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Published the first
Wednesday of each month

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This Christmas ...
SHOP LOCAL!

Power for the people

Puget Sound Energy's new power house project will produce more juice, help to increase salmon runs, and boost Concrete's economy.



The construction site for Puget Sound Energy's subterranean power house is seen in this Nov. 30 photo. The doughnut-shaped structure in the excavated area is the facility's "spiral case," the outer shell of the hydro turbine unit.

After a weeks-long delay at the start, construction has been humming along on Puget Sound Energy's new \$43 million power house on the Baker River in Concrete. The company expects the new

facility to be online by December 2013.

Concrete's sometimes unstable terrain is to blame for the delay: The stability of the slope to the east of the power house construction site worried PSE officials,

who were concerned about worker safety during the construction phase.

"That was unforeseen. It delayed the

See PSE, p. 5

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Concrete Herald

The Voice of Eastern Skagit County

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

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Guest editorial

Proposed cuts could mean disaster for United General Hospital

By Greg Reed

Ten years ago, the state legislature created the Medicaid Critical Access Hospital Program to ensure financial stability for small rural hospitals and at the same time maintain access for care to those patients. Now, Governor Gregoire is proposing to cut funding for the program and wipe out nearly \$70 million in payments to Critical Access Hospitals. These cuts would cost vital rural hospitals half of their Medicaid payments, but would reduce overall state Medicaid expenses by just one and a half percent. If the funding is cut, rural hospitals across the state will lay off staff, cut services, and possibly even close altogether.

The goal of the Critical Access Hospital Program is to ensure the stability of hospital

See Editorial, p. 39

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Opinion

Letters to the editor

Reichhardt & Ebe deserves praise

The Town of Concrete sends a special thank-you to its town engineer, Reichhardt & Ebe Engineering, which was instrumental in securing grant funds for the town to complete the Main Street improvements that began in 2005.

This grant will allow the town to improve Main Street and its sidewalks from Cupples Alley to Superior Avenue.

A second grant also was secured to construct sidewalks passing beneath the high school and to the top of the hill. This grant will greatly improve the safety of our town’s children as they walk or bike to school. Once again, a HUGE thank-you to Reichhardt & Ebe Engineering.

*Andrea Fichter, clerk treasurer
Town of Concrete*

Stand-down thanks to community

On behalf of the 52 veterans and 42 additional family members who were served at the Nov. 5 Concrete Veterans Stand-down, I wish to thank the numerous organizations and individual volunteers who made the day possible.

The day was a huge success, with lots of services provided and cold weather gear issued. The two faces of the day should make us pause and think. One face was that of the grim reality of the increasing need for assistance; the other face was the warmth and compassion of those willing to help. On this one particular day, the community had every right to be proud because they balanced each other out.

*John Boggs
Concrete*

Gratitude for memorial dedication

Thank you, Paul Rider, for your professional, heartfelt dedication of our Veterans Memorial on Nov. 11.

My husband, Jack Hoover, a World War II survivor of the U.S.S. Bunker Hill aircraft carrier’s bombing by the kamikaze attack, would have been so proud of you and the ceremony. He loved his town, living here 85 years.

Also the beautiful roses presented to me in Jack’s service and memory. Thank you.

*Barbara Hoover
Concrete*

Burglar(s) should beware karma

When you hear about someone’s home getting broken into, you don’t think it will happen to you. You think, that’s too bad, glad they didn’t get hurt.

I moved into Cape Horn five years ago, my first home at 56 years old. I did all the right things to secure my home, like getting a monitored security system.

So much for that. I still got broken into. They took all my jewelry and my medication. (What sick scumbag would take your medication?) The sad thing about it is that the jewelry they took probably would be worth only \$20 or \$30. It was given to me over the last 40 years by my sons, grandson, grandma, and other family members. It was the sentimental value that can never be replaced. The money they will get, if anything, I would gladly have given them for food or whatever, but not drugs—which seems to be the case nowadays with thieves.

We need to band together to make this stop! Someday, someone will come home and find them in their home and get hurt. What if it was your mother, grandmother, or sister?

Whoever did this will come before the Lord and they will have no forgiveness from Him. I am sure “whoever” probably doesn’t or can’t even read this paper but maybe his mother, father, sister, or brother will and pass it on that in the end, WHAT GOES AROUND COMES AROUND. You are being watched! As in the Old West, I will start packing my gun.

Not to worry: I have a permit.

*Gladys Silrus
Cape Horn*

Generous local merchants lauded

On behalf of Concrete Youth Dynamics’ staff, I would like to thank our local Concrete merchants for their generous

See Letters, p. 38

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.

Commentary

Funding rural hospitals requires budget priorities

By Rep. Dan Kristiansen

In recent weeks, I have heard from administrators and health care workers who operate small hospitals in rural areas across the state, and from those within the 39th District, which includes United General Hospital in Sedro-Woolley, Valley General in Monroe, and Cascade Valley in Arlington. They are concerned with proposed cuts in the governor’s supplemental budget plan for reimbursement of care for Medicaid and Medicare patients.

Many of these are small hospitals with 25 beds or less, which operate in Rural Public Hospital Districts. Local taxpayers have approved these hospital taxing districts to ensure critical access to health care in Washington’s rural areas. Most of their budgets are at bare minimum and they rely on cost-based reimbursement from state and federal Medicaid/Medicare dollars. The governor’s proposal would slash \$27.2 million for the remainder of the budget cycle (through June 30, 2013) from the Critical Access Hospital

Program, which could affect 38 rural hospitals across the state.

An example is United General in Sedro-Woolley, whose reductions would be more than \$2.3 million per year. That’s in addition to more than \$4.8 million of uncompensated care provided annually by United General.

Hospital officials say if the Legislature approves these reductions, it could force many rural hospitals to curtail health services or close altogether. It would also mean the loss of jobs in rural communities where the hospital often is one of the largest employers. Additionally, closure would create an influx of patients into other hospitals without the capacity to deal with the increase. Many may end up in emergency rooms, driving up health care costs and wiping out any savings the governor would hope to achieve from her proposal.

Some are so despondent over the governor’s cuts they are willing to blindly

jump into her plan to increase taxes by nearly a half-billion dollars to “buy back” these reductions. And I would suggest, that’s what the governor is counting on as she seeks voter support on the March ballot to impose the largest state sales tax increase since 1983.

I asked hospital administrators and workers, please don’t swallow that bitter pill quite yet. We can fund our rural hospitals at the present levels within existing revenue without tax increases, without these onerous cuts, and without hurting funding for education, public safety, and for protection of the state’s most vulnerable citizens. It is just a matter of setting the correct priorities in the budget—something the Legislature has failed to do.

Here are some things to consider:

In the remaining 19 months of the state’s fiscal calendar, state government is expected to take in nearly \$2 billion more than the previous budget cycle—more than enough to cover the hospital reductions in question.

While the governor is seeking to reduce education funding by another \$411 million that she would “buy back” through her proposed sales tax increase, she has yet to reduce the budgets of several of her own agencies. For example, the total operating

budgets of each of these departments have *increased* by the following amounts over the previous budget cycle:

- Agriculture: Up 8.2 percent
- Natural Resources: Up 7.6 percent
- Ecology: Up 10 percent
- Department of Parks and Recreation: Up 12.2 percent
- Fish and Wildlife: Up 14.8 percent

When the Legislature is cutting education (the state’s paramount duty) and slashing funding for rural hospitals, while increasing funding to save salmon and buy more park lands, I believe priorities are in the wrong order. During this special session and throughout the regular session, which begins next month, I will be fighting to reset these priorities to ensure rural hospitals will not be cut short when it comes to life and death care. By establishing priorities of government and unleashing the power of the private sector to create jobs, we can balance the state budget and preserve these vital services without raising taxes on families when they can least afford it.

Rep. Dan Kristiansen, R-Snohomish, serves as chairman of the Washington House Republican Caucus and represents the 39th Legislative District. He can be contacted at 360.786.7967.



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www.birdsviewbrewingcompany.com
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Cascade Burgers
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Concrete wins \$1.3 million in TIB, Archaeology grants

Town of Concrete had a good, good, last couple of months, securing three grants—two quite major—that will help beautify and bring greater levels of safety to local roads, while starting the Superior Building adaptive reuse project on the right foot. **\$1.3 million TIB grants**

The town learned in late November that it had been approved for two Washington State Transportation Improvement Board (TIB) grants totaling more than \$1.3 million.

The first grant, for \$963,410, will help fund a complete reconstruction of Main Street from Cupples Alley west to Superior Ave. Two 12-foot-wide vehicle travel lanes, and south-side curb and gutter, planter strip, and sidewalk are planned, as well as elements that bring the sidewalk into compliance with Americans with Disabilities Act (ADA) regulations. The total cost of the project is estimated at \$1,014,747, leaving the town to pay \$51,337.

The second TIB grant, for \$381,135, will help fund construction of a 350-foot-

long concrete sidewalk, curb and gutter, and a concrete retaining wall on Superior Ave. South, where it passes beneath Concrete High School. The total cost of the project is estimated at \$401,196; the town will need to pay \$20,061.

The project will provide a safe route for students to move along Superior Avenue, especially when motor vehicle traffic is at its highest. The addition of a flashing school zone warning/speed limit sign will help to regulate motor vehicle traffic.

Town of Concrete Treasurer Andrea Fichter told *Concrete Herald* the town will seek other grant funding for the total of \$71,398 in matching funds it will need to pay for the two projects.

Dept. of Archaeology grant

In October the town was awarded \$7,000 in grant funds from Washington State Department of Archaeology and Historic Preservation. That money, along with about \$5,000 in matching funds from the town, will go toward a feasibility study on the Superior Building.

Also in October, the town tapped Seattle-based architectural firm The Johnson Partnership to perform the feasibility study. That group was in town Dec. 2, using radar to do an initial test of the building’s structural soundness.

—J. K. M.

Community Forum paints potentially bleak future for Skagit County

A Dec. 2 Community Forum presented by Skagit County officials and held at Concrete Center didn’t hold out much hope for the future of the vulnerable among us if Governor Chris Gregoire’s proposed budget cuts make it through the House and Senate in December.

Representatives from Skagit County Community Action Agency, Skagit County Health Department, and others took turns laying out the numbers and explaining how they would affect certain services if they were cut or curtailed.

“We’re getting to the point in Washington State where we can’t afford essential needs,” said Malinda Bjaaland with SCCA during her presentation on the impact the proposed budget would have on developmental disabilities services and long-term care.

Governor Gregoire released her version of the budget on Nov. 21. The Legislature is meeting in special session through Dec. 28 to determine the final state budget.

If the Legislature adopts the governor’s plan, cuts within the plan would have an immediate damaging impact on services in Skagit County, including:

- 27 families would have their Family Support services suspended.
- 394 individuals would lose their funding from the Alcohol and Drug Addiction Treatment and Support Act.
- \$430,917 would be drained from Skagit County, and 4,609 outpatient hours of mental health service would be lost.

Director of Community Services Jennifer Kingsley wrapped up the evening with a plea for action. “This demonstrates the need for everyone to tell their story,” she said. “Contact your representatives and legislators. Put a story to every number in this presentation.”

East county citizens may contact our two representatives if they wish.

Rep. Dan Kristiansen, R-Snohomish, can be contacted at 360.786.7967 or e-mailed through his Web site at www.houserepublicans.wa.gov/kristiansen.

Rep. Kirk Pearson, R-Monroe, can be contacted at 360.786.7816 or e-mailed through his Web site at www.houserepublicans.wa.gov/members/kirk-pearson.

—J. K. M.

PSE, cont. from p. 1

excavation roughly 12 weeks,” said PSE Project Manager Dan Koch. The company addressed the problem with drain installation to reduce water accumulating in the slope, and building a buttress wall to provide additional safety and stabilization of the slope.

“We’re hopeful that we’ll be able to gain that lost time back through the course of the project,” said Koch.

When it’s complete, only the top 4 to 6 feet of the power house will be above grade. The subterranean construction design is a response to the 1955 landslide that destroyed the first two power houses—Units 1 and 2—that PSE had built upstream from the current site.

More power

The bigger, 79-megawatt turbine in PSE’s existing Lower Baker Dam power house—a.k.a. Unit 3—cannot operate efficiently under PSE’s new 50-year federal operating license’s required flow regimes. Instead of spilling water to meet the new requirements, PSE opted to build a second Lower Baker power house immediately downriver that can take advantage of the flow directives in the new license.

The new power house will raise the power capacity of PSE’s two Baker River dams from today’s 170 megawatts to 200 megawatts, enough peak output to serve 150,000 households.

Better for salmon

The 30-megawatt power plant is the latest in a series of fish-enhancement initiatives undertaken by PSE as part of its new operating license for the Baker River Hydroelectric Project. Among other stipulations, the 2008 license requires a minimum downstream flow from PSE’s Lower Baker Dam of at least 1,000 cubic feet per second. The project’s previous

license, issued in 1956, required flows of approximately 80 cubic feet per second to support upstream fish-passage facilities.

Besides increasing the minimum downstream flows passing through Lower Baker Dam, the new power house’s 30-megawatt turbine will reduce the speed, or “ramping rate,” at which PSE is able to take its power-generating operation offline. A slower ramping rate lessens the chances of juvenile salmon becoming stranded in side channels along the river as downstream water levels rise or fall. Resource agencies say the increase in downstream flows and a slower ramping rate will help salmon migration and spawning.

“This entire project is really about establishing minimum instream flows for the fish,” said Koch. “The capacity that we’re installing with Unit 4 (the new power house) almost equals the capacity of Units 1 and 2, but this will allow us to maintain minimum instream flows to preserve the habitat of salmon. We could just simply spill water, but we decided to utilize the water for electricity.”

Fisheries agencies say PSE’s investments and collaborative efforts could produce annual sockeye runs on the Baker River of 50,000 to 75,000 fish—a boon for anglers.

A kick in the coffers

Sales tax dollars from the purchase of construction materials end up in the town where the materials are used, which means that Concrete stands to gain about \$176,000 in sales tax during the next two years.

The power house work and the separate PSE fish-collector project now under way at Lake Shannon are generating about 75 construction jobs in the Concrete area.

Construction began on the power house Dec. 16, 2010. PCL Construction Services is the project’s general contractor.

—J. K. M.

Here come the eagles

Skagit Eagle Festival slated for every January weekend

The Skagit Eagle Festival is coming in January, sponsored by the Concrete Chamber of Commerce. In its new, expanded format, the festival will be held every Saturday and Sunday that month, providing residents and visitors the chance to pick and choose the events and activities that interest them most.

The festival features several free tours, walks, and educational programs where participants can learn not only about the majestic eagles, but also about the beautiful areas along the Skagit River where they return each year. A variety of presentations will educate attendees about grizzly bears, how to photograph wildlife and scenery, and much more. Visitors also have the opportunity to enjoy arts and crafts, wine tasting, river rafting, music, dance, and many other outdoor and indoor activities.

2012 festival highlights

Every Saturday and Sunday in January, Concrete Center will be open to provide visitor information. Eagle Watcher Stations in Rockport will be staffed with trained volunteers. Skagit River Bald Eagle Interpretive Center in Rockport will be open.

Every Saturday in January, look for hayrides and bonfires at Ovenell’s Double O Ranch at 3:30 p.m. Concrete Heritage Museum will be open from noon to 4 p.m. every Saturday too.

Special events in Concrete

- Book & Bake Sale, Jan. 14 and 15, 10 a.m. to 4 p.m.
- Grasmere Village Art Walk and Recycled Art Show, Jan. 21 and 22
- Presentations and Sardis Wildlife Center performance at Puget Sound Energy, Jan. 21.



Special events in Rockport

- Chili Feed on Sat., Jan. 7, from 11 a.m. to 3 p.m.
- Boat trips on the Skagit River provided by several companies.

Special events in Marblemount

- Native American drumming, dance, and crafts, Jan. 14 and 15, from 9 a.m. to 4 p.m. (see notice, p. 26).
- Marblemount Hatchery Tours every Saturday and Sunday from 10 a.m. to 3 p.m.

Special events at Concrete Theatre

- Tim Boyer photography workshop, Jan. 7, 1 p.m.
- Dana Lyons multimedia concert, Jan. 14, 2 p.m.
- The Incredible Bald Eagle, Jan. 21, 10 a.m.
- The Kuteeyaa Dancers, Jan. 21, 1 p.m.
- Wolves, Bears & Cougars, Oh My! Jan. 28, 1 p.m.

The Skagit Eagle Festival is a collaboration of dozens of agencies, businesses, and nonprofit organizations, brought together to host the celebration by the Concrete Chamber of Commerce. Many events are free, others are low cost.

A full schedule of events will be posted at www.concrete-wa.com. For more information, contact the Concrete Chamber at chamber@concrete-wa.com or 360.853.8784.

Look for a complete report on the 2012 festival in the January issue of *Concrete Herald*.

Concrete Herald



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KSVU 90.1 FM launches with ribbon-cutting

The fledgling east-county radio station KSVU 90.1 FM got its official christening Nov. 17 with a ribbon-cutting ceremony that drew officials from Skagit Valley College, EDASC, and Concrete Chamber of Commerce.

The studio is located in portable B, near the Concrete Elementary School, although the station is not yet broadcasting from that location. KSVU went on the air in October, broadcasting from the KSVR studio on the Skagit Valley College campus. Locals Robert “Tex” McWilliams and Christie Fairchild are making the drive to Mount Vernon to produce their shows.

To bring broadcasting ability to the Concrete studio, a monthly fee of \$90 will have to be raised to pay for a dedicated high-speed Internet line to connect to the transmitter. Fundraising efforts gained ground at the ribbon-cutting and continue, with volunteer coordinator Katie Philbrick leading the charge (see article, p. 24).

“This station is as local as the locals want it to be,” said Rip Robbins, general manager for KSVU and KSVR.

—J. K. M.

Holiday show

to benefit KSVU 90.1 FM

Concrete Theatre will present “A River Home Companion Holiday Show” on Thur., Dec. 15 at 7 p.m.

The show stars Steve Denzel as host Harrison Wheeler, and will feature stories, skits, and a variety of Christmas, gospel, and holiday music. Performers include Mason Eger on keyboards, Bruce and Judy Newburn in a old-time skit, Nicola Pearson with Trey and Carolyn Hatch in an original play, Kelly Siebecke and the gospel bluegrass group Joyful Noise, Don Smith with friends and members of the Rockin’ Rangers, the musical duo of Stuart Glasser and Rhonda E., and Jason Miller reading poetry. Door prizes and a raffle will round out the evening’s entertainment.

The event is a fundraiser for east county radio station KSVU FM 90.1, sponsored by Skagit Valley College and recently established in Concrete.

Admission is by a suggested donation of \$10. For more information, contact Valerie Stafford at valerie@concrete-theatre.com or 360.941.0403.



New council members

Two new members will soon change the face of Concrete Town Council.

Dave Pfeiffer will replace Paul Rider at Position 2 beginning Jan. 1. Earlier this year, Rider announced he would not run for reelection because he wanted to devote more time to supporting the town’s Youth Dynamics program. Pfeiffer ran unopposed in the November general election.



Dave Pfeiffer



Mike Bartel

Mike Bartel has filled Position 3, left vacant when then-Councilman Mike Criner resigned after the June filing period for the general election.

Bartel is a newcomer to Concrete, having moved to town about six months ago. That fact gave council members pause as they deliberated between Bartel and Robert DiLeo, Sr., who also applied for the position and had more than six years of residency. The council appointed Bartel during its Nov. 14 meeting.

Second Concrete Stand-down drew higher numbers

The Nov. 5 Veterans Stand-down in Concrete proved to be aptly timed, considering the cold winter weather we’ve had since.

The event garnered support from numerous agencies and individuals that came together for a common purpose: to thank our local veterans for their service. That thanks was expressed through flu shots, legal advice, benefits counseling and assistance, warm clothing and sleeping bags, hot showers and haircuts, as well as a great hot lunch.

Organizers braced themselves for a larger crowd than attended the previous Stand-down in January, and they were not surprised. Attendance grew by 63 percent, from 32 veterans in January to 52 veterans in November. Similarly, the Stand-down events in Mount Vernon (held two months earlier) and Sedro-Wooley (held a week later) experienced a surge in participants.

Although no future events have yet been announced, they are becoming a Skagit County tradition.

—John Boggs

Envision Skagit 2060 Citizen Committee’s Final Report and Recommendations released

SKAGIT COUNTY — Skagit County has released the Envision Skagit 2060 Citizen Committee’s final report and recommendations, which are now available on the project Web site at www.skagitcounty.net/envisionskagit, and will soon be available in hard copy.

The Citizen Committee, which met from September 2010 through June 2011, consisted of 12 citizen volunteers. Over the course of their work, one of the committee’s primary tasks was to listen to the community as the committee developed a vision and recommendations for the future of the Skagit Valley.

The committee’s report and recommendations address the following issues:

- Regional coordination, collaboration, and cooperation
- Natural resource lands and industries
- Environmental resources and values
- Compact communities and conservation development
- Sustainable transportation system
- Water
- Housing variety and affordability
- Economic vitality and climate change

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2011

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THIS AND THAT

By J. K. M. and A. L. B.

Friends Helping Friends needs toys for Santa to give to kids after the Dec. 10 parade in Concrete.

Past sources for toys are unavailable this year, so organizers are trying to find toys and buy what they can. If you can donate cash or provide one or more new, unwrapped toys, please consider doing so. Your generosity will help to ensure this wonderful effort continues in future years.

For more information or to donate, contact Gladys Silrus at 360.826.4848 or Adrienne Smith at 360.853.8505.

The East County Resource Center and Upper Skagit Library have a **“Sharing Tree”** again this year. Stop by either location, pick an “angel” from the tree, go shopping, and bring back a wrapped gift appropriate for your “angel” by Dec. 20. Your angel will be contacted to pick up their gift.

If you can’t go shopping, leave a donation at the same locations and the good folks at the center will shop for you. For more information, call 360.853.7009.

Don’t miss local (and Bellingham) authors **Jack de Yonge**, **Robin Wood**, and **John Scurlock**, who will sign their respective books at Albert’s Red Apple Market in Concrete on Dec. 17, starting at 11 a.m.

De Yonge penned *Boom Town Boy*, which was released earlier this year. Wood has published her seventh novel, *Driving Her Crazy*, and Scurlock recently released *Snow & Spire: Flights to Winter in the North Cascade Range*. For more info on the book-signing event, call 360.853.7486.

Artistic crafters of all ages are invited to submit entries for the third annual **Recycled Art Contest** to be held as part of the Skagit Eagle Festival from Jan. 21–22 at Grassmere Village. An **Art Walk** also is planned to feature works from numerous artists in the area.

Entries must be at least 60 percent recycled or repurposed materials, and should be easily portable. Complete entry forms are available at Annie’s Pizza Station or Northwest Garden Bling.

There is no fee for entries, and prizes will be presented to winners chosen by popular vote from viewers.

Deadline for entries is Jan. 20. For more information, call Athena Hornsby at 360.708.3279 or e-mail her at nwgardenbling@frontier.com.

Council summary

Concrete Town Council met for regular meetings Nov. 14 and 28. 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.

- Nov. 14**
- United General Hospital Superintendent/CEO Greg Reed discussed the state budget cut proposals at the hospital and how those cuts might jeopardize the hospital. He requested a resolution with a cover letter from the mayor to go to the Legislature in support of United General Hospital. Reed also reported on the amount of uncompensated care that is given, stating that it is around \$5,000,000 per year. United General Hospital Communications Director Valerie Stafford reported there is a template available on the hospital’s Web site; anyone may use this template to write to their legislator.
 - Audience member John Boggs questioned how the uncompensated care would affect low-income persons in 2012. Reed stated this would not be a good thing for low-income persons and families. He also stated that cutting payroll for hospital employees was not the answer. He stated that reducing the payroll for the hospital employees would send a ripple throughout the county.
 - Reed stated the cities of Burlington and Sedro-Woolley had each passed similar resolutions.
 - Resolution #2011-14 was passed unanimously.
 - Mayor Wilson reported on almost hitting a child on Main Street between North Park and North Superior Avenues. He stated the number of vehicles parked on the street and on the sidewalk is dangerous for pedestrians, and suggested putting “No Parking” signs on the south side of Main Street between North Park Ave. and North Superior Ave. Discussion ensued regarding the amount of parking available in the alley or on the north side of Main Street. Jason Miller requested the alley parking availability be looked into before making this change.

See **Concrete Council**, p. 33

At the Dec. 12 meeting ...

Concrete Town Council will discuss with potentially affected citizens the idea of placing “No Parking” signs on the south side of West Main St. between N. Rietze Ave. and N. Park Ave. during its Dec. 12 regular meeting.

The idea is on the table after Mayor Judd Wilson narrowly missed hitting a child who ran out into Main St. in front of him at that location. Wilson has stated that the emergency situation was created because the child darted out from between the cars parked along that stretch of Main St., leaving him very little time to react.

the vehicle situation on South Dillard. Miller again requested emphasis on the no-smoking issues in the Town Center. Mayor Wilson stated he had spoken to Sergeant Adams regarding this issue a few months back and that citations were being given out to those who had already received warnings. Mayor Wilson will request a report from the Sheriff on the numbers of citations given for this item.

- Audience member William Sullivan requested an update on the speeding issues on Cedar Street and wanted to know if this is still something that is being worked on. He stated his frustration with the issue in this area and his concern for the safety of the children. Miller and Reed both stated that all incidents should be reported to the Sheriff’s office. Miller stated this will create a record of the occurrences. Mayor Wilson reported the town has been looking into different options, such as speed bumps or rumble strips.
- Dependent on FEMA approval, a motion was made to award Interwest Construction the contract to demolish a June Alley home.
- The 2012 property tax was increased by 1 percent.
- The council again deliberated between two candidates to fill Position No. 3, which was left vacant when former Councilman Mike Criner resigned earlier this year. After discussion, the council appointed Mike Bartel to the position with a 3–1 vote.
- Discussion ensued regarding recent language on a white-board sign outside The Hub. Two messages were documented: One advertised

Snow emergency street procedures

With snow almost an inevitability, the Town of Concrete has announced its procedures for keeping the streets clear of the white stuff, plus tips for keeping safe when the plows are active.

In Concrete’s Town Center during and after major snow events, citizens and visitors are asked to parallel park (instead of angle parking) on the north side of Main Street. This will create more room for the plows to clear the street.

Concrete Public Works crews will periodically close the Town Center portion of Main Street after heavy snows, so that piles of snow can be removed, said Public Works Director Alan Wilkins. According to Code Enforcement Officer Rich Philips, any car parked illegally during a snow event will be removed at the owner’s

expense. Questions regarding parking regulations should be directed to Town Hall at 360.853.8401.

During and after major snow storms, the public works crew plows all major streets first, then the secondary streets, said Wilkins, adding that citizens can help improve the efficiency of their efforts.

“If you can keep your car off the street during snow storms, please do so. It helps us plow to the curb,” said Wilkins.

Drive cautiously when sharing the road with a snow plow. Resist the urge to pass; their size and the weather conditions may make it difficult for the driver to see you.

The town’s plows and dump trucks are lined up outside the Public Works shop, ready to leap into action. Be sure to do your part to help them do their job quickly.

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Sundays:
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Daily schedule subject to change. Go to www.skagiteagle.org or find us on Facebook for updates.

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Sports

Season preview: Lady Lions basketball

By Kevik Rensink, head coach

Here in the Concrete High School Girls Basketball program, our on-the-court philosophy begins with defense and rebounding, and ends with winning the game from the free-throw line.

That is a lot of basketball jargon that doesn't mean a whole lot if our team doesn't buy into our off-the-court philosophy, which includes communication, trust, and always choosing the person over the player. We believe the same ingredients that would lead to a success in a home will lead to success on the court. We are the Concrete High School Girls Basketball team and we like to refer to each other as family.

The outlook on the season is bright. We return six varsity players from last year's playoff team, and add two more major pieces to our rotation.

Our six returners are:

- Seniors Brooke Lee (5'3" guard) and Sarah Spaeth (5'4" guard)
- Juniors Jessica Filtz (5'2" guard), Frankie Rohweder (5'4" guard), Tamara Schoolland (5'7" guard), and Kylee Warner (5'9" guard).

All six of these girls saw major minutes last season, so there won't be a lot of growing up to do. We played a lot of basketball over the summer, and I believe they will come ready to play.

Our top newcomers are:

- Senior Alyssa Wahlgren (5'7" guard)
- Freshman Taylor Warner (5'7" guard)

Both players blend in well and will get plenty of opportunity to play the fast-paced type of basketball we like to play.

This team knows their identity and they own it. They are driven and have motivation after tasting the post-season last year. The girls work very hard and

have an extremely strong work ethic every day in practice. Their passion for the game and each other is very apparent. They have a tremendous loyalty to each other, their coaches, and our program in general.

We encourage you to come out and be a part of it all. Our first home game is Fri., Dec. 9, against Darrington. We play exciting, up-tempo basketball, and you will be hard-pressed to find a group of young women with as much character, integrity, and selflessness as this group. They really know the meaning of team and can compete with any opponent because of their belief in each other. Everyone plays team defense, and everyone is a threat to score. It is a great privilege to be their coach.

Women's Basketball schedule			
Date	Opponent	Event location	Time
12.6	Friday Harbor	Friday Harbor	6/7:30
12.9	Darrington	Concrete	5/7
12.13	Orcas Island	Concrete	3:30/5
12.14	Lopez Island	Concrete	2:30
12.15	Cedar Park Christian	Cedar Park Christian	6
12.20	Seattle Lutheran	Seattle Lutheran	5/7
12.28	Darrington Memorial Tourney @ Darrington		TBD
12.29	Darrington Memorial Tourney @ Darrington		TBD
1.3	Mt. Vernon Christian	Mount Vernon Christian	3:15/6:15
1.4	Darrington	Concrete	4:30
1.6	La Conner	Concrete	5/7
1.10	Shoreline Christian	Shoreline Christian	6/7:30
1.11	Lopez Island	Lopez Island	TBD

Sports schedules are online
Updated schedules for all Concrete School District sports teams are online and updated regularly. Go here:
www.concrete.k12.wa.us/sports.html

Football season wraps up

By Kelly Howell, assistant coach

The Lions finished the regular season with a convincing 46-7 victory over the Darrington Loggers in the annual battle of the Saws & Claws. The win keeps the trophy in Concrete for a third straight year.

The victory over Darrington put the Lions in a three-way tie for the third and final playoff from the NW-SeaTac League.

To decide who would represent the league in the state playoffs, a mini-playoff was held in La Conner. Seattle Lutheran won the coin flip for a bye and Concrete played Orcas in the opening game of two 10-minute halves. The Lions battled hard, but came up short in the shortened game, 14-7.

The loss ended the Lions season, but they can be proud of their accomplishments, including making the playoffs again, a feat that the team has accomplished for the past five seasons.



Senior quarterback Tyler Clark keeps the ball and sprints toward the right sideline as the Lions clashed against Darrington Nov. 3. The game was the Lions' last regular-season matchup; they emerged with a 46-7 win.

FOOTBALL AWARDS
Most Valuable Player: Tyler Clark; **Best Tackler:** Tyler Kales; **Best Blocker:** Jordan Clontz; **Coaches' Award:** Dylan Stidman; **Captains:** Cody Corn, Tyler Clark

Wrestling squad with six women

By Jason Miller

The high school wrestling team will bring mostly returning players to the mats this year, with only three new men and one woman.

That woman, freshman Kalysta Becker, brings the total female count to six, enough to warrant separate trips to women's tournaments, said coach John Koenig, who shares coaching duty with Dave Dellinger. Lenny Clontz, whose son, Jordan, and daughter, Melissa, are both on the team, also is assisting the team.

"We'll have a schedule for girls' tournaments, separate from the boys," sometime during the week of Dec. 5, said Koenig.

Just don't call them the weaker sex. "Some of my girls have more endurance than some of my boys," said Koenig, singling out sophomore Emily Fenley. "She's a powerhouse. She has more endurance than any boy in that room," said Koenig.

Seventeen men make up the male side of the wrestling equation. Koenig said he's pleased with their performance so far. "They're strong all the way around, although they need more endurance

conditioning," he said.

The team began the season with a Nov. 30 Jamboree tournament at Lakewood High School. Koenig said all Lion wrestlers performed well at the match.

Dec. 2 and 3 found the squad in Omak, at the Pioneer Invitational Tournament, squaring off against 12 teams, all but one of them from much larger schools. At the P.I.T., Dakota Blanton took second, Tyler Kales took third, and Cody Corn brought home a fourth-place showing.



Athletes of the Month



Athletes of the Month are Tyler Clark and Kylee Warner

Senior quarterback, captain, and MVP Tyler Clark "provided good leadership for the team," said Head Coach Ron Rood. Clark was named to the Northwest All-League team and the *Skagit Valley Herald* All Area team. Kylee Warner, a junior middle hitter for the Lady Lions volleyball team, led her fellow players in blocks, kills, and aces this season. "Kylee is a dedicated player who leads by example," said Head Coach Matthew Williams. "She was a strong force at the net for the Lions this season and was rewarded for her efforts by being nominated to Northwest 1A/2B All-League: Honorable Mention." Clark and Warner were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

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A passion for the game

New men's basketball coach brings life lessons to the court.

By Bill Mueller

There is an old line that states, "One learns from one's mistakes." When that happens there is a sense of redemption, that some wrongs have been made right. Such is the case in the life of Larry Tyndall, the new men's basketball coach at Concrete High School, who replaces former coach Josh Peterson.

Tyndall grew up with a great passion for basketball. "It's my life," he said.

Tyndall is a star in the legacy of high school basketball at Bellingham High School. He had the opportunity to go to the next level after school in the college ranks, but unfortunately, his grades didn't allow him to make that jump. As a result, he has made coaching the game a focus, where his desire is to motivate student athletes in the classroom, as well as on the hardwood.

"I don't want students of mine to make the mistakes I did. I want them to maximize their effort on the court, as well as in the classroom," he said.

To make a team that Tyndall coaches,

one has to be committed. His practices are tough. At the high school, he is the basketball coach, period. He has no other responsibilities.

Outside of coaching, however, Tyndall is a personal trainer. He is finishing his physical education degree at Eastern Oregon University, so he knows how to whip people into shape. He has trained people of all ages toward better health.

Tyndall understands what it takes to get the team ready for the season. The varsity at Concrete just finished three weeks of hard training in preparation for what lies ahead.

Tyndall's basketball philosophy is that defense wins games, so his man-to-man pressure defense will cause trouble for Lion opponents.

Tyndall is seeking to turn around a program that has had little success over the past few seasons. Last year they went 3-15. He will work to change that outcome.

Ultimately, Tyndall sees relationships



New Head Coach Larry Tyndall will lead the Lions men's basketball team this year.

as key and most important in relating to the students he will coach. For him, the significance of his program will be found in those athletes who return to the school after graduation with a sense of appreciation for what they learned and gained by being a part of the program Tyndall will run, that their experience helped them be successful in life and in the relationships they will have beyond high school.

Say hello to Tyndall and you'll get a sense of his passion for basketball. He wants to help others learn from his life and experience the joy of the game.

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Ryan Magee sprints for the end zone

during the Concrete Midgets' conference championship game against Anacortes Nov. 5. The young gridiron greats lost the game 26–22, but gave up only 34 points all year, ending the season with a 6–2 record, 228 total points scored, 60 points given up, and four shut-outs.

Coaches Shile Magee and Arthur Sanchez expressed their thanks for the player's parents' role in the Midgets' efforts. "Without their support we would not have the success," said Magee. "The program requires lots of practice and long road trips for away games."

Midget Football Awards

Bud Clark Memorial award: Marshall Fichter
MVP Defense: Kaden Becker
MVP Offense: Ryan Magee
Most Improved: Wyatt Magee
Coach's Award (Shile): Peyton Sanchez
Coach's Award (Arthur): David O'Neil
Coach's Award (Paul): Tyler Nevin
Six game balls were given out for perfect practice attendance.



The Youth Soccer League (K-2) in Concrete wrapped its season with a Nov. 19 scrimmage game, followed by a potluck. Katie Chandler-Roche, who co-coached the team with Terri Johnson, said her first time in a coaching position was rewarding. "It was fun; I'm really glad I did it," she said. "Hopefully next spring we'll have some nice weather and get some more games for the players." Some team members posed for a photo, above, on that last day. Front row, from left: Jade McAdam, Zakerias Conrad, Payten Hooper, Hayley Daniels. Middle row, from left: Gwenn Thompson, Jolie Johnson, Landon Morris, Jenna McCall. Third row, from left: Anna Kiele, Shaina Bacus, Frankie Johnson, Georgia Gregush, Sheyenne Sweet. Back row: Coach Terri Johnson and Coach Katie Chandler-Roche. Not pictured: Madisen Norgord, Ethan Norgord, Killian Moore, Leah-Marie Tiemens, Payton Dickinson, Becka Johnson, Vincent Preis, Michael Bartel, Charlie Bartel, Zachary Walker, Lucy Guerrero, and Tiffanie Conrad. *Photo by Sheena Daniels/SD Photography.*

CONCRETE HERITAGE MUSEUM NEWS

Don't forget! Even though the museum is closed for the season till next Memorial Day weekend, you still can make an appointment to visit the museum or do research in our library year-round. Simply call Robin at 360.826.3075 or e-mail 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.

Join us for our annual **Christmas Party & Potluck**. The potluck will be held at the Concrete Heritage Museum on Thurs., Dec. 8 at 6 p.m. Enjoy good company and food, and celebrate the holiday season and New Year with us.

Copies of Paul C. Pittzer's book, *Building the Skagit*, are for sale at the museum store. This is the substantially revised 2001 edition from Seattle City

Light. The book originally was published in 1978 by Galley Press, and is based on a series of articles the author had originally produced for *Concrete Herald*.

The annual **election of officers** has been held, with all officers accepted by acclimation for another term except Lyle McClure, who chose not to seek another term. Lyle nominated Bill Sullivan for the position of vice president; the nomination was seconded by Kathy Huntley and passed unanimously. Officers are:

President: Robin Wood
Historian/Research Guide: Dan Royal
Vice President: Bill Sullivan
Liaison: Jason Miller
Treasurer: Cheri Cook-Blodgett
Documentation Clerk: John Boggs
Secretary: Gail Boggs
Happy New Year!

—Dan Royal

At the Upper Skagit Library

"It's been a joy to be here," said Richmond. "This new job is the completion of a dream."

Richmond's dream culminated with an Internet Core Computer Competencies test she took to become state-certified. She took the test in April and passed.

Her new digs are steeped in history. The Priest Lake Library started as the Lamb Creek School, one of the last log schoolhouses to be built in the U.S. In 1973 it was converted into the town library.

A familiar face at the Upper Skagit Library has left the building. Library Assistant Beverly Richmond put in her final hours Nov. 22, after accepting an offer to serve as director for the Priest Lake Public Library in Priest Lake, Idaho. Richmond began her tenure at Upper Skagit Library in Concrete in February 2007. Her first day on the job at the Priest Lake library was Dec. 5.

Christmas services and events

DECEMBER

10	Santa's Breakfast, Sedro-Woolley Community Center, 9:30 to 11 a.m.; kids eat free/parents by donation; music and Santa on hand; info at 360.855.2390
10	Birdsview Fire Dept. Open House, 8391 Russell Rd., Birdsview; noon to 3 p.m., Santa on hand from 1 to 2:30 p.m.; info at 360.739.3252
10	All Children's Christmas Party, Shopping, Lunch, and Santa, Concrete American Legion, Concrete Town Center, 1 to 4 p.m.
10	Holiday Home Tour starts at Sedro-Woolley Museum, 4 to 9 p.m. (homes open 5 to 9 p.m.); tickets at Oliver-Hammer Clothes Shop or Sedro-Woolley Museum; info at 360.855.2390
17	"Cookies & Cards" Christmas cookie-making and card-sharing (bring ingredients/supplies and cards to share), Mt. Baker Presbyterian Church, Concrete; 11 a.m. to 2 p.m.; info at 360.826.4681
10	Christmas Parade, Concrete Town Center, 6 p.m.; info at gsilrus@frontier.com or 360. 826.4848
10–11	Concrete Lions Club Christmas Tree Sale, west of Loggers Landing (south of SR 20), 8 a.m. to 3 p.m.; all trees \$20
15	"A River Home Companion" holiday show (fundraiser for KSVU 90.1 FM), Concrete Theatre, Concrete Town Center; 7 p.m.; admission by \$10 suggested donation; info at 360.941.0403 or www.concrete-theatre.com
17	Concrete Lions Club Christmas Tree Sale, west of Loggers Landing (south of SR 20), 8 a.m. to 3 p.m.; all trees \$20
17	Ovenell's Heritage Inn and Double O Ranch hayride and Christmas caroling, Ovenell's ranch, 3:30 to 5 p.m.; bonfire, coffee, hot chocolate; admission by donation of food or money for Concrete Food Bank; info at 360.853.8494 or breakfast@ovenells-inn.com
17	Christmas Dinner for low-income seniors, Washington Cafe & Bakery, 45938 Main St., Concrete; 3:30 p.m.; free admission; call to save a seat; sign-up sheets at the restaurant, the Resource Center, and Concrete Center; info at 360.853.7723
17	Members Appreciation Christmas Dinner and Christmas Gift Basket raffle, Concrete Eagles Aerie #1444, Concrete Town Center; 6 p.m.; info at 360.770.3300 or 360.853.8611
18	Christmas Choir program, Mt. Baker Presbyterian, 45705 Main St., Concrete, 9 a.m.; info at 360.853.8585
18	Day Creek Chapel Children's Christmas program, 31438 S. Skagit Hwy, Day Creek, 10 a.m.
23	Day Creek Chapel "Christmas Eve Eve" service, 31438 S. Skagit Hwy, Day Creek, 6:30 p.m.
24	Christmas Eve Candlelight Service, Community Bible Church, 45672 Limestone, Concrete; 6 p.m.; info at 360.853.8511 or cbcofconcrete@earthlink.net
24	Christmas Eve Candlelight Service, Shepherd of the Hills Lutheran Church, 46372 Main St., Concrete, 7 p.m.
25	Christmas worship service, Mt. Baker Presbyterian, 45705 Main St., Concrete, 9 a.m.; info at 360.853.8585
25	Day Creek Chapel Christmas Day service, 31438 S. Skagit Hwy, Day Creek, 10 a.m.

***This list will be updated online at www.concrete-herald.com throughout December.**

Leftover cards? Recycle them!

One way to recycle all kinds of greeting cards—Christmas, birthday, thank-you's—is to send them to St. Jude's Ranch for Children, Recycled Card Program, 100 St. Jude's Street, Boulder City, NV 89005. The children recycle them into new greeting cards; and the project enables them to earn "pocket money" as well as funds for trips and expeditions.

Send only the card fronts, and make sure there is no writing on the back of that piece. The organization prefers 5-inch x 7-inch cards or smaller, and cannot accept Hallmark, Disney, or American Greeting cards. For more information write to the above address or call 877.977.7572.

—Pat Betts



Academics



Money wins 2011 Teacher of Excellence award

A Concrete Elementary teacher was honored recently with a 2011 Teacher of Excellence Award after being nominated by a former student.



Deborah Money

Deborah Money received the 2011 Teacher of Excellence Award from The Evergreen State College. The award honors teachers who have made a difference in the lives of their students.

Money was nominated for the award by Evan Holm, who is now a student at The Evergreen State College.

Michael Zimmerman, academic vice president and provost at The Evergreen State College, explained, “In an attempt to encourage our students to think about teachers who made a difference, I asked our incoming students to nominate via e-mail the teacher they felt made the biggest difference in their education.”

In nominating Money, Holm said, “From the day I met Ms. Money nine years ago, she has inspired me to learn. She created a wonderful atmosphere in her classroom that made learning a joyful experience. During the last three years, I was Ms. Money’s teacher’s assistant, and during this time she helped me discover so much about myself. Through observing her teach, I was inspired to focus my education on becoming a teacher myself.”

Money is one of 40 elementary, secondary-school, or college teachers from 11 U.S. states and four countries to receive the Excellence Award. Each teacher receives a certificate and a decal. Zimmerman, creator of the award, said, “What we wanted to do is encourage our students to think about teachers who have ... gone beyond the norm—people who have committed to the process of learning and made the biggest difference in their education.”

Concrete PTO news

December events include the Winter Concert courtesy of the Concrete Schools Band. The concert will be held Dec. 7 at 7 p.m., in the high school gym.

Elementary students are invited to turn in their letters to Santa at the office by Dec. 9. Winter Break begins Dec. 19.

The next **PTO meeting** is Dec. 12, 2:45 p.m. in the library. Please plan to attend. For more information, send an e-mail to concretek6pto@yahoo.com.

—Debbie Ross, president

The Washington Poison Center is seeking submissions for its 2012 Mr. Yuk Poster Contest.

The 2012 poster theme is “Everyone Needs Mr. Yuk.” The contest is open to all 6- to 12-year-olds in Washington state. The top prize-winner will receive a \$500 check card and a visit from Mr. Yuk. The Washington Poison Center will receive entries postmarked until Jan. 6, 2012. Go to www.wapc.org for the contest entry form and more contest information.



A troupe of Chinese acrobats wowed Concrete Elementary students Nov. 17, performing feats of balance, contortion, and juggling. Emcee Hu Mingwei wove stories of China into the performances, teaching the students about language, culture, and the geography of the acrobats’ homeland. Performing that day were Ma Yongqiang, Ma Caifeng, Ren Shuangyan, and Wu Guojuan.

DHS gains new prevention/intervention specialist

Jennifer Fuentes is the new Prevention/Intervention Specialist at Darrington High School.



Jennifer Fuentes

Fuentes has been working in community services for 15 years, most recently at Oak Harbor School District and the Island County School District. She has a Masters in Mental Health and has worked for the Skagit County School District as a School Based Mental Health Therapist.

Fuentes said that 80 percent of her work is intervention and 20 percent prevention. She already has partnered with the Sauk-Suiattle Tribe and the Family Resource Center to take a group of students to Yakima for a Prevention Summit. The goal is to apply strategies from the summit to prevention projects in the community.

Fuentes also plans to participate in Teen Night, mentoring the Leadership Group, and helping her husband in the Shred Shed with youth musical projects.

—Marla Skaglund

Power in numbers: 7 out of 10 students don’t drink

Local campaign promotes the “norm” of not drinking

SKAGIT COUNTY — A new underage drinking prevention campaign is sweeping through Skagit County. The Skagit Prevention Council (SPC), in partnership with local coalitions and school districts, is kicking off Power in Numbers, a social norms campaign to promote the “norm” of not using alcohol among Skagit County students.

When asked of their peer’s behaviors, 97 percent of 9th and 10th grade students thought the typical student their age drank alcohol. According to the 2010 Healthy Youth survey and the 2010 Skagit local alcohol survey, 7 out of 10 students in grades 9 and 10 in Skagit County did not drink alcohol in the past 30 days.

See **Power in Numbers**, p. 39

CASCADE MIDDLE SCHOOL HONOR ROLL

The following 7th and 8th grade students at Cascade Middle School received honors for high marks for the first quarter of the 2011–12 school year. An asterisk denotes a student with a perfect 4.0 GPA.

Grade 7 Honor Roll

Jacy G. Ammons, Alyssa R. Anderson, Phoebe R. Anderson, Gabrielle M. Aven, Andrew W. Backstrom, Kaylyn M. Barnes, Jeffrey T. Barnhart, Colin J. Belles, Ryan Berg, Alexander M. Bertrand, Jessica L. Browning, Kaetlyn C. Brugliera, Brett Carlson, Kylee K. Carlson, Emalee K. Cassidy, Elizabeth Chandler, Ekaterina M. Clark, Madisen E. Cork, Saige R. Cullup, Alexsander M. Danger, Kortnee M. Davidson, Halie N. Davis, Janae B. Dills, Jarryd L. Dressor, Grae L. Eason, Emily Eastman, Jayden A. Eaton-Cortez, Ashley I. Fair, Brenden G. Fenimore, Shanda M. Ferguson, Shannon Finch, Lindsey E. Fischer, Michael D. Foster, Michael D. Fox, Trenten W. Freiberg, Dalton Friend*, Michael D. Gant, Dana N. Geary, Ashlea C. Gottschalk, Susana G. Guillen Lara, Alexandra Guitron, Karly R. Hatch, Olivia K. Helinski, Evan J. Henderson, Kyleigh M. Herrera, Shelby L. Hoffman, Payton

Holmgren, Bryce C. Hornbeck, Treyton C. Howell*, Orabell R. Howland, Matthew R. Hudson, Amber N. Hughes, Bryce D. Humerickhouse, Jessica E. Hyatt, Christopher J. Jacob, Gabrielle Jann, Mariah A. Johnson, Baylee C. Jones, Sage Jones, Amy M. Joyce, Alexis J. Kelley, Bailey N. Kelley, Richard J. King, Brenton K. Lafayette, Seth E. Laurance, Hailey V. Lee, Abby N. Leopard, Grant S. Lloyd, Ashley O. Longfellow-Davis, Alexis O. Magana, Victoria H. Mahle, Giselle Marin, Jordan C. Martin, Maria M. Martinez, Alyssa A. Martini*, Carl A. Mayo, Elijah D. McGrue, Brannon P. McInerney, Kendra A. McMullen, Elizabeth K. Melton, Troy J. Mesman, Maleah L. Mitchell, Humberto Molina, Jasmine Montes, Elizabeth H. Moore, Emily L. Moore*, Kathrine F. Morgan, Madeline Moser*, Shaley L. Noles, Brianna S. Ocheltree, Devin Ochoa, Sean D. Olsen, Rebekah J. Ormesher, Jessica R. Owens, Darrell A. Payton, Hazel B. Pleasant, Megan M. Pless, Madison N. Queen, Issac N. Ramos, Parker J. Rana, Darian S. Rehder, John Jacob Reyes, Gavin N. Rivera, Anise E. Robles, Humberto O. Salazar-Ibarra, Allison R. Segura, Shalauna P. Serna, Amelita D. Smith, Nicole T. Smith, Sierra A. Smith, Dawson W. Snyder, Fabian St. Germain, Jordan L. Stapleton, Brandon M. Starkovich, Alysa M. Stewart, Hallie L. Stiles, Noah J. Stroosma, Ezra J. Swenson, Jacob

R. Swenson, Alexander L. Thomas, Taylor S. Torgeson, Abril C. Torres, Emily A. Toth, Reid M. Trammell*, Chloe N. Waldrup, Morgan J. Warren, Braden D. Washington, Aech Z. Watts-Maddox, Devyn M. Weidert, Vanessa Whidden, Ireland K. Wienker, Jazmyn N. Williams, Corey Wilson*, Hope E. Wimer, Ashley N. Wood, Benjamin A. Workman Smith, Kelby A. Wright.

Grade 8 Honor Roll

Adam J. Adkinson, Samantha A. Alspaugh, Kortni E. Amundson, Alison A. Anderson, Noah A. Annett, Sage J. Armstrong, Angelica R. Avila, James D. Barney, Zachary D. Baumgardner, Alison B. Blanton, Dakota S. Bowman, Tristan Bradford, Mariana Brandt, Dylan P. Breier, Karleena R. Burdick, Krista M. Calender, Stephen L. Cann, Quinn Carpenter, Austin R. Cartwright, Ernestina I. Castellanos, Hairi V. Ceja, Celia M. Chavez, William D. Childress, Joseph Conijn, Avery C. Cooper, Robert R. Cuevas, Katherine N. Daley, Taryn R. Dawson, Zoe L. Demming, Rilea R. Dills, Myles A. Doorn, Isaac Dugger, Shyanne E. Edson, Shelby M. Ferguson, Joshua A. Gaethle, Bryn C. Gallagher, Samuel H. Garcia, Ryan C. Garner*, Logan T. Garofaro, Alestra D. Glassman, Dustin J. Hairr, Emily T. Hall, Kiahna R. Harris-Self, Haley A. Hartley, Rachelle D. Hockett, Ashley N. Horton,

Joseph D. Howell, Samuel Hudson, Brandon S. Huston, Ethan S. Isakson, Christopher H. Ishihara*, Valerie K. Jech, Bryer M. Johnson, Ethan Johnson, Savanah L. Johnson, Zachary I. Jordan, Madison C. Kearney-Elder, Mary K. Kelley, Jared A. Kimball, Michael S. King, Tucker J. Lee, William May, Connor L. McCandless, Riley A. Mcclenaghan, Meghan T. McCloud, Bailey M. Meins, Avory D. Messer, Mariko F. Meyer, Emily N. Moran, Hollie M. Morgan, Abigail M. Murdock, Carmen R. Nabholz*, Justin O. Nabholz, Brittany D. Needham, Carter D. Needham, Kasey D. Neisinger, Thomas M. Nelson, Cole R. Newell, Jaxson Nilsen, Carson R. Novello, Kathryn A. Orwig, Nicole A. Pace, Tanner M. Percy, Deanna T. Perkins, Emily K. Pohl, J'den L. Price, Shannon Rae Reyes, Kaycee T. Richardson, Jackson S. Roberts, Emily J. Rose, Koby A. Schinman, Alicia R. Schmidt, Zachary T. Schmidt, Teracita R. Shanes, Emma E. Shannon, Brayden W. Smith, Justin J. Spinnie, Lars M. Stenseth, Kathryn R. Stiles, Cordell J. Stocking, Zachary M. Taylor*, Kira Troutman, Thor B. Wagoner, Nicholas A. Wahlgren, Devin J. Willard, Billy Jo Williams, William Wing, Dylan J. Witzel, Courtney A. Wright, Anthony K. Wyndham.

Youth Dynamics update

Concrete Youth Dynamics is in full effect. After just two months, 120 students already have attended at least one of the Monday night meetings. Approximately 60 young people are there every Monday.

Every week I am reminded of how hungry our teenagers are for acceptance, encouragement, relationships, fun, and the obvious one: food.

I am continuously humbled by our need for relationships with people, and even more humbled by our need of a Savior. Interacting with and mentoring young people can have its challenges, but the reward is far greater than any amount of money. The look on their faces every Monday remind me of why we are there. Whether it be a look of happiness or sadness, we all need someone to talk to, someone to connect to, someone to understand.

We have had some great discussions lately, in both group settings and one on one. We have had different staff, including one of this year’s interns, give their testimonies and let the students see who they are. Angela Janda spoke this past

Monday during “Minute to Win It Night,” shared some real fears, and showed some amazing transparency. Kids love transparency. They are the first ones to pick up on someone if they are being fake.

Zack Allard spoke the Monday before Angela (Dodge Ball/Kick Ball Night), and did a great job speaking directly to the teenagers.

Our young people love to be challenged, and some students have been making better decisions lately as a result of that. One student recently told me he wanted to start making better decisions and stop living for just himself.

The Concrete Youth Dynamics Dessert Fundraiser went well, with more than 70 people in attendance and more than \$900 raised for our local teens. A big thank-you to everyone involved!

We still have many more adventures coming up before Christmas Break, including “Movie Night” at the Concrete Theatre, our annual “Barn Party” at the Filtz residence, a Christmas Party, and Christmas Caroling around town. We also have a four-day winter retreat (Hotdoggin 2012) coming up in January. Space is limited on this trip, so if you are interested in having your son or daughter participate, please sign them up as

soon as possible. If you have questions, please call Kevik and Marta Rensink at 360.853.6815.

—Kevik and Marta Rensink, directors
Concrete Youth Dynamics

“His Kids” Fall Fun Nights

1st & 3rd Sundays, thru June 2012
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Community Bible Church
Concrete

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Clear Lake



Clear Lake icon Jamie Lanning passes

Engaged citizen was known as the honorary mayor of Clear Lake

Longtime Clear Lake citizen Jamie Earl Lanning, age 83, passed away Sat., Nov. 19, at Birchview Memory Care in Sedro-Woolley.

Lanning came to Skagit County in 1947 from North Carolina, and had resided in Clear Lake since 1951.

An active citizen who believed in getting things done, Lanning was a member of the Clear Lake Fire Department for 35 years. He brought sidewalks to the community in 1994, urging local kids to sign their names in the wet cement. In 1997, he decided the sign for the Clear Lake Baptist Church needed painting, so he did just that.

Lanning was known for his mannequins, which he dressed and displayed on his property along Highway 9. Lucille, his first mannequin, is on display in the Clear Lake Historical Association Museum and made an appearance at his memorial.

A hard worker and dedicated citizen, Lanning was fondly referred to as the Mayor of Clear Lake. He attended—and emceed—every Clear Lake Penguin Dip until 2007, with “[his current age] and still dipping” written on his back.

Lanning enjoyed fishing and hunting, and working on his two Model A vehicles.

A celebration of life ceremony was held Nov. 26, during which a slide show was presented. Two fire trucks and several Clear Lake Fire Dept. volunteers attended.

“People said they found the funeral very uplifting,” said Kathy Schmidt, whose mother, Barbara Rumsey, was Lanning’s longtime companion. “Most of the people found themselves laughing. That is what Jamie would have wanted.”

—J. K. M.



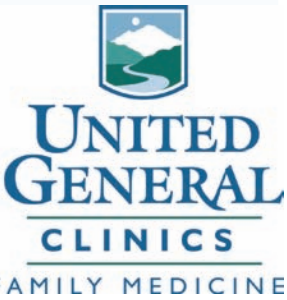
Jamie Lanning stands with some of his famous mannequins on his property in December 1999. Known as the honorary Mayor of Clear Lake, Lanning passed away Nov. 19. Among his many accomplishments, Lanning was responsible for bringing sidewalks to Clear Lake. He served the Clear Lake Fire Dept. for 35 years and was its chief in the 1960s. Photo courtesy of Kathy Schmidt.



Walk-Ins are Welcome at New Clinic

Recently we opened a new Family Medicine Clinic at United General Hospital. We are pleased to announce that Dr. William Saunders, shown here cutting the ribbon, has been joined by a second family practitioner, Dr. Nadya Volsky. Both doctors are accepting new patients at the clinic and appointments are not required. The clinic is open Monday through Thursday from 8:00 a.m. to 5:00 p.m. (closed for lunch, noon – 1:00 p.m.), and Friday from 8:00 a.m. to noon. For more information, please call (360) 856-7230.

Located on the United General Hospital campus, directly across from our main entrance.



Community Calendar



DECEMBER

- 7 Concrete Music Program Winter Concert, CHS gym, 7 p.m.
- 10 Kids’ Day for Day Creek mothers, Day Creek Chapel, noon to 4 p.m.; see notice, p. 19; info at 360.854.0038.
- 11 Nutcracker Ballet performance, Concrete Elementary gym, 4 p.m.
- 17 Book-signing event: Jack de Yonge signing *Boom Town Boy* and John Scurlock signing *Snow & Spire: Flights to Winter in the North Cascade Range*, Albert’s Red Apple Market, Concrete, 11 a.m.; info at 360.853.7486
- 23 Skagit County offices and departments closed, including Sauk Transfer Station and Clear Lake Compactor

JANUARY

- 7–8, 14–15, 21–22, 28–29 Skagit Eagle Festival; see article, p. 5; info at 360.853.8784 or chamber@concrete-wa.com
- 8, 15 “Forks Over Knives” documentary shows at Concrete Center, 4 p.m.; see Classified ad notice, p. 39; info at 360.708.6577
- 21 Bread of Life Food Bank Buffet/Silent Auction Fundraiser, Marblemount Community Hall, Marblemount; 5 to 8 p.m.; see notice, p. 26; info at 360.873.4240 or 425.345.4762
- 29 Skagit River Bald Eagle Interpretive Center, Rockport, open through today; info at www.skagitteagle.org or 360.853.7626

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

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Community meetings

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

Concrete Chamber of Commerce meets the second Thur. of each month at 8 a.m. Meetings usually are held at 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. tuffenuff1@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 Dec. 15 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@glacierview.net.

Forest Park Cemetery District No. 5 meets the second Wed. of each month at the cemetery office on Compton Lane in Concrete, at 8 a.m. 360.708.3656.

Friends of Upper Skagit Library 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.

KSVU 90.1 FM meets the last Thur. of each month (except Nov. and Dec. 2011) at portable classroom B near the Concrete Elementary School campus, at 4, 5, and 6 p.m. (the 4 and 6 p.m. meetings are identical). 360.416.7711 or rip.robbins@skagit.edu.

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. Its Dec. 12 meeting will be held at State Street High School, 800 State St., Sedro-Woolley. 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 Helping Friends needs toys for Santa!

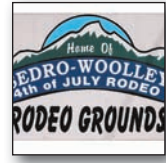
Cash donations and new, unwrapped toys are needed for Santa to deliver to local kids after the Dec. 10 parade in Concrete.

Can you help? Call 360.826.4848 or 360.853.8505!





Sedro-Woolley



Sedro-Woolley firefighter a Red Cross 2011 Real Hero

Sedro-Woolley firefighter Wes Arney was named a 2011 Real Hero by the Mt. Baker Chapter of American Red Cross during its annual Real Heroes Celebration Dinner Dec. 1.

The Real Hero awards go to ordinary people from Whatcom and Skagit counties whose extraordinary actions have saved lives and helped people.

Arney was recognized as the 2011 Fire Department Hero for his efforts this summer. Arney was off-duty and heading west on SR 20 near Rainy Pass in August when he came upon an accident scene. A group of 26 were bicycling over the pass when one member of the group crashed

his bike and skidded more than 30 feet on the road surface. His helmet was broken in four places and he sustained serious injuries. Arney stopped to render aid, assessing the injuries and stabilizing

the victim while directing the dozens of bicyclists and motorists who had stopped to help. It took 90 minutes for an ambulance to get to the remote area, but Arney stayed with the injured man for more than an hour. Swindon was later transported by Medevac to Harborview Medical Center in Seattle.

Funds raised at the dinner will support of local disaster relief efforts.

—J. K. M.



Sedro-Woolley firefighter Wes Arney. Submitted photo.

Early Learning Night returns to S-W

By Jenny Goss

Science is everywhere. That's the lesson young children learned Nov. 15. North Cascades Child Development Center in Sedro-Woolley was packed with children and families all interested in learning more about science.

A grant from the Skagit Community Foundation allowed the Sedro-Woolley Early Learning League (SWELL) to bring the Pacific Science Center to town. More than 280 people attended the educational event.

About 20 different activities set up around the center focused on lessons about volcanoes, rocks, earthquakes, and the earth. Children and parents were encouraged to visit the stations and try the hands-on experiments.

This is the third year that SWELL has



Birdsview kids Savanna Massingale, 3 (in front) and Soren Massingale, 6, and Andrew Batz, 6, of Sedro-Woolley, step in dinosaur tracks during the Early Learning Science Night at North Cascades Child Development Center in Sedro-Woolley Nov. 15.

See **Early Learning**, p. 19

Troop Support rolls out 132 care packages

S-W Community Troop Support ended its 2011 Troop Support Christmas Campaign by assembling 132 care packages.

The group held a work party Nov. 29 to bring all the packages to the post office and send them on their way.

Nearly all of the boxes were sent to the cold fronts of Afghanistan. They're filled with snacks and easy meals, health and hygiene products, two pairs of boxer briefs, two pairs of boot socks, hand and foot warmers, instant hot drinks, candy, and other goodies. Each package is topped with a Christmas stocking full of candy canes, chocolate Santas, other Christmas-related goodies, and small, useful presents.

Coming events

Always on the roll in our Troop Support efforts, we have some very important "save the date" items for the 2012 Troop Support Christmas Campaign.

- July 28 is our next Motorcycle Poker Run. Individuals and businesses are encouraged to donate a "Poker Prize" for this fundraiser, and all bikers are

encouraged to attend.

- September 22 is the Yellow Ribbon Poker Run, open to motorcycles and classic cars. Anyone coming to the area for the Oyster Run that takes place the next day also should take part in the Yellow Ribbon run.
- Oct. 27 is the Donation Drop-off Day, during which SWCTS supporters will hand out the 2012 Care Package Wish List and ask shoppers for care package items.

For more information or to volunteer with SWCTS, call 360.202.8128 or e-mail swctsgroup@gmail.com.

—Marilyn Pineda

Briefly ...

The Nov. 4 **spaghetti feed** to benefit the Sedro-Woolley Museum pulled in \$806, museum President Carolyn Freeman told *Concrete Herald*. The spaghetti feed was sponsored by and held at Joy's Bakery & Cafe in downtown Sedro-Woolley.

Look No Further.

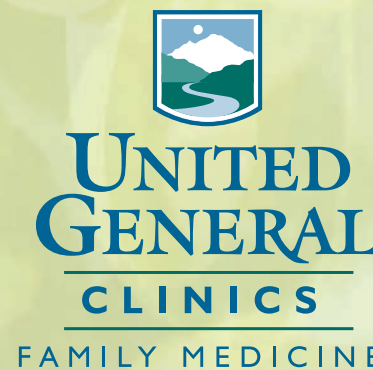


William Saunders, MD

Nadya Volsky, MD

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Earlier this year we were pleased to open a new clinic on the campus of United General Hospital. United Family Medicine is located just a few steps from our main entrance, with plenty of parking and easy access. The best part, though, is that you can see a family doctor who works closely with your community hospital.



TWO DOCTORS WHO KEEP AN EYE ON YOUR FAMILY.

Join us in welcoming our newest physician, Dr. Nadya Volsky, to the community. Dr. Volsky and Dr. William Saunders are both accepting new patients in our clinic. Appointments are encouraged but not required. Please call (360) 856-7230 for more information.

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Lyman



November elections results

Familiar faces will remain in Lyman town government after the Nov. 8 general election.

Mayor Debra Heinzman ran unopposed and retained her seat with 83 votes.

Rita Burke ran unopposed for Council Position 2 and won with 95 votes.

Mike Swanson ran unopposed for Council Position 3 and won with 96 votes.

Mike Couch ran unopposed for Council Position 5 and won with 92 votes.

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Council summary

The Lyman Town Council held a regular meeting Nov. 8. Following is a summary of that meeting.

- Mayor Heinzman introduced Gail Ganga to the council and asked them if they had read Ganga’s letter of intent to join the council. Ganga stated that she loves Lyman and wants to be proactive in her community.
- Mark Kitchen reported that the leak detection went well. They found three leaks, one of which—at the park—is now fixed. The other two are on Pipeline Rd. and Myer, and will be fixed in the spring. Kitchen estimated the leaks were about 13 gallons per minute. There are no leaks at the potholes in the streets.
- Councilman Couch made a motion to accept Gail Ganga as a new councilmember. Motion passed unanimously. Mayor Heinzman swore in Ganga at Position 4.
- Ordinance 226, property tax levy: Councilman Couch made a motion to accept Ordinance 226. Motion passed unanimously.
- Ordinance 227, amending the 2011 Budget: Councilman Couch made a motion to accept Ordinance 227. Motion passed unanimously.



A picture of concentration, Matthew Eriksen of Lyman tosses a bean bag toward his intended target during the Harvest Party at Lyman Church Oct. 31. *Photo by Debbie Boyd.*

- Boundary line adjustment: Mayor Heinzman asked if everyone has looked at the BLA for Darryl Webb. Councilman Swanson made a motion to accept the BLA, putting a permit number on it of 2011–8. Motion passed unanimously.
- Mayor Heinzman handed out copies of the 2012 budget for review. Included in the packet was a budget comparison for three years. Mayor Heinzman explained that this can be used as a tool for the new 2012 budget. Clerk Debbie Boyd explained the worksheet regarding the health insurance plans, and the budget request for the sidewalk by the post office to be repaired.
- The Public Hearing for the 2012 Budget is set for 6:30 p.m. on Tue., Dec. 13.
- There were no citizen comments.

Lyman Elementary December/January calendar	
December	
15	Canned Food Drive ends
16	Coffee with Mr. Nilson 9:05-9:30
19-30	Winter Break, no school
January	
2	No school
5	Booster Group Skate Night, 6:30-8:30

Lyman Library tales

By Elaine Kohler

Winter has arrived with the usual snow, rain, wind, and cold. Time to be finding things to do inside where it is warm. In other words, time to check out the jigsaw puzzles! We have had several new ones donated over the past year and some of them will really test your solving abilities. Of course if you have some you are done with, donations are always welcome.

With Christmas and other holidays coming up, you may want to stop by and check out all the great craft books we have. They are located on the shelves by the kitchen pass-through window. There are instructions on knitting, crocheting, quilting (my favorite addiction), and cross stitch. Good for experts or beginners. My

Angel Tree Party planned

A party is scheduled for Angel Tree “angels” and families on Sat., Dec. 17, from 6 to 8 p.m., at the old Town Hall building in Lyman.

“Shopping angels” are asked to attend the party between 6:30 and 8 p.m. to give organizers time to get families registered.

There will be refreshments, activities for the kids, hay rides for the families (dress warmly), and Santa too, so bring your camera for free pictures with Jolly St. Nick.

Parents and guardians should start their evening at the old Town Hall building, where they can pick up a tag to take to Town Hall (Minkler Mansion) to pick up their children’s Angel Tree Christmas items. Children are not allowed to pick up items; a parent or guardian must be present. Parents must register first at the party at the old Town Hall building.

We hope you come and enjoy some holiday fun with your family. The hay rides were so popular last year we have added a second trailer.

Please confirm your attendance by contacting Tammie at 360.826.3818 or oney_brat@yahoo.com.

—Tammie Werner and Kathy Weston
Angel Tree Organizers

Concrete Herald

The Voice of Eastern Skagit County

gifts for friends are all homemade and some of them have agreed with me that those are the only kind to exchange this year. So drop in for a few moments and check out what you can do. Often you already have what you need in order to make a lovely gift made with love.

A big get well wish to Anne Leopard’s husband. Hope he continues to improve. Anne is one of our regular volunteers.

The library can always use new volunteers. If you can spare a few hours a week or as backup, we would love to hear from you. Remember, without the help of volunteers, the library would not exist. Contact me at ekohler412@aol.com.

Enjoy the coming holidays, whichever one you celebrate, and may your wishes all come true.



Day Creek



Community notes

The **South Skagit Highway** by milepost 12, near Cumberland Road, will be closed until further notice because of the landslide. Skagit County crews are clearing rock and debris, but because of stabilization and safety issues, the road will not be open until further notice. Motorists are advised to use alternate routes.

In a November meeting with Day Creek residents, Cliff Butler, Skagit County Public Works Operation Division, stated that the slide started on the mountain, on private land, washing out a forest service road, filling the drainage, then sliding down onto the South Skagit Highway. There will be crews working on the South Skagit Highway, preparing it for opening, once the Forest Department is able to access the mountain side to work on the slide area. Because of the danger, with the rain and mud, access is not safe. The

county might call in a geologist to decide the best steps to proceed forward.

For more information, contact Skagit County Public Information Officer Emma Whitfield at emmaw@co.skagit.wa.us or at 360.419.7667.

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. If you have an idea, call Donna Pulver at 360.826.3003 or Kathy Henderson at 360.826.3581.

An **Appreciation Dinner** for Day Creek firefighters and their families is planned for Jan. 19 at 6:30 p.m., at the fire hall. Main course and drinks will be provided; bring a salad or a dessert. For more information, call Donna Pulver or Kathy Henderson at the phone numbers above.

Kingdom Builders will be on the move soon. Donna and Kathy will visit the community, fill out medical information magnets, and pass out Day Creek

community information packets.

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.

A **community bulletin board** has been installed at the Day Creek Fire Hall. Community members are invited to post their business cards, coming events, and Day Creek activities on the board—then contact *Concrete Herald* at 360.853.8213 or editor@concrete-herald.com.

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.

Day Creek Women’s Christmas Party is scheduled for Fri., Dec. 9, at 6:30 p.m. at Day Creek Chapel. The speaker is Tonya Haskin, with “Family

Life Today.” Bring a wrapped pair of Christmas socks for an exchange, and a pair of unwrapped white athletic socks to give to the homeless. Cost is \$10, which includes dinner and dessert. Reservations are required; call 360.286.3581, 360.826.3944, or 360.856.1385.

Kids’ Day is Dec. 10 from noon to 4 p.m. Day Creek mothers will get a break to go Christmas shopping, have coffee with a friend, or whatever they want. Day Creek Chapel Sunday School staff will host the day at the church. For more information, contact Virginia Learned at 360.854.0038.

Day Creek Chapel Christmas services are planned for Dec. 18 at 10 a.m. (Children’s program), Dec. 23 at 6:30 p.m. (“Christmas Eve Eve” service), and Dec. 25 at 10 a.m. (Christmas Day service).

If you have information you want to share, contact Kathy Henderson via e-mail at winningcircularchapel@gmail.com.

—Kathy Henderson

End-of-year tips to decrease your 2011 tax bill

Compared to this time last year, discussion about immediate changes for individual income taxes is pretty quiet. No uproar this year over the Bush tax cuts ending makes end-of-year tax planning a little easier.

So how do you lower your tax liability as the year comes to an end? H&R Block offers the following tips.

Make charitable donations

Charitable functions and gift-giving take center stage this time of year. It’s important for taxpayers to remember for charitable donations to be tax-deductible, they must be made to qualified, tax-exempt organizations (IRS-approved nonprofit religious, educational or charitable groups), and claimed as itemized deductions on tax returns.

Look to the future and maximize retirement plan contributions

Taxpayers who have not contributed the maximum to their 401(k) may consider increasing contributions for the remainder of the year; contributions are made pre-

tax, which reduces taxable income and potentially the overall tax bill.

Pay it forward

Those who haven’t taken full advantage of the American Opportunity Credit should consider paying spring college tuition before Dec. 31 to benefit from the tax break on their 2011 returns.

Go green at home and on the road

Home energy-efficiency improvements are eligible for a tax credit of 10 percent of the cost, with a \$500 lifetime maximum. This includes windows and doors, insulation, roofing, HVAC, and nonsolar water heaters meeting specific energy guidelines.

Claim casualty losses from disaster

Taxpayers in a federal disaster area who sustained disaster-related casualty losses (e.g., damaged or lost property) can claim their losses on a tax return for the year the disaster occurred or on the prior year’s return.

Get early access to W-2s

H&R Block offers a free W-2 Early Access service to get access to W-2s before the Feb. 1 distribution deadline.

For more information about last-minute ways to improve tax outlook, contact your tax professional.

—submitted by H&R Block

Early Learning, cont. from p. 16

brought Early Learning Nights to Sedro-Woolley. A night is generally offered for science, math, and literacy. These are free evenings that teach parents and children that these topics are fun and entertaining. The Pacific Science Center will be back on Feb. 16 at the same location with Solar System exhibits. There also will be an inflatable planetarium that will run shows every 30 minutes from 5 to 8 p.m.

SWELL was created three and a half years ago with the intent of providing support to parents and teachers of children 3 to 8 years old. The group consists of preschool teachers, child care providers, Sedro-Woolley school employees, community organizations such as Child Care Resource and Referral, the WRAP project, Volunteers of America, and the Sedro-Woolley Public Library. The organization’s goal is for all educators of children from birth to 8 to be on the same page with regard to learning.

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Above: Adolphe Nieshe and Philip Jorgensen with Concrete American Legion Post 132 prepare to hoist the U.S. flag during a Nov. 11 dedication ceremony for Veterans Memorial Park in Concrete. **Above right:** Concrete Town Councilman and Washington Air National Guardsman Paul Rider led the dedication, saying, "We can never repay with monuments and memorials what our community's service members have sacrificed for us, but it is my hope that the memorial will help remind us that there are heroes in our midst." **Right:** The memorial marker, which will be fixed permanently in place when temperatures allow.



Left: Ladybug baby Brooklyn Dellinger, 3 mos., made an appearance at the Lions Club Halloween Party at Concrete Elementary on Halloween night. Proud mom Elizabeth Dellinger brought her little bug for a night of fun and ... well, mostly just staring wide-eyed at the party.



Right: Members of Furs & Things 4-H Club sold tasty treats at the Concrete Community Bazaar in Concrete High School Nov. 12-13. From left are Sierra Rensink (in white), Bethany Werda, Chloe Crosson, Lauren Goett, Killian Moore, and Iona Werda.



Right: An urn sits on a table surrounded by personal objects during the Rachel Hodges memorial potluck in Marblemount Community Hall Nov. 13. A local favorite, Hodges passed away Oct. 30. "She's sleeping with the angels," wrote one mourner in a tablet on the table.

Left: A massive sinkhole formed at the east end of the silos in Silo Park the afternoon of Nov. 23. The cavity measured 57 feet long, 20 feet wide at the south end, and 28 feet wide at the north end. Public Works employees estimated the depth at between 15 and 20 feet. The curved edge of one of two former silos can be seen to the left of the sinkhole.

The town called on Howard Stafford to fill the hole, which required first digging down from a distance in order to be assured of solid footing before filling in the sinkhole. The town is using leftover concrete slabs from its 2010 Main Street sidewalk replacement project to provide a solid base down deep, on which fill dirt will be placed.

An update on the sinkhole project will appear in the January issue of *Concrete Herald*.

November in pictures



Above: Hometown favorite Annie's Pizza Station placed fourth in the KING 5 TV Best of Western Washington for pizza contest. To put this achievement in perspective, the top three winners were multiple-location chains in heavily populated urban centers. "We think it's a great honor and thanks to the wonderful community of Concrete," said owner Anne Bussiere. Shown left to right are Annie's Pizza employees Chuck Bussiere, Cherrish Wysong, Danielle and Josh Howard, and Anne Bussiere. The little fellow in front is Josh and Danielle's son, Timothy Howard, 3.



Right: Concrete students march in the second annual Veterans Day Parade Nov. 14. The parade again was organized by Kris Voigt of Birdsvie.



Right: Spencer Duffy speaks Nov. 13 at the Concrete Youth Dynamics Dessert Social fundraiser. Duffy and other high school students described how YD had affected their lives.

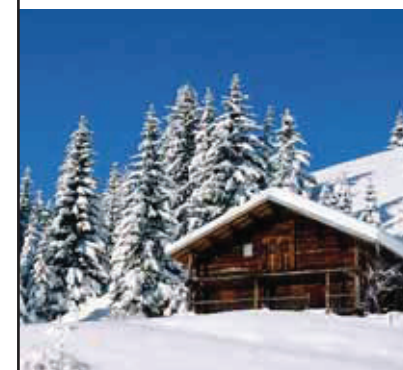


Right: A lighter moment during the ribbon-cutting ceremony for KSVU 90.1 FM Nov. 17. The east county studio, which is housed in a portable classroom on the Concrete School District campus, is awaiting funding to the tune of \$90 per month to pay for a dedicated high-speed Internet line, which will allow the station to broadcast from the new studio. From left, EDASC Executive Director Don Wick, Concrete Chamber of Commerce President Valerie Stafford, Skagit Valley College President Gary Tollefson, KSVU/KSVR General Manager Rip Robbins, and SVC Director of Student Life Alan Muia.



Left: Volunteers for Sedro-Woolley Community Troop Support paused for a photo Nov. 29 during the group's work party to assemble and send 132 care packages to loved ones serving overseas in the military. *Submitted photo.*

SEASON'S GREETINGS



During this holiday season and every day of the year, we wish you all the best.

Nick Van Jaarsveld
Financial Advisor

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Above: Gracie Zachman of Concrete was one lucky girl, winning the biggest Halloween bear and other goodies from Cascade Supply hardware store in Concrete. *Photo by Crissie Wilson.*

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Hamilton



Council summary

The Hamilton Town Council held a regular meeting Oct. 11. Following is a summary of that meeting.

- Unimin Plant Manager Kerry Kelley addressed the council with an update on the company’s closure process.

Dan Sorenson from Geotect presented the council with the data from its evaluation and recommendations on the olivine stockpile. This material will be kept on file at the City Hall for the public.

Geotect took samples and tested the olivine waste powder to determine the engineering characteristics necessary to perform slope stability modeling with regard to an appropriate permanent slope angle of the stockpile. The Geotect report summarized the history of the plant operations, made conclusions and recommendations with regard to protection of the reclaimed stockpile

from flood erosion, and included a summary of potential environmental concerns associated with the olivine stockpile material and/or other areas of the site.

Sorenson reported that in September, areas of over steepened slopes and loose sloughed soils were regraded and track-walked with a bulldozer. The newly regraded areas of the stockpile were filled from the base of the pile up, and all material was compacted by track walking with the bulldozer in lifts.

Further work on the pile was performed; the final slope was then cut into the compacted lifts and track-walked with the bulldozer. All regrading of the current stockpile was completed in accordance with standard engineering and construction practices.

Geotect recommended that following the structural regrading, a minimum of 4 to 6 inches of topsoil

should be added to support the planting plan, then to cover the pile and hydro-seed the entire disturbed stockpile area with a bonded fiber matrix for added erosion control.

Unimin already has re-graded and hydro-seeded almost all of the olivine stockpile, and has contracted with Exotone Solutions to plant the site with native brush and trees to fully stabilize the site.

Geotect’s report concluded that based on observations made during several site visits, information provided by Unimin and their own research, the proposed reclaimed olivine stockpile will be suitably stable and the proposed revegetation plan will successfully mitigate against excessive erosion during future Skagit River flood events.

New reports will be presented to the Council in February 2012 and again in spring 2012.

Councilmember Jensen asked about groundwater getting into the pile and the stability of the pile in the event of an earthquake. Sorensen responded the pile was stable and there would be no problem, adding that the water wouldn’t be above the pile long enough.

November elections results

The Nov. 8 general election did not bring much turnover to Hamilton town government.

Mayor Tim Bates ran unopposed and retained his seat with 47 votes.

Dale Bonner ran unopposed for Council Position 1 and won with 45 votes.

Jennifer Benjamin ran unopposed for Council Position 2 and won with 47 votes.

Joan Cromley ran unopposed for Council Position 3 and won with 51 votes.

P. R. Moore ran unopposed for Council Position 5 and won with 43 votes.

Birdsview Fire Dept. to host open house

Birdsview Fire Department will host an open house at the fire hall Dec. 10, from noon to 3 p.m. The hall is located at 8391 Russell Rd. in Birdsview.

Firefighters will provide hot dogs, coffee, hot cider, treats, and candy for the kids. Santa plans to make an appearance from 1 to 2:30 p.m. For more information, call 360.739.3252.

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Birdsview buzz

By Kris Voigt

Merry Christmas, everyone! Hope Santa is good to all of you. Can you believe it’s almost Christmas? Seems like it was just New Year’s Eve. Must be a sign of getting old!

December birthdays

Lots of birthdays this month. Happy birthday to all you December babies:

- 1 Anita Weidkamp, Bruce Monrad
- 2 Mary Bron, Kristine Warner, Cody Mills
- 3
- 4 Ashley Howell
- 5 Danielle Bussiere-Howard
- 6 Kayla Zitkovich, Wesley Parker
- 7 Michael Russell
- 8 Rose Phillips
- 9 Keith Tyminski
- 10
- 12 Dave Trantham
- 14 Connie Smithhart, Dave Claybo
- 16 Favorite Birdsview musician Jack Mattingly
Favorite Aussie Matt Hocking

- Lacy Lahr
Meghan Parker, Holly Mumford
21 Hildi Parker
24 Favorite *almost* Christmas daughter Jessie Voigt
26 Maureen Royal
27 Nicola Murray
29 Dylan Abendroth
Sorry if I’ve forgotten anyone.

Brewery happenings

Santa was here Dec. 3. Jason Voigt played the part of his Elf helper this year.

We will hold an ugly Christmas sweater contest later this month. Watch our Facebook page or Web site (www.birdsviewbrewingco.com) for details.

We will bring back open mic and in January, starting The Gong Show.

We are a Toys for Tots drop-off site; let’s see how many times we can fill it up.

There will be a New Year’s Eve party as well.

Hope everyone has a wonderful Christmas and a Happy New Year!

Business Spotlight: Birchview Memory Care

By Jason Miller

Imagine you had a phone conversation with your best friend, and an hour later, forgot you’d chatted. What if you left your house for a walk and couldn’t find your way back? Or frequently left the house with food cooking on your stove?

These are unmistakable signs of dementia, says Kirk Blankenship, community relations director at Birchview Memory Care in Sedro-Woolley, and regardless what causes it, that memory loss affects more than simply the person experiencing it.

This is where Birchview can help. The assisted living community specializes in dementia care and memory loss, providing a safe, secure, respectful environment where people with memory issues can live with dignity.

“What I hear from family members is the staff are very compassionate and they treat the residents like family,” says Kirk.



Submitted photo

“All staff are trained in dementia, mental health, and caregiving fundamentals, but it comes down to our staff having their hearts in it—those are the people we keep. We have a mindset of Birchview being the residents’ home, and the staff are here to take care of them.”

The community is led by Executive Director Randall Wilson, and offers 40 apartments on two floors. Some apartments are private, others are “companion” dwellings for two people. All have private bathrooms.

Other rooms in the community allow residents a variety of options for interaction or alone time. There’s a parlor, a TV and pool table room, two dining rooms, two fireside rooms—and if residents want fresh air, they can stroll outside to a back courtyard and be secure while feeling free to move about.

Activity Director Susan Allison keeps residents’ event calendar full with baking and cooking, crafts, movie-and-popcorn nights, mind-stimulating games like “hangman,” and outings to destinations near and far. Visiting local musicians are a common sight at Birchview, inviting residents to sing along.

Director of Wellness Leta Benfield, RN, teaches a “Dimensions” education class for family members who have a loved one staying at Birchview, to help them deal with the realities of dementia.

With respect and compassion, Birchview’s staff of 47 provide personal care, medication management, and health monitoring. The community has RNs, LPNs, and certified nursing aides on staff, as well as a full



Submitted photo

The core administrators at Birchview Memory Care in Sedro-Woolley. Front row from left: Executive Director Randall Wilson, Maintenance/Housekeeping Director Ed Maynard. Back row, from left: Life Enrichment Director Susan Allison, Administrative Assistant Peggy Rohlf, Dining Services Director Scott Cornett, Director of Wellness Leta Benfield, Community Relations Director Kirk Blankenship.

contingent of support personnel such as dining staff, housekeepers, and administrators.

Because Birchview understands the physical and mental stress that can come from caring for a loved one with dementia, the community offers a “Respite Care” option.

This allows family members to place their loved one at Birchview for 3 to 30 days, and take some time to recharge their own batteries.

“Sometimes dementia care can become too emotionally and physically demanding, and the caregiving family member becomes sick. You can’t be a good caregiver when that happens,” says Kirk. “Sometimes it’s best to become a family member again, and let a community like Birchview take over the caregiving.”

At a glance:

Birchview Memory Care

Where: 925 Dunlop Ave., Sedro-Woolley

Phone: 360.419.4226

E-mail: info@birchviewmc.com

Web: www.birchviewmc.com

Open for business: Concrete Thrift Store

By Jason Miller

“We’ve always wanted to own a thrift store,” says April Bartel of Concrete. Now, she and her husband, Mike, have realized their dream.

Concrete Thrift Store opened in Concrete Town Center Nov. 28. The shop carries an almost startling amount of

gently used goods that everyone can use, including toys, household items, clothes, shoes, books, DVDs, VHS tapes, TVs, furniture, antiques, sporting equipment, and more.

“We have lots of Christmas items right now, of course, but after the holidays, watch for tools and more furniture to show up,” says April. “We’ll always have discount items and atmosphere!”

The couple stocks their shelves with some donations, but most of the items they buy in bulk, separate out, and price accordingly. Look for quality, inexpensive stuff inside their walls.

April and Mike and their two sons moved to Concrete from Bothell in May, and already are making their mark. Mike recently was voted onto the Concrete Town Council.

“We felt it was important to raise our boys in a small community, where we could grow with it,” says April. “The bonus is they have great teachers!”



Concrete Thrift Store owners Mike and April Bartel pause with sons Charlie (left) and Michael for a photo among their well-stocked shelves. The couple opened the store in Concrete Town Center Nov. 28.



Rockport



Interpretive Center open through Jan. 29

Thanks to financial support from Puget Sound Energy, General Mills Foundation, and Columbia Bank, the Skagit River Bald Eagle Interpretive Center (SRBEIC) is again open for the eagle-viewing season, which should begin in December.

The Skagit River Interpretive Center at Howard Miller Steelhead Park in Rockport opened Dec. 2 and will remain open through Jan. 29 from 10 a.m. to 4 p.m.

The center will be open every weekend from Friday through Sunday. On Fridays the center will host public and private school educational programs; on Saturdays and Sundays, the center will present speakers, eagle information, and guided walks along the Skagit River through Howard Miller Steelhead Park.

Skagit County Parks and Recreation sponsors the center, which will provide a warm place from which to watch Bald Eagles and to take in the great programs visitors have come to expect.

The Skagit River Interpretive Center has been one of the most important citizen-driven accomplishments of eastern Skagit County. The center has provided community and natural history education for 6,000 to 10,000 visitors per year for 14 years.

For updated information about what is happening each weekend at the center, go to www.skagiteagle.org or call 360.853.7626.

—Judy Hemenway

PIONEERING TODAY

Christmas traditions

By Melissa K. Norris

Our pioneer forefathers didn't have Black Friday, Cyber Monday, or huge malls and super stores in which to shop. Most purchases were made via the Sears and Roebuck catalog or the local general store.

Anything else was handmade. Plans for presents were started in the summer or early fall (it takes time to make gifts by hand). Each person usually received only one gift. Sometimes children also received some candy with a few handmade items. Laura Ingalls Wilder, from The Little House in the Big Woods, was thrilled to find a shiny tin cup, a peppermint candy, a heart-shaped cake, and a brand new penny in her stocking. Times have changed, haven't they?

One thing we still share with the pioneers of yesteryear, however, is baking. Dried apples were hoarded to make pies and sugar rationed to have extra for Christmas baking. Here's a list of items you can make that won't cost you an arm and a leg, and will be appreciated by the recipient.

Baking mixes in a jar. Take your favorite baked goods recipe—cookies and brownies work well—and layer the dry ingredients in a quart-size Mason jar. Hand write on a tag or piece of paper the liquid ingredients and directions. A piece of fabric cut in a large circle and then either tied or secured with a metal canning band works great.

Preserves, jams, and pickles. Those shelves of home-canned goodies in your pantry are the perfect place to raid for gifts. One of our favorite gift boxes was from my husband's grandmother. Everything in it was homemade, including pickles, strawberry jam, popcorn balls, and cookies.

A bag of cookies, cinnamon rolls, etc. A lot of people are hosting or going to Christmas parties and don't always have time to make something homemade. An assortment of goodies with a small card is great for the busy woman in your life. She might enjoy a pot of soup or a casserole for dinner, too.

Crocheted hats or scarfs. If you can crochet, scarves and hats with flowers are the items to wear in cold weather this year. Without much experience, you can crochet a hat or scarf in an evening while watching television. I have pictures of hats I've made

and links to simple patterns on my new Web site: www.melissaknorris.com.

This is just the beginning, I'm sure you can come up with lots of other ideas. I'd love to share them with everyone. My new Web site offers past "Pioneering Today" articles, along with other articles for free. Check it out to read about my exciting book news!

Melissa K. Norris is a Christian fiction romance author who lives in Rockport.

Philbrick named KSVU Advisory Committee coordinator

Rockport's Katie Philbrick has been named coordinator of the volunteer Advisory Committee for the new east Skagit radio station, KSVU 90.1 FM. Rip Robbins, General Manager for Skagit Valley College's radio services, made the announcement Dec. 2.

Philbrick's work will consist initially of gathering a group of vibrant, responsible, "possibility" thinkers who represent different perspectives of the east county communities. The people involved should have a passion in one or more of the following areas: marketing and social media, fundraising and membership, community service in programming and production, and volunteer team building.

The advisory group will work together to provide informative, entertaining, and thought-provoking presentations to their neighbors, friends, and local businesses, as well as representing the station to regional and national entities interested in reaching the people living in the Skagit River corridor from Sedro-Woolley to Marblemount. The new station is licensed to SVC by the federal government as a noncommercial, educational station, so the development of the station depends on volunteer participation by a wide range of community residents, business supporters, and nonprofit organizations.

Anyone interested in becoming involved with the new east county radio station is encouraged to contact Philbrick at katie@ksvu.org or 360.770.1524. Rip Robbins can be reached at gm@ksvu.org or 360.416.7711.



Darrington



First Hall of Fame ceremony draws big crowd

It seemed as if the whole town of Darrington turned out for the 2011 Darrington High School Athletic Hall of Fame Inaugural Induction Awards Recognition Ceremony held Nov. 19 at the school.

Emcee Kevin Ashe presented awards to athletes and coaches who exemplified, both past and present, the highest standards of sportsmanship, ethical conduct, and moral character. Forty-three athletes and coaches, plus the Darrington High Lead Loggers, were inducted.

Athletes from as far back as the graduating class of 1945 received awards that reflected their significant contributions to Darrington High School Athletics. Members of the 1955 and 1957 sports teams were also present.

Darrington's Hall of Fame is the brainchild of DHS coach Nancy Snyder, who thought of the idea earlier this year and formed a committee to make it happen. With 39 years (and counting) of coaching under her belt, Snyder herself was one of the first inductees.

The Hall of Fame is located in the school library.

—Marla Skaglund



Above left: Guest speaker Jeff Bryson, DHS class of 1983 and DHS coach, speaks during the Darrington Hall of Fame inductees ceremony Nov. 19 in the Darrington High School auditorium. **Above right:** School librarian Diane Boyd shows a plaque on which is engraved the Darrington High Lead Loggers name as the group was inducted into the Hall of Fame. The High Lead Loggers were independent logging operators who formed the group in the 1960s and invested labor, equipment, and funds toward Darrington's future. Standing with Boyd are former High Lead Loggers Frank Bryson (in vest) and Buster Meece.



Friends of Public Use forms

A committee calling itself the Darrington Area Friends of Public Use (DAFPU) has formed within the Darrington Area Business Association.

The purpose of the DAFPU is to maintain the public use of local forest roads, trails, campgrounds and parks.

The group's proposal is two-pronged:

1. Allow local volunteers to assist in the maintenance of Darrington-area forest roads, hiking trails, campgrounds, and parks without fear of being fined by law enforcement. Allow volunteers to use hand-held tools to clear culverts and ditches of debris, brush out encroaching vegetation/scrub from road edges and trails, and pick up litter.
2. Develop a public-private partnership

that would allow local people with forestry backgrounds, road engineering, and other appropriate skills and to tackle slightly bigger projects that could extend the life (public access) of local forest roads. An example of this would be using heavy equipment to clear slides from otherwise serviceable road beds.

Find DAFPU on Facebook and look for future announcements in *Concrete Herald*.

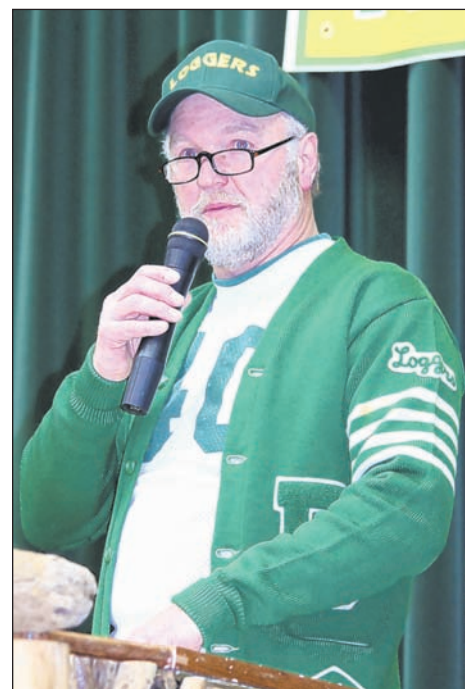
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Emcee Kevin Ashe, DHS class of 1971.

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Marblemount



Marblemount Bigfoot tracker gets his dying wish

Tracking Bigfoot published by daughter after expert outdoorsman loses fight with cancer.

Marblemount outdoorsman Donald Wallace lived in the North Cascades community for 30 years. Twenty-eight of those years were spent tracking that elusive denizen of the Pacific Northwest: Bigfoot.

Now, Wallace’s book, *Tracking Bigfoot*, has been published by his daughter, Lori Simmons. The book is available on Amazon.com as a paperback and e-book.

Simmons, who lives in Florida, said publication of Wallace’s book was his dying wish. “We needed to fulfill a promise to him. That promise was to share his knowledge of tracking Bigfoot,” said Simmons. The book is Wallace’s journal, which Simmons finished for publication.

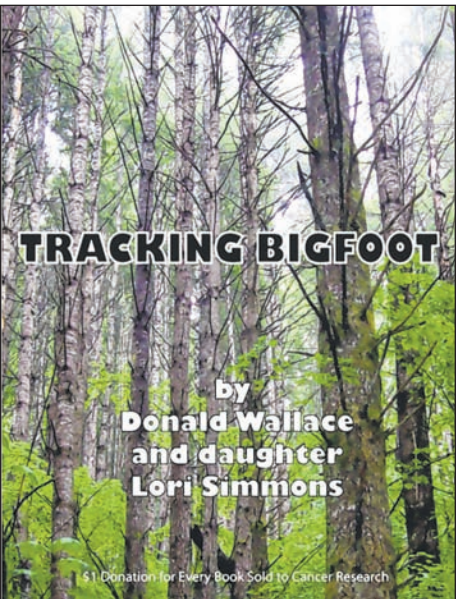
Already a published writer before his death, Wallace’s byline appeared in such outdoor publications as *Western Outdoors*

Magazine and *Fur-Fish-Game*. For *Tracking Bigfoot*, Wallace tapped his own extensive knowledge and experiences, and interviewed five people who had seen six Bigfoot among them—the most recent sighting being mid-July 2008—and all in the Marblemount area. The book describes Bigfoot’s “wild screams” and details the sightings. One scene has Wallace trying to “call in” a Bigfoot.

Cancer ended Wallace’s life in 2010. To honor his memory, Simmons is donating \$1 toward American Cancer Research for every book sold.

To find *Tracking Bigfoot* on Amazon, go to www.amazon.com/tracking-bigfoot-donald-wallace/dp/1466459298. More information also is available at www.trackingbigfoot.wordpress.com.

—J. K. M.



Longtime Marblemount citizen Donald Wallace's book, *Tracking Bigfoot*, has been published by his daughter, Lori Simmons. The book is available as a paperback and an e-book on Amazon.com. Wallace tracked Bigfoot for 28 years.

Performers lined up for January eagle festival

Marblemount will host several performers during the Skagit Eagle Festival in January.

Performing Sat., Jan. 14, will be Rosy Cayou of Guemes Island. Cayou is a historian and legends storyteller of the Samish Indian Nation.

Joining Cayou will be Indian drummer Tsul-Ton from the Upper Skagit Indian Tribe / Samish Indian Nation, who will share history and legends of the Pacific Northwest ecosystem through stories and song.

Performing Sun. Jan. 15, will be Black Eagle (Neqax Kwelengsen) of the Samish Indian Nation, sharing song, dance, and stories of the native culture.

Breakfast and lunch will be served both days: breakfast from 9 to 11 a.m., and lunch from 11 a.m. to 4 p.m.

—Connie Anderson

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Concrete Herald

The Voice of Eastern Skagit County

Dozens converged on the Marblemount Community Hall Nov. 12 for a night of food, fun, and Cajun music and dance. Live music by the Cajun Red Hots made it a night to remember. Enjoying the dance floor that evening were (above left) Cathaleen Stewart (left) and her dance partner, Grace Clemons; and (above right) John "Wizard" Bromet and Teresa Wilde.

This Christmas ... SHOP LOCAL!

www.concrete-herald.com

Newhalem

SR 20 pass closed for winter

The gates are closed until spring on the North Cascades Highway. State Route 20 was closed temporarily on Tue., Nov. 15, at 8 p.m. in advance of heavy snowstorms. When conditions and forecasts were reassessed early Nov. 21, maintenance and avalanche teams determined it wasn’t safe to attempt reopening the highway for Thanksgiving.

Eight inches of new snow had accumulated by noon Nov. 21. The forecast called for 4 inches more by that evening, 9 inches more overnight, and as much as 16 inches on Tue., Nov. 22. Coupled with warming temperatures, the quickly filling avalanche chutes wouldn’t remain stable; WSDOT determined it to be unsafe for its crews or motorists to be under them.

Last year, the highway closed

temporarily on Nov. 29 and, two days later after a storm dropped 2 feet of new snow, it closed until spring on Dec. 1. The 37-mile winter closure zone begins seven miles east of Diablo Dam at milepost 134 on the west side of Rainy Pass (elevation 4,855 feet) to nine miles west of Mazama at milepost 171 below Washington Pass (elevation 5,477 feet).

Last spring, the highway reopened May 23, marking the second latest in the highway’s 39-year history. State Route 20 typically reopens between the last week in March and the first week in May. The earliest opening ever was March 10, 2005. In 1976, a drought year, it remained open all winter.

For more information, go to the North Cascades Web page at www.wsdot.wa.gov/traffic/passes/northcascades and the North Cascades Flickr photo site at www.flickr.com/photos/wsdot/sets/72157626170712679/.

The gates on SR 20 east of Diablo is shown closed in this Nov. 16 photo. The gates were closed Nov. 15 in anticipation of heavy snowstorms. They remain closed for the winter after an inspection of the avalanche chutes on either side of Washington Pass indicated the danger level was too great for WSDOT crews or motorists to drive beneath them. *Photo courtesy of WSDOT.*

Ross Lake National Recreation Area Final General Management Plan and Environmental Impact Statement released

On Dec. 2, the National Park Service released its Ross Lake National Recreation Area Final General Management Plan and Environmental Impact Statement.

The purpose of the plan and statement is to articulate a vision and overall management direction for Ross Lake National Recreation Area (NRA) that will guide decision-making for the next 15 to 20 years.

“This final plan is the culmination of five years of planning and work with people who love the North Cascades,” said North Cascades National Park Complex Superintendent Chip Jenkins. “Over the course of developing this plan, we received close to 2,000 comments. Thanks to this involvement, I believe we have a plan that speaks to the needs of the park and the public.”

The plan sets forth clear actions to manage Ross Lake NRA as a gateway to millions of acres of wilderness by providing enhanced recreational and

educational opportunities along the North Cascades Highway, maintaining the wilderness character of Ross Lake, and ensuring long-term ecosystem health.

People are encouraged to review the complete document, learn about the proposed actions for Ross Lake NRA, and submit comments by visiting the National Park Service’s Planning, Environment, and Public Comment Web site at <http://parkplanning.nps.gov/rosslakenra>.

Paper and CD-ROM versions of the plan can be requested by sending an e-mail to elizabeth_boerke@nps.gov or calling 360.854.7328.

Be prepared for power outages, says PSE

BURLINGTON — Nothing is more important than the safety of loved ones, and one of the best ways to keep them safe is to plan ahead and be prepared when damaging storms, earthquakes or other natural disasters occur.

Disaster preparedness
One practical safety measure is for family members to discuss the emergency actions they should take if an earthquake,

flood, fire, or other disaster occurs. Another important step is to assemble emergency kits: one that will sustain a family isolated at home, and one that can easily be transported if an evacuation is necessary. Key items for a basic survival kit include:

- Three days’ worth of nonperishable food items and water (one gallon per person per day).
- First-aid supplies.
- Battery-powered radio or hand-crank radios.
- Flash light (with extra batteries).
- Prescription medications (seven-day supply).
- Blankets and rain ponchos for each person.

Power outages

During power outages, people should:

- Stay well clear of downed power lines, and if one is encountered, immediately call PSE at 888.225.5773.
- Turn off lights and appliances, leaving just one light switch on to alert you when the power is restored.
- Use flashlights instead of candles.
- Never use a gas range, indoor cooker, or charcoal or gas barbeque for indoor heating.
- Close curtains and drapes to keep the

heat in

- If using a portable generator, follow the manufacturer’s instructions to the letter.

More safety tips and information on emergency preparedness can be found on PSE’s Web site at: www.pse.com/safety/getprepared.

Bread of Life Food Bank to host buffet/silent auction fundraiser

The Bread of Life Food Bank in Marblemount will host a buffet/silent auction fundraiser Sat., Jan. 21, from 5 to 8 p.m. at Marblemount Community Hall. Donated items are needed for the silent auction. For more information or to donate, call Cathy Lester at 360.873.4240 or Becky Snyder at 425.345.4762.

The Skagit General Store in Newhalem is open weekdays from 10 a.m. to 5 p.m. On Oct. 22 it closed on weekends. 206.386.4489.



Seniors



Coffee Break

A season for smiles

By Patrick Kennedy

Put a smile on that face, even just for a couple of weeks. It feels good, the world will shine around you, and it won't break your face. You may have limited family connections, some of your friends may be house hostages because of one health issue or another, and your income may not be what it used to be. You may not even be living where you want to be. What the heck! It's time to get wrapped up in the happy holidays.

On the other side of the aisle, if you have a senior friend or relative, bring a little cheer into their life. The smallest thing, given in the right spirit, can be a giant and glowing gift. Any gift at this time of year is wrapped in love. "Christmas isn't a season. It's a feeling," said the late American novelist, Edna Ferber. She's right!

Carefully picking gifts, especially for active seniors and the elderly, can be challenging, as senior citizens often have special needs, a lack of storage space, and/or limited abilities. A mountain bike in most cases won't fit in the

closet, or be too tall for shortened legs. To make Christmas gifts special, finding good sources is helpful, and this is where online shopping may come in. There are books by the gazillion and knick knacks by the carload available. To be especially helpful, seek out large-print Christmas cards and books.

Oh, the songs and lines you've heard since childhood! They still ring with joy! "Carol" is a derivative of the French word *caroller*, which means "dancing around in a circle." Yes, arthritis prevents much of this, but the spirit is still there. Multiply your age by 10 or 20 and you'll have the number of time's you've heard some of the more popular carols.

"Santa Claus has the right idea: Visit people only once a year," said Victor Borge. Maybe he was also thinking about the repetitive Christmas Carols on TV (if he ever saw it), radio, and Muzak in all the malls and shops across the world. Can you imagine how trivial Christmas would be if it were all year long?

Christmas is always a cool time of year and always is looked forward to by seniors, as well as kids. Joyful sights, sounds, and smells that aren't around the rest of the year. The lights are pretty and bright when winter is dark, and the hot cider and cocoa sitting on the table, the logs burning in the fireplace, and scarves and mittens are a comfort during the long and cold days of this season. It's got to bring another wrinkle, called a smile, to the experienced face!

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

Way Back When

80 years ago

Dec. 3, 1931: Skagit County commissioners took official action Tuesday to relieve the unemployment situation in the county, passing a resolution making an emergency appropriation of \$15,000 to provide work for unemployed and needy men through the winter.

The unemployment fund is to be divided equally between the three commissioners' districts, each district being allowed \$5,000. The resolution provides that this is to be spent on the roads and other county work in the district, and it appears to be the idea of the resolution that as many men be given work as possible.

70 years ago

Dec. 25, 1941: Marblemount citizen Mr. Lunn, who works for Chivic and Lunn Logging Co. of the Cascade, miraculously escaped death Friday when he was blasting for a road and the explosion occurred prematurely, hitting him in the face. He was immediately rushed to Sedro-Woolley by Paul Alkenson. A specialist from Seattle took the rock out of his eyes. At latest reports, his condition was satisfactory.

60 years ago

Dec. 13, 1951: A group of loggers of the upper valley, suing City Light for loss of log rafts in the Skagit River during the flash flood of Oct. 24, 1945, lost their case in the district court in Seattle

last week. Judge Bowen ruled that there was no negligence on the part of City Light that should cause an undue rise in the Skagit above what could normally be charged to the heavy rainfall over the entire Cascade watershed.

The suit was brought by Stimson Mill Co., among others. On Oct. 25, 1945, the log rafts broke up in the high water and went down river. The loggers maintained that the rise in the Skagit was due to water let over the Diablo dam during that period, and sought to collect damages for loss of their logs from City Light. The judge, however, concluded that as the loggers were holding their booms for high water, they were negligent themselves in not tending them after the heavy rains that preceded the flash flood.

50 years ago

Dec. 14, 1961: A brand-new, model modern hospital to serve both the upper Skagit and Burlington hospital district at a location midway between Sedro-Woolley and Burlington will be the aim of the Hospital District commissioners of the two districts as of this week.

The announcement was made at a special joint meeting of the two boards last Thursday evening, and at another meeting of our commissioners with the medical staff and board of the Memorial Hospital Tuesday night. Full and unanimous approval was given the proposed plan.

The first step being taken by the commissioners is to secure a ruling from the state as to how to proceed with their plan.

See **Way Back**, p. 29

Concrete Center December 2011 Activities

Lunch served Mon. – Fri., 12:30 p.m.

Mondays

9 a.m.	Beginning quilting
9 a.m.	Men's group
11:30 a.m.	Jigsaw puzzle
1 p.m.	Skip Bo

Tuesdays

10 a.m.	Movie
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

12/5	10 a.m.	Movie: "Christmas Cottage"
12/6	1 p.m.	Volunteer Recognition Party
12/12	10 a.m.	Movie: "Golden Christmas"
12/14	11 a.m.	Advisory Board mtg.
12/14	1 p.m.	Nutrition Bingo
12/15	12:30 p.m.	Christmas Lunch
12/19	10 a.m.	Movie: "A Christmas Carol"
12/20	1:30 p.m.	Center Christmas Party
12/20	1:30 a.m.	Raffle Basket drawing
12/28	1 p.m.	Bingo

Holiday Closures

12/23	Furlough Day:
	All Skagit County offices closed
12/26	Christmas holiday

CAN YOU HELP?

Concrete Center needs dishwashers, plus volunteer drivers for the Meals On Wheels program. For more information, call 360.853.8400 or e-mail sarap@co.skagit.wa.us.

Way Back, cont. from p. 28

40 years ago

Dec. 9, 1971: Assurances that the Lone Star plant site will be razed and the ground leveled and seeded were heard Saturday morning when a town council committee met with company representatives at the firm's "Clinker Club."

Plans are now being prepared for demolition of "everything north of the coal track except for the office building," said the company's northwest representative, Dennis Kash. Working drawings are being completed and a contract for demolition should be awarded next spring. Razing the solid concrete structures, disposition of the rubble, and grading of the land is expected to take two years, but at least half of the work should be done in 1972, Kash stated.

An occasional comment

By Jeanne Malbrain

Why is it not enough to just say "no"? Kelly McGonigal, PhD, at Stanford University, says you will not quit any bad habit if you are doing it just because you think you should. She suggests the following.

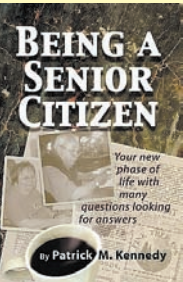
- Do your hardest tasks first, because self control wanes as you get tired or hungry.
- Question the promise of bliss. Your dopamine system is the center of addiction and compulsion, making empty promises of happiness.
- Pick your peers. Behavior is contagious, so surround yourself with people who share your goals. (AA, TOPS, and other organizations)
- Stretch your limits. Willpower is like a muscle: Although you can tire it in the short run, the more you use it, the stronger it gets.
- Surf the urge. Rather than drowning in a wave of craving, trust that the feeling will abate if you ride it out.
- Don't throw in the towel after a relapse. Recognizing it is human to "fall off the wagon" makes it easier to pick yourself up.
- STOP moralizing willpower. If you think you have been good through exercising, for example, you will only end up giving yourself permission to be "bad"; i.e., to fail.

We all are human, aren't we?
Cheers!



77 years ago, the Concrete Lions football team not only went undefeated during its 1934 season, it kept every one of its opponents scoreless on its way to a third Class B State Championship since the formation of the league. Under the guidance of Head Coach A. B. Wiseman, the team racked up 137 points that season, which included games against Hamilton, Sedro-Woolley, Burlington, and Mount Vernon. Front row, from left: Elmer Leonard, Lawrence Hornbeck, Ed Pressentin, Joe McDonald, Frank Barta, Don Leonard. Middle row, from left: Lloyd Everett, Clifford Walbert, Lyle Buchanan, Dick Rayburn, Bruce McPhaden, Allen Arlin, Ray Prater, Ray Ross. Back row, from left: Angelo George, Howard Barta, Gene Compton, Coach Wiseman, James Crawford, Edgar Monrad, Burdette Gregory. *Photo submitted by Sherry Hornbeck.*

Being a Senior Citizen



Order your copy of
Patrick M. Kennedy's book

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

Sunday School lesson

What this season is all about

By Rob Thomas

“*And they’re off!*” (Three words best spoken as if you’re an announcer at the beginning of a horse race.)

I type these words on the day after Thanksgiving, best known as “Black Friday.” The day got off to an early start as friends picked up my daughter (home from college) at 3 a.m. to begin shopping. (Based upon the noise coming from the van, I sensed they were already having a great time.)

“*Here we go again.*” (Four words best spoken as if you’re resigned to the inevitable.) By the time you read this article, the countdown will already have begun. There are only eighteen (18) shopping days left until Christmas. All the promises you made to yourself about how this Christmas season was going to be different have probably evaporated as an early morning fog when the sun rises.

“*Next year it’ll be different!*” (Five words best spoken with a sense of optimism and hope.) You’re already promising yourself that next year you’ll shop earlier, spend less, and enjoy the Christmas season more. After all, you just can’t keep up this pace (or spending) too much longer without some serious consequences. Guess what? It’s not too



late for this year.

May I encourage you for a moment? When is the last time you picked up the Good Book and read what this season is all about? Seriously, even if you already know the story, when is the last time you actually read the story? How about opening your Bible and unhurriedly reading Matthew 1:18–25 or Luke 2:1–20? Then maybe read the story in a different version of the Bible to consider some additional nuances of the story that your favorite translation doesn’t emphasize. And then, close the Good Book and simply take a few moments to reflect. Have you ever wondered what it must have been like to be Mary? Or Joseph? Or one of the shepherds or angels?

Before you know it, the carefully wrapped gifts will be opened, the bills will be in the mail, and the New Year will be upon us. Don’t let this Christmas (notice I didn’t say “holiday”) season pass without remembering the Christ who made it all possible. Merry Christmas from all the churches of the Skagit Valley.

Rob Thomas is pastor of Community Bible Church in Concrete.

Obituaries

Rachel Marie Hodges, 33, of Marblemount, passed away at her home Sun., Oct. 30, 2011. Rachel was born Nov. 15, 1977, in Auburn, Wash., to David and Victoria (Crookshank) Adams. She was married to Josh Hodges in May 2002.



Rachel loved picking mushrooms, drawing pictures, writing poems, fishing and camping with her kids, visiting friends and family, and working with horses. Some of her nicknames are Sunshine and Tigger. She helped some people turn their lives around, and provided home care and babysitting services to those who needed them, providing a shoulder to cry on.

Rachel is survived by her mother, Victoria (Rody) Martin; father, David Adams; sons, Jared, Brian, and Elijah Crookshank; sisters, Patricia Douglas and Crystal (Ed) Chatterton; grandparents, James E. and Sandra Crookshank, of Yuma, Ariz., and Hazel Adams, of New Mexico; aunts, Sylvia and Joann; uncles, Jimmy and Steve; and several nieces, nephews, and cousins.

She was preceded in death by her grandmother, Hope Martin.

A Memorial Potluck was held at 11 a.m., Sun., Nov. 13, 2011, at Marblemount Community Hall.

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

www.concrete-herald.com

Alice Gale Howlett, 97, a longtime Skagit County resident, passed away Thurs., Nov. 3, 2011, at Ashley Gardens in Mount Vernon. She was born Aug. 14, 1914, in Corydon, Ind., one of eight children of Charles and Georgia (Miller) Cunningham. The family lived in Concrete, where Alice was raised and attended school, graduating from Concrete High School with the class of 1932.



In 1934 she was united in marriage to Roy Howlett in Mount Vernon. Over the years they made their home in Sedro-Woolley, Everett, Seattle, and Kirkland. In 1977 they returned to the Skagit Valley, living in Burlington until she moved again to Sedro-Woolley in 1994.

Alice was a lifelong member of the Presbyterian Church and was president of the Kirkland Woman’s Club. She enjoyed embroidery work and donated much of her time and handiwork to local charities. She also enjoyed gardening, tending to the flowers at her home at the Maple Lane Estates, and especially caring for the rose gardens at Country Meadows.

Alice is survived by her children, Charles (Karen) Howlett of Westminster, S.C., Evelyn Bertilson of South Ogden, Utah, and Elinore Cottrell of Paso Robles, Calif.; her sister, June Durham of Beaverton, Ore.; and her brothers, Norman Cunningham of Woodinville, Wash., and Robert Cunningham of Reno, Nev.; seven grandchildren; eight great-grandchildren; one great-great grandson; and numerous nieces and nephews. She was preceded in death by her parents; her husband, Roy, in 1989; four brothers, Ralph, Carl, George, and Lawrence Cunningham; and a grandson, Curtis Howlett Cottrell.

Funeral Services were held Tue., Nov. 8, 2011, at 1 p.m. at Lemley Chapel in Sedro-Woolley, with Pastor Wendy Tingley of the Trinity United Presbyterian Church officiating. Interment followed at the Sedro-Woolley Union Cemetery. Share memories of Alice and sign the online guest register at www.lemleychapel.com.

Evolution disproved

By Andrea Hastings

They say everything has evolved over time. They say we are just the ancestors of primates. They say we are just a bunch of matter that takes up space. But, let me ask you this ...

What about before there was space? If everything evolved from something, then what did space evolve from? Where did the stars come from? If you put evolution in reverse, you would see that it all leads to only one explanation: Someone had to create it all. It had to start with someone.

That someone is God. A God who

See **Evolution**, p. 38

www.concrete-herald.com

Sheriff’s blotter

Oct. 24
A Hamilton caller reported his landlord was stealing from him and threatening him, and requested a deputy call back.

Oct. 25
A school bus driver reported seeing a blue PC in a ditch along the South Skagit Highway.

Oct. 27
A cell phone originally believed to have been lost turns out to have been stolen from a residence on Cape Horn Rd. in Grasmere.

Oct. 28
A Clear Lake caller reported something unknown had attacked her ducks. The birds were in a chicken-wire enclosure and had been pulled through the wire and destroyed.

Oct. 30
A Grasmere caller reported unknown subjects had earlier been doing doughnuts in her yard and were in her house.

A Sedro-Woolley caller from a neighboring residence reported loud noises at midnight next door, in an abandoned house. Caller determined the whole house had been vandalized and broken into.

Oct. 31
A vehicle’s window was damaged by a BB gun shot on Baker Dr. in Concrete.

Nov. 1
A caller reported the seller of a car wasn’t the owner.

Nov. 2
A Clear Lake caller reported a male on a dirt bike had been speeding up and down Old Day Creek Road.

A woman was assaulted by her husband in their residence on North Shore Lane in the Cape Horn community.

Nov. 5
A Clear Lake caller stated he believed his neighbor is on meth and also on probation. The neighbor had been chopping wood that morning. Caller requested a deputy contact.

Nov. 6
A pumpkin was thrown at a mailbox, breaking it off the post. The pumpkin missile was launched along Prairie Rd. in Sedro-Woolley.

Nov. 7
A Concrete caller reported trespassers who were threatening the caller with a knife.

Nov. 10
A Concrete caller noticed a convertible top had been slashed in two places. Time of slashing was unknown.

Nov. 11
A Concrete caller reported he was on SR 20 and had been assaulted. Caller would not state specifically where he was.

Nov. 12
A homeowner on Hoehn Rd. in Sedro-Woolley came home to find the house had been burglarized. The caller did a walk-

through and found no one inside the house.

Nov. 14
A storage shed along Tyee Rd. near Concrete was broken into. The lock had been cut. It was unknown if anything had been stolen.

Nov. 16
A dead, headless deer was reported lying in Lyman Hamilton Cemetery Rd.

Nov. 18
A caller on Cumberland St. in Hamilton reported seeing an explosion outside her window. She still had power and heat, but no land line phone connection.

Nov. 19
A Marblemount landlady discovered an illegal marijuana grow operation in the basement of her rental property.

Nov. 22
Wires and a tree were reported down on Old Day Creek Rd., blocking both lanes of the road.

Nov. 25
A shoplifting incident in Marblemount was reported. The suspect was a male, approximately 6 feet, accompanied by a female. The two left in an older black vehicle westbound on SR 20.

Level 3 Sex Offender NOTIFICATION

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

Brown, Nicholas Adam
Age: 30
Race: W
Sex: M
Height: 6’ 2”
Weight: 200
Hair: Brown
Eyes: Brown
Address: 75xx Maple St., Concrete

Brown was convicted of first degree child molestation in 2002, in Spokane.

Brown 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.



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.

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

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

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

Commodities distributed first Tue. each month
360.826.4090

Lyman Shepherd’s Heart Food Bank
8334 S. Main St., Lyman
Every Thur. 11 a.m.–3 p.m.
Third Thur. each month till 5 p.m.
November: Open Nov. 23, 10 a.m.–noon
Closed Thanksgiving Day // 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
601 Cook Rd., Sedro-Woolley
Wed., 10–11:45 a.m. and 12:30–4 p.m.
Commodities distributed first Wed. each month
360.856.2211

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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	Free Methodist Day Creek Chapel 31438 S. Skagit Hwy, Sedro-Woolley Office 360.826.3696 Rick Miles, pastor Sun. worship: 10 a.m. Tue.: Women’s Bible study, 9:30 a.m. Thur.: Bible study at Mt. Vernon Manor, 6:45 p.m. Fri.: Dinner/Bible study at Miles’ 6:30 p.m.	Lutheran Shepherd of the Hills Lutheran Church 46372 Main St., Concrete / 853.8814 Sun. worship: 10 a.m. Marcus Stroud, pastor
North Cascade Community Church 59850 SR 20, Marblemount 360.873.2504 // www.mmag.net Sunday School: 9:30 a.m. Sun. worship: 10:30 a.m. 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.	Methodist Central United Methodist Church 1013 Polke Rd., Sedro-Woolley 360.856.6412 / centralumcsw@yahoo.com www.gbmg-umc.org/umc-sedrowoolley Adult Sunday School: 9:30 a.m. Sun. worship: 11 a.m. Marilyn Kallshian, pastor	Nondenominational Community Bible Church 45672 Limestone, Concrete; 853.8511 E-mail: cboc@concrete@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
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	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	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.
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			

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



Health



5 simple tips for surviving the holiday heart attack season

Temperatures are dropping and the holidays have arrived. We have officially entered what is often referred to as “The Heart Attack Season.”

“In addition to the cold weather restricting our blood circulation, most of us do things during the holidays that are very hazardous to our health, especially if we’re in poor shape to begin with,” said Dr. Debra Braverman, a specialist in rehabilitative medicine in the cardiology department at The Albert Einstein Medical Center in Philadelphia, Pa.

Dr. Braverman says that heavy meals, excess alcohol and lack of exercise all can contribute to problems with our heart health. Combine the stresses of holiday travel, visits from in-laws, and a disrupted medication schedule, and it’s not surprising that heart-related deaths increase by 5 percent at this time of the year, according to studies.

Dr. Braverman provides five recommendations for protecting heart health during this winter’s heart attack season:

1. Beware of fatty foods and large portions. Stay away from foods high in sugar, fat, cholesterol, and salt, and make sure your holiday dinner table consists of lots of veggies, fruits, lean protein, and whole grains.
2. Exercise. Try 30 minutes of light exercise per day to help strengthen the heart by delivering more oxygen to the body. Exercise also lowers

3. Stop smoking. Replace your smoking routine with a 30-minute exercise session, which will help distract you and get your mind off smoking. Exercise is also a great way to combat stress, which often can trigger nicotine cravings.
4. Avoid obvious holiday heart attack triggers. Excessive physical exertion (i.e., shoveling snow), overeating, lack of sleep, emotional stress, cold temperatures, illegal drugs, and alcohol fall into this category.
5. Talk to your doctor. For those diagnosed with cardiovascular disease, stay regular with your medications and ask your doctor about a new non-invasive treatment to improve circulation and overall heart health called EECF.

WSDOT offers online tools and tips for holiday travel

OLYMPIA — As the holidays draw near and temperatures drop, the Washington State Department of Transportation has tips on how to be ready for winter weather driving and avoid holiday weekend highway backups.

WSDOT has many online tools to help drivers. Once on the road, monitor roadside information signs and radio advisories, or team up with a passenger to find information on its Web site or by

calling 511.

Collisions caused by drivers who are unprepared for winter weather cause delays for everyone. Just one traffic collision or disabled vehicle can cause backups stretching for miles during winter storms and already-congested holiday weekends.

Know before you go

WSDOT offers several ways to get up-to-date traffic and construction information from its Web site before you leave your home or office.

- Look at weather forecasts and road temperatures throughout the state.
- Carry chains and know the traction and chain requirements. Mountain pass traction and chain requirements are available on the WSDOT Web site, highway advisory signs, and highway advisory radio.
- Sign up for news and social media tools, such as Twitter, or find out how to download the WSDOT mobile applications.
- See more winter preparedness tips at www.takewinterbystorm.org.
- Program 530 AM and 1610 AM on your radio before you leave.
- Call 511. WSDOT’s driver information phone line provides real-time traffic, incident, and closure information. TTY users can call 800.833.6388.

On the road

- Overhead and roadside electronic signs provide emergency and incident alerts.
- Highway advisory radio allows drivers to tune in to hear updates when the flashing lights along the

highway are activated.

Mountain pass highways

- Washington Pass is closed.
- SR 410 Chinook Pass is closed from Morse Creek (five miles east of the summit) to Crystal Mountain Boulevard (eight miles northwest of the summit). Access to the Crystal Mountain Ski Resort on eastbound SR 410 remains open.

Know your medications to ensure your holiday travels are safe and healthy

WASHINGTON, D.C. — As the winter travel season approaches, the American Pharmacists Association offers tips to help you maintain a healthy medication regimen throughout the travel season:

- Organize a health kit that contains all of your prescription and over-the-counter medications, herbal supplements, vitamins, and minerals.
- Bring more medication than you expect to use. Talk to your pharmacist about the possibility of obtaining a medication “vacation supply” from your insurance company.
- Pack a “preventative medicine” kit. Talk with your pharmacist about any over-the-counter medications you should pack for the area of the world you are traveling to or what you are planning to do.
- Get up to date on any vaccines you may need, including your annual flu shot. If you are traveling overseas, make sure you have met all of the travel vaccine recommendations put out by the CDC.
- Beware of “Drugged Driving.” Certain medications can impair perception, judgment, and reaction times causing a hazardous driving situation.
- Carry an updated personal medication and vaccination record with you. This is a list of your prescription, over-the-counter and herbal medications, how you take them, and why.
- Have a plan for adjusting your medication regimen.
- Be careful or avoid drinking alcohol, especially when flying or visiting cities in higher altitudes.

Concrete Council, cont. from p. 7

a drink named after a sex act; the other advertised a drink special by referencing another sex act.

Mayor Wilson stated that although this type of language is not how we want the town portrayed, he doesn’t believe the town should be the one to dictate what can and cannot be put on this sign. He further stated he believes the concerns should first have been expressed by the Chamber to the owner of The Hub.

Concrete Chamber of Commerce President Valerie Stafford stated the last time she tried to talk to the owner of the Hub, he showed her to the door and asked her not to ever come back

into his establishment.

Councilman Miller read from the signage section in the town code. He stated the code and/or ordinances do not speak directly to vulgar language. He further stated that he is angry and disappointed and would not like to see this type of behavior continue.

Jack Mears stated the town can change ordinances and they also have control over the issuance of business licenses.

Paul Rider questioned if this is something the town can even enforce without infringing on someone’s First Amendment rights.

New Town Center business owners Melissa and Mike Swanberg reported on their first day in town being

the day this sign was up. Melissa stated they intend to open a family restaurant and the first thing they saw was this sign. She stated that her 16- and 11-year-old boys saw the sign and she had to try to explain the language to her youngest son. She stated she believes this is very inappropriate for any business.

Audience member Anne Bussiere stated the Liquor Control Board has very strict rules and regulations regarding the behavior of bar owners, employees, and customers, and they might be a good contact to report this behavior to.

After more discussion amongst the council and audience members, the council directed town attorney

David Day to examine the town’s ordinances and nuisance laws, as well as state liquor laws, and report back. The Chamber had written a letter to The Hub owner Eldon Massingale, expressing its displeasure with the sign.

Nov. 28

- Eric Archuletta of Community Stew gave an update on the Main Street Revitalization effort. Mayor Wilson referenced a statement he made during the Oct. 11, 2011, council meeting during which he stated the actions of Community Stew were causing animosity between the Chamber and the Town. Mayor Wilson stated his comment was made based on misinformation, and rescinded his original comment.

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Your help is needed

Debra Jones of Concrete lost her father and her 12-year-old son in a tragic automobile accident on Dec. 3. She needs financial help to pay for burial costs for her son. If you can help, call Elena Roppel at 360.755.7000.



Out & About



Mount Vernon

Giving from the heart

Friendship House changes lives. I know this from personal experience. The reason I joined the Friendship House Board of Directors was due to the fact that I had been a resident almost seven years ago and I felt the need to give back to this phenomenal organization.

I was raised in a bad environment with abuse and a lot of sadness. When I left home at an early age, I was totally unprepared for the world I was entering. After my mom and dad died, I moved from Skagit County to Portland, Ore., to be with “the love of my life.” When he left me a year later, I was devastated. I went back to bartending and heavy drinking. My drug issues resurfaced and I ended up homeless. I lived under bridges and on the streets of Portland, doing drugs for two years before moving back to Skagit County. When I arrived in Mount Vernon, I was told that Friendship House was a good place to stay, so I went there to find shelter. What I found was a lot more than shelter. I found help and a home. I found love and acceptance. I found myself and salvation.

Friendship House helped me recover so that I could heal. I found a job with Skagit Publishing, and Friendship House made sure that I had clothing appropriate for work and food for lunch. I moved up in the company and am a very successful person. I am more successful than I have ever been in my life and I owe that to Friendship House and Skagit Publishing. Being on the Friendship House Board of Directors is one of the most fulfilling things I have ever done. I strive, as do all board members, to build and grow this amazing organization. Friendship House saved my life seven years ago. I am immensely grateful for its existence. With the community’s continued support and inspiration, we will be a light for those in need for another 25 years.

As you enjoy the many blessings of this holiday season, I hope you will consider making a financial contribution to Friendship House. A gift in any amount will help to uplift individuals and families who are striving to create healthier, safer, and more fulfilling lives.

Thank you for opening your hearts to those in need.

Tina Tate serves as the Board President of Friendship House. Secure online donations can be made at www.SkagitFriendshipHouse.org. Checks can be mailed to Friendship House, P.O. Box 517, Mount Vernon, WA 98273.

Benefit concert to honor Babraitis

Mount Vernon High School Band Alumni will perform a benefit concert to honor their band and choir director, John Babraitis, Thurs., Dec. 29, at 8 p.m., at the Lincoln Theatre in downtown Mount Vernon. Tickets are \$20 and can be purchased at the Lincoln.

Family favorite “Celtic Yuletide” returns to Lincoln Theatre

MOUNT VERNON — The acclaimed Celtic Yuletide concert will return to Lincoln Theatre Sun., Dec. 18. The event begins at 3 p.m.

A northwest holiday tradition, Celtic Yuletide combines lush and gorgeous seasonal music with singing, dancing, juggling, caroling, and storytelling.

The concerts are staged by three generations of the multitalented Boulding family and are designed for the enjoyment of all ages. Featuring the richness and magic of Celtic harps, hammered dulcimers, violins, cello, whistles, and concertina, the music is joyful as well as mystical, haunting, and timeless.

Historic Lincoln Theatre is located in downtown Mount Vernon at 712 South 1st Street.

Magical Strings will be joined by the Raney Irish Dancers and the Tara Academy of Irish Dance, vocalist Colleen Raney, Irish fiddler extraordinaire Dale Russ, and more, in an unforgettable celebration to kindle the light of Yuletide.

Tickets can be purchased at www.ilovethelincoln.com, at the theater box office Tuesday through Friday from noon to 5 p.m., or by calling 360.419.7129. Reserved seating ranges from \$15 to \$22, with Lincoln Theatre members receiving a \$2 discount.

La Conner

Hudspeth selected for U.S. polo development team

La Conner-based polo player Tiamo Hudspeth has been selected to the U.S. Polo Association’s premier development program, Team USPA.

Hudspeth was born on the island of Maui, where she began riding at a young age and learned various aspects of the sport of polo during her time in the Hawaiian Islands. She moved to Washington in 2010, where she got a job training polo horses, grooming for multiple people, managing a polo school, and competing all over the Northwest during the summer. During the 2010 and 2011 winter seasons, Hudspeth worked in Palm Springs, where she had many opportunities to play in the 4-, 8-, and 12-goal leagues.

She has played in tournaments across the western U.S., including high-profile matches at Eldorado Polo Club and Empire Polo Club. Her team won the Peter Dix Memorial Tournament in 2011 and she won MVP in the 2011 Victoria Lieutenant Cup this year as well.

Team USPA was established in 2010 with an aim to grow and sustain the sport of polo by identifying talented young American players and providing opportunities to develop their abilities.

Hudspeth is one of eight new players added to Team USPA; the team’s roster now stands at 39.

For more information about Team USPA, go to www.uspolo.org.

La Conner Quilt & Textile Museum offers a warm winter lineup in December

Seasonal exhibits and attractions are lined up at La Conner Quilt & Textile Museum this December. The museum is located in the Gaches Mansion, 703 Second St., in La Conner.

Winter Wonderland with Susan Olds
Celebrate the wonders of the winter season in this visual presentation by art historian Susan Olds. Artists include Grandma Moses, Currier and Ives, Andrew Wyeth, Chagall, Kandinsky, and many more. The presentation includes

poems and quotes on winter and the artists’ approach to the challenging task of painting snow scenes. A list of artists and related Web sites will be provided. Enjoy coffee, hot cider, and home-baked goodies. Admission is \$7, which includes admission to all museum exhibits. Free for members.

Current exhibits through Dec. 30
AWE: Award Winning Entries
AWE is an exhibit of the outstanding quilts that were judged the best of the museum’s 2011 Quilt Festival. In addition to Best of Show, look for the top entries in Traditional Pieced and Appliqué, NonTraditional Pieced and Appliqué, Wearable Art, and Eco-Green Categories.

A Quilted Garden
Ann Fahl’s joy in working with color, texture, and fiber is reflected in her quilts. They emerge from her life, surroundings and childhood memories. Much of her work includes four themes: large birds, fans, botanic imagery, and the geometry of triangles. She enjoys mixing machine piecing, appliqué, embroidery, and quilting with hand beading. Combining these techniques creates a variety of effects. Her quilts convey her positive outlook on life and her love of nature, color, and fiber.

Together: A Collaborative Project
Together is a collaborative project between pairs of Canadian artists: one working in fiber and the other in their chosen media. This exhibition has brought together a group of textile, quilt, and fiber artists working in a wide range of styles, and paired them with painters, woodworkers, mixed-media artists, potters, and glass artists. Each pair of artists chose their own theme, and their themes are as diverse as their media.

During December, enjoy the historic Gaches Mansion decorated for the holidays. On Fridays and Saturdays from 3 to 5 p.m., enjoy vintage tunes played on a 1911 Victor Electrola Talking Machine. See a special display of award-winning quilts on the first floor, as well as two additional exhibits on the upper floors.

In the spirit of La Conner’s 3rd Annual “Season of Giving,” the museum will collect nonperishable food items for the La Conner Food Bank in December.

For more information, contact the museum at 360.466.4288 or go to www.laconnertools.com.



Home & Garden



Take action now to cut energy costs in the future

A typical family spends about \$2,200 a year on home utility bills, and heating eats a big chunk of that money, according to Lawrence Berkeley National Laboratory.

A few small actions now can pay dividends in cutting energy costs down the road.

- **Remove clutter.** Boxes, storage units, and clutter near the furnace can obstruct air flow, preventing your system from working as efficiently as possible.
- **Maintain your equipment.** An annual service inspection of your home’s heating system by a certified technician will ensure that equipment is in good condition and operating at peak performance.

- **Change that air filter.** A dirty filter in your heating system slows the flow of air and makes your system work harder. Change your filter monthly or as instructed by the manufacturer.
- **Look for leaks.** Check for air leaks in your home’s duct system and around doors and windows. Even efficient systems will not be able to halt energy losses due to leaks. Make sure that ducts are sealed and select insulation with a high “R” value.
- **Add a humidifier.** Moist air feels warmer than dry air. A humidifier could allow you to keep your thermostat at a lower setting without compromising comfort.
- **Install a programmable thermostat.** A programmable thermostat automatically adjusts your home’s temperature to provide the most comfort when your home is occupied. You can set it to dial down the temperature when no one is home.

The Garden Corner

By Gladys Silrus

Jean W. from Concrete wants to know, “How do I care for my Poinsettias?”

Poinsettia is the plant you love to hate. Keep your fingers crossed and pray they last through the long holidays season.

First, place it in a sunny window. Second, keep the soil moist at all times; without adequate moisture they will drop their leaves. Third, keep the humidity high. Set poinsettias in a saucer filled with gravel and water. Water seeping through the pot will evaporate from the gravel, this will provide a constant source of humidity. Fourth, turn up the heat; they are from Mexico so they like it hot. Keep the heat as constant as you can. Fifth, fertilize weekly with half-strength liquid houseplant fertilizer. If none of this works, throw the poinsettia in your compost and buy a new one.

December tips
Don’t fertilize houseplants this month. Finish raking leaves from your lawn to keep it as dry as possible during wet weather. Use dolomite lime on the lawn every two or three years to make the soil less acidic and discourage moss. Avoid walking on the lawn if it’s frozen or the soil is very wet. Add wood ash in moderation to your compost heap. Dump snow on perennials—as long as there is no salt. It acts like mulch and will protect plants from temperature extremes. Use calcium chloride instead of sodium chloride on your walks. It does less damage to plants. Or, better yet, use sand. Now is the time to prune your fruit trees that have nut seeds; prune other fruits in February.

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

Angele Cupples

Community Garden

The Angele Cupples Community Garden owes its existence to the following individuals, businesses, and organizations who donated time, money, and material support toward its creation and maintenance.

INDIVIDUALS Anonymous Floyd Anderson David & Rebecca Atwood Margie Bell James Brangham Tim Bridge Kay Brown Conrad Claybo Monica Crosson Kevin & Kama Cupples Robert Cupples Olivia Davis Joseph DiLeo Lillian DiLeo Robert DiLeo, Jr. Robert DiLeo, Sr. James & Sharon Dillon Jason Driver Allen & Carol Fabrick Karen Ganion Josh Gentry Lynette Gentry	Maryka Gentry Evalyn Goeringer Barb Hawkings Chad Hawkings Jim & Lou Hillman Chris Jansen Drake Jansen Eric Jonson Kyle Jonson Tom Jones Peter & Susan (Cupples) Kirchner Frank Knight Lonna & Jasmine Lloyd Jack Mears Jason Miller James & Stephanie Morga-reidge Larry Mosby Bill Newby Denise Newman Sarah Newman Randy ...	Jim Parker Don Payne Dan Pfluger Rich Phillips Cheryl Prier Darrel & Marla Reed Beverly Richmond Paul Rider Jerry Robinson Ed Rogge Don & Carol Rohan Tom Rose Steve & Charisse Scheer Tim & Lise Sconce Jerrie Sheppard David Soule Daniel Starks Keith & Susan Taxdahl Nicolette Thornton KC Tonkyn Jose Torres Michael Vandenberg Alan Wilkins	Judd and Crissie Wilson Barbara Withrow Gerald & Robin Wood Michelle Yarber Ann Young Bill & Diane Young	Jericho Farm North Cascade Lawn Maintenance North Cascades Institute Northwest Cedar Salvage Northwest Garden Bling Payne Enterprises Perks Espresso & Deli RadioDownSound.com School's Out Washington Taxdahl Construction Town of Concrete Upper Valley Awareness Task Force
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Want your name on this sign?

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For more information, contact:
Jason Miller: 360.853.8213 or goodwords@frontier.com
Marla Reed: 360.391.2589 or marla.mr@frontier.com



Dwelleyisms

Wit from former
Concrete Herald editor
Charles M. Dwelley

“Give a man a bargain in something and he thinks he is getting something for nothing. Try to give him something free and he looks for the catch in it. But price it high and he will swear as to its quality.”
“When your business gets so bad you cannot afford to advertise, advertise it for sale.”
“The goddess of the small town is Dame Rumor.”

—Jan. 14, 1932

“It is hard to think about ‘hard times’ when the sun is shining.”

—March 10, 1932

“Mount Vernon put on a novelty publicity stunt by letting the women run the town for a day. The novelty is that they were allowed to do it in public. The rest of the idea is old stuff.”
“When you come right down to it, the man who does the most kicking usually hasn’t a leg to stand on.”

—March 24, 1932

“One ‘power trust’ argument that can’t be talked down: the steady decrease in lighting and power rates. Try and find a publicly owned or private company doing the same thing with their rates.”
“They’re going to charge kidnappers

An Elf’s Life



income tax on their ransom money. That’s a case of pure persecution! It may even discourage the industry.”
“Congress decides to ‘soak the rich,’ and they end up soaking the poor man. Why don’t they ‘soak the poor’ a while? Then the desired results might be obtained.”
“In good times the taxpayer doesn’t care where or how his tax money is spent. In hard times he finds out and can’t do anything about it. Moral: Pay more attention to public affairs.”

—March 10, 1932

“If any one person or persons is to blame for this economic distress we have passed through, it is the high-pressure salesman who sold too many things to people who couldn’t afford them.”
“Idea to increase city revenue: Charge rent for the ball park fence.”

—May 5, 1932

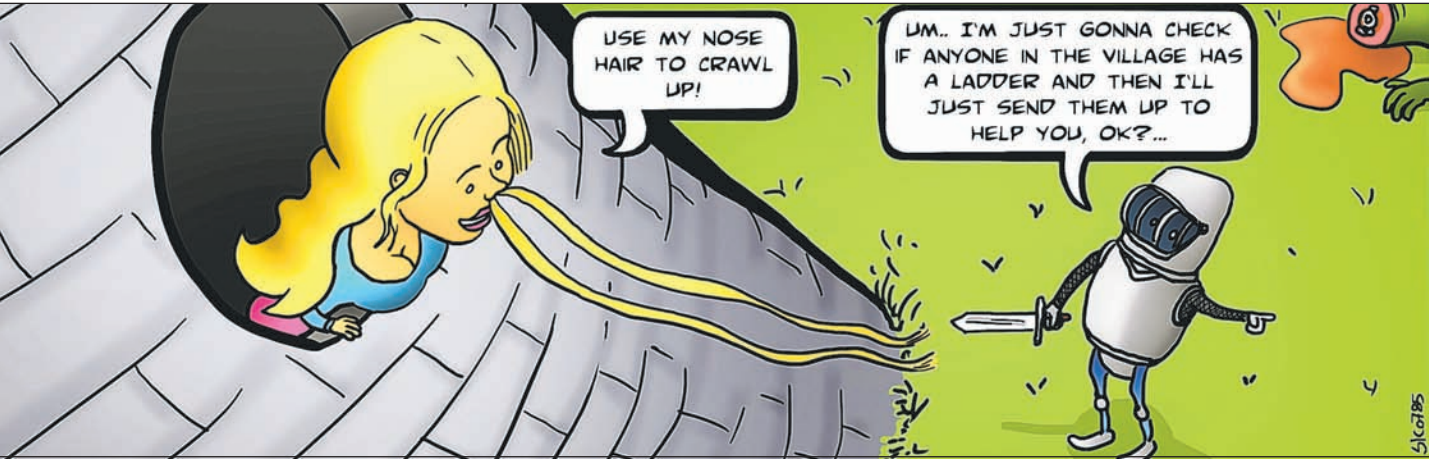
“While others were standing around wondering where the world was headed, one man in town was busy looking into the future. Now we have an up-to-date hotel with ample accommodations for any town this size. Congratulations, Bud!”

—April 7, 1932

Unemployed

Sven and Ole worked together and both were laid off, so they went to the unemployment office.
Asked his occupation, Ole said, “Panty stitcher; I sew the elastic onto cotton panties.” The clerk looked up panty stitcher. Finding it classified as unskilled labor, she gave him \$300 per week in unemployment pay.
Sven was asked his occupation. “Diesel fitter,” he replied. Since diesel fitter was a skilled job, the clerk gave Sven \$600 per week.
When Ole found out, he was furious. He stormed back into the unemployment office to find out why his friend and coworker was collecting double his pay.
The clerk explained that panty stitchers were unskilled and diesel fitters were skilled labor.
“What skill?” yelled Ole. “I sew the elastic on, and Sven pulls on it and says, ‘Yep, diesel fitter.’”

Public Service Announcement



By Stig Kristensen



By Jonathan Carter

Crossword: “Nursery Rebellion”

1	2	3	4	5		6	7	8	9		10	11	12	13
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61					62					63				

Across

1. Accord
6. Flub
10. Certain reptiles
14. Birthplace of Columbus
15. Parrot
16. Islamic division
17. Mary
20. “Mārouf” baritone
21. _____ pendens
22. Gives up
23. Turn to crime?
26. “_____ Row”
27. Treat for the idle rich?
29. Singer Lenya
30. “Encore!”
31. Harmony
32. Andy Warhol painting
35. Jack and Jill
39. Affranchise
40. Clip
41. Whimpered
42. Beth’s preceder
44. Misrepresents
45. Presidential favors
48. Traction aid
49. 2002 film

50. Baby’s first word, maybe
51. Bow
54. Little Jack Horner
58. Cave
59. _____Altaic languages
60. Fiats
61. Meets
62. Gerbils, maybe
63. Senior member

Down

1. Eastern pooh-bah
2. Buffet
3. In a snit
4. “Sesame Street” watcher
5. Cry of disgust
6. Arctic
7. Wood sorrels
8. Law man?
9. Clock for the pocket
10. Radiant
11. Treat rudely, in a way
12. Pied one
13. Pert
18. Flamboyance
19. Lean to one side
24. Final notice

25. 007
26. Drawing medium
27. Reprimand, with “out”
28. Arch type
29. “Blue Velvet” director
31. Trades
32. Aggressiveness
33. Away from the wind
34. Goes with mobile
36. Cut surgically
37. Cutlass
38. Sinuous dance
42. Conforms
43. Balcony section
44. Alliance
45. Metallic sounds
46. Mites
47. Move, as a plant
48. Barbecue fuel
50. Beach nuisance
52. Ending for disc-
53. ___berry
55. Fury
56. Like some socks
57. Duran Duran girl of song

Sudoku

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

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

*Solutions to both puzzles are on p. 38.

Funny as Facebook

The following funnies were pulled from Facebook status updates, verbatim, during November.

- “Gwenn starting singing with her new birthday karaoke machine at 5:45 a.m. Thank you, Mom and Dad. I’m currently looking for an old folks home for you with a resident drum set and an older gentleman with insomnia.”
- “My younger sister, Adrianna, attempting to teach me a position in ballet in which one leg is held out behind you: ‘Watch me. Like this. No, no. You’re not peeing on a fire hydrant. Try again.’”

Rick Lemley

Chuck Ruhl

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Evolution, cont. from p. 30

loves us. A God who has a beautiful plan that he wants to share with us if we are just willing to listen. Look around you. Don't you see it? A beautiful sunset, birds flying in a perfect V, the human heart in action. How can you not believe that there is something bigger and much more powerful than us? And he is holding it all together. Without him, there would be nothing and with him we can have everything.

So, why not believe? The Bible even says that one day we will deliberately forget that God was the one who created the earth and the plants and animals, and, more importantly, us. In fact, the way the Bible explains how God created the earth goes right along with and even at times matches what evolution says happened—only in the Bible it happened in seven days.

However, the Bible also says that in God's eyes, one day is like 1,000 years.

So, it could have taken 7,000 years to create the earth, the plants, and the animals, as well as human beings. It is all true. All you have to do is think about it and you can see that this is evolution disproved!

Letters, cont. from p. 2

donations for the YD Harvest Party.

The following merchants donated gift certificates or merchandise: Albert's Red Apple Market, Annie's Pizza Station, Cascade Burgers, Hi. Lo. Country Bar & Grill, Java Zone, Loggers Landing, Matty's on Main, Outdoor Ventures, Perks Espresso, Secret Garden Styling Salon, and Wolf Hair Design.

Your contributions for our Concrete Youth Dynamics high schoolers is much appreciated! Thank you for supporting our local youth!

Mary Jane Rensink
Concrete

SWCTS successful again

Sedro-Woolley Community Troop Support thanks all who have helped us throughout the year to make our Troop Support efforts a success in 2011.

In addition to many individuals, we thank the following businesses that have helped us with our fundraisers and care package supply needs. The names of all our individual and business supporters also have been included in a letter from the community that was sent overseas in the Christmas Care Packages so that the recipients could know how many people are remembering them while they are away from home.

Please tell these businesses "thank you" for helping us support our troops the next time you visit them:

Alpine Ridge Retirement Apts., Amethyst Skull Music Band, Anacortes School District Staff and Students, Arby's MV.

Bayside Specialties, Birdsvie Brewery, Cascades Job Corps, Cascade Mercantile, Cedar Creek Lumber, Challenger Ridge

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Vineyard, Chelle Beautiful Face & Body Painting, Chuckanut Lighting, Coho Liquidation, Concrete Chamber of Commerce, Concrete Herald, Concrete School District Staff and Students, Concrete Town Hall, Eagles In Flight, East Skagit Resource Center, Fairfield Inn & Suites Burlington, Fidalgo Networking, Fire Mountain Friesians & Trail Training, Food Pavilion Sedro-Woolley, Fred Meyer, Goodwill in Mount Vernon, Hottie Tottie Deli, Janicki Industries, Janicki Logging & Construction, Johny Carinos.

KAPS Radio, KBRC Radio, KWLE Radio, KVOS TV, Laureate Alpha Nu Chapter Beta Sigma Phi, Les Schwab Tire Sedro-Woolley, Lyman Post Office, Lyman Town Hall, Mt. Baker Harley Davidson, North Cascades Christian Fellowship, North Coast Credit Union, Old Mill Restaurant, Pacific Northwest Float Trips, Prime Lending, Rockport Pub, Rushing Wind Biker Church, Sedro-

See Letters, p. 39

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Editorial, cont. from p. 2

safety net services in small, rural areas. It was created in recognition of the high costs of providing health care in rural areas, the critical role that hospitals play in the rural health care system, and the importance of ensuring their long-term viability.

The program is a lifeline for 38 rural hospitals in Washington State, including United General Hospital in Sedro-Woolley. "Critical Access" designation provides cost-based reimbursement for our Medicare and Medicaid patients. Medicaid and Medicare typically pay hospitals well below the cost of care.

In addition to being essential providers of rural care, Critical Access Hospitals such as United are an important component of Washington's larger health care system. We stabilize patients for transport to larger urban facilities and treat people traveling and vacationing across the state. Ironically, United also is the least expensive source for hospital care in our region.

If the state budget cuts are enacted, the impact to United is estimated to be a loss of \$2,800,000. That would be in addition to the already staggering amount of over \$4,800,000 in uncompensated care (charity care and bad debt) we provide each year. It will not be possible for us to continue to provide our current services with this budget loss. We will be forced to reduce or eliminate certain programs and services, many of which are vitally important to the residents of eastern Skagit County.

In the event that United was forced to close, the economic impact to the area would be devastating. We are one of the largest employers in our community, with an annual payroll of more than \$23,000,000. The ripple effect of that loss would be felt for years to come.

Your opinion counts

It is not too late to make your voice heard. Please contact your state legislators and ask them not to implement the proposed cuts to critical access hospitals. A sample letter and legislative contact information are available on our Web site: www.unitedgeneral.org.

Many of you have depended on this hospital for decades. We hope you will help us preserve it. Thank you in advance for you continued support.

Greg Reed is superintendent/CEO at United General Hospital in Sedro-Woolley.

Letters, cont. from p. 38

Woolley Chamber of Commerce, Sedro-Woolley Eagles 2069, Sedro-Woolley Post Office, Sedro-Woolley Rotary, Sedro-Woolley School District Staff & Students, Sedro-Woolley Soroptimist, Skagit Publishing, Skagit Ready Mix, Skagit State Bank, Sound Harley-Davidson, Strawberry Bay Coffee Company, Trinity Biker Church, Valley Auto Supply, Walgreens Burlington, Whidbey Island Bank, Yonkman Construction.

Thank you for helping us support our troops, and have a wonderful Christmas holiday season!

Marilyn Pineda, coordinator
SW Community Troop Support
Sedro-Woolley

Power in Numbers, cont. from p. 12

The Power in Numbers campaign aims to dispel the misperceptions about teen drinking in Skagit County and promote the positive norm of choosing not to drink among students.

"Young people often base decisions on their perceptions of what others in their peer group are doing. Youth and people in general tend to overestimate the use rates of alcohol, tobacco, and drug use. When students think the majority of their peers are drinking, studies show they will be more likely to use alcohol. If those misperceptions are corrected, by promoting the actual norm of not drinking, students will be more likely to make a healthier choice and choose not to drink," said Alyssa Pavitt, coordinator of the countywide campaign.

Power in Numbers was developed by social marketing students from Western Washington University. Campaign materials include posters, student incentives, pledge cards, and a Facebook page to promote alternatives to drinking. In addition to using local statistics, high school students from four local school districts participated in focus groups to guide development of the campaign.

Power in Numbers will be implemented through a multi-tiered approach. The Skagit Prevention Council is composed of representatives from community coalitions throughout the county; each community coalition will coordinate implementation in their own community and school district, with countywide coordination through United General Hospital's Community Health Outreach Programs. Each participating high school has a lead school staff member who

PROPERTIES FOR RENT

Pressentin Creek: 3BR 2Bath house w/2-car garage. \$855/month, 1st month free! No cats/dogs. Your monthly gross income should be \$2,500+. Last month's rent +\$500 deposit required upon move-in. Call Julie (425) 357-8609.

SERVICES

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

Give the gift of massage this holiday! Gift certificates: Buy two and receive a third half off. Erin Groh, LMP, 700 Murdock St., Sedro-Woolley. 360.391.2706.

Free local GED study classes (one on one). Resource Center, Concrete. Mon. and Wed., 9–12. Call for info: Bruce or Judy at 360.826.9101 or 360.420.3724.

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

Got aluminum cans? Don't throw them away! Give them to Grayson. 360.853.8542.

Northwest Garden Bling is now in Grassmere Village next to Annie's Pizza. Offering stained glass and mosaic classes, supplies, repair, and gift certificates. Gift shop now open. 360.708.3279 or www.nwgardening.com.

Sauk View Gallery. New artisans! New products! Shop before Christmas for best selection. Open Thur. to Sat. 10–5, Sun. 12–5, and every day Dec. 19–23, 10–5. Closing permanently Dec. 30. Shop locally! Save gas! Save time! Enjoy your neighbors!

Outdoor Ventures
Holiday Sale

GREAT GIFTS, GREAT PRICES!

Ray Troll T-shirts: \$16. Wolverine long-sleeve shirts: \$18. Racks 2012 calendars: \$16. Fixed/folding knives: \$18 & up. 44580 SR 20, Ste. G, Grassmere. Tue.–Sat., 7–5. 360.853.7459.

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

Your help is needed

Debra Jones of Concrete lost her father and her 12-year-old son in a tragic automobile accident on Dec. 3. She needs financial help to pay for burial costs for her son.

If you can help, call Elena Roppel at 360.755.7000.

Concrete Harold

By Joyce Harris



This Christmas ...
SHOP LOCAL!

Crossword solution, from p. 37

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

Sudoku solution, from p. 37

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

Patients First and Foremost.



Rico Romano, MD and Sarah Evans, ARNP Sedro-Woolley



Teackle Martin, MD Sedro-Woolley

“ I have been serving the patients of Skagit County for 36 years and I am committed to continue providing service to them. We care for each and every patient and value their trust in us to provide them with exceptional health care. ”

-Teackle Martin, MD

The most important part of health care is you, the patient.

We are here for you. The physicians, providers and staff of Skagit Regional Clinics in Sedro-Woolley and our seven other regional clinic locations are committed to providing quality, compassionate care to the people of this great region. We understand the importance of the relationship between a doctor and their patients and we are dedicated to maintaining those close ties. We appreciate the trust our patients place in us to provide excellent care and we look forward to continuing to serve your health care needs.

Skagit Regional Clinics is dedicated to serve you right here at home. And we will serve you with the multi-specialty care you need, close to home. Keeping you close to family, friends and the familiarity of your home town is important to your health. We will work to maintain a place of care that is comfortable to you with the physicians you know and trust. Expect us to continue to honor that trust by providing you with exceptional care today, tomorrow and into the future, for your health care needs.

Skagit Regional Health
 Skagit Valley Hospital • Skagit Regional Clinics
Skagit Regional Health: Patients First