Some areas are closed at this time, and some do not permit you to pick up sheds at all, so make sure you know the rules and regulations.

I’ve often been asked how and where to find sheds. There is no magic to finding them, just go to where the deer and elk are or want to be. Look for the color of a horn or bone. I also look for antler tips sticking up. I have found both antlers literally lying on top of each other, and also have found antlers from the same animal four miles apart. I have found them on mountaintops and riverbanks and streams, and even on sandy beaches on the coast. I once spotted elk tracks and a shed in the middle of a road traveled heavily by humans. Happy hunting and good luck.

The last Saturday in April brings the **trout season opener** on lowland lakes, making it legal to fish the many stocked lakes or go after the Kokanee in Baker Lake or Lake Shannon. I suggest using



Antler sheds like this one can be found in March and April, but check regulations before you go looking for them: Some areas are closed to searching or do not permit harvesting of sheds.



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# Seniors



## Coffee Break

Seniors can live forever

By Patrick Kennedy

The average life expectancy for people in the U.S. is 77.7 years, but some people want to live longer—no matter what it takes. “I intend to live forever or die trying,” said Groucho Marx. So, how to cheat death? Let’s start by asking how we depart this life in the first place. There are some factors that seem out of our reach, such as time and age. Immortality has been a subject of fascination to humanity since at least the beginning of history, spawning such legends as the Fountain of Youth. We’ve always wanted to discover immortality; much like man has discovered space. But space is right there above us; all we have to do is build rocket ships to get there. Immortality isn’t something we can touch or see, just dream about. So what if you do find the magic answers and live forever, what or who do you want to bring with you? Your spouse? Your pet? Will that old Chevy

last that long? Think about all the grandchildren and great-grandchildren you’d have in all that time—that’s a lot of heirs asking for their inheritance! How, then, can you add years to your life? Exercise and walking can help. Walking 30 minutes per day can add 1.4 or more years, and vigorous exercise can add up to 3.7 years to your life. No magic pills or elixirs to take, just a little time. Some say square dancing will add 10 years to your life. Already your age can top 90 years by doing simple things. Consider the following tactics:

- Keep close to friends and far away from enemies
- Drive safely until you can’t see over the steering wheel, then quit
- Don’t use your cell phone while driving
- Perform aerobics and play sports

Now you’re pushing 100! Of course, you also should diet as necessary and eat healthful foods, and get regular medical checkups from a qualified doctor. Most methods will add years to your life, but don’t expect to live forever. Just do the best you can, perhaps taking the approach of comedian Steve Wright: “I intend to live forever. So far, so good.”

Patrick M. Kennedy is the author of *How to Have Fun with Retirement*, a sneak peek for which is available online at [www.funwithretirement.com](http://www.funwithretirement.com).

How to Have Fun with Retirement

Order your copy of Patrick M. Kennedy's Book [www.funwithretirement.com](http://www.funwithretirement.com)

## Way Back When

### 80 years ago

April 3, 1930: The dam at Diablo will be finished before Oct. 1. Two electric generators for the Diablo power house and the turbines to operate them were recently ordered for delivery next year. These generators are 85,000 horsepower each, greater by 10,000 horsepower than any now in use anywhere in the world. These will double the present production of electricity of the Seattle light company. Bids for construction of the power house will be called within a few weeks. Construction work also was recently started on a complete new transmission line from Diablo to Seattle at an estimated cost of \$2.8 million.

### 70 years ago

April 4, 1940: Approximately \$1,000 worth of replacement parts belonging to the Superior Portland Cement plant here, which had been stolen from the east side warehouse during the past few months, were located in Seattle and men involved were in the Skagit County Jail this week facing grand larceny charges. The men jailed are Mert McKee and L. A. Strong, both of Brewster, Washington. Theft of the machinery and replacement parts, approximately nine tons of metal, was done very boldly. The men used a big truck, which they backed up to the store house and loaded without exciting

much suspicion. They then sold the metal in Seattle, receiving approximately \$108 for the lot.

### 60 years ago

April 13, 1950: Boy Scouts from Rockport, Concrete, and Marblemount will sponsor the operetta, “Lonesome Valley,” at the Concrete High School gym next Thursday evening. Proceeds from the program will be used to help finance summer camp programs for two of the troops. Marblemount intends to use its share to help finance the five boys who will attend the National Jamboree at Valley Forge, Penn. The composer-director of the operetta is Burton Gifford, choral director at Sedro-Woolley High School for the past seven years. The title of the operetta is taken from the nickname of his brother’s ranch across the river from Marblemount. The show already has been played at Clear Lake, Sedro-Woolley, and Hamilton. At Sedro-Woolley, a crowd of more than 900 enjoyed the performance.

### 50 years ago

April 7, 1960: Guy Epperly, 37, a worker on the Gorge High dam above Newhalem, was knocked from his station on the dam Monday when a cable holding up the power high-line above the dam, broke and struck him on the way down. The cable was a “messenger line” carrying a 26,000-volt power line across the canyon. As the mass of lines came tumbling down, Epperly was knocked from his station, through a wooden railing, and 100 feet down the slope of the

www.concrete-herald.com dam. He was killed instantly.

### 40 years ago

April 8, 1970: The State Bank of Concrete did not open on Tuesday morning as usual. Somebody else had opened it sometime during

the night to make an unauthorized withdrawal of a yet undetermined amount of money. When they arrived for work, bank employees discovered that the building had been entered through

## Concrete Senior Center April 2010 Activities

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

### Mondays

9 a.m.	Gray Ladies Hoop Quilting
1 p.m.	Skip Bo
1 p.m.	Mexican Train Dominos

### Tuesdays

11:30 a.m.	Jigsaw Puzzle
1 p.m.	Skip Bo

### Wednesdays

8:30 a.m. – 3 p.m.	Quilting
9 a.m. – 1 p.m.	Income tax assistance by appointment till April 14
11:30 a.m.	Jigsaw puzzle
1 p.m.	Skip Bo

### Thursdays

10 a.m. – 2 p.m.	Wii Sports play
11:30 a.m.	Jigsaw puzzle

### Fridays

8:30 a.m. – 3 p.m.	Quilting
11:30 a.m.	Jigsaw puzzle
Noon	Mexican Train Dominos

### Special Events

4/1	Foot care
4/13 1 p.m.	Rebekah's meeting
4/14 11 a.m.	Advisory Board meeting
4/14 1 p.m.	Bingo
4/26 1-5 p.m.	First Aid / CPR
4/27 1-5 p.m.	First Aid / CPR
4/27 1 p.m.	Rebekah's meeting
4/28 12:30 p.m.	Birthday Lunch
4/28 1 p.m.	Bingo

### Holiday Closures

4/2 Furlough Day: all Skagit County offices closed

a rear door, a hole had been cut through the vault door, and an unused safe had been blown open. Local police and Sheriff’s deputies held the place under guard until FBI agents arrived to take over the investigation.

### 30 years ago

April 17, 1980: Debra Covert, daughter of Mrs. Norma Covert of Concrete, is a member of a special team of seven Seattle Pacific University students spending six months in Thailand assisting in food distribution at Cambodian refugee camps. Now a junior at SPU, Miss Covert was valedictorian of the Concrete High School Class of 1975. Because the situation in the camps changes daily, the team’s responsibilities vary. Their primary tasks center on the coordination of

April 2010 • Concrete Herald • 25 food distribution, including food supplements for pregnant women, nursing mothers, infants, and new refugees in camp.

### 20 years ago

March 29, 1990: For the first time, an Upper Valley girl has been selected the winner of the Little Miss Tulip Pageant. Megan Dexter of Newhalem brought home a crown, a sash, and a tulip—all announcing that she is Little Miss Tulip 1990. Her next month will be busy. Her guest appearances include the opening ceremonies of the Skagit Tulip Festival, lunch with the Anacortes Chamber of Commerce and the Carousel of Color celebration at the Cascade Mall. Little Miss Tulip 1990 is the daughter of Lane and Sara Dexter of Newhalem.

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# Sunday School lesson

## See you in Galilee!

By Bruce Martin

Easter comes each spring, a time when we look forward to a celebration of new growth and new life. What a fitting time for God’s people to rejoice in the blessings of our Risen Savior, Jesus Christ. We can read the resurrection story carefully recorded by each of the Gospel writers, describing how the women went to the tomb very early in the morning to anoint the body of Jesus. When they arrived they found the stone rolled away and the tomb empty.

It was at that moment that an angel appeared to them and spoke words of comfort. He said, “Do not be afraid, for I know you are looking for Jesus, who was crucified. He is not here; He has risen, just as He said. Come and see the place where He lay. Then go quickly and tell His disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There



you will see Him” (Matthew 28:5-7). There are four thoughts the angel shared with the women that draw our attention today. The first is found in verse six. (1) **“He is not here.”** There must have been many thoughts running through their minds that day. Who took Him? Where have they put Him? We must not forget that these same women had been eyewitnesses to the crucifixion only hours before. Through the years, there have been many ideas to explain what may have happened. Some thought the women went to the wrong tomb. Others have suggested that the body of Jesus was stolen by His disciples. One has surmised that Jesus simply fainted, then revived, moved back the stone Himself, and left. Still another theory is that these post-resurrection appearances were simply hallucinations.

These ideas stand in opposition not only to the historical record, but also in opposition to God’s Word, the Bible. The Old Testament prophets foretold the coming of the Messiah, the suffering Servant of God who would be crucified, buried in a borrowed tomb, then rise victorious over death, sin, and the grave on the third day. (2) **“He is not here . . . He has risen, just as He said.”**

Jesus had spoken many times of His death and resurrection (eight times in Matthew’s gospel alone). By the time He was placed in the tomb, He had fulfilled more than 60 major prophecies from the Old Testament. The Apostle Paul reminded the Roman believers that Jesus “. . . was declared with power to be the Son of God by the resurrection from the dead.” The resurrection and our faith are inseparable. (3) **“He is risen, just as He said. Come and see the place where He lay.”** In Luke’s Gospel we read that the disciple Peter did not believe the testimony of the women, but ran to see for himself, then “wondered what had happened” (Luke 24:11-12).

The invitation to come and see still stands today. The Lord is pleased to reveal Himself to anyone who would come humbly and in simple faith. Romans 10:9 tells us “That if you confess with your mouth, ‘Jesus is Lord’, and believe in your heart that God raised Him (Jesus) from the dead, you will be saved.” (4) **“Go quickly and tell His disciples.”** There is something wonderful and easy about sharing “Good News.” The disciples needed some good news right about then and as the women hurried away to tell them, they met Jesus Himself. The simple greeting He expressed to them was fitting and powerful. He said, “Rejoice, do not be afraid. Go tell my brothers to go to Galilee; there they will see me” (Matthew 28:8–10). As God’s people we have much to rejoice in. May we draw eternal hope from Jesus, who said “I am the resurrection and the life.”

*Bruce Martin is pastor of Concrete Assembly of God.*

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Woodfest, cont. from p. 1

won can be seen in the window at 714 B Metcalf Street downtown. A silent auction also will be taking place during Woodfest. Four Pacific Northwest high schools have students participating in a wood-working project competition running in tandem with Woodfest, including students from Sedro-Woolley High School. All of the schools present and competing this year are from Washington. In the past, students from a British Columbia high school have competed as well.

**Return of a favorite** Woodfest was cancelled last year because of a breakdown in the staffing structure for the Sedro-Woolley Chamber, which coordinates Woodfest, said Pola Kelley. She is new to the post of executive director for the Chamber, taking over the position in summer 2009. Kelley said part of her motivation to take the position was that she wanted to be sure that Woodfest took place this year. She has been working with the high school to ensure that Woodfest will continue for years to come as Sedro-Woolley’s Tulip Festival event.

This year’s event is funded by money received by the Chamber from the state Hotel-Motel tax. The funds are intended to be used for projects such as Woodfest, which are designed to bring visitors into town. Besides showcasing woodworking, Woodfest also draws visitors east to Sedro-Woolley during the Tulip Festival. **More than tulips**

Other Sedro-Woolley and Concrete-area Tulip Festival activities are scheduled at Hemlock Highlands Farm, a Scottish Highland Cattle farm, from April 7–30; and at Eagle Haven Winery and Vineyard; both on Sims Road off of State Route 20 just east of Sedro-Woolley. More events are taking place at Challenger Ridge winery just west of Concrete, with free wine tasting on Saturdays and Sundays; and at Country Time Alpacas on Highway 9 north of Sedro-Woolley, April 5–30; as well as at O’Neil’s Arts Gallery & Glass in Sedro-Woolley on Moore Street and State Route 20.

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*The Voice of Eastern Skagit County*

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## Sheriff’s blotter

March 17

A Lyman caller reported seeing a teenage boy hanging around an old fishing shack. Caller thought the boy was living in the shack. A deputy checked; the boy was not found, although the deputy found some papers. It appears the boy is a 15-year-old runaway from Mount Vernon. Deputy will follow-up and check again.

March 16

A Hamilton caller reported being bitten in the thigh by a pitbull, and claimed it was the same dog that had killed a chihuahua two weeks before this incident. An animal control officer investigated and confirmed it was the same dog. The dog will be referred as a dangerous dog; its owner has been contacted.

March 15

A Sedro-Woolley caller reported a phone call from someone who “sounded foreign” and said the caller wanted her bank information. She refused to give it and the caller hung up. Deputy investigated and found that the call originated in the faraway land of Nebraska. Nothing further to report.

March 15

A Hamilton caller reported that neighbors were being loud and drunk. The suspects had entered a green van and were trying to start it, creating a lot of noise very early in the morning. Deputy arrived and contacted the man and woman, who were sleeping in the van. The van belonged to them and no crime had been committed. The woman, however, had two warrants for her arrest. The jail was too crowded to accept her, so she was booked administratively and released with a new court date.

March 14

A Rockport caller reported her live-in boyfriend was yelling at her juvenile son to pick up his toys. She had tried to intervene and the man started to yell at her. No physical assault had occurred, so no crime had been committed; however, the caller will get a restraining order to protect herself.

March 13

A Cape Horn caller reported that his ex-girlfriend was harassing him, posting messages on the Internet and trying to make his band look bad so that they could not play anywhere in Skagit County. This is a civil issue; no crime at this time.

March 13

A Clear Lake caller reported a suspicious truck parked near his house and wanted a deputy to look at it. Caller then called back and reported that the truck’s owner had arrived and removed it.

March 12

A Concrete caller reported a store clerk had caught a boy shoplifting. The items had been recovered and the boy had returned to school. Deputy arrived and learned the 15-year-old Grasmere boy had stolen two energy drinks. Deputy contacted the boy at school; boy will be referred to juvenile court for third-degree theft.

March 8

A Rockport caller said two men had come to look at her trailer for sale. The two parties could not come to a sale agreement. Later, her trailer was gone. Deputy is looking into the case and the investigation continues.

March 7

A Cape Horn caller reported seeing three juveniles loosening the wooden stairs near the sign at the entrance to the community. Caller thought it was vandalism. A deputy arrived and found the stairs in place and no kids around.

March 6

A Clear Lake caller reported two pickups in a muddy field, doing doughnuts and tearing up the field. Deputy arrived and found damage to the field, but the trucks were gone.

March 5

In Lyman, a deputy stopped a pick-up because of its loud muffler. Driver was a 30-year-old Mount Vernon man with a warrant for driving with a suspended license and a strong smell of marijuana. Deputy arrested the man and found a small amount of pot and a pipe. Driver was cited for possession of marijuana and drug paraphernalia. Jail was too crowded; the man was given a new court date and released.

March 4

A Sedro-Woolley caller said he has received harassing phone calls during the past year, with 47 coming in today. The calls are loud music and someone whispering on the other end of the line. Deputy told him about possibly setting up a phone trap if the problem continues.

February 27

A Grasmere caller reported two teenage boys lying in the middle of a road, appearing confused. Deputy arrived and found the boys were hallucinating and making little sense, possibly high on mushrooms. Deputy located the boys’ parents and took the boys to the hospital. The boys were later returned to their parents’ care.

February 26

Deputy spotted a vehicle in Clear Lake. It was listed as stolen. Deputy stopped the vehicle. Passenger said she didn’t know it was stolen, but thought it was unusual that the driver had been using a screwdriver instead of a key to start the car.

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### Worth repeating...

“I take it that the highest proof of Christ’s power is not that He offers salvation, not that He bids you take it if you will, but that when you reject it, when you hate it, when you despise it, He has a power whereby he can change your mind, make you think differently from your former thoughts, and turn you from the error of your ways.”

—Charles H. Spurgeon, on God’s irresistible grace





Oh, my aching back!

By Valerie Stafford

Did you know the average person bends forward thousands of times each day? No wonder so many of us suffer from an aching back! Back pain can range from a dull, constant ache that’s distracting, to a sudden, sharp pain that takes your breath away. It can come on suddenly, from a fall or lifting something too heavy, or it may develop slowly, as your spine changes with age.

Anyone can develop back pain, but these factors increase your risk:

**Age:** The older you are, the more likely you are to suffer back pain. Most people suffer their first incident after age 30.

**Fitness level:** Lack of exercise creates weak back and abdominal muscles, which can lead to back pain. People who exercise heavily after long periods of inactivity



are at higher risk than those who make exercise a daily habit.

**Posture:** Sitting or standing in a slouched position with your head protruding forward puts additional stress on the spine.

**Diet:** A diet high in calories and fat, combined with an inactive lifestyle, can lead to obesity, which puts stress on the back.

**Occupation:** Heavy lifting can lead to injury, but sitting all day also can increase your risk of back problems.

**Smoking:** Smoking can block your body’s ability to deliver nutrients to the discs of the lower back. It also can slow healing and prolong pain for people with back injuries.

Tips for keeping your back healthy and strong include:

**Exercise.** Regular low-impact aerobic activities, like walking and swimming, can increase strength and endurance in



your back muscles. Exercises for your abdominal and back muscles (called core-strengthening exercises) help condition these muscles so they create a natural “corset” for your back.

**Maintain a healthy weight.** Your spine can only carry so much weight before your back, especially the lower back, begins to suffer. If you’re overweight, trimming down can prevent back pain.

**Stand smart.** Don’t slouch, but don’t stand ramrod straight, either. If you have to stand for long periods of time, try placing one foot on a low stool to take some of the load off your lower back.

**Sit smart.** Choose a chair with good lower-back support, arm rests, and a swivel base. Consider placing a rolled towel in the small of your back to maintain its normal curve. Keep your knees and hips level.

**Lift smart.** Let your legs do the work.



Move straight up and down. Keep your back straight and bend only at the knees. Hold the load close to your body. Avoid lifting and twisting simultaneously.

**Sleep smart.** People with back pain often have been told to use a firm mattress, but recent studies indicate that a medium-firm mattress might be better. Use pillows for support, but don’t use a pillow that keeps your neck at a severe angle.

For help with back pain, United General Hospital provides outpatient physical therapy, occupational therapy, and massage services, as well as fitness classes and individual health coaching. Call the hospital at 360.856.6021 or e-mail wellness360@unitedgeneral.org.

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



Why use hair mineral testing to design nutritional programs?

By Karl Mincin

There are many ways to assess one’s nutritional status, including symptom questionnaires, diet sheets, computer analyses, and blood tests. So why use a tool such as measuring tissue mineral levels in hair? Here are eight reasons.

A window into the cells

Nutritional physiology takes place at the cellular level of tissue and organs, not within blood or any other location. What you eat is not as important as what is reaching your body cells. Tissue mineral analysis provides information about cellular activity—the main site of nutritional metabolism.

Detecting toxic metals

Tissue mineral analysis is one of the few methods approved by the EPA for detecting toxic metals in the body. While hair mineral testing has its quirks of interpretation for nutritional minerals, it is nearly 100 percent accurate for toxic minerals.

Understanding emotions

Biochemical imbalances can contribute to many mental and emotional conditions. I know of no other tool that even comes close to tissue mineral testing to predict, explain, and suggest nutritional solutions for such common complaints as anxiety, depression, hyperactivity, and insomnia. Rebuilding the body’s energy mechanism

Tissue mineral analysis can be used to assess the efficiency of the energy system of the body, and to recommend nutrients and foods that will assist in rebuilding the energy system.

Determining oxidation types

Knowing the rate at which an individual burns food can help decide which foods are most needed, and which nutrients would be most helpful to restore balance. Tissue minerals analysis can be utilized to determine an individual’s oxidation rate with mathematical precision.

Exact amounts of food supplements and proportions of foods

One problem in designing nutrition programs is determining how much and which nutrients and foods are recommended. Because of its mathematical nature, hair mineral analysis offers a way to determine supplement dosage and proportions of foods with greater accuracy.

Assessing organ, gland, and tissue function

Levels and ratios of tissue minerals relate to the activity of specific organs and glands. By calculating ratios on a tissue mineral test, the function of major glands and organs can be assessed, often long before abnormalities appear on x-rays and blood tests.

Monitoring progress

Repeat tissue mineral tests and comparison with previous tests often can provide answers as to whether improvement is occurring, why some symptoms persist, and what to expect in the future.

Superiority over blood test

Blood tests are incapable of providing the information provided by the hair analysis. Mineral levels in blood are ten times less than they are in the tissues, making measurement difficult. Blood tests are subject to daily fluctuation, whereas hair analysis will not vary from day to day, and provides a long-term metabolic blueprint.

*Karl Mincin is a clinical nutritionist in practice locally for 25 years. He specializes in nutrition assessment testing and may be reached at 360.336.2616 or online at www.Nutrition-Testing.com.*

Hair test kits

Hair test kits may be ordered from nutritionist Karl Mincin by calling 360.336.2616 or visiting [www.Nutrition-Testing.com](http://www.Nutrition-Testing.com)

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## Dwelleysms

Wit from the *Herald's* former editor

“The fight to reduce traffic deaths is difficult because some motorists would rather die than admit they are poor drivers.”

—Jan. 24, 1968

“Awareness is also knowing when nothing is going on around you.”

—Jan. 31, 1968

“The offspring who thinks his parents aren’t very bright should give thanks. If they had been as smart as he thinks he is, he wouldn’t have been born.”

“One of these days all those people bent on saving the world are going to be stuck for a good reason for doing so.”

“Reality is supposed to be what you see when you keep your eyes open. Often it is what happens to you when you keep them closed.”

—Feb. 14, 1968

“Time has a way of making wise men look foolish and fools look wise. Our problem is to know which to elect when.”

—March 6, 1968

“So many of the Ten Commandments have been ruled out as antiquated or not applying to modern living that someone is going to have to redefine sin.”

—March 13, 1968

“A man with brains will marry a smart woman. A woman with brains will see that he does it.”

“Pity not the man who has everything. Figure out a way for him to get it all in a trailer and you’ll be rich yourself.”

“To be thought well of, listen well before you think, think well before you speak, and speak well before the subject is exhausted.”

—April 3, 1968

**A boy was in trouble** and had to go to bed early. He got in bed and asked his dad for a glass of water, so his dad brought him a glass. Five minutes later the boy called to his dad, “Can I have another glass of water?” His dad brought him another. Five minutes later the boy again called to his dad, “Can I have another glass of water?” His dad said, “No, if you ask me one more time I’m going to come up there and spank you.” Five minutes later the boy called out, “On your way up to spank me can you bring me a glass of water?”

## Quick jokes

- There are two cowboys in the kitchen. Which one is the real cowboy? The one on the range.
- Where do you find a one-legged dog? Where you left it.
- What’s pink and fluffy? Pink fluff. What’s blue and fluffy? Pink fluff holding its breath.
- Two muffins are in the oven. One says, “Boy, it’s hot in here.” The other says, “AAAAAAIIIIIGGGHHH! A talking muffin!”

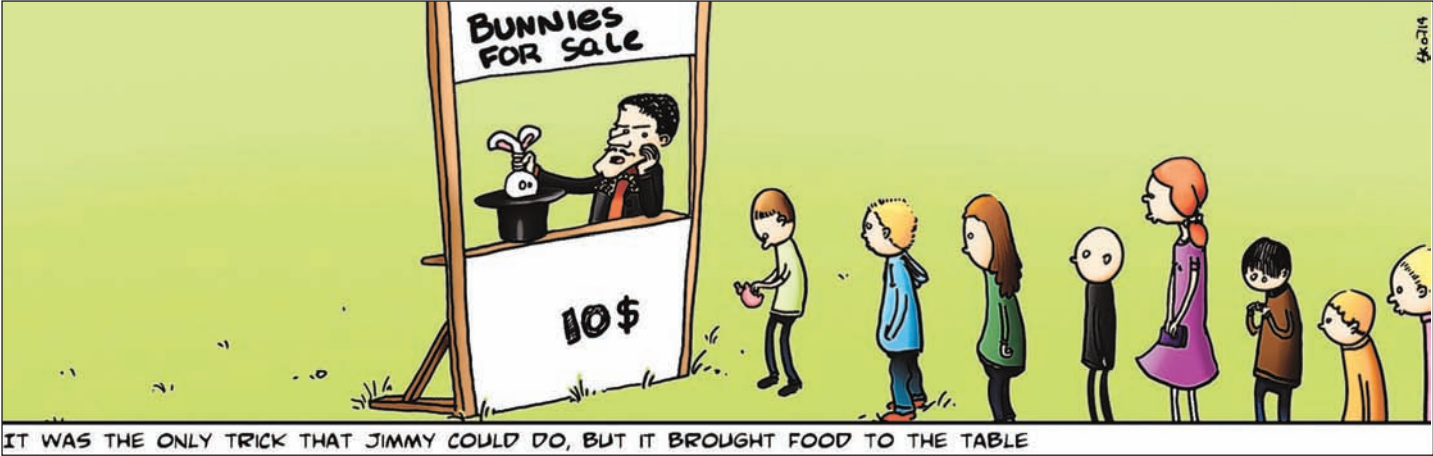
## An Elf’s Life

By Jonathan Carter



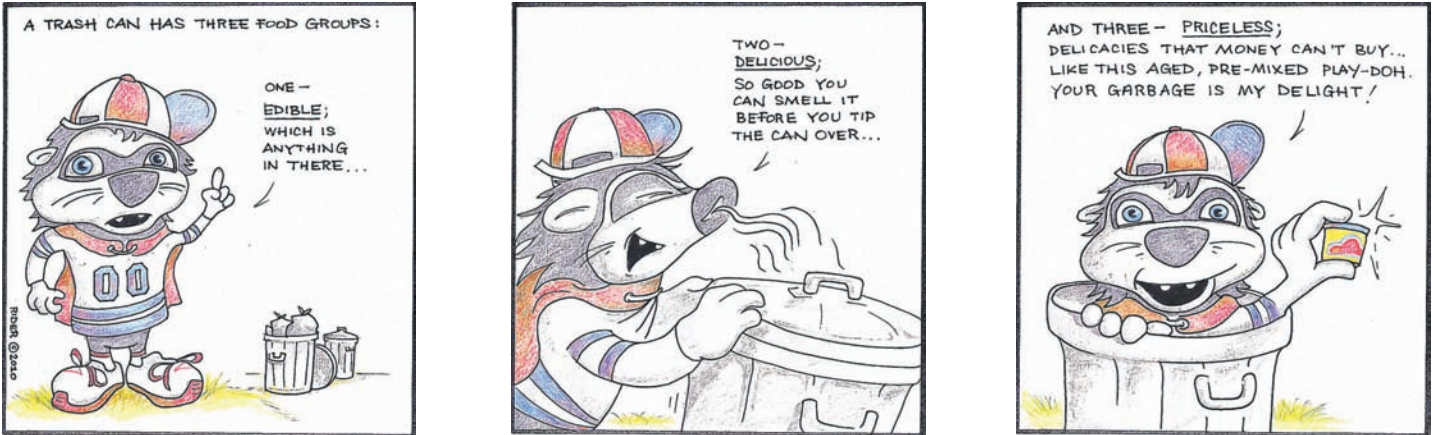
## Public Service Announcement

By Stig Andersen



## Up Yonder

By P. W. Rider



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Thomas, cont. from p. 7

She also was excited to keep her softball number “00” when she transitioned from the high school fields of Concrete to the university fields of GFU.

When she attended Concrete High School, Beka was a three-sport, four-year letterman in soccer, basketball and softball. Though she received most of her accolades on the basketball court, Beka started all four years on the CHS softball team, which finished first, second, fourth, and fifth at State during her playing days.

This season could be Beka’s last year of playing at the college level as she looks to transfer to Seattle Pacific University in fall 2010. She will focus on a degree in teaching at SPU.

Mayor Anderson, cont. from p. 12

destination, a police car pulled in front of us and stopped the cab and traffic around us. I looked around, expecting a big motorcade with VP Joe Biden or someone, only to find a dozen elephants walking trunk to tail; the greatest show on earth was at the nation’s capitol.

We were in D.C. for two full days, with back-to-back meetings from morning to night. At the end of the trip, we accomplished the following:

- A good conversation on flood issues
- Personal requests for support of our Cook Road project which has already

- resulted in a Congressional earmark request
  - A commitment to increase the federal grant for our Fire Station 2, which will ensure that project really happens
  - Support for the replacement of the BNSF railroad bridge over SR 20
- For \$2,121.21, the trip was a good use of Sedro-Woolley taxpayer dollars and I believe it will pay dividends through infrastructure improvements in the future. Congressman Larsen and his staff, both Senators, Cantwell and Murray and their staffs, and the agency employees that we met with were engaged and responsive to our requests, and I appreciate their work for our city and the county.

I welcome your questions and comments. Please call me at 360.855.9922 or come by City Hall.

Wrestling, cont. from p. 7

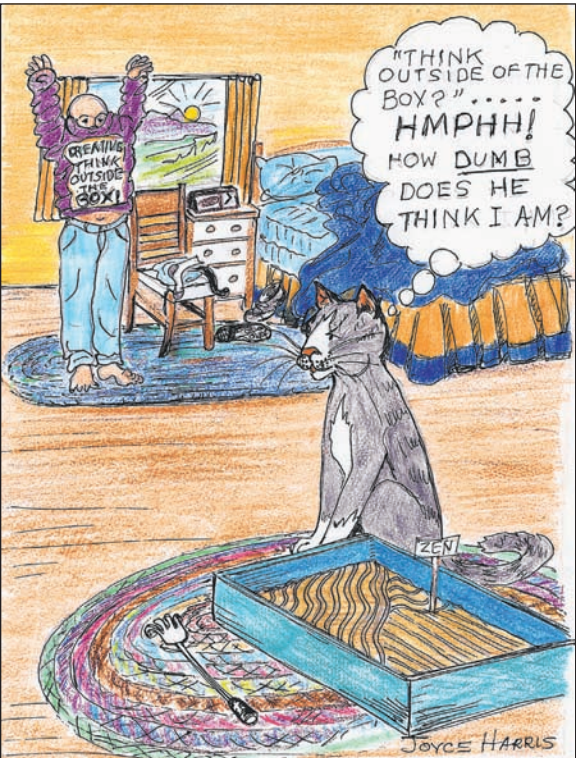
of their grades. By the end of the season, we had six solid wrestlers willing to do what it takes for the sport, including academically. Wrestling is a thinking person’s sport and there is a direct correlation between a students’ academic performance and their performance on the mat.

We look forward to seeing all of this year’s wrestlers return next season, as well as seeing some new faces as new 7th graders join the team.

Freestyle Wrestling note

Wrestling coaches John Koenig and David Dellinger have once again begun the freestyle wrestling club. The Concrete School District can look forward to having a strong wrestling team in the future. Please remember to support our student athletes by attending matches and cheering the students on.

## Concrete Harold



By Joyce Harris

Track, cont. from p. 7

August also should be watched this season. Excelling in the high jump, triple jump, and long jump, he placed second at State last year in the triple jump—as a sophomore. In the March 18 meet, he placed first in all three jumping events.

The men javelin throwers also are already turning in strong numbers, capturing the first four places in the March 18 meet.

On the women’s side of things, Taylor Lee stands out early as a strong javelin thrower, but Howell says she’s keeping her

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Diary of a Wimpy Kid: Fri., 5 p.m.; Sat., 7:30 p.m.; and Sun., 6:30 p.m.  
Coming soon: Alice in Wonderland.  
Call the MovieLine for updates: **360.941.0403**.

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Requirements:

- Campground Host is expected to live onsite and be on call as required by the customer
- Position requires a First Aid/CPR/AED certification within 3 months (provided by PSE)
- Valid Washington state driver’s license, a camp trailer or motor home, and a high-school education
- Excellent interpersonal skills

In order to be considered for this position, you must complete an online application on our website, PSE.com/careers, and attach a resume.

eye on Lee as a hurdler, too. “She could go to State in both hurdle events,” said Howell.

Howell praises this year’s Track athletes’ drive and determination. “We don’t have to worry about pushing them, because they push each other,” she said. “They’re one of the best groups I’ve ever had.”

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Pre-moving sale, 7527 2nd St., Concrete. April 10, 9 a.m. to 3 p.m. Cleaning out house to sell. 1st garage sale—more to come. Many books, kitchen wares, tools, misc. goods, and electronics.

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Cedar Grove, 46363 Baker Loop Rd.: 2-bed, 1-bath, covered mobile with 12x20 bonus room. \$800/mo., \$800 deposit. Stop by and take a look! 425.299.0111.

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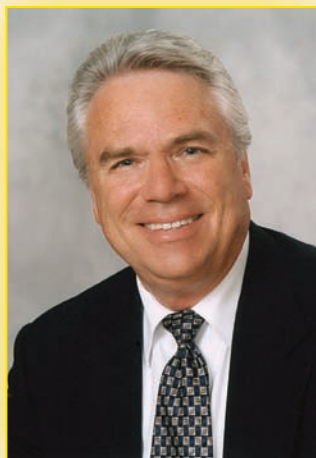
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# We've Received Some Glowing Reports.



Greg Reed

## GREG REED, FINALIST FOR BUSINESS PERSON OF THE YEAR

We are pleased that Greg Reed, Superintendent/CEO of United General, was one of three finalists for the Skagit County Business Person of the Year award sponsored by Northwest Business Monthly. We are glad that so many others recognize the outstanding contribution Greg has made to the hospital and community.



## DIABETES PROGRAM IS RECOGNIZED

The American Diabetes Association has awarded Education Recognition to the Diabetes Self-Management Program at United General. For more than a decade, our program has helped patients learn to manage their diabetes.

## TWO GRANTS AWARDED FOR WOMEN'S HEALTH

The U.S. Department of Health and Human Services Office on Women's Health is providing funds for two new projects at United General: Women's Health Week on May 9-15, and a Symposium on Diabetes and Women's Health on June 19.



Mark Pearson

## WELLNESS PROGRAM RECEIVES AWARD

United General has received the Leaders in Health Care award

for our employee wellness program.

The award by Seattle Business magazine recognizes the top employer in the region for providing an effective and innovative wellness program.



## FITNESS CENTER IS FIRST TO BE CERTIFIED

The Fitness Center at United General is now a certified Medical Fitness Facility, the first in Washington State, and one of only 11 in the nation to earn this special certification. Our Fitness Center can provide safer exercise programs for patients with chronic diseases and multiple risk factors.

**FOR MORE INFORMATION** about United General Hospital, see our Facebook page or website, or send an email to [communications@unitedgeneral.org](mailto:communications@unitedgeneral.org)

