

The Voice of Eastern Skagit County Concrete Herald

Vol. 93, No. 8

August 2010

50 cents

Rockport Praisefest 2010, Aug. 21

Day-long music and worship festival aims to bring spiritual revival to eastern Skagit County.

Page 20.



Sedro-Woolley's Jordan Cook (left) will sing at Rockport Praisefest 2010, along with eight other bands and soloists.



The stage is set: Howard Miller Steelhead Park in Rockport will host Rockport Praisefest 2010, which organizers estimate will draw 500 attendees.



The way of the Wizard

John Bromet wants to give peace a chance.
See page 20.

Rescuers with ropes.

Page 8.

PSE dedicates new adult fish trap.

Page 9.

Fly-In, Street Fair soar to success.

Page 9.

Ray Johnson: A Rockport icon.

Page 19.

Newhalem hosts softball, Mustangs.

Page 23.



Cascade Days: Concrete tradition continues Aug. 21-22

Page 4.



Election 2010

Candidates pitch positions as August primary approaches

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Published the first Wednesday of each month

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"No new taxes in this economy."

Elect Mike Anderson County Commissioner #3 (R)

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Mike Anderson county commissioner,
900 W. SR 20, Sedro-Woolley, WA 98284

Concrete Herald

The Voice of Eastern Skagit County

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Concrete Herald is published the first Wednesday of each month and distributed via newspaper racks and retail businesses from Sedro-Woolley to Newhalem, Washington. A complete list of distribution points is posted online at www.concrete-herald.com/about-the-herald/distribution-points. Mail subscriptions are \$26 annually for U.S. addresses, \$38 for Canadian addresses. Physical address: 7674 Cedar Park, Concrete, WA 98237. POSTMASTER: Send address changes to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Printed with pride by The Daily Herald, Everett, Wash., using soy-based inks. Contents © 2010 Concrete Herald LLC.

Guest editorial

The signs say “stop”

Here’s a quick quiz that everyone should ace.

First: How many traffic signals can be found at Concrete’s intersections?

Second: How many people are allowed to run the town’s stop signs, no matter where they are or who is looking?

If you answered “none” to both questions, you know enough to obey the internationally known, golden-rule-of-the-road: Stop at every stop sign.

Stop signs should keep pedestrians safe as they cross our roads and drivers alert as they turn corners on our streets, while reminding all of us to use caution when

See Editorial, p. 31

Elect

Jim Kallio

County Commissioner #3 (R)

Common Sense Leadership



- District 3 resident since 1965
- Understands the important issues in Skagit County and will listen to your concerns as a citizen
- Sedro-Woolley School Board president since 2003
- Sedro-Woolley School Board member since 1997
- Would increase office hours in east county, including evenings

“I am willing and able to make the tough decisions necessary to balance the budget using only existing revenues.”

Paid for by the James Kallio Election account.
 10110 Collins Road, Sedro-Woolley, WA 98284.

Opinion

Letters to the editor

No respect for flags

Deanna Ammons of Clear Lake recently made a donation to have my son, Zach, put 20 American flags out to line one side of Hwy 9 to complement the flags she had put on the poles on the other side. We no more than got them all put up and came home to find one had been stolen. At the end of the day, we discovered a second flag had been stolen.

The Big Lake Boy Scouts first made similar flags in 2007, during the troop’s first year. Every year, the boys do maintenance and repairs on the flags and build new ones as needed. The boys put the flags up early in the morning of Memorial Day, Flag Day, Independence Day, and Veterans Day. At dusk, they “retire” the flags in full uniform and salute each flag.

Donations go toward the boys’ awards, summer camp, and many other activities, including their recent river-rafting trip on the Wenatchee River.

The Big Lake Boy Scouts, chartered by the Mt. Vernon Elks, display their flags mostly in the Nookachamp Hills development and around the Big Lake area, with a few placed around the boys’ personal friends and families’ homes. Other troops, including one from Sedro-Woolley also have started displaying flags and have done very well.

These boys work really hard to take care of these flags, getting them all up in time, and making sure everyone who has made a donation gets their flag. This is not the first flag that has been stolen, but I sure hope it will be the last. We are doing our best to help these boys to become reputable young men and encouraging them to follow the Scout Law: “A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent,” as well as the Scout Oath: “On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake and morally straight.”

The boys are very grateful for all the support they have received and they all participate in as many things as they can to help serve their communities. It is very sad to think that there are people out there who would deliberately ruin something so special.

Kathy Schmidt
 Clear Lake



July 4: Boy Scout Zachary Schmidt stands with an empty rebar post after someone stole the flag that the post had anchored. Submitted photo.

Dillon missed important issues

I’ve heard that Sharon Dillon is the best commissioner Guemes Island has ever. As a resident of Sedro-Woolley for 55 years, I think she has missed on all the important issues—flood control for one. Instead of making any progress, she helped appoint another citizens committee to study the studies. What we need is leadership, not another committee to make a recommendation that results in no flood control.

And how about the county budget? She has voted to increase our taxes each year, and this year is spending some \$380,000 on a consultant to help in public works because morale is so bad they can’t hire a new director.

See Letters, p. 3

Letters policy

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

After five directors in her three and a half years as commissioner, I guess the word is out.

She claims to be saving us all this money, then why raise our taxes when times are so hard for so many?

What we need is someone with a record of fiscal discipline, especially now when spending is so out of control.

We don't see much of our commissioner here. What we see is no action on the important issues, increased taxes, decreased services and same old, same old business as usual.

Seems to me that if you support cheap ferry rides to Guemes Island, Sharon is your candidate. If you want someone to look out for the east county, I suggest you pick someone else. I know I will.

*Ray Houser
Sedro-Woolley*

Lyman Car Show a success

The 2010 Lyman Car & Craft Show was AWESOME. We had 151 cars show up that day and 35 vendors.

As it stands right now, the show will donate \$6,218.83 to the Lyman Park and Cemetery fund for 2010. Neither property is tax-supported; everything done for the Lyman Park and Cemetery is through donations.

Thank you to the many volunteers who helped to plan and organize the 2010 event. Thank you to the many volunteers who showed up the day of the show. We had several young people come to help with serving the food, the kids' coloring contest, and other areas. Thank you to Jordan Cook of Sedro-Woolley for singing our National Anthem. Wow, she was spectacular.

A special thank you to Stuart Harr of S&H Fine Wood Products of Lyman for donating the bench for the front porch of the mansion commemorating the car show's 10th Anniversary. Also, thank you to James Martini of Sedro-Woolley for the brass plaque for the bench: "Lyman Car Show 2010."

Thank you to:

All our business sponsors. You are the best! Thank you to all the craft vendors who came up to support us, and to Jason Miller for another year of support through the *Concrete Herald*.

To the best volunteers around: Rob Arnold, Arnold's Original BBQ; Papa Murphy's Pizza in Sedro-Woolley; Mayor Debra Heinzman and Mont Heinzman; Mark Young; Sean and Gail Ganja and family; Karen Griffith; Terry and Susan Wilson; Rob Burns of

WhiteKnight Entertainment; Barb Arnold; Mark Kitchens; Eddie Hills; Chuck Gallagher and family; John Gronemyer and Maria; Diana Remington; Debbie and Casey Boyd; Larry Fox; Sonja and Greg Haigh; Tony and Nancy Trythall; James, Jessicca, and Jacob Martini; Cindy Smith; and all the judges.

There are so many to thank for their help and for sponsoring us. If you are missed here, remember you are not missed where it counts, in our heartfelt thank you for supporting the Lyman Park and Cemetery.

We still have t-shirts for sale. You may contact Debbie Boyd at Lyman Town Hall for information on the shirts.

Visit the Lyman Car Show on Facebook for a list of all the business sponsors and pictures from that day, as well as pictures from past shows.

We will be back next year, Sat., July 9, 2011.

*Nancy Trythall
Sedro-Woolley*

Cascade Supply thanks customers

A big thank you goes to customers of Cascade Supply, especially those who attended our Appreciation Day event on July 10.

A few attendees were lucky enough to win some fun door prizes. Congratulations to them all:

Jessica Moore, chairs; Jimmy Luttrell, a BBQ; Rick Hemenway, an 18v drill; Vern Ruyle, a remote control; Ken Ficker, garden tools; Johnny Frizzell, an electric tape measure; Gordy Clark, a 30-ft. tape measure and work gloves; Ron Howell, a tool set; Ken Betts, solar lights; and Rusty Regan, a tool box.

Thank you again!

*Don and Carol Rohan
Concrete*

Desperately seeking ...

... the woman who stopped by the community garden in Concrete on June 26 and offered two outdoor chairs (metal, green) for the garden. You stopped again the following day and brought the chairs with you.

If you are that woman, please call Jason Miller at 360.853.8213.

Sharon has kept her promises to end wasteful lawsuits, balance the budget, and restore cooperative government.

That's why current and former elected officials from both parties endorse her for re-election.

RE-ELECT SHARON ★★★★★★
DILLON
SKAGIT COUNTY COMMISSIONER

Concrete Mayor Judd Wilson
Hamilton Mayor Tim Bates
Lyman Mayor Debra Heinzman
Former Lyman Mayor Chris Stormont

Anacortes Mayor Dean Maxwell
Bellingham Mayor Dan Pike
Concrete Town Councilor Marla Reed
Mt Vernon City Councilor Scott McMullen
Burlington City Councilor Joanne Valentine
Former Mt Vernon Mayor Skye Richendrfer
Burlington City Councilor Chris Loving
former Burlington City Councilor Garner Benson

Skagit County Commissioner Ken Dahlstedt
Former County Commissioner Bob Hart
Skagit County Prosecutor Rich Weyrich
Skagit County Clerk Nancy Scott
State Senator Mary Margaret Haugen
State Senator Kevin Ranker
Former State Senator Harriet Spanel
State Representative Jeff Morris
State Representative Dave Quall
U.S. Congressman Rick Larsen

Paid for by the Committee to Re-Elect Sharon Dillon (D)
220 W Ferry Street • Sedro-Woolley WA 98284 • www.dillon4skagit.org

We like Mike

for County Commissioner #3

Elect Mike Anderson

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"You deserve a commissioner who knows how to balance a budget without raising taxes."

Paid for by the committee to elect Mike Anderson county commissioner. 900 W. SR 20, Sedro-Woolley, WA 98284.

Cascade Days returns Aug. 21–22

By Jason Miller

Concrete's signature summer event will fill the streets and parks of town once again, as Cascade Days runs Aug. 21–22.

The townwide celebration promises most of the old favorites, plus a few new entertainment options.

Look for Concrete's largest and longest parade to make its way into Concrete Town Center beginning at 11 a.m. The line-up will begin at 9 a.m.; awards will follow the parade at 12:30 p.m., at the corner of Baker and Main Streets.

At 1 p.m., head to Town Park for several events, including the Firemen's Muster, the fish tank, and numerous activities for children. The Log Show will begin in Town Park at 2 p.m.

At 5 p.m., the always hilarious bed races will roar through Concrete Town Center.

Sunday events focus on food—well, except for the Pet Pride Talent Show at 11 a.m. After that, look for a pie-eating contest at 12:30 p.m., a watermelon-eating contest at 2 p.m., jams and jellies judging at 3 p.m., and the button drawing at 3:30.

Cascade Days never disappoints, so make plans to show up. For details, schedule updates, and event applications, go to www.cascadedays.com.

Cascade Days Schedule*

All-day Events

Information Booth, Town Park
Button and Duck sales
Food and craft vendors, Town Park

Saturday Main Events

9 a.m. Parade line-up, west end of Main St.
11 a.m. Parade, Main St.
1 p.m. Parade awards, Main and Baker St.
12:30 p.m. Classic car show, Main St.
1 p.m. Firemen's Muster, kids' activities, fish tank, and entertainment, Town Park
2 p.m. Log show, Town Park
5 p.m. Duck race, Main St.
5:30 p.m. Bed races, Main St.
7 p.m. Cascade Ramblers, Legion Hall

Sunday Main Events

9 a.m. Information Booth
10 a.m. Entertainment
11 a.m. Pet Pride Talent Show
12:30 p.m. Pie-eating contest
2 p.m. Watermelon-eating contest
3 p.m. Jam and jelly judging
3:30 p.m. Button drawing

*For a complete and up-to-date schedule, go to www.cascadedays.com.

THIS AND THAT

By J. K. M.

During its July 12 meeting, the Concrete Town Council discussed the **fireworks show** that used to be held every July 4 at the airport. It was wildly popular, but fell by the wayside because donations faltered.

Do you want it to come back? Let your town know! Call Town Hall at 360.853.8401 or drop an e-mail to andrea@concretewa.gov, and sound off. If you're willing to make a donation to fund this event, tell them that, too.

Salmon fisherman **Jacob White**, along with several other fishers, spotted a seal in the Skagit River on July 18. Seal sightings in the Skagit are relatively rare; this year's strong sockeye run probably drew the seal farther upstream.

The **Friends of the Upper Skagit Library** will hold another book sale on Sat., Aug. 21, on the west side and in front of the Upper Skagit Library in Concrete, from 10 a.m. to 4 p.m. Proceeds will fund library programs, scholarships, and more.

For more details, call 360.853.7564.



On July 20, citizens near the intersection of Main St. and Superior Ave. North in Concrete witnessed a little drama as **Washington State Patrol** officers had pulled over several cars and were patting down the drivers.

Upon closer inspection, it was discovered that all the cars were Hondas, all the drivers were actors . . . and they were there to shoot a commercial. So keep an eye open during the next few months for a Honda commercial with our own Angele Cupples Community Garden in the background!

Have you noticed? Concrete Public Works is tackling the striping on Main Street. We should be looking our best by the time Cascade Days arrives! **CH**

VBS kids "GO" serve

This year's Vacation Bible School (VBS) at Community Bible Church was a Studio Go! Game Show, the game show with real challenges, real service, and real fun!

Each day about 45 kids learned about a person in the Bible whom God told to GO. The challenges for the week were Go Lead, Go Risk, Go Tell, Go Obey, and Go Serve. Each day the kids also learned the importance of service with a new service project they worked on each day, such as washing cars and writing letters to missionaries.

During the last two days, the kids weeded and cleaned up the property across the street from the church. They gathered up a truckload of garbage from around the property and another truckload of blackberry bushes and weeds. The kids also swept the porch and walkways, and laid beauty bark. Through all the challenges and service work, the kids had fun!

—Cheryl Werda



With a little help from a goat, Vacation Bible School students from Community Bible Church cleaned up a Concrete property in July. Photos by Nikki Shepard.



Looking for Concrete Herald?

A complete list of distribution points is posted online at www.concrete-herald.com/about-the-herald/distribution-points



AUGUST 21-22, 2010

CONCRETE, WA

- ★ Parade
- ★ Classic Car Show
- ★ Firemen's Muster
- ★ Kids' Activities
- ★ Duck Race
- ★ Fish Tank
- ★ Log Show
- ★ Bed Races
- ★ Pet Pride Talent Show
- ★ Pie and Watermelon Eating Contests



Go to www.cascadedays.com for a complete schedule.

Restoring the Lone Star Building

By Eric N. Archuletta

You've heard the old saying, "If walls could talk, the stories they could tell." That's because every building has a unique story. This is certainly true of the building located at the northeast corner of Silo Park, known by area residents as the Lone Star Building. If this 90-year-old structure could talk, it would tell you some amazing stories.

Constructed in 1920, with a lower addition added in 1928, the building served as the administrative headquarters for the Superior and later the Lone Star Portland Cement companies.

This enterprise was once the largest manufacturer of cement in the State of Washington and one of the largest in the country. This industrial juggernaut greatly influenced the development of the Town of Concrete and the region. Along with an electrical-generation building and the massive cement silos, the office building is the last remaining structure of what once was a 10-acre manufacturing complex.

Superior cement went into many of the building projects in Washington and across the Country. Cement from the Superior plant was used in the building of the Ballard Locks, Grand Coulee Dam, Rock Island Dam, and many of the airstrips in the Pacific during World War II. Superior cement also was used to construct the three dams on the Skagit River—Ross, Diablo, and Gorge—as well as the Baker Dam on the Baker River and the Henry Thompson Memorial Bridge, which in 1918 was the longest single-span cement bridge in the world.

With its unique design, the Lone Star Building exemplifies a pared-down version of Mission Revival architecture; the structure has been on the Washington


Trust for Historic Preservation's Most Endangered Historic Properties List since 2006. During the April 2009 Imagine Concrete community visioning workshops, many residents expressed

See Lone Star, p. 31

Imagine Concrete 2009 Annual Report published

An 18-page report that details the progress of the Imagine Concrete visioning initiative in 2009 has been released.

Written by Community Stew founder and Imagine Concrete facilitator Eric Archuletta, the report covers the efforts of Concrete citizens during 2009 and the first part of 2010.

To have a PDF file of the Annual Report e-mailed to you, e-mail your request to rickna@comcast.net. 

Kindergarten registration open for 2010–11

Concrete Elementary School is accepting 2010–2011 kindergarten registrations. Students *must* be 5 years of age by Aug. 31, 2010, to be eligible. The child's birth certificate and immunization records are required before the first day of school.

After students are registered, they will be required to attend a scheduled kindergarten activity day on Aug. 23 or 24, 2010. Parents will choose an appointment time for the kindergarten activity day at the time of registration.

Register in the elementary office Monday through Friday, between 8 a.m. and 3 p.m.

If you have questions, call the elementary school at 360.853.8145.

School Board to meet

The Concrete School Board will hold its next regular board meeting on Wed., Aug. 25, at 7 p.m., in the high school Commons. A work session is planned for Mon., Aug. 23, at 6 p.m., also in the Commons.

CASCADE DAYS IS COMING!

Cascade Supply will be open Sat., Aug. 21, for all your shopping needs!

In The Service



Navy and Marine Corps shipmates who served on the **U.S.S. Columbus CA-74/CG-12** from 1944 through 1976 and the U.S.S. Columbus (SSN-762) past and present are invited to share memories and camaraderie with old friends and make new ones. Contact Allen R. Hope, president, U.S.S. Columbus Veterans Association from 8 a.m. to 5 p.m. ET, at 260.486.2221 or hope4391@verizon.net.

The U.S.S. Columbus Veterans Association also plans a reunion from

Sept. 29 through Oct. 2, at Best Western Albany (Indiana) Airport Inn.

"Every day I remind myself that my inner and outer life are based on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving."

—Albert Einstein

To share updates on loved ones' service in the armed forces, e-mail Jason Miller, editor, at editor@concrete-herald.com, or call 360.853.8213.

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Bargains
of the month

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At a glance: Lone Star clean-out

What: Lone Star Building clean-out

When: Sun., Aug. 15, 8 a.m. till the containers are full

Where: Lone Star Building
45418 Main St., Concrete

Info: Town Hall, 360.853.8401

Bring: Gloves, particle mask, sturdy shoes, eye protection, scoop shovel, wheelbarrow

Election 2010

With the primary election coming Aug. 17, four races are especially important for eastern Skagit County citizens. *Concrete Herald* asked candidates in these match-ups to tell us—in their own words—why they think they're the best choice.

Skagit County Commissioner #3

Sharon Dillon (D), incumbent

Residence:

Mount Vernon

Current position:

Skagit County Commissioner #3

In her words:

"When I was elected in 2006, I promised to balance the County budget, end the County's lawsuits, fix our garbage system, and restore cooperation on flood control. I've kept each and every one of those promises.

"I'm proud of my role in things like helping the Town of Lyman acquire the historic Minkler Mansion, protecting your right to access and fish Lake



Sharon Dillon

Shannon, and opening

up new recreational river access near Marblemount and Lyman. Our rural quality of life in East Skagit County is why we live here, and it's something we need to protect.

"I've enjoyed spending Fridays in the East County office in Concrete and listening to your ideas, issues and concerns. I will continue to spend Fridays in the East County office.

"I would be honored to represent you as your county commissioner for the next four years. You can find out more at my website, www.dillon4skagit.org."

Mike Anderson (R)

Residence:

Sedro-Woolley

Current position:

Mayor, Sedro-Woolley
Owner, Sedro-Woolley Mini Storage

In his words:

"For 30 years, I have called Sedro-Woolley and Skagit County my home, and have raised three wonderful children with my wife of 28 years, Julie. I served

on the Sedro-Woolley Council for 15 years and currently am the Sedro-Woolley mayor, where I won with an overwhelming 70 percent.

"My philosophy is simple: Keep taxes down, sustain a balanced budget and maintain the County's small-town charm and quality of life. If elected, I would represent District 3 and make certain that the needs of the district are met/exceeded, and will fight to make sure that money is spent in our district for better infrastructure, police/fire support, etc. I will use common sense—too many tax dollars have been wasted with too little return to the taxpayer. I believe in keeping taxes down and managing budgets with what you have, not what you need.

"For more information, please visit www.electmikeanderson.com."



Mike Anderson

Robert Doobovsky (R)

Residence:

Sedro-Woolley

Current position:

Self-employed, developing a home-design business

In his words:

"Skagit County needs a commissioner who will stand up for the constitutional rights of every citizen, including property and water rights. Our farmland, forest industry, and local businesses must be protected and preserved for future generations.

"I have 20 years of experience as a carpenter and general contractor, and 10 years in city and county government as a building inspector and plans examiner. I understand what needs are specific to agriculture, business, and the average citizen trying to make ends meet in these tough times. I am a long-time member of



Robert Doobovsky

the TEA Party and am endorsed by the GOP.

"County Commissioners should be the firewall between the government and the citizens whom they serve. They should be accessible, available, and attentive to the needs of the people. Our local government should be user-friendly, not burdensome, freeing people to prosper. As your commissioner, I will work for you."

Jim Kallio (R)

Residence:

Sedro-Woolley

Current position:

Log Scaler/Mount Vernon area Leadman,
Puget Sound/Pacific Rim Log Scaling Bureau

In his words:

"The issues that convinced me to run for this seat:

1. Observing the entire county budget process the last two years. Revenue projections were not conservative enough and obvious coming decreases weren't recognized. The budget was balanced using reserves and raising property taxes. This cannot continue. Expenditures must be cut to match existing revenues.
2. The leadership/management problem that is causing a high turnover in key positions. The Public Works director is a prime example. That position has been a revolving door in recent years. Even though a new director was just hired, it took well over a year and repeated attempts to find him.
3. Land use issues. More and more regulations and decisions are being made by state and federal agencies. I am an advocate of having more local control of these issues.

"I will work to make county government more efficient and effective if elected!"



Jim Kallio

Skagit County Sheriff

Will Reichardt (D)

Residence:

Burlington

Current position:

Chief Criminal Deputy, Skagit County Sheriff's Office

In his words:

"It has been my honor to work with the dedicated men and women of the Skagit County Sheriff's Office for the past 26 years.

"As Sheriff, I will protect our

community through progressive and professional law enforcement. Serious issues must be addressed. Our jail is overcrowded. Drugs are prevalent. Tough choices must be made.

It is more critical than ever for law enforcement to work together.

"I have spent my entire life living and working in our local communities. I understand the issues unique to Skagit County. I have developed professional and personal relationships necessary for effective collaboration with local law enforcement leaders. I am honored to have the support of 100 percent of all city police chiefs in Skagit County and a large majority of the deputies who live and work with you in eastern Skagit County.

"As Sheriff, I look forward to continuing to hold criminals accountable for their actions."

Herb Oberg (R)

Residence:

Sedro-Woolley

Current position:

Manager, Snohomish County Sheriff's Office Patrol Division

In his words:

"It is time for you to elect a Sheriff that is an EFFECTIVE CRIME FIGHTER and that has a proven record of reducing crime. As a Skagit County resident, you deserve a Sheriff that will stand up against gangs, criminals, and those that are determined to cause you harm.

"For over 34 years I have been employed by the Snohomish County Sheriff's Office, the past 21 years in management. Currently I manage the Patrol Division, which serves a population of 370,000 and responds to 250,000 calls annually with a total of 160 deputies. I also manage the Office of Community Partnerships, the Citizen Patrol Program, the Gang Community Response Team, and the Crime Analysis and Intelligence Unit, all of which I created. I have a Masters Degree in Leadership and served eight years in the United States Marine Corps, which included two tours in Vietnam.



Will Reichardt



Herb Oberg

Party Abbreviations

R = Republican	RE = Reform
D = Democrat	H = Happiness
C = Centrist	NP = No preference
G = Green	

U.S. Representative Congressional District 2

Rick Larsen (D), incumbent Residence:

Everett

Current position:

U.S. Representative, Congressional Dist. 2

In his words:

"Representing you in Congress is a privilege I work every day to earn. Raised in Arlington, I understand the needs of our communities.



Rick Larsen

"My number one priority is building an environment where businesses can create jobs. I want to see the label "Made in America" again. I want the best aerospace workers in the world to build the next Air Force Tankers here in Northwest Washington.

"I want to hold Wall Street accountable for their irresponsible actions that depleted middle class families' retirement accounts and resulted in lost jobs. And I want to protect consumers and taxpayers on Main Street from extreme decisions made on Wall Street.

"And I want to finally close the "donut hole" for seniors who are struggling under the weight of prescription drug costs.

"I will work hard to do right by the people in our community. I hope you'll give me that privilege once again."

Diana McGinness (D)

Residence:

Bellingham

Current position:

Retired after 35 years in auto insurance industry; Lead Investigator in Organized Activity Fraud Unit for 15 years.

In her words:

"Diana McGinness, a retired fraud investigator, spent the last 12 years of her career investigating health care provider fraud.



Diana McGinness

"Today, many no longer trust government—right or wrong—that is the perception. Government cannot regain our trust until the ties between the mega corporations and our representatives are severed. When 86 percent of our incumbent's contributions (2005–07) come from outside the District, we question who is being represented.

"We must end corporate personhood, reduce credit card interest rates, allow

bankruptcy cram-downs, and publicly finance campaigns, all rejected by the incumbent.

"Diana will work for the people to find solutions to create jobs, revitalize our ports and transportation, stem the tide of foreclosures, and strengthen our economy. She knows government's first responsibility, however, is to protect people, not giant corporations.

"See <http://dianaforcongress.com> for information on Diana's positions and some of her economic policy proposals.

"It's time for leadership, not followship!"

Larry Kalb (D)

Residence:

Bellingham

Current position:

Assistant Finance Director, Finance Dept., Whatcom Transportation Authority

In his words:

"Wherever I go in the district, people are concerned about three things: jobs, health care, and the wars.

"My top priority is to create jobs here at home, making products stamped "Made in the USA, by Americans, for Americans." I will end tax breaks for companies shipping our jobs overseas and renegotiate NAFTA, CAFTA, WTO and Fast Track. I pledge my allegiance to America, not China.

"I believe we should all have the same health security as members of Congress. We shouldn't accept anything less. Americans pay the highest drug prices in the world, too, so I will push to eliminate direct-to-consumer ads, lowering drug prices.

"No more open-ended wars! I will bring our troops home, quickly and responsibly, convert our bases into hospitals and universities, cut defense spending 20 percent, putting the savings into education, renewable energy, and infrastructure updating.

"I'm asking for your support and vote. Thank you."

John Carmack (R)

In his words:

No statement submitted.

John Koster (R)

In his words:

No statement submitted.



Larry Kalb

State Rep. Pos. 1 Legislative District 39

Dan Kristiansen (R), incumbent

Residence:

Snohomish

Current position:

State Rep., Pos. 1, Legislative District 39

In his words:

"Let's return to the ideals that made this country exceptional.

"These are: smaller, limited government, balanced budgets, private property rights, keeping personal control regarding health care, choice within education, state sovereignty, freedom of movement regarding transportation, and the idea that government serves the people, the people do not serve the government.

"Washington needs to be the best place to live and do business.

"I have never voted for a new tax or tax increase. I ask for your support again as I continue the fight for constitutional freedom and liberty. Citizens throughout this state deserve this."



Dan Kristiansen

Eleanor Walters (D)

Residence:

Granite Falls

In her words:

No statement submitted.

State Rep. Pos. 2 Legislative District 39

Kirk Pearson (R), incumbent

Residence:

Monroe

Current position:

State Representative, Position 2, Legislative District 39

In his words:

"I am proud to serve the good citizens of the 'Upriver Communities' in Skagit and Whatcom counties. As a state leader on public safety I will continue to strengthen laws to protect our community. In tough economic times I will continue to fight attempts to raise taxes on Washington's hard working citizens, to protect small business—the backbone of our economy, providing jobs our communities need to thrive. I have fought



Kirk Pearson

to secure levy equalization dollars; funds vital to our local schools. I will never give up fighting to secure funds for safety projects and congestion relief on our roadways. I am honored to serve as your local representative."

Other candidates

U.S. Senator

Norma D. Gruber (R)

Mohammad H. Said (C)

Goodspaceguy (D)

Mike The Mover (D)

Paul Akers (R)

Mike Latimer (R)

James (Skip) Mercer (NP)

Clint Didier (R)

Schalk Leonard (NP)

Patty Murray (D)

Bob Burr (D)

William Edward Chovil (R)

Dino Rossi (R)

Charles Allen (D)

Will Baker (RE)

Legislative Dist. 10, State Rep. Pos. 1

Norma Smith (R)

Legislative Dist. 10, State Rep. Pos. 2

Tom Riggs (D)

Barbara Bailey (R)

Legislative Dist. 40, State Rep. Pos. 1

Dusty Gulleeson (R)

Chuck Carrell (R)

Doug (Yoshe) Revelle (H)

Mike Newman (R)

Kristine Lytton (D)

Tom Pasma (D)

Thomas Boucher (D)

Justin Van Dyk (D)

Donna R. Miller (R)

Legislative Dist. 40, State Rep. Pos. 2

Jeff Morris (D)

Howard Pellett (G)

John Swapp (R)

Skagit County

Assessor

Don Munks (R)

Steven Omdal (D)

Marty McNett (NP)

Auditor

Jeanne Youngquist (D)

Coroner

Ken Clark (R)

Daniel Dempsey (D)

Clerk

Nancy K. Scott (D)

The top two candidates in each category will move on to the general election on Nov. 2.

For a complete list of candidates, go to <http://wei.secstate.wa.gov/skagit/Pages/CandidatesWhoHaveFiled.aspx>. For more information, call 360.336.9305.

Source: Washington Secretary of State Office.

Rescuing with ropes

Photos by Nate Martin

July 10 and 11 found a dozen volunteer fire fighters from Fire District Nos. 8 and 10 clinging to the side of a cliff near the quarry north of Concrete.

The men and women weren't stranded



or in danger. They were taking part in a two-day rope-rescue training course provided by Jim Thoem of Spokane-based Rescue Northwest.

"We do the rope-rescue training about every other month or at least four to six times per year," said Rod Coffell, Grasmere Volunteer Fire Dept. chief. He and Grasmere Captain Rick Taylor joined their colleagues as they trained to rappel down cliffs and search unknown territory to retrieve victims.

"It was a blast, really," said Coffell of the training, which at one point found Taylor awkwardly hoisting a "victim" to safety at the top of a cliff, to much laughter.

Coffell thanked Seattle City Light, Glacier Northwest, Puget Sound Energy, Fire District Nos. 8 and 10, and Rescue Northwest for their roles in the success of the training.

—J. K. M.



Above: Rod Coffell plays victim in a stokes basket, while rescuers David Dellinger (foreground), Becky Luttrell (downhill), and Mike Hockett guide him up a hillside.

Left: The training squad, from left to right: Jim Thoem, Don Olmstead, Andy Hawkings, Zach Allard, Tyrel Pritchard, David "Goob" Dellinger, Becky Luttrell, Rick Taylor, Chris Zitkovich, Mike Hockett, and Rod Coffell. Not shown: Bonnie LaCount and Chuck Truman.

Far left: Chris Zitkovich maneuvers a stokes basket during the second day of training.

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Ovenell family to be honored as Pioneer Family of the Year

SKAGIT COUNTY — The Ovenell family of Concrete will be honored as Pioneer Family of the Year at the 106th Annual Skagit County Pioneer Association Picnic and Meeting, scheduled for Thurs., Aug. 5, at Pioneer Park near the Rainbow Bridge in La Conner.

There will be live music, an old car show, historic pictures displayed for the Honored Families, and plenty of "old-timers." There is no charge for the event; however, those wishing to register may pay \$2 for their annual membership fee in the Skagit County Pioneer Association and will also receive a colorful badge, ribbon, and other information.

At 11:15 a.m., the La Conner Civic Garden Club will provide a barbecued salmon dinner for the cost of \$10 per plate.


The Skagit County Historical Society & Museum will provide Skagit County historical publications and other items for purchase, and also will field questions on county history. The Skagit Valley Genealogical Society also will provide answers and publications for any

genealogical questions.

The Business Meeting of the Association will occur at 12:45 p.m. and will include an invocation, flag salute, and group singing. Association officers will provide brief reports and a memorial tribute for departed Pioneers. Honored guests will be recognized for their contributions to the Skagit Community, including the Ovenell family of Skagit County as Pioneer Family of the Year, and Kevin & Patricia Paul as Pioneer Contributor. Elections for the coming year's officers will be held.

The Skagit County Pioneer Association was originally formed in 1891, but with requirements so restrictive that it soon came to an end. In 1904, a concerned group from Sedro-Woolley revived the Association under less stringent requirements, and the annual meetings and picnics have been held regularly ever since.

For more information, contact Dan Royal at 360.826.6141 or 360.929.5749.

For more information on the Ovenell family, Kevin & Patricia Paul, and their awards, visit www.skagitcounty.net. 

August at Concrete Saturday Market

August brings hot summer days—and sometime nights—to the Upper Skagit Valley. This is the prime part of our growing season, so our market boasts some wonderful organic produce brought by several different vendors. We now have a good variety of summer squash, leafy greens, beets, and beans. Stop by early for the best of the bunch.

We have an array of events scheduled throughout August, including live music each week, bake sales on several weekends, and Finney Farm Circus after the parade on Cascade Days. Finney Farm also offers interactive children's activities at their booth throughout August. This is a fun and educational public service that they bring to our market. Thank you, Finney Farm!

Our vendors continue to provide us with unique, inspired, artistic creations. Some of these include handmade jewelry, local photographs, hand-spun yarns, and wooden furniture. The market is a great place to bring your out-of-town visitors. Make a true day of your visit by having lunch while you are there: 2G's Mobile Catering has lunch specials each Saturday.

PSE dedicates adult fish trap during record sockeye run

By Bob DiLeo and Jason Miller

“Like Rocky chasing a chicken—we used a bucket, a net, and hip waders,” said Puget Sound Energy Biological Technician Brad Wilson when asked how he and his colleagues used to collect spawning salmon for transport elsewhere.

Those days are history. On July 23, PSE dedicated its new adult fish trap facility on the Baker River in Concrete, just north of the confluence of the Baker and Skagit Rivers. Wilson and his colleagues led tours of the facility after the dedication.

The fish trap, which is part of a \$100 million project invested during the past three years, is a technological marvel; nothing quite like it has ever been built

in Washington. It captures more salmon and operates more efficiently than the previous method Wilson referenced, which required human contact that could often stress or even harm the fish, no matter how careful the handlers were.

As the salmon make their way upstream, they find their way into the trap facility, which is located on the eastern shore of the Baker River, about a quarter mile from where it flows into the Skagit.

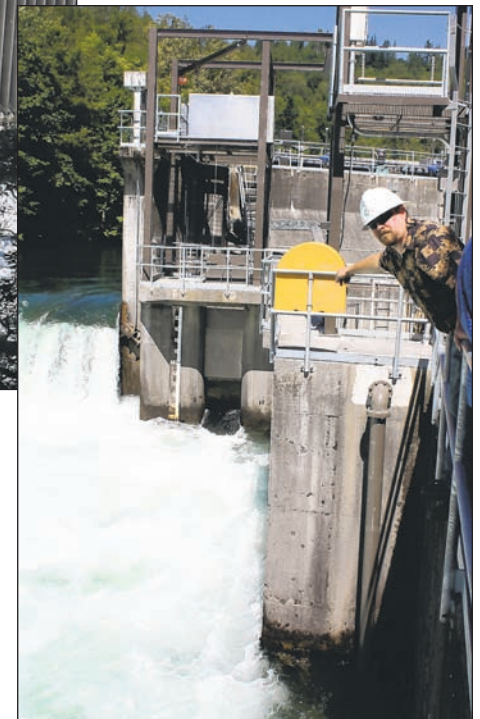
The fish are sorted by species, herded into holding reservoirs, counted, loaded into large trucks, and transported to a number of destinations, including upstream to Baker Lake; the hatchery or spawning beaches near Baker Lake; another facility, such as the Marblemount hatchery; or downstream to the Skagit River.

The facility began operation in time for



Above: Guided by instinct, adult sockeye salmon jump repeatedly while waiting in a holding area. These salmon will be loaded into trucks and transported to the appropriate destination to complete their spawning cycle.

Right: Biological Technician Brad Wilson points to the “front door” for salmon and other migrating fishes entering the new adult fish trap. Wilson and other experts provided tours of the facility after PSE’s dedication ceremony on July 23.



See **Fish Trap**, p. 15

Street Fair, Fly-In attract solid crowds

The Cement City Street Fair was deemed a sunny success for the third year in a row. Held on July 24, the event nearly doubled in size from 2009, with more vendors, new activities, and a surge of attendees from the community and out of town.

This year’s Street Fair offered something for everyone: a 5K fun run, a poetry and music festival, kids activities, arts and crafts, food, and a variety of resource tables and booths. Presented by United General Hospital in collaboration with the Concrete Chamber of Commerce, the annual event is designed to provide healthful, family fun in eastern Skagit County. The hospital offered a variety of free health screenings and wellness information that were appreciated by attendees.

Returning for its second year, the Cinder Shins 5K Fun Run, sponsored by *Concrete Herald*, attracted twice as many runners this year, at 19. The Warner family of Concrete swept the event, with Taylor Warner, 13, taking first place with a time of 23:00; father Eric Warner capturing second at 23:44; and Kylee Warner, 15, taking home third with a time of 24:20. All runners and walkers received a medal for their participation.

New this year was the Cement City Motorcycle Show, which attracted bikers from all over the area and awarded trophies in four categories: Best Chrome,

Best Paint, Best Women’s Bike, and People’s Choice.

Rick Gunselman of Arlington won the Custom Paint prize with his 2009 HM S&S.

Jerry Penor of Lake Stevens won Best Chrome with his 2007 Harley Roadking.

Donna Forsberg of Concrete won the Women’s Bike category with her 2010 Harley Heritage Soft Tail Classic.

And, Terry Taylor of Sedro-Woolley won the People’s Choice award with a 2008 Yamaha Raider (unconfirmed).

The poetry and music festival, a regular feature of the Street Fair, took the stage in the historic Concrete Theatre, to the delight of a larger-than-normal crowd. Stephany Vogel once again coordinated the performance.

“This event is just another example of what a community can do when everyone pulls together,” said event organizer Valerie Stafford, president of the Concrete Chamber of Commerce. “We appreciated working more closely with the Fly-in and Saturday Market organizers to cross-promote all the day’s activities, and couldn’t have done it without the help of our sponsors and volunteers.”

Sponsors included Eagles in Flight, Concrete Theatre, and *Concrete Herald*. The Chamber also thanked Puget Sound

Right: Taylor Warner, 13, passes the halfway point on her way to winning the 2nd Annual Cinder Shins 5K Fun Run, sponsored by *Concrete Herald* and held during the Cement City Street Fair on July 24.



Below: The star of the show during this year’s Fly-In was a 1928 Boeing Model 40, the only flyable Model 40 in the world.



See **Fly-In**, p. 31

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Clear Lake



Reunion a success

Story and photos by Sylvia Matterand

On Sat., July 17, about 150 people visited Clear Lake Historical Association Hall to remember Clear Lake.

Three members of the Cascade Two Cylinder Club brought their John Deer Tractor collection. Dean Flaig, Loren Dahl, and Paul Heib were happy to talk to visitors about their tractors and their good times farming and working in the area.

Tom Torgeson brought his 1942 Farmall tractor, but had to park it with the other red vehicles. The restored Clear Lake fire truck was there, along with Jeff Jansma's 1956 Chevrolet and Larry Nelson's 1971 Cadillac convertible.

In the hall, there was a display of what an early classroom could have looked like, plus photos and information about early schools in the area.

The Austin Family brought photos and memorabilia about their early days in Clear Lake.

Karen Wilson and her volunteers, Cindy Lavore and Andy Heerspink, provided lunch at the Clear Lake Covenant Church; Shonnie Stakkeland and Matthew Barron served lunch to the crowd efficiently and happily.

Deanna Ammons, historian for the Clear Lake Historical Association, gave a presentation of early schools in Clear Lake. Orilla School was a very early school located near a corner on Babcock Road, near the Nookachamps Creek. Early students utilized canoes to commute to and from school on the creek. The Orilla School District was one of the oldest school districts in the county; its records date back to 1878. The Orilla School closed in 1926, when the students went to Baker Heights. Kathryn (Fox) Cassal, age 96, attended the lecture, and is the last known student from the Orilla School. About 75 people enjoyed attending the lecture and viewing historical photos and talking about their experiences in the schools when they were students.



Left: Bob Green (far left), Alice Hanson (holding blue folder) and Don Ammons (red hat) look over Clear Lake School annuals and old photos and documents of Clear Lake area schools at the Clear Lake Historical Association Hall during the Clear Lake Reunion, July 17.



Left: (Left to right): Joann Hanna Small, Gertrude Hanna McKee, and Donna Hanna Sabin (sisters) stop to contribute to Margaret Boston (seated) for lunch at the Clear Lake Covenant Church.



Right: Paul Heib, John Matterand, and Dean Flaig talk tractors on the "Green Strip" in Clear Lake.

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Street Fair slated for Aug. 28

By Sylvia Matterand

Join us on the "Green Strip" in Clear Lake for fun, food, and bargains! This year's Clear Lake Street Fair will be held Sat., Aug. 28, from 10 am to 4 pm.

Sponsored by the Clear Lake Community Connection, this will be the event's third year. This year, organizer Karen Wilson says there will be pony rides, mini-train rides, and the ever-popular bouncy house and slide.

Many craft and delicious food vendors will be on hand, too, plus a special section for people with garage sale items.



Last year's Clear Lake Street Fair included a bouncy house and slide, provided by First Baptist Church of Clear Lake. The bouncy structures will return this year, as well as pony rides and miniature train rides. Photo by Sylvia Matterand.

August 15 is the deadline to reserve a 12' X 12' space for \$20; contact Karen Wilson at 360.856.4253.

Concrete Youth Activity Day delivers the goods

By Jason Miller

By all accounts, this year's Concrete Youth Activity Day was a success.

Held on July 22, the event drew upwards of 400 kids and parents, according to Chris Kennedy, an intervention specialist with Skagit County Community Services, who organized the event with fellow intervention specialist Joeline Meckstroth.

"This is the best turnout we've ever had," said Kennedy, who estimated last year's event at 250 attendees. This was the third year for Youth Activity Day.

"We've heard very positive feedback about the event," reported Kennedy. "The kids really enjoyed the hands-on booths, where they could make necklaces, paint birdhouses, that sort of thing."



Above: Scott Forrester, 19, competes in the skateboard competition during Concrete Youth Activity Day. Forrester ruled the event, taking home prizes in two categories.

Below: Upper Skagit Library librarian Bev Richmond warms up a crowd of eager kids before the Welcome Marionettes puppet show began. The show was sponsored by Friends of the Upper Skagit Library.



Above: James Brock, 10 (left), of Concrete, hanging out with pal James Suit, 13, of Cape Horn, during Concrete Youth Activity Day.

Time to get WET!

Concrete Youth Activity Day included a drawing for an educational river-rafting trip donated by Pacific Northwest Float Trips owner Dave Button. Twenty-four east-county youth will enjoy the trip, which is scheduled for Aug. 28, at 10 a.m., departing from the Eagle's Nest Motel and RV Park in Concrete. Rafter should bring a sack lunch, bottled water, and dry clothes.

Rafters' parents should fill out a release form for the trip by Aug. 13. Forms are available at the East County Resource Center in Concrete. Parents may accompany their children on the trip if they inform trip organizers by Aug. 13 and pay a \$75 fee per parent.

The youth winners are: Aimee Adkinson, Victoria Omstead, Dakota Jones, Tate Mathis, Angie McLaughlin, Catrina VanDyke, Katelin Prithard, Brendon Shope, Dilyn Stidman, Kassandra Pace, Alyssa Wahlgren, Sammy Christensen, Sam Miller, Dane Angel, Ashley Pete, Kevah Martin, Erika Holm, Kaylee Shope, Kellen Russell, Cassidy McJunkin, Juanita Castaneda, Cassidy Cargile, Matthew Holman, and Sarah Newman.

Alternates are Emilee Fenley, Chloe Stidman, Samantha Baird, Haley McNealey, and Caleb Omstead.

For more information, contact Vicki Dinkins or Lou Hillman at 360.853.8767.

—Vicki Dinkins

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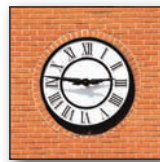
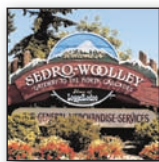
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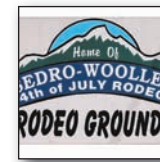
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Sedro-Woolley



Scenes from Loggerodeo

Photos by Amber Lee

Below: Emma Sumner, 4, displays her patriotic spirit during the parade.



Above: Chainsaw artist Matt Hambrook from La Center, Wash., goes in close for some detail work during the Loggerodeo chainsaw carving competition.



Andy Alaways took a quick break to grab a snack after being the perfect Uncle Sam for the Loggerodeo Parade and winning a Beard Contest award for most patriotic beard.



"No veteran forgotten"

Photos by Amber Lee

Doyle Guffie of Rallye Auto Sales in Burlington brought his Annual Local Veteran Benefit car show to Riverfront Park in Sedro-Woolley on July 11.

Among those attending was Michael A. Harris (above), who served the U.S. Navy from 1973 to 2001, and brought his display of commendations for attendees to observe.

Guffie said the event drew 172 cars and raised \$11,000, all of which will go to local veterans. The funds are collected by the Marine Corps League, then distributed to area veterans by the League and Skagit Community Action.

"Every dollar that comes in goes directly to the vets," said Guffie. "Every dollar stays right here."



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Concrete Heritage Museum News

The Concrete Heritage Museum is **open for the season**. If you haven't been to the museum in some time or have guests coming to visit this summer, plan a Saturday afternoon to visit us from noon to 4 p.m.

You can make an appointment to **visit the museum or do research** in the library outside of normal times by calling Robin Wood at 360.826.3075 or e-mailing us at concreteheritagemuseum@stumpranchonline.com.

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

Bow Hill: Thanks to all who helped raise \$629.13, plus a \$20 donation from Lyle and Verna.

August Picnic: The Annual Picnic/Potluck will be Aug. 12 at 6 p.m. at the Senior Center. Tang, coffee, plates, and plasticware will be provided.

If you are Concrete High School alumni, you will appreciate our collection of **Concrete High School Yearbooks** in our Library. The Concrete School District was organized in 1901 with the first one-room schoolhouse built of rough-hewn logs. The district next built its first two-story cement school by 1910, and Concrete High School was built in 1924 with an enrollment of 59 students.

The bulk of the collection was given to the museum when the old Concrete Town Library was closed, with many

annuals given to us by numerous alumni. Our collection of yearbooks starts with the graduating class of 1927, with the collection going through present day with only a few gaps. The yearbook was named *Yanika*, meaning "hill people" or "wild spirit"; both descriptions work for the upper Skagit Valley.

The **Stump Ranch Web site** is slowly working to record all alumni and yearly reunions, and scan yearbook covers. The URL for that is www.stumpranchonline.com/concretehighschool.

Reminder: **Save those receipts** from Albert's Red Apple for the museum. The Frank family graciously donates a small percentage of money for the total of those food receipts to the museum. You can give them to any board member you know. You can also leave them at the Concrete Liquor Store. Thank you always to the Frank family for their continued support of the museum and Concrete.

The Centennial reprint of *So They Called the Town Concrete* is still available. The new edition features enhanced photographs and a more readable font. Copies are available at the lottery counter at Albert's Red Apple (remember to pay for it separately at that counter) and the museum; an order form also can be printed at our Web site at www.stumpranchonline.com/concreteheritagemuseum.

—Dan Royal

At the Upper Skagit Library

By Aimee Hirschel

Things are busy at the library right now. Summer always brings in more visitors because we have the children's summer reading program, grandchildren visiting for a couple weeks, and those passing through needing restrooms, local information, computers, or wireless access.

Then there is the internal work going on behind the scenes. The library board has formed a Marketing Committee, which is currently distributing a user survey and arranging an open house with plans for more activities to come. The Building Committee had its first meeting the last week in July and is still looking for community members to help set up the next chapter of the library.

Thanks to the Friends of the Upper Skagit Library who sponsored the Welcome Marionettes show at Youth Activity Day. This was one of the two

BIG summer reading events and for many it was their first puppet show. The Friends book sale during the Cement City Street Fair was successful, but there are still many, many books that will be displayed at the next sale during Cascade Days. Pick up your winter reading early and help the Friends of the Library at the same time. If you'd like to join the Friends, cards are available at the library. Dues are \$1 a year—such a bargain!

The first Extreme Beginner computer training with guest instructor Joy Neal, director of the La Conner Library, went well. We're planning more sessions, so watch for notices on the Web site, our Facebook page, and posted around town.

This month's board meeting is Aug. 12, at 5 p.m., at the library. There is still a vacancy on the board and information on the position is available at the library.

COMMUNITY CALENDAR

AUGUST

- 4, 18 Pet vaccinations by North Cascade Veterinary Hospital, old police dept. bldg. (east end of Main St.), Concrete, 3 to 5 p.m.; info at 360.856.1809
- 5 106th Annual Skagit County Pioneer Picnic, Pioneer Park, La Conner, 11 a.m.; info at 360.424.5200
- 6–7 Rockport Fire Dept. Community Garage Sale, Rockport Fire Hall, Alfred St., Rockport, 8 a.m. to 5 p.m.; info at 360.853.7699
- 7 Birdstock, Birdview Brewing Co., noon to 9 p.m.; info at 360.826.3406
- 7 Concrete Saturday Market featuring bake sale, live music, and open-mic music, Concrete Senior Center, 9 a.m. to 4 p.m.
- 7 Oasis Teen Shelter Benefit Dinner, Moose Lodge, 813 S. 1st St., Mount Vernon, 5 p.m.; info at work 360.419.9058 ext. 1 or 360.708.9042
- 10 Day Creek Community Potluck, Day Creek Fire Hall, 6:30–8:30 p.m.
- 11 Imagine Concrete meeting, Mears Field Pilots Lounge, 6 p.m.; info at 360.853.8213 or editor@concrete-herald.com
- 11–14 Skagit County Fair, 1410 Virginia St., Mount Vernon; info at 360.336.9453 and www.skagitfair.com
- 12 Concrete Chamber of Commerce meeting, Hi. Lo. Country Bar & Grill, Concrete, 8 a.m.; info at 360.466.8754
- 13 Day Creek Community Yard Sale donation drop-off day, Day Creek Fire Hall, all day
- 13, 27 Town of Concrete Movie Night, Silo Park, dusk; for movie titles, go to www.townofconcrete.com or call 360.853.8401
- 14 Day Creek Community Yard Sale, Day Creek, 8 a.m. to 5 p.m.
- 14 Concrete Saturday Market featuring music by Leap of Faith, Concrete Senior Center, 9 a.m. to 4 p.m.
- 14 Upper Skagit Back-to-School Blessing Day, Town Park, Concrete (across from Resource Center), 11 a.m. to 2 p.m.; info at 360.424.4927
- 14 Lyman All-School Reunion potluck picnic, Lyman City Park, noon to 4:30 p.m.; info at 360.826.3160, 360.659.9848, or rabb@comcast.net
- 14–15 Skagit Valley Dahlia Society Annual Flower Show, Skagit Valley Gardens, 18923 Peter Johnson Rd., Mount Vernon, 9 a.m. to 5 p.m. both days; info at 360.387.2374
- 15 Lone Star Building Clean-Out, Part II, Concrete, 8 a.m. till containers are full; info at 360.853.8401
- 21–22 Cascade Days, Concrete, 9 a.m. to 5 p.m. both days; info at www.cascadedays.com or 360.853.7867
- 21 Concrete Saturday Market featuring Finney Farm Circus after Cascade Days Parade, Concrete Senior Center, 9 a.m. to 4 p.m.
- 21 Friends of the Upper Skagit Library Book Sale, Upper Skagit Library, 10 a.m. to 4 p.m.; info at 360.853.7564
- 21 2nd Annual Anne Jackson Memorial Run/Walk, Humane Society of Skagit Valley, Burlington; info at <http://skagithumane.com>, 360.661.6503, or hwoberg@gmail.com
- 21 Praisefest, Howard Miller Steelhead Park, Rockport, 10 a.m. to 7 p.m.; info at 360.853.8746, 360.441.4242, or redhawaiihorse@yahoo.com
- 21 CHS class of the 1950s Potluck Reunion, Skagit View Village, starts around 1 p.m., free RV camping; info at 360.853.8233 or 360.856.6465
- 22 Rockport/Marblemount Old-Timers Potluck Picnic, Howard Miller Steelhead Park, Rockport, noon; info at 360.856.6465
- 28 Concrete Saturday Market featuring bake sale and music by Josh Crossland, Concrete Senior Center, 9 a.m. to 4 p.m.
- 28 Clear Lake Street Fair, 10 a.m. to 4 p.m.; to reserve a space, call 360.856.4253 by Aug. 15
- 31 Imagine Concrete Lone Star Building Workshop, Concrete High School Commons, 6 p.m.; info at 360.853.8213 or editor@concrete-herald.com

SEPTEMBER

- 1 Pet vaccinations by North Cascade Veterinary Hospital, old police dept. bldg. (east end of Main St.), Concrete, 3 to 5 p.m.; info at 360.856.1809

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



Lyman



Car Show raised needed funds

By Nancy Trythall

The 2010 Lyman Car & Craft Show filled the main drag of Lyman and spilled into the field north of Minkler Mansion. The total car count this year was 151, with 35 vendors offering a variety of foods, services, and ornaments for the home and garden.

At press time, the show had generated an impressive \$6,218.83 for the Lyman Park and Cemetery fund for 2010. This is a crucial fundraiser for the Park and Cemetery fund, since neither property is tax-supported: Everything done

for the Lyman Park and Cemetery is accomplished through donations.

Lyman Car Show t-shirts are still available. To grab yours before they're all gone, contact Debbie Boyd at Lyman Town Hall, at 360.826.3033 or townoflyman@msn.com.

Visit the Lyman Car Show on Facebook for a list of all the business sponsors and pictures from that day, as well as pictures from past shows.

And mark your calendar: The Show will return next year, Sat., July 9, 2011.



Above: Rick Lemley from Sedro-Woolley brought his 1966 Chevy Nova to the Lyman Car Show on July 10. **Left:** Ron Lewellen from Sedro-Woolley showed off his sunny yellow, 1951 Chevy Sedan Delivery, which he plans to sell. (Want to buy it? Call Ron at 360.840.5113.)

Mark your calendar!
Lyman Car & Craft Show will return July 9, 2011

Lyman Library tales

By Elaine Kohler

While we are busy fixing up the yard, garden, and house, some time also should be set aside for fixing up ourselves. Self-help books on exercise, diet, and mental attitude are available at your library. So if you have been thinking about a little self-renovation, stop by and see if any suit your fancy.

The new puzzles already have begun to move. Everyone has been delighted with these additions. I am almost looking forward to winter so I can start doing some too. Well . . . almost. But I will check them out and decide which one I will start with.

I have met several people recently who own the Kindle readers. They look very nice and I understand are quite light to hold, but I guess I am really getting old,

because I think there is something about holding a real book that makes it special. Hopefully the joy of books themselves does not die out. Sometimes when I am working at the library, I like to take time and walk around looking at the books. Seeing them all lined up waiting for someone to pick them and enter another place or even another world gives me a lot of pleasure.

It has been nice seeing more young people coming in to check out the books. One young man asked about Stephen King and was really happy to see a whole shelf dedicated to that author. The little folk have been getting more and more books to take home. In the toddler-sized chairs, they sit and have a great time deciding what to pick. I love showing them the newest additions and seeing their eyes light up with joy. So introduce your little one to books and open their world.

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Day Creek



Day Creek Community Yard Sale, lawnmower races planned

In August and September, head to Day Creek for fun times and a little education.

On Aug. 10, look for the community potluck, held at the Day Creek Fire Hall from 6:30 to 8:30 p.m.

The Day Creek Community Yard Sale is Aug. 14, from 8 a.m. to 5 p.m. Donations for the yard sale can be dropped off at the Day Creek Fire Hall all day long on Fri., Aug. 13.

This yard sale is more than just a fun outing. It's meant to raise money to keep the community's fire department solvent, by paying to put a proposed levy lid lift on the ballot in November. Why not support the Day Creek community by providing a donation or attending the yard sale? When you attend the yard sale, look for

a sign-up sheet at the fire hall, for those interested in attending a fitness class there.

On September 21, Skagit Fisheries Enhancement Group representatives will return to give a formal presentation of the Day Creek restoration project. The meeting will be held at the Day Creek Fire Hall from 7:30 to 8:30 p.m.

Lawnmower races are planned for September, too; look for the date and time in the September issue of Concrete Herald. The event will be held at the Day Creek Fire Hall.

Always a popular event, the lawnmower races should bring a festive atmosphere to town—not to mention a whole lot of noise!

—J. K. M.

Fish Trap, cont. from p. 9

this year's sockeye run, which was in full swing the day of the dedication. And what a run it is: PSE officials reported almost 17,000 fish had come through the facility as of July 23. With daily fish runs in the hundreds, that figure could conceivably top 20,000—the record—by the time the run ends. Pair that with a floating surface collector on Baker Lake (so far this year it has captured 500,000 fish attempting to travel downstream) and a new hatchery that PSE officials estimate will produce 15 million fish per year, and you have the beginning of a new era for the Baker River sockeye run.

Good news for fishers

At the north end of the journey, Baker Lake celebrated its own first: It opened for sockeye fishing. This year's strong sockeye run, and the likelihood of runs topping 75,000 within five to six years, has the fishing community as well as outdoors enthusiasts almost giddy with excitement.

Two short salmon seasons on the Baker River found successful fishers plunking with sand shrimp and wing bobbers. The best action seemed to come when PSE started producing power for the day, with some good evening bites, too.

Those who missed out on the river action can head to Baker Lake for sockeye, where the limit is two sockeye

per day per fisher. Most successful fishers are working in 50-foot depths, where the majority of the fish are holding. The best rigs use a 6- to 8-inch flasher with a 10- to 18-inch leader, a single hook, and a 3- to 4-inch pink squid or Hoochie, trolled slow, with a downrigger.

Given the current run projections, the Baker River and Baker Lake fisheries' futures look bright.



Robert DiLeo Jr. hoists a sockeye salmon caught during the brief July river season. Photo by Bob DiLeo.



Day Creek will roar when lawnmower races come to town in September. This photo was taken during the races held at the 2008 Cascade Days in Concrete. Concrete Herald file photo.



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PAT RIMMER TIRE CENTER, SEDRO WOOLLEY

IT'S TRAVEL TIME

204 W. Moore St., Sedro-Woolley **360.855.0493** We support all eastern Skagit County communities!



Above: Flanked by shining trophies, Eagles In Flight owner John Tygret waves from his table at the Cement City Street Fair, July 24. The local motorcycle sales-and-service shop played a key role in the success of the Motorcycle Contest held during the street fair, giving out trophies in four categories and helping to line the east end of Concrete Town Center with gleaming contestants.

Right: Randy Caldwell put a fresh coat of paint on the former Concrete Herald building, which now houses the Concrete Liquor Store and The Secret Garden Styling Salon, in addition to the upper-floor apartment where *Concrete Herald* publisher Chuck Dwelley and his wife, Helen, once lived.



Left: Visitors to the Lyman Car Show enjoyed good weather again this year and were treated to 151 vintage cars, plus tasty treats and crafts. *Photo by Amber Lee.*



Above: The Hottie Tottie Deli, located at 479 Metcalf St. in Sedro-Woolley, celebrated its grand opening on July 13. Shown at the ribbon-cutting, from left to right, are Jamie Hammontree, Skagit State Bank; Mayor Mike Anderson; Kerrie Thomas, the deli's new owner; and Pola Kelley, executive director of the Sedro-Woolley Chamber of Commerce. Hottie Tottie is open Mon.–Fri. from 6 a.m. to 4 p.m., and Sat. from 7 a.m. to 3:30 p.m. Call 360.855.1474 for delivery in Sedro-Woolley. *Submitted photo.*



Neapolis Restaurant in Sedro-Woolley opened a new dining patio. It seats 40. Go! Eat!



Above: The calm before the storm: Vendors set up shop in Concrete Town Center for the third annual Cement City Street Fair July 24. *Photo by Kaela Lee.*

Right: Ashley (left) and Shelby Lee of Lyman proudly display the medals they won—and their efforts that won them—after the kids' coloring contest held during the Lyman Car Show. *Photo by Debbie Boyd.*



July in p



Above: Travis Bice and Jeri Gilmore of Lynden brought this gorgeous 1939 Chevy Coupe to the Lyman Car Show, July 10.

ictures



Above: Kassidy Smith, 6, of Concrete, is the picture of concentration as she paints a birdhouse during Concrete Youth Activity Day, July 22. Her creation, along with almost two dozen others, will be mounted on the community garden fence posts in mid-August.

Left: Historian Deanna Ammons (holding folders) led a walking tour of Clear Lake during the Clear Lake Historical Association's quarterly meeting on July 27. About 25 people attended the first-ever tour. *Photo by Sylvia Matterand.*



Right: Mike and Deb Criner renewed their wedding vows on July 3 at Community Bible Church in Concrete, with Pastor Rob Thomas presiding. Thirty years, and they're still lovebirds.



Above: Joan Beilfuss, president of North Cascade K-9, sends Rommel, her Weimaraner, on a mission during a demonstration at the Concrete Youth Activity Day, July 22. Beilfuss uses her canine team to aid the Skagit County Sheriff in Search and Rescue operations. *Photo by Marla Reed.*



Left: Austin Campbell, 9, of Concrete, focuses on staying still while getting a rocket ship painted on his face during the Concrete Youth Activity Day, July 22.



Right: These Concrete youth turned the July heat to their advantage with that age-old solution: the lemonade stand. Shown left to right are Chance Holder, 12; Christian Audibert, 11; Alex Audibert, 5; and Dylan Darsch, 10.



Left: The only flyable Boeing Model 40 in existence takes to the air during the North Cascade Vintage Fly-In July 24 in Concrete.



Above: Instructor Catherine Coggins puts a trio of young dancers through their ballet moves during one of three dance camps held at Concrete Theatre in July. The dancers, from left to right, are Killian Moore, Hayley Daniels, and Nicci Erickson. *Photo by Sheena Daniels.*



Right: Members of the Concrete Lions Club were on hand to cook hot dogs for Cascade Supply's Customer Appreciation Day, July 10. From left to right: Cheryl Prier, Jim Parker, Bill Newby, Larry Mosbey, and Andy Anderson. *Photo by Amber Lee.*



Above: Dennis Dorgan strummed and sang during the Poetry and Music Festival at the Concrete Theatre, held in conjunction with the Cement City Street Fair on July 24. *Photo by Josh Bell.*





Hamilton



Council Summary

The Hamilton Town Council held a regular meeting on June 8, 2010. The following is a summary of that meeting.

- The council reviewed the status of the budget as of April 2010. It was agreed that the budget would be reviewed again in August and work on the 2011 budget would be started at that time.
- Water Department: There appears to be problems with the well pump. Wayne Prince stated that our pump was turned on in December 2004 and was too new to have the problems indicated by Water and Wastewater Management. Mayor Bates reported some of the problems Water and Wastewater Management had indicated. Mr. Prince indicated that it would cost \$400.00 to pull the pipe up and check the pump.
- David Thompson addressed the council regarding the letter received for the vehicles on his property.

Mayor Bates explained that he had received complaints about the vehicles. Mr. Thompson stated he was in the process of cleaning up. Mayor Bates explained the process the town needs to take to remove the vehicles from his property. Mayor Bates advised Mr. Thompson to allow Brian Friend to help him remove more cars.

Birdsview buzz

By Kris Voigt

Happy August, everyone! Hope everyone is having a great summer. I know that we are. First things first:

Forgotten anniversary last month: Happy belated 25th to Jerry and Leanne Steinbach.

And on to this month's birthday wishes:

- 2 Sheryl Hershey
- 4 Corey O'Neil
- 6 Jesse Eldridge
- 9 Missy Bruce

Savvy Businesses Targeted Advertise in Concrete Herald

5,000 copies circulate throughout Whatcom, Skagit, and Snohomish Counties (and beyond) every month, reaching a largely untapped market of readers, many of whom say they read only Concrete Herald. If you're not advertising in "The Voice of Eastern Skagit County," you're missing thousands of potential customers.



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- 27 Cherie Donovan
- Aimee Adkinson
- 28 Adria Bowen

Birdstock 2010 is coming Aug. 7. It's a celebration of when we opened and, most importantly, it's a fundraiser for the Birdsview Fire Dept. This year, we have six bands: Drunken Hearted, Fortune 500, Fanny Alger, The Ride, Saturday Saints, and Bare Feet. The fire department will be doing all the cooking, no regular menu. Music starts about noon and ends at 9 p.m.

A few important things to keep in mind:

1. **NO DOGS.** Please leave them at home.
2. **NO OVERNIGHT CAMPING.** There are lots of campgrounds in the area, or you can choose a designated driver
3. **DON'T BRING YOUR OWN ALCOHOL.** The only alcohol allowed is our beer. If we find you with any alcoholic beverage other than our beer, you will be asked to put it away or leave. We patrol the parking lots and the family area. Your own food is welcome in the family area.
4. **NO DRUGS.** This is a family event and should be fun for all.

August 14 is the Porterhouse Brewfest in Mount Vernon, which we, along with lots of other breweries, will attend.

August 21 is Cascade Days in Concrete, where we'll host a beer garden with music from noon until about 6 p.m. Look for us in Town Park with all the other vendors.

Lots of class reunions are being planned. I know about the class of '78, and '90, and I'm sure there are others. The Class of 2000 already had one in July.

Good job, Concrete, on the great Fly-In and Cement City Street Fair weekend. It was wonderful and the weather cooperated.

Congratulations to my girls: Sara and Julie for passing the boards, and Jessie for taking the bar, which we're sure she passed. We're looking forward to Nicki being home from New York for Birdstock.

Have a fun month, everyone, now that summer is finally here!

Skagit County burn restrictions modified

SKAGIT COUNTY — Effective July 15 at 8 a.m., the Skagit County Fire Marshal's Office modified the burn restrictions in unincorporated areas of Skagit County to allow recreational burning only.

Recreational fires are those used for cooking and pleasure, and consist only of charcoal or firewood. As of July 15, all recreational fires must meet the following criteria:

- Fires must be in an enclosure that is a minimum of 16 inches high, no larger than three feet across, and made of cement block, stones, or #10 gauge steel
- Burned materials must be kept lower than the sidewalls of the enclosure
- A charged garden hose, or two 5-gallon buckets of water must be on site
- Fires must be 25 feet from any standing timber and there must be no tree branches within 15 feet above the enclosure
- There must be at least one person 16 years of age or older who is capable of putting the fire out in attendance at all times.

As of July 15 at 8 a.m., debris-burning fires are not allowed until further notice. If you reside within the city limits of any of the incorporated cities or towns, contact your city fire department for current burning restrictions.

The permanent open burning ban remains in effect in the cities of Concrete, Hamilton, Lyman, Sedro-Woolley, and their urban growth areas. For more information on the burn ban in these cities, contact the Northwest Clean Air Agency at 800.622.4627 or go to www.nwcleanair.org.

If your property falls under the jurisdiction of the Department of Natural Resources, please call 360.856.3500 for burn permit information.

For more information or questions regarding open burning in Skagit County, contact the Skagit County Fire Warden at 360.428.3293. For a complete list of all Recreational Burning conditions, go to www.skagitcounty.net.

Concrete Herald

Business Spotlight: Hair Fitness

By Lacy Lahr

In her 26 years as owner of Hair Fitness salon in Concrete, hairstylist Kathy Monrad is quick to name the thing she loves most about her job: “the people,” she says. At Hair Fitness, her customers also are friends that she has known for years. Not only does she live just steps from her salon in Cedargrove, her neighbor and fellow hairstylist, Becki Hoover, lives next door.



Kathy says that she loves the freedom and the flexibility of what is essentially a home-based business. Hair Fitness has been in operation for almost three decades, now, and Becki has been with Kathy since the beginning. In high school, Kathy met her future husband, Brad, then met Becki through mutual friends. Kathy graduated from high school, married Brad, and started beauty school in Mount Vernon, while Becki already was working in a salon.

After working at a progressive salon in Mount Vernon, Kathy decided to open a salon in her kitchen—and the business began to grow. She then decided to build a new salon in a separate building on her property and asked Becki to join

her. She built two stations in the salon and the two have worked together ever since. “We both feel very fortunate to be able to work so close to home,” says Kathy.

Some of the challenges that Hair Fitness has experienced over the years include its location, which is a bit out of the way and not highly visible, so they rely heavily upon word-of-mouth advertising and the loyalty of their customers. Many customers have been with Kathy and Becki since the salon first opened.

Hair Fitness offers haircuts for all ages, from babies to seniors, and the salon specializes in hair color and perms. The

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only thing they don’t offer is nails.

Hair Fitness is open Monday through Friday by appointment, but Kathy and Becki are very flexible and work hard to accommodate customers. “Often, customers call at the last minute and still can get in for a haircut,” says Kathy.

The two partners have lots of fun and Kathy says that she loves working with Becki, who keeps her entertained. “Becki used to slip home to check on her kids and would sometimes surprise them, so they really couldn’t get away with any mischief,” laughs Kathy. Now, Becki’s children are all grown up and she has grandchildren now.

Kathy says that she has known many wonderful people over the years. “I wouldn’t trade my business and customers for anything,” she says.



Location: 46557 Baker Loop Road,
Concrete

Hours: Mon.–Fri., by appt.

Phone: 360.853.8684

Stylists: Kathy Monrad, Becki Hoover

Rockport icon Ray Johnson tapped as Cascade Days Parade Grand Marshal

By Dan Royal

Behind his eyeglasses, Ray Johnson’s eyes sparkle and he grins when he says he has been around since the horse and buggy era. At age 96, Ray says the “horse and buggy” he uses these days is the golf cart he bought for \$1,200 to get him around his property or down the street. He is pretty proud of it.

When Ray, who lives in Rockport, got a call recently from the Cascade Days Committee to be this year’s Grand Marshal for the Cascade Parade, he was honored and surprised—and confused about what he might have done to have been selected at all. But he remembered that his late mother Laura Powell Johnson was also a Grand Marshal for Cascade Days.

I can tell you with confidence that Ray Johnson is a good man who has had a good life with a good wife of 60 years. Elsie passed away in 2007 at age 87. Ray says she kept him on the straight and narrow. Their love affair started while

both served in the Navy during World War II; Elsie served in the Navy Nurse Corps as a lieutenant. Following their wedding in 1946 and discharge from the Navy, they moved back to Ray’s home county of Skagit.

Elsie used her nursing degree for a short time in Mount Vernon, but they soon bought a 100-acre farm just east of Rockport for \$6,000. Two miles east of them lived Ray’s parents, Ray Sr. and Laura, who had their own farm they’d inherited from Laura’s brother, Billy Powell, when Ray Jr. was 16 years old.

According to Elsie’s obituary in January 2007, “Ray and Elsie partnered in making the farm viable for nearly 60 years, starting as a dairy in the early years, to raising cattle, to raising fruit and vegetables. Elsie so enjoyed the many people she met from all over the state, who purchased produce from their farm on Highway 20. Elsie did all this while

raising six children and being involved in church, community, and children’s activity.” (The last three children were male triplets.)

“Elsie had boundless energy, was kind to everyone, and approached life with a wonderful sense of humor. She was bright, competitive and one of the best pinochle players in the upper Skagit.”

I share all the above on Elsie because Ray’s story is really the Ray and Elsie story, and they both share the same qualities. In addition to tending the family farm, Ray worked 27 years for Portland Superior Cement, then Lone Star Cement, until his retirement in 1980. When Lone Star closed the plant in Concrete around 1968, he continued with them in Seattle. Elsie let the kids finish their education at Concrete High School before joining Ray at a home in Seattle until 1980.

Ray is tickled that one

of his sons owns the old family home and property his parents had down the road from him. Longevity seems to be a hallmark of his family tree and he is obviously pleased with the life he has had.

Enjoy your day as Grand Marshal at Cascade Days this year, Ray; you certainly deserve it.



Ray Johnson stands next to his modern-day “horse and buggy” on his property in Rockport. Photo by Dan Royal.



Rockport



Revival coming: Rockport Praisefest 2010

By Jason Miller

Revival will arrive in Rockport this month. On Aug. 21, Rockport Praisefest 2010 will fill large portions of Howard Miller Steelhead Park with music and messages of hope and praise.

"We wanted a revival, we wanted to bring people to Christ. We wanted a day of praise, of worship," said Sonja Dellinger, who is organizing the event with help from Jordan Cook, a 17-year-old student and singer from Sedro-Woolley.

"[The event] started small," said Dellinger, whose husband, Mike, is the pastor of the Rockport Christ the King Community Church. "We were going to invite just a few churches, and then more churches heard about it and wanted to get involved," she said.

The fledgling event already has grown to include eight bands and solo artists, and five pastors from Skagit County and beyond. Dellinger said about 10 churches are involved; all of them are bringing members of their congregations.

Five vendors will provide food for the crowd, and parking will be available nearby, with a shuttle running to the event for a small fee.

Dellinger expects upwards of 500 attendees, and hopes it's an idea that catches on. "If it's a big hit and everything goes according to plan, I'm sure we'll do it again next year," she said.

Praisefest is an unknown quantity for all

involved, said Dellinger. "Everybody who is coming is doing it as a leap of faith, an act for the Lord," she said. "I know the Lord is totally involved in this, because when we lose some participants during the planning phase, we gain them right back."

For more on the event, call 360.853.8746 or 360.441.4242, or e-mail redhawaiihorse@yahoo.com.

At a glance: Rockport Praisefest 2010

Where: Howard Miller Steelhead Park, Rockport

When: Saturday, Aug. 21, 10 a.m. to 7 p.m.

Where: Howard Miller Steelhead Park, Rockport

Schedule:

10 a.m.	Welcome
10:15	Lyman Baptist Band
11	Speaker: George Henson
11:30	Praise Chapel Youth Rap Band
11:50	Door prize drawing
Noon	National Anthem, Jordan Cook
1 p.m.	Praise Chapel Worship Band
1:30	Speaker: Mark Collins
2	Christ the King Mount Vernon
2:30	Over the Hill Closer to Heaven
3:15	Speaker: Ben Dixon
4:15	Door prize drawing
4:30	Lyman Baptist Band
5	Speaker: Christian Holtz
6:15	Praise Chapel Worship Band
6:45	Closing
7	Closing song: "Amazing Grace"

Jarmins to mark 50th Anniversary

Ray and Janis Jarmin of Rockport will celebrate their 50th wedding anniversary on Aug. 12.

The couple's children and their spouses are Rusty and Kelly Regan of Birdsvie, Kevin and JoAnn Jarmin of Concrete, and Darrold and Susan Jarmin of Marblemount. The Jarmins have four grandchildren: Alleigh and Aleisha Regan, and Cody and Kayla Jarmin. Ray is retired and Janis owns and operates a daycare in their home in Rockport.

The couple have lived in Rockport for 44 years. They were married on Aug. 12, 1960, in Bellingham.

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3. Search on "Concrete Herald"
4. Send a friend request

John "Wizard" Bromet reads from his journal in Rockport.



The way of the Wizard

By Jason Miller

John Bromet is a simple man with a seemingly simple idea: that evil can be overcome only by good.

Bromet, who also answers to "Wizard" (a nickname given him by a past girlfriend) lives in a 12 x 12-foot cabin in Rockport. He has no electricity, no phone, no running water. He doesn't own a car. He heats and cooks with a titanium wood stove, and lights his world with palm oil candles and a small oil lamp he invented

that burns vegetable oil he gets from local restaurants.

You've probably seen Bromet. He holds a weekly vigil every Friday from noon to 1 p.m. at the Skagit County Courthouse in Mount Vernon. He carries a homemade sign that rises above his head, proclaiming his message: "Peace."

Don't call Bromet a nutcase. A former Marine, he served his country for eight years, but started carrying the sign in 2002, as the U.S. prepared to invade Iraq.

See **Wizard**, p. 31



Bromet demonstrates how to create a mouse from a handkerchief.



Home & Garden



Help stop the spread of knotweeds

By Michelle Murphy

Have you heard of knotweed?

Knotweed is an invasive weed that can spread quickly and destroy healthy natural areas along rivers and streams, as well as take over your yard. In Skagit County knotweed is a threat to the health of the river system and the fish and wildlife that use it.

Since 2001, work has been done to control knotweed in the upper Skagit watershed, namely the floodplain areas upstream of Rockport and on the Sauk River. Efforts so far have helped to control knotweed in these areas, but there is still much work to be done.

Why is it a problem?

Knotweed is an aggressive plant because of the ease with which it spreads. In the Northwest, knotweed usually spreads when roots and stems are moved by waterways, floods, or in contaminated soil and yard waste. Root and stem fragments as small as 1 inch can produce a new plant! These fragments can quickly colonize an area with hundreds of new plants.

Knotweed starts growing in the spring and reaches its full height of 6 to 15 feet by summer. Knotweed forms dense stands of hollow stems that are green to red and resemble bamboo. The large leaf



This photo shows knotweed during the spring growing season. The aggressive plant can grow 6 to 15 feet tall by summer, and can produce new plants from root and stem fragments.

Submitted photo.

can either be egg- or heart-shaped, with a pointed tip. The leaves are alternate along the stem; minute, greenish-white flowers occur in summer. There are four species of knotweed (*Polygonum* spp.): Japanese, Giant (*Polygonum sachalinense*), Bohemian (*Polygonum x bohemicum*), and Himalyan (*Polygonum polystachyum*). **What can you do to avoid spreading knotweed?**

You can help with the knotweed problem by preventing its spread and controlling it on your property. Small fragments of knotweed can get into dirt piles, where they take root or get transported to other areas. When using fill dirt, check the pile to see if there is knotweed nearby, or ask your supplier. Never dispose of knotweed cuttings in compost or near wetlands, streams or rivers. Instead, allow the cuttings to dry out and throw them in the garbage.

Repeatedly cutting stems may prevent the spread of infestations but can be a difficult way to kill the plant. Cut the stems every two weeks during the growing season for best results. You can also dig up the plant in August, but on average this method takes 3 years and success is limited to small patches.

Herbicide has been shown to control knotweed. If you use herbicide, always carefully follow the directions on the label. Roundup (glyphosate) or Arsenal (Imazapyr) have been shown to be effective. To avoid difficulties in spraying large plants, bend stems in the spring and allow the plants to grow to waist height. If you choose to apply herbicide, apply to the leaves in the late summer or fall (after July 1). If knotweed is near water, contact a professional.

If you have any questions about knotweed contact Skagit Fisheries Enhancement Group, which is leading knotweed control efforts in the upper Skagit, at www.skagitfisheries.org or 360.853.5294.

More information can be found online at <http://your.kingcounty.gov/dnrc/library/water-and-land/weeds/BMPs/Knotweed-Control.pdf> and <http://agr.wa.gov/PlantsInsects/Weeds/Knotweed/Knotweed.aspx>.

Community garden dedicated July 22

By Jason Miller

Concrete dedicated its first community garden in a noon ceremony on July 22.

The Angele Cupples Community Garden—named for the Upper Skagit Garden Club's first president in 1938—first broke ground in May of this year. Since then, a perimeter fence has been built, two raised beds have been installed, and a handful of birdhouses have been mounted on the fence posts.

Several Concrete citizens attended the dedication, but the stars of the show were 13 Cupples family descendants (14 if you

count the one "in the oven"), who traveled from as far away as Enumclaw for the milestone event.

"It's a wonderful thing you're doing," said Susan Cupples-Kirchner, Angele Cupples' first grandchild. "This would have meant so much to [Angele]."

Kirchner brought two of Angele's lilac bushes to plant at one of the garden's entries; she and Angele's great-great-granddaughter, infant Alyssa Kirchner, were given the honor of cutting the red ribbon that day.



Cupples family members gathered with Concrete citizens to dedicate the Angele Cupples Community Garden, July 22. Front and center are Angele Cupples' granddaughter Susan Kirchner holding Angele's great-great-granddaughter, little Alyssa Kirchner, who was given the honor of "cutting" the ribbon. Photo by Kaela Lee.

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Marblemount



Book review

Frog Hospital

By Anne Bussiere

Fred Owens is a writer with lots of opinions and a compelling need to share them.

A resident of La Conner, Owens has been a journalist for a long time, although he's worked at an assortment of other jobs to get by. He's been a newspaper editor. He's written a cookbook. He's had a blog on the Internet. And he always injects something of his wry sense of humanity into everything he writes.

His latest creation is *Frog Hospital*, which started as a blog (a journal of sorts written on the Internet) and evolved into a collection printed in a book now available for sale. It's the sort of book that can be read straight through, cover to cover, or just picked up and pages read at random. There always will be something interesting and compelling, a little glimpse of experience and a flip side of life, and commentary.

Marblemount connections

Owens has spent much of his adult life in the Skagit Valley, including Marblemount, La Conner, and the now legendary Fishtown at the mouth of the Skagit. He writes of chopping stacks of cottonwood for the woodstove in his tiny cabin in Marblemount, balanced with the joy of his new baby daughter. The Skagit Valley is woven throughout his experiences, even though he confesses an unease about mountains these days.

He takes the reader on a journey through the Heartland to work on the John Kerry



campaign, and living in Texas. He records many other life journeys and experiences throughout the country, including riding in a boxcar that was sidelined in Arkansas. You never know where the stories will weave, but they always have something to say.

The title of his book came from a name someone gave to an odd store in a Quonset hut near La Conner, and he continues to write regular additions to his Frog Hospital blog. His book or subscriptions to his blog can be found by sending an e-mail to froghospital911@gmail.com.

Car Wash Kits available from county

SKAGIT COUNTY — Stormwater is a major threat to local water quality as well as Puget Sound's ecosystem health.

In an effort to help improve stormwater quality and ensure clean waters, Skagit County has partnered with the Skagit Conservation District, Skagit Marine Resources Committee, Northwest Straits, and the Washington Department of Ecology to provide Car Wash Kits that can be used at charity car wash events to catch polluted water and prevent it from entering our local waters.

There is nothing wrong with washing cars; it is just how and where it is done. Untreated soap, dirt, and oil from washed cars flow into storm drains and into local waters. The phosphates and other chemicals carried in the wash water harm fish, wildlife, plants, and water quality.

Car Wash kits capture wash water before it enters the stormwater system and redirect it to an appropriate treatment facility like a grassy area or a sanitary sewer system before it is released into local waters.

Car wash kits are available to borrow from the following locations:

- City of Sedro-Woolley
360.855.0771
- Skagit County Public Works
360.336.9400
- Skagit Conservation District
360.428.4313
- City of Burlington
360.755.9715
- City of Mount Vernon
360.336.6204
- City of Anacortes
360.293.1920

For more information, contact Michael See at michaels@co.skagit.wa.us or 360.336.9400.

Also visit www.skagitcounty.net/stormwater. 

Postal news

Many happy returns

By Kathy Watson

Have you ever wondered what happened to that package that never arrived? Every year, millions of First-Class Mail letters and packages never make it to their destinations because both the sender's and the recipient's address are incorrect, illegible or missing.

Chances are your missing package will end up at the Mail Recovery Center (MCR) in Atlanta, Ga., once referred to as the "Dead Letter Office." The 100 employee there are like mail detectives, and return about 60 percent of the 19 million pounds of mail. In 2009, that added up to 6.3 million parcels and 75.1 million letters.

What happens at the MCR?

Mail is culled into mail with value and mail with no obvious value. MCR employees look for clues to reunite packages to the sender or addressee; copies of checks are made and sent with an explanation and then shredded along with any other mail with no obvious value. The mail is held for 90 days in hopes that customers may contact them with information to match the mail piece to the owner. Also, mail marked COD, Insured, or Containing Cash is held for a maximum of six months. The 40 percent of undeliverable mail is recycled and/or donated to nonprofit organizations.

How to search the MCR?

You can initiate a search at your local Post Office with a search request form.

You must have the date of mailing, tracking number, if available, and as detailed a description as possible. Also include your phone number in case MRC needs more information.

Items that don't qualify for a search are loose-in-the-mail items valued under \$25, checks and money orders, prescription drugs, consumable items and cell phones.

You can help prevent lost items by making sure you have addresses your package correctly, with a return address. Package it securely; enclose the shipping and return address inside, in case the label becomes separated from the package.

Kathy Watson is Postmaster of Marblemount, Washington.

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Newhalem



Newhalem hums with Mustangs, 33rd annual softball tournament

The weekend of July 16–18 filled Newhalem with the sounds of cars and America's favorite pastime—well, sort of.

On Friday, July 16, 291 Mustangs descended on the company town. The drivers were members of the Mustangs Northwest auto club, out for their annual pilgrimage into eastern Skagit County.

Under sunny skies, the auto club members enjoyed smooth travel to their destination, where refreshments and jaw-dropping scenery awaited them.

Play ball!

The Newhalem Softball Tournament got into full swing again this year, with two days of play July 17–18.

Started by Don Wick and Dick Straathof in July of 1977, the tournament hosted 12 teams playing on Newhalem's single ballfield.

"It's always the same teams," said Elizabeth Detillion, who co-sponsors the event, and coaches and plays for the RE/Max Territory team. "I don't think there's been a new team added for five years."

All teams are from Skagit County businesses, said Detillion. "There's a very large softball community in this county."

This year's tournament winner was Sports Keg, a Burlington sports bar, which took home the trophy: a giant aluminum bucket and a bottle of champagne. **CH**



Hundreds of Mustangs of every vintage traveled to Newhalem on July 16, driven by members of the Mustangs Northwest auto club, which is dedicated to the preservation, restoration, and enjoyment of Ford Mustang and Mercury Cougar automobiles. Approximately 291 Mustangs and Cougars filled Newhalem streets to capacity. *Photos by Barb Haigh.*



Far left: Larry Pettis pitched for the Blue Ox team during the Newhalem Softball Tournament from July 17–18. *Photo by Deborah Houben.*

Bottom left: Tournament Directors Dick Straathof (left) and Don Wick at the trophy presentation. The champions receive an aluminum bucket and a bottle of champagne. *Photo by Deborah Houben.*

Left: Elizabeth Detillion waits patiently for a pitch. A RE/Max Territory sponsor, coach, and player, Detillion has been playing at the tournament since about 1985. *Submitted photo.*

Right: Steve Detillion—Elizabeth's husband—shows good form at the plate. Suh-wing, batter... *Photo by Elizabeth Detillion.*





Kids'

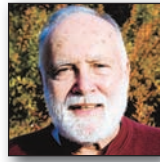
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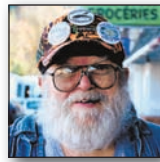
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Seniors



Coffee Break

Do's and don'ts of living well
By Patrick Kennedy

With all the pro people, con people, and I-don't-care people squabbling like children, there is quite a controversy about the recently passed Health Law.

But laws, rules, suggestions, and habits for good health have been around for ages. We have been browbeaten since childhood by health laws. You know, things like brush your teeth and wash your face, go to bed early, don't wear your skates in bed, and say your prayers. Those were the earliest health laws.

As seniors, it's a different set of opinions about what's healthy and what's not for the mind and body—and for whom. Brush your teeth and wash your face. Take a bath/shower often, comb your hair, get plenty of sleep.

"Early to bed and early to rise, makes a man healthy, wealthy, and wise," said Benjamin Franklin, but he didn't have late-night TV.

Dress warmly in cold weather and wear comfortable shoes.

Exercise by walking, bending, lifting, biking. And the big law: Avoid exposing too much bare skin to the sun.

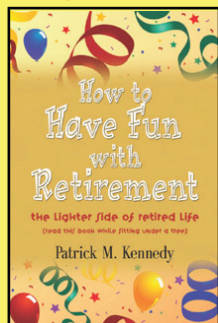
Then there's the law of eating well. Healthful food, less sugar, less fat, more veggies and fruit, plus plenty of fiber to keep the system rolling along. We know eating smart is a law for a better life, and this rule is a current fad being pounded from every direction: magazines, TV, and the occasional snake-oil salesperson who charges a fee, spouts some gibberish, and tries to sell seniors a book or CD about better food. Don't listen to them. Have fun and eat a sprinkles-covered doughnut once in a while.

Now for the universal and more important law for seniors: Have annual checkups with your doctor and dentist. But maybe a way to reduce stress is to avoid the doctor ... or maybe not. Going to the dentist every year is a health law based on masochism, or the tendency to invite and enjoy misery of any kind. This is against the regular law, sometimes, and may only be promoted for oral profit.

Health laws have been with us since the Stone Age, so what's new. Even the Cave Man ... well, maybe not.

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

How to Have Fun with Retirement



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Way Back When

80 years ago

Aug. 14, 1930: The huge power dam being built by the city of Seattle in Diablo canyon, above Newhalem, is now practically completed and the waters of the Skagit will be turned into the dam this Saturday.

This week the diversion tunnel is being sealed and the two spillways located about 40 feet above the bed of the river also will be sealed. When the water reaches the first spillway, to remain in the permanent structure, it will have a depth of more than 160 feet and will form a lake six miles long and twice as large as Lake Union in Seattle.

With the present flow of water, it will require 10 days or more to fill the big dam.

70 years ago

Aug. 22, 1940: The state Works Progress Administration (WPA) has approved a project for \$11,532 of WPA funds to build a new gymnasium at Birdview school, to replace the one destroyed by fire some months ago.

Plans call for a one-story frame building on the old foundation, with the foundation repaired, a cement floor completed, and a furnace room and kitchen built in. Construction of a stage, lavatories, and shower room, as well as plumbing, heating, and electrical work is included in the project.

60 years ago

Aug. 3, 1950: Frank A. McGovern of [Concrete], who has for a number of years been employed at



40 years ago: In August 1970, a volunteer work party put in a busy weekend installing a new shake roof on the Shepherd of the Hills Lutheran Church in Concrete. Concrete Herald archive photo.

the G. A. Thompson store at Sauk, this week took over the establishment in his own name. The Sauk store will henceforth be known as "Frank A. McGovern, General Merchandise," in the same tradition carried out by the late G. A. Thompson, who founded the

store. Mr. McGovern is a longtime resident of Concrete, having lived here since boyhood. He was at one time postmaster here. The McGoverns plan on moving to the store in the near future.

50 years ago

Aug. 11, 1960: Robert Beck,

34-year-old son of Mr. and Mrs. Sam Beck of Birdsvie, was drowned Friday afternoon on a fishing trip, after rescuing his fishing partner, 11-year-old John Shipley, who had fallen into Silver Creek in the Index district.

Young Beck dove into the stream after Johnnie had fallen into the water as they climbed down a steep bank. Beck told the boy to hold on to his shoulders and got him to shore.

After seeing that he was safe, Beck went back after the fishing tackle and failed to notice that he was near a six-foot waterfall where the water was swift. He was swept over to his death.

20 years ago

Aug. 2, 1990: Marblemount celebrated its 100th birthday this past weekend, according to a report by Sue Jondron. The Centennial Celebration included ragtime music, a demonstration by the Park Service Pack String, food, and fireworks.

Storytelling was the main event, with tales spun by Ralph Dexter, Phil Taylor, Dorthea Walker, Warren Pressentin, Mrs. Harris, Shubert Hunter, Ed Cook, Bill Newby, Merv Peterson, Rosemary O'Hern, Barbara Witham, Jeff Witham, and Tootsie Clark. Jim Harris was the event's facilitator.



30 years ago: After five weeks in Mexico, Valerie Harris, daughter of Mr. and Mrs. Jim Harris of Marblemount, returned home Aug. 1, 1980. Financed by \$660 worth of raffles, taco feeds, and car washes, the trip was sponsored by the Concrete High School Spanish Club and the generosity of the community. Of the many sights, Valerie emphasized the museums, the pyramids, and richly goldworked cathedrals as most memorable. In the photo, Valerie smartly models an Indian-woven man's shirt or *camisa*; and a handbag, or *bolfa*. Concrete Herald archive photo.

Concrete Senior Center August 2010 Activities

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

Mondays

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

Tuesdays

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

Wednesdays

8:30 a.m. - 3 p.m. Quilting
11:30 a.m. Jigsaw puzzle
1 p.m. Skip Bo

Thursdays

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

Fridays

11 a.m. Men's group
11:30 a.m. Jigsaw puzzle
Noon Mexican Train Dominos

Special Events

8/11 11 a.m. Advisory Board meeting
8/11 1 p.m. Bingo
8/19 8 a.m. Foot Care by appointment (853.8400)
8/19 --- Senior Day in the Park, Maiben Park, Burlington
8/21 7:30 - 10:30 a.m. Senior Center Fundraiser Breakfast
8/24 12:45 p.m. Leap of Faith
8/25 1 p.m. Bingo
8/27 12:30 p.m. Birthday Lunch
8/27 12:30 p.m. Annual Salmon BBQ - **Reservations required!**

Holiday Closures

8/19 Furlough Day: all Skagit County offices closed



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Sunday School lesson

A thought on believing

By Bill Mueller

I couldn't even imagine it. Me, a grandfather! I'm not ready for that yet or ever. I'm too young at heart; I can't be that old to fit into that category. Yet, it's happening. I can't escape the reality that I'm a grandfather. And now, 21 months into this new phase of life, I can't imagine not being one.

A few days ago my granddaughter was visiting. I was standing at the counter in the kitchen. She came up behind me, wrapped her little arms around my legs, patted me with one of her hands and said, "Papa," and hugged me. There isn't a better moment in all of life. The words to communicate such a moment do not exist. That experience is etched in my memory forever.

This caused me to wonder how God reacts when one of us turns to Him for whatever reason. There is that open invitation at the beginning of the Gospel of John: "Yet to all who received Him, to those who believed in His name, He gave the right to become children of God." Which means anyone who trusts in Jesus Christ, automatically becomes a child of God. How does God react to that? What goes on in the halls of heaven when one of us comes to faith?



A glimpse of heaven's reaction is found in Luke's Gospel, where we find a story Jesus tells about lost sheep. Toward the end of the story, we hear these words: "I tell you there will be more rejoicing in heaven over one sinner who repents..." Rejoicing! A party that began way back when and never ends. Think about it, in this entire world, wouldn't it be safe to say that at least one person comes to faith every minute or so? Wow, an eternal party filled with joy that knows no end!

There in the midst of that party is the LORD Himself, smiling and rejoicing. Can we relate to such a moment? Perhaps not. But there is a certain link where we can relate: "Because you are children, God sent the Spirit of His Son into our hearts, the Spirit who calls out, Abba, Father." "Abba" is a term of endearment that means, "Papa."

Words fail to express such a moment, but it will happen, if you've received Him. It is a joy that will last forever.

And don't forget the hug.

Pastor Bill Mueller has been involved in ministry for the past 30 years, serving several churches on the West Coast as a senior and teaching pastor.

Nice day for a picnic

The Sedro-Woolley High School Alumni Association held its annual All-Class Picnic on July 10 at Riverfront Park in Sedro-Woolley.

More than 400 alumni attended the event under sunny skies. Lunch was catered by Joy's Bakery—owners Janet and Mike Joy are also SWHS alums. Bob Dow, '72, was master of ceremonies. Pat Erickson Hyatt, '52, is the association's current president.

Proceeds from the picnic benefit scholarships for SWHS graduates.

—Judy Johnson



Betty McLaughlin Romtvedt, '43, and husband Carl Romtvedt met friends and mingled at the Sedro-Woolley High School Alumni Association All-Class Picnic, July 10. Photo by Judy Johnson.

Worth repeating...

"If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great."

—John Piper, *A Hunger for God*

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Worship directory

Assembly of God

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

Catholic

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

Presbyterian

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

Nondenominational

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

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

Lutheran

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

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

Sheriff's blotter

July 15

A Concrete caller said he was gone for a few days, so he lent a friend his P.O. Box key so the friend could pick up the caller's mail. Caller said his friend would not return the key. A deputy contacted the friend, who said he didn't know the caller wanted the key back. He said all the caller had to do was ask, and returned the key.

July 14

A Grasmere caller said she'd had an acquaintance in the house who had a 16-year-old child with him. After they left, the caller discovered a Nintendo game system was missing. A deputy will follow-up with the suspects.

July 14

A Sedro-Woolley caller said her estranged husband had been calling her



↑ **July 3:** At approximately 6:50 a.m., a citizen driving by Cascade Supply in Concrete observed a front window broken out. It appeared to him as though the store had been burglarized. The citizen called 911.

A deputy arrived and contacted the owners of the store. It appears the suspects broke a front window to gain entry. Then they broke into a gun cabinet and removed 11 firearms and some ammunition. There was a large rock nearby that was likely used to break the window. Deputies collected items in an effort to locate fingerprints or DNA.

A deputy then contacted a nearby business that has video surveillance. The video showed two men enter the business at 4:14 a.m. and remove the firearms. One man was wearing black clothing and the second appeared to have light-colored pants.

Deputies and detectives have interviewed a number of possible suspects or witnesses. A number of rumors around town as to possible suspects also have been investigated.

Anyone who has information about the location of the stolen firearms or the identity of those responsible is encouraged to contact Deputy Brad Holmes or call 911.

and asking for a ride into town. She told him no and instructed him to leave her alone. He came to the house, again asking for a ride, and would not leave. A deputy arrived and warned the man about harassment charges. He left.

July 13

Multiple callers from Lyman reported several loud explosions. Deputies arrived and heard an explosion, but were unable to locate the source.

July 10

A Cape Horn caller reported that someone had broken into his cabin. He said they shattered a sliding glass door, broke windows, trashed appliances, and broke the toilet. Nothing was missing; no suspects at this time. Neighbors said they would try to keep an eye on the cabin and call if they see anything suspicious.

July 7

A Concrete caller had a white Dodge Durango parked on the street. It appears a town lawn mower kicked out a rock and broke the window. The caller will contact the Town of Concrete for restitution.

July 6

A Hamilton caller reported receiving a suspicious, hang-up phone call. A short time later, the caller had trouble with her Internet connection and suspected someone may have tried to hack into it. This is likely an unfounded suspicion; no follow-up action was taken.

July 4

Cape Horn: At approximately 4 a.m., a call was received complaining of fireworks going off. During the next 24 hours, deputies responded to 27 different noise or fireworks complaints. In addition, deputies witnessed several incidents of fireworks and dealt with the problem without a formal complaint being made.

July 3

A Day Creek caller reported someone had taken his car in the night and crashed it into a shed. Caller believed it was his roommate. This is a civil issue; no crime.

June 23

A Lyman caller reported that while he was out of town, his ex-wife sold his truck. The ex-wife said the truck is her property, too. This is a civil matter; nothing criminal at this time.

June 21

A Concrete business reported someone had dumped a 55-gallon "grease barrel" onto a patio behind the business. Also, two hanging planters had been damaged and garbage had been dumped all over. A deputy and several citizens reviewed a surveillance tape and identified two juvenile boys. The deputy located a 16-year-old Concrete boy and a 16-year-old Sedro-Woolley boy; both will be referred to juvenile court for malicious mischief.

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Health



Hot topic: Exercising in the heat

By Valerie Stafford

Summer is the perfect time to take your workout outdoors. But beware: Even a simple walk in 80-degree weather can have serious, potentially fatal consequences unless you are careful.

"Hot weather puts additional stress on your heart and lungs. The result can be heat exhaustion or worse, heat stroke," said Mark Pearson, director of the Fitness Center at United General Hospital in Sedro-Woolley.

Signs of heat exhaustion include weakness, nausea, dizziness, and an increase in body temperature. Heat stroke can occur when your body temperature rises above 104 degrees. This more severe condition could lead to acute respiratory

distress and death.

Fortunately, there are things you can do to prevent heat-related problems, instead of taking a vacation from your exercise routine. The first and most important precaution is to stay hydrated.

Water makes up about 60 percent of your body weight and every system in your body depends on it. Lack of water can lead to dehydration, a mild case of which can drain your energy. In general, you should be consuming 8 or 9 cups of water per day, but in warm weather, you need more. And if you are exercising in warm weather, you need to drink enough to compensate for the fluid you lose through sweat.

"How much extra fluid you need during exercise depends on the intensity and duration," said Pearson. Short bouts of lower intensity exercise may require only a couple of extra cups of fluid, whereas

longer sessions in the heat could require substantially more. "For those who exercise intensely for longer than an hour, we may also recommend a sports drink to replace the sodium lost in sweating," said Pearson.

Other tips for outdoor summer workouts include taking care until you have acclimated to the heat. Especially in the Skagit Valley, where temperatures can fluctuate dramatically from day to day, our bodies need time to adjust to the heat. Plan your workout for the coolest part of the day, early morning or evening, and go slower until you are accustomed to the heat.

Dress the part. Wear light, breathable clothing that wicks away the sweat, choose a well-ventilated hat with a brim, and leave your legs bare.

Check with your doctor if you are taking medications, like antihistamines or

antidepressants, that could intensify the effects of heat-related illnesses. Caffeine and alcohol also can increase your risk for dehydration.

"The main thing is to use common sense," said Pearson. "If you're exercising outside and start feeling bad, get into the shade or go indoors and cool down. There will be plenty of milder days ahead when outdoor exercise is less of a risk."

For more information about the Fitness Center at United General, contact Mark Pearson at 360.856.7524 or send an e-mail to fitnesscenter@unitedgeneral.org.

Valerie Stafford is the director of communications and community education at United General Hospital, a wellness instructor at Skagit Valley College, and the owner of Encore Fitness in the Concrete Theatre.

How to get the most from your green tea

By Karl Mincin

A study at the Charité Hospital of the Berlin Universities showed that adding milk to tea will block the normal, healthful effects that tea has in protecting against cardiovascular disease. Milk also may block tea's effect on other things, such as cancer. Plant-based "milks," such as soy, rice, and nut milk, are not known to have similar effects on tea.

Effect of citrus on tea

Drinking tea, particularly green tea, with citrus such as lemon juice is common. Some studies, including one from Purdue University in 2007, found that most of

some antioxidants are not absorbed into the bloodstream when tea is drunk by itself. The study, however, found that adding citrus to the tea lowers the pH in the small intestine.

Brew time

For a cup of freshly brewed drinking tea, three minutes is the standard steep time. Beyond that, more bitter tannins are imparted, which may be a good thing medicinally and as a digestive aid.

Eating green tea leaves

Even the leaves can be ingested and will impart still further benefit, along with fiber. If you don't like them, feed the spent leaves to your pet!

Iced green tea

Easy, tasty, and great with lemon. Add honey, stevia, or agave if you like it

sweetened. It also may be blended with other herbal teas.

Beauty and the . . . green tea

You may have noticed green tea extract as an ingredient in topical skin and beauty products. Here are some more economical variations:

- Splash rub one teaspoon green tea as a facial or aftershave
- Green tea also may be used to dilute lotions and those overly thick sunscreens (diluting sunscreen will reduce the SPF activity)

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

Skagit County hires Public Works director

SKAGIT COUNTY — After a thorough and extensive recruitment process, Skagit County Administrator, Tim Holloran, announced July 21 that Skagit County has hired Henry Hash as Skagit County's new Public Works director.

Hash has a great amount of experience in local government and has served as the Director of Public Works for over twenty years in California, Missouri, Wisconsin, and Massachusetts.

Most recently, Hash worked as the director of Resource Management Agency (RMA) for the County of Tulare, California. RMA is a mission driven, one-stop organization responsible for a broad range of direct and support services including public works, transportation, utilities, engineering, solid waste, facilities, fleet, and flood control.

Hash has a B.S. Degree in Civil Engineering, an M.S. Degree in Management, and an M.S. Degree in Public Affairs/Administration with a concentration in Urban Planning.

An effective start date for Hash's appointment has yet to be decided; Skagit County will provide additional details soon.

For more information, contact Emma Whitfield at emmaw@co.skagit.wa.us or at 360.336.9400, ext. 3152. **CH**

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Smile



Dwelleysms

Wit from the Herald's former editor

"A ... male has figured out a way to keep the buffet table clear of women. Announce formation of the chow line in a loud, clear voice: 'All the fat girls served first!'"

"A dope used to be a guy with little or no brains. Now the guy who uses it is the one who qualifies for that description."

"We're anxiously awaiting summer time to see which end of the bathing suit is going to go this time."

"If we screened our Congressmen like they look into the lives of prospective Supreme Court Justices, Congress could meet in a telephone booth."

—April 15, 1970

"Our founding fathers set up a government that was designed to cause Congress to stop and think before acting. They still stop, all right, but too often they forget what they stopped for."

"We've now had airline stewardesses for 40 years. They were first put on planes to care for the air-sick. Now they are there to keep people from getting sick of flying."

—May 13, 1970

"What is most surprising about the

present generation is their enormous capacity for becoming confused."

"The name 'real estate' for property is getting to be a misnomer. Some of it sold these days seems to be mostly a dream purchased with a promise."

"People who could live most comfortably in those glass houses would be former residents of small towns. They are used to everybody knowing all about them, and smart enough not to let it bother them."

—Aug. 5, 1970

"If you can't stop it, legalize it."

—Aug. 19, 1970

An Elf's Life

By Jonathan Tate Carter



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Five generations!

For her 97th birthday on June 30, Ann Leslie, formerly from Concrete, came up from Bremerton to visit and get her "five generations" photo taken.

Back row: granddaughter Wendy Shields, great-great-grandson Couper Sanchez, and daughter Robin Wood.

Front row: great-great-grandson Clay Shields, great-granddaughter Sheya Shields, great-great-granddaughter Kaya Shields and Ann Leslie.

Not pictured: great grandson Seth Shields; grandson Ramsey Wood and his daughter, Megan Gehring; and great-great-granddaughter Liana Gehring. Ann Leslie has three children, 11 grandchildren, 21 great-grandchildren, and four great-great-grandchildren.



Photo by Sheya Sanchez.

Concrete Harold



By Joyce Harris

Public Service Announcement

By Stig Kristensen



approaching our occasionally busy intersections.

A stop sign being blown through on Cedar Street in Concrete is just as dangerous as a red light being run on Mercer Street in Seattle. Take a good look in the mirror if you think it's not the same. Going through a red light carries the same penalty as running a stop sign.

If you see someone running a stop sign, call 911. The authorities can't cite a driver for running a stop sign if an officer didn't see it, but as Skagit County Sheriff's Deputy Hendrickson said, "I can still knock on their door and ask them 'What part of 'stop' don't you understand?'"

There are no new stop signs in town; we all know where they are: It's time to slow down as you approach them and stop when you get there.

*Paul Rider
Concrete Town Council*

Lone Star, cont. from p. 5

their desire to restore this historic edifice.

There are many reasons to restore and preserve the Lone Star Building. First and foremost is that it has been, and can continue to be, a highly visible, recognizable, and historic area landmark. Restoring the 90-year-old building will help preserve a significant piece of local history. Restoration of a building with so much historical significance for this area will provide the community with a permanent, recognizable, and usable asset.

"We shape our buildings, thereafter they shape us," Winston Churchill once said. By reclaiming the past to help build a healthy viable future, the Lone Star Building can become a source of civic pride, and, when shared with others traveling to and through the area, it can help stimulate heritage tourism; that is, give people a reason to stop: It will help make Concrete a destination. Further, it can aid with economic development by demonstrating to prospective businesses and residents an example of community pride and a desire to improve Concrete's built environment.

During a workshop held on April 26, 2010, which included the Concrete Town Council, Planning Commission, Imagine Concrete Steering Committee, and members of the community, the best utilization of the building was determined to be housing Town Government, Chamber of Commerce, Visitor-Tourism Center, Community Library, and possibly a University Extension office.

Since that April meeting, further

conversations and restoration planning has continued. In one conversation, the Upper Skagit Library District expressed interest in joining with the Town of Concrete in the restoration project. A project plan has been developed by the Lone Star Task Force.

The project is to perform historical restoration of the structure and refurbish the interior to its original design. The first step in the project involves removing decades of debris from the building and ensuring the structure is weatherproof. The next step entails completing a historic structure assessment of the building and completing design and construction documents for its rehabilitation.

The historic structure assessment will provide a roadmap for future rehabilitation work, better defining the building's needs. Construction documents for the core and shell of the building will allow for adequate cost estimates to be prepared. Further steps will involve actual rehabilitation of the core and shell of the building.

The completion of this project will provide a much-needed space for the community.

Second clean-up day scheduled

A community clean-up and workshop is scheduled for Aug. 15, beginning at 8 a.m.

Lone Star Workshop

On Aug. 31, a Lone Star Building workshop will be held at 6 p.m. at the Concrete High School Commons. All are welcome to attend.

Eric N. Archuletta, M.A., is the founder of Community Stew, an organization dedicated to helping communities and people achieve their visions and goals.

Fly-In, cont. from p. 9

Energy, all the Main Street businesses, and volunteers Philip Moran and Anne Bussiere for their support.

Next year's Cement City Street Fair will be held on July 23, 2011. For more information, contact the Concrete Chamber at chamber@concrete-wa.com.

Fly-In fun

Event co-organizer Jim Jenkins told *Concrete Herald* that this year's Fly-In drew between 180 and 190 planes, and said he couldn't even begin to estimate the number of attendees.

"This was probably one of the biggest fly-ins ever," he said. "By Friday we already had 45 airplanes. Everything came together very well and everybody seemed to have a good time."

Sunny skies greeted visitors during

the July 23-25 weekend. High points included presentations from pilots Richard Bach and Addison Pemberton, who brought his restored, 1928 Boeing Model 40 from Spokane, along with several eastern Washington pilots. Jenkins said Pemberton loved Concrete and plans to return next year "with his entourage."

Jenkins wants to keep the Fly-In energy flowing with biplane rides continuing this year as a fundraiser for the Skagit Aero Education Museum at Mears Field in Concrete, which he curates. Anyone interested in a birds-eye view of the area is encouraged to contact him at 360.770.4848.

Wizard, cont. from p. 20

"I was angry about that. I felt we were getting ourselves into a quagmire," said Bromet.

So he made the sign; now, he carries it with him wherever he goes.

Bromet turned 70 in January. In a deep, gentle voice, he tells of a way to live a peaceful life, of facing evil with good, of a June trip he took to Romania with Bellingham-based Kulshan Chorus. He took no camera or journal, but upon his return he immediately began to record the experience. His journal is waste paper bound with yarn between thin cedar boards.

Back home, he continues his vigils, his simple message. "My theme is simplicity. My prayer is an enlightenment of all humanity, making evil deeds impossible," he said.

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R & K PHOTO: Photos, wooden toys, aprons, kids' dresses, and kids' aprons.

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Concrete: HUGE GARAGE SALE! SAT., AUG. 28, 9 a.m. to 3 p.m. 501(c)(3) fundraiser for Skagit River Bald Eagle Interpretive Center. Highway 20, next to storage units in Concrete. Antique farm equipment, tools, housewares. Many lovely donations!

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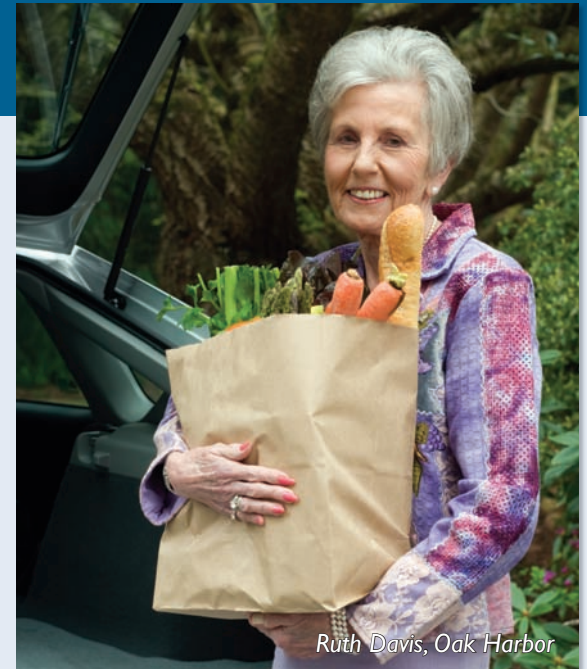
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