

# The Voice of Eastern Skagit County Concrete Herald

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February 2012

concrete-herald.com

50 cents

Clear Lake • Sedro-Woolley • Lyman • Day Creek • Punkin Center • Hamilton • Birdview • Grasmere • Concrete • Cape Horn • Sauk City • Sauk Valley • Rockport • Van Horn • Darrington • Corkindale • Marblemount • Bullerville • Newhalem • Diablo

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Concrete School District's Music Director Peter Ormsby immerses himself in his students, playing with them during practice sessions and ball games. Shown with Ormsby are, from left, Katie Joens, Cassie Williams, Jaci Frizzell, and Morgan Hazel.

## Leader of the band

It's a cold, January day, and I'm sitting in the Concrete High School band room, listening to a baker's dozen or so young musicians tear through Bon Jovi's "Livin' on a Prayer."

"They love the classic rock!" Concrete Music Director Peter Ormsby yells over the sound.

I look at their faces. Some are frozen in concentration, some are beet red. CJ

Feebeck pounds on the drums. Katie Joens seems unusually serene. And Dennis Dorgan, well, Dennis is doing what he does best: Cranking out tunes from his electric guitar with skill beyond his years.

Are they loud? Better believe it. But the thing is, they're more than loud. They're

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**Concrete Herald**

The Voice of Eastern Skagit County

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Concrete Herald owes its success to volunteer contributors from Sedro-Woolley to Diablo. **Contributors:** Kathy Henderson, Aimee Hirschel, Elaine Kohler, Bill Mueller, Melissa Norris, Dan Royal, Gladys Silrus, Maria Skaglund, Kris Voigt, Tammie Werner, and many more. **Cartoonists:** Joyce Harris, Stig Stigensen, Jonathan Carter; **Proofreading:** Katy Tomasulo; **Ad Production:** Lynn Jefferson; **Bookkeeping:** Upriver Bookkeeping Services. **Local contributors are welcome;** call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

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## Editorial

# Government should fear its people, but not to the point of paralysis

Thomas Jefferson said, “When the people fear their government, there is tyranny; when the government fears the people, there is liberty.” A powerful statement, and one that many people agree with in principle. But during the Jan. 23 Concrete Town Council meeting, one discussion strayed into territory where no elected leaders should go.

At issue was the stretch of Main Street between N. Rietze Ave. and N. Park Ave., and whether parking in that stretch should be prohibited. A few months ago, Mayor Judd Wilson almost hit a child who had darted out from between cars parked on the south side of Main Street in that area, leaving Wilson next to no time to react.

People who have lived here longer than I have say this issue has come up more than once during the last several years. This time around, the council asked Concrete Town Planner Jeroldine Hallberg to examine that portion of Main Street and report what she discovered. Her findings were, for the most part, dismal:

- The sidewalk is in poor condition. Many people walk in the street rather than on the sidewalk, especially during rainy periods.
- There is no curb and gutter next to the sidewalk, so flooding occurs.
- Vehicles frequently park on the sidewalk. Utility poles are in the parking strip.
- South sidewalk location is unbalanced relative to the right-of-way. Sidewalk is located about 10 feet inside the right-of-way. Some fences and at least one porch on the south side are most likely located inside the right-of-way.
- There is no sidewalk on the north side of West Main.

In other words, this stretch of Main Street is substandard, to put it gently. Another way to describe it would be “an accident waiting to happen.” Any number of Washington State parking laws are being broken on a daily basis, sometimes because the street itself is not currently operating on the level it should.

Is this an urgent situation at present? No. But Town of Concrete should be loath to wait until it has a dead child on its hands before it acts.

While discussing the situation, one council member stated that parking along that stretch of Main Street was, essentially, much ado about nothing, that no serious

See Editorial, p. 39

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# Opinion

## Letters to the editor

### Smokers not the root of all evil

As a nonsmoking co-owner of a tavern, I was shocked to read that the owner of our small community paper believes that smokers and their (typically) foul and abusive language to be the root of all evil in Concrete.

Give me a break. People much wiser than I—as I voted against it—decided to move smokers out of bars and into the streets. Twenty-five feet is literally in the street in a downtown setting like yours, be it in front of a tavern, theater, or a funky little coffee shop. Although if I understand you correctly, smokers don’t frequent the latter two, so they don’t cause an issue there. Lumping all smokers, bar patrons, or taverns as one problem is insulting and ridiculous. We are selling and consuming legal products that are taxed to the max for the ever-hungry general fund.

Maybe you should concentrate your editorial efforts on the illegal drug problem we have upriver, the ones that are not taxed, but tax our limited resources day and night. I would be willing to bet that one of your combatants was involved in such, maybe the one shooting a gun down the middle of a city street with no thought of consequence.

I feel sorry for Eldon, the owner of The Hub. He would probably sell and move on if he could, but in this economy that’s probably not likely. So, if and when you run The Hub out of business, put your money where your mouth is and rent the building from Eldon, thus eliminating the chance of another tavern opening, and open a funky little coffee shop or maybe a candy store. The possibilities are nearly endless.

I wish the town of Concrete all the best, but I will no longer be advertising in the *Concrete Herald* as to make room for the new breed of entrepreneur, the ones that

will leave alcohol and their foul-mouthed smoking patrons out of the equation.

Mont Heinzman  
Lyman

### Hamilton children had a wonderful Christmas party

A great time was had by all the children in Hamilton during the Hamilton Volunteer Fire Department Children’s Christmas Party Dec. 19.

A very special thank you goes to Shelly Fossati, who collected, wrapped, and sorted donations of toys and clothing from various merchants in the Sedro-Woolley, Burlington, and Mount Vernon areas. Bobbi Childs and Dale Bonner donated toys, PJs, and their time in decorating. Mandy Bates, Cheryl Bates, Jennifer Bates, Kim Allison, Joan Cromley, Scott Bates, and Susan West-Mani worked hard to make this a wonderful day.

Thank you to everyone from whom Shelly Fossati received collections: Ellen, Tracey, and Yvonne at United General Hospital; Kelly and Marv Gallager in loving memory of Penny Carlson; Shelly and Mark Fossati in loving memory of Lorraine “Grandma” Burwick; Robert Klidy and Karla Lemay; Rose at Skagit Farmers Supply; Ken Howe and Stephanie Black at Coastal Farm & Ranch in Mount Vernon; Barb at Coho Liquidation in Sedro-Woolley; and Dominick at Save On Furniture in Sedro-Woolley. Thank you

See Letters, p. 3

### 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.

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also to those who donated anonymously.

All parents left with many packages of toys and clothing for their children. This was a huge success and it was wonderful to see such joy in each and every child there.

Susan West-Mani  
Hamilton

### The best \$500 I never spent

In June 2011 I had a home energy efficiency inspection done on my manufactured home. It was a free service for owners of mobile/manufactured homes from the government’s stimulus plan and Puget Sound Energy, so I figured, “what the heck.”

It took about two hours for the technician to replace the insulation under my home and to seal any cracks that he found in my heating ducts. When he was done, I asked how much it would have cost if I had this done my own, and he responded, “Around \$500.”

I have since received my first couple of winter heating bills, and my December heating bill alone was 30 percent less than it was in 2010. That’s on top of the fact that the average temperature was 13 degrees colder in December 2011 than December 2010.

I would certainly recommend that anyone who owns a mobile/manufactured home get an energy efficiency inspection. It’s still a free service for mobile/manufactured home owners.

That was the best \$500 I never spent.  
Bill Walker  
Maple Falls

### Lyman Angel Tree a blessing

A very special thank you to everyone involved in this year’s Lyman Angel Tree. We were able to bless 93 children (37 families) with a lot of wonderful gifts for Christmas, as well as needed items such as pajamas, blankets, hats, scarves, etc.

Almost all attended the Angel Tree party and had their photos taken with Santa, and participated in caroling on hay rides, a raffle, and a night of family fun. We had our biggest year of support in donations, shoppers, and volunteers.

The businesses and people involved this year have the biggest hearts, and we are so honored they were a part of this year’s event. The generosity, thought, and love shown was amazing and will leave a lasting impression on those families. Check out copies of thank-you notes returned, as well as photos, at [www.facebook.com/lymanangeltree](http://www.facebook.com/lymanangeltree).

We greatly appreciate everyone who was involved in any way. May your kindness

be repaid to you with many blessings in the coming year. Thanks again.  
Tammie Werner and Kathy Weston  
Angel Tree Organizers  
Lyman

### Thank you, community

Thank you for the spontaneous outpouring of good will from the Concrete community and surrounding areas.

Being relatively new in the area, you’ve made me feel so welcomed and loved.

In heartfelt appreciation ...

Pat Warbritten  
Cape Horn

## Mardi Gras returns to Concrete Feb. 18

Got the winter doldrums? Shake them off with the 5th annual Mardi Gras celebration in Concrete.

Hosted by Concrete Chamber of Commerce, the event is slated for Feb. 18 at 3 p.m., and will be held on Main Street and Concrete Town Center.

“It’s a great excuse to dress funny and dance in the street,” said Valerie Stafford, president of the Concrete Chamber of Commerce.

The parade lineup begins at 2 p.m. near the Concrete Post Office, in preparation for the 3 p.m. start. The parade route ends in Town Center, where parade participants and spectators will gather for a street party. The Concrete High School band is expected to perform, and the Encore Fitness Zumba Team will lead the dancing.

There is no fee to enter the parade, and it will be held rain or shine. Everyone is encouraged to join in the fun.

Parade entry forms are available at: <http://concrete-wa.com/mardi-gras-2012>.

For more information, contact the Concrete Chamber at 360.853.8784 or [chamber@concrete-wa.com](mailto:chamber@concrete-wa.com).

## Concrete Theatre to celebrate two years

Concrete Theatre will celebrate its second anniversary this month with a February Film Festival, showing first-run and classic movies all month long. One of those movies is “Mission: Impossible—Ghost Protocol.”

“The mission of the Concrete Theatre is quite possible,” said Val Stafford, who

See Theatre, p. 38

## This place matters: Main Street Revitalization

By Eric N. Archuletta

It’s a brand-new year, one we could start with a new mantra: “Rethink, Reclaim, Revitalize.”

Revitalization is occurring throughout the U.S. at a steady pace. Today, cities of all sizes have realized a healthy and viable downtown core is crucial to the economic health and civic pride of an entire community. Washington towns such as Walla Walla, Chelan, Ellensburg, Snohomish, Port Angeles, and, closer to home, Anacortes and Mount Vernon, have been involved in revitalization efforts of their Main Streets and downtown cores.

The revitalization of Main Street translates to three simple words: “This place matters.” In just three small words, this simple phrase embodies the core of what revitalization is all about.

Communities undertaking renewal efforts of their downtown business districts have adopted a holistic, vision-based approach, building upon key downtown assets to initiate downtown revitalization efforts. Anything less is merely a short-term fix to a long-term problem.

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The Town of Concrete has joined in this undertaking. During the final months of 2011, business owners, property owners, town representatives, and citizens engaged in the beginning stages of creating a Downtown Plan.

First on the agenda has been the development of a vision of what a revitalized downtown looks like. What are the economic and social factors that are required to make it work?

The process of re-inventing our downtown is a complex one, with many moving, interrelated parts. The plan is an attempt to capture that complexity and break the larger process into achievable parts.

For the revitalization to succeed, we all need to participate. Our community members, town government, service groups, financial institutions, educational institutions, and cultural organizations all need to contribute. It’s our community and it’s up to us all to make it happen.

Revitalization takes time and can be accomplished one small step at a time, always remembering to meet the needs of the community. Meeting those needs requires us to present a united community pride and effort.

See Revitalization, p. 38

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# Winter wallops Skagit County



Patrick Aiken of Concrete snapped this photo of his favorite birdhouse Jan. 17 at the Angele Cupples Community Garden in Concrete. *Photo by Patrick Aiken.*



Janine Frizzell built this snowman full of school pride in Jacquelynn Frizzell's truck on Jan. 17. *Photo by Jacquelynn Frizzell.*

## Trial date set for former Concrete deputy clerk

Former Concrete deputy clerk Paula Mann was arraigned in Skagit County Superior Court Jan. 13, pleading not guilty to charges of stealing more than \$1,700 from Town of Concrete during her time as deputy clerk, which ended with her resignation in October 2010.

Mann's next court date is an omnibus hearing on Feb. 24, according to an e-mail to Town of Concrete from Skagit County Prosecuting Attorney Sloan Johnson. Her trial date is set for April 2, but Johnson said that was likely to change.

Mann's attorney currently is examining documentation provided by Johnson and the State Attorney's Office, and may request additional information. Johnson said he intends to resolve the matter by offering Mann a guilty plea to consider during the Feb. 24 hearing. He said his offer will include the charge, jail time, and restitution information. "If an agreement is reached, a guilty plea will be entered at the Feb. 24 hearing," he wrote.

Mann's charges stem from an April 18, 2011, report from the Washington

state auditor, which stated that Mann had shifted funds from utility payments in the amount of \$1,713.65.

Concrete Clerk Treasurer Andrea Fichter first noticed discrepancies while doing a quarterly check in September 2010 of utility revenues against fees received.

"I noticed people who were charged twice or not charged at all, names for checks we didn't receive, and other irregularities," said Fichter.

Utility payments were received by Mann, whom Fichter suspected. She spoke with Concrete Mayor Judd Wilson, who placed Mann on a two-week suspension with pay Sept. 17. Mann resigned from her position on Oct. 1, 2010.

The town began its own investigation, reviewing all utility customer account activity between Jan. 1 and Sept. 17, 2010. It also requested the investigation from the state auditor's office.

The auditor's office widened its investigation, looking at the town's financial records from April 1, 2009 through Sept. 17, 2010. Its report identified \$9,072.37 in questionable receipting activity to utility customer accounts. Of that amount, the auditor's office was able to determine \$3,342.97 in receipts had been misappropriated.

—J. K. M.

## Superior Building report to be presented Feb. 16

A Seattle architect will present his firm's findings regarding the state of Concrete's historic Superior Building during the Historic Preservation and Landmarks Commission meeting Feb. 16 at 6 p.m. The meeting will be held at Concrete Town Hall and is open to the public.

Larry Johnson of Seattle-based Larry Johnson Partnership was recommended by the HPLC and chosen by Concrete Town Council to conduct a feasibility study of the building. The study is funded by a grant from the Washington State Dept. of Archaeology and Historic Preservation.

The results of the feasibility study will give HPLC and council members a clear picture of the Superior Building's current structural integrity, which will allow more informed decisions regarding whether it's wise to renovate the building.

Preliminary reports from Johnson indicated that the main 1920s building is sufficiently sound to accommodate future use, but the ceiling of the addition—which was added in 1928—is not adequate to support itself without repair or removal.

## Laugh your way to a better marriage

Former Concrete basketball coach Vic Woodward and his wife, star basketball player Monique Woodward, will return to Concrete in February to facilitate a marriage seminar hosted by Community Bible Church.

The seminar, "Laugh Your Way to a Better Marriage," is a video presentation that features international speaker Mark Gungor. It is billed as a "man friendly, honest, hard-hitting, and hilarious" seminar, filled with common sense antidotes for improving marriages.

The seminar will be held Fri., Feb. 17, from 6 to 9 p.m., and Sat., Feb. 18, from 9 a.m. to 12:30 p.m. There will be food available Friday evening and a breakfast at Community Bible Church Saturday morning before the seminar.

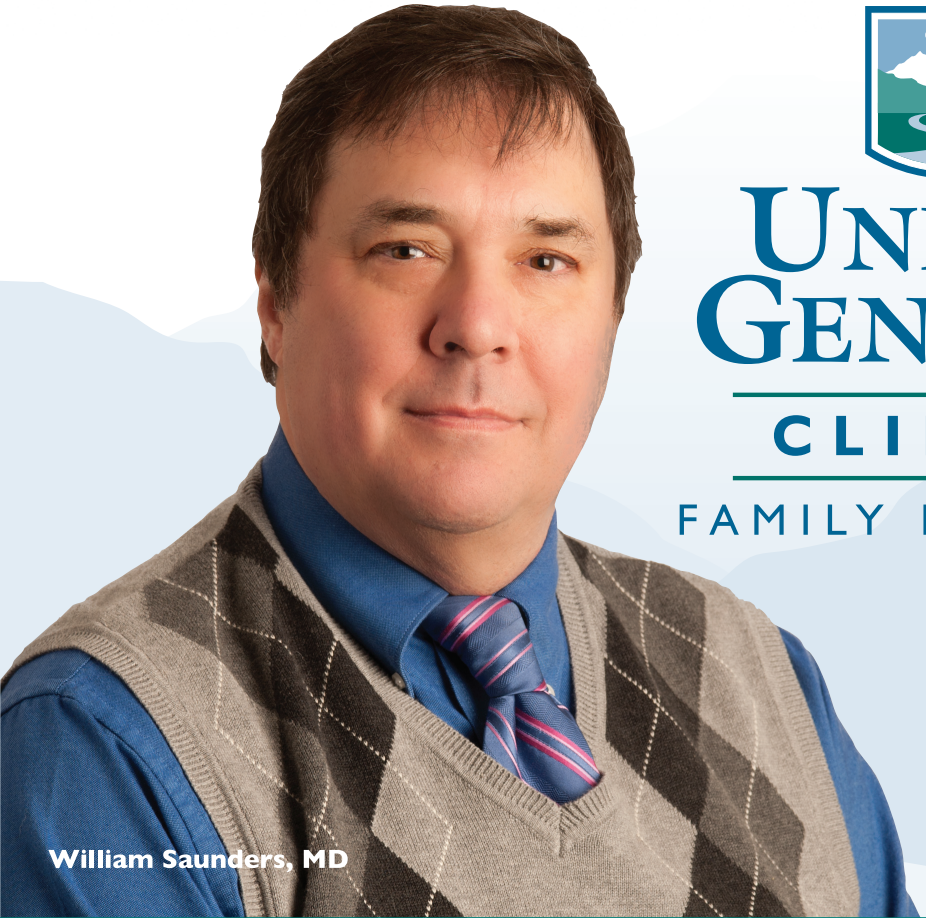
The Woodwards represent Infocus Family Ministries, which they've helmed for about 15 years.

Admission is \$35 per couple or \$18 per single. To register, go to [www.laughyourway.com](http://www.laughyourway.com) or call 360.853.8912 or 360.853.8511. Questions about the event may be directed to either of the two phone numbers above.

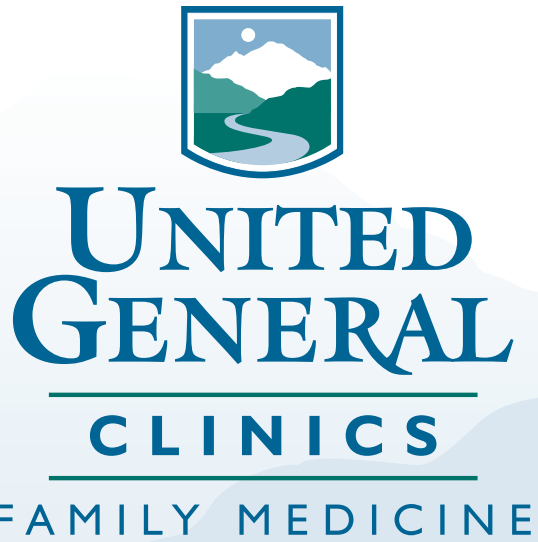
# New Clinic at United General

In case you haven't heard, there is a new clinic in Sedro-Woolley, with two physicians who look forward to meeting you. **Dr. William Saunders** has 22 years of experience in family medicine and can help you make healthy decisions about your lifestyle. **Dr. Nadya Volsky**, who is trained in sports medicine, is especially interested in helping people of all ages stay healthy and physically active.


Both physicians welcome new patients, accept almost all insurance plans, and work closely with your community hospital. The clinic is located on the United General Hospital campus, just a few steps from our main entrance. Appointments are encouraged but not required. For more information or to schedule an appointment, please call (360) 856-7230.



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# New faces at Sheriff’s East Detachment office

The Skagit County Sheriff’s East Detachment office has a couple “new” faces. Locals should recognize Sgt. Chad Clark and Deputy Kelly Howell, who moved to the Concrete office at the beginning of January.



Chad Clark



Kelly Howell

Clark replaces Sgt. Greg Adams, who has taken on SWAT and patrol duties. Clark has lived in Concrete since 1977 and started his career with the SCSO in 1991. His legacy includes his father, who was the town’s police chief when the family first moved to Concrete. Clark already is a community fixture as an assistant coach for the CHS football team and president of the Concrete Cal Ripken Baseball League. He will write a regular column for *Concrete Herald*. Howell replaces Deputy Marty Steiner, who has moved to the regular patrol squad. Howell, who lives in Birdsvew, has been with the SCSO for 26 years, and came to the East County Detachment from the regular patrol squad after submitting his name for the move.

“Growing up in this area, it was always in the back of my mind to work [the East Detachment]. I figured now was a good time to make the switch,” said Howell, who also serves as an assistant coach for the CHS football team and will assist his daughter, Brittany, when she takes over as head coach for the high school softball team.

—J. K. M.



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Photo by Lisa Corp

**Model Train Show**

**February 12**

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# Council summary

*Concrete Town Council met for regular meetings Jan. 9 and 23. Following are summaries of those meetings. Complete minutes for every council meeting are posted on the town’s Web site at [www.townofconcrete.com/cminutes.php](http://www.townofconcrete.com/cminutes.php).*

- Jan. 9**
- An audience member stated he thinks the town and the Sheriff’s deputies have done a great job with the increased enforcement on Main Street. He stated he has been doing a lot of shopping and attending the theater in the last month and has seen a big difference.
  - New Skagit County Sheriff’s Office East Detachment Sgt. Chad Clark introduced himself to the council and provided some background information on his history with the town.
  - Jason Miller stated the crime map on the Sheriff’s Web site is not accessible with a Mac, but shared information that a local citizen had gathered from that map: Reported incidents had dropped from 115 one month to 53 the next month. The decrease coincided with the start of the Sheriff’s deputies’ emphasis patrols. This information received a round of applause from the audience.
  - Cody Hart from Reichhardt & Ebe reported on the temporary protective measures for Burpee Hill Rd. Public Works Director Alan Wilkins has reviewed the plans, and the town will most likely use the Small Works Roster to solicit bids for the work. Hart stated the NPDES permit has been submitted to the Department of Ecology.

- Hart also reported they are still looking for different funding sources and grants for other projects in town, including the decommissioning of the sewer lagoon, which he believed would cost between \$80,000 and \$120,000 to complete.
- A budget amendment was approved to cover shortfalls in the sewer fund. Andrea Fichter reported on the need for the budget amendment and stated that sewer rates will have to be raised within the year.
- Town Planner Jeroldine Hallberg reported on the first Planning Commission meeting of the year, at which they elected new officers: Bruce Newburn is the new chair, Don Payne is vice chair, and Jason Driver is secretary.
- Discussion about Jerry Robinson’s

land use permit and utility connection included statements by Councilmember Dave Pfeiffer that Robinson had invited him and Councilmember Jack Mears to visit his property. Pfeiffer reported that Mr. Robinson had admitted to illegally connecting water and sewer utilities to his shed.

- Jan. 23**
- Snow-removal efforts were discussed. Long hours were put in by Public Works staff, with help by Mayor Judd Wilson and Robert Hornbeck. Only one incidence occurred where a resident did not want to move her car to allow a plow access to the street.
  - Cody Hart from Reichhardt & Ebe reported that the June Alley demolition project was still under way and that the Burpee Hill Rd. protective measures would begin as soon as the snow melted.
  - Town Planner Jeroldine Hallberg presented her findings with regard to the West Main St. parking situation. After much discussion, it was the consensus of the council to begin addressing the situation by asking the county for a quote on striping the center line and fog lines on West Main St. from N. Superior Ave. to the curve at the west end.
  - Hallberg invited the mayor and council to architect Larry Johnson’s presentation on Feb. 16, at 6 p.m., at Town Hall.

# Matty’s on Main adds pawn to services

Matty’s on Main in Concrete Town Center has expanded to include pawn services. The eclectic gift shop now is able to buy gold and other precious metals, and plans to accept indoor and outdoor tools and equipment, as well as offer jewelry design, repair, and cleaning.

“I’m thrilled that we’re able to provide additional conveniences and services for those within the community,” said Sherrill Coville, who owns Matty’s with Greg, her husband.

The Covilles are rearranging the shop space so the entire area will be available for sales. Greg plans to join the operation at a later date, offering small engine repair service, and equipment maintenance and repair.

“We’re doing our best, thanks to our many local and visiting patrons, to show folks that we are alive and living and growing up here,” said Sherrill.

# THIS AND THAT

By J. K. M.

**KSVU 90.1 FM** has secured funding for its dedicated high-speed Internet line. Translation: The east county station began broadcasting from its Concrete satellite studio for the first time on Jan. 30, reports Christie Fairchild, who sits on the station’s advisory committee. The station went on the air in October of last year, but had to be managed from Mount Vernon.

For more information on ways to get involved in the fledgling station, see the KSVU entry in the “Community meetings” box on p. 15.

**Beka Thomas** (CHS 2008), a Seattle Pacific University student, will spend her Spring Break in the Dominican Republic. Thomas will leave March 15 with a group of students from SPU and the University of Washington for a 10-day ministry trip. The students will assist with various construction projects and engage the children through various sports.

**Friends of the Upper Skagit Library** will hold its annual meeting on Feb. 25, at Concrete Center, located at 45821 Railroad Ave. in Concrete. The meeting will begin with an open house from 1 to 3 p.m. The annual meeting will be held from 3 to 4 p.m.

The public is invited to attend both the open house and the meeting. FOUSL always seeks new members; dues are only \$1 per year.

Questions concerning the open house or meeting should be directed to Carol Fabrick at 360.853.7564.

**Parents’ Night Out** is back! Scheduled for Sat., Feb. 4, PNO provides childcare for kids ages 4–11, while their parents enjoy a night on the town in Concrete. Organizer Stephanie Morgareidge is offering the service for free this time around. “I’m hoping that parents will come and stop by since it will not cost them a penny,” she said.

Parents’ Night Out is held at Concrete Center in Concrete, from 5:30 to 9:30 p.m. For more information, contact Morgareidge at [morgareidge@frontier.com](mailto:morgareidge@frontier.com) or 360.770.2836.

**Gladys Silrus** deserves heartfelt congratulation. The east county favorite and *Concrete Herald* garden columnist recently finished her cancer treatments and reported on Facebook she is cancer-free.

# Love notes

## Valentine messages for the ones we adore.

**Donald,**  
You are the love of my life. Though I may seem to take for granted all the thoughtful things you do, no wife has ever loved you as much as I do. One of the luckiest days of my life was the day you married me. I love you always, and Happy Valentine’s Day.

*Debbie Ross, Birdsview*

**Michael,**  
Happy Valentines Day. All my love,

*Tina-Rae, Concrete*

**My Valentines this year** definitely go to my wonderful kids, Jasmine Hopfield and Jayden Hopfield. They are the smile on my face first thing in the morning; they are the inspiration of my life to stay positive and continue to strive for excellence. I love you both very much. Happy Valentines Day. Love, Mom.

*Elizabeth Lentz, Concrete*

**To Matthew Cedarquist:**  
Baby, I’m so happy we met each other. You took me from fake smiling and pretend laughing, to actually feeling something in the depths of my soul. I appreciate you so much and wanted to tell you this: I love you.

*Launi Harrell, Concrete*

**Happy Valentine’s Day** to Cody and Zander! You fill my life with so much happiness! Thank you for all the joy you bring to me and the loving support you give to me. Love you both.

*Shannon Claybo, Concrete*

**To my wonderful husband, Clip Clop Clyde,**  
HAPPY VALENTINE’S DAY!  
Love, your wife!

*Phyllis Claybo, Birdsvew*

**To Grandma Kathy Watson,**  
Happy Valentine’s Day! I love you very much! Love, Zander.

*Zander Watson, Concrete*

**Jason,**  
I love you.

*Jody*

**Happy Valentine’s Day** to my two beautiful girls, Raley and Lilyan. Happy birthday, Dad (Frank). I love you, Billy!

*Yvonne Lopez, Concrete*

**Kyle,**  
You are a great husband and daddy. We are so lucky to have you. We love you so much!  
Love, Nichole, Cail, and Luca.

*Nichole Wilson, Concrete*



**To Tasha Zitkovich:**  
I love you so much that I watched “The Notebook” two times with you. And that second time ... I suggested it.

*Alex Aiken, Concrete*

**To Valerie Stafford:**  
Valerie, you’re the best partner, wife, mother, nanny, and Valentine ever. The last 26 years have been fun and interesting, you’ve always supported and shared in my adventure ideas. The only thing to do now is plan for the next 26 years. I got it: Let’s move to your home town, buy a farm, and get into the movie business! Well, at least let’s keep it interesting.

Val, you will always be my Valentine and I will love you forever.

*Fred West  
Concrete*



**To my three beautiful girls,**  
I love you to the moon and back! Happy Valentine’s Day! Love, Mom.

*Tina Lloyd, Concrete*



**To Darren Wicker:**  
I love you more than words can say. You have the biggest heart in the world, and I’m so glad to have you in my life. I look forward to spending the rest of my life with you. I love you sweetie and HAPPY VALENTINES DAY!! Love always...

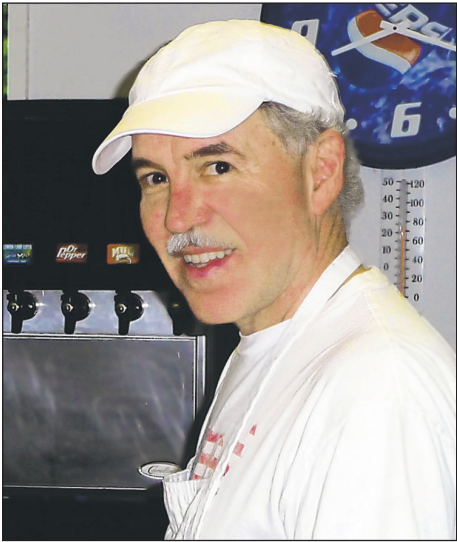
*Amy Bailey, Sedro-Woolley*

**Cam,**  
You give me a reason for smiling. You fill my life with peaceful dreams. You are my closest friend. Thank you for making my life so beautiful and fun!

Happy Valentine’s Day! Love you.  
*Eric Archuletta, Arlington*

**To the love of my life,** the best daddy in the world, Taylor Nybo: I love, love, love, love you! Baby girl August says she loves you too! Happy Valentine’s Day. Love, your wife.

*Zabrina Nybo, Concrete*



**Happy Valentine’s Day,** Alan. You are a wonderful husband and the best friend I could ever wish for. Love, Lori.

*Lori Goerd, Marblemount*



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# Tyler Clark is county’s all-time leading scorer

Concrete senior resets the mark at 1,923 after Jan. 27 game vs. Mount Vernon Christian.

By Jason Miller

All it took was a free throw. With less than six minutes left in the third quarter of a home-court match against Mount Vernon Christian, Concrete senior Tyler Clark stepped to the line, bounced the ball a few times, and made history.

Clark was shooting two after being fouled on a drive to the basket. His first shot broke the record. His second simply padded it.

The gymnasium erupted with applause, and the game was suspended for a few moments so an announcement and proper congratulations could be made. With his 1,915 points, Tyler Clark had broken La Conner’s Andy Otis’ all-time county basketball scoring record, which had stood since the 1998–99 season.

“Words can’t really describe it,” said Clark of his accomplishment. “It was on my mind, but I treated it like a normal game. It was a great moment. A big relief.”

The Lions had three more regular-season games after the Jan. 27 game during which Clark broke the record and finished with 1,923. It’s anybody’s guess how high he’ll drive his total career points.

“It’s an amazing thing,” said Head Coach Larry Tyndall of Clark’s new record. “He’s put in a lot of work and really deserves it. The kid works so hard. I’ve never seen anyone work so hard on defense and offense. He wills it to happen; he puts himself in the right situations.”

Clark traveled to Columbus, Ohio, last summer to participate in national tryouts, and “played a lot of basketball” during those months too. But he’s quick to point out the collaborative effort that spurred him to success.

“I couldn’t do it without my teammates. They give me the ball and position me, set screens—I can’t do it without them and the coaches. It’s that combination that makes it what it was,” he said.

Otis set the earlier record in La Conner, where Concrete was to play its next match on Jan. 31. “I wish Tyler could have broken the record there,” quipped Concrete Athletic Director Ashleigh Howell as the game wound down.



Concrete senior Tyler Clark, center, is congratulated by teammates and Head Coach Larry Tyndall after breaking the Skagit County all-time boys' basketball scoring record previously held by La Conner's Andy Otis. Clark finished the Jan. 27 game against Mount Vernon Christian with 1,923 points (Otis' record was 1,914), and had three more regular-season games to further pad his total points.

## January games

The Lions’ month began with a Jan. 3 game at Mount Vernon Christian, with the Lions taking the win 61–44. “That was a scary game,” said Coach Tyndall, “one of those games where everything seemed to be going Mount Vernon Christian’s way. At the end we pulled away.”

A January 6 La Conner game found La Conner on top 85–42, with the Lions struggling to overcome a perceived psychological disadvantage against the Braves. “They came out and blew us out,” said Tyndall. “We never got to do anything we wanted to do.”

The Lions lost a heartbreaker to Shoreline Christian on Jan. 10, gaining a lead in the first half and keeping it close to the end. But the team went 1–11 in free throws, and the game slipped away from them with a 45–40 Crusaders win.

Concrete stomped Lopez Island Jan. 11 with a stinging 54–35 win, but lost

to Friday Harbor two days later during a physical home-court match. The Lions led the Wolverines at halftime, but “they came out in the third quarter and were really physical, throwing our guys around and not getting called,” said Tyndall. “Then they pulled away from us.”

Cedar Park Christian handed the Lions another loss, 73–59, on Jan. 24. The Lions got an easy win over Orcas Island on Jan. 25, 81–39. A matchup with Bush found Concrete in the winner’s box again, 77–33.

The month ended with the Jan. 27 game against Mount Vernon Christian, which Concrete won 88–57. The game was rife with suspect calls on both teams, and when Clark got bloodied by an elbow, Tyndall sat him out for the fourth quarter. “I don’t think I’ve been more proud of my players,” Tyndall said of the game, which put Concrete into the fourth seed in districts.



Tyler Clark sinks the free throw that brought his career total points to 1,915 during the Lions' Jan. 27 game against Mount Vernon Christian. Behind Clark is teammate Jake Massingale.



Junior Cody Jarmin outruns a Friday Harbor player for a lay-up as the Lions took on the Wolverines Jan. 13. Friday Harbor notched the win that day, 71–58.

# Lady Lions set new school record for most consecutive wins

By Kevik Rensink, head coach

The Concrete High School women’s basketball team is having a remarkable season. During December we went 6–2, including winning the Christmas Tournament in Darrington.

As the girls headed into January on a six-game win streak, they knew we would be thrust into the middle of league play. January is usually referred to as the “deal maker or deal breaker” month. Every game counts, and if you want into the playoffs you have to win games.

Well, win they did. The Lady Lions went 7–2 during January, set a new school record for most consecutive wins in a season (seven), and clinched a post-season berth for the second consecutive year. We started the month by beating Mount Vernon Christian 58–40, and we finished the month by beating Mount Vernon Christian 49–36.

Between those games we came up short against La Conner 33–49, then won in a thriller over Shoreline Christian 54–49. The next night we traveled to Lopez Island and scrapped our way to a 45–38 win.

The upset of the year came Jan. 13, when we hosted Friday Harbor at home. The Concrete women played their best game all season, sending Friday Harbor back to San Juan Island with a 49–37 defeat. We had lost to Friday Harbor by 13 earlier in the year. There were a lot of fans at that game, and the stands have been packed ever since.

After a week off because of snow, the women were anxious to get back on the court and continue their winning ways. They did just that. Having four games in four days (a first for us) was brutal, but the girls played together and came out of the week 3–1. Their wins were over Cedar Park Christian 69–28, Bush 55–11, and the before-mentioned Mount Vernon Christian game. Our lone loss came at Orcas Island 48–42 (our only loss to them in three matches this season).

The first week of February will feature match-ups at La Conner, Darrington, and at home vs. Shoreline Christian on Fri., Feb. 3.

It makes for a very exciting week, knowing how tough our opponents are and that every game has seeding implications on the line for the playoffs. The Concrete women’s basketball team is 13–4, and they are having the time of their lives.



Concrete Junior Jessica Filtz struggles to get a shot off from the key during a Jan. 13 game against Friday Harbor.



Senior Brooke Lee takes a shot between two Friday Harbor defenders during the Lady Lions' home game Jan. 13. Concrete sent the Wolverines packing with a 49–37 loss that day.

# Athletes of the Month



## Athletes of the Month are Frankie Rohweder and Tyler Kales

Junior outside hitter Frankie Rohweder led the Concrete volleyball team in digs and saves last year, and was voted team MVP. Rohweder also was awarded an Honorable Mention in the Northwest 1A/2B League. Senior Tyler Kales was a running back and linebacker for the CHS football team last year, and was named Best Tackler by his teammates during the awards banquet at the end of the season. Rohweder and Kales were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.



Concrete's Nate Long attempts to roll Darrington's Derek Holm into position as the Lions took on the Loggers Jan. 11. Long won the match with a pin, and the Lions eked out a 40–36 victory.

## Wrestling squads still winning with fewer numbers

The Concrete wrestling squad has dwindled in number from 22 at the start of the year to 14 at the end of January, but those who remain fight on, delivering personal and school victories.

Concrete notched wins against La Conner (48–16) and Friday Harbor (54–18) on Jan. 6. The Lions narrowly beat

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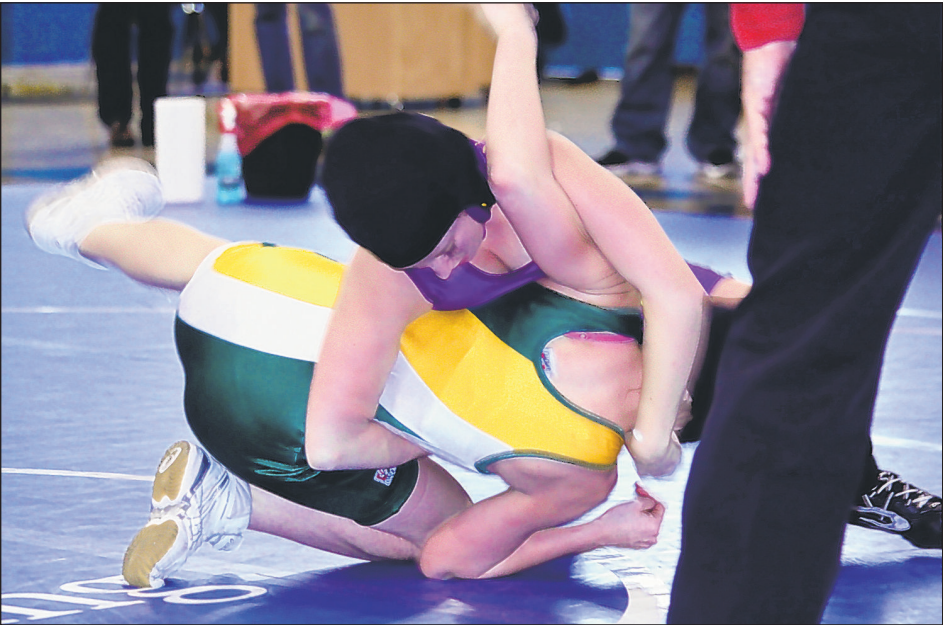
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Concrete senior Bailey Dellinger flips Sara Ford of Foss High School during the Sedro-Woolley Women's Tournament at Sedro-Woolley High School Jan. 7. Dellinger won the match with a pin.

Wrestling, cont. from p. 9

Darrington 40–36 on Jan. 11. On Jan. 14, the team traveled to the Auburn Mountain View Tournament, where Cody Corn and Chris O'Connor took fourth place in their weight classes.

The team followed up with wins over La Conner and Friday Harbor on Jan. 21, and beating Tacoma Baptist and Chief Leschi on Jan. 28.

Also on Jan. 28, the Lady Lion wrestlers

traveled to the Lady Wolfpack Invitational at Henry M. Jackson High School in Mill Creek, where they faced a field of more than 240 wrestlers from more than 35 teams. Emily Fenley took 5th in the tournament, and Melissa Clontz placed 7th.

“Our girls did amazingly well,” said Coach John Koenig, noting that Kalysta Becker and Anjelika Koenig each wrestled three-time state wrestling participants.

—J. K. M.

7th, 8th grade basketball begins after delay

By Rob Thomas, head coach

After having their first two games postponed, the 2012 middle school girls' basketball season finally got under way at Orcas Island on Jan. 26, with 28 girls suited up for action. The harrowing ferry ride proved to be a foreshadowing of what was to come. Both 7th and 8th grade teams took a while to get their land legs back and overcome their expected first-game jitters.

In the first game, the 8th graders were overmatched by a well-balanced Orcas team in which seven of their eight players scored. One impressive stat for Concrete was the team's 20 steals.

In the second game, the 7th graders were down by only 5 points at halftime, but an explosive third quarter by Orcas proved too much for Concrete. The game was shortened because of the ferry schedule. Two positive things stand out as the girls

continue their preparation for the rest of the season. First, after a shaky start for both teams, they improved as the game progressed. Second, even though their shots were not falling, the girls did not get discouraged and they continued to play with great intensity throughout the game.

There remain two great challenges as the season continues to move forward. The first is that with having two games rescheduled, the teams will not always get a chance to practice between game days. Missing that off day to work on those aspects of the game that need improving is critical at this stage of their development as basketball players.

The second challenge is giving the girls the court time they need and want. With 22 7th graders wanting to get in the games, it's simply hard to find the necessary playing time that will help the players continue to improve. Both are welcomed challenges that the coaches are confident these girls are willing to embrace.

## CONCRETE HERITAGE MUSEUM NEWS

Concrete Heritage 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. Simply call Robin at 360.826.3075 or e-mail us at [concreteheritagemuseum@stumpranchonline.com](mailto: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.

**Thank you to volunteers** who opened the museum on Saturdays during January during the Skagit Eagle Festival. The Chamber also provided us with “Eagle Festival Activity” signs to help flag the museum as an official event.

Look for the museum to sell cupcakes at

this year's Mardi Gras parade, scheduled for Sat., Feb. 18. Sweets! Good!

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

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

—Dan Royal

## At the Darrington Library

February brings to Darrington Library a wealth of programs and services for children and families. Here's a breakdown.

**Children's programs**  
*Baby & Me Storytime*  
Thursdays, Feb. 2, 9, 23; 10:30 a.m.  
Wiggle and giggle with your baby through silly stories, happy songs, rhymes, and activities that inspire a love of reading. For newborns through 18 months.

**Teen programs**  
*Teen Hang Time*  
Wed., Feb. 1, 8, 15, 22, 29; 3 p.m.–5 p.m.  
Join your friends and spend some time talking, playing board and card games, listening to music, doing homework, and eating some munchies. For ages 12 to 19 (grades 6 to 12).

**Teen Advisory Board**  
Mon., Feb. 13, 3:30 p.m.  
Make the library *your* library by telling us what you think. Teens are invited to share their ideas for library programs, purchases, and improvements. For ages 12 to 19 (grades 6 to 12).

**Love Doesn't Have To Hurt**  
Mon., Feb. 27, 6:30 p.m.  
One in three teens in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. It could happen to someone you know. Come to this free workshop for teens, their parents, and loved ones to learn about how to recognize early warning signs, different types of teen dating violence, how to define a healthy relationship, safety

*Early Release Activity: Make a Lava Lamp*  
Fri., Feb. 17, 12:30 p.m.  
Join your friends in making lava lamps from plastic throw-away bottles.

**Preschool Storytime**  
Fridays, Feb. 3, 10, 17, 24; 11 a.m.  
Let imaginations run wild with fun books, sing-along songs, and creative activities that prepare young minds for the adventures of reading. Playtime or craft may follow. For ages 3 to 5 years. Caregiver required. Supported by Darrington Friends of the Library.

**Saturday Matinee: “WALL-E”**  
Sat., Feb. 4, 2 p.m.  
The year is 2700 and WALL-E is a robot still spending every day doing what he was made for. Soon he is visited by a sleek robot named EVE, whom he chases across the galaxy with a pet cockroach and a team of malfunctioning misfit robots. Rated G

**Sweet Valentine**  
Sat., Feb. 11, 2 p.m.  
Making homemade chocolate is truly a wonderful experience. Wrap these tiny delicacies in bright foils as a gift for

Celebrations

Dudley and Judy Ross

The children of Dudley and Judy Ross wish to send our love and congratulations to our parents as they celebrate their 60th wedding anniversary.

Dudley and Judy were married Feb. 2, 1952, in Coeur d'Alene, Idaho. They made their home in Concrete, and raised five children: daughters Sherry, Terry, Mary, and Ava, and son Zeke. They have 13 grandchildren and 21 great-grandchildren.

Congratulations, Mom and Dad, we love you and are so proud of the legacy we enjoy! You are the best!

An early summer reception is planned.

**HAPPY ANNIVERSARY, DUDLEY AND JUDY!**

planning, and what a person can do to offer and/or receive help.

**Adult programs**  
*The Hunger Games* by Suzanne Collins  
Wed., Feb. 1, 6:30 p.m.  
Do you enjoy reading books and then discussing them over a good meal? Then come and join our book and potluck group.

*Lords of Nature: Life in the Land of Great Predators*  
Wed., Feb. 8, 6:30 p.m.  
Join local enthusiast Fred Harnisch as we journey to the heart of predator country—the Yellowstone plateau, the canyons of Zion, and the rugged country of Idaho and Minnesota—to learn from scientists and people living with the great predators that society once banished. Sixty-minute movie, plus discussion.

—Bryan Stratton

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# Bored?

Want something to do?  
How about a game night?

**Concrete Center**  
**Feb. 8, 15, 22**  
**7 to 9 p.m.**  
**18 and over only**

Interested?  
Contact Gladys Silrus at 360.826.4848  
or [gsilrus@frontier.com](mailto:gsilrus@frontier.com).

Coffee provided; you bring goodies.  
Donate something to pay for center rental.

No alcohol  
Lots of fun!



# Academics



## Concrete PTO news

Concrete band members are gearing up for some good old-fashioned fundraising. Band members are looking to gain donations toward new instruments and to repair old instruments.

On March 22, the Spring Concert will be preceded by a spaghetti feed. The benefit dinner will be held from 5 to 6:30 p.m., with the concert following at 7 p.m. Look for door prizes or basket raffles too.

More details on the Spring Concert and spaghetti feed will be published in the March issue of *Concrete Herald*.

### February items

- 13 PTO meeting, 2:45 p.m., library
- 23 Animal assembly, 12:30 p.m., Concrete Elementary gym
- 23 Animal assembly, 7 p.m., high school gym, \$2 per person

—Debbie Ross, president

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## Lyman, Samish Elementaries named Schools of Distinction

Lyman and Samish Elementary Schools have been named 2011 Schools of Distinction by a group of education-related organizations in Washington.

Ninety-eight Washington schools earned status as a School of Distinction for dramatic increases in reading and math for 2011. To earn School of Distinction status, schools must be performing at least at the state average in each grade level measured in their school on reading and math assessments as measured in the spring 2011 Measures of Student Progress and High School Proficiency exams.

Schools meeting this requirement were then evaluated on combined reading and math improvement during the past five years. The top 5 percent of the elementary schools, middle/junior high schools, high schools, and alternative schools are designated as Schools of Distinction.

Congratulations to Lyman Elementary Principal Mark Nilson, Samish Elementary Principal Rob Matthews, staff, students, and parents.

—J. K. M.

## WWU to host Winter Career Fair

BELLINGHAM — Job seekers looking for ways to connect directly with employers are invited to attend Western Washington University’s Winter Career Fair, which will take place Thur., Feb. 9, from 11 a.m. to 3 p.m. in the Viking Union Multi-purpose Room. Admission to the fair is free.

The fair allows students and the general public to meet with hiring managers from a range of employers, including private-sector companies, nonprofit organizations, and government agencies.

To make the most of the fair, job seekers should research participating companies in advance, dress in professional business attire, and bring plenty of resumes.

For more information, go to [www.careers.wwu.edu](http://www.careers.wwu.edu) or call 360.650.3240.



This Concrete School District bus slipped into the shallow ditch at the intersection of Pressentin Ranch Dr. and Pressentin Ct. near Concrete Jan. 20, after its driver attempted to turn it around on the snow-covered streets. Children were on the bus at the time of the accident, but none were injured. A second bus arrived on the scene to pick up the students; later, a tow truck pulled the bus out of the ditch. The school district was operating that day with a two-hour delay because of the snow; Sedro-Woolley and Darrington School Districts were not in session. *Photo by Bill Pfeifer.*

## Youth Dynamics update

It’s the middle of winter in Concrete. Hip, hip, hooray!

Why all the excitement? Here at Concrete Youth Dynamics, we enjoy making the most out of every situation.

We kicked off the new year with our annual Winter Olympic Games (not every four years like those other guys). All of the Olympic Games are held indoors (not nearly as tough as those other guys), and each “country” competes to bring home the Gold. The grand finale concludes with several students being duct-taped to the wall, their chairs pulled out from under them, and then watching and waiting to see who hangs the longest.

Congratulations to Taylor Mathis for outlasting the competition. We also had a great time with an Ultimate Frisbee tournament on the high school football field in the snow (or should we say

really thick, white ice). It was a hoot nonetheless!

During Martin Luther King Jr. weekend, Concrete YD joined with eight other Youth Dynamic groups from around the Northwest for our annual snow retreat in Leavenworth. Two staff, along with 14 CHS students, spent four days and three nights at “HOTDOGGIN’ 2012.” They went skiing, snow boarding, sledding, cross-country skiing, along with many other snowbound adventures, and had a great time with all of it. They brought back some fun stories, some different attitudes, and some changed hearts. These retreats, and their lasting impressions, really go a long way with teenagers.

Sledding/tubing at Mt. Baker is still to come, and if you are interested in participating in any of the other awesome activities we have on Monday nights, or want more information on the next retreat (30 Hour Famine), call 360.853.6815.

—Kevik and Marta Rensink, directors  
Concrete Youth Dynamics

## Band, cont. from p. 1

good. Really good. And beyond their own raw talent and desire to succeed, they have someone else to thank.

That someone is Ormsby. Watch him in action, listen to him speak, check out his choice of office artwork, and you’ll start to understand why. He’s equal parts musical virtuoso, mentor, and hippie. And the students get it.

“He’s crazy, but not in a bad way,” said senior Ben Troka, who plays alto saxophone in the band. “You love him for it. He inspired me to keep playing. His attitude makes it easy to work with him. I definitely look up to him.”

Now in his fifth year, Ormsby landed the Music Director position with Concrete School District when Troka was in the 8th grade.

Troka had been interested in music since his 1st grade year, when a teacher handed him a recorder. When Ormsby showed up, he moved into the high school band, and Troka hasn’t looked back since.

“Once he came along, we started doing things again,” said Troka. “He’s always there if there’s something we don’t understand, but he helps us figure things out for ourselves. I’ve been going to Concrete since I was 2, and from my point of view, he’s probably had the most impact on my life and our school.”

Sophomore drummer CJ Feebeck was in 6th grade when Ormsby visited his class and handed out a sign-up sheet. Intrigued, Feebeck spoke with him and decided to

try drums.

“Ever since I started, he’s always pushed me to go farther, learn new stuff,” said Feebeck. “When I started in 6th grade, I didn’t have a lot of knowledge about how to read music. If it wasn’t for him—if we’d had an ordinary band teacher—I definitely wouldn’t be as far as I am today. He’s helped out a lot. He’s been more of a friend than a teacher.”

Most band teachers don’t participate in their bands. More often than not, Ormsby will grab the closest instrument, sit down among his students, and play with them.

“He messes up sometimes, which is kinda funny, but he makes the band sound that much better,” said Feebeck. “He doesn’t just make up the songs, he’ll ask us what we want to play; he’ll teach to that.”

Ormsby helps Feebeck with

homework from other classes periodically, staying after school with him and not leaving until Feebeck is done with his work. It’s that “extra mile” approach that Feebeck appreciates and respects.

“If it weren’t for Mr. Ormsby, I probably wouldn’t be in band,” he said.

### Big shoes to fill

When Peter Ormsby first came to Concrete, the music program was struggling after decades of having a nationally known and ranked high school band.

John Rantschler knows. He was the high school band director from 1969 till 1979. From 1971 to 1979, the school also



Members of the Concrete High School Choir perform during the Winter Concert Dec. 7. From left, Jenny Curran, Krystal Augusto, Marissa Wenneker, Kaylee Shope, Sarah Beck, Makhala Brister, and Madison Wachter.



Concrete Music Director Peter Ormsby, at far left, grabs a trombone and puts 6th grade Beginning Band members through their paces during a class period in January. Ormsby often chooses to play along with his students, rather than conduct them formally.

had a choir, conducted by Daryl Cooper. Rantschler said that he was involved in the program in one way or another till 1986; after that, administrative decisions and economic realities took their toll and the music program floundered. The year before Ormsby arrived, it didn’t even exist.

Rantschler isn’t one to toot his own horn. “The guy who started it all was Durward Sobek,” he said. “He was unbelievable. It was like filling in for God when I took over from him.”

During Sobek’s reign from 1949 to 1969, the district was very rich, Rantschler said. It had two full-time band directors: The second one taught middle school and elementary; Sobek led the high school. Students had access to a private lesson once a week, a summer band, and section rehearsals once a week. The high school band was in the “Who’s Who America” band book, and was selected by North Carolina to be its band representative at the Seattle World’s Fair in 1962.

In its heyday under Sobek, the Concrete High School Band put 125 musicians on stage; Rantschler said he had 82 at the most, and 56 at the low point.

Big shoes indeed.

### A “model” teacher

Ormsby seems oblivious to any perceived pressure to perform. He charges through each school day, slicing and dicing his schedule to teach a variety of classes, including:

- 6th Grade Beginning Band
- 7th Grade Intermediate Band
- Honor Band
- High School Band
- High School Choir

He describes his teaching style as “student skill-based.” His younger students have an opportunity to take baby steps, from one level to the next, using songs in his favorite books.

“I use the students to model good work for other students, and I do a lot of modeling myself too, but I like to use the strengths of the kids,” he said.

At the high school level, he tries to test his students weekly—a strategy that seems to be working. The band draws oohs and aahs whenever it plays ball games and parades. Last December it captured first place in its category at the Sedro-Woolley Christmas Parade.

Ormsby hopes the music department will grow in student and staff numbers during the coming years. “We can have a great music program in Concrete,” he said.

Concrete School District Superintendent Barb Hawkings already agrees: “He’s brought life back to our music program.”

—J. K. M.

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# Clear Lake



## Clear Lake calendar features CLHA Reunion

Community Covenant Church in Clear Lake announces a “Spring Into Gardening Festival,” to be held Sat., Feb. 18, from 10 a.m. to 3 p.m. at Bethany Covenant Church, 1318 S. 18th St., Mount Vernon.

The event will feature Dr. Andy Anderson and “Ten Worthy Herbs for You,” and Graham Kerr, a.k.a. “The Galloping Gourmet,” who will present “Upgrade Every Meal with Herbs.”

Are you sensing a pattern yet? That’s right, you’ll be treated to a lively discussion on herbs, feeding the hungry, community gardens, and a variety of garden goodness. Lunch will be provided.



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Tues-Sat 11-9 Sun 2-8

**360-853-7227**

In May, Clear Lake Historical Association plans a reunion to celebrate its 25th anniversary. The group usually holds reunions every other year and gets visitors from all over the country.

The reunion is planned for Sun., May 20, from 11 a.m. to 3 p.m. at the CLHA Hall, 12655 Highway 9, in Clear Lake.

The group also plans major fundraising this year to replace siding on the south side of the CLHA hall. Look for a story and pictures on this project in the March or April issue of *Concrete Herald*.

**MARDI GRAS IN CONCRETE**

It's time for the 5th annual Mardi Gras celebration in Concrete!

There will be a parade followed by a party suitable for the entire community.

Festivities begin at 3 p.m. with a parade on Main Street.

Entry to the parade is free and open to anyone bold enough to join! To participate, fill out an entry form found at <http://concrete-wa.com/mardi-gras-2012/>

**Questions?**  
Go to [www.concrete-wa.com](http://www.concrete-wa.com) and click on “Events”

**“His Kids” Fun Nights**

1st & 3rd Sundays, thru June 2012  
6:30 to 8 p.m.

Community Bible Church  
Concrete

Songs! Games! Snacks! Stories!  
360.873.4348/debkayr@hotmail.com

## Join the Arbor Day Foundation in February and receive 10 free Redbud trees

Here’s an ideal way to get into the mood for spring planting: Join the Arbor Day Foundation and receive 10 free trees to plant when the weather turns warm.

Every person from Washington who joins the Arbor Day Foundation in February 2012 will receive 10 free Eastern redbud trees.

“Redbuds will add beauty to landscapes across Washington for years to come,” said John Rosenow, chief executive and founder of the Arbor Day Foundation.

The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting

## Web site honors Vi Hilbert

The University of Washington Ethnomusicology Archives and Northwest Heritage Resources recently launched “Voices of the First People,” a new Web site honoring the life and work of Upper Skagit elder Vi Hilbert.

Vi Hilbert died in 2008, but was instrumental in the revitalization of the language and culture of the First People of the Pacific Northwest. Her first language was Lushootseed, a Coast Salish language found in the Puget Sound region of western Washington. During the course of more than 40 years, she built and maintained a research archive of cultural materials and worked with other scholars to develop and publish teaching materials and stories through Lushootseed Research, an organization she founded.

In 2005 Hilbert donated her extensive research collection to the University of Washington, where she taught Lushootseed language and literature from 1972–1987. The manuscript collection is housed in the UW Libraries’ Special Collections, and the audio and video recordings reside in the UW Ethnomusicology Archives.

In addition to her own recordings of local elders, the collection includes recordings made between the 1950s and 2005 by linguists, anthropologists, and

instructions. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge.

Arbor Day Foundation members also receive a subscription to the Foundation’s colorful bimonthly publication, *Arbor Day*, and *The Tree Book*, which contains information about tree planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to:

Ten Free Eastern Redbud Trees  
Arbor Day Foundation  
100 Arbor Ave.  
Nebraska City, NE 68410

Those interested may also go to [www.arborday.org/february](http://www.arborday.org/february) to make a contribution. Contributions deadline is Feb. 29.

other collectors of the local language and song traditions.

Voices of the First People provides on-line access to audio and video recordings from the Vi Hilbert Collection in the UW Ethnomusicology Archives and features Hilbert’s work as a storyteller, teacher, and culture bearer. The site organizes video and audio recordings made between 1968 and 2008 into various categories highlighting aspects of Vi Hilbert’s life and work. “We believe the site will be a useful resource for teachers, students, and anyone interested in Lushootseed language and culture,” said Laurel Sercombe, Ethnomusicology Archivist.

The Voices of the First People project is supported in part by a grant from Humanities Washington, a statewide organization dedicated to providing and supporting cultural education programs in local communities. Project staff includes Jill Linzee, project director (Executive Director, Northwest Heritage Resources); Laurel Sercombe, curator/humanist (Archivist, University of Washington Ethnomusicology Program); Riley McLaughlin, interactive media developer (VillageMediaWorks); Colin Todd, technical advisor (Senior Computer Specialist, UW School of Music); Bonnie McConnell, curatorial assistant; and Jill La Pointe, project advisor (President of Lushootseed Research and granddaughter of Vi Hilbert).

Visit Voices of the First People at <http://music.washington.edu/ethno/hilbert/>.



## Community Calendar



### FEBRUARY

- 4 Saturday Matinee: “WALL-E,” Darrington Library, 2 p.m.; see notice, p. 11; info at 360.436.1600
- 8 “Lords of Nature: Life in the Land of Great Predators,” Darrington Library, 6:30 p.m.; see notice, p. 11; info at 360.436.1600
- 10 Valentine’s Banquet, Day Creek Chapel, Day Creek, 6:30 p.m.; see notice, p. 19; reserve by Feb. 5
- 11 The Washington Cafe and Bakery opens for business, Concrete Town Center, 8 a.m. to 8 p.m.; see article, p. 23; info at 360.853.7723 or [thewashingtoncafeandbakery@frontier.com](mailto:thewashingtoncafeandbakery@frontier.com)
- 11 “Sweet Valentine” (making homemade chocolate), Darrington Library, 2 p.m.; see notice, p. 11; info at 360.436.1600
- 11 Valentine’s Dinner, Concrete American Legion, 5 p.m.; see notice in Classifieds, p. 39; info at 360.333.0576
- 11 Community Contra Dance, Mansford Grange, Darrington; see notice, p. 25; info at 206.402.8646
- 11 Farewell Party for Alan and Lori Goerd (of Marblemount Diner fame), Marblemount Community Hall, 6 to 9 p.m.; potluck/live music; find this event on Facebook; info at [corinaschaedler@yahoo.com](mailto:corinaschaedler@yahoo.com)
- 12 Model Train Show, Sedro-Woolley Museum, 725 Murdock St., S-W, noon to 4 p.m.; info at 360.855.2390 and [www.sedrowoolleymuseum.org](http://www.sedrowoolleymuseum.org)
- 14 Valentine’s Day
- 14 Replacement Levy vote for Sedro-Woolley School District; see article, p. 16; info at [www.sw4schools.org](http://www.sw4schools.org)
- 16 Architect Larry Johnson presents Superior Building feasibility study results at Historic Preservation and Landmark Commission meeting, Concrete Town Hall, 6 p.m.
- 17–18 “Laugh Your Way to a Better Marriage” seminar, Community Bible Church, Concrete; see notice, p. 4; info at 360.853.8912 or 360.853.8511
- 18 Mardi Gras in Concrete, Concrete Town Center, 3 p.m.; see article, p. 3; info at [www.concrete-wa.com](http://www.concrete-wa.com)
- 19 Rough-cut film viewing: “The Mountain Runners,” Concrete Theatre, Concrete Town Center, 6 p.m.; see notice, p. 10; info at [www.concrete-theatre.com](http://www.concrete-theatre.com) and [www.themountainrunners.com](http://www.themountainrunners.com)
- 21 Day Creek Community Club Potluck Dinner, Day Creek Fire Hall, 6:30 p.m.; info at [winningcircularanch@gmail.com](mailto:winningcircularanch@gmail.com) or 360.826.3581
- 27 “Love Doesn’t Have to Hurt” youth violence workshop, Darrington Library, 6:30 p.m.; see notice, p. 11; info at 360.436.1600

### MARCH

- 10 Sedro-Woolley Story Walk, downtown Sedro-Woolley, 10 a.m. to 4 p.m.; see notice, p. 16; info and reader registration at 360.855.1166
- 16 Challenge Day benefit concert with Eddie Kilgallon performing with the SWHS Band and Choir, SWHS auditorium, 7 p.m.; general admission \$10; info at 360.855.3510
- 16–18 SICBA Home & Garden Show, Skagit County Fairgrounds; info at [www.sicbahomeshow.org](http://www.sicbahomeshow.org)
- 22 Concrete Music Dept. Spaghetti Feed, CHS cafeteria, 5 to 6:30 p.m.
- 22 Concrete Music Dept. Spring Concert, CHS gym, 7 p.m.

### APRIL

- 1 Angele Cupples Community Garden opens for bed rentals, Main St. and N. Superior Ave., Concrete; see article, p. 35; rental info at 360.853.8401; other info at 360.853.8213 or [goodwords@frontier.com](mailto:goodwords@frontier.com), or 360.391.2589 or [marla.mr@frontier.com](mailto:marla.mr@frontier.com)

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

## 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](mailto: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](mailto: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 Feb. 23 at 6 p.m. in the high school Commons. The board will hold a workshop on Feb. 21, 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:rip.robbins@skagit.edu). Studio orientations and trainings for all interested people are held every Wed. from 1 to 4 p.m.; call Joseph McGuire at 360.416.7001 for details.

**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](mailto:clerk_lyman@msn.com).

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

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

**Sedro-Woolley School District Board** meets the second and fourth Monday of each month at locations TBA, at 7 p.m. 360.855.3500 or [rmiller@swsd.k12.wa.us](mailto:rmiller@swsd.k12.wa.us).

\*To add your organization’s meeting to this list, e-mail [editor@concrete-herald.com](mailto:editor@concrete-herald.com) or call 360.853.8213.

**Farewell Party for Alan and Lori Goerd (Marblemount Diner)**

Sat., Feb. 11, 6 to 9 p.m.

Potluck! Live Music! Lori! Alan!

Find the event on Facebook; more info at [corinaschaedler@yahoo.com](mailto:corinaschaedler@yahoo.com)

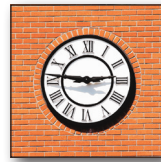
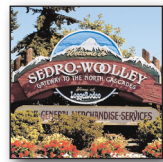
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# Sedro-Woolley



## Replacement levy vote Feb. 14

Education programs and operations levy comprises 19 percent of district's total operating budget.

By Jason Miller

On Valentine's Day, Sedro-Woolley voters will decide whether they'll support a levy to replace a current levy that funds education programs and operations. The current levy expires Dec. 31.

The replacement levy will make up about 19 percent of the district's total operating budget, and would support a number of services and programs, including:

- Staff to provide instruction, classroom support, and leadership
- Campus safety and playground supervision
- Training for teachers and instructional assistants
- Books, curriculum materials, and student software

- Special Education support
- Transportation of students to and from school
- Coaching and supervision for extracurricular activities such as sports, clubs, and student organizations
- Maintaining and operating school facilities

The two-year levy would collect \$9.9 million in 2013 and another \$9.9 million in 2014. That works out to an estimated \$4.09 per \$1,000 property valuation.

More information on the levy can be found at [www.sw4schools.org](http://www.sw4schools.org). Questions related to the voting process should be directed to the Skagit County Auditor's Office at 360.336.9305.



## Sedro-Woolley's Rose serves as legislative page

As the first week of the 2012 legislative session kicked off, Sedro-Woolley student Emily Rose served as a student page for Rep. Kirk Pearson.

"I applied for the page program because I thought I would learn a lot from it," said Rose, 14, a student at Cascade Middle School. "I didn't understand the legislative process very well, but I really enjoyed the week and learned a lot."

"It is always wonderful to see our young

people come to Olympia and participate in their government," said Pearson, R-Monroe, who sponsored Rose. "In just a few short years, these pages will be registered to vote. The page program shows them the result of choices at the ballot box."

Rose said her favorite part of the week was watching the legislators debate bills on the House floor.

"After watching how lawmakers debate, I could see myself running for the Legislature one day," Rose said.

Rose is the daughter of Jodi and Cameron Rose. She is in eighth grade and is president of her school's leadership team. She also plays volleyball.

## Briefly ...

**Sedro-Woolley Museum** has a new exhibit. "The Skagit Mill" consists of a mill, including lumber, beehive cooker, steam donkey, water tower, boilers, steam engines, and a 16-foot train. It was modeled after Wyman Hammer's mill in Lyman.

Fred Fellows worked on the train for more than 26 years and machined all the parts. "He wanted it to come to our museum, so when he died on Aug. 7 last year, his widow, Jean, donated it to us," said museum President Carolyn Freeman.

The museum's model train expert, Jim Silverthorn, helped finish the mill and built the trestle. Dale Robertson and Silverthorn assembled the exhibit, which

can be viewed during the museum's Model Train Open House on Feb. 12 from noon to 4 p.m.

Sedro-Woolley's first **Story Walk** will be held Sat., March 10, in downtown Sedro-Woolley. Organizers are seeking volunteer readers who would enjoy reading aloud to a small audience for about 15 minutes at a time between 10 a.m. and 4 p.m., for at least two sessions.

Sedro-Woolley Public Library is choosing and will supply the books, but readers can choose from that list. The event is presented by the Sedro-Woolley Public Library, Sedro-Woolley Chamber of Commerce, and Woolley Fiber Quilters.

For more information or to register as a reader, call the library at 360.855.1166.

—Judy Johnson

## A concert for Chase

On Jan. 22, Chase Dionne received a gift of music, one that should have a very real effect on his health.

On that day, two local bluegrass bands took the stage in the Sedro-Woolley High School auditorium and played music for more than two hours. Chase loved it; so did the 125-plus other people who attended, although they didn't dance quite as much as Chase did.

The concert was a benefit to raise money to help pay Chase's medical bills. Chase has Acute Lymphoblastic Leukemia, a cancer marked by malignant, immature white blood cells that are overproduced in the bone marrow. ALL crowds out normal cells in the bone marrow and spreads to other organs.

Chase, 2, lives in Sedro-Woolley with his mom Cassie Marlow and his older brother, Riley Newman. He likes toys,

music, and dancing. He loves the flash of a camera. And he'll be even happier when he pulls through this challenge.

His prognosis is actually quite good, said Marlow. "The doctor said if he had to get leukemia, this was the one to get," she said of ALL, which has a 90 percent treatment success rate, according to Chase's doctor.

Chase was diagnosed last October and began chemo treatments about a week later. After less than two weeks after beginning treatment, tests showed the ALL was out of his bloodstream entirely, and less than 2 percent remained in his bone marrow.

Chase has Down syndrome, which, interestingly, actually helps his body respond better to his chemo treatments. Marlow said the treatments will continue, off-and-on, for the next three years. "He has good days and bad days," she said.

—J. K. M.



Birdsview Bluegrass was one of two bluegrass bands that played at Concert for Chase Jan. 22. From left, Tom Gustafson, Donny Coggins, Don Mills, John Boyd, Jeff Blanton, and Tommy Wesley.



Gospel Bluegrass band The Joyful Noise on the Skagit took the stage second. Shown are band members, from left, Tony Wright, Dean Puckett, John Rantschler, Kelly Siebecke, Ed Blanton, and John Boyd.



**Above:** Chase Dionne, 2, reacts to the camera flash during the Concert for Chase in Sedro-Woolley Jan. 22. Chase is held by his mother, Cassie Marlow. "I don't even know who organized the concert, but it was fun," said Marlow.



**Right:** A fan of camera flashes, Chase investigates the source of the fun.

## Hospital Seeks Commissioner

United General Hospital is seeking to fill a vacancy on its Board of Commissioners.

Candidates must be residents of District 304, and possess a working knowledge of business policy-setting, planning and finance. Ideal candidates will have a strong desire to contribute to the improvement of the healthcare system of the region. The time requirements of this position include, but are not limited to, monthly board meetings of approximately two hours, various committee meetings of one to two hours each, and community events promoting health awareness and healthcare services. For more information, please contact Greg Reed, Superintendent/CEO, United General Hospital:

(360) 856-7112 • [Greg.Reed@UnitedGeneral.org](mailto:Greg.Reed@UnitedGeneral.org)

*Potential candidates should submit a cover letter and resume of relevant skills and experience no later than February 16, 2012 to:*

**Board of Commissioners  
United General Hospital  
2000 Hospital Drive  
Sedro-Woolley, WA 98284**



2000 Hospital Drive  
Sedro-Woolley, WA 98284  
(360) 856-6021  
**[www.unitedgeneral.org](http://www.unitedgeneral.org)**

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**We look forward to seeing you soon!**

**360-856-6011**  
[www.cascadedds.com](http://www.cascadedds.com)



# Lyman



## Council summary

The Lyman Town Council held a regular meeting Jan. 10. Following is a summary of that meeting, with additional information provided by Mayor Debra Heinzman.

- Mayor Heinzman was sworn in for her new term as mayor.
- Debbie Boyd reported that the town’s bank reported two forgery attempts, using fabricated checks. The attempts were made at the bank and were caught. There was never a risk to public funds.
- Boyd also reported that the town’s checking account receives .10 percent interest and the small savings accounts receive .24 to .26 percent. The CD rates vary. Councilmember Hills made a motion to dissolve the lower-interest CD and put \$12,000 (the amount suggested by Mayor Heinzman at the last council meeting) in the street fund, then put the remainder in the savings account receiving the higher interest. This motion passed unanimously.
- Mark Kitchen reported a high level of malicious vandalism on the boulevard and at the pump house. He is concerned about the park too. He would like to look into security cameras to help stop the criminal activity, stating it would be cheaper to install cameras than it is to replace all of the stop signs, posts, and hardware that he has had to replace in the last year. Councilmember Ganga said she had some information regarding a security system and would get the information to the clerk.

### FREE income tax prep

February through April 15  
Wednesdays, 9:45 a.m. to 1:15 p.m.  
Concrete Center

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- An email response was received from U.S. Army Corps of Engineers, saying that Lyman has been officially removed as sponsor of the levee.
- The levee is on county land outside the town limits. The town was made a sponsor of the levee decades ago, when Ralph Clemons was mayor.
- Mark Kitchen reported that he has been in contact with several engineers regarding the Water System Plan Update. Most of the engineers are familiar with the CDBG planning-only grant, and they will write the grant. A motion passed to have Kitchen talk to Grey and Osborne about writing the grant for the town.
- A water plan update is required of municipalities every six years if their water supplies come from treated well water. At \$25,000 to \$58,000, these updates are cost-prohibitive, so Lyman is seeking grant funds and doing much of the work in-house, as allowed by state law.
- Councilmember Swanson made a motion to accept the \$1,000 donation given to Town of Lyman toward new flooring in the NBMB. The motion passed unanimously.

## MARDI GRAS IN CONCRETE

It's time for the 5th annual Mardi Gras celebration in Concrete!

There will be a parade followed by a party suitable for the entire community.

Festivities begin at 3 p.m. with a parade on Main Street.

Entry to the parade is free and open to anyone bold enough to join! To participate, fill out an entry form found at <http://concrete-wa.com/mardi-gras-2012/>

### Questions?

Go to [www.concrete-wa.com](http://www.concrete-wa.com) and click on "Events"



A thick blanket of winter white covered Elaine Kohler's home in Lyman Jan. 18. Photo by Debbie Harrington.

## Lyman Library tales

By Elaine Kohler

Well, winter certainly put on quite a show here in Lyman. I don’t mind the snow as long as I can stay inside and enjoy the view from where it is nice and warm. It was really beautiful by my place. My little doxie Shiloh likes being in the snow, but when he goes down the path, he disappears from view.

We lost one branch from the crimson maple; other than that all is well. We are feeding the birds on the porch railing and table. They flock there every morning, and of course, drive my house kitty Baby Girl nuts: She sits in the window and growls at them.

For you “whodunit” lovers, I found a neat book for you: *Historical Detectives*, edited by Mike Ashley. The stories start in the caveman era and go to modern times to ... who else but Sherlock Holmes.

The ingenuity of the writers is amazing, especially in the first part of the book. A Neanderthal detective really stretches the imagination; I am going to be on the lookout for his previous *Chronicles of Crime: The Mammoth Book of Historical Whodunits*. If anyone has it and would like to donate it to us, I would be most appreciative.

The seed catalogs are arriving, and I will be putting the ones I get at the library. I was checking my yard yesterday to see if there was any other damage and found some leaks I didn’t pull. They look just fine, so I’ll leave them for a while longer.

Community Hall is getting a lot of up-grading, so be patient if sometimes stuff is in the way of some of the shelves.

I have had several people ask if we were taking donations again. Yes, we are, but please keep it to pleasure reading. If you have questions, I can be reached at [ekohler412@aol.com](mailto:ekohler412@aol.com).

Till next month, pleasant reading.

## Want to be a film critic?

Concrete Theatre and filmmakers of “The Mountain Runners,” the true story of the Mount Baker Marathon race of 1911–13, will show a free test screening of the film on Sun., Feb. 19 at 6 p.m. This is your chance to preview a rough-cut of the film in progress and to be a film critic. Viewers will be asked to view the film and fill out a questionnaire regarding improvements, edits, likes, and dislikes for the continuing editing process.

“The Mountain Runners” will release in May 2012. For more information, go to [www.themountainrunners.com](http://www.themountainrunners.com).



# Day Creek



## Community notes

The appreciation dinner for firefighters and their families held on Jan. 19 was a great success! There was a good turnout of about 30 amidst the snow storm. The food was delicious, with the group sharing snow stories and laughter. Thank you, firefighters, for your dedication!

Mark your calendar with a big heart, because the **Valentine’s Banquet** is coming to Day Creek Chapel on Feb. 10 at 6:30 p.m. Here are answers to all your questions:

- Babysitting is provided. Please bring a sack lunch for your kids.
- You can dress up for the banquet, unless your wife says jeans are okay.
- Dinner menu is pork tenderloin with mango salsa, and chocolate mousse for dessert.
- Admission is only \$20 per couple.
- There will be a great program, but no games this year.
- A photographer will be available to take photos of you and your valentine.

Reservations must be made by Feb. 5. Call any of the following women to reserve your seats:

Sharon Herring	360.661.5037
Kathy Henderson	360.826.3581
Bonnie Lintz	360.856.1385
Sylvia Miles	360.826.3067
Shannon Shipley	360.472.1211
Sue Walden	360.826.3944

If you want to share wedding photos at the dinner, please inform any of the above women (we will return your photos, of course).

**Wayout Ranch** is sponsoring a little “horse fun” for all levels of riders. Try these winter riding events in February:

- Jan. 7: Half-figure 8
- Jan. 21: Flags
- Feb. 4: Two-turn stake
- Feb. 18: Keyrace

Warm-up is from 3:30 to 4 p.m., with events at 4:15 p.m. Cost is \$10 for four runs per horse and rider, and \$1 to enter the Jackpot Class.

Dress warmly, bring lawn chairs for family members, and be prepared for fun, fellowship, and lots of “horsing around.”

For more information or to sign up, contact Karen McCoy at 425.760.7860 or

Kathy Henderson at 360.826.3581.

**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.

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](mailto: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 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.

If you have information you want to share, contact Kathy Henderson via e-mail at [winningcircularanch@gmail.com](mailto:winningcircularanch@gmail.com).

—Kathy Henderson

### Community Club Potluck dinners

Community Club Potluck dinners are held the third Tuesday of each month at 6:30 p.m. at the Day Creek Fire Hall. Come and join the fun!

#### 2012 dinners

January	17
February	21
March	20
April	17
May	15
June	19
July	17
August	21
September	18
October	16
November	20
December	18



Day Creek firefighters and community members have been busy at the Day Creek Fire Hall. Shown above are the forms that were placed to create two new concrete bays, which are now complete. The bays will be used as parking areas for the fire engines when firefighters need to wash them or clean them out. The community thanks Skagit Readymix and the following workers: Ray Murdock, Brian Jackson, TJ Bruner, Ryan McDonald, and Chief Travis Arendse. *Submitted photo.*

## PSE customers without power for five or more days to get \$50 credit

BELLEVUE — Thousands of Puget Sound Energy customers without power for five or more days from the snow, ice, and wind storms during the week of Jan. 16 will receive a \$50 credit from the utility on their electric bills.

On Jan. 26, state regulators granted the utility’s request to waive certain conditions of a PSE service guarantee that extends a \$50 bill credit to any customer who loses electric service for 120 consecutive hours or more. The waiver means PSE customers won’t have to “opt in” to get the credit. And potentially, more customers now could receive it.

The credit is expected to start appearing on customers’ bills on Feb. 15. The credit will be paid by PSE owners; the financial burden will not fall on PSE customers.

PSE implemented the 120-consecutive-hour power outage service guarantee in 2008. This is the first time since then

that a damaging storm has caused power outages lasting long enough to activate the credit.

Under normal circumstances, customers would be required to either report their five-day outage to PSE or ask for the service-guarantee credit. In addition, the 2008 rules placed a \$1.5 million cap on the amount of credits given over a 12-month period. The rules also limited to 30,000 the number of customers who could receive the credit in a calendar year.

The waiver by the UTC removes these service-guarantee restrictions so that PSE can automatically provide the \$50 refund to all customers who experienced a five-day or longer power outage from the storm.

Customers who lost power for 120 consecutive hours or more during the January storms should see the \$50 credit on the next PSE electric bill they receive after Feb. 15. If the credit does not appear, they should call PSE at 888.225.5773.



**Above:** A huge icicle made a pretty ice-sculpture topping on a snowy early birthday cake for Marcia McAvoy of Concrete Jan. 19. "It looked good enough to eat!" said Marcia, who has a February birthday. Photo by Frank McAvoy.

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**Above:** Sometimes being dragged isn't a drag at all. Just ask this Darrington snow enthusiast. Photo by Leah Tyson.

**Right:** Cassidy Cargile drives down the court with Destiny Vanbibber in pursuit during a middle school girls' basketball scrimmage Jan. 24.

**Below:** Opposing players struggle for a rebound during the scrimmage. Snow delayed the girls' season; their first game was Jan. 26.



**Left:** Emcee "Brewmaster Bill" Voigt and Bob Lahr share the stage during The Gong Show at Birdsvew Brewing Co. Jan. 28. The evening's winners were Thalen Cambo, 10, for his magic light trick; and the Voigt's grandson, Jaydon, 7, who came in a close second for his version of Journey's "Don't Stop Believing." "We did it just for fun," said co-owner Kris Voigt. "We plan to do it again in March." Photo by Kris Voigt.



**Left:** Lonney Longwolf poses with his 3-wheeler and trailer on SR 20 just west of Concrete Jan. 6. Longwolf, 62, was orphaned in 1960; he said he's been on the road ever since.

# January in pictures



**Above:** A serene Bald Eagle sits in a snow-caked tree on the Skagit River bank near Birdsvew Jan. 17. Photo by Kelly Siebecke.



**Above:** Heavy snow covered most of Skagit County in mid-January. This view of the Skagit River and our winter wonderland was taken from the Dalles Bridge looking west. Photo by Frank Knight.



**Left:** Sedro-Woolley sophomore Taylor Dawson pinned her first opponent quickly during the Sedro-Woolley Women's Tournament at Sedro-Woolley High School Jan. 7. The Sedro-Woolley wrestlers went home with the win that day.

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# Hamilton



## Council summary

The Hamilton Town Council held a regular meeting Jan. 10. Following is a summary of that meeting.

- Mayor Bates reported on the Community Economic Development Grant submitted in May 2011, explaining that the grant included \$57,000 to be contributed by Janicki Industries for the cross-connection valve, \$40,000 as the Town of Hamilton's cost for the project, and \$237,000 for the waterline, hydrants, and asphalt.
- Mayor Bates contacted Reichhart and Ebe regarding the water plan for the Town. He received a bid from Reichhart & Ebe for just the engineering alone in the amount of \$33,790. The cost for the new water plan has not been determined. Council discussed where the new water lines would go and the placement of fire hydrants.
- Cas Hancock presented the Monthly Report of Water Usage for October and November. November's water loss was reduced by 61 percent. There are still some leaks to be found.
- The TIB letter announced approval of the overlay project in the amount of \$109,650. The project will pave Pettit St., plus portions of Cumberland St. and Lyman-Hamilton Highway.
- The town also received an Economic Development Grant for 2,000 feet of water line. Bidding for that project closed on Jan. 31.
- Interwest Construction contacted Mayor Bates regarding the Unimin property. Interwest will be doing the demolition work on the property and was interested in using the site for their business.
- Dorothy Russell of Bella Street addressed the council regarding her maple leaf problem. Council and Mayor Bates agreed to look into topping the trees.

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Jonathan LaCount, president and COO of ARFF Training Concepts Inc. in Marysville, teaches proper knot-tying technique to a group of Filipino firefighters during a three-month training operation in the Philippines that graduated its first class Dec. 21. LaCount lives in Punkin Center.

## Training another culture

Jonathan LaCount has been a bit of a globetrotter lately. The Punkin Center firefighter trainer flew to Asia last year to establish a new firefighting academy in Cavite, Philippines. LaCount was accompanied by Harold McKee, chairman and CEO of ARFF (Aircraft Rescue Firefighters) Training Concepts Inc. in Marysville, for which LaCount is president and COO. The new academy will serve as a training facility for firefighters, hazardous

materials and driving operations, and aircraft rescue firefighters. "We trained 62 firefighters to the National Fire Protection Association standards that we use in the U.S.," said LaCount. The first round of training began Sept. 1 and graduated its first class Dec. 21. Upcoming classes are in discussions. LaCount said the experience gave them local celebrity status. They were featured on the local news and on a TV program similar to "Dirty Jobs" on Discovery, for which they simulated a car fire.

## Birdsview buzz

Welcome to February. Hope everyone survived January's winter surprise! Can we hope that's it? On to spring? I have bulbs popping up in my planters out in front. NO MORE SNOW!

**February birthdays**

3	Pam Giecek
9	Dene Claybo
14	Cindy Claybo
15	Anna Frank
19	Britt Howell
20	Marilyn Draco
21	Mike in the Morning
25	Kelly Howell
26	Steve Monrad
27	Christina Jepperson

28 Randi DeVries, Dan Royal

**Anniversaries**

14	Short and Kathy Hurn
27	Clyde and Phyllis Claybo

Last month, the brewery saw many visitors, but one was very unique. Probably a lot of you saw him as well. His name was Lonney Longwolf, and he was traveling by tricycle (a big one), pulling a small trailer with everything he owns, making his way back to Louisiana. We wish him safe travels. Can't wait to see what interesting experiences are ahead for this month.

Happy Valentine's Day, everyone. And remember to shop local, support your local businesses.

—Kris Voigt

## Business Spotlight: Darrington IGA

By Bill Mueller

The Darrington IGA, (Independent Grocers Alliance), is a great place to do your grocery shopping every day of the week. On Mondays they feature smoked meats of all kinds. On Thursdays you can pick up a rack of baby back ribs. When it is in season, you can enjoy smoked salmon. They do the smoking themselves, and you are sure to love it all. You'll find good food under the IGA roof all week long.

The market is owned and operated by Randy and Kevin Ashe. You'll find the store at 1090 Seeman St. in Darrington. Their parents started the market in 1979 and worked it till 2008, when Randy and Kevin bought the place.

Mother Ashe taught her boys all she had learned about the business before she let them take it over. The brothers, who are a mere 18 months apart, have run it ever since. Prior to the IGA, Kevin drove



## Opening for business: The Washington Cafe and Bakery

By Jason Miller

On Feb. 11, locals and visitors will have a new eating spot in Concrete Town Center. The Washington Cafe and Bakery will bring the flavors of Washington State to life six days a week.

At a glance:

The Washington Cafe and Bakery

Where:

45938 Main St., Concrete

Hours:

Mon. - Sat., 8 a.m. - 8 p.m.

Phone:

360.853.7723

E-mail:

[thewashingtoncafeandbakery@frontier.com](mailto:thewashingtoncafeandbakery@frontier.com)

logging trucks for 15 years and Randy worked for the Coca Cola Co. for 12 years.

Randy and Kevin know what it takes to put in a long day at the office. These days, Kevin is the butcher, working with only choice beef. Randy runs the floor at the store.

The brothers are intensely involved in their local community, operating under the motto, "Hometown Proud." Kevin serves with the Darrington Area Business Association, while Randy devotes time to Intervention/Prevention Coalition, an organization that works with youth who have abused alcohol and drugs.

They emphasize customer service, and since they are so involved in the town, they get to know their customers well. Their desire is to deliver a personal touch. To make sure that happens, they have assembled a great crew. Once a week they train their personnel and go over any issues that have come up the week before. They seek weekly to motivate and train their people.

Some of the challenges to a small market come in the form of environmentalism. Darrington has a reputation as a destination for camping, fishing, and hunting. Now many of the back roads have been closed. As Randy put it, "There is an environmental squeeze that has been put on." The result of this is that people don't come up that way as much anymore. Summertime was a boom time for Darrington in the past; now it isn't as much of a draw. To respond to the downturn, Randy and Kevin help promote



Darrington IGA is owned and operated by the power trio of Randy Ashe, and Kevin and Sheila Ashe.

local events. The Darrington Bluegrass Festival, as well as other annual programs, help to bring folks their way.

On the personal side, both Randy and Kevin enjoy the outdoors a great deal. They fish, hunt, go shrimping, fish for salmon, and get out the crab pots when they are in season. Randy likes to be there for his neighbors in the community, so in this last snow storm, he brought out his pickup, which has a snowplow mounted on the front. He went around the area clearing off everyone's driveways so they could get out and about.

This is a family and a business that has the desire to be a mainstay in the life of the Darrington community. Paying them a visit is worth the trip and the time.

At a glance:

Darrington IGA

Where:

1090 Seeman St., Darrington

Hours:

M-Sa, 7 a.m. to 8 p.m.; Sun, 9-6

Phone:

360.436.0141

E-mail:

[d.iga@frontier.com](mailto:d.iga@frontier.com)

chili, and much more.

The first part of the restaurant's name is a nod to the couple's culinary concept, says Melissa. "We want to offer foods that are grown in Washington and try to make sure that the majority of our products came from Washington."

The bakery component is sure to be a hit in Concrete, which had no bakery. Look for fresh-baked bread, brownies, cookies, cinnamon rolls, Danish, and fudge. A former pastry chef, Melissa even has created a "Concrete Truffle," which combines a fudge center, apricot brandy, and chopped dried apricots and cherries. Soon to come: a sundae bar and cooking classes in the former bar.



The Washington Cafe and Bakery owners Mike and Melissa Swanberg. Concrete's newest restaurant will open for business Feb. 11 in Concrete Town Center, and will be a hot spot during Mardi Gras Feb. 18.

The bakery and restaurant will be nut- and peanut-free—"with the exception of the owners," laughs Melissa. "They're nuts!"



# Rockport



## Ranger Al headed to Orcas Island, Wyman still waiting

By Jason Miller

By the end of February, Ranger Al Nickerson will be far from eastern Skagit County—but not too far. Nickerson, who served at Rockport State Park since 1998, will go “back to where it all started” for him 25 years ago: Moran State Park on Orcas Island. It’s a lateral move for Nickerson, who will retain his Ranger 2 designation in the new position. His first day on the job is Feb. 16, but it could be up to two weeks before he’s completely moved in.

Rasar State Park Ranger Debbie Wyman’s professional future is still uncertain. Wyman, who’s given 18 years to the agency and also holds the Ranger 2 designation, told *Concrete Herald* she applied for an eight-month seasonal position at Deception Pass State Park after her full-time position at Rasar was reduced to a five-month seasonal one.

“Hopefully I’ll get the Deception Pass position. I’m hopeful. If I don’t, I’ll stay at Rasar with the five-month seasonal,” she said.

The two rangers were victims of deep budget cuts that the Washington State Parks and Recreation Commission responded to in late 2011 by laying off or downgrading dozens of the 189 rangers in its ranks at the time.

The Parks and Rec Commission approved the budget cuts during a special meeting Dec. 6. The cuts are designed to close a revenue gap of approximately \$11 million in the current biennium, while keeping state parks open.

After the Dec. 6 decision, a dozen state representatives wrote a letter to Parks and Rec Commission Director Don Hoch, urging him and commission members to reconsider the staffing



A sign for the Evergreen Trail at Rockport State Park is shown in this January photo. Ranger Al Nickerson’s Ranger 2 position was eliminated Dec. 30, replaced with a Senior Park Aide position that has not yet been filled. Nickerson will take a Ranger 2 position at Moran State Park on Orcas Island, effective Feb. 16.

reductions outlined in the commission’s plan. They felt the decision was being made and implemented too hastily, with “little time for legislators to hear of and digest this reduction, let alone time to understand its full impact.”

The commission went through with the cuts, but not unanimously. Wyman said she’s heard at least one commission member and a state senator are making the rounds to the districts affected, asking law enforcement if they’ll be able to absorb the extra time needed to police and enforce those state parks that lost their Ranger 2 caretakers. The Ranger 2 designation carries with it a law enforcement component.

“The biggest thing is security, taking care of the grounds and buildings—but they’re not thinking about public safety right now,” said Wyman.

Statewide, the summer tourist season will test whether the commission’s cuts

were wise. Meanwhile, the Parks and Recreation Web site all but begs state residents to buy the Discover Pass, which to date has generated less than 48 percent of its projected total. With funds no longer available from the General Fund, the agency must raise its money strictly from the Discover Pass.

In eastern Skagit County, the commission’s decision was “flat-out brutal,” said Wyman. “I felt like my heart had been ripped out of my chest.”

With his new assignment in place, Nickerson looks back with fondness. “It’s been a good 13 years. It’s a unique area. There aren’t too many places you can walk out your back door and see Sauk Mountain,” he said.

## PIONEERING TODAY

Cast-iron use 101

By Melissa K. Norris

There was one item that every pioneer home had. No matter how poor or rich, they all cooked their food with a cast-iron pot or pan. Every meal, no matter if over an open flame or a burner, or in an oven, could be

prepared in a cast-iron skillet or Dutch oven.

Cast iron is superior to other metals because it distributes heat evenly and can go directly from stove top to the oven. Today’s Teflon-coated pans, when scratched or exposed to extreme heat, release a chemical proven to cause cancer, immune system problems, and birth defects. DuPont, the manufacturer, states its product is fine when used according to directions, but I’m not willing to take the chance, especially when cast iron is a much more efficient pan.

When seasoned properly, cast iron is nonstick. I cook pancakes and eggs with nary a problem. Here are some tips to ensure your cast iron pan remains nonstick and seasoned.

- **Seasoning.** When purchasing a new pan or an old one at a garage sale that needs to be re-seasoned, slather it with shortening and stick it in a preheated 400- to 500-degree oven for a couple of hours. As the oil cooks, it fills the pores of the pan, giving it a black, charred-looking finish. Don’t be alarmed if it smokes; just turn on your fan.
- **Cooking.** When cooking eggs or pancakes, make sure to melt some butter in your pan first.
- **Cleaning.** Never—I repeat, never—use soap to clean your cast iron. Don’t pour cold water into a hot pan either. Use hot water and wipe out your pan with a nonabrasive cloth. You don’t want to scratch that seasoning off. If you have cooked-on spots, use table salt and make a paste with water to scrub off any sticky or cooked-on food. The heat in the pan will kill any bacteria, but soap will destroy your seasoning and cause your pan to rust. Wipe dry and recoat with a thin layer of vegetable oil or shortening.
- **Storage.** Your cast iron will store best in the open. If you must stack them, always place a towel in between the pans to absorb moisture and prevent scratching the seasoning.

Cast iron will last a lifetime if cared for. Some of my best pans have been ones I’ve picked up at thrift stores or garage sales. A little bit of salt scrubbing and re-seasoning and they’re better than the new ones.

*Melissa K. Norris is a Christian novelist who lives in Rockport. For more “Pioneering Today” articles, go to [www.melissaknorris.com](http://www.melissaknorris.com).*



# Darrington



## Canopy trail proposal eyes site near Darrington

By Jason Miller

A retired U.S. Forest Service deputy chief is investigating options for creating a canopy trail in the Darrington area.

Jim Furnish of Rockville, Md., met with Darrington District Ranger Peter Forbes last September and, according to a summary brief Furnish provided Darrington Area Business Association members, the two men “quickly zeroed in on a promising area a few miles south of Darrington on Clear Creek, a tributary of Sauk River.”

A canopy trail is a suspension catwalk that is raised high above the ground, in the tree canopy. The site Furnish and Forbes identified is accessed via a “good” gravel road about one mile off the Mountain Loop Highway. Furnish wrote that the location “features great attributes—mature timber, a dramatic canyon and water features, potentially stunning views of surrounding mountains, and suitable terrain.”

The Darrington site isn’t the only one Furnish is investigating. The materials

he provided to DABA list Multnomah Falls and Skamania Lodge near Columbia Gorge, and Ape Cave, near Mt. St. Helens.

Furnish characterizes his efforts’ current status as “exploratory” and has expressed an interest to visit all the sites and have discussions with appropriate parties.

“This would be essential prior to focused efforts on prioritizing action, creating a business plan, and pursuing funding sources,” he said in the brief.

As for the Darrington location, Furnish wrote that “A probable scenario would involve a close partnership with the community ... Ideally, this would operate under a nonprofit structure, perhaps utilizing an existing organization. Darrington would serve as a base for parking and support, with shuttle systems to the canopy trail site.

“Proximity to the Seattle metro area would provide free marketing through regional media. Proximity to the Mountain Loop Highway would provide a value-added reason to visit the area.”



Darrington’s Darren Springs put the hurt—and a pin—on Concrete’s Jordan Clontz during the rivals’ face-off Jan. 11. The Lions pulled out the victory 40–36, but just barely, said Concrete Coach David Dellinger. “It was a real barn-burner.”



Deep snow provided a slippery playground for this avid sledder near Darrington’s Old School Park Jan. 18. The community hunkered down under a deep blanket of the white stuff during the week of Jan. 16. *Photo by Leah Tyson.*

## Community contra dance

The community contra dance originally scheduled for Jan. 21 has been bumped to Sat., Feb. 11.

The dance will be held at Mansford Grange Hall, 1265 Railroad Ave. in Darrington (behind the IGA).

Admission is \$7 to support musicians Devon and Dejah Leger; calling by Mariah Pepper. The evening will kick off with a potluck dinner at 5:30 p.m. Dance lessons will be offered at 7 p.m., and the dance starts at 7:30 p.m.

Leave the fragrances at home, please. For more information, call 206.402.8646.

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**Farewell Party for Alan and Lori Goerd (Marblemount Diner)**

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Find the event on Facebook; more info at [corinaschaedler@yahoo.com](mailto:corinaschaedler@yahoo.com)

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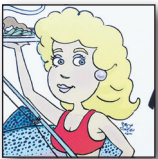
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# Marblemount



## Fundraiser nets \$1,600 for food bank

Deep snow prevented some from attending the Bread of Life Food Bank fundraising event Jan. 21, but even with the low-end turnout of 50, almost \$1,600 was raised in support of Bread of Life Food Bank in Marblemount.

“I thought we did really well, considering,” said co-organizer Becky Snyder. Snyder cooked all the food; other locals provided decorations and management for the event, which was held at Marblemount Community Hall.

A sumptuous feast awaited attendees, followed by a silent auction with donated items from all over eastern Skagit County. Two TVs, antique jars, knapped arrowheads and an obsidian knife by local craftsman Greg Hochmuht, spice racks, artworks, a picnic backpack, a hilarious pink jacket—even a didgeridoo showed up on the auction table.

—J. K. M.



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Photo by Cathy Lester

**Above:** North Cascade Community Church Pastor Dave Nichols tries out a didgeridoo, one of the more unique auction items at the Bread of Life Food Bank fundraising event Jan. 21.



**Left:** Co-organizer Becky Snyder smiles from behind six different kinds of soups on the menu at Marblemount Community Hall.

**Below:** Marren Yarbrough of Marblemount bids on artwork during the silent auction.



## Letter of thanks

Bread of Life Food Bank’s mission is to reach out to the upper Skagit County communities to help alleviate hunger.

Pastor Dave Nichols and I came to Marblemount in April 1999 to pastor North Cascade Community Church. We saw the many needs around us and knew we must do our best to help our community. It was because of the visible needs that Bread of Life Food Bank was founded.

I had never started a food bank before, so this was a learning experience for me. I never dreamed that it would grow to the proportions that it has, nor that it would take so much paperwork to sustain it.

We started by phoning grocery stores in Skagit County and asking for day-old bread. We picked up product in the trunk of our car and used our personal freezer for the food bank. As time went by, we realized that more than bread was required to help our community.

We are connected to Northwest Harvest, Food Lifeline, the distribution center in Sedro-Woolley, and receive donations through the Annual Postal Food Drive.

In July 2002 we served 22 clients. In December 2011 we served 492 households (1,092 individuals).

In September 2004 Leadership Skagit dedicated our 53-foot storage unit. This was a real blessing to us to be able to store more dry goods.

A few years ago, Matson donated a refrigerator/freezer to the food bank. Again, this was a blessing to be able to store frozen and refrigerated items.

Our challenges include:

- Maintenance on high-mileage vehicles
- High price of gas for three vehicles, with multiple trips per week
- Providing more than 200 of each item given out
- Not many service groups in Marblemount
- Price of maintaining power for the freezer

We owe a debt of gratitude to United Way, Leadership Skagit, Matson, and the Upper Skagit Tribe, as well as our volunteers for countless hours of work. We thank our private donors as well, and North Cascade Community Church for providing a building.

Special thanks to the Marblemount community, Cathy Lester, Becky Snyder, Tina Craig, Kay Santosha, Cathaleen Stewart, and everyone else who assisted in the Jan. 21 fundraiser.

Again, thank you.

Faye Nichols, director  
Bread of Life Food Bank  
Marblemount



# Newhalem



## National park advocates create new American Alps organization

The American Alps Advisory Committee has prompted creation of a new conservation group (American Alps) to lead the campaign to expand the North Cascades National Park. The American Alps Legacy Proposal recommends adding more than 237,000 acres to the national park and enhancing family recreation opportunities in it. Proposal details can be found on the campaign Web site at [www.americanalps.org](http://www.americanalps.org).

“This new organization, simply called American Alps, is in a better position to coordinate the activities of the broad array of conservation groups, businesses, and

individuals supporting the campaign,” said Jim Wickwire, Advisory Committee co-chair.

The Advisory Committee is composed of state and national conservation leaders, including Brock Evans, Dan Evans, Estella Leopold, Wyatt King, Art Kruckeberg, Polly Dyer, Peter Jackson, Mike McCloskey, John Miles, Peter Morrison, Gordon Orians, John Roskelley, Jim Whittaker, Jim Wickwire, and Norm Winn. More information on committee members is posted online at [www.americanalps.org/advisory/index.htm](http://www.americanalps.org/advisory/index.htm).

Members of the new American Alps Board include Raelene Gold, Jim DiPeso, Polly Dyer, Morry Browne, Jim Davis, Gerry Cook, Don Bishop, and Peter Jackson.

The North Cascades Conservation Council (NCCC) initiated the American Alps Legacy Project in 2008. Although

NCCC spearheaded creation of the North Cascades National Park in 1968, the organization’s mission has expanded during the past four decades into a watchdog role in the park and surrounding public lands (mainly National Park, National Forest, and State DNR forest lands), focused on land management planning, timber sales, hydropower development, mining, road management, and off-road vehicles.

“This new American Alps organization will be able to focus its resources more effectively on the American Alps Legacy Proposal for the single purpose of park expansion, while NCCC will continue its valuable watchdog role on all of the public lands in the North Cascades,” said Peter Jackson, Advisory Committee co-chair.

Supporters of the American Alps Legacy Proposal highlight the conservation, recreation, and economic benefits of

expanding North Cascades National Park. “Protecting the habitats of low elevation and wide-ranging species will enhance biodiversity conservation in the North Cascades,” said Gordon Orians, Advisory Committee member.

Adding low-elevation trails and expanding camping opportunities will make the park more accessible to families with young children. An economic study conducted by Powell and Associates has shown that expanding North Cascades National Park, including iconic sites such as Liberty Bell, and enhancing family recreation opportunities will increase visitation to the park and create more than 1,000 new jobs in communities surrounding the park.

“It is time to complete the conservation vision for the North Cascades National Park,” said Polly Dyer, American Alps Board member.

## Garden Patch, cont. from p. 35

- 5. Fertilize and spray.** Mid-February or later is a good time to use an all-purpose fertilizer for roses, fruit trees, flowering trees, deciduous trees, and shrubs. Rhododendron fertilizer can be used for evergreens, azaleas, and rhododendrons.

### Other tips

- Cut back any perennials still standing, as well as ornamental grasses.
- If by some small chance you see bulbs coming up and you have mulched around them, time to pull it back. Snowdrops are one of the first flowers to pop their heads up and are so cute. Now is the time to buy and plant them. If they are established, you can lift and divide them to spread them further or to share with a friend.

- Prune summer flowering clematis.
- If you have rhubarb, now is the time to force an early crop by covering some of the crowns with lightproof buckets, boxes, or pottery forcing jars.
- Start sowing vegetable seeds, if the weather allows. How do you know if the time is right? If new weeds are sprouting, hardier vegetables like carrots, parsnips, broccoli, rhubarb, horseradish, artichokes, and onion sets can be planted. Strawberries can

- be started as soon as they become available.
  - Turn the compost pile; keep feeding our feathered friends, you want them to stick around to help with insect control when the weather warms.
  - Now that we have had snow, don’t forget to shake or brush off the branches of evergreens and shrubs to keep them from snapping.
- One final thought; if you haven’t started a garden journal or file, now is a good time. What else do you have to do? If you are feeling crafty, make your own. If not I have made some journals you can buy; just give me a call.
- And you thought there wasn’t anything to do in February. Happy gardening!

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](mailto:gsilrus@frontier.com) or 42002 Pine St., Concrete, WA 98237.

**Continue the cycle**

Please recycle this newspaper



## Septics 101 and 201 class schedules

SKAGIT COUNTY — The Skagit County Public Health Department is again offering Septics 101 and Septics 201 classes.

The free classes are designed to educate homeowners on septic system operation and maintenance, monitoring, cost-saving operations, public health concerns surrounding their use, and problem-preventing maintenance procedures. The classes also will address financial resources for homeowners who need to repair or replace a failing septic system, including a \$100 rebate program for participants who attend a class.

### Septics 101 schedule

- Feb. 16, 6 – 7:30 p.m. Padilla Bay Center, 10441 Bayview-Edison Rd., Mount Vernon
- Feb. 29, 2 – 3:30 p.m. Sedro-Woolley City Hall, 325 Metcalf St., Sedro-Woolley
- March 12, 6 – 7:30 p.m. Skagit Public Utility District (PUD), 1415 Freeway Dr., Mount Vernon
- March 28, 2 – 3:30 p.m. Skagit County Commissioners Hearing Room, 1800 Continental Place, Mount Vernon

Participants must take Septics 101 before enrolling in the Septics 201 inspection training class. Septics 201 will provide homeowner training on how to inspect a conventional gravity septic system, as well as how to complete a septic system inspection form. Septics 201 courses are limited to 30 people each; participants must register at least seven days in advance for the class.

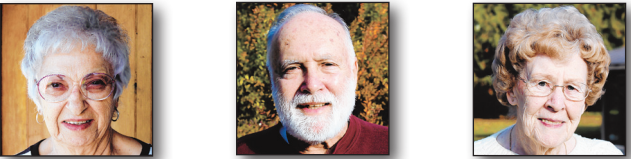
### Septics 201 schedule

- Jan. 24, 10:30 a.m. – 12:15 p.m. WSU Research Center, 16650 SR 536 (Memorial Hwy), Mount Vernon
- Jan. 24, 1 – 2:45 p.m. WSU Research Center, Mt. Vernon
- March 3, 9 – 10:45 a.m. Location TBD
- March 3, 11 a.m. – 12:45 p.m. Location TBD

More classes will be published on the Public Health Department’s Web site at [www.skagitcounty.net/health](http://www.skagitcounty.net/health) as they are scheduled.

Pre-registration is recommended. To register or for more information, contact the Skagit County Health Department at [health@co.skagit.wa.us](mailto:health@co.skagit.wa.us) or 360.336.9380, or go to [www.skagitcounty.net/health](http://www.skagitcounty.net/health).

The Skagit General Store in Newhalem is open weekdays only from 10 a.m. to 5 p.m. 206.386.4489.



# Seniors



## Coffee Break

Just around the corner

By Patrick Kennedy

Spring is just around that far corner past winter. There are so many things to look forward to, like more sun, attractive gardens, no snow, and all those activities that keep the muscles and joints from freezing up in sore knots.

“Behold my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love.” So said that early philosopher and Native American Chief, Sitting Bull.

When warm weather comes, some seniors opt to sit around and play cards—but not you. Some may want to learn how to get wet and catch fish. Half the fun of fishing is relaxing outside on or near the water. Of course, the other half is maybe catching a fish. If you haven’t done it before, special techniques must be learned, such as tying the fisherman’s knot, and how to bait a hook. And once you get past the slime and wriggling, the tricky part of baiting a hook is getting the worm to stay on.

Bike riding is a fun-filled and

healthful exercise. The air wafts through your hair or across your bare head or helmet, and the bike wheels drone as you coax your old-bone legs for more speed. Your gloved hands seem welded to the handlebars as you wriggle from here to there. It’s the best of times.

You look in the closet and see that pair of tennis shoes that haven’t been smelled up since summer. A stroll around the block, park, or river trail is a way to start. It gets faster each day, then it becomes a challenge to beat your time each outing.

After months of freezing and near-freezing temperatures, when the first warm days hit, if you’ve been a couch potato all winter long, you may need to start spring fun slowly to prevent injuries, say fitness experts. Injuries during spring exercise occur because of the inactive life you lived during the winter. Warm weather hits and you want to head outside, but you set yourself up for a world of hurt because your muscles are not equipped to handle the new motions you are putting them through. It is extremely important to develop flexibility—ideally throughout your body, but specifically in your lower body. Warming up and cooling down before and after exercise is important. Doing so will lessen the chance of injury.

Remember one thing: Don’t get carried away with spring’s charms and attractions, because, as Redd Foxx put it, “Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.”

Patrick M. Kennedy is the author of Being a Senior Citizen. Find it at [www.funwithretirement.com](http://www.funwithretirement.com).

## Way Back When

**80 years ago**  
*Feb. 11, 1932:* Last week (Concrete) Mayor J. J. McDonald named a relief committee to have control of all relief work in the community and to see that no resident of Concrete suffered for food or clothing during the winter. The committee consists of Mayor McDonald as ex-officio chairman, C. L. Wagner, George Campbell, Carl Monrad, George White, Dr. E. F. Mertz, and Rev. Jesse Griffiths.

During a meeting last Friday, it was decided that contributions would be sought to raise a cash fund for emergency relief, particularly for those who are unable to work, or where there is no able-bodied man in the family. Within an hour more than \$250 was raised, and further promised contributions are expected to add another \$100 to the fund.

Relief from this fund will be in the form of food or clothing; no cash will be advanced except in exceptional cases.

**60 years ago**  
*Feb. 14, 1952:* The Rockport Fire Department is rolling steadily toward its goal of a new truck and complete equipment. The call for assistance in setting up the department found a wholehearted response in which donations now total about \$1,500 in cash, plus a number of other gifts that mean just as much.

Bert Harrington has given the department a 1938 Ford truck to sell or trade in on their new truck,

and also has given a new power take-off to run the pumper. The Rockport Ladies Club is raising their donation by club activities.

One of the most interesting gifts was donation of the old Sauk School bell by Bill Tingley. The bell will be used as an alarm, because it can be heard for about three miles.

*Feb. 28, 1952:* The county prosecutor has filed a complaint in Skagit Superior Court against Mr. and Mrs. Orville S. Witham of Marblemount, asking that a lien on their property be foreclosed and the property sold. The action is being taken on behalf of the State of Washington on the charge that the Withams were responsible for a forest fire near their property in April last year. The cost to the state in putting out the fire was \$1,807.40.

The state claims that the fire was started from sparks from a tractor, which ignited a heap of debris and spread to forest land nearby.

**50 years ago**  
*Feb. 1, 1962:* The Concrete School Board held an open meeting Jan. 18 in the Rockport School gym to discuss the future of the Rockport School. There were about 55 people present and all were for keeping the school in Rockport and not closing it. The school board will hold another meeting Feb. 12 to make its decision on whether to close the school or keep it in Rockport in the future.

The Concrete High School Concert Band, long a leader in musical competitions in the northwest, was given national

See **Way Back**, p. 29

## Concrete Center February 2012 Activities

Lunch served  
Mon. – Fri., noon

<b>Mondays</b>		
9:30 a.m.		Beginning quilting
9:30 a.m.		Men’s group
9:30 a.m.		Jigsaw puzzle
11:30 a.m.		Couponing
12:30 p.m.		Skip Bo
<b>Tuesdays</b>		
9:30 a.m.		Jigsaw puzzle
10 a.m.		Dominoes
12:30 p.m.		Skip Bo
<b>Wednesdays</b>		
9:30		Income tax assistance Starts Feb. 1 by appt.
9:30 a.m.		Advanced quilting
12:30 p.m.		Jigsaw puzzle Skip Bo
<b>Thursdays</b>		
9:30 a.m.		Jigsaw puzzle
9:30 a.m. – 2 p.m.		Wii Sports play
12:30 p.m.		Skip Bo
<b>Fridays</b>		
9:30 a.m.		Jigsaw puzzle
10 a.m.		Movie (viewers’ choice)
12:30 p.m.		Dominoes
<b>Special Events</b>		
2/8	11 a.m.	Advisory Board mtg.
2/8	12:30 p.m.	Bingo
2/29	12:30 p.m.	Bingo
<b>Closures</b>		
2/20		Holiday
<b>NOTE:</b>		
Concrete Center hours have been decreased. Effective Jan. 3, 2012, the center is open from 9:30 a.m. to 2:30 p.m., Monday through Friday. For more information, call 360.853.8400 or e-mail <a href="mailto:sarap@co.skagit.wa.us">sarap@co.skagit.wa.us</a> .		

**Concrete Herald**  
The Voice of Eastern Skagit County

**Way Back**, cont. from p. 28

recognition recently by its selection to appear in “First Chair of America,” the annual yearbook of America’s best high school musical organizations.

The yearbook has been published annually since 1940. To be included is the highest recognition that can come to a director and band. Concrete’s band, under the direction of Durward Sobek, has consistently placed “Superior” in northwest musical festivals for the past 12 years.

**40 years ago**  
*Feb. 17, 1972:* A large turnout of willing volunteers from throughout the upper valley are launching preparations for a community-wide summer celebration.

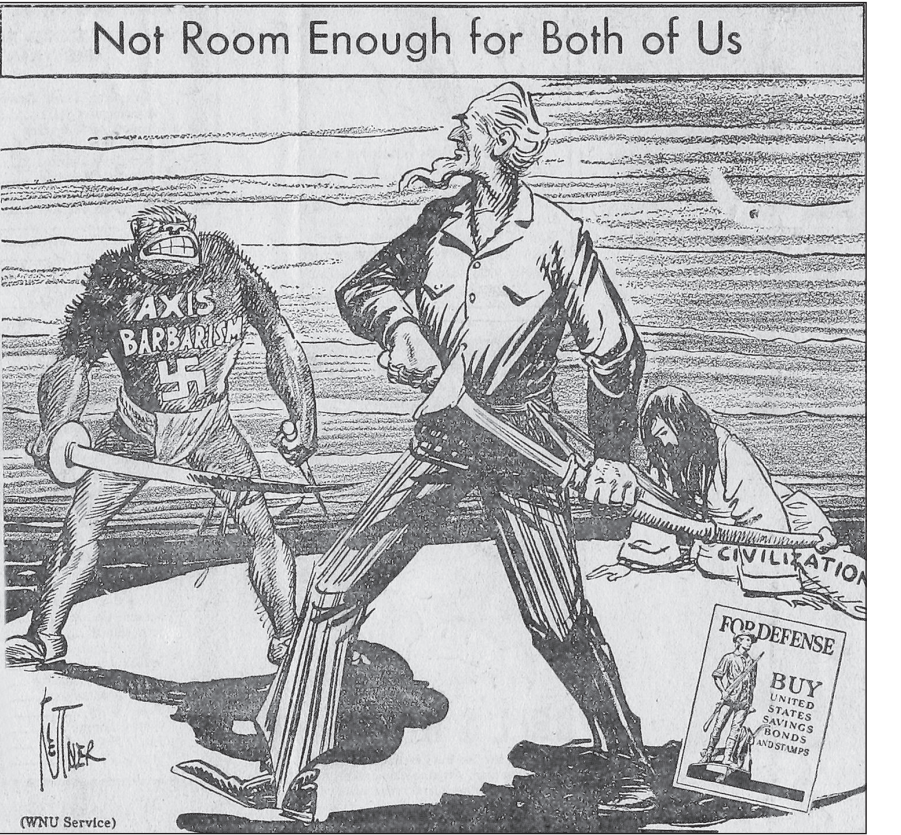
The 3-day “North Cascade Days” celebration was scheduled for July 28–30 by unanimous vote from some 45 club and community representatives from Marblemount, Rockport, Concrete, Lyman, and Hamilton who met last Thursday and again on Monday evening to begin organizing the event.

**30 years ago**  
*Feb. 25, 1982:* Seattle City Light is again looking at the Skagit River watershed as a potential source of additional hydroelectric power.

Illabot Creek, south of the Skagit River between Rockport and Marblemount, is under study as a possible site for a small-scale project. A public meeting on the utility’s proposal is scheduled for next Thursday at the Marblemount Community Hall.

The Illabot Creek project would consist of a concrete diversion dam structure, a pipeline and penstock, and a power plant approximately 2.6 miles upstream from the creek’s confluence with the Skagit River.

City Light will spend the next 21 months analyzing the Illabot Creek proposal.



**70 years ago:** This cartoon appeared in the Feb. 19, 1942, issue of *Concrete Herald*, mere weeks after the U.S. entered World War II, following the Dec. 7, 1941, attack on Pearl Harbor. *Archive photo.*

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# Sunday School lesson

## God breathes life into humans

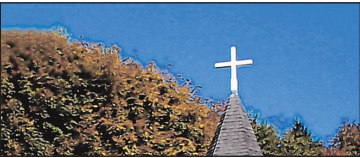
By Tom Ross

A deceased member at Mount Baker Presbyterian Church told me this years ago: “Did you hear about the three scientists who told God they had finally developed a way to make a human being out of dirt?” God retorted, ‘Wait! Make your own dirt!’”

On Feb. 12 we remember the births in 1809 of two men who have shaped our lives to this day. Abraham Lincoln preserved the United States in a time of unprecedented dispute, and emancipated slaves. Charles Darwin synthesized ideas of other scientists and his 1830s research into changes he found in populations of finches in the Galapagos Islands. Darwin published *On the Origin of Species* in 1859 and *The Descent of Man* in 1871. The ideas of these two men continue to be debated in this year’s election campaigns from the school board to the presidency.

One of the issues debated is creation versus evolution. Some people boil arguments down to fit a bumper sticker: “God created it, the Bible says it, I believe it, that settles it.” While I believe this statement is true, it does nothing to create an atmosphere where ideas may be discussed with civility and sensitivity.

Jesus did not expect people to follow him



blindly. He gave sight to a man born blind (John 9), and showed himself as the source of the healing. In John 1, Jesus invites men to “come and see” him, so they can decide for themselves. When John the Baptist in prison sent his disciples to ask Jesus if he was the one they had been waiting for, Jesus presented evidence of his ministry (Matthew 11). After he rose from the dead, Jesus told disciples to see his wounded hands and feet, to touch his body, and to get him a fish to eat (Luke 24:39–43). Jesus respected people’s need for evidence of his person.

Many people have decided that the church is not to be trusted. Locally, they point to sex abuse and financial scandals. Worldwide, they point to the trial of Galileo for daring to publish his findings that the sun was the center of the solar system. Galileo remained a loyal Catholic, but questioned the church’s philosophical dependence on Aristotle’s and Ptolemy’s astronomy. He looked at evidence; the attorneys were looking at dogma. Somehow the science-versus-religion debate survived the round over astronomy. Every few months, scientists, religious and otherwise, announce discovering hundreds of new planets in a piece of sky ironically beside the Northern Cross.

The debate gets closer to home when we argue about the creation or evolution of human beings. Did we or did we not evolve from apes? Did God create life, or did it just happen by natural law? When we pose either-or questions, we set ourselves on a win-lose path that generates more heat than light. Some people say religion is fine for you and science is fine for me. One is true for you and the other is true for me. I suggest that religion and science are both ways to speak truths about life. They are not separate compartments in our minds or lives.

The debate grows less civil when it becomes creationism versus scientism. Then believers and scientists give more credibility to their ideas about their beliefs than to evidences for their beliefs. Such a debate forgets that science arose out of the Jewish, Christian, and Muslim understanding that God made the heavens, Earth, and living beings with order and design. Scientists from Aristotle to Einstein appreciated that order and attempted to describe it in words and math. Some are believers and some are not. Why should we place stock in a scientific method that is only a few hundred years old, when our walk with God is a few thousand years old? The world is growing more religious and more scientific, or at least more technological.

See Sunday School, p. 38

## Worship directory

<b>Assembly of God</b> 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	<b>Free Methodist</b> 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.	<b>Lutheran</b> 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	<b>Catholic</b> Lyman Baptist Church 31441 W. Main St., Lyman Office: 360.826.3287 Sunday School: 9:30 a.m. Sun. worship: 11 a.m.	<b>Methodist</b> Central United Methodist Church 1013 Polke Rd., Sedro-Woolley 360.856.6412 / centralumcsw@yahoo.com www.gbgn-umc.org/umc-sedrowoolley Adult Sunday School: 9:30 a.m. Sun. worship: 11 a.m. Marilyn Kallshian, pastor	<b>Nondenominational</b> Community Bible Church 45672 Limestone, Concrete; 853.8511 E-mail: cbcofconcrete@earthlink.net Sun. School: 9 a.m.; Worship Svc: 10 a.m. Childcare/Children’s Ministries at both Contact church for other ministries Rob Thomas, pastor
<b>Baptist</b> 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	<b>Covenant</b> 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	<b>Presbyterian</b> 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.

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

See Evolution, p. 38

# Obituaries

**Larry Craig Helgoe**, age 63, passed away Jan. 13, 2012. He was born May 10, 1948, in Bellingham, Wash.

Larry was a gentle man with a loving and caring heart who had a great love and respect for nature. He was a life-time logger and outdoorsman who loved animals, fishing, history, cards (especially poker), and panning for gold. He is survived by his two children, Ben and Amy Helgoe; grandchildren Rebecca and Chelsea; other children who consider him as a father, such as Leah Birmingham, Reanna Petter, Megan Heaton, and Cassandra Withrow; his sister, Paula Wave Hudson; sister-in-law Debbie Neff; long-time partner and friend Cheryl Prier; and numerous family and friends whose lives he touched.

He is predeceased by his wife Linda Petter, brother Robert Helgoe, and parents Sidney and Violet Helgoe. He loved and was loved by many.

A celebration of life is planned at the Concrete Assembly of God Church at 45734 Main St., Feb. 25, at noon. Please e-mail friendsolarry63@yahoo.com for additional service information or inquiries.



## 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 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

# Sheriff’s blotter

**Dec. 24**

A Hamilton juvenile caller reported that she and her mother had been arguing for months. The caller was at her sister’s house and didn’t “feel safe” returning home. She requested a deputy contact her to discuss her options.

**Dec. 26**

A Concrete caller reported a male subject doing “brodies” in the parking lot at Loggers Landing.

**Dec. 29**

A Rockport caller reported smelling marijuana close to the park on Rockport Park Rd.

**Dec. 30**

A Concrete caller reported a white female with bleached blonde hair was yelling profanities on Main St. in Concrete Town Center.

**Jan. 2**

A Rockport caller complained of construction noise along SR 530.

A Sedro-Woolley caller reported a vehicle parked in a strange location on Hansen Creek Rd. Caller reported damage to car: Mirrors and license plates were missing.

**Jan. 3**

A Grasmere caller reported a shotgun had been stolen three weeks prior to the call. Caller was not on site.

**Jan. 4**

A blue pick-up truck ran into a Grasmere caller’s fence on Dalles Rd. The vehicle was in the ditch and had almost slid into the caller’s driveway. The vehicle was abandoned.

**Jan. 5**

A Day Creek caller reported a suspicious vehicle parked at the Loretta Creek boat launch on South Skagit Highway. The vehicle had been parked there for two days at the time of the call. The caller tried to look inside the vehicle, but the windows were heavily tinted.

**Jan. 6**

A Concrete caller reported a 17-year-old female was trying to cut herself.

**Jan. 7**

A Marblemount caller reported a juvenile grandson had run away from the caller’s residence on SR 20.

**Jan. 8**

A Sedro-Woolley caller reported a neighbor illegally shooting guns on a Tenneson Rd. property.

A Concrete caller requested investigation of youths riding dirt bikes on Superior Ave.

**Jan. 12**

A driver was stopped on Francis Rd. near Clear Lake as the deputy recognized him and determined that his driver’s license was suspended. He was later cited for no valid operator’s license and expired tags.

A Cape Horn caller reported a burglary at her residence, into which she had recently moved. When she returned home, her window was broken and items were lying all over her house. An iPod was missing. No suspects at this time.

A Concrete caller reported contractor tools missing from a cabin on her property. The owner of the tools will call when he returns to determine what was taken.

A female Concrete caller reported a male inside his trailer was “freaking out” and possibly damaging property. Deputies contacted the intoxicated male and determined that he was having a “bad day” and not damaging property. He agreed to calm down for the evening.

A Concrete caller requested that an unruly male be removed from a meeting. The male was gone by the time deputies arrived. No further action was requested.

**Jan. 13**

A Concrete caller reported he had purchased a compound bow for his son’s girlfriend, and wanted it back. Deputies advised him to take her to small claims court.

A hit-and-run was reported at a Concrete business in the 46000 block of SR 20.

A truck had struck a power box, causing damage. Deputies are investigating and have suspect information, but no arrests have been made.

**Jan. 14**

A male driver was stopped near Cedar Grove near Concrete, and was cited for driving while his license was suspended.

A vehicle was stopped in the Hamilton area for not having a front license plate. The male driver had a suspended driver’s license and had several outstanding warrants for his arrest. He was issued a citation for driving with a suspended license and was given a book-and-release with new court dates for the warrants.

A Birdsview female reported that her boyfriend was trying to smash the windows out of her truck. Deputies determined there was a dispute over the firewood in the back of the truck and who was going to get the money when they sold the wood. There was no assault and no property damage. Both parties agreed to calm down and not have any more problems for the evening.

A male subject was urinating in public outside a business in Marblemount. Citizens advised the male to quit, but he became aggressive toward them and left. When a deputy arrived, the male was belligerent and refused to cooperate with the deputy. Upon placing the male into custody, he became resistive and had to be forcibly taken to the ground. The deputy wrestled with the male

See Sheriff’s Blotter, p. 33

## Sergeant’s corner

By Skagit County Sheriff’s Sergeant Chad Clark



I am the newly appointed East Detachment Sergeant. As part of my duties at my new post, I will provide *Concrete Herald* a monthly crime prevention column. The column will offer common-sense approaches to help prevent crime in your neighborhood and give some ideas as to what to look for.

This column reflects one of my main goals, which is to build a strong relationship between the Sheriff’s Office and east county communities. I believe in open communication and involving the community members in helping us solve crimes. It is a proven fact that an involved community is a safer community. You are the eyes and ears for us at the Sheriff’s Office.

I started my career with the Sheriff’s Office in 1991, working in the county jail, and advanced to patrol in 1994, where I have spent the past 17 years, including the last six years as a patrol sergeant.

I have lived in Concrete since 1977,

when my dad was hired here as the town’s police chief. I graduated from Concrete High School in 1986. I have been married for 19 years to my wife, Cheri, who also graduated from CHS in 1986. We have three children: Tyler, 18; Dylan, 14; and Kylie, 8. They all attend the Concrete School District. I am a very active member of our community, serving as the Upriver Little League Football coach and president for the last 11 years. I’ve also been the Concrete Cal Ripken Baseball president and coach for the past several years.

During my career with the Skagit County Sheriff’s Office, I have had many opportunities to gain knowledge of law enforcement through several different programs. I also have a diverse experience history that makes me qualified to lead the East Detachment:

- Firearms instructor: 1997–present
- Field Training officer: 9 years
- Boating operator: 5 years
- Less Lethal instructor: 1997–present
- SWAT team member: 15 years
- SWAT team Leader: 5 years
- Patrol Sergeant: 6 years

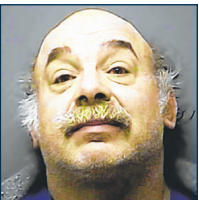
I am honored to serve the community where I grew up and will work hard to keep it a great place to live and raise a family.

## Level 2 Sex Offender NOTIFICATION

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

**Yaskanich, Paul John**

Age: 52  
Race: W Sex: M  
Height: 5’ 10”  
Weight: 220  
Hair: Brown  
Eyes: Brown



Address: 18XX SR 20, Sedro-Woolley  
Yaskanich was convicted on two counts of voyeurism in Skagit County in 2008. In 1995 he was convicted in federal court on two counts of sexual assault and indecent acts with a minor.

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

Source: Skagit County Sheriff

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# “Vitamin X” an essential nutrient

By Karl Mincin

“Vitamin X,” a.k.a. exercise, is just as important as all the other vitamins put together.

The emerging science of sedentary behavior reveals that sitting time is being considered not only as an independent cancer risk factor in its own right, but the beginning of other physical ills. Without adequate movement, a person will not circulate all those good nutrients to their target tissues. Not only is nutrient delivery compromised, but the body’s removal of metabolic waste/toxins also is hampered. This is a deadly combination.

It’s no wonder that cancer risk goes up as movement goes down. I recall a pathology professor who summed up her entire course in these words: “Movement = life; stagnation = disease and death.” The latest science confirms her statement.

Nutritionist Alice Bender with the American Institute for Cancer Research states, “in colon, breast, and endometrial cancers, for example, we’re seeing an overall risk reduction of about 30 percent associated with higher levels of physical activity. With prostate cancer ... about 20 percent reduction. These numbers are powerful. The bottom line for many of the most common cancers, it seems like something as simple as a brisk walk for 30 minutes a day can help reduce cancer risk.”

More than all other tips and tricks, the one thing patients tell me that makes the most difference in their enjoying and sticking with an activity routine is an exercise partner. With today’s hectic schedules, some have made walkie-talkie buddies. Whether they live across town or across the country, they each walk and talk by phone at an appointed time.

My recommended starting dosage for vitamin X is 15 milligrams—15 minutes—every other day. Each week

increase by five minutes, so that by week four you are up to 30 minutes. Then begin filling in the alternate days off.

With vitamin X, more is better. While the research shows a minimum of 30 minutes daily reduces cancer risk, it is nearly impossible to overdose on this “vitamin.” More can be more beneficial, especially for certain other health conditions (such as musculoskeletal disorders including arthritis and disc degeneration, bone problems, sleep disorders, immune deficiencies, heart disease, digestive disorders, depression, anxiety, addiction, and a host of other mental health problems). This is especially true for older adults.

For those with serious health problems, and those moving out of a sedentary lifestyle, it is especially important to increase your dosage gradually.

Interestingly, some of the greatest benefits of physical activity go beyond the physical into mental and emotional well-being. Whatever it takes to get, and keep you moving, by all means put forth the necessary effort to sustain one of the most perfect marriages on earth: diet and exercise.

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

## Red Cross offers tips to avoid home fires

BELLINGHAM — The American Red Cross Mt. Baker Chapter responded to seven fires in December that affected 25 residents.

Cold weather often brings an increase in home fires. Fires related to heating are the second leading cause of home fires in the U.S., with space heaters involved in 74 percent of fire-related deaths.

The American Red Cross offers the following safety tips on how to prevent fires:

- Keep all potential sources of fuel like paper, clothing, bedding, curtains, or rugs at least three feet away from space heaters, stoves, or fireplaces.
- Portable heaters and fireplaces

## Decreased hours at County Health Clinic

SKAGIT COUNTY — Skagit County Public Health has decreased its Public Health Nursing Clinic I hours, effective Feb. 1. The Clinic will now be open Mon., Wed., and Thur. only, and will include the following services:

- Immunization: 9 a.m. – 3:30 p.m.
- Sexually Transmitted Diseases: 8:30 a.m. – 4 p.m.
- Family Planning: 8:30 a.m. – 4 p.m.
- Tuberculin Skin Test (Mon. and Wed. only): 8 a.m. – 4 p.m. (no Thur. testing)

Beginning March 1, the Women, Infants, and Children Clinic will be open on Mon., Wed., and Thur. only, from 9 a.m. – 4 p.m.

For more information, contact Skagit County Public Information Officer Emma Whitfield at [emmaw@co.skagit.wa.us](mailto:emmaw@co.skagit.wa.us) or 360.419.7667.

should never be left unattended. Turn off space heaters and make sure any embers in the fireplace are extinguished before going to bed or leaving home.

- If you must use a space heater, place it on a level, hard, and nonflammable surface (such as ceramic tile floor), not on rugs or carpets or near bedding or drapes. Keep children and pets away from space heaters.
- When buying a space heater, look for models that shut off automatically if the heater falls over as another safety measure.
- Never use a cooking range or oven to heat your home.
- Keep fire in your fireplace by using a glass or metal fire screen large enough to catch sparks and rolling logs.
- Have wood and coal stoves, fireplaces, chimneys, and furnaces professionally inspected and cleaned once a year.

For more information about fire safety and steps to take to be prepared, visit [www.redcross.org](http://www.redcross.org).

—Submitted by American Red Cross Mt. Baker Chapter

## Sheriff’s Blotter, cont. from p. 31

for a short while until two citizens saw what was going on and offered their assistance. They then assisted the deputy in getting the male’s arms behind his back so the deputy could handcuff him. He was booked into jail for urinating in public and resisting arrest.

**Jan. 15**

A female and male were contacted in the early morning hours, sitting in a car at Concrete High School. The deputy determined no crime had been committed, but the male had an outstanding warrant for his arrest. He was arrested on the warrant.

A Hamilton caller reported that her brother was driving his vehicle in front of her house in violation of the No Contact Order. Deputies determined that he was in violation by driving on the roadway. Suspect was contacted; he thought the order had been amended to allow him on the road. He was arrested and booked into jail.

Deputies were called to a home on

Brookings Rd. in Sedro-Woolley for a domestic dispute. The female caller was intoxicated and claimed she was struck, but no signs of that were located. The male involved also was intoxicated and said she was going crazy after she had been drinking. Deputies were able to determine the female was the primary aggressor; she was taken into custody and booked into jail for assault.

**Jan. 16**

A Sedro-Woolley caller said she saw a male going through her drawers in her garage. Deputies checked the residence and the garage, and determined nothing was disturbed. The caller was reassured that all was well.

A male suspect had gone into a Concrete store and was harassing the clerk. He was asked to leave throughout the week, but kept returning to the business. The male was contacted by deputies in his vehicle in the parking lot. The male refused to get out of his truck, but eventually was convinced

to get out and was arrested for trespass. Upon searching him, a baggie of suspected marijuana was located on his person. He was booked into the jail.

A Cape Horn neighbor called to report seeing someone inside the house across the street. Neighbor was concerned as there have been other break-ins in the area, and didn’t know who was inside. Deputies determined it was the homeowner returning from a trip.

A circuit panel and batteries were stolen out of an excavator on Sapp Rd. in Sedro-Woolley. The items were located in the back of a pickup in the area. Deputies investigated and located the pickup owner. He claimed he found the items in the woods near the railroad tracks. A search warrant was issued, and the items were seized. Deputies are continuing their investigation.

**Jan. 17**

A truck was parked near the Dalles Bridge near Concrete, causing a traffic hazard as the roads were covered with snow. Deputies

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found workers under the bridge, working at the river-measuring building. They agreed to move their truck to a safer location.

**Jan. 18**

Deputies responded to a Cape Horn male who had a knife and was attempting to hurt himself. Upon investigating, it was determined the male was unresponsive and the aid crew was called. He was eventually loaded into the ambulance and taken to the hospital. He did not have any injuries that the deputies could determine.

A deputy was following a vehicle on Helmick Rd. in Sedro-Woolley, because the vehicle had failed to dim its high beam lights and failed to signal onto Helmick Rd. from SR 20. The deputy attempted to stop the vehicle; it eventually slowly pulled over. The deputy investigated and noticed the male driver was intoxicated. A battery of tests were conducted and the driver was arrested for driving while under the influence of alcohol. He was later released to his residence.

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“Our ads in Concrete Herald help us reach out to the community with health information and hospital news. I know it works, because I get calls and e-mails from Concrete Herald readers.”

**Valerie Stafford**  
communications director  
United General Hospital

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# Out & About



## Mount Vernon

### Skagit Conservation District Native Plant Sale

Skagit Conservation District has announced its 2012 Native Plant Sale.

A variety of “conservation grade” plants are available for pre-order by going to [www.skagitcd.org](http://www.skagitcd.org) or visiting the organization’s headquarters at 2021 E. College Way, Ste. 203, in Mount Vernon.

Plants sales are on a first-come, first-served basis. Proceeds of the sale support the SCD’s educational programs.

Minimum \$100 pre-orders with a 50 percent deposit will be accepted until Fri., March 2. Open sales with no minimums will be held on Fri., March 23, from 9 a.m. to 5 p.m.; and Sat., March 24, and April 14, from 9 a.m. to 1 p.m.

More information about the plant sale is available at [www.skagitcd.org](http://www.skagitcd.org), by calling 360.428.4313, or e-mailing [skagitcd@skagitcd.org](mailto:skagitcd@skagitcd.org).

### “Winterstomp” coming to Lincoln Theatre

MOUNT VERNON — The Lincoln Theatre and Skagit Valley Food Co-op are joining forces to present “WinterStomp,” a festive evening of music, poetry, and dance on Saturday, Feb. 4.

Doors open at 5 p.m. for an artists’ reception, and the party takes place from 6 to 10 p.m. at Lincoln Theatre in downtown Mount Vernon.

Old-time music from regional bands include Portland’s Foghorn Stringband, Skagit’s Spaghetti-Surf-Garage-a-Billy favorites SmokeWagon, and The Gallus Brothers from Bellingham.

Interspersed with the music will be readings from contest winners of the Co-op’s WinterStomp Farms & Food Poetry Contest, and performances from a local juggler.

Tickets are \$15 for general admission and \$10 for students and children, with \$2 off for theater members. They may be purchased online at [www.ilovethelincn.com](http://www.ilovethelincn.com), at the theater box office Tuesday through Friday from noon to 5 p.m., and two hours before the performance.

For more information, call Lincoln Theatre at 360.419.7129.

### McMoran named new Extension director

WSU Extension Educator Don McMoran took over as director for WSU Skagit County Extension effective Jan. 2.

McMoran is the son of Don and Mary McMoran of Mount Vernon and a fourth-generation Skagitonian. He received his Masters Degree in General Agriculture in 1998 with a minor in Spanish, and a Masters in Arts and Teaching in 2000 from Oregon State University. He has been employed as the Agriculture and Natural Resources Extension Educator since May 2006.

McMoran’s program areas include irrigation research and outreach to underserved audiences. He is a co-founder of Viva Farms and oversees the WSU Skagit County Master Gardener program, as well as the Skagit County Pest Board.

For more information about WSU Skagit County Extension, call 360.428.4270 or go to <http://skagit.wsu.edu>.



Don McMoran

### Skagit Opera presents “Elixir of Love”

Skagit Opera will present “Elixir of Love,” a lighthearted romantic romp just in time for Valentine’s Day. A snake oil salesman, a phony love potion, and favorite performers add up to a surprise happy ending.

A free lecture will be offered 45 minutes before each performance:

- Feb. 2, 3, 4: 7 p.m.
- Feb. 5: 2 p.m.

An opening-night gala will include refreshments and performers. Tickets can be purchased at [www.mcintyrehall.org](http://www.mcintyrehall.org) or by calling 866.624.6897.

### Cheese-making class

Learn the safe way to make queso fresco cheese at a free “Fresh Cheese Made Safely” class on Wed., Feb. 29 from 5 to 7 p.m. at the Skagit County Community Action Agency (320 Pacific Place).

The class will be presented by WSU Skagit County Extension. To register, call 360.428.4270, ext. 0.

## Skagit County

### “Managing Mud” workshop

A free “Managing Mud and Runoff on Livestock Properties” will be held at the Padilla Bay Research Reserve, 10411 Bay View Edison Rd., on Mon., Feb. 27, from 6 to 9 p.m.

The workshop will teach participants new ways to get rid of mud, deal with drainage, manage manure by composting, reduce stall waste, and manage stall waste by using off-site options. It also will include ways to make livestock property more healthful for livestock, easier to care for, and more productive.

Pre-register by Feb. 23 by contacting Kristi Carpenter at the Skagit Conservation District at 360.428.4313 or [kristi@skagitcd.org](mailto:kristi@skagitcd.org).

## La Conner

### La Conner Quilt & Textile Museum highlights continuing exhibits

Three exhibits will continue their runs at La Conner Quilt & Textile Museum through March 25.

#### Ten Years of Beaded Quilts

Thom Adkins channels his love of color, organic motifs, flowers, and landscape to create vivid bead-encrusted art quilts and 3-D sculptural forms.

#### Variations on a Theme: Wearables and Quilts

Susanne Staton creates her Wearable Art vests using one pattern that has become her “canvas.”

#### Embroidered Beauties: Old and New, a look at the past 200 years.

The first floor of the museum will be covered with a look at embroidery during the past 200 years. On display will be many examples of hand embroidery and other hand work. Also included will be examples of work done by artists using computer-aided designs.

La Conner Quilt & Textile Museum is Washington State’s only quilt museum, located at 703 Second St. in La Conner. For more information, call 360.466.4288 or go to [www.laconnerquilts.com](http://www.laconnerquilts.com).

## Seattle

### “Screwtape Letters” returns for two performances

“The Screwtape Letters,” a theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon’s point of view, will return to Seattle for two performances at the Paramount Theatre, 911 Pine Street, on Sat., March 10. Shows are at 4 and 8 p.m.

The Screwtape Letters creates a morally inverted universe set in a stylish office in hell, where God is called the “Enemy” and the devil is referred to as “Our Father below.”

The play follows His Abysmal Sublimity Screwtape, Satan’s top psychiatrist, played by Max McLean, and his creature-demon secretary Toadpipe, as they train an apprentice demon, Wormwood, on the fine art of seducing an unsuspecting human “patient” down the “soft, gentle path to hell.”

The Screwtape Letters is still one of Lewis’ most popular and influential works. When first published in 1942, it brought worldwide fame to the little-known Oxford don, including the cover of *Time* magazine.

Lewis dedicated the book to his close friend, J. R. R. Tolkien, who had expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote “Though I had never written anything more easily, I never wrote with less enjoyment ... though it was easy to twist one’s mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded.”

Tickets range from \$29 to \$59. A limited number of premium seats are available for \$89. For groups of 10 or more (including student groups), call 866.476.8707.

To purchase tickets, go to [www.ScrewtapeOnStage.com](http://www.ScrewtapeOnStage.com), call 877.784.4849, or visit the Paramount Theatre box office on the corner of 9th and Pine St., Mon. through Fri., from 10 a.m. to 6 p.m., and 90 minutes prior to performance.



# Home & Garden



The Angele Cupples Community Garden in Concrete is seen in this August 2011 photo taken from the roof of the neighboring Superior Building. In addition to raised beds for rental, the garden this year will offer a Children’s Garden, Memory Garden, and eight raised beds and a field crops area in which garden managers and volunteers will grow food for the Concrete Food Bank. An entry sign and garden shed also are planned.

## Community garden ramps up for 2012 growing season

The Angele Cupples Community Garden in Concrete will enter its second growing season on April 1. The garden offers 22 raised beds that are available for rent, as well as eight additional beds and a field crops area that will be used to grow produce for Concrete Food Bank.

Ranging in size from 4x8 feet to 4x12 feet, the rental beds are available at the following rates:

4 x 8	\$25 per year
4 x 10	\$35 per year
4 x 12	\$45 per year

Reservations should be made at Town Hall; call 360.853.8401 for details.

All renters will be asked to sign an agreement, as well as to provide their own gardening tools, organic fertilizers and amendments, and hoses. Compost has been donated for renters’ use by North Cascades Institute; several seed packets from Territorial Seed also have been donated, courtesy of Finney Farm. Renters should contact Jason Miller to make use of either of these items. Renters also will be expected to volunteer 8 hours per year toward the garden.

#### New additions

Construction will begin in February on two new components within the garden: a Children’s Garden, where youth under 18 years of age will be allowed to pick a raised bed and garden for free; and a “Memory Garden,” which will be designed as a quiet, restful place where people can sit and remember loved ones

who have passed away.

Funding is being sought to build a garden shed in the southwest corner of the garden. An entry sign is planned for the south entry; the sign will include the names of all individuals, businesses, and organizations that have donated money, time, or materials to the garden. Donations remain needed and welcome; see the ad on p. 39 for details.

Questions unrelated to reservations can be directed to Jason Miller at 360.853.8213 or [goodwords@frontier.com](mailto:goodwords@frontier.com); or Marla Reed at 360.391.2589 or [marla.mr@frontier.com](mailto:marla.mr@frontier.com). Questions regarding reservations should be directed to Town of Concrete staff at 360.853.8401.

—J. K. M.

## RENT A BED in the Angele Cupples Community Garden, Concrete

4’ x 8’	\$25 per year
4’ x 10’	\$35 per year
4’ x 12’	\$35 per year

**Info:** Jason Miller: 360.853.8213  
[goodwords@frontier.com](mailto:goodwords@frontier.com) or  
Marla Reed: 360.391.2589  
[marla.mr@frontier.com](mailto:marla.mr@frontier.com)

## Garden Patch

By Gladys Silrus

February is the month I always wait for, since it’s the month for the Northwest Flower and Garden Show, Feb 8–12.

### Top 5 gardening tips for February

#### 1. Protect against cold weather.

February may be the shortest month of the year, but it can surprise us with a wide range of weather conditions. Snow and frost one week; mild, sunny days; then bitterly cold winds blow in rain and plunging temperatures again. Any plants that are wintering over may need some extra protection. You can insulate using any cloth-like material as a cover, but remember to remove the covering as the weather improves. You can also use straw to cover plants; unlike cloth, you don’t need to remove it until spring.

#### 2. Prepare soil for vegetable gardens.

You should only try prepping the

soil when it’s dry enough to work.

An easy test to determine if the soil is ready is to squeeze some soil in your hand. If water drips out, it’s not ready to work. Amend your soil with compost or other organic matter.

3. **Prune trees.** February is one of the best months to prune fruit, shade, and other flowering trees. If buds are beginning to open, you’ll have to wait until next winter. The aim is to remove any dead or damaged wood; this allows more light and air into the tree and thins out overcrowded fruiting spurs.

4. **Plant and transplant fruit trees and berries.** Their dormant state allows them to be planted/transplanted without causing them to suffer from shock. It is also a good time to plant various berries. Roses and deciduous and evergreen shrubs can be planted in February.

See Garden Patch, p. 27

# 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

\*Changes? Call 360.853.8213.



# Smile

**Dwelleyisms**  
Wit from former  
*Concrete Herald* editor  
**Charles M. Dwelley**

“A million dollars worth of tobacco was burned this week in a warehouse fire, thereby saving the tons of matches and hours of time it would have taken to accomplish the same result normally.”  
—Feb. 28, 1952

“St. Patrick drove the snakes out of Ireland. Now for a saint to drive the leeches out of Washington.”  
“If all those who knew better didn’t, those who don’t know better would have no bad examples.”  
—March 6, 1952

“Easter, the time of new hopes, new things. And the time when the wife decides that as long as you can’t afford a new woman, you might as well redecorate the old one.”  
“Good friends are people you used to be thrilled about, but got accustomed to.”  
—April 10, 1952

“Difference of opinion is the only thing that keeps life interesting. Without argument, you’d never know when you made a mistake until after you did it.”  
—March 13, 1952

“If you are healthy, you can expect to

## Off Center

By Jonathan Carter



And it was love at first sight.

live to be at least 68. Health isn’t half of it, however: You also have to be agile at intersections.”  
—March 27, 1952

“Truth is the most elusive subject in the world. No matter how you mold it, it always looks different after the next guy gets through with it.”  
—April 24, 1952

# Photo caption contest

Send a funny caption for the large photo below left to *Concrete Herald*, and you might win a \$25 gift certificate to Albert’s Red Apple Market in Concrete!  
The contest is open only to citizens living in Clear Lake, Sedro-Woolley, and any community east. E-mail or snail-mail your caption by Feb. 24 to: editor@concrete-herald.com or P.O. Box 682, Concrete, WA 98237. Include your name, mailing address, and phone number.  
The winner will be announced in next month’s issue.



Submit a funny caption for the above photo to *Concrete Herald* by Feb. 24, and you might win a \$25 gift certificate to Albert’s Red Apple Market in Concrete! See complete details and rules above. Thanks to Emily Sanford of Lyman for snapping this funny photo!

# Concrete Herald



“I can’t really tell, but it looks like some leftover Darrington Logger stuck in your teeth.”

The above winning caption for the January contest was submitted by Dave Corn of Marblemount, who asked that his \$25 Annie’s Pizza gift certificate be donated to Concrete High School cheerleaders. It shall be done, Dave!

## Public Service Announcement

By Stig Kristensen



# Crossword: “Weighty matters”

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20							21					22		
			23		24	25		26			27			
28	29	30		31			32		33					
34			35		36			37		38			39	40
41				42					43					
44						45					46			
			47		48		49			50		51		
52	53					54		55			56			
57				58			59			60		61	62	63
64			65					66	67					
68					69						70			
71					72						73			

## Across

- Expert
- Catch, in a way
- Center of authority
- Cuckoos
- Impede
- Bridge toll unit
- Easy to pick up
- Baffled
- One of the Simpsons
- Supply with ammo
- Marriage, for one?
- Raw liquors
- “China Beach” setting
- Capture
- Lagerlöf’s “The Wonderful Adventures of \_\_\_\_”
- “Right away!”
- Applications
- Hotel posting
- Ghost whisperer?
- Money in the bank, say
- Case
- Peeved
- “How \_\_\_\_ Mehta Got Kissed, Got Wild, and Got a Life” (Kaavya Viswanathan novel)
- “My \_\_\_\_!”
- This moment
- Bathtub type
- Jupiter, e.g.
- Charlotte-to-Raleigh dir.
- Frozen desserts
- Karate moves
- Sadly
- Fill
- Cookie Monster cohort
- Call to a mate
- 1914 battle line
- Big Bertha’s birthplace
- Combine

## Down

- Apple variety
- Condo, e.g.
- Fixes, in a way
- “Confessions” singer
- Grassland
- Balaam’s mount
- Attempt
- As yet
- Genetic material
- Took a load off
- Extreme fatigue
- Notify
- College units
- Detective, at times
- Clothing
- Drawn tight
- Arise
- Sword lilies, for short
- Astronaut’s org.
- Small house, in London
- End
- Warm up
- Turned sideways
- 100 cents
- Old World duck
- Bologna home
- Bog
- Chinese fruit tree
- “That hurt!”
- Full of gossip
- Son of Simon the Just
- Noblemen
- Bundle
- Minus
- Diamond Head locale
- Some Olympians, nowadays
- Eye affliction
- “\_\_\_\_ Town Too” (1981 hit)
- Go for the gold
- Appetite

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

\*Solutions to both puzzles are on p. 38.

## Funny as Facebook

- The following funnies were pulled verbatim from Facebook status updates in January.
- “Random thought: Why do we choose from just two people for president and 50 for Miss America?”
  - “My boys now both have hair cuts. Thankfully. Kobe started looking like a Beatle.”
  - “A good mother would have remembered her son just received shots and not punched him so hard in the arm while playing Slug Bug on the way home from the doctor’s office.”
  - “They’re now calling for 6–14 inches. I’m wondering if two bottles of red are enough.”

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(next to Dairy Queen)

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\*Valid only with coupon. Excludes other discounts or coupons.  
Limit one coupon per customer. Expires March 7, 2012.

Sunday School, cont. from p. 30

Finally, as Jesus presented evidence, I suggest that we continue to look for evidence. Genesis 2:7 says, “The LORD God formed a human being from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.”

Scientists are discovering planets every day, but do not know if they have found any dirt yet. I say, keep looking at the amazing creation and for the purposes of God in your life.

Tom Ross is pastor of Mount Baker Presbyterian Church in Concrete.

Evolution, cont. from p. 30

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!

Concrete Herald

Concrete Harold By Joyce Harris



Revitalization, cont. from p. 3

We can start today by doing simple things like clean store fronts and lots, even if vacant. Clean gutters, sidewalks, and building facades. Small things produce great results. Another point of pride we can all show now is to shop with our local merchants. This brings more money into our community for the present and the future.

One final note: This is a long process—a marathon, rather than a sprint. To sustain our efforts, all participating stakeholders and community members should “enjoy the ride.” After all, the journey is the destination.

We welcome your thoughts and ideas to make Concrete stronger!

Eric N. Archuletta, M.A., is the co-director and founder of Community Stew.

Theatre, cont. from p. 3

owns the theater with Fred West, her husband, “as long as we continue to have the support of the community.”

New movies are shown every weekend at the historic theater located in Town Center, generally on Fridays at 7:30 p.m., Saturdays at 5 and 7:30 p.m., and Sundays at 4 p.m. To mark their two-year milestone, Stafford and West will offer a special February Film Festival, featuring the following films on Thursdays and Sundays:

- “Groundhog Day,” Thur., Feb. 2, 7 p.m., regular ticket prices
- “Yogawoman,” a documentary about the physical and mental benefits of yoga, Thur., Feb. 9, 6 p.m.; free admission, door prizes
- “Inlaws and Outlaws,” stories of couples and singles; the film’s director, Drew Emery, will attend; Sun., Feb. 12, 1:30 p.m.; all seats \$5
- “This Boy’s Life,” filmed in Concrete, starring Robert De Niro, Leonardo DiCaprio, and Ellen Barkin; Thur., Feb. 16, 7 p.m., regular ticket prices
- “The Mountain Runners,” preview and critique a rough-cut version of this new documentary; filmmakers will attend; Sun., Feb. 19, 6 p.m., free admission
- “Ride the Divide,” an inspirational film about three people living life to the fullest; director Hunter Weeks will attend; Thur., Feb. 23, 7 p.m., regular ticket prices

Stafford and West purchased the theater in 2009, refurbished the interior, and

reopened it in February 2010. Built in 1923, the theater is the oldest in Skagit County. During its existence, it has hosted everything from boxing matches to the earliest silent films.

In addition to showing first- and second-run movies, Concrete Theatre hosts live performances and a variety of special events and presentations. It is also the home of Encore Fitness, featuring group exercise classes such as Zumba, step intervals, and weight-training.

“Our mission is to provide high-quality, but affordable, entertainment, educational, and inspirational activities for the community,” Stafford said. “We hope to make this possible for years to come.”

For more information, call 360.941.0403 or go to www.concrete-theatre.com.

Not advertising in Concrete Herald is like winking in the dark\*

\*You're the only one who knows what you're doing.

Call 360.853.8213 today to be seen in Concrete Herald, the Voice of Eastern Skagit County.

Crossword solution, from p. 37

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

Sudoku solution, from p. 37

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

Editorial, cont. from p. 2

accidents had occurred there for years, and that it was unwise to “spend millions of dollars on a town that’s never going to be anything more than it is.”

This deplorable tone of defeatism in an elected official’s statements was soon followed by statements that perhaps the town should act in incremental phases, so as not to overly upset the residents who live along that stretch.

News flash: They’re already upset, even though the worst that would happen is that parking would be moved to the north side of Main Street.

We’re not talking about a town that’s acting on a whim or intentionally trying to make life more difficult for its citizens. We’re talking about a substandard street that needs to be addressed in a manner that will encourage safety for those on foot and those behind the wheel, instead of allowing for a scenario where one wrong move could cost a life. “Safe streets” is Urbanism 101.

As this issue continues to be discussed with the citizens involved, the council needs to keep an open ear to their concerns, while not acting like they’re walking on eggshells.

—J. K. M.

Classifieds

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To place a Classified ad, call 360.853.8213 or e-mail [ads@concrete-herald.com](mailto:ads@concrete-herald.com). Ads are \$5 per every 10 words, rounded up to the nearest 10. Payment is due at time of placement. Deadline for March issue is Feb. 27.

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CONCRETE AMERICAN LEGION

**Valentine's Dinner.** Feb. 11, 5 p.m. Apple Stuffed Pork Loin, Scalloped Potatoes, Steamed Asparagus, Mixed Salad Greens & Lovable Dessert. \$9 per person; must be 21. Advanced ticket purchase appreciated. Pick-up at the club on Friday/Saturdays after 4 to 8 p.m. or call 360.333.0576. Also watch for monthly specials.

**Super Bowl Party.** Feb. 5. Pizza or sub sandwich, \$2/slice. Starts at 2 p.m.; kickoff at 3:30 p.m.

**Bingo.** Come play ... members & guests. Concrete American Legion. 1st and 3rd Saturdays, starts at 6 p.m. \$1/three on one, Blackout Special \$5. New members wanted.

Continue the cycle  
Please recycle this newspaper

Concrete Herald  
The Voice of Eastern Skagit County

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.

<b>INDIVIDUALS</b> Anonymous Floyd Anderson David & Rebecca Atwood Margie Bell James Brangham Tim Bridge Kay Brown Conrad Claybo Monica Crosson Kevin & Karna 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 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 David Soule Tim & Lise Sconce Jerrie Sheppard 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 Washing Taxdahl Construction Town of Concrete Upper Valley Awareness Task Force
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Marla Reed: 360.391.2589 or [marla.mr@frontier.com](mailto:marla.mr@frontier.com)

# 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.

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