

The Voice of Eastern Skagit County

Concrete Herald

Vol. 94, No. 8

August 2011

50 cents

Still crazy after all these years



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Wednesday of each month*

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Concrete Herald

The Voice of Eastern Skagit County

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Editorial
Does Concrete need a consultant?

It all started in June, when Community Stew principal Eric Archuletta stood before the Concrete Town Council and offered a proposal: Consider bringing him on board as a paid consultant to help the town find its way back to the economic vitality for which it was known during the first half of the 20th century.

Archuletta has been volunteering his time in Concrete for three years. He possesses a unique skill set, with a background in planning and an M. A. in environment and community. He was a key player in the Imagine Concrete visioning effort that began in April 2009, and continues to serve that grassroots body on a monthly basis.

Archuletta’s proposal was met with varied reactions. His proposed fee—which

See Editorial, p. 39

WE NEED YOU!

To Drive Out Human Trafficking

DOUBLE EVENT

2011 GOLF TOURNAMENT

FitUp

DESSERT BANQUET

Message by Gary Haugen

Saturday, September 17

GOLF: 12:00pm Shotgun Start • 9:00am Registration • Avalon Links, Burlington

DESSERT BANQUET: 7:00pm (doors open at 6:00pm) • Mount Vernon Christ the King Church

Hosted by **Free AT Last** MINISTRIES

Event Sponsor **northcascade** EYE ASSOCIATES

Registration: www.FreeAtLastMinistry.org

Opinion

Letters to the editor

Lyman Car & Craft Show a success for cemetery, park

Many thanks go to every individual and business that donated funds for the Lyman Car & Craft Show. All of the money raised will go toward maintenance of the Lyman Park and Cemetery.

Special thanks go to the following businesses, which donated \$200 or more toward the event:

Janicki Industries, Cascade Mercantile, Old Mill Restaurant, All Valley Storage, Hi. Lo. Country Bar & Grill, Vollans Automotive, Snelson, Lyman Baptist Church, Low Auto Sales, What a Deli Kitchen 6, Charlie Ross, Automotive Machine, Skagit Transportation, Woods Logging, Lyman Tavern, Oil Well, Papa Murphy’s Pizza, Best Buy, Pat Rimmer Tire Center, and Lemley Chapel.

Thanks also to all the other private sponsors and volunteers who made the event such a success, especially my co-organizer Nancy Trythall. Their help with setup, cleanup, and other tasks was very much appreciated.

My thanks to the judges, who had to have had one of the toughest jobs that day! You did a great job.

Finally, thanks to all the vendors who displayed their goods and services. It’s always great to have you there, and we hope you had as much fun as we did!

Sonja Haigh
Lyman

Omak Suicide Race a “deadly spectacle”

In 2011, why is a deadly spectacle called “The Omak Suicide Race” still permitted, much less promoted?

Part of the Omak Stampede held in Omak, Wash., the “race” sends horses plummeting 210 feet downhill in an almost vertical drop into the Okanogan River. Horses frequently end up tumbling and falling down the steep drop after slipping or colliding with other horses. Many have had to be euthanized after suffering broken legs, necks, backs, shoulders, pelvic bones, and knees; some horses have even drowned.

The race has been rightfully condemned by animal protection organizations and caring people around the world. The *Wall*

Street Journal called the event “The Race Where Horses Die.” Former Mayor Dale Sparber, who admitted that he received 15 to 20 messages a day from people opposed to the race, said that he set up his inbox so that it automatically filtered out e-mail containing the phrase “suicide race” and forwarded it to his “delete” file.

People who don’t think that horses should pay with their lives for entertainment should ask the sponsors of the Stampede—including Wrangler and Pepsi—to pull their support until the Suicide Race is put out to pasture for good.

Colleen Weber Borst
Seattle

Letters policy

Letters of 200 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.

COMMUNITY MOVIE NIGHT in Concrete

Aug. 19, dusk

Silo Park silos (north side)

Bring a blanket and chair, and enjoy a free movie at the park, courtesy of Town of Concrete.

For more info and the movie title, go to www.townofconcrete.com

Commentary

Envision Skagit from the inside peering out

By Grace Popoff

The July issue of *Concrete Herald* offered a lot of opinions that included falsehoods about the recently concluded Envision Skagit 2060 project. Having spent much of the past year immersed in this project, I’d like to share my perspective on it.

Regarding concerns about lack of public input, I can only say that our meetings were publicized and open. The Envision Web site had a form for public comments, and many people used it. We held numerous public events. The Technical and Steering Committees that laid the groundwork for the Citizen Committee included representatives of many groups that are directly involved in the Skagit community. Members of the Citizen Committee attended meetings of many service organizations, plus we talked with people in our own communities in a variety of settings.

But most important is the fact that the report from the Citizen Committee is a framework for further discussion; it’s a set of recommendations, not the law. If

you like the recommendations, then it’s up to you to support them and move them forward; if you don’t like them, it’s up to you to offer alternatives and support those. The purpose of the Citizen Committee was to provide an opportunity for a group of concerned citizens who were not just “the usual suspects” to consider alternative ways for Skagit County and our various communities to manage population increases that are likely to occur.

We were then to make recommendations that reflected the hopes and fears expressed by local citizens who shared their views with us throughout the process. We did not have “a favored plan” until the end of the process, but it’s true that we worked with the assumption that our population would increase. It’s also true that from early on, many of us thought it preferable that most new people locate in existing communities.

A major recommendation in the final

See Envision, p. 39

Commentary

Really? No sockeye season on Baker River?

By Robert DiLeo

The sockeye fishing season opened for Baker Lake on July 23, but no such season existed for the Baker River fishery.

That’s a shame, because by closing the Baker River to sport fishing, Washington Fish and Game effectively excluded many local fishermen who do not have a boat with which to ply the waters of Baker Lake.

Why did this happen? Could it have been because the numbers of sockeye couldn’t support a Baker River season? Unlikely. According to numbers released by Puget Sound Energy as of July 23, there were more than 23,000 adult sockeye returning to the Baker River. Native tribes took more than 9,000 of these, 8,653 were transported to Baker Lake, 3,253 went to the fish hatchery, and 1,382 went to spawning beaches on Baker Lake.

So why is there no Baker River season this year? Washington Fish and Game biologist Bret Barkdull let me know.

Barkdull said the Baker River was closed to sockeye fishing this year for a number of reasons, including enforcement

problems last year. There were more citations issued—far more than normal for a fishery of this size. People were snagging fish, going over their limits, and improperly filling out their catch records. There were unlicensed fishers and people catching fish for people who weren’t even at the river. Fishers were being rude, vulgar, untruthful, and uncooperative toward game wardens. They were camping on the river in areas where camping is not permitted. They were leaving trash everywhere and harassing tribal fishers.

In the end, a few bad apples closed the Baker River sockeye season for everyone.

What can we do to open the season next year and for years to come? I think Town of Concrete should get involved. Our mayor and council should be very concerned about this fishery, which brings hundreds of people to town on any given weekend day. This influx of people can last from four to six weeks every year.

See Sockeye, p. 38

CASCADE DAYS 2011

A Way of Life

AUGUST 20 & 21 - CONCRETE, WA

Join in the fun!

August 20-21, 2011 Concrete, WA

Pet Show
Show off your pet's talents!

Chili Cook-off
Is yours the tastiest?

Jam Contest
Win for your savory recipe!

Go to www.cascadedays.com for entry forms or call **360.853.7867**

More events than ever! • Parade • Car Show • Chainsaw Carving

Firemen’s Muster • Bed Races • Log Show • Duck Race • Kids’ Games

Fish Tank • Live Music • Pie- and Watermelon-eating Contests

Details, schedule, and event applications at www.cascadedays.com

Small-town specialist to present Aug. 30

East county business owners, chambers of commerce, and town officials are encouraged to attend a presentation by entrepreneur and rural economic development expert Becky McCray in Concrete Aug. 30.

Hosted by Town of Concrete, McCray will speak in the Commons room at Concrete High School at 5:30 p.m. Admission is \$25 for the first attendee and \$10 for each additional attendee from the same organization. Interested parties should contact Concrete Town Hall at 360.853.8401 or e-mail Andrea Fichter at andrea@concretewa.gov.

McCray started her first business venture in junior high school, and has been going ever since. She is an entrepreneur from Hopeton, Okla. (pop. 30), where she and her husband Joe co-own a retail liquor store and a cattle ranch. She also heads a consulting firm that helps small towns in Oklahoma with project management.

McCray is a recognized expert in rural small business and social media. She has been featured in *The New York Times*, *BusinessWeek*, *Entrepreneur* magazine,



McCray

and others. Her blog, Small Biz Survival, ranks in the top 20 small business blogs worldwide. She is listed among the 100 Most Powerful Women on Twitter. Along with Sheila Scarborough, she co-founded Tourism Currents to teach tourism professionals about social media marketing. They are considered highly influential in the tourism industry and organize the Tourism track at BlogWorld Expo each year.

Her presentations on small town business and social media have taken her from Dodge City, Kan., to London. From North Dakota to Texas, and Washington State to New York City, she’s spoken at more than 100 events.

McCray’s experience in small town business, community, and government includes work as a small town city administrator, a nonprofit executive with the local workforce development council and the Girl Scouts, an antiques store owner, a business and computer consultant, and a newspaper reporter. For nine years, McCray taught a variety of computer and business classes at local technology centers, making her the fourth generation of her family to teach.

She served on the National Board of Directors and as a national committee chair for the Business and Professional Women USA. She was the youngest state president in the history of the Oklahoma Business and Professional Women, and is a past president of the Northwestern Oklahoma State University Alumni Association. She was named the Outstanding Resource Partner of the Northwest Oklahoma Small Business Administration.

Concrete Mayor Judd Wilson met McCray during the RevitalizeWA conference in Walla Walla in May, where she was the keynote speaker. “She had everyone in the room the moment she opened her mouth,” he said. “All I could think was, we have to have her in Concrete.”

McCray will arrive in town Aug. 29 and spend the morning of Aug. 30 touring the town and meeting with local business owners.

—J. K. M.



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THIS AND THAT

By J. K. M.

Look for the **speed limit along SR 20** in Grasmere to change very soon. County Commissioner Sharon Dillon has been pestering WSDOT for months, trying to get the limit for the stretch between Dalles Rd. and Concrete-Sauk Valley Rd. dropped from 55/50 to 35. WSDOT listened—kind of; officials say they’ll drop it to 45 soon. “I haven’t given up on 35,” said Dillon. “I’m going to keep making my case. We’ll just keep chipping away at it.”

Friends of the Upper Skagit Library will hold its last book sale of the year during Cascade Days on Aug. 20, at the corner of Douglas Voss III Way and Main Street in Concrete. The group also will sell raffle tickets for a beautiful quilt to be raffled off on Oct. 20.

Proceeds from the book and raffle ticket sales will be used for summer reading programs and library card scholarships, along with library and community programs. For more information, call 360.853.7564.

Chili enthusiasts! Enter your recipe into the Cascade Days Chili Contest and win great prizes. To enter, use the application at www.cascadedays.com, or get an entry form by calling 360.826.4848 or e-mailing gsilrus@frontier.com. Gladys also needs help with the event itself, so if you don’t plan to enter the contest, feel free to serve in that capacity.

Rules are posted on the Cascade Days Web site; entry fee is \$25. Make your chili at Concrete Town Park on Sun., Aug. 21, and you might win one of three prizes. Sponsored by Cascade Supply.

Tim Bridge joined with Public Works employees Rich Philips and Dale Angell to finish off the water line infrastructure in Concrete’s Angele Cupples Community Garden in July. The garden now has 21 yard hydrants in place for current and future planting areas, as well as five “stubbed” lines ready to be finished when three greenhouses and a multipurpose building are added during the coming years. Big thanks go to Bridge and the Public Works boys!

Council summary

Concrete Town Council met for regular meetings July 11 and 25. The following is a summary of topics addressed during those two meetings. Complete minutes for every council meeting are posted on the town’s Web site at www.townofconcrete.com/cminutes.php.

July 11

- Discussion of the town’s insurance policy for Mears Field included a presentation from Roxanne McCloud with The Unity Group, one of two insurance carriers for the facility. Council learned that fly-ins are not covered in the Unity Group policy, although negligence on the town’s part would be covered regardless of when any incident occurred.
- **Public safety:** The public restrooms were checked after July 4; the garbage cans and toilet paper had been set on fire. Cedar Street continues to have a problem with people driving at unsafe speeds. Council is considering installing speed bumps or rumble strips.
- The Burpee Hill Road repair project is on hold pending FEMA approval. The wastewater lagoon decommissioning project has been approved; town engineer Reichhardt & Ebe is seeking funding for this, as well as for a state-mandated “Inflow and Infiltration” study to determine if and where storm water is getting into the town’s wastewater pipes.
- **Downtown revitalization/economic development:** Council members discussed the seven firms that submitted summaries of qualifications in response to the town’s Request for Qualifications as it searched for a consultant to help bring long-term economic development back to Concrete. Council members decided to invite Frause, Community Stew, and Beckwith for initial interviews. Council also decided to inform the candidates that they will have to “pay their own way” by finding grants to support their fees. Council formed an interview committee composed of Mayor Judd Wilson, Town Planner Rick Cisar, Town Engineer Jim Hobbs, and Council member Mike Criner.

July 25

- Council discussed the piles of gravel left over from the demolition of the old grade school after it burned. The land on which they sit is still private property, owned by Jack Clifton of Bellingham. Clifton was

to have removed all the gravel after demolition, which he has not done. Clifton stated in a letter to the Town dated Oct. 12, 2009, that he was “neither willing nor able to spend any more” money to finish the job. He was sent a letter from the Town on July 14 explaining that if he didn’t remove the gravel piles, he could face a fine of \$100 per day until the piles were removed. Audience member Don Payne stated that he felt this was unfair to Clifton, since the Town has its own piles of gravel that don’t seem to be going anywhere anytime soon. Council member Miller explained an idea brought up during the April 2011 Imagine Concrete workshop, to use the gravel to create a pathway between the elementary and high schools. This wouldn’t be feasible unless the path were along the north edge of that field; since the field is used for football practice, the path couldn’t cut through the middle of the field. Council decided to have the Town write Clifton a letter, offering to remove the gravel free of charge for town purposes, to prevent any further costs or liability for Clifton. Mayor Wilson will follow up with a phone call.

- **Public safety:** The speeding problem on Cedar Street remains. Mayor Wilson stated that he heard motorcycles racing there just before tonight’s Council meeting. Deputy Wiggins stated that there have been increased patrols in that area.
- Mayor Wilson reported on a USDA grant being written for the Grasmere Fire Department, in which the town could be included, to purchase new packs. If the town were awarded this grant, it would be responsible for only 5 percent of the cost. Mayor Wilson will schedule a meeting with James Mastin from Skagit Council of Governments to discuss other available grant funds.
- The Town will move ahead with a plan to swap ownership of land parcels with Concrete School District. The two parcels are Town Park, which is currently owned by the school district, and the ball fields south of the elementary school, which are currently owned by the town. The matter will move next to the school board for approval.
- On behalf of the Upper Valley Youth Association, Becky Luttrell donated \$3,062.51 to the town parks. The funds were left over from the Skate Park project.

Human trafficking targets vulnerable among us

By Mary Bron

An estimated 27 million adults and 13 million children worldwide are victims of human trafficking (*National Geographic*, Sept. 2003). As defined under U.S. law, human trafficking is the fastest-growing criminal industry in the world. It is second only to drug trafficking as the most profitable illegal industry. Once a drug is used, it is gone. Victims of trafficking are sold over and over, making this illegal crime quite lucrative. Every year, human traffickers generate about \$32 billion in profits globally. Victims of this atrocity include anyone forced to labor against their will, including children of all ages. According to Alexis A. Aronowitz’s book, *Human Trafficking, Human Misery: The Global Trade in Human Beings*, 75 to 80 percent of human trafficking is for sex. It is estimated that 80 percent of victims are women and 50 percent are children (U.S. State Dept). An estimated 300 to 500 children are for sale in King County, many as young as 13 or 14.

Don’t be fooled into thinking this can never happen to you or your children. Traffickers are constantly devising new tactics to lure the vulnerable into their traps. Children are the most vulnerable for many reasons: They are easier to trap and easier to train, they have longer exploitation potential, and there is a huge pool of unwanted children from which to draw.

Sex trafficking can mask itself as prostitution, which can cause the general public not to feel outraged. The children are perceived to be criminals, sexual deviants, or victims of their environment. Many may think that these children are desperate for survival, therefore the children “choose” to sell their bodies for profit. The truth is that children would not subject themselves to this repeated nightmare.

What can be done?

What can we do about this travesty? Get educated and share what you know with others. There are numerous Web sites on the subject. Become a reporter. If you think someone is the victim of human trafficking, call 911 or the Trafficking Information and Referral Hotline at 888.373.7888.

Consider helping locally to raise money globally for victims of human trafficking by participating in a double event on Sat., Sept. 17. Free At Last Ministries will

host an all-day fundraiser. Gary Haugen, president and CEO of International Justice Mission (www.ijm.org) will speak at two separate events in Skagit County.

For event details and registration, go to www.freeatlastministry.org/home.html.

Mary Bron is director of Free At Last, an all-volunteer ministry of Christ the King Church, and Executive Director of Pregnancy Choices of Skagit County. She lives in Sedro-Woolley.

Class of ’50s, Old-timers annual picnics planned

Did you graduate from Concrete High School during the 1950s? Your classmates are planning this year’s annual potluck picnic for Aug. 20, 1 p.m., at Skagit View Village. For more information, contact Penny at 360.856.6465 or Bonnie at 360.853.8233.

Looking ahead

The Old-timers picnic in Rockport has been booked for Aug. 19, 2012, and the CHS class of 1950s picnic in 2012 will be held Aug. 18. Mark your calendars for these dates for both years, and pass the information to all who are interested.

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Growing pains

Eight years after it opened, Upper Skagit Library needs more book room

The Upper Skagit Library is too big for its briches—and has been so for the past three years.

Located in the east half of the community resource building at 45770 Main Street in Concrete, the county library has upwards of 10,088 books and periodicals crammed into its modest 1,568 square feet.

The situation is not surprising to library officials. “It’s a nice space, but it was always kind of known that a larger space was going to be needed,” said Keith Alesse, who chairs the library’s board.

There’s no room for any new books, said Alesse. If new books come in, “we have to throw some out,” he said.

Of course, that means they give them to the nonprofit Friends of the Library, which sells them and funnels the proceeds back to the library.

The limiting factor for book quantities is the building’s floor. “We can’t put more weight on it,” said Alesse.

So the library has a few primary options to address the problem:

- Wait for Town of Concrete to renovate and remodel the lower floor of the Superior Building, and move the library there
- Buy and renovate an existing building
- Buy property and build a new library on it

When the library first formed in 2003, its current space was available because it wasn’t being used by Skagit County Community Action, which, along with Concrete Chamber of Commerce, currently occupies the west half of the building.

“Back then, Community Action was small and didn’t need the whole building,” said County Commissioner Sharon Dillon. “I think it was a way to fill the building and, being that it was a rural library, nobody thought it would grow as quickly as it did, and nobody thought the Resource Center would grow as fast as it did.”

“[The library] took it because it was a good price and it was just sitting there ready to be used,” said Alesse.

Examining the options

About a year ago, the board formed a building committee to look at real estate potential in and near Concrete.

The Superior Building has been discussed, “but at the same time that seems like a project that won’t be done in the next couple years,” said Alesse, who also chairs the building committee. “We’re looking for a more immediate solution to the space problem.”

The building committee twice toured the old Cascade Mountain Lodge in Grasmere, which has its pros and cons; the board has decided that the building isn’t a suitable choice.

“You can only leave a building in this rain forest for so many years before it’s so rotted it can’t be salvaged,” said Alesse.

There are buildable lots near Albert’s

See **Library**, p. 24



Eight years after opening in 2003, the Upper Skagit Library has run out of room for books and periodicals. The 1,568-square-foot space at 45770 Main Street in Concrete holds upwards of 10,088 books, and for three years has been getting rid of old books as it adds new ones. The library formed a building committee about a year ago, which has performed land surveys in and near Concrete to determine if any suitable sites are available for building a new facility. The committee also is examining existing buildings for possible adaptive reuse opportunities.

PCL Construction shares Christmas spirit in July

Throughout July, PCL Construction ran a district-wide program to raise food for local food banks. The program is called “Christmas in July.” During July, all PCL employees in the Seattle District donated nonperishable food items through July 29.

Why “Christmas in July”? The majority of food drive and donation initiatives are during the winter months in conjunction with holiday giving. PCL recognizes that with schools on break for the summer, young families need more help than ever to support the basic needs of school-age children. PCL Construction’s goal in July was to serve the local community by helping local food banks to serve more families.

The PCL Construction team working on Power House #4 at the Lower Baker site for Puget Sound Energy completed its Christmas in July campaign. The team then donated nonperishable items to the Concrete Food Bank to assist families in the Concrete community. The local PCL Construction team is proud and grateful for the opportunity to serve the town of Concrete.

—Tua Fale

Concrete Herald
The Voice of Eastern Skagit County



PCL Construction collected food during a July drive and donated it to Concrete Food Bank.

BEAT to hold benefit yard sale

The Skagit River Bald Eagle Awareness Team will hold a Benefit Yard Sale on Sat., Aug. 27, from 9 a.m. to 4 p.m. to help support its Skagit River Bald Eagle Interpretive Center at Howard Miller Steelhead County Park in Rockport.

The sale will be located at 45102 SR 20 in Concrete (the grassy area west of Loggers Landing). Look for signs.

Donations of quality, gently used items (no clothes or shoes, please) will gladly be accepted. Items can be left on the back porch of the Interpretive Center.

For more information about making donations, call 360.853.8296 or 360.333.0228.

Cascade Days brings the fun Aug. 20–21

Concrete’s signature summer event is back this month, running Sat. and Sun., Aug. 20–21. The decades-old celebration now known as Cascade Days brings the biggest crowds to town for two days of games, contests, and a parade that fills Main Street almost end to end. The celebration centers on Town Park, with most events occurring in or near it, and along Main Street.

New this year is a chainsaw carving demonstration by Country Carver Chainsaw Carving Show. Owners Dave Tremko and Debbie Anderson will carve both days and host an auction in the afternoons. On Sat., Aug. 20, they plan to present Mayor Judd Wilson with a carving for the town.

Old favorites return too. Visitors will find the parade, Firemen’s Muster, bed race, log show, and pie- and watermelon-eating contests are back this year.

Organizers are drawing special attention to the Pet Show, Jam and Jelly Contest, and Chili Contest this year. Entry forms for all three contests are posted online at www.cascadedays.com. Applications for parade entries and vendor booths also are available on the site. Organizers urge everyone not to wait until the last minute. Vendors are especially encouraged to get their applications in immediately to avoid ending up with a less-than-desirable location.

The event is popular with kids. For them, a line-up of games is slated for 1 to 4 p.m. at the tennis courts in Town Park. They’ll find a fish tank there too, as well as a dunk tank.

Kids and adults will love the popular eating contests. Slices of pie and watermelon await all lovers of speed-eating.

Live music is on tap too—and speaking of “on tap,” look for a beer garden hosted by Birdsvie Brewing Co.

Yelineks chosen as Grand Marshals

The Cascade Days board has chosen longtime Concrete citizens Roger and Barbara Yelinek as this year’s Grand Marshals for the parade (see box, above right). The Yelineks are former owners of Cascade Supply and have been active members of the community over the years.

For more information on Cascade Days, see the schedule at right and go to www.cascadedays.com

—J. K. M.

Roger and Barbara Yelinek Grand Marshals for Cascade Days 2011

Quiet and unassuming in the volunteer work they have done over the years around Concrete, Roger and Barbara Yelinek are being honored as this year’s Grand Marshals during Cascade Days, according to board member Bonnie Drake.

Roger and Barbara have been living in and involved in Concrete since May 1976, when they bought Cascade Supply on Main Street with partners Dave and Arlette Stewart from retiring owners Glen Chambers and Bill Ruyle. Both Glen and Bill had been working for the original owner of the business, C. C. Baughman, when they bought him out in December 1967.

It wasn’t too long before Roger and Barbara became sole owners of the business and became active in the community as Concrete Chamber members and Roger as a volunteer firefighter at the Grasmere Fire Department. They also have volunteered through the years lining entrants up for the Cascade Days parade.

Roger and Barbara have been enjoying their retirement since they sold the business to current owners Don and Carol Rohan in January 2004. Congratulations to Roger and Barb as this year’s Grand Marshals! Enjoy your day in the spotlight.

—Dan Royal

Cascade Days schedule

Sat., Aug. 20	
9 – 11 a.m.	Parade line-up
11 a.m.	Parade
1 p.m.	Parade awards
12:30 a.m. – 4:30 p.m.	Car Show
4 p.m.	Car Show awards
	(East end, Main St.)
	Chain saw carving
	(Corner of SR 20 and Douglas Vose Way)
	Firemen’s Muster (Town Park)
	Bed Race (Main St.)
	Log Show (Town Park)
	Duck Race (Main St. at bank)
	Kids’ games (Town Park tennis court)
	Fish Tank (Town Park)
	Chain saw carving auction
Sun., Aug. 21	
10 a.m.	Entertainment (Town Park)
11 a.m.	Pet Show (Town Park)
12:30 p.m.	Pie-eating (Town Park)
1:30 p.m.	Watermelon-eating (Town Park)
3 p.m.	Jam/jelly Contest (Town Park)
3:45 p.m.	Button-drawing (Town Park)
9 a.m.	Chili Cook-off begins (Town Park)
2 p.m.	Chili tasting/voting (Town Park)
3:30 a.m.	Chili winner announced
10 a.m.	Chain saw carving
4:15 p.m.	Chain saw carving auction

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Sports



The Concrete Cal Ripken Baseball League All Stars this year were 11- to 12-year-olds and included Colton August, Donnie Olmstead, Treyton Howell, Victoria Sheahan, Grayson Luttrell, Tyler Hansen, Solomon Holman, Austin Duke, Tyler Labrousse, Austin Weneker, Shain Vest, and Coty Roger. Coaches were Kelly Howell, Amber Roger, Terry Coggins, and Don Olmstead. The team played six games, winning two. They ended their run by competing in the Bombs Away Tournament in Ferndale June 11–12. *Photo by Brooke Howell.*



Four teams filled Concrete's Cal Ripken Baseball League this year, with Kelly Howell's Reds team winning the regular season with only one loss. The four Concrete teams—Reds, A's, Mariners, and Devil Rays—were composed of 9- to 12-year-old boys and girls. “We battled,” said Howell of the season. “It was pretty tough competition.” The Reds, above, won the regular-season title, along with the end-of-season Concrete/Darrington tournament. The Reds players were Tyler Labrousse, Treyton Howell, Victoria Sheahan, Tyler Hunter, Sean Pratt, Brandon Pratt, Jason Driver, Erica Knuth, Kassiopea Roberts, Coty Roger, Colton August, and Levi Lowry. Amber Roger served as assistant coach. “I had a lot of help,” said Howell of Amber Roger and others. “I had phenomenal help and support from the kids' parents throughout the season.” *Photo by Brooke Howell.*



Fastpitch players from Darrington and Concrete made up this summer's Doncrete Ligers team. Front row, from left, Seantel Shope, Bailey Dellinger, Dani Pringle, player-coach Sherry Pringle. Back row, from left, Coach Dan Pringle, Lindsey Fabri, Jessica Williams, Sarah Beck, Sarah Peterson. **Not pictured:** Sophie Taylor, Krissandra Pace, Alyssa Wahlgren, Amanda Gentry, Jessica Brookes.

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“Doncrete Ligers” brings in-season rivals together

Lady Lions and Darrington fastpitch players itched to keep playing their favorite game after school ended, so last year they made it happen. They formed a summer fastpitch league team composed of players from both schools, and named by blending the two school names and mascots: Doncrete Ligers.

This year, 15 players—five from Darrington, 10 from Concrete—joined forces to take on teams from Oak Harbor, Burlington-Edison, South Whidbey, and Sedro-Woolley, playing games at Janicki Fields in Sedro-Woolley. They notched only one win, but focusing on their record would be missing the point.

“They had fun,” said coach Dan Pringle. “We’re out here to make friends, have fun, work on skills, and improve.”

Concrete Lions Booster Club, Annie’s Pizza Station, and Albert’s Red Apple donated the funds needed for the team to pay the summer league entry fee, and the players tie-dyed their own T-shirts.

“Upriver Divas” run the Ragnar

East county team of 12 women traveled about 200 miles in relay race

For 30.5 hours, from July 22–23, 12 women from the Concrete area and Mount Vernon ran a 200-mile relay race from Blaine to Langley, at the south end of Whidbey Island. They got about 5 hours of sleep. They got sore. Some of their toenails are not long for this world. But they did it.

We probably should stop calling them the weaker sex.

The women’s team—“Upriver Divas”—conquered the Ragnar Relay in 30 hours, 35 minutes, and 58 seconds. They were an eclectic bunch, with ages ranging from their teens to 50s, and many of them teachers or coaches. They were led by team captin Carrie Newby, a Concrete teacher. They are: Ashleigh Howell, Kylee Warner, Taylor Warner, Dani Magee, Lisa Beazizo, Cheri Van Wagoner, Grace Visker, Meghan Parker, Linda Gudmunson, Karissa Sokol, and Brittney Biondolillo.

The team was split into two vans, which were driven by Eric Warner, Dick Gudmunson, and Tim Hibma. Magee’s husband, Shile Magee, drove a “sleeper mobile,” where the women could go to grab a few winks. Four additional volunteers came too: Kobi Aschim, Kellen Russell, Dennis Dorgan, and Colton Maloney.

The race began at 6:15 a.m. on Fri., Aug. 22, at the Peace Arch in Blaine. Newby took the first leg of the race. During the relay, each team member ran three legs, with each leg ranging between 3 to 8 miles and varying in difficulty. Only one runner from the team was on the road at any given time, with the rest of the runners in the vans or sleeper mobile. The first van’s runners covered the first six legs. The runners in the second van kicked in after that. A day, a night, and a day later, the team joined last-leg runner Brittney Biondolillo for the final 100

yards or so, and crossed the finish line in Langley together—all 12 of them.

Check that off the bucket list

For team member Dani Magee, this was a first. Magee owns the Secret Garden Styling Salon in Concrete Town Center and isn’t a hardcore runner, so she trained for the Ragnar with a couple 2-mile races—in Mount Vernon and Montana—and figures she contributed about 17 miles to the relay effort. She said one of the biggest challenges for her was dealing with the lack of sleep.

“After no sleep for a couple days, the first two legs I did I was happy with, but my last one was at 5:30 in the morning, there were a lot of hills, and it was really, really hard,” she said. “I was really worried I wouldn’t make it, so the best part was crossing that finish line.”

Magee loved the camaraderie that came with the event. “It was great to be with the other girls. Not everyone has a chance to do something like that. We’ll always have that bond: We’re the Upriver Divas now,” she said.

Lisa Beazizo, a teacher at Concrete Elementary, had run a triathlon, a couple half marathons, and a couple 10K races, but the Ragnar was her first long-distance relay. She enjoyed the bonding experience too, adding that her personal performance played a role in the race.

“I would not call myself the most athletic person in the world, so just to be able to accomplish each of my legs and do my best and know that I was helping the team—that’s what made it a very cool experience—a good thing to mark off the ‘bucket list,’” she said.

“Hopefully next year, we’ll get to do it again.”

—J. K. M.



The “Upriver Divas” team, shown in the order they ran their legs, left to right: Carrie Newby, Kylee Warner, Ashleigh Howell, Lisa Beazizo, Dani Magee, Taylor Warner, Meghan Parker, Karissa Sokol, Linda Gudmunson, Cheri Van Wagoner, Grace Visker, Brittney Biondolillo. The athletes were supported by “sleeper mobile” driver Shile Magee (far left), and van drivers Eric Warner (in red), Dick Gudmunson (far right, in white hat), and Tim Hibma (not shown). The team also had field support from volunteers Kobi Aschim, Kellen Russell, Dennis Dorgan, and Colton Maloney. *Submitted photo.*



Jubilant Upriver Divas cross the finish line shortly after noon on July 23. The 200-mile course began at the Peace Arch in Blaine at 6:15 a.m. the day before, and ended in Langley, on Whidbey Island. The east Skagit team finished the race in 30 hours, 35 minutes, and 58 seconds. *Submitted photo.*

Heading west? Catch Riverfront Park Summer Concerts in Sedro-Woolley!

AUGUST LINE-UP:

Leroy Thomas and the Zydeco Roadrunners, Aug. 6, 7 p.m.

Cherry Cherry (Neil Diamond tribute), Aug. 13, 7 p.m.

Info: John Hunter, jhunter@janicki.com or 360.814.1704

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Iron Woman

Endurance athlete Heidi Smith-Crosson conquers Half Ironman

By Jason Miller

Heidi Smith-Crosson of Concrete learned to swim two years ago. Since that time, she has completed 14 sprint triathlons and four Olympic triathlons. On July 16 she traveled to Chelan, Wash., and finished her first Half Ironman.

“It was a huge dream for me,” said Smith-Crosson. “If I can do this, anyone can.”

In high school, Smith-Crosson said she sprinted in Track, but never took it seriously. After high school she buckled down and, at 28, ran her first marathon. Now 41, Smith-Crosson looks back at the last three years. In 2008 she did two triathlons, one of them with her friend Danna Thompson. Amazingly, this was before she learned to swim. She ran her first Iron Girl in 2008 too, with Thompson helping her get through the race.

“That was phenomenal, since she had her own race to run,” said Smith-Crosson. “That meant a lot to me, because she stuck with me.”

After the Iron Girl, Smith-Crosson decided she’d have to learn how to swim, despite her fear of water. In 2009 she signed on with a swim instructor. “I needed to beat that fear,” she said.

In May 2009 she competed in her first

Olympic triathlon. Then more “sprints,” then another Olympic. She’d rise at 4:30 or 5 a.m. every day, and either train or run a weekend triathlon.

She set her sights on her first Half Ironman in 2010. She trained through the prior winter and competed in Ski to Sea, but injured her back in that race, then again two weeks before the Half Ironman. She missed the event, but with 20/20 hindsight, thinks the timing wasn’t right anyway.

“In retrospect, I don’t think I would have been ready,” she said.

With her eyes on the prize, Smith-Crosson began training for the 2011 Half Ironman in September 2010. She trained three to four days per week, from 5 to 5:45 a.m., then drove to work in Bellingham. After work she’d run or bike in Bellingham, returning home around 8 p.m. every night. On weekends she would do a long run (10 to 12 miles) on Saturdays, then bike up to 50 miles on Sundays.

The race

July 16 found her in Chelan at the Chelan Man 70.3 Half Ironman, with No. 603 written in Sharpie pen on her arms and legs. A follower of Christ, Smith-



Heidi Smith-Crosson smiles after her first Half Ironman, Chelan, July 16. Submitted photo.

Crosson wrote “Philippians 4:13” on the inside of her left forearm. The scriptural passage reads, “I can do all things through Him who strengthens me.”

“I have a very strong faith,” said Smith-Crosson. “I made sure that God came first, then my husband, Michael, then my training. Every time I got frustrated, I would look down at my wrist and see that—and it would keep me going.”

There certainly was cause for frustration during the race. She went into the race knowing she was her own competition, and had no “horrible feelings of nervousness.” The swimming leg went well, but the transition from water to the bike brought back old challenges.

“It never fails, I always have problems with that,” said Smith-Crosson. “I had gear issues with my shoes. It slows you down.”

The bike leg of the race included a 1,300-foot elevation climb. “That was really tough,” said Smith-Crosson. At the 44th mile, her husband and the Eric and Mandy Warner family drove alongside her for a few moments, snapping a photo and cheering her on.

“They were screaming and yelling and taking pictures, and I still had more miles

What’s in a race?

A race by any other name would still be as painful. Here’s how far you have to travel in each of the multisport races Smith-Crosson has competed in—or soon will take on.

Sprint triathlon

Swim: .5 mile
Bike: 12 miles
Run: 3 miles

Olympic triathlon

Swim: 1 mile
Bike: 25 miles
Run: 6 miles

Half Ironman

Swim: 1.2 miles
Bike: 56 miles
Run: 13.1 miles

Ironman

Swim: 2.4 miles
Bike: 112 miles
Run: 26.2 miles

to go, but it got me through it,” she said. Running the final leg of the race was slow going but not bad, said Smith-Crosson. “I smiled the whole way, and I loved it.

See Iron Woman, p. 38

Cinder Shins Fun Run race results

The third annual Cinder Shins 5K Fun Run, sponsored by Concrete Herald, was held July 23. Following are the top seven finishers and their times:

Chris Anderson	23.34
Clay Norris	27.16
Robert DiLeo Jr.	28.32
Melissa Hockett	28.57
Becky Hockett	30.13
Jenny Johnston	31.00
Melissa Norris	32.33

Congratulations to all participants in this year’s race!

CONCRETE HERITAGE MUSEUM NEWS

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 our library outside of our regular hours by calling Robin at 360.826.3075 or e-mailing us at concreteheritagemuseum@stumpranchonline.com.

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

Bow Hill: Thanks to all who helped raise \$556.50. Thank you, volunteers, for your help.

August picnic: The Annual Picnic/Potluck will be Aug. 11, at 6 p.m., at the Concrete Center. Tang, coffee, plates, and

plasticware will be provided. Everyone bring your favorite dish.

Memorial plaque: Robin is adding plaques to the memorial board. Recent remembrances include Richard Wegers, Lena Scales, and Jim Futrelle.

The Centennial reprint of *So They Called the Town Concrete* is still available. The new edition features enhanced photographs and a more readable font. New cover graphics were done by Philip Johnson. Copies are available at Albert’s Red Apple (at the lottery counter; please pay for it there) and the museum. An order form also may be printed at our Web site: www.stumpranchonline.com/concreteheritagemuseum.

WANTED: New Museum Association members! Support your local historical museum.

—Dan Royal

At the Upper Skagit Library

Drummer **Ray Soriano’s** appearance at Youth Activity Day, courtesy of the Friends of the Upper Skagit Library, was great fun for the kids and adults. There was plenty of enthusiastic drumming happening on July 21, and we have pictures from the event on Facebook showing the fun. Just click on the Facebook icon on the opening page at www.upperskagit.lib.wa.us.

On July 30, community members visited the library to make didgeridoos and boomerangs. While the 30th was the last day of the summer reading program, additional events are scheduled for Aug. 5 at 2 p.m. (Alex Zerbe, juggler) and Aug. 12 (an international food and story festival at 2 p.m.)

We have been fortunate to receive two grants recently. Provided through grants from Volunteers of America to P2P (Parent to Parent), we now have a cart full of LEGOS and DUPLOS so we can have LEGOS building going on at the library. We need to work on getting this organized and scheduled, so watch the Web site and look for posters announcing days and times.

The second grant was \$500 from Child

Care Resource and Referral of Snohomish and Skagit Counties at Volunteers of America, to be used to purchase early learning play-and-learn materials. We’re planning programs for 3- to 5-year-olds and their caregivers, which will give the children a good start on their reading life and be useful in ongoing educational experiences. Information will be on the Web site and posters giving the schedule for these sessions.

The library had a booth at Cement City Street Fair and will have a booth at Cascade Days. Stop in for general information on the library and to chat with the volunteers. Also during Cascade Days will be the Friends of the Upper Skagit Library book sale, and tickets will be available for the quilt raffle. You don’t want to miss those bargains!

By the time you read this, we will have received the laptops to be used for teaching computer literacy and for use in job-hunting or honing job search skills. As soon as we get the computers set up, we will put out sign-up sheets at the library. Interested in signing up? Call 360.853.7939.

—Aimee Hirschel

Please recycle this newspaper!

Celebrations

Gary and Nona Moody of Sedro-Woolley, formally of Diablo, announce the engagement of their daughter, Myla Marie Gregory Moody, to Jon Douglas Walter, son of Doug and Marianne Walter of Vancouver, Wash. They will be married Sept. 10 at the Garden Vineyards in Hillsboro, Ore.

Myla is a 2003 graduate of Concrete High School. She completed her BA degree in 2007 and her MA degree in 2010 at Washington State University.

Jon is a 2003 graduate of Skyview High School in Vancouver, Wash. He received his BS degree in 2007 and his MA in 2009. He is currently in the PhD program at Washington State University and plans to graduate with his Doctorate in December 2011.



Myla Moody and Jon Walter. Submitted photo.

On June 18, **Robin Wood** of Concrete was hostess to many friends and relatives celebrating her 80th birthday (June 20) at the Bamboo Gardens in Mount Vernon.

Robin attributes her long life to Vitamin F, which stands for “Friends and Relatives” who support you throughout your life.

Robin has been married to Gerald Wood for 63 years. They have seven children—Diane Tanguy (John), Randy Wood (Karen), Ryan Wood (Lori), Rick Wood (Ginni), Wendy Shields (Will), Ramsey Wood (Toni LeClare), and Ross Wood (Julie)—13 grandchildren, and four great-grandchildren.



Robin Wood. Photo by Sheya Sanchez.

clothing and toiletries, DSHS services, youth services, school supplies, veteran’s services, and surplus.

Special shuttle service will be available to and from this event, and includes pick-up/drop-off points in Marblemount, Rockport, Concrete, Hamilton, Lyman, and Skagit Valley College.

We are not sure of the seating capacity of the vehicles and only two runs will be made, so please call the East County Resource Center in Concrete at 360.853.7009 and make your reservation NOW.

Reserved passengers will have priority for service.

For the shuttle schedule to the Project Homeless Connect/Veterans Stand-down event on Sept. 8, turn to page 33 of this issue.

Concrete Herald



Smith-Crosson gets an emotional boost from husband Michael and members of the Warner family while pedaling the bike leg of the Half Ironman in Chelan, July 16. Photo by Michael Crosson.



Academics



Concrete School District names new principals, athletic director

After losing high school principal Don Beazizo and elementary school principal Matt Whitten at the end of the 2010–11 school year, Concrete School District has named their replacements.

Alternative Education Director Mike Holbrook will take the high school principal position. Former Concrete assistant principal Rob Dahl will return to serve as the elementary school principal.

Holbrook has been with the school district for 15 years. He will retain his title of alternative education director while assuming his new duties.

Dahl worked for Concrete School District from 2004–06 as the middle school and high school assistant principal. He took an assistant principal position in Lakewood in 2006 until accepting the new position in Concrete. Prior to 2004 he taught K-8 math at Burlington-Edison.

Concrete School District Superintendent Barbara Hawkins said her hope had been to hire from within. “We posted within the district, knowing that we had at least three staffers who had administrative credentials,” she said.

Holbrook and Dahl began their new duties Aug. 2.

Athletic director named

Beazizo wore more than one hat while serving the district, one of them being athletic director. Hawkins said high school Track co-head coach Ashleigh Howell has been named to that position, with an Aug. 8 start date.

State funding unknowns forced the district to give pink slips to seven employees in May. Six have been rehired.

School reunion potluck picnic planned

Graduates of the old Lyman and Hamilton schools are invited to attend a potluck picnic at Lyman City Park on Aug. 13 from noon to 4 p.m. Organizers ask attendees to bring their own table service, soft drinks, coolers, lawn chairs, and blankets. A BBQ pit is available. The focus of the event is memories; bring photos, stories, and albums. For more information, call 360.826.3160, 659.9848, or 707.0391.

In memory of “Mac”

Former Concrete High School principal and superintendent George Gordon “Mac” McIntire passed away April 13 of this year. He was 94. Long-time Concrete citizens will remember Mac and his wife, Kay, who attended Cascade Days last year; Kay plans to attend this year too.

Mac started his teaching career in Pitcher, Okla., but interrupted his time there to serve in the Army Corps of Engineers from 1942–1946, during World War II. He met Kay at the USO Club in Chehalis, Wash.; they married on May 19, 1945 and raised three children: Jerrie, Maryann, and Patrick.

In 1946 Mac and Kay moved to Concrete, where Mac taught business education and math for two years. He continued his education and received his administrative credentials from the University of Washington. In 1948, he became high school principal under Superintendent James Pendergrass. In 1951, the school board chose Mac to succeed Mr. Pendergrass as superintendent, a position he held until June 30, 1959. During this time he oversaw the construction of the new high school.

Mac and Kay left Concrete in 1959 and moved four times during the next four decades, finally settling in Vancouver, Wash., in 2002.

If you miss Kay during Cascade Days, you can connect with her via snail mail at 17171 SE 22nd Dr., Apt. 102, Vancouver, WA 98683.

—J. K. M.

Exchange students need hosts

International high school exchange students are coming to study in the Concrete area during the 2011–12 school year. These students will integrate themselves into a local family with the goal of experiencing American culture as an American high school student does. In turn they will provide insight into their own culture. STS Foundation, a nonprofit student exchange organization, will help facilitate these relationships.

Two of the students STS is looking for host families in the area for this year are Henri and Thea. Henri, 16, is from Finland. Thea, 16, is from Norway. They are both excellent students and will have their own spending money and health insurance.

Host families should be able to provide a separate bed, family meals, and a loving and safe environment. If your family is interested in being a host family, contact Lillian Clemente at 800.522.4678 or lillian@stsfoundation.org.

Go to www.stsfoundation.org for more information.

Surplus sale Aug. 24

Looking for good stuff, cheap? Concrete School District will hold a surplus sale on Aug. 24 from 9 a.m. to noon at 45389 Airport Way in Concrete.

Items will be sold on a first-come, first-served basis. A list of surplus items may be picked up at the district office.

The condition of the property is sold “as is,” with no expressed or implied guarantee of warranty.

Buyers are solely responsible for pick-up and transport of property from district grounds. Items purchased must be removed from district grounds by noon on Aug. 24.

Cash sales only. Third-party or personal checks not accepted. All sales are final.

For more information, call the Concrete School District office at 360.853.8141.

2011–12 Kindergarten registration under way

Concrete Elementary School is accepting kindergarten registrations for the 2011–12 school year.

Students must be 5 years of age by Aug. 31 to be eligible to attend kindergarten. Parents must provide complete copies of their child’s birth certificate and immunization records before the first day of school. For more information, call the elementary school at 360.853.8145.

Two poems by Arielle Aiken

What you missed while you were away

This is what you missed while you were away
You missed all my ambitions changing
And this time I didn't try to express it
And announce it to the world,
Like last time I climbed back up
From my fall from grace
In fact I have never been as big a liar
As I was when you were here
Now my word is good
I'm not chasing superiority
You missed the adventures that I've been on
Everything I've discovered in the mountains
That's what I chase now: adventure
I tried to swim across Lake Shannon
And nearly drowned
You missed me cleaning up
In more ways than one
My skin got clear
My addiction's gone as well
Shopping for confidence
And cosmetic knowledge

≈ ≈ ≈ ≈ ≈

Advice to Miguel on the occasion of lunch

Twist off the mayonnaise bottle cap and use an abundance of condiments.
Forget about calories and carbs, and eat what feels right.
Assemble a meal that will fill you up until at least 2:30.
Release any worries you have about diabetes.
Dive into that pile of Tots.
Congratulate the lunch lady on her stupendous culinary skills.
Breathe in the sensuous smells of your meal to fully enjoy its splendor.

Jewel on Baker Lake

Redesigned and reopened, Swift Creek Campground stays closer to nature while allowing recreational access

By Jason Miller

U.S. Forest Service landscape architect Ann Dunphy led a group of 24 visitors through the Swift Creek Campground June 24, during an open house for the re-paving and renamed Baker Lake Resort. Following a two-year demolition and reconstruction period, the campground officially opened for business that day, although some fine-tuning is still under way.

Guests who remember the Baker Lake Resort will see several changes. Gone are the cabins, replaced by a day-use area. The campsite count has dropped from 90 to 50. A mile of new trails through the campground was installed. The old RV site has been converted for groups, with plans to add two campfire circles to that area. There are no RV hookups in the new campground, however.

“There’s less pavement,” said Dunphy. “It’s more natural.”

Other changes or improved amenities:

- The former store will be used as office quarters for campground management, Hoodoo Recreation Services.
- The floating boat dock was retained because of its popularity with visitors.
- Trails and facilities were upgraded to meet accessibility standards throughout most of the campground.

- A picnic shelter and swim beach with a shower offer more options for day users and campers, while providing more opportunities for larger groups.
- The camping loop road configurations were changed to improve traffic flow and make it easier to navigate.
- New water lines were run throughout the campground.
- Campsites toward the back of the campground meet ADA standards, and have new tables, tent pads, and grills.

The site’s transformation into Swift Creek Campground was a collaborative process, said Dunphy. “About 24 entities came together to create the campground,” she said during the tour, noting that the cost of its construction had topped \$900,000 to date.

Whatcom County corrections crews from Bellingham handled much of the work by installing gravel paths, log barriers, and the accessible picnic areas. “It’s a way of stretching taxpayer dollars,” said Dunphy.

Why the change?

The site, once inhabited by Baker Lake Resort, is located 30 minutes north of State Route 20 on Baker Lake Road. Resting on land owned by the U.S. Forest



The former Baker Lake Resort was a favorite camping destination for James Danforth and Sharon Robbins, who attended the Swift Creek Campground grand opening June 24. “It’s sad to see what’s missing now, but what they’ve done with it is very beautiful,” said Robbins. “We’ll be back.”

Service, and leased and operated by Puget Sound Energy through a special use permit from 1998–2009, the campground is the result of a decision by USFS to move the site back to a more “natural” look, while increasing privacy for campers.

PSE was meant to relinquish the resort and campgrounds back to the USFS at the end of the lease term; a 2009 settlement agreement gave the operation of the resort back to the USFS under a new federal operating license—a more appropriate fit, said Roger Thompson, Public Relations Manager for PSE, in a 2009 interview.

“We came to a collective agreement about what kind of conditions we wanted to see under the new license,” he said. The new arrangement reflected the consensus that “the business of recreation is better suited for the Forest Service—which already operates a lot of campgrounds—not necessarily for a company like PSE,” whose focus is the generation and distribution of electricity, he said.

The property now has become a Development Level 3 Campground under the watch of the USFS, with primitive campsites that include tent sites, picnic tables, fire rings, and water spigots. The cabins, shower facilities, and water and electric hookups for RVs were torn down and removed.

A legend passed

The former resort had a rich history. It was named Tarr’s Resort before Edward and Betty Lemos bought it in 1975, naming it Baker Lake Resort and running it till 1998, when PSE bought it. Lemos was a businessman in southern California,

but found he needed to escape the city. The Lemoses and their three children loved the outdoors, so they decided to own and operate a campground.

Charlie Tarr, a family friend, had two decades earlier built and operated what would become Baker Lake Resort. The Lemos family leased the resort from the USFS, which still owns the land.

The resort offered a dock, bathhouse, bathrooms, and 12 cabins. Later, the Lemoses built a store, and renovated the bathhouse and other structures.



A cycle paddle boat rests on the new dock on Baker Lake at Swift Creek Campground. The new campground rents fishing kayaks and canoes, and will add boat rentals and another dock next year.



Clear Lake



Street Fair coming Aug. 27

Story and photo by Sylvia Matterand

The 4th annual Street Fair at Clear Lake will be held Sat., Aug. 27, from 10 a.m. to 4 p.m. Admission is free.

This year the street fair is combining with The Village Fair, which will have five bands playing live music, a silent auction, and bouncy toys. The Village Fair will be located at Clear Lake Elementary School.

The Street Fair will set up in its usual location: the grassy strip along Highway 9 from the school to the area across from the post office. Food vendors will be located in front of Clear Lake Community

Covenant Church, with burgers, baked goods, ice cream treats, and specialty drinks, such as Italian sodas.

Lots of Arts and Crafts and treasures will be available for sale, along with Chihuahua accessories by the Chihuahua Rescue Group! Vendors are businesses, individual artisans, and community groups raising money for specific charities.

Anyone who wants a vendor location or more information about the street fair is encouraged to contact Karen Wilson at 360.856.4253 by Aug. 20.

Enjoy the street fair!



Bouncy toys, shown in this photo from last year's street fair, will return this year, provided by the Clear Lake First Baptist Church youth group. Look for them at Clear Lake Elementary School.

Don't be shy



**Got a story worth telling?
Concrete Herald wants
to tell it!**

Contact:
Jason Miller, editor
360.853.8213
editor@concrete-herald.com

Concrete Herald

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Sylvia Matterand

Clear Lake's first-ever Community Potluck on July 26 did NOT have rain! We were pleasantly surprised by decent weather and 20–28 people attending. Clear Lake Community Connection thought it might be fun for people in our community to get together in the summertime for a casual way to get acquainted. It was timed to happen prior to the Clear Lake Historical Association walking tour, to also encourage people to participate in that event.

—Sylvia Matterand



Sylvia Matterand

The second annual CLHA walking tour of Clear Lake had a crowd of about 20 people listening to historian Deanna Ammons describe buildings, businesses, and people of the past, and showing photos of buildings past and where they had stood.

Traffic on Highway 9 made it a little difficult to hear, but gathering close we learned about the bustling community of Clear Lake in its heyday when Clear Lake Lumber Co. employed about 2,000 people and some workers commuted by train from Seattle. One fun photo showed a company picnic, with an open train carrying about 2,000 people out of Clear Lake up to the lumber camp for the day—Something that never would be allowed today.

Two descendants of the early pioneers, the Bartls, drove up from Seattle to attend the walking tour. Many from Clear Lake were interested to hear about the history of their community.

—Sylvia Matterand



Community Calendar



AUGUST

- 4 107th Annual Skagit County Pioneer Association Picnic and Meeting, Pioneer Park, La Conner; see article, p. 34
- 4–7 Celebrations of Generations Pow Wow (Sauk-Suiattle Tribe), 4 Cedars, Hwy 530 northeast of Darrington; info at 360.436.0131
- 5 Anacortes Arts Festival; info at www.anacortesartsfestival.com
- 5–7 Rockport Fire Dept. Community Garage Sale, Rockport Fire Hall on Alfred St., Rockport; 8 a.m. to 5 p.m.; see article, p. 24; 360.853.7699
- 6 Birdstock Festival, Birdview Brewing Co., Birdview
- 7 Bark Park Festival, Sedro-Woolley Bark Park, 10 a.m. to 5 p.m.; see article, p. 17; info at 253.205.1975 or friendsofswbarkpark@hotmail.com
- 10–13 Skagit County Fair, Mount Vernon; info at www.skagitcounty.net/fair
- 11 Concrete Heritage Museum annual potluck picnic and membership meeting, Concrete Center, 6 p.m.; info at 360.826.3075
- 13 Big August Hoobajoob art exhibit, Mansford Grange (Railroad Ave., behind the IGA), Darrington, 10 a.m. to 5 p.m.
- 13 Concrete High School Classes of 1940s no-host BBQ, The Eatery, Marblemount, noon, bring your own chairs; info at 360.853.8942
- 13 Lyman/Hamilton Schools Graduates Reunion Potluck Picnic, Lyman City Park, noon to 4 p.m.; see announcement, p. 12; info at 360.826.3160, 659.9848, or 707.0391
- 18 Town of Concrete Community Movie Night, Silo Park (at silos), dusk, weather permitting; info at 360.853.8401 or www.townofconcrete.com
- 19 Skagit County Offices and Departments (including Sauk Transfer Station and Clear Lake Compactor site) CLOSED
- 19–21 Concrete High School Class of 1961 Reunion, celebrating 50 years, several events planned; info at 360.853.7353 or 360.873.2250
- 20 Rally in the Valley Poker Run, Metcalf St., Sedro-Woolley, 7:30 a.m. registration, 8 a.m. start; see article, p. 24; info at 360.814.5702
- 20 Skagit Family Jubilee (free family event), Sedro-Woolley Community Center, 703 Pacific Street, 3–8 p.m.; info at 360.708.1547 or kauleenandrandi@gmail.com
- 20 Friends of the Upper Skagit Library book sale, corner of Main St. and Douglas Vose Way, Concrete
- 20 Concrete High School class of 1950s Annual Potluck Picnic, Skagit View Village, 1 p.m.; info at 360.856.6465 or 360.853.8233
- 20–21 Cascade Days, Concrete; see article, p. 7; info at www.cascadedays.com
- 24 Concrete School District surplus, 45389 Airport Way, Concrete, 9 a.m. to noon; see article, p. 12; info at 360.853.8141
- 25–28 American Veterans Traveling Tribute and Traveling Wall, Swinomish Casino, Anacortes; info at www.swinomishcasino.com or 888.288.8883
- 27 Skagit River Bald Eagle Awareness Team Benefit Yard Sale, in field just west of Loggers Landing, Concrete, 9 a.m. to 4 p.m.; info at 360.853.8296 or 360.333.0228
- 27 Clear Lake Street Fair/The Village Fair, Clear Lake, 10 a.m. to 4 p.m.; info at 360.856.4253
- 27 Back 2 School Party, Inspire Church, 805 Township St., Sedro-Woolley, 11 a.m. to 2 p.m.; info at russ-karmen@frontier.com
- 27 Praise in the Pasture, Lyman Baptist Church, 31551 W. Main St., Lyman, 11 a.m. to 5 p.m.; see article, p. 18; info at 360.420.2345
- 30 Small-town specialist Becky McCray presentation in Concrete; see article, p. 4; info at 360.853.8401

SEPTEMBER

- 8 Project Homeless Connect /Veterans Stand-down, Skagit Valley College, Mt. Vernon, 9 a.m. to 4 p.m.; see article, p. 11, and shuttle schedule, p. 33; info at 360.853.7009

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

Community meetings

Concrete Chamber of Commerce meets the second Thur. of each month at 8 a.m. Meetings usually are held at Hi. Lo. Country Bar & Grill, 7296 Baker St., Concrete Town Center. 360.466.8754 or concretechamber@mac.com.

Concrete Eagles Aerie 1444 holds Aerie meetings the first and third Wed. of each month at 7:30 p.m., and Auxiliary meetings the first and third Tue. at 7:30 p.m., at 45930 Main St., Concrete. tuffenuf1@frontier.com.

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

Concrete School Board will meet Aug. 25 at 7 p.m. in the high school Commons. The board will hold a workshop Aug. 22 at 6 p.m. in the high school Commons. 360.853.8141.

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

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

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

Forest Park Cemetery District #5 meets the second Wed. of each month at

the cemetery office on Compton Lane in Concrete, at 8 a.m. 360.708.3656.

Friends of Upper Skagit Library meets annually in Feb. each year. 360.853.8549 or uslfrinds@gmail.com.

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

Imagine Concrete meets the second Wed. of each month in the Pilots' Lounge at Mears Field in Concrete, at 6 p.m. 360.853.8213 or goodwords@frontier.com.

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

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

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

Sedro-Woolley School District board meets the second and fourth Monday of each month at locations TBA, at 7 p.m. 360.855.3500 or rmiller@swsd.k12.wa.us.

*To add your organization's meeting to this list, e-mail editor@concrete-herald.com or call 360.853.8213.

Friends of the Bark Park presents

Bark Park Festival

**Aug. 7
10 a.m. to 5 p.m.
Across from Riverfront Park
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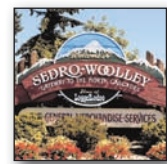


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Sedro-Woolley



A glimpse of the Middle Ages

Society for Creative Anachronism seeks to experience the distant past.

By Jason Miller

Did you notice the tents and flags in the former farmland for Northern State Hospital during the weekend of July 15–17?

That wasn't a Renaissance Faire. It was a local chapter of the Society for Creative Anachronism, with more than 950 members pouring into the field during the three-day gathering.

SCA members are dedicated to the preservation, research, and recreation of the crafts, arts, and experiences of the Middle Ages and Renaissance periods, prior to the 1600s. Their immersion in that period earned them their name.

See **SCA**, p. 39



Bryson McCloughen and Alisoun Lamb, a.k.a. Bryson MacLachlan and Duchess Angharad Drakenhefd.



Rick and Cindy Gould, a.k.a. Fredrick the Red and Delane the Forgotten, met through the SCA.



Tom Royal, a.k.a. Sir Thorkel Fitz Hrothgar, a knight, displays a fighting stance and wears heavy armor.

Sedro~Woolley Outdoor Movies

July may be over
but the movies aren't!

August 5th
Tangled

August 12th
Secretariat

Located at the corner
of Warner & Walley streets.

Concessions by
S-W Community Fellowship.

\$5 per person (5 & under FREE)

Rain alternative: 817 Metcalf St

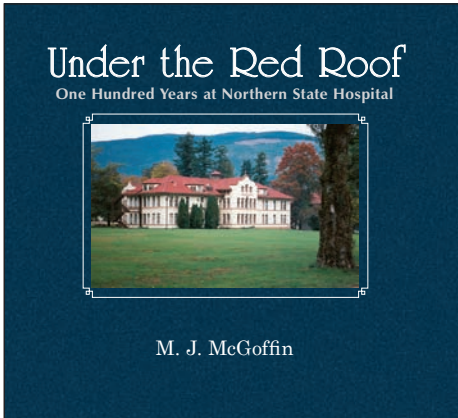
Music starts at 8

Sedro-Woolley, WA

New book details history of Northern State Hospital

Stories still circulate through Skagit County about Northern State Hospital. Now, Sedro-Woolley writer Mary J. McGoffin has gathered them in a book.

Under the Red Roof: One Hundred Years at Northern State Hospital is a compilation of several interviews with people who lived or worked there. McGoffin researched the entire 100 years, dating back to 1909. In November 2010, McGoffin submitted the property to the National Register of Historic Places, and the National Park Service accepted the site, concurring that it made a significant contribution to our understanding of mental health care in the 20th century. The nomination, however, was about the physical property and did not include any "people" stories. In order to accurately record the history, McGoffin felt that first-hand interviews would be able to fill in the human experience.



The national trend of closing mental hospitals in the 1970s caught Northern State Hospital in its wake. McGoffin's interviews reveal the anger and sense of injustice still felt by those with ties to the complex. The book includes the post-hospital developments that occurred from 1973–2010. The book is available for \$16 at the Sedro-Woolley Museum and Simply Silver & More in Sedro-Woolley. It also is available online at Amazon.com.

2011 Loggerodeo Parade winners	
Floats	
1st place	Berrywood
2nd place	El Gitano Restaurant
3rd place	Sedro-Woolley Museum
Marching Bands	
1st place	Nile Shriners
2nd place	Skagit Valley Marching Band
Drill/Marching Unit	Sedro-Woolley Cheer
Equestrian	Loggerodeo Queen Andrea Iverson
Pooper Scooper	Washington Int'l Girl
Antique Car/Vehicle	George Anderson
Antique Tractor/Equip.	Cascade Two Cylinder
Log Trucks	
1st place	L.E. Hornbeck Trucking
2nd place	Janicki Logging & Const.
3rd place	Frank Harkness
Youth Group	S-W Little League All Stars 12 yrs. old
Church / Community Group	Sedro-Woolley Class of '81



Sedro-Woolley Community Fellowship hosted a grand opening and dedication ceremony July 10 in its new home at 817 Metcalf (old Oliver-Hammer building) in downtown Sedro-Woolley. On hand at the ribbon-cutting ceremony were, from left, Verna and Rick Qualls, Representative Kirk Pearson, Diane Russell, Jonathyn Williams, RJ Qualls, Reverend Ryan and Elizabeth Riley, and Jina Williams. *Photo by Pola Kelley.*

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Dr. S H Vivien Quek

Bark Park Festival, Aug. 7

Friends of the Sedro-Woolley Bark Park will hold a Bark Park Festival Aug. 7 from 10 a.m. to 5 p.m. at the bark park, located across from Riverfront Park.

The festival's goal is to raise funds to build a small dog sanctuary for the park, according to Tammy Falkner, who is helping to organize the event. "There is a large number of people who do not visit the park due to lack of these facilities, and could benefit from the social aspects that a bark park has to offer," she wrote in an e-mail.

The group also plans to use money raised from the event to improve the overall play area of the park, including adding in facilities for dogs to play on and putting down chips in muddy areas.

Planned festival attractions include a Pooch Parade at 1:30 p.m. (with prizes for best costumes), hair dye station, stuffed animal play corral, paw print stamping, a popcorn-catching contest, a doggie cake walk, small dog races, best trick contest, and "bobbing for hot dogs."

A number of dog- and pet-related businesses and organizations will be on hand, including Chihuahua Rescue, Noah, Skagit County Humane Society, and Skagit County Emergency Animal Shelter.



Any group interested in joining the fun should contact organizers.

Falkner said more volunteers are appreciated. For more information, call 253.205.1975, visit the group on Facebook under Friends of Sedro Woolley Bark Park, or e-mail friendssofswbarkpark@hotmail.com.

The Sedro-Woolley Bark Park was completed in 2008.

Choose a Doctor Who Understands Your Needs

Dr. Quek provides general family practice, well patient exams, and nutritional consulting. She is Board Certified in Family Medicine and has a Masters Degree in Clinical Nutrition. Dr. Quek is accepting new patients of all ages at the Sedro-Woolley Family Medicine Clinic, where most all insurance plans are accepted. For your convenience, Dr. Quek also has Saturday hours.

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Lyman



Praise in the Pasture

Carrying on the tradition begun by Praisefest in Rockport last year, a similar event is planned in Lyman this month. Praise in the Pasture will be held Sat., Aug. 27, from 11 a.m. till 5 p.m. (or later), in the field behind Lyman Baptist Church, located at 31551 W. Main St., in Lyman. The event is meant to be primarily “a free event where people can enjoy music and fun,” said organizer Stacy LaCount. To that end, LaCount and other volunteers are bringing in fair-style attractions, including a bouncy house, face-painter, and a dunk tank where participants will have a chance to dunk PUD Commissioner Jim Cook. A volleyball net will be up and there’s a chance for a large water slide too. The Experience Salon will be on site, offering temporary hair graffiti and feather hair extensions, with all proceeds being used to fund a mission trip to Mexico. Food vendors will be there too, selling all manner of treats. Christian musicians and speakers— heavy on the music—will take turns entertaining and educating the crowd. On the music side, look for Josh Donnell, Closer to Home, the Lyman Baptist Worship Team, Armando Lopez, and more. Speakers will include George Henson from Harvest Vision Ministries and local pastor Norm Swihart. For more information on this event, call or text LaCount at 360.420.2345. —J. K. M.



Submitted photo

Combat flag gets a fitting escort

Volunteers from SW Community Troop Support (SWCTS) transported their American Combat Flag from Afghanistan from Lyman Town Hall to the KAPS/ KBRC Radio Station in Mount Vernon July 11 with the assistance of a motorcycle escort composed of about 40 bikers from Island, Skagit, and Whatcom counties. The flag, received last December from Sgt. Charlie Ross and his Chinook flight

crew, has been on tour visiting businesses and community entities that helped with the 2010 Christmas Care Package Campaign. The flag finished its tour at the radio station and was on display there until July 20. Sgt. Ross (holding flag in above photo) happened to be home from deployment and participated in the transport, carrying the flag on his person in the escort, just as he did on the Chinook war bird during a night mission in Afghanistan. The escort helped SWCTS promote two Poker Run fundraisers they have planned



Denise Mathews and Greg Weaver brought their lovingly restored 1950 Crosley FarmOroad to the Lyman Car & Craft Show July 9. A mere 600 of the miniature workhorses were made; Weaver said only 200 registered vehicles remain in the world. Mathews and Weaver took the tiny hybrid car/truck under their wings and spent four years restoring it. “People don’t take it seriously, but it’s every bit a vehicle,” said Weaver. **Inset:** The FarmOroad’s engine compartment.

Car & Craft Show raises \$7K

Sunny skies greeted visitors to the Lyman Car & Craft Show July 9. The financial outlook turned out to be rather sunny too, as the popular annual netted \$7,000—all of which will be used to maintain and improve the Lyman Park and cemetery. “That was money we raised before and during the event, with expenses taken out,” said Sonja Haigh, who organized the event with Nancy Trythall. Emcee Jeanne Johnson’s voice rang out over the crowds as they walked past the 142 cars on display, which came from points as far as Seattle to Canada. The event included 26 craft booths,

for this year. Both runs will start in Sedro-Woolley. The first event is July 30. It will start with breakfast at Sedro-Woolley Eagles and end with a party hosted by Mt. Baker Harley-Davidson, including music by “Scratch Daddy” and a BBQ, as well as prizes donated by businesses and members of the community. The second poker run is Sept. 24 and will end with a catered luncheon hosted at Challenger Ridge Vineyards in Concrete. There will be free wine tasting, jet boat rides, and music by Amethyst Skull. For more information or to register for a Poker Run, go to www.swcommunitytroopsupport.com.



Day Creek



Helicopter placed logs for Day Creek salmon habitat restoration

Skagit Fisheries Enhancement Group (SFEG) came to Day Creek July 20— packing wood, lots of wood. The group began construction of a “large woody debris” (a.k.a. logs) salmon habitat restoration project in lower Day Creek that day. The objective of the Lower Day Creek salmon restoration project is to create more natural stream conditions using large woody material. Groups of logs are being placed to reinforce and resemble natural accumulations of woody debris. Wood structures will increase roughness and channel complexity, create pools and maximize habitat values, and mimic natural habitat features. A total of 31 log structures were placed in a three-quarter-mile-long stretch of Lower Day Creek, downstream of the South Skagit Highway Bridge. Construction began when a double-bladed Boeing Vertol 107 helicopter transported large logs and boulders weighing 7,000 to 10,000 pounds each to designated placement sites. Following helicopter placement, the wood structures were assembled using an excavator and hand crews consisting of SFEG field technicians and volunteers. Logs were cabled to the boulders, which will function as anchors to ensure that the log jams do not move downstream during high-water events. Day Creek provides important aquatic habitat for multiple species of salmon, including Chinook, pink, chum, and coho, as well as steelhead and cutthroat trout. Historically, Lower Day Creek and its sloughs provided miles of excellent salmon habitat for lower Skagit River

To select appropriate sites along Day Creek for habitat restoration, SFEG identified areas of Lower Day Creek where existing habitat was degraded by a lack of channel complexity and large woody debris by completing a Feasibility Study in 2004. Based on the results of that study, fisheries biologists and engineers from the Forest Service, National Park Service, and SFEG walked the stream to identify locations where wood structures could be used to improve habitat conditions. Once preliminary placement locations were identified, SFEG contracted with a professional engineering company that specializes in fish habitat enhancement to evaluate the structure designs and determine whether or not they would remain in place during flood events without increasing flood elevations or exacerbating erosion. —J. K. M.

Community notes

The District 16 **firefighters garage sale** July 22–23 was great! Saturday started out a little slow, but picked up later in the day. Thank you all for your donations and stopping by to say “Hi.” Day Creek is looking for **ideas for community events**—for fun and fundraising. These events will help us get to know our neighbors and help support our fire hall too. Coming events include a music and potluck evening, a firefighters appreciation dinner, and movie nights. Dates for these events will be announced later. If you have an idea, call Donna Pulver at 360.826.3003 or Kathy Henderson at 360.826.3581.

The ladies of Day Creek Chapel will host a yearly **Women’s Retreat** at Camp Casey. This year’s camp is scheduled for Sept. 23–25. Cost is \$110 for three days; food and lodging are included. For more information, e-mail Sharon Herring at fishclan2@gmail.com. **Family Camp** is planned this year for Aug. 19–21 at Bryce Campground in Whatcom County. There is plenty to do and lots of fun for all family members. For more information, contact Sylvia Miles at 360.826.3696. **Kingdom Builders** is on the move. Working with Day Creek Chapel and

Fire District 16, Donna Pulver and Kathy Henderson are serving as co-directors of a “helping hands” mission that is working to meet the needs of the Day Creek Community, including:

- Trip to the doctor or hospital
- Picking up groceries
- Home visits
- Simple house or yard work
- Small home repairs
- Help to locate doctors, banks, legal advice, a house- or pet-sitter, and more

Kingdom Builders is a gift-funded mission, using volunteers from Day Creek to reach out with a helping hand to their neighbors. In doing so, we hope to create a strong and healthy community. The group meets Wednesdays from 6:30 to 8:30 p.m. at Day Creek Chapel. If you are interested in becoming a volunteer, please call 360.826.3003 or 360.826.3581. The **Day Creek Fire Hall** is looking for a community-minded person to take charge of maintenance. Tasks such as lawn mowing, bee control, pressure-washing, etc., are crucial to the upkeep of the hall. If you’re interested, call Travis Arendse at 360.826.5125. If you have information you want to share, contact Kathy Henderson via e-mail at winningcircularanch@gmail.com. —Kathy Henderson

Don’t be shy



Got a story worth telling? Concrete Herald wants to tell it!

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Jason Miller, editor
360.853.8213
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Concrete Herald

Women’s Retreat slated for Oct. 7–9

The Upper Skagit Valley Women’s Ministries team will hold its annual nondenominational Women’s Retreat Oct. 7–9 at the Baker Lake Lodge. This year’s theme is “Choose Forgiveness,” featuring speaker Karen Ellison. The event will offer an additional day this year, beginning Friday night and continuing through Sunday morning, including worship services. The new, expanded format allows attendees to make a choice of an extra day of participation. Registration brochures will made available in mid-June and mailed out to all previous participants. Brochures also are available at various outlets within the community. The retreat features worship and learning opportunities in a relaxed and casual Christian atmosphere. The group’s stated mission is to provide an interlude of inspiration and refreshment for women in east county communities. Details and a registration form can be found at www.stumpbranchonline.com/upperskagitwomen. Interested women also may call 360.826.3849 or 360.826.6141.



Left: Sarita Reynolds put the finishing touches on the new sign for Concrete Center, formerly known as Concrete Senior Center, July 2.

Right: Don Burns from Lake Havasu City, Ariz., a.k.a. Uncle Sam, waves to the crowd during Concrete's first July 4 parade. Burns married a Sedro-Woolley woman and spends his summers in Concrete.



July in pictures



Above: Proud bikers posed with their trophies after the Motorcycle Show in Concrete, held during the Cement City Street Fair July 23. From left: Pat Glaister (Vintage Class—1984 and earlier), Rick Gunselman (Best Paint), Dave "Spark Plug" Butler (Non-Harley), event sponsor Rob Tygret with Eagles In Flight Sales & Service, Mike Rogers (People's Choice), Kyle Farrar (Best Chrome), Catherine Dostart (Best Woman's Bike).



Left: Chris Anderson (left), 34, of Everett, shakes hands with *Concrete Herald* publisher Jason Miller after winning the 3rd annual Cinder Shins 5K Fun Run July 23, sponsored by *Concrete Herald*. Race results are listed on p. 10. *Photo by Jody Miller.*

Left: Bikers salute the combat flag before escorting it from Lyman Town Hall to the KPS/KBRC radio station in Mount Vernon July 11. About 40 bikers from Island, Skagit, and Whatcom counties turned out for the event. *Submitted photo.*



Above: Sebastian Samora, 15, of Concrete, gets some air during Concrete Youth Activity Day July 21. Samora competed in the "Skate Comp" contest that day.



Above: A tree swallow fed its hungry brood July 13 in Concrete. The family is living in a birdhouse built by local youth Ham Herman. Herman's creation is one of 13 built by local youth and mounted on the fence posts that frame the Town Center sign. *Photo by Doris Pollack.*



Left: July 4 festivities in Darrington included a tug-of-war for kids, with the town's drop-dead-gorgeous scenery as a backdrop. *Photo by Marla Skaglund.*

Right: Chainsaw carvings filled a square in Sedro-Woolley during Loggerodeo this year. This bench end depicts a bear eating a salmon. *Photo by Kristina Collins*



Right: The Loggerodeo Rodeo delivered adrenaline-charged entertainment again this year. Here, a cowboy does his best to stay on board.



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Right: Keith Kirchesler of Big Lake came to the Loggerodeo Parade in full pirate regalia. *Photo by Darcy Craig.*

Left: American Legion members Adolph Nieshe (left) and Philip Jorgensen started off Concrete's July 4 Parade the right way, bearing the U.S. and American Legion flags with honor.



Thanks to all my loyal customers for letting me serve you!
You're invited to my retirement/welcome new agent open house on Aug. 23, from 3 to 6 p.m., at 407 State St., Sedro-Woolley.



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Hamilton



Council summary

The Hamilton Town Council held a regular meeting on June 14. Following is a summary of that meeting.

- Ordinance #290 passed, regarding pay rates for city employees.
- The letter from John Graves with FEMA was discussed, along with the proposed letter from Mayor Bates to all residents regarding RVs. Mayor Bates stated he was very reluctant to send the letter forcing all RVs from the town from Nov. 1 to April 1. He reported there are 51 RVs with 102 people (a third of the town’s population). He stated the following reasons the Town of Hamilton would not benefit from RV removal:

1. Town would lose some funds they receive for population.
2. Water sales would be lost for those six months.
3. The Town received grants based on its low-income status.

Some residents have approached the mayor, saying they purchased land to place an RV to live in, and at that

time they were not told they would have to leave for six months. If they are forced to leave it would place a hardship on them. Council member Benjamin stated that the homeowners who now have to pay for increased flood insurance rates created from not complying with the FEMA ruling are being penalized. Council member Moore stated that the loss of water sales may be more than compensated by the increase in water use by Janicki Industries with its proposed new building. Mayor Bates stated that outside city limits of the Town of Hamilton, these regulations do not apply.

Larry Benjamin noted that the wording stated RVs are to be removed from Nov. 1 to April 1. This is part of Ordinance #187. He said he had done some research and the Department of Ecology would be able to assist the enforcement of the ordinance, and the Attorney General has to prosecute what the Department of Ecology directs. Council member Moore suggested we start at the

Attorney General’s office and ask for guidance, and mention the \$50 assessment and the threat to go public with the Town’s noncompliance by sending copies of the letter to the County and FEMA. Council member Bonner suggested copies to our representatives in the legislature.

There was a discussion on the dates in the ordinance. It was noted that 180 days was not from Nov. 1 to April 1; rather, it should be from Oct. 1 to April 1.

Council Cromley suggested the response letter to John Graves be sent responding to what those items resolved and advising that the town was asking for direction from the Attorney General and Department of Ecology.

Mayor Bates stated the letter to all residents was written to get feedback from homeowners and RV owners. The letter will be reviewed further before being sent to all residents.

- Unimin Corporation debris was discussed. The company wants to leave the property to the town after

the facility closes at the end of this year. Mayor Bates stated the Town would not accept the land because it is filled with toxic material. Margaret Fleek was working with the Department of Ecology to make sure the area would not be left with the debris pile. Mayor Bates stated the Town was requesting the land be cleaned and leveled, and the debris completely removed. Mayor Bates suggested the Tribes should be contacted to assist. Council member Cromley suggested contacting the Fishery Enhancement Tribal representative on the PDA to notify him that this is a potential hazard to the river.

Mayor Bates reported Janicki Industries was moving forward with its new building. He reported the Town would receive a large amount for the building permit, plus the sales tax on everything purchased for the building. Janicki Industries also is going to put up the rest of the drywall at the Fire Hall.

Birdsview buzz

By Kris Voigt

Greetings!
Last month, the brewery lost one of our oldest customers. Lee Dennick passed away at the age of 84. He used to drive up here from Mount Vernon and Sedro-Woolley, sometimes daily, to have a beer or two. We all used to hold our breath when he pulled out onto Highway 20 as he almost got hit so many times. He drove like he walked: slow. And no matter the weather, he always wore shorts. He was quite the character and will be missed.

We celebrated five years in business last month. Thanks to everyone who came and helped us celebrate.

Coming up Aug. 6 is our annual Birdstock festival. Hopefully no rain this year! If you plan to attend—and we hope you do—please keep a few things in mind: NO DOGS, NO CAMPING, and NO BYOB. Birdstock is a benefit for the Birdsview Fire Dept., so they will be cooking up burgers, brats, pizza, and more. The band line-up is as follows:

- | | |
|--------------|---------------------|
| 12:30 to 1 | Rodleen Getsic |
| 1 to 2 | Birdsview Bluegrass |
| 2:30 to 3:30 | Jack Mattingly |

- | | |
|--------------|------------------|
| 3:30 to 4:30 | Bare Feet |
| 5 to 6 | Fortune 500 |
| 6:30 to 7:30 | Peekaboo Machete |
| 8 to 9 | Fanny Alger |

We will be closed the next day, Aug 7, to recover!

Birthdays this month

- | | |
|----|----------------|
| 2 | Sheryl Hershey |
| | Caleb Janda |
| 4 | Debbie Temple |
| 6 | Jesse Eldridge |
| 8 | Yvette Ball |
| 10 | Leann Howell |
| | David Royal |
| | Heidi Aldridge |
| | Pam Gruenberg |
| 15 | Jill Jones |
| 18 | Heather Warner |
| 20 | Kim Freeman |
| 27 | Aimee Adkinson |

Our baseball team came in 2nd place this year, and now we are helping to sponsor a women’s softball team. Good, luck ladies!

Cascade Days in Concrete is August 20 and 21. We’ll be there with a beer garden open right after the parade.

Have a good month, everyone.

Business Spotlight: United General Hospital

By Cora Thomas

United General Hospital was built in 1965 when Sedro-Woolley Memorial Hospital closed. The selection of the location was decided on the basis of where Hospital Districts 3 and 4 lay. These days, United General serves Hospital District 304, which includes Burlington, Sedro-Woolley, Bayview, Samish Island, Concrete, Marblemount, Newhalem, Clear Lake, Acme, Alger, and parts of Mount Vernon, and Whatcom County. Hospital District 304 covers 2,000 square miles.

Services

The services United offers include Comprehensive Cancer Care, Emergency Room, Breast Care Suite, the only Certified Diabetes Program in the area, Diagnostic Imaging (X-Ray), Medical Fitness Facility, Hospice Services (joint venture with Skagit Valley Hospital), Rehabilitation (Physical, Occupational, Speech), Respiratory Services/Pulmonary Rehab, and a Sleep Center.

Eastern Skagit County has been very supportive of United General over the years. It is the closest hospital to people who live in east county communities such as Concrete or Marblemount.

United has been an integral part of the community.

“Lots of lives have been affected by



Chief Executive Officer Greg Reed

this hospital,” said Valerie Stafford, who joined the hospital as its director of Communications and Development in 2004. Over the years, the values and mission of the hospital have stayed the same.

According to its Web site, the hospital values “excellence in care through a healing environment that takes into account the physical, emotional, and spiritual needs, as well as the cultural diversity of each person.”

United General has about 400 employees, said Stafford, but not all work full-time. The hospital is outpatient based: More than 70 percent of its business is outpatient services.



Chief Clinical Officer Jacque Scott

Extreme changes throughout the years include the development of technology in the medical field and the advent of computers. United has acquired the best equipment to serve its patients. The amount of data that is now computerized is much easier to manage. Even though technology has changed, the basics are the same at United General: The small-town feel has never changed.

“The staff are down-to-earth; we know the people we are serving. The family atmosphere feels like your own family is taking care of you when you’re a patient at United. This hospital is small, friendly, and more personalized,” said Stafford.

Since 1965 United has added a new ER



Chief Financial Officer Mike Bonthuis

At a glance: United General Hospital

Where: 2000 Hospital Dr., Sedro-Woolley

Phone: 360.856.6021 (main lobby)

Web: www.unitedgeneral.org

and Cancer Center. “It disaffiliated from Skagit Valley Hospital in 2004, became independent again and in the last seven years has really been reborn,” Stafford

See **Spotlight**, p. 38

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The former home for Valleys West Realty crept slowly west on Dalles Rd. near Concrete July 9. Owner George Theodoratus—who followed the building in his car—said that the building will become a cabin or house at its new location on Dalles Road. Theodoratus recently replaced the familiar building with a new one on the same site, at the corner of Concrete-Sauk Valley Rd. and SR 20. At 2,000 square feet, the new building still houses Valleys West Realty, as well as a new business, Inventory Science Systems.



Good Karma Coffee Company owner Trish Holmgren (third from left) was joined by members of the Sedro-Woolley and Mount Vernon Chambers of Commerce—and Skagit County Commissioner Sharon Dillon (holding scissors with Holmgren)—at a grand opening and ribbon-cutting ceremony July 13. The coffee stand is located at 13007 SR 9 next to the Country Convenience (Texaco) store in Clear Lake, and serves whole and ground Coyote Coffee from Anacortes. Holmgren bought the stand from former owner Tinze Jo Rogge in May.



Rockport



Fire Dept. plans annual garage sale fundraiser

Rockport Fire Department will hold its annual Community Garage Sale Aug. 5–7 at the Rockport Fire Hall on Alfred Street in Rockport, from 8 a.m. to 5 p.m. all three days.

The sale is a fundraiser for the volunteer fire department, said organizer Jessica Moore, who encourages everyone to visit the sale for two reasons: “great deals and support for the department.”

Anyone who can’t attend the Friday-through-Sunday event can still support the group by donating items for the sale. Donation and event inquiries should be directed to Jessica Moore at 360.853.7699.

—J. K. M.

BEAT to hold benefit yard sale

The Skagit River Bald Eagle Awareness Team will hold a Benefit Yard Sale on Sat., Aug. 27, from 9 a.m. to 4 p.m. to help support its Skagit River Bald Eagle Interpretive Center at Howard Miller Steelhead County Park in Rockport.

The sale will be located at 45102 SR 20 in Concrete (the grassy area west of Loggers Landing). Look for signs.

Donations of quality, gently used items (no clothes or shoes, please) will gladly be accepted. Items can be left on the back porch of the Interpretive Center.

For more information about making donations, call 360.853.8296 or 360.333.0228.

Concrete Herald
The Voice of Eastern Skagit County

Library, cont. from p. 6

Red Apple, and in town near the post office, said Alesse, and all of them are under consideration. Much discussion has occurred over whether to relocate in Concrete, near it, or farther east, toward Rockport and Marblemount. “People who live in the Rockport and Marblemount areas would like to see it closer to them, since they’re paying taxes for it. I see the validity in that,” said Alesse.

“Things are definitely still up in the air. Nothing has settled down,” Alesse said. “We’re looking for a bigger space that fits within our budget. Where that bigger space will be is unknown, whether it’s an existing building, a new building, or some other approach.”

The library has saved about \$283,000 in Timber Tax money, which is “not enough to build a new building, but it’s a useful amount of money,” said Alesse.

The board also has investigated grants, trying to determine if it makes sense to aim for a bigger building with more bells and whistles—and funding it with grants—or to try for something that fits its budget as it currently stands.

“There’s also been some minor talk about going for a levy lid lift, but I think

the general feeling is that it’s not the right time to do that, economically speaking,” said Alesse.

Dillon hopes to have conversations about the library with its board and proponents. “I have some ideas I want to kick around,” she said.

Grant covenants prevent the Resource Center building from being used for other purposes until 2013; after that, Dillon surmises, perhaps the library could buy the west half of the building and the Resource Center could move to the Concrete Center after an addition was built for it.

“There are logistics and money issues, and political will surrounding how you get these things to happen, but I want to sit down and have frank conversations about what is the best for both buildings, and how do we accomplish this?” said Dillon. “Does the library want to remodel? Or do they want a brand-new building? I don’t want to put ideas in their heads. I want them to develop what’s best for their needs, and then see how I can help.”

With so many variables at play, the library isn’t rushing its decision. “It’s a process that can take time, and maybe the story will be different four years from now,” said Alesse.

—J. K. M.

10th annual Rally in the Valley Poker Run to benefit Hospice of the Northwest Foundation

Motorcycle enthusiasts from across the Northwest are invited to participate in a 110-mile Poker Run on Sat., Aug. 20. “Rally in the Valley” travels through the scenic roads of the North Cascades to benefit hospice services in our community.

Registration begins at 7:30 a.m.; the ride begins at 8 a.m. on Metcalf Street in Sedro-Woolley between Hometown Café and Joy’s Bakery. Stops along the route will feature a variety of businesses, where participants will play for card numbers for the chance to win prizes.

This is the 10th annual rally to support Hospice of the Northwest.

For more information about Hospice of the Northwest or the “Rally in the Valley,” call the Hospice of the Northwest Foundation office at 360.814.5702.

Don’t be shy



Got a story worth telling? Concrete Herald wants to tell it!

Contact:
Jason Miller, editor
360.853.8213
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Concrete Herald

PIONEERING TODAY

Mustard pickles

By Melissa K. Norris

Before deep freezers were invented, our forefathers had to preserve their food for the year ahead. Canning, drying, and pickling were the three main ways to keep food over the winter months. Pickling is preserving something in either a salt brine or vinegar solution. The most common pickled food we think of is the cucumber.

Last year I entered the world of pickling. If you plan to pickle your cucumbers, make sure you plant a pickling variety. These are typically thinner skinned and have less water, so they stay more crisp.

Make sure you purchase vinegar of at least 5 percent acidity; I prefer apple cider vinegar. You will need to use pickling salt, not table salt, or you’ll cloud the brine.

Pickling tips

1. Pick cucumbers when they’re still small; don’t use overripe cukes. Pickle immediately after picking for crunch.
2. Chop off the blossom end, which contains an enzyme that may soften your cucumber.
3. I don’t recommend using alum. Some people believe it helps keep pickles firm, but it’s aluminum and has safety warnings listed on the label. Instead, use one grape leaf per jar and you won’t have any problems.
4. Pack grape leaf, cucumbers, two head of dill, and a few peeled cloves of garlic (if making dill), then add boiling brine (vinegar, salt, and water).

I don’t put my pickles through a hot water bath. Using the inversion method, turn jars upside down for five minutes. Then turn right side up and allow jars to cool on a kitchen towel overnight before removing rings and storing in the pantry. All of my jars sealed and turned out crisp and crunchy.

Most people have made dill and bread-and-butter pickles, but have you heard of mustard pickles?

I hadn’t either until my father-in-law raved about his mother-in-law’s mustard pickles. After much research and hunting, I found a recipe for mustard pickles. It’s a relish and by far the most used in my kitchen. When making potato salad, I simply use

See Norris, p. 27



Darrington



Members of the Larry Stephenson band closed in on the microphone for some harmonizing during the Darrington Bluegrass Festival, which ran July 15–17.

Bluegrass festival draws crowds

They came for bluegrass music and they got it—plenty of it.

Hundreds converged on the Darrington Bluegrass Music Park just outside Darrington during the annual Darrington Bluegrass Festival, for a three-day run of some of the best bluegrass performers in the country, July 15–17.

In its 35th year, the festival delivered known and lesser-known bands and solo performers, including The Grascals, The Larry Stephenson Band, Country Current, Queens Bluegrass, The Shuler Family Band, Grapevine, Runaway Train,

Panhandle Polecats, Red Desert Ramblers, 5 on a String, Deadwood Revival, Mission Mountain Bluegrass Express, and The Combinations.

Less-than-ideal weather caused audience members to pull out the umbrellas at points during the first two days of the festival, but Sunday brought mostly sunny skies—and bigger crowds.

Send Darrington news tips to:
editor@concrete-herald.com
or call 360.853.8213

In August ...

The Sauk-Suiattle Tribe will hold its annual **Celebrations Of Generations Pow Wow** Aug. 4–7 at the 4 Cedars, located on Hwy 530 northeast of Darrington. Look for signs and call 360.436.0131 for more information.

The **Big August Hoobajooob** art exhibit will be held at the Mansford Grange (Railroad Ave., behind the Darrington IGA) on Aug. 13, from 10 a.m. to 5 p.m. Presented by Redcat, the family-friendly event will showcase three artists: Holly Cannell, Ron Wolff, and Gordy Beil.

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Photo by Toni Kernaghan.

Sauk-Suiattle members journey to Swinomish

On Sat., July 23, Sauk-Suiattle Tribe members slid a canoe into the waters of the Sauk River and began a three-day “Paddle to Swinomish Canoe Journey.”

The 10-member team pushed off about 10:20 a.m. from Bryson Road and stopped for lunch at Fabers Ferry around 1 p.m., where all their overnight gear was loaded into the canoe.

They shoved off from Fabers Ferry for their Saturday evening leg of the journey around 2:45 p.m., hoping to arrive at the mouth of the Baker River that night, and Blake’s Marina Sunday evening.

Led by Shane Turnbull with Chinook Expeditions and Kevin Lenon with the Sauk-Suiattle Tribe, the team drew up to the Swinomish reservation’s beach near La Conner on Mon., July 25, around 4:30 p.m.

The other eight paddlers making the journey were Sean Watene, David Lenon, Mathias Metzger, Anna Price, Scott Morris, James DeCoteau, Curtis Misanes, and Thomas DeCoteau. The Sauk-Suiattle Tribe was the only one to carry all its gear in the canoe, with no support boat.

—J. K. M.

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Marblemount



Deep snowpack, high temps make hiking, stream-crossing risky

Watch out for the water when you are hiking or camping in the Mt. Baker-Snoqualmie National Forest, say recreation specialists. Seemingly small creeks and streams can become raging rivers on warm days, stranding hikers and endangering them if they try to cross. Innocent-looking shallow waterways can be flowing strong enough to knock adults off their feet or sweep a child downstream.

“We have had two young children drown this year. Rivers are above level for this time of the year and on a warm day can really come up as snowpack melts,” said Cecilia Reed, recreation manager for the Snoqualmie Ranger District.

On the southern end of the forest, Denny Creek, Greenwater River, the Middle Fork, and South Fork Snoqualmie Rivers are running high, and the White River is turbid, Reed said. Farther north, the Skykomish River, South Fork Stillaguamish River, Beckler River, and North Fork Nooksack are high.

For information about trail conditions, go to www.fs.usda.gov/goto/mbs/road_trails or contact the local ranger district www.fs.usda.gov/goto/mbs/contact-us.

Concrete Herald
The Voice of Eastern Skagit County

Red Cross looking for local heroes

The Mt. Baker Chapter of the American Red Cross is looking for ordinary people who have performed extraordinary deeds.

On Dec. 1, the chapter will present awards to those local heroes who have exemplified the Red Cross mission and made significant, positive differences in our community in the area of emergency response, preparedness, and prevention. But the public must first nominate the heroes.

- Past heroes include:
- Skagit Transit Dial-a-Ride driver Alfredo Martinez and dispatcher Victoria Alfaro, who saved the life of one of their passengers who was found unconscious on the floor of her home.
 - Abby Whitaker, 12, of Bellingham, who saved her younger brother’s life by realizing he had swallowed a battery.
 - Danica Kilander of Bellingham who donated a kidney to the 6-year-old daughter of a woman who attended Kilander’s fitness class and continues to fundraise to defray the family’s medical costs.

“Real heroes can be any age,” said Marinda Peugh, Financial Development Director for the Mt. Baker Chapter. “The goal of the event is to recognize local people who have gone above and beyond to make our community safer and to inspire others to be courageous.”

Nominees must live or work in Whatcom or Skagit counties. The action

must have occurred between Aug. 1, 2010, and Aug. 31, 2011.

The deadline for nominations is Sept. 15. Real Heroes can be nominated by completing the online form at www.mtbredcross.org or by e-mailing a nomination to info@mtbredcross.org.

For more information, contact Marinda Peugh at 360.733.3290, ext. 1018, or marindap@mtbredcross.org.

PSE’s “Rock the Bulb” campaign coming to Skagit County

Local residents will have a chance to save energy, money, and the planet as Puget Sound Energy’s Rock the Bulb: The Re-Energize Tour distributes 200,000 free, efficient light bulbs this summer.

The campaign encourages PSE residential electric customers to switch from incandescent light bulbs to ENERGY STAR®-qualified, energy-efficient compact fluorescent light (CFL) bulbs, and helps educate customers through engaging activities on easy ways to lower home energy use.

Residents taking part in Rock the Bulb: The Re-Energize Tour are expected to save nearly \$10 million in energy costs over the lifetime of the bulbs and help reduce carbon emissions equivalent to taking 4,200 cars off the road. PSE customers will also have the chance to win energy-efficient prizes from participating retailers and manufacturers at Rock the Bulb: The Re-Energize Tour events.

Rock the Bulb: The Re-Energize Tour

will distribute 200,000 free CFL bulbs to PSE residential customers at eight weekend bulb-exchange events in July and August. The tour will come to Skagit County Aug. 27–28 and will be held at Fred Meyer, 920 S. Burlington Blvd., in Burlington. For more information on the tour, go to www.pse.com/reenergize.

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Newhalem



Softball Tournament delivers competition, laughter, fun—and a good cause

The fine print at the bottom of the scoring board for the 33rd Annual Newhalem-Walberg Jack & Jill Softball Tournament in Newhalem included a few basic rules for play.

“A batted fly ball that bounces off a tree or building is treated as a ground ball.”

“10-run rule after three innings.”

“All rules are from the Newhalem rule book. Any questions, ask Don—Dick doesn’t care.”

That lighthearted tone permeated almost every moment during the tournament, held this year July 16–17 at the ballfield in Newhalem.

Twelve teams again showed up to play ball. The event, organized by Don Wick and Dick Straathof, is a mostly fun

endeavor that the two men began 33 years ago. Teams play with a “mushball,” that looks like a softball but feels exactly like its name implies. The soft ball doesn’t fly as far when hit and doesn’t hurt much if it hits a player.

The competition was fierce—a sort of tongue-in-cheek kind of fierce—as teams took their turns on the single field during the two-day event, slowly weeding out the losers until the Sports Keg team from Burlington stood in first place, with coach Jeff Rabenstein accepting the traditional “trophy”: a steel bucket with a bottle of champagne inside. Other trophies were handed out for other teams’ accomplishments.

One somber moment came as Wick offered his condolences to a longtime player who had recently lost her husband.

The event generated \$500, which Wick and Straathof donated to the Douglas Vose Memorial Scholarship fund.

—J. K. M.



The Sports Keg team from Burlington took home first-place honors again this year at the 33rd Annual Newhalem-Walberg Jack & Jill Softball Tournament, which took place July 16–17.



Trying to beat the throw, a base runner sprints for first during the tournament. Close, but no cigar.

Heading west? Catch Riverfront Park Summer Concerts in Sedro-Woolley!

AUGUST LINE-UP:

Leroy Thomas and the Zydeco Roadrunners, Aug. 6, 7 p.m.
Cherry Cherry (Neil Diamond tribute), Aug. 13, 7 p.m.

Info: John Hunter, jhunter@janicki.com or 360.814.1704

Norris, cont. from p. 24

mayonnaise and the mustard pickles. No more chopping pickles or onions. Perfect for macaroni or on sandwiches too. Here’s the recipe:

- 3 cups diced cucumbers
- 1 cup diced onion
- Put in salt brine overnight using ½ cup pickling salt and 1 quart water. Next day, scald in same water and drain. Add:
- 1 quart vinegar
- 2 Tbs. sugar
- 2 Tbs. flour
- 3 Tbs. dry mustard
- 1 tsp. each of turmeric and celery salt
- 1 tsp. pepper if desired.
- Bring this to a boil, then seal in jars. I usually make a double batch. Enjoy!
- Have a favorite pickling recipe? I’d love to see it. E-mail me at melissaknorris@juno.com or chat with me at [Facebook.com/melissaknorris](https://www.facebook.com/melissaknorris).

Melissa K. Norris is a fiction romance author who lives in Rockport. To find out more about her writing and frequent free book giveaways, go to www.melissaknorris.com.

The Skagit General Store in Newhalem is now open seven days a week, from 10 a.m. to 5 p.m. 206.386.4489.

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Seniors



Coffee Break

Forget that old name

By Patrick Kennedy

Yes, you used to be called doctor, or Mr. or Mrs. Something, or nurse, or manager, or teacher—or maybe just “Hey, you!”

Now that you are retired, that is all behind you. Now you are simply John or Jane, and a new life, a new name, and a new future are upon you. The life you have left behind you is receding in the rear-view window of your life. What’s next?

Make a plan for the future. It can be elaborate or just day to day. You can prepare a chart that aims at your destination for a future and happy residence in another part of the U.S. or even another country. Or you can plan daily activities that make you more content and put you on a positive path: better diet, more exercise, sleeping in more often. The idea is to think positively about the future.

Of course, you can’t completely forget about the past and all the swell friends and business cohorts you met along the way. You may have to include some of them in your plan. Many, I am sure, are

still on your bowling team or your book club. You can’t forget those activities because you can make them part of moving forward, not backward. Now you can go and talk about all the fun things you did all day—and not work.

“Life begins at retirement,” said the famous Author Unknown. Or better yet, “The trouble with retirement is that you never get a day off” (Abe Lemons, the famous basketball coach).

And making each day perfect from beginning to end could be sheer drudgery. Some days will just have to be ad lib: no plan, no activities, no shoes, and nowhere to go except inside a good book or DVD movie.

If a long trip to a new abode in warm weather isn’t in your financial or personal plans, then short trips in the car might be the trick. Your car full of camping gear, in the middle of the week and not crowded weekends, is another pleasure of freedom.

Doesn’t the word “freedom” sort of come to mind when you are retired? What a fine word! Free to have fun and do what you want, when you want. And free to accept the adversities that happen as just another part of retired life, like rain at your camp site.

“Freedom is not worth having if it does not connote freedom to err,” Mohandas Gandhi said. And err you will as you mosey through this new life: trial and error make it perfect, or at least more interesting.

That new name doesn’t have to be anything negative. It is just you with a smile on your face.

Patrick M. Kennedy is the author of Being a Senior Citizen. Find it at www.funwithretirement.com.

Way Back When

80 years ago

Aug. 6, 1931: The need for a public swimming pool for [Concrete] has been a general topic for discussion since last spring—and at odd times for the past few years—but now it seems likely that it will develop into something more than talk.

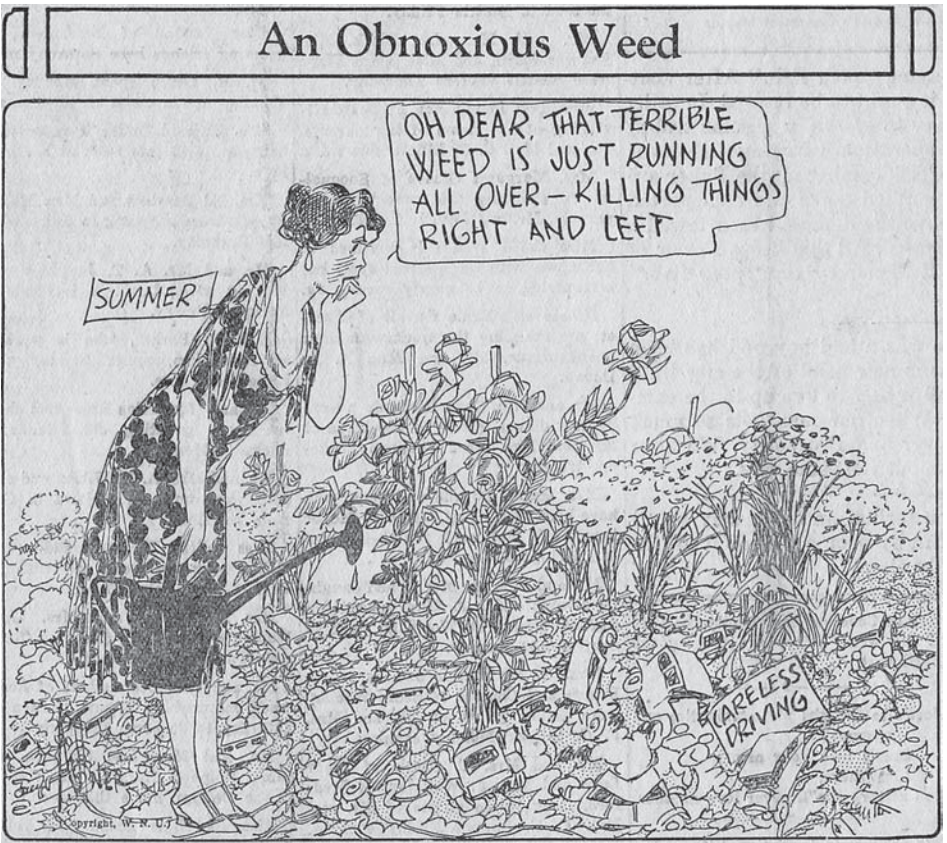
A move has now been started for the building of a cement pool in the town. Several persons have taken enough interest and are starting to take action. Plans are under way for the naming of a committee that would select the proper location for the pool and

work out a plan for financing the construction. Offers of contributions covering nearly all of the necessary materials have been made, and it is believed that nearly all the labor would be donated by men and the larger boys during spare time.

70 years ago

Aug. 14, 1941: The recreation committee of the upper Skagit planning survey group met Monday evening at the city hall for an evening of discussion of present facilities in the recreation line and potential facilities that may be developed in the future. After a few hours of discussion, it was generally agreed that the Skagit Valley has everything in the recreation line from salt water fishing and bathing to mountaintop

See **Way Back**, p. 29



Concrete Herald archive, July 16, 1931

Concrete Center August 2011 Activities

Lunch served
Mon. – Fri., 12:30 p.m.

Mondays

9 a.m. Beginning quilting
11:30 a.m. Jigsaw puzzle
1 p.m. Skip Bo

Tuesdays

10 a.m. Dominoes
11:30 a.m. Jigsaw puzzle
1 p.m. Skip Bo

Wednesdays

8:30 a.m. – 3 p.m. Advanced 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
1 p.m. Skip Bo

Fridays

11:30 a.m. Jigsaw puzzle
Noon Dominoes

Special Events

8/10 Advisory Board mtg.
8/10 Bingo
8/23 Leap of Faith
8/26 Birthday Lunch
8/31 Bingo

Holiday Closures

8/19 Furlough Day:
All Skagit County offices closed

CAN YOU HELP?

Concrete Center needs dishwashers, plus volunteer drivers for the Meals On Wheels program. The program delivers noontime meals to homebound senior citizens age 60 and older who live in the area. Lunches also are provided at the Concrete Center Mon. through Fri., on a donation basis (\$3).

For more information, contact Concrete Center Coordinator Sara Pritchard at sarap@co.skagit.wa.us or 360.853.8400.

Way Back, cont. from p. 28

skiing, but that its resources are sadly undeveloped.

Principal need for development were roads to tap the untouched recreation areas awaiting use.

60 years ago

Aug. 2, 1951: The police court blotter this week listed a number of minor cases of drunkenness and a few cases of interest. Principal of these was the burglary of a salesman’s car here Monday night and the case of a window peeper who broke away from the police after being caught Saturday night.

50 years ago

Aug. 10, 1961: The first bad fire in the Baker River District since the Sulphur Creek burn back in the late 1920s struck suddenly last Saturday evening near the end of Baker Lake Road at the base of Mount Blum. The fire quickly raged out of control, requiring 300 to 400 men to fight it.

Senior driver refresher sessions announced

SKAGIT COUNTY — The last scheduled session of “Getting There Safely,” a senior driver refresher course, will take place Aug. 4–5.

The class will be held at the Mount Vernon Senior Center, 1401 Cleveland Ave., Mt. Vernon.

The eight-hour class, divided into two four-hour sessions, is designed for senior drivers. The sessions will run from 9 a.m. to 1 p.m. both days. People 55 years of age and older who complete the program will qualify for a modest reduction in their automobile insurance.

There is a \$10 fee per person for this class.

For details or to enroll, contact Kathryn Bowen at 360.336.9333, ext. 13140#, or through the Skagit County Public Works Department at 360.336.9400, ext. 3140. All participants must pre-register.

An occasional comment

By Jeanne Malbrain

A recollection: Grandma Malbrain and I were going someplace. She was in her 90s. I held the car door for her to get in the car. She stood there. I became impatient and said testily, “Well, get in.” She got in.

Now I am Grandma’s age. I stand before a task and momentarily wonder how to start it—momentarily. Are people around me waiting for me to start? I hope they will be more gracious than I was with Grandma.

Snap judgments are no longer an option. Remember that and be patient. I speak for all the old people who do not educate the younger generation. Children seem to sense this, however. They are blessed today without the modern quest for hurry and speed.

I remember an old maxim: Hurry up and wait.

I recently had a discussion with my daughter about the income of CEOs. She thinks that receiving millions is gross. What happens after three McMansions, two airplanes, a yacht in the harbor, and income left over? Yes, she knew about foundations such as the Bill and Melinda Gates Foundation.

OK, tax the rich or rethink their income. But how many CEOs are there in America? Enough to make a difference?

Corporate profits? If a corporation is well run, people will buy their stocks and also profit. As a retiree, I am one of these people and I don’t mind the returns one bit. Seems to me this segment of the mix is far greater than the number of CEOs, who set up foundations to handle what they can’t spend on themselves.

AREA FOOD BANKS

Clear Lake

Community Covenant Food Bank

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

Commodities distributed first Tue. each month
360.826.4090

Concrete

Concrete Food Bank

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

Darrington

Darrington Food Bank

First Baptist Church
1205 Emmens St., Darrington
First and third week each month:
Wed. and Thur., 10–noon and 1–2 p.m.
360.436.1671

Hamilton

Hamilton Community Food Bank

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

Lyman

Shepherd’s Heart Food Bank

8334 S. Main St., Lyman
Thur. 11 a.m.–2 p.m.
Third Thur. each month till 6 p.m.
360.424.4927

Marblemount

Bread of Life Food Bank

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

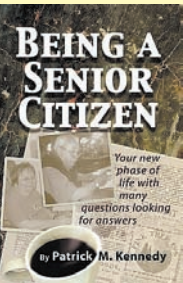
Sedro-Woolley

Helping Hands Food Bank

250 W. Moore St., Sedro-Woolley
Wed., 10–11:45 a.m. and 12:30–4 p.m.
Commodities distributed first Wed. each month
360.856.2211

*Changes? Call 360.853.8213.

Being a Senior Citizen



Order your copy of
Patrick M. Kennedy’s book

<http://funwithretirement.com/BeingSenior.htm>

Sunday School lesson

Believing and Behaving

By Rob Thomas

I write these words just days after attending my father’s memorial service. My dad’s life came to an end a few minutes before 3 a.m. on Tue., July 19. It had been about 80 hours since he suffered a massive stroke that left him paralyzed and in a coma. My family had stood watch by his bed the entire time. When he breathed his last breath, we knew that he had been ushered into heaven to see his Savior face to face. For about 30 minutes, my mom, two of my older brothers, my wife, and I spent time rejoicing in the reality that my dad had fought the good fight and that he had finished his course.

About 3:30 a.m., I left the room to notify the nurses on duty. I approached the nurse’s station and asked, “Who do I need to speak with to let them know my dad just died?”

Two nurses immediately responded, “I’m sorry,” to which I replied, “I’m not.”

The look on their faces told me that my response was not what they expected. I added, “My dad’s battle is complete and now he’s with His Savior. What’s there to be sorry about?” I returned to the room for some additional time with my family, more sharing, a time of prayer, all with an attitude of great joy.



Why such a response in the midst of a great loss? Simply because of the greatest lesson my father ever taught me. But before I share that lesson, I am prompted to ask the reader four simple questions. Question 1: What do you believe? Question 2: What is the source of what you believe? Question 3: Is what you believe biblical? Question 4: Do you really believe what you say you believe?

On Sun., July 24, I asked the congregation I pastor these questions. (Feel free to listen to the sermon at: <http://cbcofconcrete.org>.) In light of the questions, I want to provide two exhortations:

First, be a person of honesty. Be honest with yourself and with God. Ask and answer the questions.

Second, be a person of integrity. That means that you live according to what you believe.

Last year my oldest brother and I had the opportunity to surprise my father for his 80th birthday. My brother Steve and his wife, along with my wife and our adult children, surprised my dad by showing up for service at his home church, for which he was one of the founding members. My dad was thrilled to see us and was very

appreciative of our visit. What he didn’t know was what was about to happen. My brother had arranged that during the morning worship service he and I would testify what our dad had meant to us. At the appointed time, my brother and I were invited to share a few words about my father. After my brother finished, I shared with the congregation just a few of the many lessons my dad had taught me over the years. I added that the greatest lesson he taught me was that you’re never too old to try and fulfill your dreams.

I was wrong. That wasn’t the greatest lesson he taught me. The greatest lesson I learned from my father through his death. My dad taught me the importance—dare I say the absolute necessity—of believing what you say you believe. When you really believe what you say you believe, it has the potential to permeate every aspect of your life and enable you to face every possible circumstance with great courage, conviction, and compassion. After all, what you believe determines how you behave, and how you behave reveals what you believe. And that’s why we were able to experience joy instead of sorrow when my dad died: Because our belief system is based upon the hope and promises found in God’s Word.

Do you really believe what you say you believe?

Rob Thomas is pastor of Community Bible Church in Concrete.

Obituaries

Hope Martin, age 91, passed away at her home in Burlington on Wed., July 6, 2011. Hope was born on Oct. 12, 1919, in Port Angeles, Wash., to Arthur and Florence (Ames) Hassell, and was raised in Port Angeles from the age of 9 by Don and Lela Taggart.



From 1938 to 1943, she lived in Seward and Ketchikan, Alaska, where she and Harry Martin were married in 1939 while Harry was in the Coast Guard. They settled in Rockport at the Martin Ranch in 1944, moving to Marblemount in 1951, milling the wood to build their house. Hope moved to Sedro-Woolley in 1985.

She worked at The Log House Inn 15 years, co-owned and operated Martin Brothers Logging Co. for 40 years with her husband and Jay Martin, and co-owned the Totem Trail Restaurant and Lounge in Rockport for 6 years.

She was a member of Marblemount Community Club Association, Marblemount PTA, and Marblemount Orthopedic Association, and was a leader for 4-H, Cub Scouts, and Campfire Girls. She enjoyed cooking, growing flowers, and fostering anyone who needed help, caregiving, or a good meal. Even after retiring, Hope went to Dillon, Mont., with her granddaughter to help run the Stage Coach Inn Hunting Lodge for 3 years.

Hope is survived by her two sons, Rody Martin and his wife Vicki, and Randy Martin and wife Debbie, all of Marblemount; two daughters, Ronda Martin and her boyfriend Alan Hagan of Snohomish, and Roxy Larson and her husband Richard, of Burlington; two sisters, Florence Swanson and Harriett McEwan; and husband Jack, all of Port Angeles; 11 grandchildren; 16 great-grandchildren; and numerous nieces, nephews, and cousins.

She was preceded in death by two sisters and five brothers.

The family extends a special thanks to Skagit Valley Emergency and Hospital, Skagit Valley Hospice Care, and especially to Hope’s wonderful caregivers, Martina and Debbie. Mom loved you like one of her own.

A Celebration of Life Potluck was held at noon on Sat., July 16, 2011, at her home, 20065 Gina Marie Lane, Burlington. Guests were asked to wear purple.

Cremation arrangements were under the care of Lemley Chapel, Sedro-Woolley. Share memories of Hope and sign the online guest register at www.lemleychapel.com.

Sheriff’s blotter

July 4

A Sedro-Woolley caller advised of an intoxicated male crawling around a neighborhood. Deputies checked and did not locate the person.

July 5

A Hamilton caller advised his vehicle was damaged by fireworks. No suspect information provided.

July 6

A Hamilton caller wanted information on eviction process.

A Sedro-Woolley caller reported that kids were trespassing through yards in the neighborhood. Deputies checked the area and did not locate kids.

July 8

A man was reported in the middle of the road near Concrete, talking to himself. Deputies determined he got a ride out of the area.

July 9

Juveniles in Concrete were reported in Silo Park, pouring gas on playground equipment.

A black Labrador was found in Lyman. A local individual offered to take care of it until its owner could be found.

July 10

A Hamilton caller advised of an argument between neighbors. No crime was committed; it was just a heated disagreement.

July 11

Deputies recovered a stolen quad from the bushes near Riverfront Park in Sedro-Woolley.

A Concrete caller reported someone burned a flag on the sidewalk near Concrete Center. No suspects in the case.

July 12

A Grasmere caller advised that his ex-girlfriend had posted derogatory statements about him on Facebook.

July 13

Deputies responded to an argument between neighbors in Rockport. This was an ongoing dispute over issues in the neighborhood.

July 15

A Day Creek caller reported he had been receiving threatening phone calls. Deputies are investigating the calls.

A stranger to the Cape Horn neighborhood was seen walking back and forth down the street. Deputies were unable to locate the subject.

July 16

A Concrete caller advised of a reckless driver speeding in and out of traffic on SR 20 near Concrete.

July 17

A Rockport caller advised someone had damaged a fountain at his vacation home. Deputies are investigating the damage.

July 18

A Hamilton caretaker reported a burglary after she discovered the home had been broken into. It is unknown if anything was missing.

July 19

A Concrete caller found a litter of abandoned kittens and took them to the Humane Society.

July 20

A Grasmere caller advised she received a phone call from someone posing as her grandson. The subject said he was in jail in Mexico and needed \$4,000 sent to get him out. Her real grandson was at her home at the time of the call.

July 22

A Concrete caller reported he’d been told two girls were smoking marijuana at the Skate Park.

July 23

A Day Creek caller advised that sometime during the past 10 days, someone had broken into his vacation cabin. It was unknown if anything was taken.

Level 2 Sex Offender NOTIFICATION

The Skagit County Sheriff has released the following information pursuant to RCW 4.24.550 and the Washington State Supreme Court decision in State v. Ward, which authorizes law enforcement agencies to inform the public of a sex or kidnap offender’s presence when, in the discretion of the agency, the release of information will enhance public safety and protection.

Avila, David Joseph

Age: 51
Race: W
Sex: M
Height: 5’ 6”
Weight: 240
Hair: Black
Eyes: Brown
Address: Transient



Avila was convicted of first-degree child molestation in Skagit County; his victim was a 5-year-old girl that his girlfriend of 10 years was babysitting. Avila frequently stays at rest stops, park and rides, and truck stops near I-5. He also is known to stay in the Borseth Dr. area of Sedro-Woolley.

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

Source: Skagit County Sheriff

Lights theft “a pretty shabby thing to do”

Sometime around July 12, a thief made off with six landscape lights from the front yard of Breon and Joanie Johnson, who live at 45311 Ridgeway Court in Concrete.

The lights (see photo, right) are Westinghouse brand and stand 12 to 16 inches tall. They are solar powered, with stainless steel bodies and glass globes. Their LED lights change colors: green, blue, red, purple, yellow, orange.

But the quality of the lights isn’t the main story here. The lights were a gift from the Johnson’s son, Brian, who is serving in the U.S. Army, training to be a medical technician.

“They had lots of sentimental value for me,” said Joanie. “They were something my son gave me to enjoy, and I promised him I’d keep the lights going for him, and I did, until they came and took them away. It was a pretty shabby thing to do.”

Joanie hopes the thief or thieves responsible will bring back the lights, but if they don’t, “as long as they take care of them and keep them lit for Brian, I’m okay with that,” she said.

—J. K. M.



9-1-1: Not just for emergencies

Reporting a crime to the Skagit County Sheriff’s Office is as simple as dialing 9-1-1, even if the event you’re reporting is not an emergency. Yes, you’ll hear the operator say, “What is your emergency?” Just go ahead and speak your piece. Remember, in Skagit County, dial 9-1-1 to connect with the Sheriff.

Worship directory

Assembly of God Concrete Assembly of God 45734 Main St., Concrete; 853.8042 Sun. worship: 10 a.m. Tue.: Men’s meeting, 8:30 a.m. Wed.: Adult Bible study, 6 p.m. Thur.: Women’s Bible study, 6:30 p.m. Bruce Martin, pastor	Hamilton First Baptist Church 797 Hamilton Cemetery Rd. at SR 20 Office: 360.826.3307 Sunday School: 9:40 a.m. Sun. worship: 11 a.m. and 7 p.m. Ron Edwards, pastor	Presbyterian Mount Baker Presbyterian Church 45705 Main St., P.O. Box 246, Concrete Church 853.8585; office 595.0446 www.mtbakerpresbyterian.synodnw.org Sun. worship: 9 a.m. Tom Ross, pastor	To add your place of worship to this directory, call 360.853.8213 or e-mail editor@concrete-herald.com.
North Cascade Community Church 59850 SR 20, Marblemount 360.873.2504 // www.mmag.net Sunday School: 9:30 a.m. Sun. worship: 10:30 a.m. Wed.: Teen Connection, 6 p.m. Women’s Ministry, 2 p.m. (2nd, 4th, and 5th Wed.) Thur.: Men’s Breakfast, 8 a.m. Dave Nichols, pastor E-mail: pastordave@fastmail.fm	Lyman Baptist Church 31441 W. Main St., Lyman Office: 360.826.3287 Sunday School: 9:30 a.m. Sun. worship: 11 a.m.	Lutheran Shepherd of the Hills Lutheran Church 46372 Main St., Concrete / 853.8814 Sun. worship: 10 a.m. Marcus Stroud, pastor	Worth repeating ... “Never think that you can live to God by your own power or strength; but always look to and rely on him for assistance, yea, for all strength and grace.” “Oh, how precious is time, and how it pains me to see it slide away, while I do so little to any good purpose.” “If you hope for happiness in the world, hope for it from God, and not from the world.” —David Brainerd
Baptist First Baptist Church 12732 Hemlock St., Clear Lake 360.856.2767 Sunday School: 9:45 a.m. Sun. worship: 11 a.m. and 6 p.m. Wed.: 7 p.m. John Batts, pastor E-mail: pastorjohn@firstbaptistclearlake.com	Catholic St. Catherine Mission Church 45603 Limestone St., Concrete Office: 855.0077 Weekday hours: 9:30 a.m.–1:30 p.m. Sun. Mass: 8:30 a.m. Father Martin Bourke, pastor	Nondenominational Community Bible Church 45672 Limestone, Concrete; 853.8511 E-mail: cbcofconcrete@earthlink.net Sun. School: 9 a.m.; Worship Svc: 10 a.m. Childcare/Children’s Ministries at both Contact church for other ministries Rob Thomas, pastor	
	Covenant Community Covenant Church 12605 Highway 9, Clear Lake 360.856.1023 // covenant@wavecable.com www.clearlakecov.org Sunday School: 9:30 a.m. Sun. worship: 11 a.m. Call for weekly youth group/Bible studies Tim Hedberg, pastor	Rockport Christ the King Comm. Church 11982 Martin Rd., Rockport, WA 98283 Church office: 853.8746 Pre-service fellowship: 9:30 a.m. Sun. service: 10 a.m. Sun. eve. Bible study: 5 p.m.	

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Concrete Herald

The Voice of Eastern Skagit County



Health



Shedding light on sun safety

By Roger Muller

Summer is in full swing and the sun’s rays are beating down in Washington most days of the week. Whether you’re working outside, relaxing in the backyard, or vacationing on the beach, even a moderate amount of exposure to the sun’s rays can damage your skin and even cause cancer.

Skin cancer is the most common form of cancer, according to the National Cancer Institute (NCI) and the Centers for Disease Control and Prevention (CDC). More than 1 million cases of non-melanoma skin cancer are diagnosed in the United States each year. That’s more than breast, lung, colon, and prostate cancers combined.

The two most common types of skin cancer—basal cell and squamous cell

carcinomas—are highly curable; however, melanoma, the third most common skin cancer, is more dangerous. About 65 to 90 percent of melanomas are caused by exposure to ultraviolet (UV) light, according to the CDC.

In Washington, an estimated 1,900 residents were diagnosed with melanoma in 2008, according to the latest figures available from the CDC. About 175 Washingtonians die each year from skin cancer, ranking the state among the highest in the nation.

While risk factors vary with each type of cancer, people with a family history of skin cancer, light or fair skin tones, excessive sun exposure, and/or a history of sunburns are more likely than others to develop skin cancer. Most cases of skin cancer are caused by prolonged and unprotected exposure to the sun’s UV rays. So if you’re planning on spending time out in the sun, be sure to pack sunscreen—and remember to re-apply sunscreen after sun exposure, swimming, or perspiring.

Here are a few additional tips to help keep your skin protected this summer:

- Stay in the shade as much as possible, especially between 10 a.m. and 4 p.m., when the sun’s rays are most damaging.
- Don’t tan, either in the sun or on a tanning bed. Instead, ask your doctor about safe topical tanning agents. If you’re concerned about having enough vitamin D, the vast majority of the population gets sufficient amounts of vitamin D from a normal diet combined with incidental exposure to the sun.
- Wear a wide-brimmed hat, long sleeves and pants, and sunglasses that block UV rays.
- Keep babies six months and younger out of direct sunlight. Ask your child’s doctor about whether to use sunscreen on infants under six months.
- Be sure your sunscreen is broad-spectrum or provides protection from both UVA and UVB rays.
- Read directions and warnings on all medications you take and follow your doctor’s instructions carefully. Some medications, such as antibiotics, can increase your sensitivity to the sun and make it more likely that your skin

- will burn.
- Pay close attention to any changes in your skin, including texture, marks, or moles. If these changes occur, consult your doctor or dermatologist. The earlier the treatment, the better the chance of full recovery from any form of skin cancer.

Protection is the best defense against skin cancer, and so is early detection. Whether you’re outside for five minutes or five hours, it is important to always protect your skin. Also, remember that protecting your skin is a full-time job. Exposure to the sun’s rays can be damaging any time of the year. Take the proper precautions and enjoy fun in the sun without worry.

Dr. Roger Muller is senior medical director for UnitedHealthcare of Washington

Parents: Take care when mowing lawn

Lawnmowers should cut grass, not kids. National medical organizations have warned that mowing the lawn can be hazardous to children and the operator if proper safety precautions aren’t followed.

Nationally, more than a quarter million people were treated for lawn mower-related injuries in 2010, nearly 17,000 of them children under age 19, the U.S. Consumer Product Safety Commission reports. Lawn mower-related injuries are up 3 percent since 2009.

In the Spokane, several young children last spring experienced limbs mowed off, amputations, and other injuries.

Remember some simple prevention tips when operating lawn mowers:

- Children should be at least 12 years old before they operate any lawn mower, and at least 16 years old for a ride-on mower.
- Children should never be passengers on ride-on mowers.
- Always wear sturdy shoes while mowing, not sandals.
- Young children should be at a safe distance from the area you are mowing.
- Pick up stones, toys, and debris from the lawn to prevent injuries from flying objects.

- Use a mower with a control that stops it from moving forward if the handle is released.
- Never pull backward or mow in reverse unless absolutely necessary; carefully look for others behind you when you do.
- Always wear eye and hearing protection.

For more child safety information, go to www.safekids.org.

—Submitted by safekids.org

Study shows teens more sexually responsible than adults

Sex education is working, and that’s exactly what is needed around the world to stop the AIDS epidemic.

That’s the opinion of Robert Fai, an expert who has seen the ravages of AIDS in Africa and around the world, and is encouraged by a new study that shows how increased awareness can result in better personal responsibility.

The Indiana University survey of more than 5,000 people—more than 800 of them under 18—discovered that nearly 80 percent of all teens use condoms when they have sex, compared to their adult counterparts age 25 and up who use condoms fewer than 20 percent of the time.

“As startling as those statistics may be for Americans, it sends a strong message to the global community trying to fight AIDS,” said Fai, author of the novel *Habiba, My Habiba* (written under the pseudonym Bob Danierla), a fictional account of life and romance in AIDS-ravaged Africa. “In the U.S., public entities are driving the message home to teenagers to use condoms regularly. In other parts of the world, lack of sex education and the overriding culture have prevented that message from penetrating.”

According to the Health Protection Agency, the two groups most affected by HIV are gay and bisexual men and black African heterosexuals. Three-quarters of people diagnosed were among these two groups. Fai believes that education, plus a greater emphasis on family, are the two best weapons in the global fight against the disease.

Project Homeless Connect /Veterans Stand-down schedule, Sept. 8, 9 a.m. to 4 p.m.

Special Shuttle –Westbound to Project Homeless Connect					
Marblemount (Food Bank) 6:40 a.m. 8:40 a.m.	Rockport (Interp. Ctr.) 7:05 a.m. 9:05 a.m.	Concrete (E. County Res. Ctr.) 7:30 a.m. 9:30 a.m.	Hamilton (Food Bank) 8 a.m. 10 a.m.	Lyman (Food Bank) 8:10 a.m. 10:10 a.m.	Skagit Valley College (PHC) 8:45 a.m. 10:45 a.m.
Special Shuttle –Eastbound to Project Eastern Skagit County					
Skagit Valley College (PHC) 2 p.m. 4 p.m.	Lyman (Food Bank) 2:35 p.m. 4:35 p.m.	Hamilton (Food Bank) 2:55 p.m. 4:55 p.m.	Concrete (E. County Res. Ctr.) 3:35 p.m. 5:35 p.m.	Rockport (Interp. Ctr.) 4 p.m. 6 p.m.	Marblemount (Food Bank) 4:25 p.m. 6:25 p.m.

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PEDIATRICS now in Sedro-Woolley

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Skagit Regional Clinics is pleased to bring Pediatrics to their Sedro-Woolley office with Brad Berg, MD, PhD. Dr. Berg is a board certified pediatrician providing health care to children from infancy to 18 years. His focus is on general pediatrics, ADHD, depression and developmental disorders.

Pediatric appointments are available from 8 a.m. to 5 p.m. every Thursday in the Sedro-Woolley office. To schedule an appointment in **Sedro-Woolley**, please call (360) 856-4222. If we see an increase in demand for pediatric services for Sedro-Woolley we may be able to add additional days.

Dr. Berg also serves the Mount Vernon office which offers Pediatrics Monday through Friday from 8 a.m. to 8 p.m. and Saturdays from 9 a.m. to 5 p.m. To schedule an appointment in **Mount Vernon**, please call (360) 428-2500.

Additional services in our Sedro-Woolley clinic include: Internal Medicine, Cardiology, Optometry and Podiatry. Skagit Regional Clinics is committed to providing all of our communities with compassionate, multi-specialty health care.

Dr. Berg’s Education:

- MD - University of Rochester School of Medicine (1999)
- RESIDENCY - Cedars-Sinai Medical Center (Pediatrics-2002)
- FELLOWSHIP - Cedars-Sinai Medical Center (2003)

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Out & About



La Conner

107th Annual Skagit County Pioneer Association Picnic

LA CONNER — The 107th Annual Skagit County Pioneer Association Picnic and Meeting will be held Thur., Aug. 4, at Pioneer Park, near the Rainbow Bridge in La Conner.

The event features live music, plenty of “old-timers,” historic pictures of the Honored Families, an old car show, and information. The event is open to all people interested in Skagit County history and heritage.

The La Conner Civic Garden Club will serve a complete barbecued salmon dinner for \$12 per person, starting promptly at 11:15 a.m. Coffee, tea, and other beverages will be sold to raise funds for the 4-H Craft and Critter Club of Anacortes.

As always, the Skagit County Historical Society and Museum will have a presence at the picnic. The organization will have tables with historical publications on Skagit County history, plus other items available for purchase. The staff can also field questions on county history.

The Skagit Valley Genealogical Society is sharing those tables with the museum staff to help answer any genealogical questions concerning Skagit County ancestors.

At the registration table, look for Dan Royal’s yearly Historian and Memorialist Report on those county pioneers who have

departed since last year’s picnic.

The Business Meeting of the Pioneer Association will be called to order by President Bud Moore at 12:45 p.m. and will include an invocation, flag salute, and group singing. Association officers will give brief reports, and a memorial tribute will be offered for departed pioneers. Honored guests will be recognized for their contributions to the Skagit community, including the Swanson Family of Skagit County as Pioneer Family of the Year, and the Lemleys as Pioneer Contributor. Elections for the coming year’s officers also 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 ever since.

Swansons and Lemleys honored

The Swanson and Lemley families will be honored at this year’s picnic.

Austin Swanson is celebrating his century mark this November, while his brother Kermit, at the tender young age of 91, still lives close to his older brother. Both spent a lifetime working the family farm just outside of La Conner and both will attend this year’s Pioneer Picnic as part of the extended Swanson family of La Conner being honored as “Family of the Year” for the Skagit County Pioneer Association.

The parents of the brothers were Anton Swanson, born in Sweden, and his wife, Anna Olin, born in Finland. Both their families immigrated to the United States

around 1903 and both became naturalized citizens in 1908. Anna and her family were sent the money by her uncle in La Conner to make the trip to America. Anton and Anna married in La Conner in February 1911, and Carl Austin followed nine months later. Brothers Vincent, Vernon, and Kermit married later.

Today, Dean and Jeff, third-generation Swansons, operate the 135-acre farm. Uncles Austin and Kermit still reside on the property, providing valuable guidance and enthusiasm for the family operation.

“As local farmers, we help each other whenever needed, just like our pioneering forefathers,” Dean said.

The Lemleys

In January 1923, fate brought Harold Lemley to the attention of the owners of Baker-Hegley Undertakers, who offered him a job maintaining and driving the hearse. Thus began a multi-generational, highly respected family business in Sedro-Woolley.

It wasn’t too long before Arthur Baker left the business and Hume Hegley apprenticed Harold to become a licensed funeral director and embalmer.

Harold and Ethel were heavily involved in Sedro-Woolley. Harold became a longtime councilman, Memorial Hospital board member, Rotary Club, and Eagles member, while Ethel was a member of PEO and Soroptimist International, and served on the Election Board for many years.

Sons Bob and Dick became licensed morticians in 1955 and took over the business from their father as partners in 1965. Chuck Ruhl also was on board at this time for a few years and came back in 1998, then became a partner in 1999 with Rick Lemley, who had started at the Chapel in 1981. Dick decided to follow his older brother into retirement at this same time, each putting in 45 years in funeral services.

When it came to serving the City of Sedro-Woolley, Bob, Dick, Rick, and Chuck followed in the proud tradition of Harold and Ethel, making not just a three-generation business, but City Council members from Harold’s time forward.

Please recycle this newspaper!

Mount Vernon

Skagit County Fair

The Fair is back! Skagit County Fair is scheduled for Aug. 10-13 this year, bringing local food and fun for the whole family.

The annual event includes a carnival, magician, hypnotist, farm animals, food, contests, local music, a dunk tank, and more. Special music and performers are lined up for all four days.

For more information and schedules, go to www.skagitcounty.net/fair.

Anacortes

ANACORTES, WA — The American Veterans Traveling Tribute and Traveling Wall will visit Swinomish Casino Aug. 25–28. Swinomish Casino is located west off I-5 on SR 20 in Anacortes.

The mission of the project is to travel the nation to honor, respect, and remember men and women who served, and to pay specific tribute to those who gave all in that service.

The AVTT presents several Cost of Freedom memorials and exhibits with its centerpiece being the Traveling Wall, an 80 percent scale version of the Vietnam Memorial Wall in Washington D.C. Across its 370-foot length, the wall contains every single name etched on the original. At its apex the memorial is an impressive 8 feet tall. The traveling wall was completed in early 1998 and began traveling that year.

Other memorials and exhibits included in the AVTT event include The Cost of Freedom Memorial, 911 Memorials, Walk of Heroes, Vietnam Remembered, World War II, Korean War, Founding and Historical Documents, Police and Fire Display, Fort Hood, Commanders in Chief, and Tribute Panel.

Anyone interested in volunteering at the event should contact Jumada Schwinden at jschwinden@swinomishcasino.com. To schedule an AVTT event, go to www.avtt.org or call 507.380.2465.

For more information on the August event, contact Swinomish Casino at www.swinomishcasino.com or 888.288.8883.



Home & Garden



Keith Taxdahl of Taxdahl Construction (on roof) and friend **KC Tonkyn** of Lyman laid shingles on the roof of the gazebo in Concrete’s Angele Cupples Community Garden in July. **Warren Pitman** also helped Taxdahl work on earlier phases of the project. The gazebo is complete, although Taxdahl offered to build a floor for it if the materials could be provided. Ed Rogge has offered to donate the cedar for the floor; the search is on for a donation of treated lumber for the foundation components.

On July 14, Concrete citizen **Tim Bridge** teamed with Public Works employees **Rich Philips** and **Dale Angell** to install the last six yard hydrants in the garden, plus five “stubs” for three future greenhouses and a planned multipurpose building.

Livestock classes offered

The WSU Livestock Advisor Program is presenting livestock education covering feeding, breeding, housing options, and handling of beef, sheep, goats, and swine, as well as pastured poultry, meat birds, rabbits, mud, manure, fencing, pasture, and predator management.

Held at the WSU Skagit County Extension office Tuesdays beginning Sept. 13, (6–9 p.m.), the 10-week session will empower folks with the knowledge needed to begin raising livestock for both hobby and production. All experience levels are welcome.

In return for the training, graduates give back 60 hours of volunteer time during the following two years.

Cost of the training is \$200, with a \$50 rebate after completing volunteer hours.

Download an application at <http://skagit.wsu.edu/Agriculture/volunteer.htm> or call 360.428.4270 to request an application.

WSU Know & Grow Workshop: Plant Diseases

WSU Skagit County Extension Master Gardeners in partnership with WSU-Mount Vernon NWREC will present a WSU Know & Grow workshop, “Plant Diseases,” on Tue., Aug. 16, from 1 to 2:30 p.m. at WSU Mount Vernon NWREC Sakuma Auditorium, 16650 State Route 536 (Memorial Highway).

Come for a basic class in plant pathology. Learn to identify various categories of plant diseases and how to manage them. The class will be taught by local Master Gardeners.

For more information, call 360.428.4270 or visit <http://skagit.wsu.edu/mg>.

WSU Know & Grow is a series of Tuesday afternoon workshops for the home gardener that combine the latest in horticultural research with sound gardening advice presented by the Washington State University Skagit County Extension Master Gardeners in partnership with WSU-Mount Vernon.

Our Garden needs YOU!



The Angele Cupples Community Garden in Concrete needs donations (in any amount) and volunteers. If you can handle a paint brush or a shovel, YOU CAN HELP, whether you’re a teen or a senior.

Call 360.853.8213 or e-mail goodwords@frontier.com to find out how you can help.

Rick Lemley

Chuck Ruhl

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Smile



Dwelleysms

Wit from the Herald’s former editor

“Some men are natural-born pessimists. Others get married.”

—Feb. 3, 1955

“This weather is hard to get used to—especially those sudden, momentary sun-storms.”

“We all have to face up to reality occasionally. Like realizing that some of our friends are growing old—then taking a quick look in the mirror to make sure you have *them* worrying about it.”

“Now is the time to wonder if the first space settlers will migrate for gold or a place for religious freedom.”

—May 11, 1961

“We’ve just discovered why we aren’t bouncing along into summer. We’ve been riding a soggy spring.”

—May 18, 1961

“Once an affinity for habit is acquired, it is easier to keep your vices in continuity.”

“You heard of the girl who became such a hypochondriac that instead of taking a pill, she married one.”

—April 9, 1959

“There’s nothing wrong with traveling 60 miles an hour on a good highway—if your brain isn’t poking along behind at about 25.”

“Pity the weatherman, not yourself. All you have to do is live with it. He has to make a living guessing about it one day and creating an alibi the next. And everyone telling him they can do better forecasting by the twinges in their joints.

—May 7, 1959

“Last year could have been called the summer with no spring. This year it may be the spring with no summer.”

“All the world loves a winner, except when he has just failed to lose on his diet.”

—June 4, 1959

“Beauty queen time again as pretty girls all over the world get into tight bathing suits to prove that no matter what the current style in clothes, the old chassis is still standard equipment.”

“The new brick, glass, and composition homes are really beautiful, but they will never have the lovable charm of the old-fashioned box-type job: unimpressive, cozy—and paid for.”

“Two of our biggest headaches could be solved by combining them: Why not give Berlin to Hoffa?”

—June 11, 1959

“It is true kindness when, in criticizing someone, you try to know them rather than just things about them.”

“These are biblical times. To get along nowadays, you need the wealth of Pharaoh, the wisdom of Solomon, the strength of Samson, and the patience of Job.”

—June 18, 1959

Please recycle this newspaper!

Concrete Harold

By Joyce Harris



Public Service Announcement

By Stig Kristensen



Bad luck

Susie’s husband had been slipping in and out of a coma for several months. Things looked grim, but she was at his bedside every day. One day as he slipped back into consciousness, he motioned for her to come close to him, which she did. “You know,” he whispered, his eyes filling with tears, “you have been with me through all the bad times. When I got fired, when my business went under, when we lost the house, you were there. When I got shot, you stuck with me. When my health started failing, you were still by my side. And you know what?” “What, dear?” she asked, smiling. “I think you’re bad luck.”

Crossword: “Numbers Game” By Myles Mellor

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16					17					18			
19				20					21				
			22				23						
24	25	26		27		28		29			30	31	
32					33		34	35		36			
37			38	39				40					41
	42					43					44		
	45				46		47		48		49		
			50			51		52		53			
54	55	56				57	58			59	60	61	
62					63					64			
65					66					67			
68					69					70			

Across

- More than some
- “_____ Smile” (1976 hit)
- Spray setting
- Lou Gehrig, on the diamond
- Donnybrook
- Knowing about
- Artist Bonheur
- Be part of the cast
- Brought into play
- Simple addition
- Elton John, e.g.
- _____ souci
- Mozart’s “L’_____ del Cairo”
- Like a bunch
- Debonair
- Undergrad degs.
- Catches
- Whole alternative
- Ecstatic
- Old German duchy name
- Ready for anything
- Wrath
- Layers
- It’s found in banks
- Blonde’s secret, maybe
- Vex, with “ai”
- Word from the decks

Down

- Big do
- “Crazy” bird
- Yorkshire river
- Snarcs
- Jiffs
- Karen Carpenter, for one
- Checks, with in
- Trojan hero
- Greek dish
- Acad.
- Potpourri
- Big deal
- Gibb brother
- Ceiling
- Occupied, as a lavatory

- _____Wan Kenobi
- Art able to
- Very, in music
- Australian rock band
- Clear
- File material
- “Harper Valley _____”
- Jerk
- Textual interpretation
- “From the Earth to the Moon” writer
- Signals
- Society page word
- Strauss opera
- Storm part
- Other halves
- Age
- As a result
- “The Hunchback of Notre Dame” writer
- Bank
- “Little piggies”
- All alternative
- “Cast Away” setting
- Worm or lamp
- Creates a lawn

Sudoku

By Myles Mellor and Susan Flanagan

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

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

*Solutions to both puzzles are on p. 38.

Dumb laws in Washington

- It is illegal to paint polka dots on the American flag.
- People may not buy a mattress—or meat of any kind—on Sunday.
- All lollipops are banned.
- It is illegal to pretend that one’s parents are rich.
- You may not breastfeed in public.
- A law to reduce crime states: “It is mandatory for a motorist with criminal intentions to stop at the city limits and telephone the chief of police as he is entering the town.”

—Source: Ahajokes.com

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explained. “It’s well run and really viable. We are a small community hospital that doesn’t plan on ‘going big.’”

The merge

United recently partnered with PeaceHealth St. Joseph Medical Center in Bellingham, a strategy that will enable them to stay financially stable and enhance services, since PeaceHealth offers specialty care. Now United is considering a formal merger with PeaceHealth, in an effort to create as many services as possible at an affordable cost. A merger would be a logical move, since PeaceHealth has the same goals and values as United, and United would see no cutbacks if it chose to merge with PeaceHealth.

The deal is not finalized yet; sometime next year the official announcement will be made. Stafford will conduct community meetings to discuss the merger so people can fully understand what it means and provide feedback to United General. PeaceHealth will not purchase

United General Hospital, but rather play a management role.

Community outreach

United General’s staff takes time to step outside the hospital and go out into the community to educate, connect, and interact with the public they serve.

“Wellness 360” is an excellent example of the hospital’s emphasis on preventative education. This program encompasses community education in the form of classes about nutrition, exercise, stress management, a class called Brain Fitness, and the Women’s Health Fair. Screenings and risk assessments also are provided. United General also sponsors the Cement City Street Fair in Concrete in July.

The future of United General

What does the future hold for United General other than the recent news of the merger with PeaceHealth? The building is more than 40 years old, and there have been additions since it was built, but the structure needs to be updated. A new configuration of the floor plan would be appropriate to enable departments to expand.

Sockeye, cont. from p. 3

They spend money in virtually every business in town.

Washington Fish and Game officials are more than willing to meet with town officials to develop a plan for bringing back the season. Perhaps the town could improve the boat launch and the area surrounding it. It could become a park—a beautiful area where people could come to recreate—maybe even a picnic area and campground. I have heard these ideas from the mayor and council before; they are not impossibilities. Most of it boils down to how many staff hours can be dedicated to such a project.

This fishery is not just a fishing spot. It is a place where locals go to talk and meet new friends. In that way, it is not unlike the Fly-In or Cascade Days. It’s a place where kids can ride their bikes and fish for the day, taking home memories and giving them something to do during the summer. It’s a true treasure for Concrete and should be treated as such.

To sit back and not bring in tourists and fishers who will spend money here is inexcusable. We the people and businesses should not let this renewable resource die in our town. Let’s do something to make it

Crossword solution, from p. 37

A	L	O	T		S	A	R	A		M	I	S	T	
F	O	U	R		M	E	L	E	E		O	N	T	O
R	O	S	A		A	C	T	I	N		U	S	E	D
O	N	E	P	L	U	S	O	N	E	I	S	T	W	O
			S	I	R			S	A	N	S			
O	C	A		D	I	G			S	U	A	V	E	
B	A	S		C	O	P	S		S	K	I	M		
I	N	S	E	V	E	N	T	H	E		A	V	E	N
	S	A	X	E		G	A	M	E		I	R	E	
	T	I	E	R	S		O	R	E		D	Y	E	
			G	N	A	W			A	Y	E			
T	H	R	E	E	L	I	T	T	L	E	P	I	G	S
H	U	E	S		O	V	O	I	D		O	S	L	O
U	G	L	I		M	E	E	D	S		C	L	O	D
S	O	Y	S		E	S	S	E			H	E	W	S

Sudoku solution, from p. 37

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

an even more desirable place to visit.

It is not unrealistic to expect runs of as many as 75,000 sockeye coming up the Baker River within a few years. Because of the improvements PSE is making along the river, this sockeye run is only going to improve.

I’m prepared to back up my words with action. If the town will do its part, I will gather a group of people to work on this from a private citizens’ perspective. We will put in volunteer hours as needed.

There are many things that can be done to save the sockeye season. In the September issue of *Concrete Herald*, I will publish a meeting time and place for anyone interested to gather and start talking through this issue.

Letting this resource die is simply not an option for me, and it shouldn’t be for anyone in Concrete. With runs of as many as 75,000 coming back within a few years, it would be a blunder of untold proportions to let the Baker River sockeye season fade into memory.

Iron Woman, cont. from p. 10

When I ended the race, I wanted to do it again, and I could have—the next day!” She finished the race in 7 hours, 45 minutes.

Support for the task

Smith-Crosson works hard, but gives credit to key supporters while calling out the efforts of the larger group of women athletes in the community. Her husband of 17 years, Michael, gets top honors for his tireless support.

“I couldn’t have done it without him,” she said. “He’s the most supportive husband in the world. Every time that I’ve said I wanted to do something more, he was always the first one to say, ‘Yeah, you can do it; let’s figure out the schedule.’ He pushed me to keep training. I’m thankful he got me out of bed some of those mornings. He’s my little sherpa: He carries everything for me and makes sure all I have to worry about is the race. He’s my No. 1 fan.”

Smith-Crosson is one of many women in the community who compete in endurance races (see article, p. 9); she looks to them for inspiration.

“There are so many women in this town who are doing these kinds of races. They’re training and working—that’s inspiring to me.”

Next on Smith-Crosson’s schedule? Another Half Ironman in Galveston, Texas, April 1, 2012. Then her first Ironman, in Arizona, November 2012. Run, Heidi, run.

Envision, cont. from p. 3

report is that our cities should grow up, not out. Many of our critics would prefer that we not grow at all, but we considered that unlikely. Rather, without changes in policy to allow greater density in our existing towns and cities, we thought the most likely result would be more rural development that would jeopardize our valued natural resources. The county is not in a position to buy up all the development rights that exist in rural areas, so we proposed some incentives that could help focus development in existing urban areas and rural villages.

By the end of the process, I felt that we had spent too much time on some issues and precious little on others. We had speakers, field trips, and much discussion on “new urbanism,” but not a single speaker on floodplain management options. I’m not opposed to new urbanism; walkable communities are desirable today and will be even more so in the future. But I would have spent more time discussing radically different economic development options, floodplain management, a variety of water issues, and transportation. Still, I support many of the group’s recommendations, and I was allowed to submit a minority opinion on floodplain development concerns. So, no, I don’t consider the whole exercise to be a waste of time and taxpayer’s money.

I would like to briefly respond to Diane Freethy’s attacks, both here and elsewhere, on John Lombard (could she please spell his name right!), a consultant for Envision Skagit. She uses every opportunity to tarnish him with the label “outsider”; she criticizes his consultant’s fee from the project; she claims that he “hired out-of-state speakers”; plus she claims he “promoted” the controversial wetland mitigation banks recently approved in Skagit County.

Here are some true statements: John was born in Seattle, moved away for a few years, and again lives in Seattle. He is the author of *Saving Puget Sound*, and has immense regard for the Skagit Valley—for its farmland, salmon habitat, and working forests. He has several innovative ideas to help preserve the things Ms. Freethy values, but his ideas were not the focus of our discussions. He has devoted most of his professional life for nearly four years to this project; he often procured information for the Citizen Committee and, when asked, wrote summaries of issues such as the transfer of development rights. He was not responsible for hiring any speakers—either in-state or out-of-state. He had absolutely NO—zip, zero,

nada—involvement in the recent wetland mitigation bank controversy.

Ms. Freethy is not alone in her reliance on the term “outsider” to tarnish anyone she disagrees with. It’s easy enough to do. Most people living here now came from somewhere else, so if we’re not actual “outsiders,” we’re newcomers (as is Ms. Freethy). But can you imagine your world if no “outside” ideas were allowed to penetrate some invisible barrier? Good grief! Better to evaluate ideas on their merit rather than the residency of the person offering them.

Please, take some time to read the final report when it’s available in early August. Then consider how you want to participate in future efforts to enact or revise the policies we recommended.

Grace Popoff lives in Sauk City.

SCA, cont. from p. 16

The SCA is an international, nonprofit organization with education as its foremost goal. Its members do not gather to entertain the general public; rather, they are there to educate themselves and demonstrate what they have learned.

An SCA event is filled with activities such as tournaments, dancing, performances, a Royal Court, arts exhibits, workshops, and a grand feast. Attendees wear clothing appropriate to the Middle Ages or Renaissance. Artisans practice their crafts and display their work.

Members demonstrate their research into period arts, crafts, and traditions by recreating them. They study whatever they find interesting, whether it’s armoring, calligraphy, pottery, cooking, costuming, dancing, weaving, gardening, heraldry, leatherworking, metalworking, or a host of other activities common during the Middle Ages.

There also are martial activities, such as armored combat, fencing, target and combat archery, thrown weapons, siege weapons, and more. The group adheres to strict safety rules so that members can experience the more physical activities without injuring themselves or others.

The local SCA chapter, The Shire of Midhaven in the Kingdom of An Tir, covers Skagit County and hosts three events per year, according to Newcomers’ Liaisons Alisoun Lamb and Bryson McCloughen. Anyone interested in learning more about the shire can go to www.midhaven.antir.sca.org.

More details on the SCA are available online at www.sca.org or www.antir.sca.org.

Editorial, cont. from p. 2

worked out to \$19,200 per year—was an immediate red flag for most of the council, even though at \$80 per hour, the fee is below market rate.

How can we pay a consultant when we can’t even give our staff a much-deserved raise, some council members questioned.

Because we’re talking about bringing a person on board who has a skill set nobody else in town possesses. We’re not talking about whether the town staff deserve a raise. Of course they deserve a raise! The town deserves to have a full-time mayor too.

But the town also deserves a fighting chance at a long-term solution to the economic woes that have plagued it ever since the cement companies pulled up stakes and left town. We’ve waited 40-plus years for a change in the economic landscape; it’s time the council stopped looking at next year’s raises and started thinking about the next 5 to 50 years. If Concrete can win that war, it will surely win the battle of staff raises.

Finally, the council put out a request for qualifications and decided to require all comers to find their own fee via grants.

During the July 11 meeting, one council member said “yes” when I repeated what I thought I’d heard him say to me: “Let’s just keep doing what we’re doing and hope for the best.”

Right. That’s been working *so* well for us. Let’s do that some more.

Classifieds

MOVIES EVERY WEEKEND AT THE HISTORIC CONCRETE THEATRE

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www.concrete-theatre.com

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BEEF: **Lean Texas Longhorn**, butchering Aug. 8. \$2/lb. plus 53 cents cut & wrap, plus share of butcher fee of \$65. Grass-fed, noncertified organic, low stress. Did I mention lean? Quarter to whole available. 360.873.2571 or 206.349.6085.

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GARAGE SALES

2nd Annual Town of Lyman Yard Sales.

Fri. & Sat., Aug. 19–20, 9 a.m. to 4 p.m.

Please look for yard sale signs to direct you to the house having the sale.

HUGE Garage Sale! Furniture, sleeper sofa in excellent condition, clothes dryer, other miscellaneous household items. Sept. 2–5. 61176 SR 20, Marblemount.

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Skagit River frontage: JUST LISTED! Looking to build on your own riverfront lot? \$160,000, 3.53 acres, 220 feet of medium bank Skagit River frontage. Has amazing territorial and river views. Comes with home plans and active building permit! Building site is sunny, dry and out of flood zone. 42819 Rivers Edge Court, Concrete, WA 98237

More info at HomeTourClub.com or find us on Facebook!

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Got aluminum cans? Don’t throw them away! Give them to Grayson and Tanner. 360.853.8542.

Pat Buller Photography. 2012 Calendars and more! 360.853.8209 or 360.873.4344.

Sauk View Gallery. Sherry Shipley animal jewelry, paintings, cards. 360.853.8209.

To place a Classified ad, call 360.853.8213 or e-mail ads@concrete-herald.com. Ads are \$5 per every 10 words, rounded up to the nearest 10. Payment for classified ads is due at time of placement. Ad close date for Sept. 2011 issue is Aug. 29.



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