

The Voice of the Upper Skagit Valley

Concrete Herald

Vol. 101, No. 4

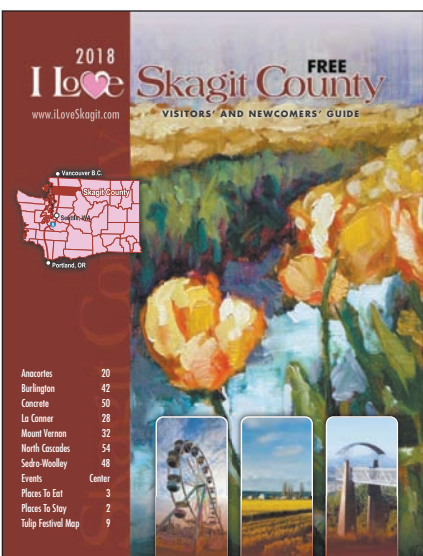
April 2018

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Concrete Herald

The Voice of the Upper Skagit Valley



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

Concrete Herald owes its success to citizen journalists and photographers. **Reporter:** Chazlyn Lovely. **Ad Production:** Lynn Jefferson and Chazlyn Lovely. **Bookkeeping:** Upriver Bookkeeping Services. **Local contributors are welcome;** call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

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Opinion

Letters to the editor

Nooksack elk herd management "sorely lacking"

The "Problems for Landowners" and the "Dangers for Drivers" were understated in a recent article printed in the *Skagit Valley Herald*. Those of us who live in Birdsvew do not feel that government agencies have reached out to those of us who live with the elk on the valley floor. Evidently government decided that the elk, whose primary habitat was at higher elevations, should be encouraged to thrive at lower elevations, and through extensive agency efforts, the herd has more than quadrupled in size. While damage to commercial and private farming enterprises has been noted, management of the herd has been sorely lacking.

Addressing the size of the herd with statistically accurate counts at regular intervals and determining sustainable population numbers and the habitat required should have been done 30 years ago. During the dry months, the elk raid our barns, pastures, and vegetable and flower gardens. They have now calved here and evidently prefer to stay.

Well-maintained property helps encourage rising property values and the higher taxes that fund schools, roads, etc. But our reward is destroyed property from the marauding elk herd. Our neighboring elk need to be moved to higher ground. We have fences for sheep, goats, cattle, and horses—none of which can possibly keep out the elk herd.

Janis D. Schweitzer
 Birdsvew

Endangering bicyclists is a crime

On March 12 at about 4:40 p.m., I was riding my bicycle northbound just north of the Rockport Cascade Rd. when an

incident with a northbound car (a small dark blue sedan) caused me to take evasive action. I ended up leaving the roadway and sustained injuries to both knees, my neck and back, as well as damage to a foot for which I recently had surgery.

I was minding my own business and as far to the right as possible. When the driver laid on the horn and brushed by me, the car's tire was about a foot from the fog line. The fog line is about a foot from the edge of the pavement. There was clearly no need for this. There were no cars coming in the opposite direction. There is no doubt whatsoever that this was a malicious act with the sole intent of causing me harm. Had I turned to look at the car with the blasting horn, I have no doubt I would have been killed.

I reported this incident to the sheriff. I am not a serious cyclist. I ride for only one reason: to get some exercise. I ride respectfully as far to the right as possible and I wave a thank you to those drivers who give me a little extra room. I didn't ask for or deserve this.

Washington State laws regarding motor vehicles and bicycles are clear: A bicyclist has the same rights and responsibilities and has to obey the same laws as a motor

See Letters, p. 3

Letters policy

Letters of 200 words or fewer may be e-mailed to letters@concrete-herald.com or sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Writers must include their name and town or community for publication, plus a daytime telephone number for confirmation purposes. *Concrete Herald* reserves the right to edit letters for length, clarity, accuracy, spelling, grammar, and potentially libelous statements.

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Message from the mayor

By Jason Miller

A couple posts on Facebook compel me to share a couple items with a larger audience ...

The piles of concrete and asphalt along the southeast edge of Silo Park won't be there forever, I promise. We've tried the most obvious solution: Hire an outfit to come in and grind it up so we can use it for a roadway we intend to build from that southeast corner up to Main Street. Too expensive. Waaaaay too expensive.

Now we're figuring out what we have to do as a municipality in order to offer it up to the general public or to contractors who could use it for any number of projects.

How did it get there in the first place? Glad you asked. The piles are the result of a series of decisions by the town to finish projects within budget. Specifically, the Main St. renovation from Cupples Alley to Superior Ave., the Fire & Life Safety Building, and the Park & Ride (for starters) wouldn't have come in within budget if the town hadn't agreed to stockpile some of the junk instead of paying to have it disposed of properly. I assure you the piles make me grit my teeth; ask any of our staff. I also assure you that we are making every effort to get rid of them, and to not allow them to reappear.

The other item to share is the future of what I call the "picnic pavilion," the sad-looking roof with its legs chopped off, sitting forlorn in the eastern half of Silo Park. It was former Eagle Scout Jacob Scherer's project.

I've been in contact with Jacob, and he and other volunteers are on board with our plan of attack: We will disassemble the structure and salvage everything we can to build a larger version of it near the spray park after it's complete. I'll be sure Jacob's name is attached to the new structure as it was to the original.

Concrete Mayor Jason Miller can be reached at goodwords@frontier.com or 360.853.8213, or by sending correspondence to P.O. Box 39, Concrete, WA 98237.



Letters, cont. from p. 2

vehicle. A motorist causing an accident is responsible for the outcome, even if not part of that accident. Leaving the scene of that accident can land you in jail, even if it's an old man on a bicycle.

It's illegal to honk or yell at a bicyclist from the window of a motor vehicle. Cars must leave a minimum of 3 feet clearance between the widest part of the vehicle and a bicycle up to 30 mph; more space is recommended at faster speeds. It doesn't matter where the bicycle is. It could be on the shoulder as I was, in a bike lane, or in the main roadway; it doesn't matter. It doesn't even matter if the cyclist is operating legally or illegally. Intentionally running any vehicle off of the road can get you prison time.

Leaving the scene of an accident is a big deal too. Any or all of it can end in revocation of a drivers license.

I have had a number of incidents like this one over the years, but none so serious. It's almost always with a car coming from behind. Throwing things, honking, yelling obscenities. Once a guy

in a Jeep fired a gun, luckily not in my direction. They never do it to your face, and if they weren't in a car, they wouldn't dare. I have one word for this individual and I would say it to his face given the opportunity: coward.

If anyone knows who did this, don't tell me. Please contact the Skagit County Sheriff.

Dave Adams
 Rockport

More questions regarding elk

Why did Washington Dept. of Fish and Wildlife (WDFW) and Commission release the proposed North Cascade Elk Herd Plan (NCEHP) without legal public notice in local newspapers or WDFW's Web site?

Why has WDFW and tribes proposed to enlarge NCEHP habitat area to include all of Skagit County's agricultural, rural lands, and residences and cities/towns from Padilla Bay and Shorelines east to I-5 without Skagit County and city/town officials' knowledge? Why would WDFW/tribes think they could bypass a full legal environmental impact statement

process? The current NCEHP area is east of I-5 and north of SR 20.

East county farms and homes south of SR 20 not included in NCEHP suffer most elk-caused damages. Estimates indicate there is more than \$303,000 worth of elk-caused damage each year to more than 30 agriculture-related properties in east county, and another \$234,000 of damage caused by elk to more than 579 residences each year, not counting 75-90 elk/vehicle collisions.

Why has WDFW/tribes failed to include any survey of residences damaged by elk?

State law RCW 77.04.012 mandates WDFW not allow elk to infringe on the right of private property owners to control their private property. Why doesn't WDFW/tribes obey state law?

Doesn't the Nov. 2017 NCEHP draft demonstrate WDFW/tribes complete lack of knowledge and ability to manage elk? Are high school animal science classes needed for WDFW?

Randy Good
 Sedro-Woolley

See Letters, p. 5

Blessed with a HOPE
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Spray park leads list of current projects

By Chazlyn Lovely
Edited by Katy Tomasulo

During its March 26 regular meeting, the Concrete Town Council reviewed the status of new and ongoing projects with town engineer Cody Hart with CRH Engineering.

Spray Park project at Silo Park Cost: \$199,000

The idea for the spray park emerged during a 2015 Imagine Concrete Foundation workshop focused on re-imagining Silo Park as an attraction with amenities geared toward citizens and visitors. The admission-free play feature, originally planned to be completed in July 2017, will proceed using funding allocated by the Washington State Recreation and Conservation Office. The design utilizes the Park and Ride's existing southernmost stormwater infiltration pond (largely unused in the summer months) for water runoff. The first of its kind in the state, the drainage solution had to be approved by

the Washington Department of Health and the Department of Ecology. More than \$100,000 will be saved using this method instead of alternatives like filtering and recirculation or an on-site septic system, which was also not viable because of the site's poor infiltration rate.

The town's Public Works Department and volunteers are helping to keep the budget under control by taking on the majority of the preparation and follow-up efforts such as site grading, pipe and water feature installation, vegetation transplanting, and drinking fountain and shower station installation. Hired-out work will be primarily limited to the primary concrete pad, which should be complete by early June.

The town's goal is for the park to be operational by the time school gets out on June 12.

Mayor Jason Miller noted that many of the ideas that came out of that 2015 workshop are being pursued by the town as resources and funding become available, and that it is the town's desire

to turn Silo Park into an attraction rather than have it remain just a large open field.

First Street water line extension Cost: \$370,000

In 2016 the Town of Concrete won a Skagit County Economic Development grant totaling \$350,000 to be used to extend the town's water service to businesses in its Urban Growth Area, such as Grasmere Village and Albert's Red Apple. Town Engineer Cody Hart notes that this project will support local businesses that would have been required to pay costs on their own.

The project has taken longer than expected because of difficulties installing steel casing under SR 20, but is now expected to be complete by the end of April.

Sanitary sewer infiltration and inflow (I&I) Project Cost: \$960,000

The USDA awarded the Town of Concrete a \$730,000 grant in 2017 to be used to repair the town's sewer system. Design for the project began in March 2018, and construction should be completed in 2019. Repairs and replacements will be made to pipes, side sewers, and manholes. A trenchless infiltration and inflow technique will be used, which will include cured-in-place pipe (CIPP) lining. Trenchless spot repairs and pressure grouting will also take place during this time.

Cedar Street road and pedestrian improvements Cost: \$670,000

The Transportation Improvement Board awarded a grant for \$637,661 to Concrete for improvements to Cedar St. The work includes construction of ADA-compliant sidewalks and curbs, new gutters, and cement concrete driveway entrances. During this time the existing water line will be replaced with a 12-inch water main. Design and permitting will occur in 2018, with construction in 2019. Mayor Miller notes, "[The town has] waited more than eight years to get funding for this project, so we're very excited to finally get the funding to make that happen."

Water storage/system improvements Cost: To be determined

This project began in 2017, but was suspended. In February, state funding

became available and work will continue. The project includes water line improvements, replacement of a wooden water tank with a 200,000-gallon concrete tank, and installation of a meter at the town's water source in order to track the volume of water being extracted. These updates are required by the Department of Health and should enable the town to keep a record of water that leaves the system but is not consumed by residents in order to boost water efficiency.

Design restarted in March 2018, with expected completion in 2019.

Townwide metering improvements Cost: To be determined

Mandated by the Department of Health, this project will provide metered water service to all water system users who are currently under a fixed monthly fee. Coordinating with the Public Works Department, CRH Engineering will inventory needed items for the work and conduct a cost analysis and bid document so that construction can commence. Like the water storage/system improvements, this project was suspended in 2017 because of state legislative budget issues, but resumed once funding became available again in February. Design restarted in March 2018, with expected completion in 2019.

Main Street water line improvements, North Superior to A Ave. Cost: To be determined

Improvements to Main Street's water lines, from the intersection of North Superior to A Avenue, were suspended in 2017, but resumed in 2018. About 800 linear feet of piping will be replaced. To minimize administrative costs and increase bidding potential, CRH Engineering will combine this project with the townwide metering improvements project.

Mears Field 2018 slurry seal project Cost: \$150,000

Maintenance is needed to address cracks and heaving at Mears Field, the town's municipal airport. A slurry seal—a mixture of water, asphalt emulsion, very small crushed rocks, and other additives applied to a previously existing asphalt/pavement surface—will serve as an economical alternative to chip sealing or new asphalt, and will aid in preventative

Letters, cont. from p. 3

"Wizard" should win a Nobel

I was reading through the paper this morning and saw the photo of John "Wizard" Bromet in the Concrete Mardi Gras parade with the children as they all sang Wizard's theme song. I also noticed the young girl with her own peace sign, and it made me think of the legacy that we leave as we live our lives.

I have the privilege of knowing Wizard and spending time with him. I am fortunate, as are so many folks in Skagit and Whatcom County, as we often see him out and about spreading his message of peace.

Wizard should win a Nobel Peace Prize, but that certainly isn't his goal. He is a modest man whose life mission seems to be to make us think about peace. You may not know this, but he sings each week in Mia Roozen's classroom, where he spreads his love of music to all her students.

If you haven't heard his rich baritone voice that sends shivers up your spine, then you need to correct that absence in your life. He is a gift to all of our lives, and I want to say how much I appreciate him. Our world is a richer place because he chose the Skagit Valley.

Thanks, Wizard, humble king of Mardi Gras 2018.

Linden Jordan
Marblemount

Is the well water legislative fix legal?

The intended legislative fix for Washington's well water problem was SB6091; i.e., legislation to counter flawed 2016 Washington State Supreme Court Hirst Decision, but it exempted Skagit County!

That's right! Skagit County was singularly exempted from statewide legislation. How can that be?

The Pledge of Allegiance says, in part, we are "one nation, under God, with liberty and justice for all."

Section 1, 14th Amendment, U.S. Constitution, says, in part, "No State shall make or enforce any law which shall abridge the privileges and immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws."

Yet Skagit County is singularly exempt from SB6091!

Isn't that illegal?

What can we do about it?
There are two resolutions:

- Someone can bring a lawsuit against the State of Washington.
- We the electorate can field and elect legislative candidates who understand civic responsibilities, and honor the Constitution.

Election 2018 candidate filings are May 14–18.

Roger Pederson
Mount Vernon

"Equinox" an evening of great entertainment

I would like to thank all local Equinox performers, young and old, who provided an evening of great entertainment. When so many news stories only highlight how fractured communities are over various issues, it was a real joy to see so many people, from so many varied backgrounds, unite in harmony.

Many tales can be told about the Upper Skagit Valley and Concrete, and this triumph should be included in any telling. Thank you all.

John Boggs
Concrete

Thanks for Easter egg hunt support

Ovenell's Heritage Inn & Log Cabins thanks these businesses from our community for their donations to our Annual Easter Egg Hunt:

Albert's Red Apple Market, Annie's Pizza, Cascade Burgers, Cascade Supply, Cascadian Farms, Columbia Bank, Double O Ranch, Hair Fitness, Java Zone, Northwest Garden Bling, Perks Espresso, Wolf Hair Design Studio, 5b's Bakery, Birdsvie Brewing Company, Valley's Buzz, Pacific Rim Tonewoods, PSE, Lone Star Restaurant, Concrete Theatre.

Cindy Kleinhuizen
Concrete

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

Call 360.853.8213

East County Public Forum, May 7

A public forum for East County residents is planned for Mon., May 7, at 5:30 p.m. in the Concrete High School Commons room.

The annual forum will be hosted by Skagit County Commissioners, who will be joined by representatives from numerous county departments and local agencies. Residents are encouraged to attend to ask questions and discuss any issue of interest.

Slated to join county commissioners Lisa Janicki, Ron Wesen, and Ken Dahlstedt are:

- Will Reichardt, Sheriff
- Hal Hart and Ryan Walters, Planning and Development Services

- Jennifer Johnson, Public Health
- Dan Berentson and Chris Rowell, Public Works
- Doug ten Hoopen, Emergency Management
- Jeff Sargent, EMS
- Brian Adams and Rusty Regan, Parks and Recreation
- Bill Henkel and Claudia Marken, Community Action of Skagit County
- Board of Equalization
- Dale O'Brien, Skagit Transit
- Andrea Petrich, WSDOT

For more informaton, contact the commissioners' office at 360.416.1300 or commissioners@co.skagit.wa.us.

—J. K. M.

THIS AND THAT

By J. K. M.

Spring is here, but the potential of some late-season snow means the **deadline to remove studded tires** in Washington has been extended for two weeks. The removal deadline is now by the end of the day, Sun., April 15.

This year's decision was based on long-range forecasts that show the potential for significant weather, including snow that could affect cross-state travel into April.

With the extension, all studded tires need to be removed no later than the end of the day (11:59 p.m.) Sun., April 15. Starting Mon., April 16, drivers with studded tires on their vehicles face a \$136 traffic infraction. Removal services can be crowded as the deadline approaches, so plan accordingly.

State law allows the Washington State Department of Transportation to extend the deadline into April if current or predicted conditions could make for difficult travel. The decision to extend is

made in consultation with meteorologists and maintenance supervisors. The deadline was last extended in 2012.

Studded tires damage pavement each year, costing an estimated \$29 million annually in additional wear and tear on state roads alone. WSDOT continues to urge drivers to investigate alternatives such as studless winter tires, which are not subject to removal deadlines.

Confused about low-volume drip irrigation systems?

Master Gardener Jeff Thompson cuts through the confusion about low-volume drip irrigation systems in a hands-on workshop sponsored by Washington State University Snohomish County Extension.

The two-and-a-half-hour workshop will be offered twice on Wednesdays, Apr. 11 and May 16, at 1 p.m. and then again at 6 p.m. at the Extension Education Center in South Everett in McCollum Park, 600 – 128th St. SE.

The cost is only \$20, or \$30 for a couple sharing materials, and includes an extensive reference handout.

For more information and to register, go to <http://extension.wsu.edu/snohomish>. For questions, contact the registrar at 425.357.6039 or christensen4@wsu.edu.

Council summary

Concrete Town Council met for regular meetings on March 12 and 26, and two back-to-back special meetings on March 19. Following are summaries of those meetings. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

March 12 regular meeting

- Public safety: Deputy Esskew stated a drug bust had occurred, which he believed was in town limits, where several arrests were made.
- Parks: Discussion of trees to be planted and trees to be removed at Silo Park.
- Community garden: Discussion of plans for work parties in 2018.
- Town planner Marianne Manville-Ailles reported she had recently spoken with the (burned out) rail car owner. He is working on getting the car removed. She stated that he has contacted a couple people near here, but is requesting additional time to complete the removal. Clerk Treasurer Andrea Fichter reported

that she spoke with building inspector Jack McCormick, who is going to require a demolition permit, as well as an asbestos report and abatement if needed.

- Manville-Ailles also updated on the coordination effort that is occurring between the town and the county for the annexation of the property that is needed for the boat launch and campground project at the confluence of the Baker and Skagit rivers. She stated they will also have to determine how to include easement and get other items in place.

March 19 special meetings

- Two back-to-back special meetings addressed the purchase of a backhoe for the town and a variety of topics related to the municipal airport, Mears Field.
- The backhoe warranty was clarified for council, which then voted to approve the purchase.
- Topics for the airport meeting included hangar living quarters, planning for a Ronald Ave. road extension in the future, water and sewer infrastructure extensions to the

airport, airport leases, and missing files for existing hangars at the airport. Council reached resolution for most of the topics, and plans to further discuss some of the finer points for the airport leases in the future. No action was taken during this workshop-format meeting.

March 26 regular meeting

- Town engineer Cody Hart reported that notices went out today for concrete contractors to complete the concrete portion of the spray park project. Town staff—largely Public Works—have a fairly lengthy list of items to complete before and after the concrete work is done.
- Hart submitted a quarterly report on all current projects (see article, p. 4).
- Hart reported that the Cedar Street renovation project is scheduled for construction next summer. He stated they will most likely go out to bid at the end of this year or first thing in 2019. He stated there are a number of items that need to be completed so that final design can occur.
- Leases for Mears Field lots 27 and 28 were approved for Jack Dickson.

- Airport Liaison Mike Bartel reported on the most recent fly-in meeting. Individuals are being named to oversee specific tasks for the event. Donations are sought. The date of the event has been finalized: July 13–15.
- Youth Activity Day will be July 13.
- Mayor Jason Miller reported that he had planted seven cherry trees at the Park & Ride.
- Parks: A survey for the planned pocket park in East Concrete may not be feasible; the legal description for the property has holes and “doesn’t close.” With many errors, it may cost the town more to have the survey completed than the property is worth.
- Community garden: Councilwoman Beth Easterday reported the first cleanup day will be April 22.

—Compiled from staff minutes

Keep track of your council

To have Concrete Town Council agendas and meeting minutes e-mailed to you automatically, e-mail your request to andrea@concretewa.gov or call 360.853.8401. Concrete Town Council meets the second and fourth Mondays of each month, at 6 p.m. at Town Hall.

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PeaceHealth

peacehealth.org/primary-care/sedro-woolley

one

honest conversation

Opioids are now one of the leading causes of injury-related deaths in Washington State.¹

75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member.²

You can be the one to help keep your family safe. Talk with your kids and share the facts with other parents.

Source: Washington State Department of Health
Source: Substance Abuse and Mental Health Services Administration

STOP OPIOID ABUSE

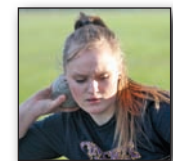
Your influence matters

- ✓ Kids are 50 percent less likely to use drugs when parents tell them about the risks.³
- ✓ Talk to your kids about the risks of opioid abuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at TakeBackYourMeds.org

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Sports



Strong juniors on baseball team

On the ball field next to the girls' softball team, head coach Randy Sweeney also has fewer players but a lot of heart.

With 13 players in the dugout, Sweeney has returning seniors Riley Fichter (catcher, pitcher), Tyler Hansen (first base), and Cole Meacham (third base, back after a year away because of injury).

The junior class is well represented, with Shayne Luttrell (starting pitcher, outfield), Tyler Coffell (No. 2 pitcher, catcher, outfield, infield), Dalton Newby (2nd base), and David O'Neill (left field and relief pitcher) suiting up.

The sole returning sophomore, Peyton Sanchez, already is hitting near the top of the lineup.

The team has played three games so far,

victim to the same inclement weather that has dogged the girls' team. Four of the six originally planned nonleague games were rained out.

The team's first outing was a nonleague game against Kings in Shoreline, where the Lions suffered a 17-0 loss. "That was a tough one," said Sweeney. "We struggled all the way around, with poor pitching and hitting."

But Concrete bounced back the next day against Mt. Rainier Lutheran, winning 19-7. Sweeney noted several key performances for the game, which saw Fichter picking up his first win. Sanchez was 3 for 4 with a triple and 5 RBIs. Luttrell had a triple and 3 RBIs. And Tyler Hansen chipped in with a triple.

Rain won the battle for a week, followed by a game at Orcas, the team's first league matchup. Orcas handed the Lions a 4-1 loss, with three of the four runs unearned. "We didn't hit the ball well, even though we threatened at the plate all day," said Sweeney. "We couldn't get the key hits when we needed them."

After an April 2 home game against La Conner, the team will play again after Spring Break.

—J. K. M.

Softball team young, full of fight

Incoming head coach Anna Gallagher describes her "girls of summer" as "freshmen heavy, but some experience." With 12 players, her bench isn't packed, but she has two returning seniors in Madisyn Renzelman and Erica Knuth, a few returning juniors, and five freshmen that she has placed aggressively in the infield and outfield.

"Some don't have as much experience, but they'll ask a senior or a junior captain, or (assistant coach) Stephanie Henning. We're young and still learning, but we have some really good leadership, and I'm putting the younger girls in some dynamic spots on the field, and they are performing well."

Despite poor weather conditions, the team managed to sneak in a few games

in March. Their first, an away game at Coupeville, found them tangling with Coupeville's JV team. Despite a 9-2 loss, "they played very well," said Gallagher. "Good at-bats all around, beginning-of-year jitters caused some errors, but I was really happy with our offensive performance."

South Whidbey walloped the Lady Lions 16-3. Let's move on.

Lynnwood JV was next, and more closely matched to the young Concrete team, which came out on top 15-14. "We had a fantastic game on the offensive side. It came down to the last inning and we squeaked through with the win; I was very proud of my girls," said Gallagher.

The team's first league game was at Orcas, which scored 19 runs in the first inning. "We're a bit of a slow-starting team, defensively," said Gallagher. "But I'm so proud of them for coming back from a morale-killing 19 runs, for a 23-2 loss."

—J. K. M.

A late-March practice day found members of the Concrete High School fastpitch softball team hard at work on a soggy field. **Right:** Jaidyn Swanson reaches for a fly to left field. **Below:** Jenna Frazee fields a grounder to third base. Frazee also is the team's primary pitcher.



New face on the field

The Concrete High School softball team has a new leader at the helm, head coach Anna Gallagher.

Gallagher, who teaches special education for grades 7 through 12 in the Concrete School District, comes to the position with plenty of experience.

A 2010 graduate of Sedro-Woolley High School, Gallagher has played softball since she was in her single digits. She played for little league teams, graduated to varsity for SWHS, and went right into coaching after that.

"My (SWHS) coaches taught me how to be a coach," she said.

She served as an assistant coach for the JV team at SWHS last year, and volunteered for several years with the SWHS program prior to that. This is her first head coach position.

"I look for hustle and athleticism," said Gallagher of her coaching style. "I make sure we have the fundamentals down so we can have clear minds while competing. Practicing is a whole lot different than playing, so having that muscle memory and fundamentals down is important."

Gallagher is assisted by Stephanie Henning, who is active-duty Navy and has played for Navy teams.



Athletes of the Month



Athletes of the Month: Madisyn Renzelman, David Swain, Peyton Sanchez

Madisyn Renzelman is a senior guard for the Concrete Lady Lions basketball team. She has played all four years, lettering the last three. Madisyn has the reputation of a tenacious defender, and it is pretty common for opposing coaches to game plan around her. Coach Kevik Rensink stated she earned a tremendous amount of respect from the league, as well as her teammates. Madisyn took on a lot this year by adding new roles and expectations to her game while enrolled in college courses and working. She is very deserving of this honor.

Senior **David Swain** was selected as boys' basketball Athlete of the Month for February. Coach Daniel

Schoolland wishes David had started playing earlier than his sophomore year, because he has shown tremendous growth and improvement. David averaged 11 points and 9 rebounds per game, and that will be hard to replace. David was a huge presence in many ways, from his booming voice cheering on his teammates to making other teams aware of his presence with his 6'4" frame on the glass. He encouraged the team to work hard and win more games than the previous year.

Peyton Sanchez was selected as the February Athlete of the Month for wrestling. He wrestled in the 160 lb. weight classification as a sophomore for the

Lions. Coach David Dellinger said he was nominated because of his good work ethic, being supportive of his teammates, and exhibiting good sportsmanship. Peyton placed first at subdistricts, 6th at regionals, and was an alternate to the state tournament. He also performs well academically.

Renzelman, Swain, and Sanchez were selected by Concrete Lions Booster Club members based on their academic performance, exemplary athletic leadership, positive attitude, and demonstrating sportsmanship and character.

—Kathy Hurn

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FIREWORKS SHOW
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Above left: Dalton Newby scoops up a ground ball during a March practice. Left: Tyler Hansen takes a throw to first base.

Track rebuilds with bright spots

It seems the freshman class at Concrete High School can't get enough Track, and it seems football coach and basketball assistant coach Marcus Carr can't get enough of coaching.

After former head coach Hayden Holbrook moved to Bellingham and stepped down from the post after two years, Carr threw his hat in the ring because nobody else did.

He inherited a young team. With the exception of returning senior thrower Becky Azure, all the women on the team are freshmen. The only other senior on the team is sprinter Joe Ramirez, a newcomer to the team with impressive wheels.

Other returners include sophomore thrower Levi Lowry and junior thrower and jumper Jonas Rensink.

Newcomers junior Tyler Nevin (sprints, jumps), junior Hayden O'Neil (throws, sprints), and freshman sprinters and jumpers Anna Spangler and Kassidy Smith already are carving out niches for themselves on the team with their talents.

The team's season kicked off with their first league meet at La Conner on March 14, followed by a home meet on March 21 and the Blackhawk Invite at Lummi Nation on March 30. The April lineup includes league meets at Friday Harbor and Mount Vernon Christian on April 4 and 10, respectively, the Birger-Solberg Invite on April 7, and the Eason Invite on April 21.

Carr is teamed with assistant coach Jason Miller and volunteer coach Andy Aiken, both back for their third years.



Clockwise from left: Becky Azure slings the discus, Sierra Rensink sprints the 100m, and Kai Sahlin sprints the 100m during the Concrete High School Track team's first league meet at La Conner on March 14.



Cement City Trail Run returns April 21

Final preparations are under way for the Cement City Trail Run on April, organized by the Concrete Lions Booster Club to raise money for extracurricular activities for kids.

Registration forms are available at businesses displaying the Cement City Trail Run poster at several of these same locations. Participants also can register via the Cement City Trail Run 2018 Facebook page.

Organizers encourage participants to pre-register through April 8 to save time and money, but they also may register the morning of April 21 in the Multipurpose Room at Concrete High School, beginning at 8:30 a.m. and ending at 9:45 a.m. T-shirts in ladies and men's styles will be offered at cost for \$20. All sizes are available only by pre-sale through April 8.

Cement City Trail Run is a kid-friendly event, with a half-mile walk/run around

the track for elementary-age kids. Grades K-3 will begin at 9:15 a.m., followed by Grades 4-6 at 9:30 a.m. This year, four \$5 prizes for the top female and male finishers will be awarded in both age categories.

The 5K (walk/run) and 10K (run) participants will begin their races at 10 a.m. Water and restrooms are available on site, with an aid station en route, provided by Community Bible Church. Runners will return to the track, where fresh fruit and snacks will be waiting, compliments of Kathy Howell, and gluten-free protein bars will be provided by 5b's Bakery, courtesy of Em Beals.

Ribbons will be awarded to all participants who complete the run, and medals presented to both male and female overall and category winners in several age categories, for both the 5K walk-run and the more challenging 10K run.

Prizes will be awarded to the top finishers (1st, 2nd, and 3rd) in the 5K and 10K races.

—Janis Schweitzer

2018 Concrete Cal Ripkin Majors Hit-a-thon and barbecue

A "hit-a-thon" and barbecue is planned for the Cal Ripkin Majors on Sat., April 14, at 4 p.m. on Field 2, a.k.a., the softball field near Concrete Elementary School.

The Rockies and the Royals are teaming up to raise money for a fun day of team building and bonding. Monies raised will also go toward scholarships for future players.

The day will begin with the players showing up to the field at 3:15 p.m. They will have a chance to warm up and get ready to start the fundraiser.

Beginning promptly at 4 p.m., players will go one at a time until all have completed their 10 swings. After the players, any spectators get a chance.

Following the hit-a-thon, there will be a potluck barbecue. Please sign up for items to bring.

How it works

During the first two weeks of April, players will use a pledge form to sign up sponsors who pledge an amount per foot. Sponsors also can donate a set amount. Players must hand in pledge forms prior to the event.

Each player will get 10 swings. Volunteers will measure the distance of the hits in fair territory. The farthest hit is the one scored. If the hit measures 200 feet and a sponsor pledged 25 cents per foot, then the hit earned \$50.00. Friends, family, and parents also will have an opportunity to get in on the action. For \$5 they can take their chances at 10 swings as well.

Questions or concerns can be directed to Dianne Aamot (360.708.5553) or Sheena Daniels (425.350.5988).

—Dianne Aamot

Concrete Elementary PTO meetings are held the second Wednesday of each month, at 5 p.m., in the Concrete Elementary School library.
For more information, call 425.350.5988.

What if it happened here?

Concrete School District responds to student's verbal threat

Concern rippled through the Concrete School District community during the late afternoon on March 21, when rumors circulated that a Concrete High School student had threatened to shoot upwards of 20 other students. Facebook lit up like a Christmas tree with accusations, conjectures, and more rumors.

When the dust settled, the school district had used an emergency expulsion to address the guilty party, a male freshman who had allegedly voiced a threat to two other classmates. One of those students reported the comment to district Superintendent Wayne Barrett, who immediately contacted the Skagit County Sheriff's Office and began following the district's process for the situation.

Barrett told *Concrete Herald* that the academic future of the student who allegedly made the threatening comments is uncertain. "At the current time, until certain conditions are met, the student won't return to Concrete," he said. Barrett did not elaborate on the conditions.

What if ...

According to reporting in *Skagit Valley Herald*, Skagit County schools have experienced a jump in threats since the Feb. 14 shooting in Parkland, Fla. ("Skagit County sees surge in school threats," *SVH*, 3.17.18). Concrete High School has joined the ranks, with school officials looking forward to a live shooter drill that has been planned since November of last year.

East County residents urged to return unused medication on National Prescription Drug Takeback Day

United General District 304 and Skagit County Sheriff's office are partnering to urge residents to participate in National Prescription Drug Takeback Day by

In order for school officials and law enforcement to do their job, however, it's important that students remain vigilant, said Barrett.

"We had a student who did exactly what we hope students will do," said Barrett. "If you hear something that makes you uncomfortable, you go to somebody you trust and you tell them."

After the student told Barrett what he'd heard, Barrett contacted high school principal Mike Holbrook, contacted the student who'd allegedly made the threat, brought him to the high school office, and started the conversation.

"Initially it seemed like just one of those things like we used to say," said Barrett. "But it's a different era now, and when someone makes a comment like that, you have to take it seriously."

Barrett said he didn't notify parents on the day of the alleged threat because by the time they had wrapped up their initial investigation, it was late afternoon and nobody would have been in the high school or district office to field phone calls. An automated message was sent to parents and guardians the next morning, around 7:30 a.m.

The district followed the emergency expulsion process, which gives the district 10 days to investigate, plus the ability to immediately remove the student from the district. After 10 days, the expulsion must be converted to a short-term suspension, a long-term suspension (end of a current

returning their unused and expired medications to the Concrete Community Center on Sat., April 28, between 1 and 5 p.m.

"According to community survey data, more than half of our residents don't know where to safely dispose of their medications," said Concrete Resource Coalition (CRC) coordinator Stephanie Morgareidge. "This drug takeback event provides an easy and convenient way to keep our teens, families, and community safe from prescription drug misuse and abuse."

In Skagit County, 10 percent of 12th

semester), or left as an expulsion through the end of the school year.

"The legislature has limits on what you can do, and they're discouraging suspensions," said Barrett. "That's a big goal of theirs. They've had a discipline committee out there for years; they're making some proposals that tie the hands of school administrators."

"But in this instance, we can do a lot of things, including mental health checks, that can be done before a student can come back to school—that's for the benefit of everyone."

SCSO Sgt. Greg Adams told *Concrete Herald* that the Sheriff's Office had sent paperwork to the school district that included charges for threats, which is a class B felony, in case the district chose that option. "Both parents agreed to let law enforcement officers search their houses for any weapons the student may have had and none were found," he said. "Weapons belonging to the father were taken and secured at a location that the student does not have access to. Follow up is continuing."

Adams also said that he secured some additional deputy presence at the school district for the remainder of the school year: three to three-and-a-half hours per day, two to three times per week, funded by the Sheriff's Office.

"That's a boon for us; that's great help," said Barrett.

—J. K. M.

Thoughts from Chief Clark

Editor's note: After the events at Concrete High School, SCSO Chief of Patrol Operations Chad Clark submitted the following statement to Concrete Herald and Skagit Valley Herald.

Throughout the nation there has been much discussion on the topic of violence in schools. This has led to students speaking out on school violence and marching across the U.S. in commiseration with fellow students.

The Skagit County Sheriff's Office has been making a concerted effort to put deputies in schools as much as possible. We do not have school resource officers, but we have developed a program where on-duty deputies stop by schools during the lunch hour as much as possible.

We want to connect with the students on a more personal level than a level that we show up at their house or neighborhood because there has been an issue that we need to deal with.

Recently, a parent asked me if their student would be safe while in school in light of a situation that I knew about. I understood the parent's concerns. Imagine for a moment that your child is

See Clark, p. 14

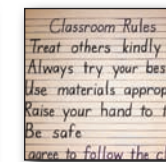
regular office hours all year long. Drugs also can be disposed of at the Anacortes and Swinomish Tribal Police Departments, as well as the Skagit County Sheriff's Office. For more information, contact their main offices directly.

The takeback event is funded by dollars from the State Targeted Response to the Opioid Epidemic through Washington's Department of Social and Health Services and coordinated by United General District 304.

—Submitted by
United General District 304



Academics



YD update

Concrete Youth Dynamics just wrapped up its Winter schedule with our annual Amazing Race event. This race is much like the one you may have seen on TV, where there are multiple teams of two who travel the world solving clues, finding hidden destinations, and conquering all of the physical, mental, and emotional tasks before them. The only difference between our game and theirs is our world consists of the town of Concrete; everything else is the same.

This is our toughest event of the year, and I was impressed by the number of high school students who turned out for this. A total of 36 teenagers participated on a very wet and cold night. I told them they were dedicated, and they competed with great attitudes. It was a fun and exhausting night, to say the least. Our winning dynamic duo was Tyler Nevin and David O'Neil. Congratulations to these two young men who ran such an AMAZING race!

As a result of their victory they will each receive a full \$100 scholarship to our Rock-n-Roll retreat in June. Rock-n-Roll is a three-day camping/hiking/whitewater rafting adventure that takes place in Leavenworth during the first weekend of June every year. Last year we took a record number of students (34) on this incredible trip.

Some of the other exciting retreats coming up are the 30-Hour Famine (April 27-28) and a five day backpacking trip in the North Cascades in August.

Our spring and summer schedule will be out soon, including all of our Monday night events through Memorial Day weekend, so be on the lookout and mark your calendars accordingly.

We are excited about the young people in our community, what they have accomplished in their lives this year, and what the future holds. If your son or daughter has not had the awesome opportunity to experience YD first-hand this school year, it is not too late! As you can see, there are plenty of opportunities still ahead to enjoy any of our Monday night events or some of the great adventures taking place in the next few months. Let me know if you have any questions. You can reach me at 360.630.6063. I would also like to take this time to thank everyone for their encouragement and support. We would not be able to have the impact we have without you.

—Kevik Rensink

Concrete Resource Coalition



Happy Spring!

As the end of the school year approaches, we have a lot going on in our schools and with the Coalition.

Our biggest news is the graduation of nine adults from our 14-week Incredible Years program. We started Nov. 29 and finished with all nine adults on March 8! This group of dedicated parents was amazing; the Coalition extends a big "thank you" to these parents for dedicating time, energy, and resources to attend the program each week.

We also started our winter program of Strengthening Families in February. This program is for any parent with at least one child between 10 and 14 years old, and focuses on healthful communication and setting love and limits with your pre-teen. Strengthening Families Program is for the whole family; childcare for younger siblings and dinner are provided.

In other news, the Coalition has set the date for Concrete Youth Activity Day: Fri., July 13 at Veterans Memorial Park. If you're interested in having a booth, please use the contact information below.

The next Coalition meeting is Thur., April 19, at the Concrete High School Library. We will discuss the recent data from the 2017 Community Health survey and what programs and strategies we would like to see during the next school year. Meetings are always open to the public.

If you have questions, please feel free to reach out. For more information, contact me at stephanie.morgareidge@unitedgeneral.org or 360.854.7179.

—Stephanie Morgareidge, coordinator
Concrete Resource Coalition
United General District 304

Concrete Elementary School students gathered for a March 16 ceremony to honor their academic achievements. *Front row, from left:* Samuel O'Brien, Vashti Buller, Vija Vezis, Ben Martinez, Gwen Mitchell, Matila Meyer, Myah Cobb, Izabelle Allard, Ryan Irish. *Back row, from left:* Payton Hooper, Izabella Martinez, Sabrina Read, Inde Goddard, Ashlyn Morgareidge, Alex McGreck, Amelia Fierbaugh.

Agricultural scholarship offered

The Skagit County Cattlemen/Cattlewomen are accepting applications for a \$1,000 scholarship.

A student applying for this scholarship must be a graduating senior from a Skagit County high school or a college student furthering their education in a field that is agriculture-related.

The deadline is April 30. For an application, go to www.skagitcountycattlemen.net.

For more information, call Mike Ware at 360.856.4140.

—Submitted by
Skagit County Cattlemen/Cattlewomen



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www.concretescholarship.wordpress.com

Concrete Community Scholarship Fund accepts donations in cash, personal check, or credit card. Your gift is tax-deductible! Receipts are sent by e-mail, mail, or text.



Dress swap/rental/sale planned for April 14-15

Like Tom Haverford's "Rent-a-Swag" business in the TV sitcom "Parks & Recreation," Sheena Daniels has hit upon a similar way for young ladies in the Concrete School District to dress the way they want to for Prom—without breaking the bank.

Daniels will hold a dress swap from April 14 to 15, from noon to 4 p.m. in the CHS girls locker room, which will give prospective shoppers a few options:

- Bring a dress to swap. Take a dress, leave a dress. The dress left behind becomes available for others.
- Bring \$10 as a deposit, find a dress, leave money and take a dress. Return the dress after the dance and get your deposit back or keep the dress.

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Clear Lake



HISTORY CORNER

This month our picture features Vesper's Service gas station. This Texaco franchise business was located on the northwest corner of State Route 9 and Francis Road in Clear Lake. It was built in the mid 1930s by Harry Vesper.

Harry's grandson, Harry Austin, bought the business in February 1947. Besides gas and oil, the store sold pop, candy, and other items. The business featured separate restrooms for men and women, a seldom-found luxury in those days. The identity of the person in the photo is unknown, but we know that is a very handsome 1936 Ford logging truck in the photo. Harry and his wife Edna operated the station until 1963. After Harry's death in 1968, Edna continued to lease the station until she had it torn down in 1988. *Photo courtesy of Clear Lake Historical Association.*



If you have old photos of Clear Lake and/or Day Creek, please contact historian Deanna Ammons at 360.856.6798. Like the Clear Lake Historical Association

on Facebook at www.facebook.com/clearlakehistory.

—Deanna Ammons, historian

Projects, cont. from p. 4

maintenance. Town staff will make a grant request to the Washington State Department of Transportation, which if successful will allow for project completion in 2019.

Baker River boat launch/park project Cost: To be determined

For the past five years, Town of Concrete, Skagit County Parks and Recreation, and property owners at the confluence of the Baker and Skagit rivers have negotiated about the possibility of creating a primitive campground and day-use area, including a boat launch into the Skagit, at that site. Thanks to Parks and Rec Director Brian Adams, progress has been made and paperwork is moving forward that will transfer land into the possession of the town and create

an aquatic lease agreement between the Town of Concrete and the Washington Department of Natural Resources.

The county will put together a purchase and sale agreement to compensate property owner George Theodoratus for his portion of the land, and the county will gift that and the remaining area to the town. CRH Engineering will aid the Town of Concrete with cost estimates, conceptual exhibits, and possible funding approaches, though a construction date is not currently able to be estimated.

Secondary Access improvements Cost: To be determined

An alternate access route to the Concrete School District and Mears Field is in the works. The plan is to connect the east end of Airport Way to SR 20.

The town hopes to begin right-of-way purchases in 2018 and complete construction by 2020. The town has been pursuing this project for more than a decade because it is "unwise" to have only a single point of entry to critical infrastructure such as the airport and the entire school district in case of emergencies, said Mayor Miller.

So far, the town has received more than \$700,000 in funds from Federal Highway Administration grant applications. Engineering design is complete, but the right-of-way purchases need to be completed before construction can begin.

Chazlyn Lovely is a freelance writer from Corkindale.

Katy Tomasulo is a freelance editor from Bainbridge Island.

Clark, cont. from p. 11

scared to get up in the morning and go to school. How do you comfort them? How do you assure them that all is going to be fine?

In this particular instance, I did not realize word of it was spreading on social media to the point that facts were lost and the truth was distorted. As you can imagine, things were way out of proportion for what actually occurred.

I have talked to many parents in reference to school threats during the last several months. One of the most important messages that I can give is to listen to your children, but try to verify the information.

Call the school directly, talk to a deputy to learn more about any specific situation your child has heard. Putting information immediately on social media can cause more harm than good.

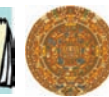
Please report issues that are brought to you from your children so it can be investigated by law enforcement or the school.

Talk to your kids about words they use at school around their friends. What once may have been a joke about causing violence at school is now a potential crisis for the school. Words of students must be taken seriously by teachers, principals, superintendents, law enforcement, and parents. We as a society must be vigilant and take great care of what is being said by us and our children. Please take the time to talk to your kids.

The Sheriff's Office is open to attending meetings with concerned citizens over any type of incident that involves public safety. Feel free to e-mail me at the address below and I will make it a point to come and speak to all who want to hear the Sheriff's Office perspective.

Chad Clark, Chief of Patrol Operations
Skagit County Sheriff's Office
askpatrolchief@gmail.com

Read Concrete Herald
The Voice of the Upper Skagit Valley



Community Calendar



APRIL

- 2-7 Spring Break Main St. Scavenger Hunt, Upper Skagit Library, Concrete
- 12 Upper Skagit Library Board of Trustees meeting at the library, 5 p.m.
- 14 Concrete Saturday Market spring vendor mtg., Concrete Community Center, 45821 Railroad Ave., Concrete, noon; potluck preceding; info at concretesaturdaymarket1@gmail.com or 360.770.5914
- 14 Concrete Cal Ripkin Hit-a-Thon, 4 p.m.; see notice, p. 10
- 14 Darrington Community Dance, Mansford Grange, 1265 Railroad Ave., Darrington; potluck at 6, dance from 7 to 9:30 p.m.; \$7 admission; see notice, p. 25
- 14 Spaghetti Feed Fundraiser for Marblemount Community Hall "Get 'er Fixed" fundraiser, 5 to 7 p.m.; see notice, p. 26; info at 360.873.2323
- 14-15 WoodFest: Timber to Tech, Sedro-Woolley High School, 1235 Third St., Sedro-Woolley; see ad, p. 2
- 19 Drop-in Computer Tutoring at Upper Skagit Library, noon to 2 p.m.
- 21 Seed & Plant Swap & Sell, Concrete Community Center, 45821 Railroad Ave., Concrete, 10 a.m. to 1 p.m.; info at concretesaturdaymarket1@gmail.com
- 21 "Blessed with Hope" Women's Conference, N. Cascades Christian Fellowship, 118 N. Ball St., Sedro-Woolley, 9:30 a.m. to 4 p.m.; see ad, p. 3
- 21 Cement City Trail Run, Concrete; see notice, p. 10
- 28 Community Action 9th Annual Have a Heart Run, Edgewater Park, Mt. Vernon; 9 a.m. to noon; info at www.haveaheart.run.org
- 28 Poetry Reading at Upper Skagit Library, Concrete; 3:30 to 4:30 p.m.

MAY

- 5 "Blast Open the Pass" spring fundraiser for KSVU, Marblemount Community Hall; Maypole at 6 p.m., music at 7 p.m.; see notice, p. 26; info at 360.853.8588
- 7 East County Public Forum, Concrete High School Commons, 5:30 p.m.; see notice, p. 6
- 16 Concrete Elementary School Talent Show, elementary school gym, 5:30 p.m.; \$1 admission

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

Edward Jones
MAKING SENSE OF INVESTING



Nick VanJaarsveld
Financial Advisor

913 Metcalf Street
Sedro Woolley, WA 98284
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Community meetings

Cascade Days planning meetings will be held the third Mon. of each month, at 7460 S. Dillard, Ste. A (corner of SR 20 and Dillard), at 5:30 p.m. Meetings are not mandatory for volunteers. Info at ember@cascadedays.com.

Christian Motorcyclists Assn Morning Star Chapter 39 meets the first Mon. of each month at Royal Star Buffet in Mount Vernon. Optional dinner at 6 p.m.; meeting at 7 p.m. 425.770.6154 or cmchapter39@gmail.com.

Coffee Talk with Concrete Mayor Jason Miller meets the third Fri. of each month at 8 a.m., at 5b's Bakery in Concrete. 360.853.8213.

Community Chat, an informal conversation about projects in Darrington, meets the second Sat. of each month at 9 a.m., at Mountain Loop Books and Coffee, 1085 Darrington St., Darrington. 360.436.2167

Concrete American Legion Post and Auxiliary meets the second Tue. of each month, Sept. through May, at 1 p.m., in the conference room of the East County Resource Center. 360.853.8347.

Concrete Economic Development Commission meets quarterly at 6 p.m. at Concrete Town Hall. Call 503.333.2406 for the date of the next meeting.

Concrete Elementary PTO meets the second Wed. of each month at 5 p.m. in the Concrete Elementary School library. 425.350.5988.

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

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

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

Concrete Resource Coalition meets the third Thur. of each month, at 2 p.m., in the Concrete High School library.

Concrete School District Board: The board will hold a work session on April 23 at 6 p.m. in the high school Commons room. The board will hold its regular monthly meeting on April 26 at 6 p.m., same location. 360.853.4000.

Concrete Town Council meets the second and fourth Monday of each month at Town Hall, 45672 Main St., Concrete, at 6 p.m. 360.853.8401 or andrea@concretewa.gov.

Darrington Strong meets the third Wed. of

each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

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

Forest Park Cemetery District No. 5 meets the third Tue. of each month at the cemetery office on Compton Lane in Concrete, at 6 p.m. 360.708.3656.

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

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

KSVU staff and volunteer meeting, second Tue. of each month at Portable B behind Concrete Elementary School, 4 p.m., open to public. 360.853.8588.

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

Mansford Grange meets the first Tue. of each month, 7 p.m., at the Mansford Grange Hall, 1265 Railroad Ave., Darrington. 360.436.0711.

Marblemount Community Hall board and staff meet the second Wed. of each month at the hall, at 6 p.m. 360.873.2323.

Paranormal Discussion Group meets the last Sunday of each month at Concrete Center, 45821 Railroad St., Concrete, at 7 p.m. 360.630.5143.

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

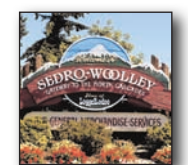
Sedro-Woolley School District Board: A regular meeting is planned for April 9 at 7 p.m., at the Support Services Bldg. A regular meeting is planned for April 23 at 7 p.m. at Samish Elementary. 360.855.3500 or kcargile@swsd.k12.wa.us.

Skagit River Bald Eagle Interpretive Center Board meets the second Tue. of each month, 5:30 p.m., at Annie's Pizza Station in Grasmere. Open to the public. sauksister@frontier.com or www.skagitaeagle.org.

Upper Skagit Library District (USLD) Board meets the second Thursday of each month, 5 p.m. at the library. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.

Upper Skagit Writers Group meets the third Mon. of each month at 6 p.m., at 5b's Bakery, Concrete. Open to the public and all skill levels. em@5bsbakery.com.

Parents! Get involved in your PTO!
Concrete Elementary PTO meetings are held the second Wednesday of each month, at 5 p.m., in the Concrete Elementary School library.
For more information, call 425.350.5988.



Sedro-Woolley



Nominees selected for school district recognition program

By Kellie Cargile

The Sedro-Woolley School District has selected this year's honorees in the 17th Annual District Recognition program. Nominees are individuals outside or within the school district who have rendered outstanding service to the community or demonstrated loyal support and outstanding accomplishments in areas such as community service, academics, performing arts, or athletics.

These exemplary efforts are recognized as going beyond the typical measures of accomplishment and will be publicly honored at a ceremony on April 19 at 7 p.m. in the Sedro-Woolley High School auditorium. The public is invited to attend. Congratulations to:

- **Hall of Fame Academics: Dr. James Rogers**
To honor SWHS graduates who excelled academically; an individual who has achieved distinction as a former student.
- **District-Wide Recognition: Judi Sato**
Acknowledges a current or former staff member whose exemplary efforts within the school system go beyond typical measures of accomplishment.
- **Community Recognition: Steve Massey**
An individual who has rendered outstanding service to the community or demonstrated loyal support for the Sedro-Woolley School District.
- **Memorial Recognition: Dr. Paul Johnson**
To honor posthumously an individual who has rendered outstanding service to the community or demonstrated loyal support for the Sedro-Woolley School District.
- **Hall of Fame Athletics: Fred Lennox**
Honors SWHS graduates who excelled athletically; an individual who has achieved distinction as a former student-athlete.

Sedro-Woolley resident nominated for Transforming Lives award

Skagit Valley College (SVC) has announced that Valerie McCormack of Sedro-Woolley was selected by SVC as a nominee for the Washington State Association of College Trustees (ACT) 2018 Transforming Lives Award. McCormack, along with the other individuals representing each of Washington's 34 community and technical colleges, were honored at the annual Transforming Lives dinner held in Olympia in January.

The Washington State Association of College Trustees created the Transforming Lives Awards program in 2012 to recognize current or former students whose lives have been transformed by pursuing higher education at a community or technical college.

Representing SVC in celebration of Valerie's nomination were Senator Barbara Bailey; SVC Trustees Megan Scott O'Bryan (Board Chair), Christon Skinner, Lindsay Fiker, and Flora Perez-Lucatero; Dr. Tom Keegan (SVC President); Anne Clark, Vice President of College Advancement and Executive Director SVC Foundation; and McCormack's son and daughter.

As a single mother and an older student returning to college, McCormack was motivated to pursue her educational journey and to transform her life, despite many personal challenges and obstacles.

In sharing her story, McCormack offered a message of hope and perseverance: "When I think about my life, I realize that I have overcome many challenging obstacles on my path. My piece of advice would be: don't let anyone tell you that you can't do it. Don't let what others



McCormack

say affect your decision about your educational dreams and goals. Education is the pathway to success. I know we all have doubts and moments where we think we can't do it, but again, don't let the doubts defeat you. It may not be easy, but it will be worth it. Again, don't let the challenges in life stop you from going after your goals of getting an education. Be patient with yourself and know that each day is a chance to take action in your steps toward the person you want to be. Don't underestimate what you're capable of. It's never too late to go back to college."

The future is bright for Valerie McCormack. She is currently enrolled in the High School 21+ diploma program at SVC's Mount Vernon Campus. She is just one class away from receiving her diploma and will graduate in June. In addition, she is also in her second quarter in the College's Human Services program.

"I want to share my story with others and give them hope that they too can change their lives around. One of my greatest achievements was being able to turn my life around, by turning my pain into purpose to help others," she said.

School district to provide kindergarten supplies

Will evaluate supplies for remaining grades by June

About a year and a half ago, the Sedro-Woolley School District created a School-Supply Taskforce to identify the school supplies parents and guardians provide for their students along with classroom fees. The goal of the taskforce was to relieve the burden from households that don't have the money to pay for the supplies.

For now, all kindergarten supplies, except for a backpack, will be provided in the 2018-2019 school year. If they can't supply a backpack, the parent or guardian should let their school's principal know so the district can work with local partners for help.

"With kindergarten roundup approaching, we wanted to let parents know about our decision and how that will impact their household budgets,"

Superintendent Phil Brockman said.

About 47.8 percent of Sedro-Woolley students qualify for free or reduced lunches, with in-town schools seeing as high as 60 percent.

The school district is evaluating providing supplies for first to 12th grade as well. Brett Greenwood, Executive Director of Business and Operations, said the district is hoping to make that decision by June 10.

"We need more time to develop the budget to ensure we can support this for years to come," Greenwood said.

The money for the supplies will be allocated from the Educational Programs and Operations levy the community passed in February.

—Submitted by SWSD

Community invited to tour Boys & Girls Clubs

Boys & Girls Clubs of Skagit County is joining Boys & Girls Clubs across the country for their annual celebration of National Boys & Girls Club Week, April 9-13.

Youth at the Clubs will participate in fun, themed activities all week. Community members are invited to take a 15-minute tour of a club, and can register at www.skagitclubs.org.

This is an opportunity for visitors to see the facilities, meet staff, observe programs, and most importantly, see how clubs positively influence youth.

Clubs are located in Anacortes, Mount Vernon, and Sedro-Woolley. The Sedro-Woolley Boys & Girls Club is located at 915 McGarigle Rd. in Sedro-Woolley.

For more information, call 360.856.1830.

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WoodFest 2018: Timber to Tech

The annual showcase for all things wood returns this month — with a twist.

This year, WoodFest has been expanded to include both wood shop and technology program exhibits from local high schools.

The event will be held on April 14 from 9 a.m. to 4 p.m. and April 15 from 10 a.m. to 3 p.m. in the Sedro-Woolley High School gymnasium.

WoodFest also includes vendors with handcrafted wood and other products, incredible raffle prizes, and live woodworking demonstrations by the Northwest Corner Woodworkers Association and the Northwest Washington Woodturners.

Admission is free.

The lineup of Saturday events expands to include chainsaw carving and family activities at Eagle Haven Winery, and high tea and tours at Willowbrook Manor.

For more information, go to www.sedro-woolley.com.



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Day Creek



Four common retirement mistakes and how to avoid them

By Jadon Newman

Constructing a smart retirement income plan isn't easy. Throughout the working years there are many factors to consider, such as salary, expenses—monthly and unforeseen—debt and college for the kids, just to name a few.

All of those can affect a person's ability to, first, devise a consistent plan for their retirement goals, and secondly, accumulate the necessary capital to provide ample retirement income. Meanwhile, costly mistakes can be made that will have implications down the road. A retirement strategy has many moving parts, and each can have a significant impact on the others. Many people often make the same mistakes.

There are ways to avoid them, and much of it is about knowledge. There's more you need to know about retirement today than you did 20 or 30 years ago. It starts with knowing what lifestyle you want to achieve in retirement and the options that will both protect you and enhance what should be the best years of your life."

Here are four of the most common mistakes in retirement planning and how to avoid them:

- **Investing like you're still young.** Earlier in their working careers, people often have a higher risk tolerance. But approaching retirement, your investment strategy should shift toward preserving capital. Phase out those investments that are subject to wider fluctuations. The gradual move away from riskier investments should begin as you enter your mid- to late 40s.
- **Leaving your nest egg vulnerable to big market drops.** Putting your entire nest egg in one basket could be disastrous. Having an excessive amount of market risk in your portfolio, you could find yourself suffering a loss that you won't have time to recover from before you retire. With stocks having surged for an extended period, beware the bear market. It would be wise to purge some risk from your portfolio in favor of more predictable methods of capital growth and income, such as annuities, life insurance policies, or alternative investments like private lending and real estate.
- **Not satisfying basic income needs.** It has become less realistic for a

401(k) coupled with Social Security to provide the regular income needed for retirement. It's important to estimate what yearly expenses will be in retirement and diversify accordingly. Use your investments, insurance policies or retirement accounts to provide multiple income streams. This allows you to draw from them only what you need to meet your pre-determined budget. Be sure you calculate your Social Security payment and any required minimum distributions so you don't incur additional tax liability.

- **Having the wrong kind of annuity.** A crucial component of a comfortable retirement is reliable income, and a common way to achieve that is by using annuities. Unfortunately, some retirees find themselves with an annuity that doesn't fit their needs. A fixed annuity pays out a guaranteed rate of return, providing less risk compared to variable annuities, but the tradeoff is you get a more modest

return. Sometimes a fixed index annuity (FIA) is the best bet. These allow you to protect your principal by shifting the risk to the insurance company selling you the annuity. There are caps on your potential returns, but FIAs are more reliable because they mitigate risk.

With retirement planning, the end goal should be not only to ensure you'll have enough income to satisfy your retirement budget, but also to provide you with enough to truly enjoy your retirement. Because life goals and the economic climate are subject to change, you need to consult with your financial adviser annually to optimize your strategy.

Jadon Newman is the founder and CEO of Noble Capital (www.noblecapital.com). With more than 16 years of experience in the financial services industry, he specializes in retirement planning, real estate investment, and asset management.

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Community notes

Day Creek Community Youth Project

Currently the Day Creek Youth (6th to 12th grades) have an open invitation to a Sunday morning breakfast, prepared in the kitchen at Day Creek Chapel and served at 9:30 a.m. The breakfast is free and the friendships are forever.

Our Day Creek Youth have been working on plans. They plan to meet during Spring Break to schedule some summer events. If you would like to be involved in the planning, call 360.661.7976.

Possibilities include bonfire nights, movie nights, game nights, swimming, hiking, book studies, service projects, and more.

Coming events include Youth Craft Night in the Youth Room on April 5.

The Day Creek Youth Group will be in charge of the cook shack at the Sedro-Woolley Rodeo grounds during Heavenly Horse Camp from June 23–26. If you would like to be involved with the food preparation and have a great time at the riding club, call 360.661.7976.

Men's Advance

All guys ages 12 and up are invited to Men's Advance at Baker Lake Lodge from April 27–29. This year's speaker is Rod Brown. He will share biblical principles found in God's word for men. Cost is \$100 and includes food and lodging. Be sure to bring your fishing gear.

If you'd like to attend, call 360.840.2576.

Community Clean Up

The community clean up was a great success, as you can see as you drive through Day Creek. Thank you to all. Another clean-up day will be planned later in the year.

Healthy Home, Healthy You Dinner

Community Wellness Project is hosting a Healthy Home, Healthy You dinner in March. The group's mission is to educate consumers about the toxic products that might be shackling families to medications and illnesses. The event offers participants a half-price meal at Bob's Burger and Brew. Space is limited and is geared toward those with genuine interest in the topic.

To register, e-mail or call leiavilarid@gmail.com or 360.961.0012.

Homework Club

The Homework Club meets Tuesdays and Wednesdays from 3 to 5 p.m. to June 12. Kids can ride the bus from school to Day Creek Chapel. Snacks are provided and adults help with homework needs.

Adults are needed and will be background-checked. Donations for snacks are graciously accepted. To RSVP, call 360.661.7976.

Friendship House Helping Hand

Day Creek Chapel serves dinner at Friendship House in Mt. Vernon on the last Sunday of every month. To help prepare and serve, call 360.391.1709.

WOMEN HAND in hand

The next WOMEN HAND in hand event is Sat., April 21, from 9:30 a.m. to 4 p.m. For more information, see ad, p. 3 of this issue and go to www.womenhandinhand.com and Facebook.

Day Creek Community Potluck Gatherings

All Day Creekers are invited to attend the monthly Community Potluck Dinner at the Day Creek Fire Hall. Bring your favorite potluck dish to share and a story about your latest events in Day Creek or surrounding area.

Dinner is served at 6:30 p.m. and a full evening of laughter and fun is usually over by 8 p.m.

For more information, call Bill Scalf at 360.826.3234.

Report illegal dumping

If you see anyone illegally dumping garbage, report the activity by calling 360.428.3211.

Quilters Day Retreat

A day retreat is planned for quilters from April 26 to 28 at Day Creek Chapel. The days begin at 9 a.m. Projects include twin-sized quilts for Friendship House. For more information, call 360.770.1765.

If you have an idea for community gatherings, call 360.826.3003 or 360.826.3581, or send an e-mail to winningcircularanch@gmail.com.

Four ways to help your child deal with stress

By Alise McGregor

- **Listen to them and communicate.** By listening to them, you are acknowledging their feelings but also strengthening the trust/bond you have with your child. Trust is important in childhood. They feel supported and feel better being able to get it off their chest.
- **Exercise.** This is easy, fun and often necessary as a coping mechanism. Children who are physically active release stress as well as build confidence. And they sleep better, which in turn makes them better equipped to take on their day.
- **Take care of yourself, slow down.** Children are aware of their surroundings and look to their caregiver for support. If a caregiver is not fully equipped to handle their own stress, they certainly can't fully support a child. We often are in such a hurry that many of the basic necessities of care-giving are rushed through. Children can feel the stress

caregivers are experiencing and often will act out.

- **Teach them relaxation techniques.** Just as parents teach children how to throw a baseball or build a tower with blocks, they should also teach them how to cope with stressful situations in life. There are ways to do this, such

as count down from 10, or "breathe in the soup, blow out the soup." It slows down their "hyperstate" of accelerated heart rate and fast breathing."

Alise McGregor is the founder of Little Newtons (www.littlenewtons.com).

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Adults often complain they are "stressed out." Increasingly, statistics show, American children are stressed out as well, and the effects on their health, emotional state, and cognitive ability can be significant.

Many researchers believe that ongoing stress during childhood can harm kids' brains and other body systems, and possibly lead to major health issues when they're adults. Therefore, it is vital for parents to help their children cope with stress.

Here are four ways parents can help their children cope with stress:

March in pictures



Above: Karson Yost, 6, gets his face painted during the annual Easter Egg Hunt in Hamilton Town Park on March 25. Photo by Denise DuVarney.

Right: Anu Taranath, a University of Washington Senior Lecturer, speaks at the Concrete Theatre during the Upper Skagit Library Foundation's annual meeting on March 25. A member of Humanities Washington Speakers Bureau, Taranath's presentation was titled, "Not just for Kids: How Children's Literature Inspires Bold Conversations."



Right: Anna Frank and her son, Cash, enjoy Mother-Son LEGO Night at Concrete Elementary School on Jan. 25. Photo by Sheena Daniels.



Above: Community Action Chef Terra Ruble is all smiles at the sight of the new freezer in the Concrete Community Center kitchen. The freezer was purchased for the Community Action East County Meal program by the Skagit County Sheriff's Office Benevolent Association. The Benevolent Association is made up of members of the Sheriff's Office who donate money each month out of their paychecks to help fund charities and to help those in need. Submitted photo.

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You can also sign up or learn more by visiting the Skagit Information Center in Newhalem (open 9 a.m.–5 p.m., Fridays and weekends in June, daily starting June 29), or by calling (360) 854-2589.



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U.S. Department of the Interior



Above: Accompanied by Lane Lloyd on guitar, Concrete Community Chorus members perform under the direction of local music teacher Gretchen Hewitt (at keyboard) during "Equinox: A springtime musical experience" at Concrete Theatre on March 20. The evening included vocal and instrumental solos, tiny dancing ballerinas, poetry and humorous vignettes, and a dramatic reading of Juliet's soliloquy by Arielle McBroome. Photo by Valerie Stafford.

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Hamilton



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Council summary

The Hamilton Town Council held a regular meeting Feb. 13. Following is a summary of that meeting.

- Public comments: Lisa Johnson wanted to discuss the terms of the agreement made at January meeting regarding access from Noble for Brian Friend. Mayor Cromley stated that Friend understood the terms discussed at the previous meeting and the minutes were an accurate reflection of those terms.
- Council voted to approve the minutes from the January meeting, with Councilwoman Lisa Johnson voting no.
- Council voted to renew the contract for town use of the DNR truck.
- Council voted to renew the town's contract with EDASC.
- Council approved Resolution 01-2018, waiving the bidding process on

dike repairs, as it was an emergency situation.

- Water Dept.:** Cas Hancock reported a 12 percent unaccounted-for loss. December showed a 20 percent loss. Maintenance is checking the system.
- Fire Dept.:** The department applied for a grant for radios. Chief Bates reported on recent calls. Fire extinguishers have been serviced. The department would like to have fliers outlining burning rules distributed.
- Street Dept.:** More repairs were done to the dike; repairs will continue when the ground gets better. More taking down beaver dams and filling potholes.
- Flood review:** Mayor Cromley stated that a beaver dam was responsible for Muddy Creek flooding north of town on SR 20. Skagit County is aware and will take actions to prevent future flooding.

—Compiled from staff notes

From the Mayor

Hamilton is required to follow the state regulations for outdoor burning (WAC 173-425).

Rules for Hamilton are NOT the same as unincorporated Skagit County. Residential debris burning is PERMANENTLY BANNED in town limits.

Recreational and cooking fires are allowed during nonburn ban times. Fires must use charcoal, propane, or dry firewood only and are limited to 3 feet in diameter and 2 feet high. Safety requirements must be followed.

If you have further questions for open burning or requirements, contact Northwest Clean Air Agency or the Skagit County Fire Marshal.

Civil penalties may be assessed by the fire authority and/or Northwest Clean Air Agency for violations of outdoor burning laws. Civil penalties range from \$50 to \$19,000.

Remember:

- Burning garbage has been illegal since 1976.
- If the Fire Dept. responds to your

illegal fire, you could be charged for the response.

NO:

- Burn barrels.
- Burning construction, renovation, or demolition debris, or garbage or yard debris.
- Creating a nuisance with smoke, odor, or ash to neighbors.
- Fire pit must be smaller than 3 feet in diameter and at least 16 inches high, made of cement, stones, or 10-gauge steel.
- Materials being burned must be kept lower than the sidewalls of the fire pit.
- Must have water (charged garden hose or at least 10 gallons), shovel or rake, and adult on site.
- Fire pit must be on bare ground, have 15 feet clearance above and 25 feet from any structure or standing timber.

For more information:
Northwest Clean Air Agency
360.428.1617
www.nwcleanair.org

Skagit County Fire Marshal
360.416.1840
firemarshal@co.skagit.wa.us

—Mayor Joan Cromley



State Parks announces two free days in April

The Washington State Parks and Recreation Commission invites the public to celebrate spring and Earth Day with two free days at state parks in April. On free days, visitors don't need a Discover Pass for day-use visits by vehicle.

In the *Concrete Herald* coverage area, the free days affect Rasar State Park in Birdsview and Rockport State Park in Rockport.

The first free day is Sat., April 14—a springtime free day. The next free day is Sun., April 22, in honor of Earth Day.

The free days are in keeping with legislation that created the Discover Pass. The pass costs \$30 for an annual pass or \$10 for a one-day permit and is required for vehicle access to state recreation lands managed by Washington State Parks, Washington Department of Fish and Wildlife (WDFW), and the Department of Natural Resources (DNR). The Discover Pass legislation provided that State Parks could designate up to 12 "free days"

when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required on WDFW and DNR lands.

The remaining 2018 State Parks free days are as follows:

- Sat., June 2: National Trails Day
- Sat., June 9: National Get Outdoors Day
- Sun., June 10: Free Fishing Day
- Sat., Aug. 25: National Park Service Birthday
- Sat., Sept. 22: National Public Lands Day
- Sun., Nov. 11: Veterans Day

The Discover Pass provides daytime access to parks. Overnight visitors in state parks are charged fees for camping and other overnight accommodations; day access is included in the overnight fee.

Rasar State Park includes an overnight option; Rockport State Park is day use only.

For information about Discover Pass, go to www.discoverpass.wa.gov.

WDFW encourages hunter education to prepare for spring turkey season

With the spring turkey season set to begin April 15, Washington Department of Fish and Wildlife (WDFW) urges prospective hunters to sign up now for hunter education courses to avoid missing out on any hunting opportunities in 2018.

Spring turkey hunters enjoy a high success rate, with 52 percent of hunters harvesting a turkey statewide in 2016. In northeast Washington, that figure rose to 62 percent.

The turkey season is an opportunity to introduce someone new to the hunting tradition, especially with a youth-only turkey hunt scheduled for April 7-8.

All hunters born after Jan. 1, 1972 must complete a hunter education course to purchase a hunting license.

Those who can't take a hunter education course before the spring turkey season ends on May 31 may qualify to participate in the hunter education deferral. For more information, go to https://wdfw.wa.gov/hunting/hunter/he_deferral.html.

To find a course and learn about hunter education requirements, new hunters should go to the WDFW hunter education Web page at <http://wdfw.wa.gov/hunting/hunter/classes/basic.php>.

WDFW offers both traditional and online options to complete the hunter education requirement. The traditional classroom experience includes direct instruction from certified volunteer instructors, which can be important for younger students. The online course offers the same content, but on the student's schedule.

AREA FOOD BANKS

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For a referral, call Love Inc. at 360.419.7061
between 9:30 a.m.–3 p.m.

360.826.4090

Concrete

Concrete Food Bank

45942 Main St., Concrete
Second and fourth Tue. each month,
Noon–3 p.m.
360.853.8505

Darrington

Darrington Food Bank

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

Hamilton

Hamilton Community Food Bank

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

Lyman

Shepherd's Heart Food Bank

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

Marblemount

Bread of Life Food Bank

59850 State Route 20, Marblemount
First and third Wed. each month
11 a.m.–4 p.m.
360.873.2504

Sedro-Woolley

Helping Hands Food Bank

601 Cook Rd., Sedro-Woolley
Wed., 10–11:30 a.m. and 12:30–4 p.m.
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*Changes? Call 360.853.8213.



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Darrington



Snohomish County Sheriff's Report

March 20

The Snohomish County Sheriff's Office responded to an assault last night in the 26200 block of 473rd Drive NE in Darrington at approximately 8:40 p.m. A person wearing a mask and armed with a rifle allegedly kicked in the front door of a residence and confronted the occupants. The suspect fired a round into the house, striking the television. The suspect then retreated outside and hid in bushes nearby. One of the occupants inside the home went outside to confront the suspect. The suspect allegedly fired off three more rounds and fled the scene in a vehicle. There were no injuries at the victim's residence.

Major Crimes Unit detectives responded to the scene and an area search for the suspect was conducted. At this time there is no suspect in custody. Detectives believe they have identified the suspect as the victim's neighbor. This incident remains under investigation.

March 22

Major Crimes detectives are looking for

36-year-old Lance "Doug" Cochran of Darrington as a suspect for an assault that occurred on March 19. He is believed to be associated with a silver 2001 Toyota Tacoma with Washington license plates "B81098G." Cochran is considered armed and dangerous. Please call 911 if you see Cochran or know of his whereabouts.

March 28

The body of an adult female was found in Lake Stevens near Sunset Cove Park today. A call came in to 911 around 3 p.m. from a civilian who said he found a body face down in the water on the shore at the 400 block of E. Lake Stevens Rd. There does not appear to be any evidence of foul play, nor does the death appear to be suspicious, but cause and manner of death, as well as identification of the woman, will be provided by the Snohomish County Medical Examiner. Units were on scene to recover the body.

—Compiled from SCSO releases

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Brewer shares knowledge of local plants and trees

A small group met at the Mansford Grange in February to learn about varieties of local wild plants and trees that have medicinal and edible qualities, with local resident, Shari Brewer.

During the years Darrington hosted a Wildflower Festival, Brewer led small groups along local trails, identifying native plants and explaining their value.

Brewer's handouts included suggestions on having a successful plant-gathering hike. She emphasized, through life experiences, ideas such as:

- Always tell someone where you are going and include a map.
- Be respectful of the abundance, or lack, of seeds or plants.
- Ask permission if necessary, and many other useful tips.

Being able to read a map is important for knowing where you are at all times, and will keep you from getting lost. In the event you need to call for help, knowledge of where you are will be important for recovery.

Brewer suggested keeping records of where you go and what you will find. Make a note of the surrounding area and

date you visited. This will be handy when you return.

She emphasized the importance, once again through personal experience, of a well-stocked backpack. Extra clothing, flashlight, batteries, food, and water are a few of the items essential for survival should the worst happen.

Brewer brought many of her books, each having its own theme, to share with the class. These included books on Washington state native plants, trees and shrubs, local medicinal plants and their uses, and edible weeds.

She also discussed what to do with what has been gathered. She explained preparing and preserving, including drying, storing, and making infusions and decoctions.

At the end of the presentation, Brewer took the group for a walk along the trail, where they spotted moss, ferns, berry bushes, and a variety of trees. She explained how each plant could be used for survival and medicinal gathering.

Brewer will host another three-hour class sometime in the spring after native plants have grown enough for identification. Posting for the class will be on Facebook.

Council summary

Darrington Town Council met for a regular meeting on March 14, 2018. The following is a summary of that meeting. Complete and council-approved minutes for every council meeting are available at Darrington Town Hall.

March 14 regular meeting

- Guest speaker Asheley Bryson presented the Sno-Isle Library levy information. She stated that they are requesting a .09 cent increase per \$1,000 of assessed property value, and that the increase would maintain the current level of services. If rejected, there would be a decrease of \$2 million in the budget. Bryson explained the reductions that would occur.

There was general support from councilmembers and encouragement for the public to support the levy.

- Pioneer Park: propane tanks will be removed from a property that borders the park.
- The fire department building roof is leaking in about eight places. Councilman Gary Willis stated this needs to be addressed now, before it gets worse. Roofing screw replacement followed by a roof coating was suggested. The last bid for such work was \$80,000. Mayor Dan Rankin said he'd like to investigate the USDA Rural Development grant opportunities and loan options.
- Alvord/Riddle alley: There are two land owners with fences that are crossing the alley. There is concern with fire safety regarding the alley and access to homes in the event of an emergency. It will take a Cat to push out the area and lay some gravel. Liability is a concern. The town's lawyer will be contacted to discuss liability.
- Mountain Loop Highway: Mayor Rankin discussed the oversight meeting for the feasibility study on the Mountain Loop Hwy that he attended with Councilman Kevin Ashe. Mayor Rankin reviewed documents from the meeting. Councilman Ashe said a study will

determine any unsafe areas and what could be done for improvement.

The study will cover Darrington to Granite Falls, and will take a year to complete.

- Old School Park: Snow delayed installation of the irrigation system, which could be pushed to this fall. Planting a cover crop prior to hydroseeding might be an option.
- Wayfinding signage update: Council examined design options for gateway signs and wayfinding signs. Three concepts may be used. Council approved the first two design concepts and the town will move forward with the third sign design to finalize the design phase.
- Council decided to go with Earth and Sky Studios for the new municipal Web site.
- Council approved the Snohomish County Sheriff's contract after discussion. The contract reflects an increase, the first in three years. It is a one-year contract, renewable for two more years. There was a request to patrol alleys in town; Mayor Rankin said he will direct them to do so more frequently. Councilwoman Mary Requa asked Mayor Rankin to keep up discussion with the Sheriff regarding the lack of services.
- Council approved Ordinance No. 738, adding a Wheeled All-Terrain Vehicles section to Chapter 10 of the Darrington Municipal Code. Councilman Willis said he'd like to see the town extend the speed limit to town limits to encompass all of the services in town for folks that utilize WATVs in town.
- Councilman Ashe has requested a meeting with Janicki regarding the Sauk River and staying on top of the well water situation in Skagit County.
- Catch and release on the Sauk River has been closed for this year. Councilman Ashe is working with groups to get it started next year.

—Compiled from staff minutes

For more Darrington information, go to www.destinationdarrington.com, www.facebook.com/destinationdarringtonwa, or <https://www.instagram.com/destinationdarrington>.

Darrington Community Dance

Sat., April 14
Potluck: 6 p.m.
Dance: 7 to 9:30 p.m.

Live music by Cobbler
Caller: Amy Carroll

Mansford Grange, 1265 Railroad Ave.
Darrington

Suggested donation: \$7
(proceeds to band and caller)

Dances held through April
Information: 206.402.8646

All-League basketball players named

Darrington athletes and teams landed spots on the All-Northwest 2B/1B League basketball roster.

Junior Alex McConaughy was named to the second team on the boys' side.

The Darrington boys' basketball team was recognized for sportsmanship.

The Darrington girls' basketball team shared the sportsmanship honor with Concrete.

An honorable mention went to Darrington's Lexsi Ford.

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Wrestlers excelled during regular season

Darrington High School wrestlers left their mark on the Tacoma Dome this year, taking five wrestlers to Mat Classic and bringing home three medals (*Concrete Herald*, March 2018).

But the team and its individual grapplers made impressive strides during the regular season matchups too.

The team's first tournament, in Ocosta, found three wrestlers on top of their respective divisions: Gage Burtenshaw (182), Johnny Franke (195), and Darin Sedenius (106). Lucas Reuwsaat took 2nd at 160 lbs.

On Dec. 13, the team traveled to Blaine for Battle of the Border in Blaine, which hosted 30 teams. The Logger team placed in the middle of the pack, with standouts Burtenshaw and Franke placing first in their brackets. "That was unique for us—the first time we'd ever had two champions," said Coach Ray Franke.

At the Mt. Baker tournament, Franke and Burtenshaw did it again, taking first place in their weight classes. Reuwsaat captured a 5th place win.

A long road trip found the Loggers next in Coeur d'Alene, Id., for the Tri-State Tournament. "It's a huge tournament with kids from five states, and it's good to expose them to top competition," said Franke.

Next came the Vashon Tournament, where Burtenshaw took first, Sedenius took third, Franke took third, and Reuwsaat took 3rd.

The following Gut Check Tournament in Bremerton is billed as the second hardest tournament on the West Coast, behind Tri-State. There, Burtenshaw nabbed 4th, Franke was in the top 12, and Reuwsaat was in the top 16.

The final regular-season outing—the Cascade Conference Tournament in Granite Falls—found Burtenshaw on top yet again. Franke lost a four-overtime match by 1 point in the semi-finals to Sultan's Tre Sargent, but roared back and took 3rd at 195 lbs. Sedenius scored a 2nd place at 106 lbs.

Burtenshaw, Franke, Sedenius, Devin Dawson, and Reuwsaat went to state.

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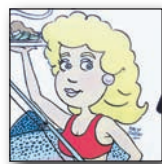
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Marblemount



Newhalem



Community hall to host “Blast,” spaghetti fundraiser

Upriver Community Radio KSVU's spring fundraiser, “Blast Open the Pass,” will return for its 8th year on Sat., May 5 at the Marblemount Community Hall.

Celebrated as the time to shed those winter layers, dance around the Maypole, eat scrumptious potluck offerings, peruse the raffle tables, and exalt in the tunes by two beloved local bands—Undecided and Jumbled Pie—the evening promises to be another memorable one.

Come help raise the Maypole at 6 p.m., and afterward enjoy the potluck supper. Music begins at 7 p.m. and continues until 10-ish, with raffle and silent auction throughout the night.

In addition, as the event is timed to coincide with the possible re-opening of the pass, join in group singing an upriver original: “Will North Cascades Pass Be Plowed Open?” to the tune of Mother Maybelle Carter's “Will the Circle Be Unbroken”—it's a hoot! Want the lyrics? Come to the dance.

Support your local, all-volunteer, noncommercial radio station and help keep Upper Valley news, views, and music representing your voice.

Suggested admission remains at \$8/adult or \$15/couple, and kids 12 and under are free. For more information or to

donate an item or a service for the raffle/auction, call KSVU 90.1 FM in Concrete: 360.853.8588 and leave your name, number, and a brief message.

Spaghetti Feed Fundraiser

Steaming bowls of spaghetti and marinara sauce, fresh green salad, crusty sourdough bread, and desserts should tempt any and all community members to the 2nd annual Marblemount Community Hall's “Get 'er Fixed” fundraiser on Sat., April 14. With constant upkeep and repairs on the recycled 1950s building always needed, the fundraiser hopes to raise enough to fix the sagging floor, and maybe even purchase a container to securely store the Red Cross supplies, among other things.

Treated to food from 5 to 7 p.m., diners also will be serenaded by the duo Richard & Wizard as they saunter from candle-lit table to table crooning old favorites. Sound like a potential date? Could be the most romantic evening you've had in awhile!

Gluten-free options will be available.

For more information, call the hall at 360.873.2323 and leave a message.

—Christie Fairchild



Last year's Maypole dance indicates the fun to be had at this year's Blast Open the Pass event, a fundraiser for KSVU 90.1 FM scheduled for Sat., May 5 at Marblemount Community Hall. On tap for the evening is the Maypole dance, a potluck dinner, a raffle, and live music. *Photo by Christie Fairchild.*

The good news is ...

By Sasa, Starwalker, and Two Hats

“The secret to change is to focus all of your energy not on the fighting the old, but on building the new.” —*Socrates*

We see a change when we first express a change from within our hearts.

It is painfully obvious that profound change is needed for our world today. Each one of us has a choice right now, a quantum choice. We can choose to dwell in anger, sadness, and frustration with problems and events currently in our world, in our daily lives or we can utilize our distress as a catalyst for positive change. We can choose to make a shift to our hearts and find creative sustainable solutions that will provide for all people in our community.

Our heads have been trying to figure this all out for a long time without results. Albert Einstein said, “We cannot solve our problems with the same thinking we used when we created them.” So if we know that our head complicates things, then we can posit that our hearts will give us different results. Our hearts have a little brain that when brought into coherence with our head brain, makes a complete circuit that allows us to pick up more information from our environment and allows us to make wiser choices. The heart, left and right brain entrain. Our heart empowers us and our head gives us infinite reasons we are powerless.

Only hurt people hurt. In other words, if we experience trauma in our lives and do not have the tools to heal through it, then eventually our suffering spills over and we begin to hurt others and/or ourselves. So when we see people hurting others, it is only because their pain and suffering is spilling over.

What can we do as a community to help heal this? Let's explore the tools and remember the healing way, the way of the heart. When we find our pain, express our experiences, and share it with community, we begin to heal together and inspire real change.

Initially, the transformation of the world begins within each of us; a shift from head

Interior secretary supports grizzly reintroduction

U.S. Interior Secretary Ryan Zinke visited Sedro-Woolley on March 23 and voiced his support for the effort to reintroduce grizzly bears into the North Cascades National Park ecosystem.

Zinke said that work on an environmental impact statement is continuing, and that he expects a result by the end of the year. The return of the grizzly to the area surrounding North Cascades National Park is strongly opposed by landowners, farmers, and ranchers.

Zinke's appearance offered little comfort for those concerned about the reintroduction of grizzly bears in the North Cascades, said Sen. Keith Wagoner in a press release.

“For those of us who think this is a terrible idea and actually live here, the secretary's comments Friday were unsettling,” said Wagoner, R-Sedro-Woolley. “I want to leave no ambiguity. I am 100 percent opposed to reintroducing this top-tier predator into our area. Grizzlies that are already present in the region should remain protected and unmolested, but there is no reason to artificially increase their numbers by importing bears from elsewhere.”

Good News, cont. from p. 26

to heart will make a world of difference and facilitate much-needed change globally. It is not about telling someone what to do or not do. We can take the responsibility of our personal well-being and help others do the same, and voila, we heal the world from the inside out.

You are invited to Heartspeak and Heartspeak Alive, a community to include all people from all walks coming together to coexist in peace. We'll create some Rainbows together as we heal through our trauma, grief, and disease. Heart to heart and hand in hand, we will celebrate loved ones and a sharing wisdom of our hearts. We'll explore ways to activate our heart's

Washington's wolf population increases for 9th year

Washington's wolf population continued to grow in 2017 for the ninth straight year, according to the results of an annual survey conducted by the Washington Department of Fish and Wildlife (WDFW).

The state was home to at least 122 wolves, 22 packs, and 14 successful breeding pairs, based on field surveys conducted during the winter by state, tribal, and federal wildlife managers.

Survey findings reflect information from aerial surveys, remote cameras, wolf tracks, and signals from radio-collared wolves.

Ben Maletzke, WDFW statewide wolf specialist, said that all of those totals were the highest recorded since the department began conducting the surveys in 2008. Last year's survey documented 115 wolves, 20 packs, and 10 breeding pairs.

Maletzke emphasized the surveys represent “minimum counts” of wolves in Washington state, because of the difficulty of accounting for every animal, especially lone wolves without a pack.

Since 1980, gray wolves have been listed under state law as endangered throughout Washington.

Low returns expected to restrict Washington's salmon fisheries

Projected poor returns of several salmon stocks are expected to limit fishing opportunities in Washington's waters this year, state salmon managers announced in March.

Forecasts for chinook, coho, sockeye, and chum salmon—developed by the Washington Department of Fish and Wildlife (WDFW) and treaty Indian tribes—were released during a public meeting in Olympia.

The forecast meeting marks the starting point for crafting 2018 salmon-fishing seasons in Puget Sound, the Columbia River and Washington coastal areas. The annual salmon season-setting process is known as “North of Falcon.” Fishery managers have scheduled a series of public meetings through early April before finalizing seasons later that month.

Kyle Adicks, salmon policy lead for WDFW, said numerous salmon runs are expected to be lower this year compared to last season, including several key chinook and coho stocks.

Public meetings

A meeting schedule and information about the salmon season-setting process is available on WDFW's Web site at <https://wdfw.wa.gov/fishing/northfalcon>.

Crews to start clearing SR 20

Washington State Department of Transportation maintenance crews began clearing SR 20 on March 26 from the Diablo side of the gate. On April 9, crews from the eastern side at Mazama will start working; the two will eventually meet in the middle. This process usually takes four to six weeks, but can last longer if spring snow falls, or go faster if warm spring temperatures speed up snowmelt.

Once crews clear the snow, they'll assess the road for winter damage, replace guardrails and signs that were removed during the closure, and clear areas of rocks and other debris. Once that work is complete, crews will open the gates to vehicle traffic.

During a March 20 assessment trip, WSDOT avalanche and maintenance staff found 9 feet of snow near Rainy Pass and deep snow levels on Liberty Bell avalanche chutes. Crews will watch the snow pack on some avalanche chutes that could slide as spring temperatures increase. In other areas, there is less snowpack than usual, which could help in the clearing process.

Access between the gates is allowed during the winter months, but during the Monday through Thursday clearing process, the area is closed.

other events. It's a preposterous notion indeed to live by our hearts, as some things can be experienced only through the heart, so I am having a tough time putting it into words. Our mission is to help our community ignite our “heartlites” and connect through the power of our hearts healing through trauma, grief, and dis-ease.

Contact Sasa at 360.708.4603 or cascadiaeffect@gmail.com. Experiences may be shared at <http://cascadiaeffect.weebly.com> and on Facebook: *Cascadia Effect*.

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Seniors

Way Back When

70 years ago

April 22, 1948: The new east-west North State Highway Association got off to a fine start last Friday evening with its first meeting, held in Anacortes. A large crowd and unexpected support from hitherto uninterested sections of the state gave the campaign for renewed construction on a highway through this valley to eastern Washington great hopes.

The Rainy Pass route, selected

by the state highway department as the most feasible route, was given general approval of those present after all the details of the surveys were given by D. D. Forgey, state highway construction, who was the principal speaker. Figures showed that Rainy Pass would entail less construction difficulty and would provide a crossing that could remain open a greater part of the year than Cascade or Hart's pass. No switchbacks would be required and there would only be 1.5 miles of 7 percent grade. The mileage of the three routes were within two miles of being the same.

L. D. Holloway of Methow Valley took the state to task over the estimated \$12,000,000 cost of building such a road, and suggested that a more detailed study of the Rainy Pass route would show costs far overestimated. He further pointed out that no tunnels were considered in making the survey, and that one 3-mile tunnel at the summit could provide an almost year-round crossing at the 3,600-foot level.

Holloway expressed the feeling of the group in stating that the state's survey was designed to discourage any east-west highway

in this area, and that actual construction plans would show a different picture entirely.

60 years ago

April 3, 1958: The Rockport Mercantile Company, operated at Rockport since 1917 by Ed Pressentin, changed its name and its proprietor on Tue., April 1. The new name will be "Martin's Store" and the new proprietor is Martin A. Pressentin, son of the pioneer owner.

Ed Pressentin is retiring from active work to take care of various other interests about his community. He will retain his position as postmaster for another year, at which time he will be eligible for retirement from that position. He has been postmaster since 1924. Pressentin also is the oldest Union Oil dealer in the state, having sold that brand at his pumps ever since the company first came into the valley.

40 years ago

April 27, 1978: Patty Cress, a junior at Concrete High School and daughter of Mr. and Mrs. Ervin Cress of Rockport, has been selected to participate in the

"America's Youth in Concert" 1978 program sponsored by the Universal Academy of Music of Princeton, New Jersey.

Cress, who was selected for participation in the All-State Honor Choir in February, will sing in the concert choir of the "America's Youth in Concert" tour group.

The concert schedule calls for rehearsals on campus in New Jersey starting June 29, then a concert in Carnegie Hall before departure for the European tour July 3. Return is scheduled July 25 after visiting and performing in England, France, Switzerland, Austria, and Italy.

Students from each state are selected for the concert group by individual audition.

Cress is the second Concrete student selected to represent this area in the national concert group. Jim LaFayette participated in the 1972 "America's Youth in Concert" band.

The purpose of the program is to demonstrate internationally the high quality and fine character of America's youth while enriching the musical and cultural horizons of the young musicians.

—Compiled from archives

Concrete Community Center

April 2018 Activities

Mon. – Fri., 10 a.m. to 3 p.m.
Lunch served at noon

Monday through Friday

Jigsaw puzzles, walking group, games, more

AARP Tax-Aide income tax help has moved to the East County Resource Center (see ad, below).

All subject to change. For latest information:
www.facebook.com/concretecommunity or call 360.416.1377.

Monday

All 10 a.m. Community Thrift Store

Wednesday

All 10 a.m. Community Thrift Store
4/11 6 p.m. Ohana Support Group
4/25 6 p.m. Ohana Support Group

Thursday

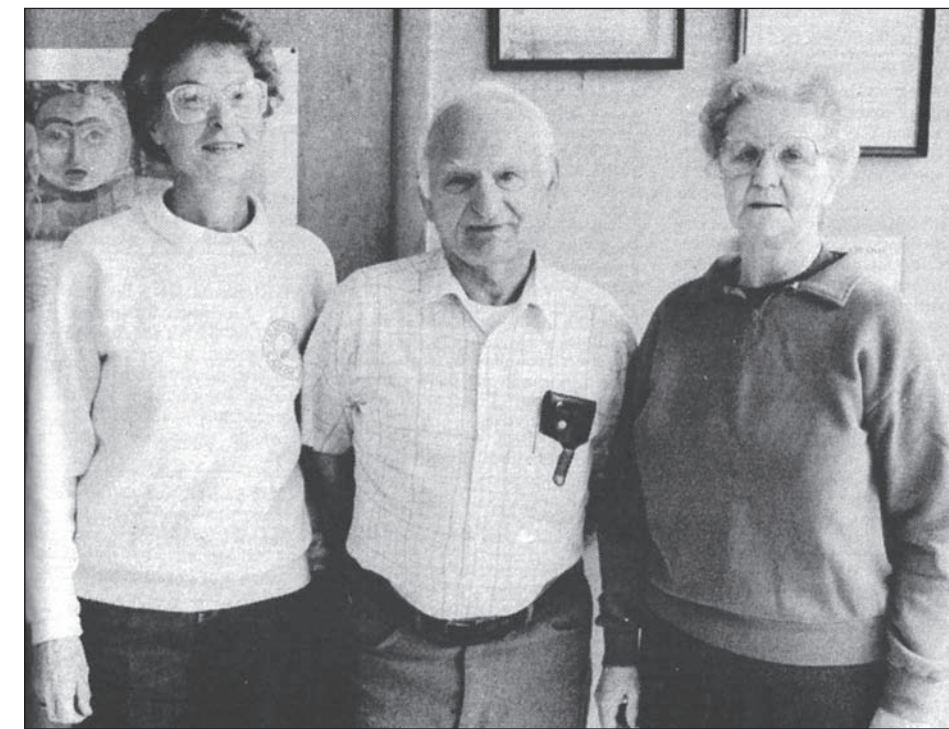
4/5 12:30 p.m. Pinochle
4/19 12:30 p.m. Pinochle

Friday

4/13 12:30 p.m. Commissioner Janicki

Saturday

All 7 p.m. AA meeting
4/21 10 a.m. Seed Swap



30 years ago, April 1988: The April 14, 1988, issue of *Concrete Herald* included this photo of three of four candidates for Small Businessperson of the Year, nominated by the Concrete Chamber of Commerce. Judy Ross of Concrete Senior Center, Albert Frank and family from Albert's Family Grocer, and Mildred Crinklaw from Concrete Department Store. Not pictured was Larry Hurn from Hurn's Shingle Company. And the winner—announced at a May 12 breakfast—was Albert Frank. Archive photo by Anne Bussiere.

Verna's Kitchen

By Verna McClure

Secret Salad

This is a quick and easy salad that can be made ahead of time. Refrigerate any leftovers.



- 1 cup chopped nuts (optional)
- 20 oz. crushed pineapple (do not drain)
- 1 (one) 3.5 oz. package pistachio dry pudding mix
- 1 cup miniature marshmallows
- 9 oz. carton whipped topping (like Cool Whip)

1. Mix the first four ingredients until blended well.
2. Fold in the whipped topping.
3. Chill and serve.

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30 years ago, April 7, 1988:

Local artist Don Smith explains a proposed mural project for Concrete buildings to state legislators Rep. Mary Margaret Haugen and Sen. Jack Metcalf. Smith and artist Charlotte Decker have a series of historical scenes that they hope will qualify for funding through the state Centennial Project or other sources. Archive photo by Anne Bussiere.



30 years ago, April 21, 1988: Income tax preparer Bob Novy was surprised by an office filled with colorful helium balloons as he arrived to open his office on Main Street. Taped to his door was a sign reading, "To Uncle Sam: We have had to pay! Come on, Big Bob, let's go PLAY!" Novy highly suspects his wife, Mary Novy, and her friends for the lighthearted prank. Archive photo by Anne Bussiere.

Obituaries

John "Jack" Warner

Passed away at home on March 24. He was born in Windsor, Ont., Canada, on Jan. 25, 1942.

He served in the United States Navy, where he was involved in the Bay of Pigs and as a landing craft operator in the Vietnam War.

He worked for the Washington State ferry system as an oiler until his retirement. He then spent his retirement in Rockport, surrounded by family and friends, where he lived as a part of an off-the-grid land trust until his death. He was also an active member of the community, selling real estate in Concrete for more than 10 years at Valley's West Realty.

He is survived by his sister Vicki Bohley, his daughter Phoebe Underwood, and daughter and son-in-law Alexandria and Kyle Corne. A memorial will be announced.



Obituaries published in Concrete Herald from May 2009 to present are posted online at: www.concrete-herald.com/obituaries. For more information, contact Concrete Herald at 360.853.8213 or editor@concrete-herald.com.

Sunday School lesson

The heart of it all

By David McAllister

At the center of the universe is a relationship.

All of creation coming about by means of God the Son. The first relationship in the Garden being shattered because of mistrust. God the Father loving those who are dead set against Him and His reign. His working to reconcile all things to Himself through the One with whom He is well pleased. God the Spirit serving (in relationship to Mary) as the divine source of the Word who became flesh. That same Spirit later falling upon Him as proof of that central relationship. Jesus Christ being sent among them, not to condemn them, but rather to save them. The Son glorifying the Father throughout His earthly ministry. And the Father glorifying the Son through His being lifted up for our sake. God the Father calling God the Son to lay down His life. The Son glorifying the Father through humble obedience. A relationship deep enough to bear the weight of a Son being stricken by His Father. And that separation ultimately bringing about a healing that could have never come apart from such an act.

At the center of the universe is a relationship.

This relationship existed without any origin of its own. Yet it has served as the

basis for many origins, both in our being born and our being born again. These divine members share a love and bond so close that they truly are one. From that unity comes an invitation for us as humanity to take up our cross and thereby enter into that glorious union. Those who were once His enemies are now called His friends, having been justified in accordance with that relationship. Those who have been set free have in turn become slaves to God, a relationship that finally offers our souls rest. And we who hunger and thirst for righteousness have been called to go out and proclaim that relationship to the ends of the earth.

At the center of the universe is a relationship.

A relationship that by its very nature is exclusive only to those who come to the Father through the Son. We who have drawn near to the Father (by the work of the Spirit) have been ushered into a relationship with a high priest who meets all our needs, beginning with the offering of Himself. This relationship is one of incredible freedom, for through the Son we have been crucified to this world. Those who live no longer live for themselves but for the One who reveals the Father. By relationship, our old life is over, for it is Christ who is living in us. God the Son now stands before His Holy Father, interceding for those who believe by means of this extended relationship of grace. And the Spirit of God now works in those who come to Christ so that they might be transformed into His same likeness.

At the center of the universe is a relationship.

Dave McAllister is pastor for Samish Island Memorial Chapel in Bow.

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Skagit County Sheriff's Office Blotter

March 1

Deputies VanHolsbeck and Devero responded to a possible domestic disturbance in the 50000 block of Concrete Sauk Valley Rd. When deputies arrived they determined that the people involved were just arguing and no assault occurred. The female suspect was arrested on several warrants.

March 3

Deputies responded to a bar fight in Hamilton, with approximately 10 people involved. When they arrived they discovered that all parties involved had fled. No arrests were made.

March 4

A female reported that she had been abducted and held for three days near Cockreham Island in Hamilton. The

Level 2 Sex Offender NOTIFICATION

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

Frost, Jesse Richard

Age: 48
Race: W
Sex: M
Height: 5' 9"
Weight: 175
Hair: Brown
Eyes: Brown
Address: 449xx Concrete Rd., Concrete



Frost was convicted of false imprisonment and assault to commit rape in 1994, in California. His victim was a 21-year-old female who was not known to him.

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

Source: Skagit County Sheriff

suspect and several witnesses were contacted and interviewed. It was determined that the female's story was untrue and she had been acting strangely for several days. The suspect had a felony warrant for his arrest. He was arrested and taken to jail.

March 6

A citizen reported a female was trespassing at the Mears Field pilots' lounge in Concrete. Deputy Esskew contacted her and advised her she could not sleep at the pilots' lounge and would be cited for trespass if she returned. The suspect was cooperative and agreed to leave.

March 7

Deputy Devero, Deputy Brown, and Deputy VanHolsbeck attempted to serve a felony warrant in Marblemount off Cascade River Rd. The suspect had a felony warrant for second-degree assault. The suspect was located in a garage. While at the residence, another subject rode up on a bike looking for the suspect. He was identified by the deputies and it was discovered he had several warrants. Both subjects were taken to jail.

March 10

While patrolling Cedar Grove Ave., Deputy Wiggins observed a vehicle traveling at high speed. He stopped the car and contacted the driver, who was obviously intoxicated and had a suspended driver's license. Deputy Wiggins arrested the suspect for DUI. He was provided a breath test, which showed his blood alcohol at .247, three times the legal limit. The suspect also had a prior DUI conviction. He was taken to Skagit County Jail and booked.

The Sheriff's Office received a report of prowlers at the Lake Tyee security office. Deputy Lewellen checked the area and did not locate anyone in the area.

March 12

Skagit County 911 Center advised they had a report of an assault in progress in the Cape Horn area. The suspect was hitting another person with an axe handle. The victim was bleeding from the head. Deputies contacted the victim, who advised that the suspect had beaten him with an axe handle. He was bleeding profusely from the head. The suspect was later located and arrested for second-degree assault. He was taken to Skagit County Jail.

March 14

Deputy Devero investigated a report of a prowler near Vogler Lake. A check of the area located no one.

Deputies Devero, Brown, and

VanHolsbeck went to North Lyman Ferry Rd. on Cockreham Island to attempt a felony warrant. They located the suspect, who had a \$150,000 drug warrant. He was arrested and taken to jail.

March 15

A victim reported that her ex-boyfriend had violated a no-contact order by coming to her house and removing the exterior doors. She left to call the police. When she returned he pushed her and forcibly took her backpack. Deputies Wiggins, Brown, and VanHolsbeck, along with K-9 Officer Bean from Bellingham, were able to locate the suspect. He was arrested and taken to jail, where he was booked for assault, first-degree burglary, and second-degree robbery.

March 16

A male was reported walking on SR 20 near Superior Ave., carrying a Nazi flag and acting strangely. The reporting party had lost sight of him walking west toward Grasmere. Deputies did not locate him.

March 17

Deputies responded to a domestic disturbance on Main St. in Concrete. The reporting party called and advised she had been assaulted. Deputy Wiggins responded and investigated the allegations. He talked with both parties

involved and determined that the male victim actually had been defending himself when the female who reported the domestic disturbance attempted to kick him in the groin. The highly intoxicated female admitted that she had attempted to kick the victim because she was upset with him. When the victim pushed her away to protect himself, she fell into a bookshelf. The female was arrested for assault and taken to jail.

Deputy Backstrom investigated a burglary on Baker Lake Rd. northwest of Concrete. The owner of the residence reported that someone had pried open a garage door and gained access to the residence. It was believed a microwave and chainsaw were taken.

A female on Baker Loop Rd. in Cedar Grove reported that she had been choked and assaulted by her boyfriend. When deputies Slack and Backstrom arrived, she recanted and said that she had not been assaulted, but that her boyfriend had been holding her back because she was hitting and kicking him. The victim was contacted and confirmed the female's story. She was arrested and taken to jail for fourth-degree domestic violence

See Sheriff's Blotter, p. 33

Worship directory

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

Citipoint Church North Cascade
59850 SR 20, Marblemount
360.873.2504
Sunday Gathering: 10 a.m.
www.citipointchurch.com
E-mail: matt@citipointchurch.com

Baptist

First Baptist Church
12732 Hemlock St., Clear Lake
360.856.2767
Sunday School: 9:45 a.m.
Sun. worship: 11 a.m. and 6 p.m.
Wed.: 7 p.m.
E-mail: pastorjohn@firstbaptistclearlake.com

Hamilton First Baptist Church
797 Hamilton Cemetery Rd. at SR 20
Office: 360.826.3307
Sunday School: 9:40 a.m.
Sun. worship: 11 a.m. and 7 p.m.

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

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

Covenant

Community Covenant Church
12605 Highway 9, Clear Lake
360.856.1023 // covenant@wavecable.com
Wed.: 7 p.m.
Sunday School: 9:30 a.m.

Sun. worship: 11 a.m.
Call for weekly youth group/Bible studies

Episcopal

St. Martin/St. Francis Episcopal Church
55223 Conrad Rd., Rockport
Services: first and third Sunday of each month, 1 p.m.

Free Methodist

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

Methodist

Central United Methodist Church
1013 Polke Rd., Sedro-Woolley
360.856.6412 / centralumcsw@yahoo.com
<http://centralumcsw.org>
Adult Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.

Presbyterian

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

Lutheran

Shepherd of the Hills Lutheran Church
46372 Main St., Concrete / 360.853.3714
www.uprivergrace.com
Sun. worship: 10 a.m.

Nondenominational

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

Community Bible Church

45672 Limestone, Concrete; 360.853.8511
E-mail: cbcofconcrete@earthlink.net
Sun. School: 9 a.m.; Worship Svc: 10 a.m.
Childcare/Children's Ministries at both
Contact church for other ministries

The RIVER Gathering

720 Puget Ave., Sedro-Woolley
Sun. worship: 10:30 a.m.
Wed. potluck/study: 6 p.m.
Thur. ladies group: 6:30 p.m.
Last Fri./mo. potluck/games: 6 p.m.
www.facebook.com/therivergathering

Rockport Christ the King Comm. Church

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

Wildwood Chapel

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

Concrete Volunteer Fire Dept. needs firefighters!

- Do you have a heart for your community?
- Willing to volunteer?
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[Chief Darrel Reed]

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or drop in to fill out a quick application.



Applicants may live inside or outside town limits.

CONCRETE HERITAGE MUSEUM NEWS

At the monthly museum meeting in March, the membership rates were raised to \$30 for individual memberships and \$60 for family and business memberships. As mentioned in last month's article, if you renew or join before May 31st, the old rates will still be honored (\$25 & \$50, respectively).

All eyes were focused on Concrete in April 1915, when the local favorite Johnny Greiner was defeated in straight falls in the Concrete Theatre by Vernon Breedlove of Council Bluffs, Iowa, for the Featherweight Championship of America. Boxing was a big event in Concrete and many "smokers" were also held for young men and boys to compete.

In that same issue it was announced that Dexter Cook had earned the title of the very first person to break out of the Concrete Town Jail. He had been jailed for not paying a fine for fishing without a license, and made matters worse by escaping. It seems that Marshal McDonald and Deputy Game Warden Wainwright left the wood-splitting axe within reach and the temptation proved just too great for Dexter. After a few hours of freedom, he returned to face the music.

The April 4, 1920, edition sports a strange article stating that the Concrete School superintendent and teachers were "re-elected" and offered another year's contract.

Doyle Schuler of Rockport broke both bones in his right arm in April 1928 while hand cranking a car to get it started. In that same April 19 edition, Deputy Sheriffs Bert Conn and Tom Vercoe of Mt. Vernon and James Owen of Concrete went to Marblemount to arrest Emmet Calhoun for a stabbing, but instead found the

largest and best-equipped still ever found in Skagit County, located near Diobsud Creek, with a capacity of 100 gallons a day.

Times were different in 1948 when Loren Severson, age 22, passed a few bad checks in the area. When he was arrested in North Dakota a short time later for stealing a car, he was returned to Washington State and quickly sentenced to 15 years.

An article in the April 7 edition of the *Concrete Herald* in 1960 speaks disparagingly of the Town of Lyman setting up their seasonal speed trap and comments that the town was "still using the state highway as a prime source of town revenue." It is interesting to note that Town of Concrete did the same thing for years, so I'm guessing that the paper's editor, Chuck Dwelley, received a speeding ticket from Lyman that prompted the comment.

In April 1965 Ray Camardella built a new shop and garage behind his café on Main St. That garage now houses the Concrete Heritage Museum. His café was later bought by Herb Larsen and remodeled into the TP Restaurant. For newcomers, the "TP" does not stand for toilet paper, but for *Thuja Plicata*, which is Latin for Western red cedar. You see, Herb worked for the English Logging Company and used red cedar when he constructed the A-frame facade on his building, now occupied by Cascade Pickers.

We still open the museum for **special tours during the winter**. Arrange one by calling 360.853.8347 or e-mail your requests to jboggs@wash@aol.com or autohistory@hotmail.com.

—John Boggs

At the Upper Skagit Library

Upper Skagit Library thanks Yolanda Allard for having her book launch party at the library, and all of you who came to support Yolanda with the release of her newest book, *Song of Fire*. If you are interested in reading Yolanda's books, they are available at the library for check-out.

We also want to thank all the Young Authors who worked so hard on writing their books, and for sharing them with friends and family on Young Author's afternoon. We are proud to have their books become part of the library's permanent collection.

Upper Skagit Library also wants to thank those of you who donated your used newspapers to the library in March. You may continue to drop off newspapers during business hours in April and we will make sure they get to a neighbor who needs them for fire-starter.

Come to Storytime! Families with young children are invited to join us for stories, songs, and a simple craft on the first and third Saturday of the month at 11 a.m.

Upper Skagit Board of Trustees monthly meeting will occur April 12 at 5 p.m. The public is welcome.

Spring Break activities! Upper Skagit Library is having a Spring Break Main Street Scavenger Hunt April 2–7. Pick up your Scavenger Hunt entry form at Upper Skagit Library or 5b's Bakery anytime during Spring Break. Then walk or ride your bike down Main Street and try to answer all 10 questions correctly to win a prize from Upper Skagit Library.

Complete the BONUS question and win a special treat from 5b's Bakery. Entry forms will be available for pick-up from April 2–7 only.

April is National Poetry Month. We will have a Poet Tree where you can hang poems you have written, Poetry Prompt sheets for you to take to help inspire you to write poetry, and printouts of poems you may take to carry with you in honor of "Poem in Your Pocket Day." And last but not least, a Poetry Reading April 28, 3:30–4:30 p.m., open to all to participate and/or listen. Bring your poems to read or poems you love from other poets to read.

April 8–14 is National Library Week. In honor of this recognition of libraries and all they do for their communities, Upper Skagit Library is having a "Libraries Lead" prompt and response. The question will be "Where Did the Library Lead You?" Tell us about how the library led you to something of value in your life. Pick up a card and share with us the positive influence libraries have had on your life.

Drop-in Computer Tutoring April 19 between noon and 2 p.m. We will teach the fundamentals of computer usage and other common tasks on a computer. Bring your questions and we will do our best to help however we can.

Upper Skagit Library will celebrate Earth Day. Come to the library, check out a book, then take your receipt to the Concrete Saturday Market on April 21 from 10 a.m. to 3 p.m. and pick up a free vegetable seedling.

—Tess Carroll, Library Associate

April at the Darrington Library

Children and family programs

- Family Storytime, Wednesdays, April 4–25 at 11 a.m.; all ages welcome, caregiver required.
- Bikes for Booktalks, through April 17; see our Facebook page for details.
- Saturday Family Storytime, April 7, 11 a.m.

Invention of Wings by Sue Monk Kidd, Wed., April 4; 5:30 to 7 p.m.; potluck optional

The Darrington Library is located at 1005 Cascade St., Darrington. For more information, go to www.sno-isle.org?ID=1194 or call 360.436.1600.

—Asheley Bryson, branch manager

Adults

- Darrington Book Group, *The*

Sheriff's Blotter, cont. from p. 31

assault. The victim was arrested for several outstanding warrants.

March 21

The Upper Skagit Library advised that they received a report of a nude male sitting in a car in their parking lot. Deputy Wolfe responded to discover a female sitting in a car with a tan blanket over her. She was wearing clothes, but the blanket made it appear that she was nude.

While patrolling Hamilton, Deputy Esskew contacted a female whom he knew had warrants for her arrest. He arrested her and took her to Skagit County Jail.

Deputy Wolfe was advised that a student had made threats at Concrete High School. He contacted the high school principal, who advised that another student had reported that the suspect student had made threats. Deputy Wolfe determined that the suspect student had made a statement about killing people. The student was expelled by the school. The sheriff's office continued its

investigation, eventually referring the student for felony threats. Deputy Wolfe also contacted both parents to confirm that the student did not have access to any weapons. Both parents allowed Deputy Wolfe to search their residences to confirm there were no weapons available to the student.

March 22

A male suspect known as Jameson allegedly stabbed a tire on a vehicle parked in Concrete Town Center after being thrown out of the Hub Tavern. Deputies are awaiting video of the suspect to identify him. If located, the suspect will be arrested for disorderly conduct and malicious mischief.

March 23

While patrolling Concrete Sauk Valley Rd., Chief Clark ran a registration of a suspicious vehicle. Using his incredible investigative skills, he determined that the driver of the vehicle probably had a suspended driver's license. Deputy Tweit was able to stop the vehicle and determine that the driver's license was in fact suspended for unpaid tickets, and he

had no insurance. The driver was cited for driving with a suspended driver's license and no insurance.

March 24

Deputies Wiggins and Lewellen responded to the Lake Shannon Boat launch to investigate an assault that allegedly occurred at that location. The victim was at the hospital in Sedro-Woolley and said that she had been hit in the face by another female. When the deputies arrived at the boat launch, they were unable to find the suspect.

Deputies took a report of a burglary on B and W Rd. in Marblemount. The gate to the property had been cut open and the back door to the cabin had been kicked open. Numerous items had been stolen. It also appeared that another cabin nearby also had been broken into, but it was unknown if anything had been taken from that cabin. Earlier a citizen had seen a light-colored truck driving in the area. When the citizen pulled over and stopped, the truck took off at high speed toward Cascade River Rd. Later, some of the stolen property was recovered when

deputies served a search warrant the next day.

Deputies Lewellen and Wiggins responded to Ranger Station Rd. in reference to a possible domestic disturbance. When they arrived they determined that the male resident had destroyed property belonging mutually to him and his girlfriend. He was arrested for domestic violence malicious mischief and taken to jail.

March 25

Deputies served a search warrant for stolen property on C Ave. in Concrete. A large amount of stolen property was located. The suspects were not at home at the time. The investigation is still active and involves numerous burglaries in eastern Skagit County.

—Compiled by Sgt. Greg Adams

BUSINESS DIRECTORY

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Ranches

Double O Ranch, LLC

46276 Concrete Sauk Valley Rd., Concrete
360.770.5380, 9-5 M-F, by appt. weekends.
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Burger available at Albert's Red Apple.

Restaurants

Cascade Burgers

45292 State Route 20, Concrete
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360.853.9006

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Out & About



Anacortes

Prepare for around-the-clock lane reductions on SR 20

Roundabout construction begins April 2, will last into early summer

Anacortes and Whidbey Island drivers and cyclists should prepare for upcoming construction and lane closures affecting spring and summer trips to the area, as crews spend the next three months making road improvements on State Route 20.

On April 2, WSDOT contractor crews began building two new roundabouts near busy intersections on SR 20 that take travelers to Anacortes or Whidbey Island. Crews plan to work around-the-clock to

complete major portions of this project before July 3.

Roundabout construction timeline

Construction on the first roundabout will start at the SR 20 and Miller/Gibraltar intersection, and take about one month to complete. Flaggers will alternate traffic through the area.

Work on the SR 20 and SR 20 Spur (Sharpes Corner) intersection begins once the first roundabout is complete. During construction at Sharpes Corner, crews will reduce traffic to a single lane. Drivers will always have access through the area and into businesses, which will remain open.

In addition to the Sharpes Corner roundabout, crews will build a trail south of the intersection for use by cyclists, pedestrians, and other nonvehicle users.

Building these roundabouts will improve safety and reduce delays through these busy intersections.

- Leave extra time in your travel schedule to make reservations, appointments, or meetings.

The length of delays will depend on choices drivers make during the various phases of construction.

In April, flaggers will alternate traffic. In May, a temporary signal will help one lane of traffic get through in all directions. In June, a single lane of traffic will free flow in all directions around roundabout construction work.

Travelers with ferry reservations or other time-sensitive appointments should leave enough time to get through the work zone. Cyclists headed through the area should use the Tommy Thompson Trail if headed to or from Anacortes or Skagit County roads toward Whidbey Island to avoid this construction zone.

the other was constituent backlash to the statewide property tax increase they passed last year.

But with an optimistic revenue forecast from state economists released last month projecting over \$1 billion in additional unforeseen revenue flowing into government coffers during the next four years, lawmakers began angling for using the money to meet the most recent court ruling and cut taxes.

The budget, which was unveiled on March 7 by House and Senate Democrats, includes not only the \$1 billion to K-12 public education for school staff salaries, but also \$306 million for mental health and \$116 million to help low-income students pay for college tuition. Additionally, the budget agreement sets aside close to \$150 million for contempt-of-court fines lawmakers incurred by both the state Supreme Court following the McCleary ruling and a federal court after a 2015 mandate that the state improve mental health services, known as the Trueblood case.

“We comply with our court obligation, we fully fund our K-12 responsibilities ... we invest a lot more money in mental health in general,” said Senate Democratic budget writer Sen. Christine Rolfes, D-Bainbridge Island at a March 7 press conference.

Additionally, Democrats are rallying around the Senate’s proposal for reducing property taxes. Their plan, SB 6614, would lower state property taxes one time from \$2.70 per \$1,000 in assessed value to \$2.40 in 2019. The reduction would be funded by redirecting excess tax revenue that would otherwise flow into the state’s Budget Stabilization Account or “rainy day fund,” which is intended to buffer the state in economic downturns.

Two weeks prior, House and Senate Democrats unveiled conflicting budget proposals: The Senate wanted to meet the most recent McCleary mandate while using the excess tax revenue to reduce property taxes, while House budget writers effectively ignored the court mandate and wanted to pass a capital gains tax to pay for future property tax cuts.

However, House Democrats have since

Budget, cont. from p. 34

reversed their position. “Everything that is in this proposal is agreed to,” said House Appropriations Committee Chair Rep. Timm Ormsby, D-Spokane, at the March 8 press conference.

Ormsby said that House Democrats dropped the push for a capital gains tax because it would have been “a difficult path,” he said. “Our number one priority was to get done on time,” Ormsby added.

While Democrats may be in agreement, Republicans were salty about both the budget proposal and the proposed property tax reduction. At the March 7 press conference, Senate Republican budget-lead Sen. John Braun, R-Centralia, said that the Democrats’ budget features a “tremendous amount of spending” and that “it could have been more disciplined.”

At the March 8 floor vote on the budget, Republicans were unanimous in their opposition to the budget proposal. “This budget relies on a diversionary raid on the rainy day fund,” said Sen. Sharon Brown, R-Kennewick. Sen. Doug Erickson, R-Ferndale, said that the legislature has to recommit itself to “fiscal sanity.”

Democrats argued that the budget is balanced and will clear the Legislature of its legal obligations. Sen. David Frockt, D-Seattle, said at the March 8 floor vote that the fact that the budget meets the most recent McCleary mandate and pays the Trueblood court fines is enough to call it “terrific,” adding that those cases have been “roiling this body” for the past few years.

The budget passed the House 54-44 and along party lines in the Senate 25-24.

As for the Democrats’ proposed property

tax reduction, Republicans are also largely uniformly opposed. Senate Republicans argued that the plan will drain state reserves and is a way for Democrats to get around a rule in the state constitution that withdrawals from the rainy day fund require a 60 percent majority vote in the Legislature, rather than a simple majority. Braun called the maneuver an accounting “gimmick.” “Fundamentally, this is a constitutional issue,” he said on the Senate floor on March 7. “I think that this will ultimately be seen as a unconscionable breach of the public trust.”

Republicans also pointed to a March 7 statement from state Treasurer Duane Davidson, who said that the Senate’s attempt to divert funds from the rainy day fund sets a “dangerous precedent.” “Choosing to not save today when we’re experiencing extraordinary revenue growth guarantees that our budget problems will be much greater when the next recession hits,” Davidson said in the statement.

Democrats countered that state reserves will still be substantial after the diversion, and that providing property tax relief should be the immediate priority. “We are cutting property taxes. We are doing a \$400 million property tax relief for residents of Washington state,” said Sen. Mark Mullet, D-Issaquah, on March 7. “Taking \$400 million before it goes into the rainy day fund does not put the state at risk.”

Sen. Reuven Carlyle, D-Seattle, called the property tax reduction a “extraordinary accomplishment.”

SB 6614 passed the Senate on March 7 along party lines, 25-23, with one excused.

Kristiansen will not seek re-election

House Republican Leader Dan Kristiansen announced March 6 he will not seek re-election in November. The 39th District representative has stepped down from his leadership role, but will complete his term.

“My family wants me home. And I want to go home,” said Kristiansen, R-Snohomish. “My family came to visit me this week in Olympia and it really put things in perspective for me. We’ve been on this journey together and I’m so grateful for them.”

Kristiansen and his wife, Janis, have three children.

“It has been an honor to represent the 39th District. The people, the communities, the schools and the challenges we have faced together—all of it has been a blessing for me,” said Kristiansen. “Being a state representative is an amazing responsibility. I can say I put my heart into it.”

The 39th District includes parts of King, Skagit and Snohomish counties.

Kristiansen, 55, was first elected to

Demystifying acupuncture

By Nadezhda Volsky, MD

Acupuncture is a form of traditional Chinese medicine that has been practiced for centuries. It’s based on the theory that energy, called chi (say “chee”), flows through and around bodies along pathways called meridians.

Acupuncturists believe that illness occurs when something blocks or unbalances chi, and that acupuncture is a way to unblock or influence chi and help it flow back into balance.

The process of acupuncture is done by putting very thin needles into the skin at certain points on the body to influence the energy flow. Sometimes heat, pressure, or mild electrical current is used along with needles.

What happens during acupuncture?

The first step of an acupuncture treatment is an exam. The provider will ask questions about pain and body function, such as ease or lack of movement. He or she will also ask about overall health.

Then the provider will look for the places (called points) on the body to access the chi that is blocked or not flowing right. Each of the points relates to certain health problems or body functions. After the provider finds the points, he or she will quickly insert very thin needles into the skin. Some may be placed deeper than others, depending on what the provider believes is needed to restore the flow of chi.

Every provider is different, but in most cases, treatment lasts for 15 minutes to an hour. Some patients may have several visits to complete treatment; others have ongoing visits.

Does acupuncture hurt?

Patients can feel slight pressure or warmth in the area where the needle is

placed. The area may tingle, feel numb, itch, or be a little sore. Providers believe that this is a sign that the energy flow, or chi, has been accessed.

After the needle is placed, the provider may roll the needle slightly back and forth, or he or she may use heat or electrical current on the needle.

When is acupuncture used?

Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, or neck problems. There is some evidence that acupuncture may help to treat pain, but studies have been too small to clearly show a benefit.

Others use it to treat insomnia, depression or anxiety.

Is acupuncture safe?

In general, acupuncture is safe when done by a certified provider. A state license ensures that the provider has a certain level of training and follows certain guidelines.

In very rare cases, problems may occur after acupuncture. Infections can occur, especially if the needles aren’t sterile. But licensed providers throw away their needles after one use.

Choosing an acupuncturist

Washington is one state that licenses acupuncturists. Many providers also may have a certificate from the National Certification Commission for Acupuncture and Oriental Medicine. This is a nonprofit group that promotes standards in acupuncture and oriental medicine. Physicians may undergo somewhat different processes than traditional acupuncturists do to obtain their certificates in medical acupuncture, and can do acupuncture work in conjunction with their medical practice under their medical license.

Nadezhda Volsky, MD, is a fellowship-trained, nonoperative sports medicine provider with additional training in acupuncture. Find her at PeaceHealth Medical Group in Sedro-Woolley.

office in 2002. He has been House Republican Leader since April 2013, and was Caucus Chair before then.

“I’m going to miss my legislative family. They are not just my colleagues—they are my friends. And those friendships will continue,” said Kristiansen. “I don’t know what the future holds for the House Republican Caucus. But I do know it is

filled with talented people who will step up and lead in new ways.”

Other House Republicans who have recently announced they will not seek re-election include Rep. Larry Haler, Rep. Terry Nealey, Rep. Liz Pike, Rep. Jay Rodne, and Rep. Melanie Stambaugh.

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State

State Legislature passes last-minute budget deal and property tax cut

The plan includes \$1 billion for public education and \$400 million in tax cuts for property owners

By Josh Kelety
WNPA Olympia News Bureau

On the final day of the legislative session, lawmakers approved a last-minute supplemental budget deal that funnels roughly \$1 billion to K-12 public education and a \$400 million one-time reduction in state property taxes.

For the entire 60-day legislative session, lawmakers had two issues looming over them stemming from the more than \$7 billion K-12 education funding reform package they passed last summer to meet the state Supreme Court’s 2012 McCleary ruling that the state fully fund Washington’s public school system.

One issue was a November 2017 follow-up mandate from the court that lawmakers speed up funding for public school staff salaries—to the tune of \$1 billion—and

See Budget, p. 35



Smile



... from the Concrete Herald archives ...

The university student who had come under the spell of modern education, came to the examination question, "What causes a depression?"

Finally he wrote: "God knows I don't! Merry Christmas!"

When the examination paper came back, he found the professors notation, "God gets 100. You get 0. Happy New Year!"

— § —

The father of a little boy game him a dollar for his birthday. The boy spent the afternoon going the rounds of the tradesmen and having them change the dollar, first into silver, then back to a bill, and so on. When the father heard of it, he inquired the reason.

"Well," said little Sandy, "if I keep it up, somebody is going to make a mistake and it ain't going to be me!"

— § —

Keeper at the zoo to young lady in front of cage from which kangaroo had just leaped over 17-foot wire guard fence: "What did you do to the kangaroo, lady?"

"I didn't do anything."

Keeper: "We've had him for 11 years, lady, and he never acted like that before. What did you do when you reached your hand through the fence?"

"I just tickled his tummy a little."

Keeper (eyeing the cloud of dust up the road): "Well, would you mind tickling mine a little? I have to catch that dang kangaroo."

Dwelleysms

Wit and wisdom from former
Concrete Herald editor
Charles M. Dwelley

"State executives are being given a course that will enable them to 'think deep.' Fine, but too often they find themselves removed by voters who think shallow."

"The Supreme Court has issued a comforting statement that obscenity can't be all bad. As popular entertainment in song and story for centuries, the observation merely proves that the human mind also has garbage problems."

"The birthdays of Lincoln and Washington are not being observed with patriotic reverence anymore. With their weird ideas about how to run a nation now completely eliminated from government, the next step will be to declare them surplus squares, suitable as historical memorabilia only."

—Feb. 21, 1968

"Many clever minds have been busy for years figuring out a way to conquer our nation without invasion. Our own mad scientist says he is on the verge of success, just as soon as he perfects an all-encompassing Z ray, which will freeze everyone's zipper's solid."

"Designation by sex is now against the law in employment and moving into other fields. Soon it will probably hit the birth certificates, in which case it may be years before the toddlers know if they are boys or girls."

—Feb. 28, 1968

Concrete Harold

By Joyce Harris



By Stig Kristensen

Public Service Announcement



Crossword: "Might Makes Right"

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
20						21				22				
				23	24				25	26				
27	28	29					30					31	32	33
34						35						36		
37						38					39	40		
41						42					43			
44				45	46					47				
				48					49					
50	51	52					53					54	55	56
57						58	59				60	61		
62					63						64			
65					66						67			

Across

- 1. Children's book type
- 6. Balls
- 11. Bill encl.
- 14. Humiliate
- 15. Beth's preceder
- 16. Circle segment
- 17. Dependable one
- 20. Egg protector
- 21. Amateur video subject, maybe
- 22. Actress Rene
- 23. Kiss
- 25. Deposited
- 27. Bidding
- 30. Singing exercise
- 34. Desktop pictures
- 35. Comics canine
- 36. Discontinued
- 37. Legal authority
- 41. Annex
- 42. ____-American
- 43. Corrupt
- 44. Fiasco
- 47. Tributes
- 48. Physicist Niels
- 49. Ill-gotten gains
- 50. Inscribed pillar
- 53. Duffer's goal

Down

- 1. Trodden track
- 2. Double-reed woodwind
- 3. Stooge
- 4. Consumption
- 5. According to
- 6. Iron hooks, in fishing
- 7. "The Sun ____ Rises"
- 8. Umpire's cry
- 9. When D.S.T. begins
- 10. Descendant of Muhammad
- 11. Droops
- 12. Graphic ____
- 13. Lingering effect
- 18. Boot
- 19. Classic art subject
- 23. Nota ____
- 24. The Beatles' "Back in the ____"
- 25. Numbers game

Across

- 54. Capture
- 57. Local law enforcers
- 62. South African org.
- 63. Wipe clean
- 64. Anticipate
- 65. Math degree
- 66. Shut out
- 67. Exigencies

Down

- 26. Buckets
- 27. Two-footed
- 28. Gastroenteritis cause
- 29. Laughs loudly
- 30. Thomas the Tank Engine narrator
- 31. Fixin' to
- 32. Gather
- 33. Pastorals
- 35. Proposal
- 38. Pledge
- 39. Track shape
- 40. Wreck site
- 45. Well
- 46. Lathered
- 47. Title for some priests
- 49. Harness racer
- 50. Diagnostic test
- 51. Salon job
- 52. Make an impression
- 53. Tower site
- 54. Scottish hillside
- 55. Biting
- 56. Catches on
- 58. Mine find
- 59. Family dog, for short
- 60. Cooler
- 61. See red?

Sudoku

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

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

*Solutions to both puzzles are on p. 39.

Funny as Facebook

The following funnies were pulled verbatim from Facebook status updates in March:

- "We continue the arduous task of emptying out the wine cellar at Saara's mom's house. We may benefit from your thoughts and prayers."
- "UhhhhhhhhhhhhhhFINE. I'll be an ADULT. But I'm gonna be hella petulant about it and I'm quitting after 10 minutes."
- "Is there a study out there somewhere that says clumsy people are more intelligent or charming or more successful in life? I feel like I should fall into one of those categories."

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THE BODY IN THE BLACKBERRIES

By Nicola Pearson

Editor's note: This is the seventh installment of a new serialized story by award-winning author and playwright Nicola Pearson of Sauk City. Future installments will appear on this page each month during 2018 until the story is complete. Previous installments are posted at www.concrete-herald.com.

As soon as Lange and the store clerk, Jen, walked back into Albert's, they moved as if they'd entered independently of one another. Jen hustled over to her cash register while Lange stopped at the end of the magazine rack. He peered down the aisles opposite him, searching for Suleka. A loud, pebbly sound drew his eye to the coffee bean grinder and that's where he spotted her. She had her back to him and was talking to a woman Lange didn't recognize.

He waited, wondering if it was Suleka grinding the coffee or the other woman. He needed coffee. In fact he wouldn't mind a cup right now, he thought. He was suddenly aware of a mild, electric shock sensation across the left side of his chest and realized it was his phone vibrating in his pocket. He pulled it out too late to catch the call. It was from a Blocked ID. Lange had been hoping for a call from Collins and wondered if that was it. Probably not, he thought. He wasn't sure he had the kind of rapport yet with Deputy—no, Detective Collins, he corrected—to prompt him to call with updates.

Lange pushed the phone back into his pocket and looked up. Suleka had moved. He glanced around. She was at Jen's register now, unloading groceries onto the moving belt. Lange walked across to join her.

"How'd it go?" Suleka asked Jen and Lange as she placed half a dozen pots of yogurt on the conveyor.

"How'd what go?" replied Jen. She grinned at Lange, proud to show him that she was keeping their talk private, as he'd requested.

"Atta girl," he acknowledged.

On the way out to the Nissan, however, he filled Suleka in on their conversation. She listened attentively, then said, "I think I may know why Kyle was reluctant to talk to Brandie yesterday."

"Why?" asked Lange. He helped her put the two bags of groceries in the back

of the Nissan and then latched the canopy closed.

"I got chatting with my friend, Eve, over by the coffee grinder," said Suleka, looking to both sides, not wanting to be overheard.

Lange motioned for them to get in the truck. It was stuffy in the Nissan with the windows rolled up, but quiet. And private. "Eve used to be Kyle's boss," Suleka continued once they were sitting side by side. "So, you know, I asked her how she was? How was work? She told me pretty good. She's getting close to retirement. So I said, how's Kyle doing? 'Kyle Clarkson?' she said. 'I think okay. He's not working my shift anymore. I'm on days and he works swing shift.'"

"Which would have made him free to be up on Sauk yesterday ..." Lange put in.

"Exactly. And listen. Eve went on to say, 'If he's still got a job.'"

"What did she mean by that?"

"Give me a minute. I'm getting there," remonstrated Suleka. She leaned forward, an excited look on her face. "Eve said that Kyle turned up at work 10 minutes late yesterday—she noticed because she was on her way out and he usually arrives before her shift is over—and he had a big old fat lip and an angry looking cut on one side of his temple. Plus he was in the kind of mood that made her want to keep her distance."

Lange's head bobbed up and down, reflectively. "Was he now," he remarked.

"Okay where to?" Suleka asked, straightening up in her seat and turning on the engine. "I'm thinking we should take the groceries back to your yurt," she went on, answering her own question. "And while I put them away, you can call your friend, Michelle Pate-Swenson. Find out where you need to go next."

"She's not my friend," corrected Lange, understanding exactly what Suleka meant by that word. "She's a DEA agent that I only met today, but yes, that's a good idea. I might also make a pot of coffee. I could

use a cup and she probably could, too. It might be a while before they get forensics finished up there. What time is it?" he asked and then looked at his own watch for the answer. "It's almost 1:30 already. Maybe I should make her some lunch while I'm at it. What do you think?" They were at the exit from the parking, waiting to pull out onto the highway. Suleka graced Lange with an enigmatic smile.

"What?"

"She's not your friend?"

"Oh stop," he insisted. Then added, so she would not keep on with her teasing, "She's too young to be that kind of friend to me."

"How d'you know? Did you ask her age?"

"No-o!" exclaimed Lange.

"Well, there you go, then," Suleka pulled out onto the highway and headed back in the direction of Sauk. "I'm sure she'd appreciate you making her some lunch. I got you bread and sandwich meat."

The mention of bread jogged a memory in Lange. A memory of leaning into Pate-Swenson's Range Rover to get her business card and seeing a bag of some kind of snack food on the passenger seat. What was it he'd noticed about the bag? "Gluten-free," he blurted, his index finger in the air.

"What?"

"No, I was just thinking, Pate-Swenson may not prefer a sandwich. She might not eat gluten."

They were already on Highway 20, approaching the 35 mph zone. Suleka slowed down. "Well let's stop at 5b's Bakery then. They have some great, gluten-free lunch items."

"But what if I'm wrong?" he asked, worried to impose something on Pate-Swenson she might not prefer.

"Then you can eat it for lunch tomorrow."

"But I eat gluten."

"Doesn't matter. You like 5b's food."

"I do?"

They were heading up Superior Ave. toward Main St. in Concrete. "Well you loved that bumbleberry pie I bought you last week."

"Oh," muttered Lange, looking at all the handmade birdhouses on the fence of the community garden as they drove by. "I didn't know that was gluten free."

"See, life can still surprise you."

They pulled into the narrow, graveled parking lot alongside the bakery and Suleka switched off the engine.

"Let's do this quickly," said Lange. "I

want to get back up the mountain and relate what we've found out. Good work, by the way."

They hurried past the people seated at outside tables, admiring the view of Sauk, and went into the bakery. The space was inviting, with a long, knotty fir table at waist height dividing the seating area, and two counters, one with a glass display of fresh-baked items and one with an old-fashioned soda fountain ahead of them and to their left. The windows to their right boasted a perfect view of Sauk, and there were shelf units with local art, notecards, and books for people to peruse while they waited for whatever gluten-free treat they had in mind. Suleka acknowledged a couple of her friends eating at one of the tables they passed as she led Lange to the display counter. "See these are all the savories," she explained. "And the sweet treats are there." She pointed across him to their right. "You can get a sandwich made on their gluten-free bread or buy one of these pre-baked calzones or an egg mini-stratta."

"What's that?"

She pointed at the muffin-sized egg concoctions below in the display. "They're like a popover made with eggs. Some have bacon and cheese in them, some sausage and pepper. And look, there's some with just sundried tomatoes and asiago cheese."

"Maybe we'll get one each," said Lange. "Like you said, what she doesn't eat, I can."

"Perfect."

"Do you want something?"

"I am kind of hungry. I was thinking I'd eat some of my quiche when I got home, but I guess I'm not going home for a while."

"I'll buy you what you want."

"Well in that case ..."

They walked out of the bakery with three egg mini-stratta, a calzone, a bagel dog, a cinnamon roll, a peanut butter bar, and two bumbleberry pies. "Busy place," remarked Lange, as Suleka drove them back out to the highway.

He glanced at the Doyle house on their way by and started mentally replaying the conversation with René and Kevin Doyle. It wasn't until they were most of the way up Sauk Mountain that he reheard the last thing Kevin said to him. Lange instantly made the connection.

As soon as Suleka pulled up at the end of his driveway in front of his yurt, he

The Body, cont. from p. 38

leapt out of the Nissan, clutching the bag of goodies from 5b's.

"Where are you—" Suleka called out.

But Lange wasn't paying attention. He was creeping counterclockwise around the yurt, his body bent at the waist, the bag from 5b's pushed up against his chest, peering through the cedar lattice around the crawlspace. He was hoping to hear that whining noise again. But if he didn't hear the noise, maybe he could track down what was behind it.

He circled the entire yurt, and when he reached the small porch built in front of his door he stopped, straightening to a stand again. Suleka had just reached the steps to this porch and she stopped, too, watching him. "What are you—" she started again.

"Shush!" Lange interrupted. He flapped his free hand against the outside of one ear, a signal for her to listen.

They both waited in the quiet, hearing only birds chirruping in the trees and the faint whirr of insect wings buzzing through the air around them. Then it came; the whimper of an animal in distress.

It came from under Lange's porch. He crouched down slowly on his haunches, and peered into the shadowy area. Almost immediately he spotted the pair of scared eyes peering back at him.

"Hi, there," whispered Lange. "You must be Max."



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See **The Body**, p. 39

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Crossword solution

1	P	2	O	3	P	4	U	5	P	6	G	7	A	8	L	9	S	10	S	11	S	12	A
13	A	B	A	S	E	15	A	L	E	P	H	16	A	R	C								
17	T	O	W	E	R	18	O	F	S	T	R	E	19	N	G	T	H						
20	H	E	N			21	U	F	O				22	R	U	S	S	O					
						23	B	U	S			24	S	L	A	I	D						
27	28	29	B	E	H	E	S	T		30	S	O	L	F	E	G	31	32	G	33	I		
34	I	C	O	N	S			35	O	T	T	O			36	O	L	D					
37	P	O	W	E	R	38	O	F	A	T	T	O	39	40	R	N	E	Y					
41	E	L	L			42	A	F	R	O			43	V	E	N	A	L					
44	D	I	S	A	S	T	E	R		47	P	A	E	A	N	S							
						46	B	O	H	R		49	P	E	L	F							
50	51	52	T	E	L	A				53	P	A	R			54	55	A	G				
57	C	I	T	Y	P	O	58	59	I	C	E	60	F	O	R	C	E						
62	A	N	C			63	E	R	A	S	E		64	A	W	A	I	T					
65	N	T	H			66	D	E	B	A	R		67	N	E	E	D	S					

Sudoku solution

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



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- Espresso
- Hand packed ice cream
- Handcrafted pies
- Artisan breads
- Daily Specials
- Grab-and-go-lunches
- Outdoor Dining

7-5 daily
Closed Tuesdays

360.853.8700
5bsbakery.com
45597 Main Street
Concrete WA 98237



8am-10pm everyday

1912 Hwy 20

Sedro-Woolley

360-746-9229

These products have intoxicating effects and may be habit-forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with consumption of this product. For use only by adults 21 and older. Keep out of reach of children.

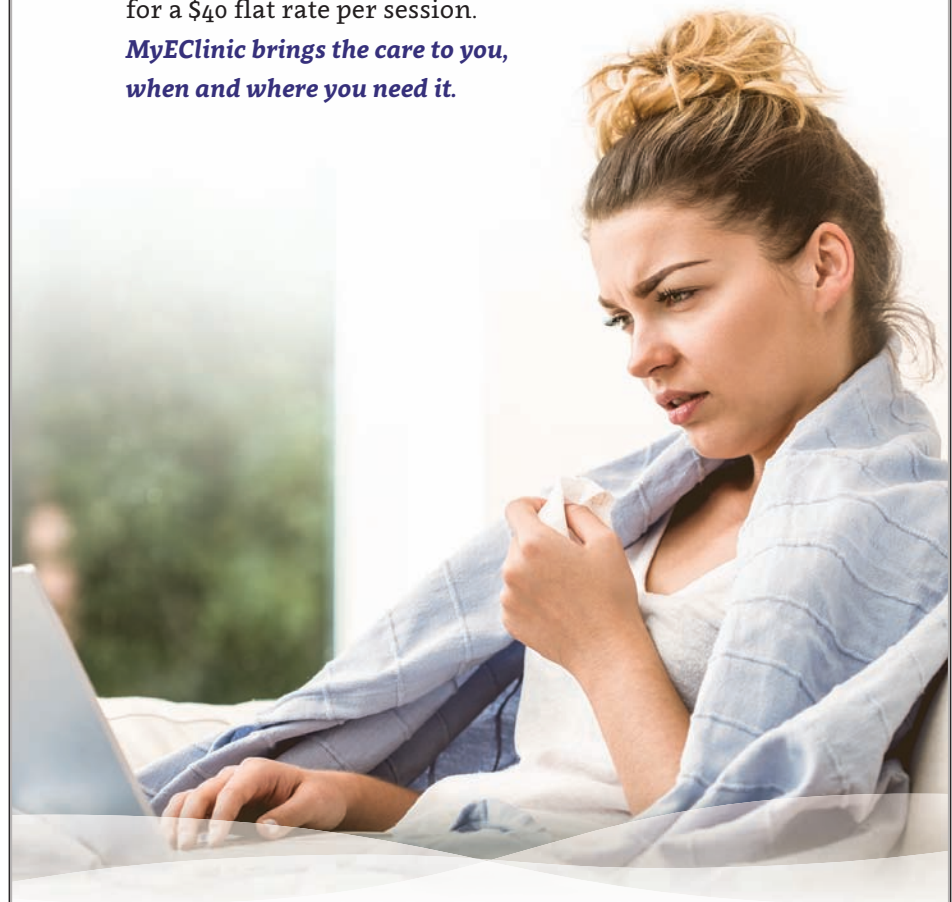
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Skagit  Regional Health

MyEClinic.org
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