

The Voice of Eastern Skagit County Concrete Herald

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50 cents

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Return of the raptors

Concrete Chamber of Commerce presents the 2012 Skagit Eagle Festival beginning Jan. 7 and continuing every Saturday and Sunday throughout the month.

This is the second year the Concrete Chamber has hosted the event in its new four-weekend format, offering a wide range of recreation, education, and entertainment options that celebrate the annual return of the eagles to the Skagit River Valley.

According to Valerie Stafford, president of the Concrete Chamber of Commerce, the expanded format offers more variety, convenience, and flexibility for visitors, who can choose among dozens of activities in Concrete, Rockport, Marblemount, and beyond during each of the four weekends.

"Visitors can select the activities they're most interested in and design their own personalized experience," said Stafford. "With numerous smaller venues offering indoor and outdoor activities throughout the month, this has become a very diverse and dynamic celebration."

A mainstay of activities is offered every Saturday and Sunday, including eagle-watching stations provided by the U.S. Forest Service and staffed by specially trained volunteers, river rafting and float trips available from several companies, fish hatchery tours where visitors learn about the salmon that attract the eagles to the area each year, and wine tastings and related events offered at local vineyards.

The Skagit River Bald Eagle Interpretive Center and Nature Store in Rockport is

open every Saturday and Sunday from 10 a.m. to 4 p.m., providing guided walks and lectures, as well as cultural and historical information about eagles, the Skagit River Valley, and surrounding area. Other activities are offered only on Saturdays, including free hayrides at a historic family-owned ranch and free admission to the Concrete Heritage Museum, where the history of the Upper

See Eagle Festival, p. 5



Photo by Adrienne Smith



Eagle-watchers gather at milepost 100 east of Rockport in 2010. The 2012 Skagit Eagle Festival offers events during every weekend in January in Concrete, Rockport, Marblemount, and points in between.



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Concrete Herald

The Voice of Eastern Skagit County

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Editorial: Zero tolerance and sinkholes

Gunfire was the final straw for the Concrete Town Council. During their Dec. 12 regular meeting, council members voted unanimously to adopt a zero tolerance for certain behaviors that, sadly, had become the norm in Concrete Town Center.

It’s about time. For years, visitors to Concrete all too often had been subjected to bar patrons who stood within 25 feet of building entrances, smoking and displaying their mastery of the English language—the coarser entries, anyway. Attendees of special events like the annual Ghost Walk were sometimes treated to the kind of language best saved for behind closed doors. It was an embarrassment to the town, which is trying to throw off the reputation it’s been saddled with for decades.

On Dec. 2, a fight broke out in The Hub tavern and culminated with one of those involved walking east on Main Street, brandishing a handgun. At least one shot was fired; one eyewitness said the gun was aimed at the man with whom the gunman had initially tangled. An eyewitness was able to disarm the man, who fled the scene. By the time Sheriff’s deputies arrived, the gunman was gone; another man was wandering

See Editorial, p. 39



THE EAGLES ARE COMING!
ARE YOU?

Don’t miss the 2012 Skagit Eagle Festival in Concrete, every Saturday and Sunday in January.

Puget Sound Energy is a proud sponsor of this year’s Skagit Eagle Festival



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Opinion

Letters to the editor

Cemetery incident a display of disrespect for mourners

I am a concerned citizen who feels something has to be said out of respect for “Jonesy” and Dakota and their families because of the situation that occurred while their funeral was in session.

Jonesy and Dakota were tragically killed in an accident. Funeral arrangements had been made for them at Hamilton Cemetery.

Once the funeral had begun, because of the volume of people who showed up in support of their family and friends, there wasn’t adequate parking at the gravesites, causing others to have to park in a nearby field close to the cemetery.

The field wasn’t posted as private property; there were no “No Trespassing” signs. No one knew it was private property, so they thought it would be OK to park there. The person who owned the field proceeded to take down license plate numbers and call 911.

The responding Sheriff’s deputy showed up as the preacher had just finished speaking and was starting a song. The deputy rudely and wrongly and very disrespectfully drove up to where everyone was gathered for the service. He left his truck running and the door open—making the dinging sound—to tell the people to move their vehicles.

He totally disrupted the entire service. When the service was over, the landowner made a scene with a family member who was trying to apologize for the funeral attendees parking there, to the point of yelling and standing in front of the family member’s vehicle, carrying on.

I feel this situation could have been handled in a different manner, instead of causing more pain and suffering for the family. Being more locally aware, especially living by a cemetery, where the property line can easily be crossed. You’d think signs would have been put up prior to the funeral, and the deputy should have been directing traffic.

I don’t want to place blame on any one person, because it could have been handled in a more respectful manner at each step along the way. I’m sure this wasn’t the first and it won’t be the last time this happens, so please be aware.

Out of respect for this family, I’m writing this letter so everyone has better knowledge. I’m sorry for your loss and greatly disappointed in the lack of consideration of the situation while you were trying to mourn the loss of your loved ones.

*Sheri Mills
Concrete*

Equality for all: Do we have it?

Living in this state off and on since 1978, the changes that have come about in the state laws and rules to equal rights for everyone is like the difference between sweet and sour tastes.

Years ago when we moved to this state, we thought we had come to a paradise, one with equal rights for all. Now, 30 years later, we look around and see there isn’t equality at all. You can see the raping of the rivers, the wild game, and even our state monies, by those who choose to set themselves apart as an elect group of people who believe they deserve the most of all that Washington has to offer—leaving the rest of Washington’s residents to either do without or fight for what all deserve to benefit from.

In the past, everyone could fish equally. Fish were plentiful, nets weren’t set at every fishing hole, or across the river, from the head to the tailwaters. People enjoyed the pleasure of fishing these great waters.

Now, what we see is rivers being closed, fishing limited to select areas, hatcheries being closed, or not raising fish to replenish the river—again, it was given to a select few to monitor and make the rules concerning the fish population.

What really shows how this select few harmed the rivers of Washington is when you do go fishing: There are no fish, or very few.

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.

Letters, cont. from p. 2

We remember riding into the mountains and having to stop for herds of elk that were crossing the roads. These days, you’re lucky if you see an elk or a deer. Both were plentiful; families could and would harvest elk or deer or fish to help feed their family. Today, it seems that is a practice of the past. Why? Because very few of these species are left.

Look at the results of the actions being taken by the very select who have been given the right to take all and control all. It’s time we took a second look at this, and change the wrong and make it right. It’s time the people of Washington take a stand. Instead of just talking about the problem behind closed doors, let’s open the doors and find out what we can do to turn the bad management and bad laws that protect the wrong, and quit giving away our resources being plundered and raped by the actions of the select few.

Let’s take a stand and say no, we want our state back for all to benefit from its great wonders.

If you feel the way I do concerning this, write your congressperson, write your comments to the editors of the papers. Write anyone who will listen. Get your voice out there so all can hear the people

of Washington. Let them know we’re tired of being put in second place. It’s your monies that support a lot of these laws.

Let our government know we want equality for all. Let our government know we’re going to make a stand for our rights. And if the Washington State government is for all the people, then let all the people have equal rights. Quit handing it out to just a few.

*Andrea Metcalf
Concrete*

American Legion thanks Concrete

A huge thank-you to this wonderful community for your donations to and participation in the All Children’s Christmas Party, hosted by Concrete American Legion on Dec. 10. We couldn’t have done it without you; your help made it happen. Everyone had such a good time.

A special thanks to Santa, the elves, the gift wrappers, the servers, and to all you folks who took pictures. You did a great job. Also, a very special thanks to organizer Tara Pfaff, who spent many hours planning and executing the event.

We look forward to another All Children’s Christmas Party in December 2012.

*Evalyn Goeringer
Concrete American Legion Post No. 132*

Skanska crew, others made Christmas better for 89 children

As most know, we have the “sharing tree” at the East Skagit Resource Center during the Christmas season. We choose “angels” in need of a little assistance at Christmas and place them on our tree. Community members come in, choose an “angel,” go shopping, and return with a wrapped gift for that child.

In mid-December a gentleman appeared and told me his crew was working at Lake Shannon building the new floating surface collector. They wanted to do something to help the community. He said they had taken up a collection and would like to participate in helping underprivileged children in the area. They invited me to meet with them at their morning staff meeting at the job site at 6:45 a.m. John Boggs, our best-ever community volunteer, drove us there.

We met with Alan Thomas, project superintendent for Skanska, who introduced us to the crew and presented us with a large cash donation. Before we left the job site that morning, we had a bundle of cash as the crew kept giving me money to pass on to the children.

With this wonderful windfall, we were able to purchase gift certificates from many of our local businesses and supply

families with Christmas dinner, pizza dinners, burgers, haircuts, and movie passes, in addition to the angel tree gifts for each child. The resource center helped 89 children and their families, Hampton Mills accepted all 10 nominated families, and the American Legion did a wonderful job with Christmas dinner and gifts for all the children in three large families. Another large family was adopted and showered with beautiful gifts and food for the children and the family by an “anonymous” Santa.

Thank you to our community for your caring hearts, Skanska USA for helping our community, Hampton Mills for the wonderful job you do in adopting local families, to Tara Pfaff and the American Legion, and our secret Santa. It was truly an inspiring holiday, and the true meaning of the season was felt by many!

*Lou Hillman, coordinator
East Skagit County Resource Center
Concrete*

Acts of kindness appreciated

A big thank-you to all the women who gave items (you all know what I am talking about) to me after I had a break-in at my house. Just when you think there

See Letters, p. 38



SKAGIT EAGLE FESTIVAL

Every Saturday & Sunday in January!

Join us as we celebrate the annual return of the majestic eagles. Whether you live in the area or are planning to visit from far away, you’ll enjoy the wide variety of indoor and outdoor activities offered every weekend in eastern Skagit County.

- Eagle Watching Stations
- River Rafting & Boat Trips
- Photography Workshops

- Guided Walks, Talks & Hayrides
- Native American Drumming & Crafts
- Music, Dancing & Wine Tasting



www.SkagitEagleFestival.com



Bench warrant issued for former deputy clerk

A bench warrant for the arrest of former Concrete deputy clerk Paula Mann was issued after Mann failed to appear at her scheduled arraignment Dec. 16 at Skagit County Superior Court.

Mann was to be charged with stealing more than \$1,700 from Town of Concrete during her time as deputy clerk, which ended with her resignation in October 2010.

The charges stemmed 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, according to the report.

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. The office was only able to assign responsibility to Mann for \$1,713.65 of that loss. It could not determine who was responsible for the loss of the remaining \$1,629.32 because of “the Town’s inadequate controls over the receipting process.”

Town of Concrete responded to the report by changing its processes to create more checks and balances, according to Fichter.

Mann was replaced by deputy clerk Corrina Koenig on Nov. 1, 2010.

—J. K. M.

Town Center tavern fight led to gunfire

A fight in a Concrete Town Center tavern led to gunfire on Main St. Dec. 2.

According to testimony from Skagit County Sheriff’s Sergeant Greg Adams during the Concrete Town Council regular meeting Dec. 12, a fight broke out between two or more individuals inside The Hub tavern in Concrete Town Center the evening of Dec. 2.

One of the men involved in the altercation left the bar and began walking east on Main Street. He produced a handgun and fired at least one shot before fleeing from the scene.

Sergeant Adams declined to describe the events of that evening further because the case is still under investigation. But eyewitnesses at the scene told *Concrete Herald* that the gunman fired more than one shot, and that he fired toward a man standing near the Hi. Lo. Country Bar & Grill. It was believed that the gunman’s target was the man he had fought with inside The Hub. Eyewitnesses also stated that the gunman also might have fired down into the Main St. pavement.

One eyewitness said she disarmed the gunman and took the gun to the Eagles

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club, where it was locked in the club’s safe until Sheriff’s deputies arrived.

Some eyewitnesses stated that Sheriff’s deputies “took forever” to arrive at the scene. Sergeant Adams addressed that perception during the Dec. 12 council meeting, stating that the incident had first been dispatched as a “possible fight.” He added that a few moments later, it was dispatched again as a “possible weapons involved.” Adams told the council that the two deputies who were closest to the area were at that moment in active pursuit of burglary suspects in the Lake Tyee area. Even with the delay, however, dispatch records showed the response time within the 10 minutes required by the town’s contract with the Sheriff’s Office.

The incident brought to light the ongoing problems with illegal activity in Concrete Town Center. Council members and Mayor Wilson had for weeks been grappling with how to address illegal smoking activity and unwelcome language and signage that had become commonplace in the area.

At the Dec. 12 meeting, the council adopted a zero-tolerance policy and directed Adams to instruct deputies to immediately cite all violators of any federal, state, or county law.

—J. K. M.

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PCL and Skanska employees gathered outside Concrete Food Bank for a photo Dec. 21 before unloading more than 1,550 pounds of food donated by the two companies for the food bank.

PCL, Skanska crews donate food drive results to food bank

By Dena Martin and Jason Miller

PCL and Skanska crews, in town to build PSE’s Lower Baker power house and its Lake Shannon floating surface collector, respectively, got into the Christmas spirit in a serious way in December.

For its annual Family Holiday Giving event, PCL’s Lower Baker Team challenged general contractor Skanska to see who could collect the most donations to benefit the Concrete Food Bank. The prize? The losing team’s project manager was to wear the winning team’s hat through an owner’s meeting.

The PCL Team elicited the support of their employees and subcontractors to collect more than \$800 in cash during their weekly safety and foreman meetings, as well as food donations from JR Merit Mechanical and Pacific Coast Steel. The team used the cash donations to purchase more food at Costco. In addition to the food donations, some of the project management team also donated toys for the 400 children the Concrete Food Bank services.

The teams met Dec. 21 at Concrete Food Bank to compare their efforts and deliver the food. With its smaller work force, Skanska still managed to generate 350 pounds of donated food. PCL’s effort was estimated at more than 1,200 pounds. The two teams filled up two rooms in the food bank with donated food and toys.

“The winner today is Concrete Food Bank and the people it serves,” said Skanska Project Superintendent Alan Thomas. PCL officials concurred, adding that Skanska’s Thomas looked mighty dapper in his new PCL hat.

Skanska donations aid resource center

Skanska’s Thomas also had the honor of presenting East Skagit County Resource Center Coordinator Lou Hillman with a large cash donation during a crew meeting in mid-December. As Hillman prepared to leave the meeting, Skanska crew members continued to press money into her hands.

“It brought me to tears,” said Hillman of the donations, which she used to purchase gift certificates from local merchants, as well as angel tree gifts—all of which ended up in the hands of underprivileged children and families in the east county community.

Dena Martin is an administrative assistant for PCL.

Energy Assistance goes to wait list system in February

MOUNT VERNON — Skagit County Community Action plans to establish a wait list system for low-income residents to receive home heating assistance starting in February. The new policy is designed to shorten lines and add convenience to overburdened citizens’ lives.

Instead of braving the elements, people in need of home heating assistance will be able to visit Community Action during business hours (8:30 a.m. to 5 p.m.). Each person will be assigned a number that they can refer to on the Community Action Web site to find out if they were selected from the wait list for a specific

See Assistance, p. 38

Eagle Festival, cont. from p. 1

Skagit Valley is on display, with a focus on the logging and cement industries.

Throughout the month, numerous one-time special events are planned, including photography workshops and wildlife presentations at the historic Concrete Theatre, Native American dancing, drumming and crafts at the Marblemount Community Hall, as well as book and bake sales, a fundraising chili feed, and the Grasmere Village Art Walk and Recycled Art Show.

The Art Walk and Art Show are slated for Jan. 21 and 22, at the Grasmere Village mall just west of Concrete. Show rules are simple: All entries must be composed of at least 60 percent recycled or repurposed materials. The result can be a picture, sculpture, decorative item or something useful like a purse made from a dog food bag.

Entry forms and rules are available at Annie’s Pizza Station or Northwest Garden Bling (both located in Grasmere Village), or by e-mailing pizzaannieb@netscape.net. There is no entry fee. Deadline for turning in the forms to either business is Jan. 18; art pieces should be brought to the show between 9 and 10 a.m. on Jan. 21. For more information, call 360.708.3279.

New this year is Puget Sound Energy Day in Concrete on Sat., Jan. 21, during which the utility company will offer presentations and performances at its facility, and help to sponsor special events at the Concrete Theatre, as well as other locations in the community.

The first eagle festival was held in 1987. It continued each winter for 22 years as a one- or two-day event, sponsored by a group of dedicated volunteers. In 2010, the event was cancelled because of a lack of funding, but was brought back to life by the Concrete Chamber of Commerce in 2011. The newly designed celebration is a collaboration of dozens of agencies,

businesses, and nonprofit organizations in eastern Skagit County, who invite visitors from all over the region to experience the natural beauty of the area and enjoy the friendly, small-town environment.

The event is funded by sponsorships, donations, and a grant from the Skagit County Lodging Tax Fund.

For more information about the event, including free maps and brochures, visit the Skagit Eagle Festival Information Center, located in the Concrete Center at 45821 Railroad Ave., adjacent to State Route 20 in Concrete. The center will be open 9 a.m. to 4 p.m. every Saturday and Sunday in January. Rotating displays, vendors, and the Skagit Eagle Festival raffle will be featured onsite each weekend. Coffee, snacks, and restrooms also are available.

Event information also can be obtained online at www.skagiteaglefestival.com or by calling the Concrete Chamber of Commerce at 360.853.8784, Monday through Friday, 9 a.m. to 3 p.m., or e-mailing chamber@concrete-wa.com.

—Valerie Stafford, Anne Bussiere



SKAGIT EAGLE FESTIVAL

WHEN: Every weekend in January, beginning Jan. 7-8

WHERE: Various locations in Concrete, Rockport, and Marblemount
Information Center in Concrete Center, 45821 Railroad Ave., Concrete (adjacent to SR 20)

INFO: www.skagiteaglefestival.com
Concrete Chamber of Commerce:
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chamber@concrete-wa.com

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Scam e-mails claim to come from Better Business Bureau, PSE

Two virus-laden e-mails began making the rounds shortly before Christmas, according to the Sedro-Woolley Chamber and Puget Sound Energy.

The Chamber sent out a Dec. 20 notice warning its members not to open an e-mail that purported to come from the Better Business Bureau. The e-mail includes the BBB name, logo, and the slogan, “Start with trust.” The e-mail references a case number and informs the recipient that one of their customers has lodged a complaint against them. A link labeled “ATTACHED REPORT” is included in the e-mail; if the recipient clicks on it, a virus is launched. The e-mail is signed with the name “Stacie Nieves.”

Puget Sound Energy warned of a nationwide phishing scam that sends e-mails claiming to be from several companies, including PSE.

The e-mail mimics a bill-payment notification from PSE. It contains PSE’s logo and some legitimate links to the utility’s Web site. But the e-mail’s salutation reads, “Dear Customer,” rather than the customer’s full name. It also includes a boldfaced message, “Refer to the attached file.”

PSE warns its customers not to click on the link in the e-mail or open any attachments, which may contain a virus, and delete the e-mail notice immediately.

PSE customers should call 888.225.5773 if they have questions or need further information.

Concrete Herald

SKAGIT RIVER
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OPEN DEC. 2 - JAN. 29

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Jan. 14, 1 p.m.: “For the Love of the Skagit River”
Jan. 21, 1 p.m.: “Scenes from a Mountain Journey”
Jan. 22: Craig Romano, Guidebook author;
presentation at 11 a.m., guided walk at noon
Jan. 28, 11 a.m. & 1 p.m.: Sardis Live Bird Show

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

360.853.7626

Council summary

Concrete Town Council met for a regular meeting Dec. 12. Following is a summary of that meeting. Complete minutes for every council meeting are posted on the town’s Web site at www.townofconcrete.com/cminutes.php.

Dec. 12

- Members of the public expressed their opinions of an idea to make the south side of Main St. between Rietze and N. Park Ave. a no-parking zone. The issue—which has come up in the past—arose again after Mayor Wilson almost struck a child with his vehicle after the child darted out into the street from between cars parked along that stretch.
- Members of the public who attended the meeting were generally not in favor of the idea, for a variety of reasons, including physical challenges and poor access to the alley that runs along the south edge of their properties.
- Town Planner Jeroldine Hallberg was tasked with examining the area and bringing options back to the council.
- After attending the Community Forum hosted by Community Action in Concrete on Dec. 2, local citizen Bruce Newburn presented to the council an idea to develop a community of volunteers to help Concrete and other east county communities weather the storms brought on by possible future state budget cuts. He asked for the council’s moral support and was assured he had it.
- The gunfire incident in Concrete Town Center on Dec. 2 was discussed. Mayor Wilson stated the town has got to do something about the issues on Main Street, and if revoking a business license is what is determined the town can do, then the town may have to do that.
- Sergeant Greg Adams with the Sheriff’s Office spoke about the incident, but couldn’t provide many details because it is being actively investigated. He stated that it had first been reported as a fight, then later dispatched again as a “possible weapons involved.”
- Mayor Wilson requested information about what the Sheriff’s Office can do about the incident at The Hub tavern, the smoking, and other nuisances.
- Council directed Sergeant Adams to begin citing all smoking violators.

THIS AND THAT

By J. K. M.

The 2011 SWAN Business and Professional Woman of the Year, **Valerie Stafford**, will present “Jumping Hurdles,” her story about overcoming life’s hurdles and the journey of her life.

The free event will be held Thur., Jan. 26, from 6 to 7 p.m., at Pregnancy Choices, 45080 Fir St., Concrete. Women ages 13 and older are encouraged to attend. For more information, call 360.853.7700.

Hi. Lo. Country Bar & Grill closed its doors Dec. 21, after about a year and a half of operation. The restaurant opened in May 2010.

The closure came after a perfect storm of circumstances that hurt the business, said owner Cheryl Pitts.

“We were just barely making it during the slow part of the year, when the town directed the Sheriff’s deputies to increase their surveillance—it was just too much,” said Pitts, quickly adding that the restaurant had asked for deputies’ scrutiny at specific hours of the day long before the town had ordered the increased attention. “[The deputies] were just doing their job, and they’re amazing, absolutely amazing,” she said.

Pitts said she had made every effort to abide by state and county laws, even going so far as to give rides home to anyone who walked through the restaurant door having already had too much to drink. But the increased surveillance drove down bar sales too much, she said.

Pitts, who still owns the Hi. Lo. Country Hotel with her husband, Harold “Pete,” said they intend to keep the hotel open and “hopefully put a little cafe in there.”

“It was sad,” she said of the restaurant closing. “We enjoyed the restaurant, and we were just getting good at it.”

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.

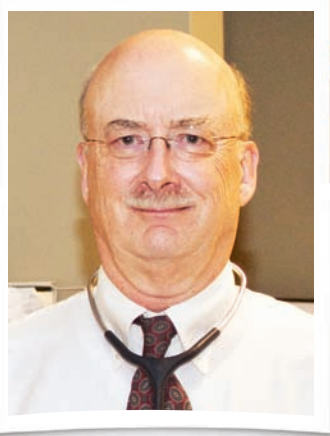
This is your chance to preview a rough-cut of the film in progress and to be a film critic. Viewers will be asked to view the film and fill out a questionnaire regarding improvements, edits, likes, and dislikes for the continuing editing process.

“The Mountain Runners” will release in May 2012. For more information, go to www.themountainrunners.com.

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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Lady Lions win Darrington Christmas Tourney

Hoopsters log a six-game winning streak; record stood at 6–2 as of Dec. 30.

By Kevik Rensink, head coach

In the December issue of *Concrete Herald*, I encouraged everyone to come out and take in a high school basketball game, and support our student athletes. If you’ve been a part of the Concrete High School basketball season this year, you have been in for a treat. If you haven’t, then you’ve really missed out.

Both the boys and girls basketball programs are playing very well right now. The boys’ record is 4–4, and the girls’ record is 6–2. Both teams have been involved in a few “barn burners” (close games, for those not familiar with the term), including the girls’ basketball team’s dramatic come-from-behind victory on Dec. 29 to win the championship game of the Darrington Christmas Tournament.

During that tournament, Concrete defeated Orcas Island 55–52 after trailing for most of the game. The previous night Concrete won 47–32 over Northwest (Seattle) to advance to the championship game. Tamara Schoolland led the lions in scoring in both games, putting up 19 points vs. Northwest and then dropping 20 on Orcas Island in the championship game. By doing so, Tamara was named Tournament MVP, and deservedly so.

As impressive as Tamara has been this year, her teammates have been equally as impressive. Our team believes in great defense, and we credit our current six-game winning streak (tying a school record for most consecutive wins) to how our entire team plays together. Brooke Lee and Frankie Rohweder always get the assignment of stopping the other team’s best player(s). They have been in lockdown mode during the last three weeks.

In the Darrington tournament, they held two of the top scorers in the state to 8 points and 13 points respectively, allowing Orcas Island’s top player to score only 2 points in the entire second half.

Kylee Warner continues to be a force around the basket, averaging almost a double double on the season.

Jessica Filtz is maturing game by game, and is leading this team into victory with her poise and ball control at the end of games.

Sarah Spaeth continues to be a shooting threat for us, but also has gained confidence in rebounding and defense as the season progresses.

Alyssa Wahlgren has been a huge boost for this team, coming off the bench and giving great effort wherever needed on both ends of the court.

Taylor Warner, a freshman and our lone underclassman, continues to gain varsity experience and is playing at a very high level (e.g., scoring 8 points in our 45–39 win at Seattle Lutheran on Dec. 20).

We also had three wins the week before that, defeating Cedar Park Christian 56–33 (Filtz and Warner both had 16 points), Lopez Island 54–29 (Filtz and



Above left: Tamara Schoolland fights for control of the ball during the Lady Lions’ matchup against Darrington Dec. 9. **Above right:** Kylee Warner shoots over coverage during the Darrington game.



Schoolland both had 14 points), and Orcas Island 53–49 (Schoolland led with 15 points).

The girls have bounced back after losing two hard-fought, close league games to start the season. This team has shown great resiliency and has gained a tremendous amount of confidence in each other. This is key as we head into January. It is here that we play out the rest of our tough league schedule, the games that “count.”

Every game is a big game and every game will have a playoff type atmosphere. This is basketball at its finest and funnest. If you haven’t made it out to watch the boys or girls play basketball, it’s not too late. Upcoming games are Jan. 3 at Mount Vernon Christian, Jan. 6 vs. La Conner, Jan. 10 at Shoreline Christian, Jan. 11 at Lopez Island, and Jan. 13 vs. Friday Harbor.

We hope to see and hear you there. Come be a part of it all!



Frankie Rohweder looks for room to maneuver during the Lady Lions’ Dec. 9 game against Darrington.

Men’s hoops on track after first-game teachable moments

By Jason Miller

Under first-year head coach Larry Tyndall, the Concrete men’s basketball team was showing solid improvement by the end of December, after a shaky first-game showing against Friday Harbor Dec. 6.

“We’ve played some pretty good teams, and other than our first game, we’ve stayed with them,” said Tyndall. “Our guys play so hard. I love how they never give up. Some teams might get a lead on us, but we find a way to come back and make it a close game.”

At the end of December, the team’s record stood at 4–4 overall and 2–2 in league. Tyndall attributes the respectable record to his players’ tenacity and hustle. “They dive after loose balls. They play some tough ball,” he said.

Execution is high on the to-do list, however. “Execution is big for us,” he said. “It’s one thing to run the plays in practice, totally another thing doing it in a game. Remembering where you’re supposed to be in critical situations. When we call out a play, we need to run that play.”

The Lions’ season opener against Friday Harbor was a rout, with Concrete losing by more than 30 points. “That was our first game, and I think it was a rude awakening for us on everything, but it let us know where we were at, where we needed to improve—and they have improved so much since then,” said Tyndall.

The team “finally started figuring out our man-to-man defense” when the Lions took on Darrington Dec. 9, winning 73–64. The Loggers jumped to an early 12–5 lead before Tyndall switched to the man-to-man, full-court defense. Concrete gained the upper hand and led by 20 points for most of the game, before winning it by 11. “That was the first game we realized our defense could be so good for us,” said Tyndall.

Tyler Clark fired up the team during its Dec. 13 game against Orcas Island, scoring 50 points in the 79–49 Concrete win. “We came out with our pressure defense and got a huge lead on them in the first half,” said Tyndall.

A Dec. 14 nonleague game against an unmatched Lopez Island found Concrete on top again, 92–51. “We beat them pretty handily. We played the same game all



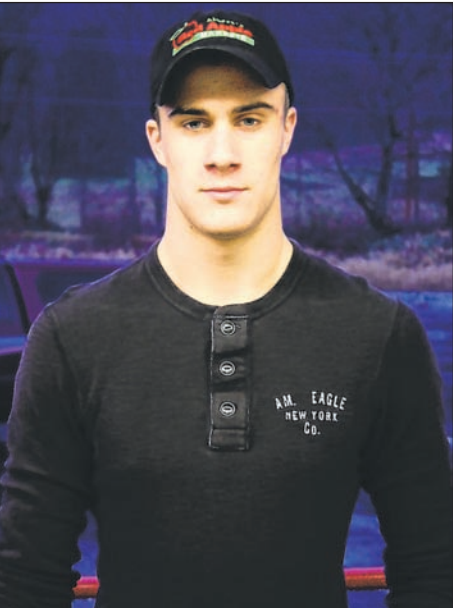
Concrete sophomore Andy Freeman plows through Darrington defenders for two points during a Dec. 9 home game against the Loggers.



Darrington’s Tim Fenstermaker gets a shot off over Concrete’s Josh Rogge during the east county rivals’ matchup at Concrete Dec. 9. Concrete took home the win that day, 73–64.

See Hoops, p. 33

Athletes of the Month



Athletes of the Month are Bailey Dellinger and Cody Corn

Senior setter Bailey Dellinger was a co-captain for the Concrete volleyball team, responsible for setting up her teammates for “kills.” “Bailey was always in hustle mode, and was second on the team in saves,” said Head Coach Matthew Williams. Dellinger has lettered all four years of her high school career. Senior Cody Corn played primarily right guard and middle linebacker for Concrete’s football team last year, and also was a co-captain with Tyler Clark. “Cody is a hard worker and provided good leadership for the team,” said Head Coach Ron Rood. Dellinger and Corn were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

Wrestling squads performing well

By Jason Miller

Concrete’s wrestling team numbers have dwindled since the season started, and the squad has suffered the loss of Ashlee Kisner because of a broken elbow, but the men and women grapplers have fought hard and notched several wins in December.

The month began with the Dec. 10 Iron Sharpens Iron Tournament at Bellevue Christian. The men’s team captured second place with only eight wrestlers. “If we would have had our full squad there, we would have won it,” said Coach Dave Dellinger.

Six wrestlers went to the finals at that tournament, with Gibson Fichter, Dakota Blanton, Tyler Kales, and Jordan Clontz all taking first place in their weight classes. Nate Long took third, and Chris O’Connor brought home fourth place.

Also on Dec. 10, the women’s team traveled to the Judi Emry Invitational at Henry Foss High School in Tacoma. They made their presence known, with Emily Fenley capturing first place in her class, Kalysta Becker and Anjelika Koenig each taking second, and Bailey Dellinger taking fourth. Fenley continued to be a

powerhouse, pinning her first opponent within 15 seconds of the first period. She pinned her second opponent before the first period was up.

Ashlee Kisner started the day strong by pinning her opponent in the third round, but then suffered a sort of “friendly fire” incident: Teammate Kalysta Becker broke Kisner’s left elbow as the two wrestled for a finals berth.

“Ashlee went down with a stiff arm, hyperextended her elbow and broke it,” said Coach John Koenig. “Now she has a 1.5-inch screw in her elbow, so she’ll be out for the season.”

See Wrestling, p. 10

Sports schedules are online

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

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7th and 8th grade girls’ basketball season kicks off

By Rob Thomas, head coach

The 2012 middle-school girls basketball season began Jan. 2, with head coach Rob Thomas at the helm and Martha Schoolland assisting him. (Rachel Schoolland/Harris stepped down as the assistant coach after four years because she gave birth to twins!) In a pre-Christmas break meeting with interested girls, 21 7th graders and 10 8th graders signed up. I’m really excited about the number of

Wrestling, cont. from p. 9

On Dec. 21, the Lady Lions traveled to the coincidentally named Lady Lion Tournament at Auburn Mountainview High School. The round-robin-style tournament found Bailey Dellinger coming into her own and taking first place in her class. “I told her to take control of the mat, and she did,” said Koenig. “She went right in like a little lion. She was on fire. She was unstoppable. She backed that girl right off the mat; that girl was scared to death of her.” All of the women won their matches that day, and they all took first, said Koenig, adding that all of the wins came from pins, not mere points. Melissa Clontz, who injured her knee in regionals last year, came off the bench for the first time this season and took first in her class too. The men’s team traveled to the Mount Baker Invitational at Mount Baker Dec. 21, and put two names on the win list: Tyler Kales placed fourth at 182, and Cody Corn took fifth at 170. “That was a big tournament; lots of big schools there,” said Dellinger. “It was good for the kids. They had some good

matches, and even when we lost we didn’t get walked on.” The Lion men dominated a Dec. 16 match against Chief Leschi and Tacoma Baptist in Tacoma, toppling Chief Leschi 48–12 and Tacoma Baptist 54–12. Tacoma Baptist won only one match against Concrete, and Leschi didn’t score any points. “They earned points through forfeits in some of the weight classes,” said Dellinger. A rescheduled match at Darrington Dec. 30 found the Lions with a victory, 48–30. “We thought that was going to be a lot tighter score, but Darrington had some kids missing,” said Dellinger. “I had been hoping to skim by them.” All wrestlers had strong performances at the match, said Dellinger. Spencer Hindsley pinned his opponent in the first round, as did Cody Corn. Johnny Evans pinned his in the third round. The men’s team started with 20 wrestlers and ended December with “9 or 10,” according to Dellinger. But the ones remaining have demonstrated a tenacity and willingness to work toward the goals of self-improvement and individual victories.

Who wants 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.

www.concrete-herald.com

www.concrete-herald.com

CONCRETE HERITAGE MUSEUM NEWS

Concrete Heritage Museum is the recipient of a Christmas present from Puget Sound Energy that is worth \$25,000. During the museum’s board meeting Dec. 8, a PSE representative presented the museum with a package of photos of the 1920s Lower Baker Dam construction project, in hardcopy and digital format. The story begins with Jess Lewis of the Coffee County Historical Society in Manchester, Tenn., who found the photos—all 1,477 of them—in his collection in 2010. They were all numbered and dated from Aug. 21, 1924 through Dec. 9, 1925, and almost daily recorded the Lower Baker Dam construction. Lewis mailed the photos to *Concrete Herald* publisher Jason Miller. Miller passed them to museum board member John Boggs, who contacted PSE. Elizabeth Dubreuil, a consulting cultural resource scientist with PSE, visited Concrete in mid-2011 to examine the photographs. Dubreuil took the photos, and PSE contracted with Fraser Spafford Ricci, an art conservation and restoration lab based in Vancouver, B.C., to clean, restore, and digitize the photos. The conservators stabilized the photos, treated them, and placed them in proper storage. They also scanned each photo, creating a high-resolution and medium-resolution file for each. The bill topped \$25,000.

With tongues pressed firmly in cheek, Concrete Heritage Museum Board members christened the museum’s new bathroom Dec. 8 by pouring pink champagne into the toilet. From left, Gerry Wood, John Boggs, and Bill Sullivan.

On Dec. 8, Dubreuil returned the original, small photos—tucked into archival sleeving—to Concrete Heritage Museum board members, along with eight 3-ring binders full of 8.5 x 11 printouts of each photo. Dubreuil also presented the museum with an external hard drive containing the entire electronic digital collection, plus an inventory list. Museum board members were more than grateful—they were ecstatic. Boggs said the museum is committed to storing the original photos properly and realizes it can’t itself guarantee the humidity levels necessary for such storage. Boggs has contacted the Skagit County Historical Society in La Conner and the Center For Pacific Northwest Studies (co-located with the Washington State Archives) at Western Washington University as possible storage facilities. **Bathroom christened** Also on Dec. 8, the museum christened its newly completed bathroom in the facility’s second building. The ceremony was meant to elicit smiles as well as sighs of relief, with board member Gerry Wood pouring a bottle of pink champagne into the bathroom’s toilet. The museum had been trying for years to build the bathroom, finally finishing it last September, thanks primarily to efforts from John Boggs, Bill Sullivan, Jeremy Tintle, and Gerry Wood.

—J. K. M.

Elizabeth Dubreuil, a consulting cultural resource scientist for Puget Sound Energy, displays some of the 1,000-plus photographs of the 1924–25 Lower Baker Dam construction project during the Concrete Heritage Museum potluck dinner Dec. 8. The original photos were donated to the museum by a Tennessee man; PSE paid upwards of \$25,000 to have them cleaned, stabilized, restored, scanned, and copied. Dubreuil presented the museum with the enlarged prints and digital files for all 1,477 photos.

Concrete Heritage Museum is closed till Memorial Day weekend 2012, but you still can make an appointment to visit the museum or do research in our library year-round. Simply call Robin Wood at 360.826.3075 or e-mail concreteheritagemuseum@stumpranchonline.com. During an otherwise slow December, Bill Sullivan, Jeremy Tintle, Gerry Wood, and John Boggs went to Bellingham to conduct an oral history interview with Kenny Coonc, who was a previous owner of what later became known as Phillips Corner. Bellingham documentary filmmaker Todd Warger taped the interview. Coonc donated some film footage of the area and promised to provide access to some old photographs. Best wishes in 2012 from the Concrete Heritage Museum Board members.

—John Boggs

At the Upper Skagit Library

As of this month, the Upper Skagit Library has a borrowing agreement with all five of the other Skagit libraries. This means that residents of the library district, after coming into the library for a sticker, are able to get cards at Anacortes, Burlington, La Conner, Mount Vernon, and Sedro-Woolley libraries, then check out items from each. You will need to apply for a card from each library, so take your card with the sticker from Upper Skagit, a picture ID, and a copy of a current bill. Remember that each library checks out for a different length of time and some charge fines on overdue materials. If you have a computer, you will be able to manage your account from home and renew materials online to avoid fines. Most importantly, you will need to return the materials to the library you visited. Not too long ago the library switched to a new e-audiobook provider, OneClickDigital. You must sign up at the library for your account; you can then download from home. If you have any problems, let us know and we will try to help you. Features of the new OneClickDigital include:

- All titles are iPod-compatible
- “One Click” transfer straight to a portable device
- User-friendly site for viewing new releases, saving and filtering searches, and more
- More than 10,000 titles
- Access to Pimsleur Language Programs
- New titles added monthly
- 3- to 5-minute previews of all audio titles

Library board meetings continue to be the second Thursday of each month. Play and Learn is Fridays at 10 a.m.

—Aimee Hirschel



Academics



Thompson nails National Board Certification

Concrete Elementary teacher Danna Thompson has taken her game to the next level, earning her National Board Teaching Certification.



Danna Thompson

The eight-month process began in August 2010, when Thompson began preparing portfolios for several subjects. “You have to be proficient in all subject areas (you teach),” she said.

To meet the National Board requirements, Thompson created portfolios for math/science, social studies/learning communities, reading/writing—and one for professional accomplishments. That last one required her to videotape herself teaching. The whole bundle was due by March 30, 2011. In May 2011 she took the six-section test in Seattle—“A long day. A loooooong day,” she said—during which she was expected to do more than regurgitate the facts and figures she’d spent months learning.

“It’s not just content knowledge, it’s applied knowledge, applying it to specific situations for students,” she said.

In November, eight months later, she received word she’d passed.

The news was more than welcome. The process had been grueling. Administrators

refer to it as a three-year process because it’s not uncommon for teachers to fail at their first attempt. Thompson was part of a cohort that met monthly with a woman who’d been designated as a leader for the National Boards.

“She would walk us through and let us know what we’d need to know,” said Thompson. “There was a lot of textbook reading. You had to know what to do in the classroom and apply it. There was a lot of catching up on facts—I had to do a lot of catching up on history, for example—and history’s not my thing.”

Thompson also studied with a Bay View teacher who was in the same category.

Thompson teaches 6th grade at Concrete Elementary. She’s been in the district 14 years and also has taught 2nd, 4th, 5th, 6th, and 9th grades, so the certification was a fitting mountain for her to conquer.

“Teachers aren’t the kind of people who go to work and punch a clock. If you can’t make a difference for the kids, you shouldn’t be there,” said Thompson. “I constantly work to make sure I’m effective, making sure the kids have the best teacher they can have.”

Thompson shrugs off any reference to her motivation being based on the extra money she’s now entitled to. “The state gives you a bonus, but that’s on the chopping block every legislative session, so that can’t be the reason you’re doing it,” she said.

That isn’t to say she isn’t glad it’s over, however. “I told myself, I’m not doing this again. It was a big strain on my family. It’s 500 extra hours of work. With four kids and a full-time job, I wasn’t willing to do that to my family again. I was extremely blessed.”

The experience gave Thompson insight into her teaching style—an invaluable benefit of the process.

“I didn’t do nearly enough cooperative learning, where the students bring their knowledge to the table and share it with their peers,” she said. “It’s hard not to do all the talking, because some kids are needy, and you want to nurture them, but we do them a disservice by doing their thinking for them. We think they can’t get there by themselves. But they can.”

—J. K. M.



Members of the 6th grade band from Concrete Elementary School play their hearts out during the Concrete Music Department Winter Concert at the Concrete High School gym Dec. 7. Attendees were treated to full bands from the elementary and high schools, soloists, honor band, the high school choir, and the high school jazz combo.

Concrete PTO news

Beginning Jan. 11, we’ll kick off a free, 12-week diet program in the Concrete Elementary library. The program will include a recipe exchange, exercise program, clothes exchange, and support group. We will meet every Wed. at 7 p.m. through March 25. Participants may wish to purchase a book about the program, available at Wal-Mart, Target, and Amazon for about \$22.

This year’s **Science Fair** is March 28. The next **PTO meeting** is Jan. 9, 2:45 p.m. in the library. Please plan to attend. For more information on meetings or any coming events, send an e-mail to concretek6pto@yahoo.com.

—Debbie Ross, president

**Bread of Life Food Bank
buffet/silent auction
fundraiser**
Where: Marblemount Community Hall
When: Sat., Jan. 21, 5 to 8 p.m.
Cost: \$5 per person
\$15 for families of 4 or more
Info: 360.873.4240

On the January calendar for Lyman Elementary

An opportunity for Lyman Elementary parents is coming. “**Developing Capable Young People**” is a 10-week class where parents learn how to develop responsibility and decision-making skills in their children through encouragement and respect.

Free childcare is available. The group meets Wednesday nights Jan. 18 to March 21, from 6 to 8:30 p.m. in the library at Evergreen Elementary.

There is a \$35 materials fee. Title 1/LAP parents are eligible for a scholarship that covers the fee. Learn about the Significant Seven and increase the quality of life in your family.

The **Dental Van** is coming to Lyman Elementary Jan. 24. On Jan. 9, students in second grade will bring home paperwork about the Dental Van. Be sure to return your consent form by the due date to ensure that your student is able to be seen while the dentist is at Lyman.

—Kristi Johnson

Champions of Diversity program at SVC honors 99 local high school students

Skagit Valley College held its 12th annual Champions of Diversity Awards ceremony Nov. 30, honoring 99 area high school students for their contributions to diversity in their schools and communities.

Educational institutions, local businesses, and community organizations awarded \$182,094 in scholarships to 57 seniors who have shown exemplary service in leadership and community service, as well as academic and educational activities.

The November event was sponsored by SVC’s Multicultural Student Services and held at McIntyre Hall on SVC’s Mount Vernon Campus.

Seniors from several Skagit County high schools were honored. The 2012 Champions of Diversity award-winners from Sedro-Woolley High School are: Jealisa Aguilar, Victoria Aguilar, Tania Alvarez, Ivette Cerpa, Elany Corado, Erica Gilland, Lorenzo Gregory, Nancy

Guillen Lara, Jiyeon Jeong, Luís Lopez, Alisa Manley, Carissa Mason, Benjamin O’Reilly, Isaiah Padilla, Catherine Sánchez, Shelby Schlittler, Taylor Schmidt, Nycole Snyder, Ming Wagoner, and Melissa Wilkerson.

Sedro-Woolley High School seniors who received 2011 scholarships are:

- Benjamin O’Reilly, Central Washington University, \$3,000
- Jealisa Aguilar, Eastern Washington University, \$8,422
- Ming Wagoner, University of Washington - Bothell, \$10,000
- Luis Lopez, Western Washington University, \$6,000
- Victoria Aguilar, Skagit Valley College, \$1,000–\$4,000
- Tania Alvarez, Skagit Valley College, \$1,000
- Lorenzo Gregory, Skagit Valley College, \$1,000–\$4,000
- Jiyeon Jeong, Skagit Valley College, \$1,000
- Alisa Manley, Skagit Valley College, \$1,000–\$4,000
- Catherine Sánchez, Skagit Valley College, \$1,000
- Shelby Schlittler, Skagit Valley College, \$1,000

Youth Dynamics update

Concrete Youth Dynamics spent most of December in the Christmas spirit with our annual Christmas party on Dec. 12 and an evening of Christmas caroling around town on Dec. 19.

More than 50 high school students showed up to the Christmas party, which is also a “white elephant” gift exchange. If you’ve participated in a white elephant gift exchange, you know how long those can take with a small number of people. Try 50-plus! It is fast, furious, Christmas fun. Some kids go home happy with their new gift, most go home disappointed, and a few don’t even bother taking their present home (so sad). But hey, that’s what makes the game so much fun.

A smaller group of 25 students showed up to “bless” our town with their voices a week later, and thank goodness it was smaller because I don’t know how we could have fit 50-plus kids on the trailer. If you missed the carolers, we are sorry. We tried to cover as much of the town as we could in the hour and a half we were out in the cold and rain. We finished the evening by stopping by Community Bible Church, where Margi Scherer served hot

chocolate and cookies to the students. Thank you, Margi!

Earlier in December, Concrete YD also had what has become our annual Barn Party at the Filtz Farm in Birdview. The 62 students who attended had a great time hanging out in the barn, around the fire, swinging on the rope swing, zipping down the zip-line, and playing other games, like ping pong. (Thanks, Dallas, for letting the Facebook world know that you beat me. Rematch next year!) Jarrod Lee, our guest speaker for the night, gave his heart-wrenching yet inspiring testimony. He talked to the kids about how he overcame great odds and circumstances in his life, and through the hope of a newfound relationship with Jesus Christ, he is back to living a life of meaning and purpose. He also spoke of the importance of relationships, and how it is so necessary to have close friends and family around you in good times and bad, the meaning of trust, and the mistake of taking relationships for granted. Good stuff, great stuff!

We have more great stuff ahead! We get back on track with our Monday night meetings, starting up again on Jan. 9 with our annual Winter Olympic Games in the Elementary School Gym at 7 p.m. Up next is the much-anticipated four-

Head off college debt: Shape teen skills early

(ARA) — “For all the talk about enormous college debt, parents of younger students need to know some basic facts,” according to Dr. Bob Neuman, former dean of academic development at Marquette University. “Bad habits drive college debt.”

Neuman says parents should talk often with teens and pre-teens to help them understand that students are facing serious problems in college. Then get committed at home to develop good daily habits.

To get started, Neuman suggests a few ways to build time management skills:

- Set the tone in your house: There’s always something to study, review, or preview. You and your teen should work out a quiet study time for each day. Stick to it and create a habit.
- Together, rein in activities and map out time for study, sports, lessons, etc., in a daily calendar.
- Electronic/cyber distractions suck up enormous amounts of time. Together, set reasonable limits. Agree to no digital distractions during study times.

Opportunities abound for involvement with KSVU 90.1 FM

Jan. 12 is your chance to share your skill and talent for our local radio station, KSVU 90.1 FM.

Training sessions, and sign up for help, will take place from 4 to 6 p.m. at the new satellite studio in Concrete.

You can help in any number of ways, including recording, artwork, fund-raising, thank-you letters, hanging posters, vacuuming the studio, creating underwriting messages for sponsors, and more. This is your chance to help create new local radio programming.

The KSVU studio is located in Portable B on the grounds of Concrete Elementary School. For more information on the development of the KSVU local radio staff, leave a message for Katie Philbrick at 360.416.7983 or e-mail her at katie@ksvu.org.

KSVU will hold its regular monthly meeting on Thur., Jan. 26, from 4–6 p.m. at the Portable B studio.

—Rip Robbins

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Clear Lake



Brrr! Penguin Dip ushers in New Year

With a chorus of whoops, shouts, and a few expletives, more than 20 celebratory swimmers charged into the 39-degree waters of Clear Lake Jan. 1, in honor of the community’s annual Penguin Dip.

The turnout was smaller this year, said the event’s unofficial coordinator, Shelley Van Pelt of Clear Lake, who hopes to better publicize the frigid dip next year. The event has been a staple for years, and until last year, the county’s Parks and Rec Dept. oversaw the start.

Even with a smaller contingent of brave souls, the mood was charged. Tim Knapp of Burlington (see photo, p. 21) arrived for his 12th dip and was the last swimmer to leave the water.

—J. K. M.





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Briefly ...


The Apple Club before- and after-school program of Community Covenant Church in Clear Lake has changed its hours of operation. The club will now be open from 7 a.m. to 6 p.m. on nonschool days as defined by the Sedro-Woolley School District calendar.

This service is in addition to the program’s standard before- and after-school sessions 7 to 9:30 a.m. and 3:30 to 6 p.m. weekdays. For enrollment information, contact Apple Club Director Erin Greene at erin.appleclub@gmail.com or 360.202.8947.

The **Clear Lake Bazaar** was a success, report organizers. The Dec. 3 event was held inside and out at Clear Lake Elementary, and featured all manner of crafts and artwork, including birdhouses, notecards, hand-painted gift bags, baby items, quilts, wood pieces—even cheese from a local creamery. Profits from concessions will help to fund the 6th graders coming trip to Camp Orkilla.



The display window at the **Clear Lake Historical Association** building in Clear Lake held treasures in December from longtime Clear Lake citizen Mary Armstrong. Armstrong, who is in her 90s and now lives with the good folks at Country Meadow Village in Sedro-Woolley, donated several of her childhood playthings for the display. Clear Lake historian Deanna Ammons and Barbara Rumsey teamed up to arrange Armstrong’s treasures into a whimsical tableau.



Community Calendar

JANUARY

7–8 Skagit Eagle Festival; see article, p. 1; info at 360.853.8784 or chamber@concrete-wa.com

8, 15 “Forks Over Knives” documentary shows at Concrete Center, 4 p.m.; see Classified ad notice, p. 39; info at 360.708.6577

12 KSVU 90.1 FM training session, Concrete Elementary School Portable B, see article, p. 13; info at 360.416.7983 or katie@ksvu.org

14–15 Skagit Eagle Festival; see article, p. 1; info at 360.853.8784 or chamber@concrete-wa.com

14–15 Friends of Upper Skagit Library Book & Bake Sale, Concrete Center, Concrete, 10 a.m. to 4 p.m.; info at 360.853.7564

15 Deadline for Sedro-Woolley’s flower basket program donations (see article, p. 17); donations may be made online by clicking on the “Make a Payment” link at www.sedro-woolley.com, or mailed to or dropped off at the Chamber office at 714B Metcalf St., Sedro-Woolley

15 “His Kids” Fun Night, Community Bible Church, Concrete, 6:30 to 8 p.m.; info at 360.873.4348 or debkayr@hotmail.com

17 Community Club Potluck Dinner, Day Creek Fire Hall, 6:30 p.m.; info at 360.826.3003 or 360.826.3581

21 Bread of Life Food Bank Buffet/Silent Auction Fundraiser, Marblemount Community Hall, Marblemount; 5 to 8 p.m.; see article, p. 26; info at 360.873.4240 or 425.345.4762

21 Community Contra Dance, Mansford Grange, 1265 Railroad Ave., Darrington; potluck at 5:30 p.m., dance lessons at 7 p.m., dance at 7:30 p.m.; see notice, p. 25

21–22 Skagit Eagle Festival; see article, p. 1; info at 360.853.8784 or chamber@concrete-wa.com

21–22 Recycled Art Walk and Art Show, Grasmere Village, Grasmere; 11 a.m. to 9 p.m. on Sat., 2 to 4 p.m. on Sun.; info at 360.708.3279.

26 “Jumping Hurdles,” Pregnancy Choices, 45080 Fir St., Concrete; free admission for women ages 13 and up; 6 to 7 p.m.; see notice, p. 6; info at 360.853.7700

28–29 Skagit Eagle Festival; see article, p. 1; info at 360.853.8784 or chamber@concrete-wa.com

29 Skagit River Bald Eagle Interpretive Center, Rockport, open through today; info at www.skagiteagle.org or 360.853.7626

FEBRUARY

18 Mardi Gras in Concrete, Concrete Town Center, 3 p.m.; info at www.concrete-wa.com

19 Rough-cut film viewing: “The Mountain Runners,” Concrete Theatre, Concrete Town Center, 6 p.m.; see notice, p. 6; info at www.concrete-theatre.com and www.themountainrunners.com

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

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

Community Contra Dance in Darrington

Sat., Jan. 21, \$7 admission
Potluck: 5:30 p.m.; Dance lessons: 7 p.m.; Dance: 7:30 p.m.
Mansford Grange, 1265 Railroad Ave. in Darrington
(see notice, p. 25)

Community meetings

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

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

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

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

Concrete School Board will meet Jan. 26 at 6 p.m. in the high school Commons. The board will hold a workshop on Jan. 23, at 6 p.m. in the high school Commons. 360.853.8141.

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

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

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

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

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

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

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

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

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

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

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

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

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

View, Learn About Bald Eagles on the Skagit River

What: Learn and view bald eagles wintering on the Skagit River. Volunteers provide spotting scopes and binoculars.

Where: Three stations along SR 20 with off-highway parking: Howard Miller Steelhead Park in Rockport, Sutter Creek Rest area (milepost 100) and Marblemount Fish Hatchery.

When: Saturdays and Sundays through Jan. 29, 10 a.m. to 3 p.m.

Contact: 360.856.5700



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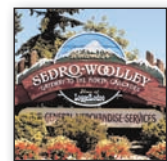
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Sedro-Woolley



Rock-n-Roll marathoner

Cascade Middle School's Clay Wing adds another 26.2 miles to his list of accomplishments.

By Jason Miller

Clay Wing has another marathon under his belt.

In December, the Cascade Middle School teacher and coach traveled to Nevada for the Las Vegas Rock 'n' Roll Marathon, taking second place with a time of 2 hours, 35 minutes, and 24 seconds.

Impressive, you say? You have no idea. "It's the world's largest nighttime race," said Wing. "It started around 4 p.m., but the last half of the race was dark. It was a major challenge."

No kidding. The darkness prevented Wing from keeping visual tabs on his fellow runners. "You're running blind," he said.

Then there was the cold. The tempera-

ture dipped into the low 40s during the race.

Wing wasn't as concerned with his placing as he was his time. "I had a time in mind that I wanted to hit. Place is secondary. I didn't quite hit my time, but the placing surprised me," he said.

When the starting gun fired, Wing changed his initial race strategy. "I noticed the elite group ahead was only a couple hundred feet away; I tried to stay with them and that's what pulled me off my set pace. As the race progressed, I got slower, because I started the race faster than what I'm used to. Overall, though, I'm pleased, especially with the results," he said.

Wing, 37, teaches Special Education at Cascade, as well as coaches girls'

volleyball, girls' basketball, boys' soccer, and high school cross-country. But even with this schedule, he manages to find opportunities to run that 26.2 miles and notch another marathon experience.

He was the first American finisher in the Royal Victoria Marathon in Victoria, B.C., in 2008. In 2009, he was the second Washington finisher and the 133rd American Male finisher in the Boston Marathon. He was the 26th American male finisher and the first Washington finisher in the New York Marathon in 2010. 2011 brought the impressive showing in Las Vegas.

Wing has been running since he was 16, but started doing marathons only about four years ago. He trains with his cross-country school teams in the fall, and pushes himself harder every Saturday. To prepare for the Las Vegas marathon, he ran the Cascade Trail from Sedro-Woolley to Concrete every Saturday for three months.

What's his secret? Nothing fancy, just hard work. "No special socks or anything like that," he said. "I just do the training and hope for the best."



Cascade Middle School teacher and coach Clay Wing pauses at the Las Vegas Rock 'n' Roll Marathon Dec. 4. The long-distance runner placed second at the event, with a time of 2 hours, 35 minutes, and 24 seconds. *Submitted photo.*

Tobi Stidman joins Lemley Chapel

Lemley Chapel recently hired Tobi Stidman of Concrete, who will take her State Board Exam in January to earn her license as a funeral director.

The pending certification is unique, said Rick Lemley, owner. "She'll be one of Skagit County's first female funeral directors. I think she'll be a good asset to our staff; it's good to have a woman's perspective in the funeral industry."

Stidman is equally optimistic about her future with Lemley Chapel, describing the work as her passion. "I like being able to be there for families who are going through the worst time of their lives. I can be an anchor, a guide for them. Even though I can't take the pain away, I can make it a little easier for them," she said.

Stidman had previously worked for Kern Funeral Home in Mount Vernon.



Tobi Stidman

Briefly ...

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

Notice of passing

American Legion Post #43 George Baldrige Post, regrets to announce that Post Commander Charles "Charlie" Houston passed away on Dec. 1.

Post Everlasting Services were held at Post 43, at 701 Murdock St., on Dec. 10 at 11 a.m.

Charlie will be missed.

Chamber works to keep flower baskets in town

What started as a painful but necessary budget cut has become a pet cause for Sedro-Woolley Chamber of Commerce Executive Director Pola Kelley.

In December the city decided to end its flower basket program—one of many cuts chosen to balance the 2012 budget—saving the city \$8,500. The landscaping at Hammer Heritage Square and city entrances also got the axe.

Kelley has stepped up to the plate and is encouraging business owners and citizens of Sedro-Woolley to donate toward retaining the hanging baskets and landscaping.

The response was immediate. "Lemley Chapel and Truck Toys stepped right up, and we received a donation from the family of Jamie Lanning, who was a former City of Sedro-Woolley employee," she said.

As of Dec. 28, Kelley had raised \$1,700.

Kelley told *Concrete Herald* she believed Chamber member Mary McGoffin and Wayne Ramsey with the

Sedro-Woolley High School horticulture class had committed to the landscaping "on the ground"—at the entrances, the square, and other places. So she has turned her attention primarily to the hanging baskets, which have been around for 20 years.

"I, for one, cannot imagine our downtown without our hanging baskets," she said.

Kelley needs to raise \$4,000 by Jan. 15 so that the plants that will fill those baskets can be ordered from Thompson's Nursery. "My goal right now is to get the flower baskets ordered, and then work out the maintenance details later," referring to the projected maintenance cost of \$4,500 annually. She hopes a local service group or business will volunteer to take on some or all of the maintenance requirements.

Flower basket donations may be made online by clicking on the "Make a Payment" link at www.sedro-woolley.com, or mailed or dropped off at the Chamber office at 714B Metcalf Street.

"It is disappointing to see the program cut from the budget as it has become part of the fabric of downtown Sedro-Woolley," said City Supervisor/Attorney Eron Berg. "However, I am optimistic that the downtown merchants will be able to continue the program in some form."



Sedro-Woolley's flower baskets and other landscape plantings help to make its downtown more friendly, attractive, and welcoming, say proponents who are trying to retain them after the city cut the flora from its 2012 budget. *Photo by Judy Johnson.*

2011 Magic of Christmas Parade Results

Best Musical

- 1st Concrete High School
- 2nd Sedro-Woolley High School
- 3rd Sedro-Woolley High School Choir

Best Lit

- 1st Sedro-Woolley Fire Department
- 2nd Herb's Chevron
- 3rd Lyman Girl Scouts

Best Vehicle/Float

- Whidbey Island Bank

Best Equestrian

- Skagit County Horse 4-H Club

Best "Other"

- First Baptist Church Jungle Playland

All prizes can be picked up at the Chamber office. Call the chamber with questions: 360.855.1841.



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Sedro-Woolley Fire Department did it again, capturing first place in the "Best Lit" category during the 2011 Magic of Christmas Parade in Sedro-Woolley Dec. 3. The department's engine was draped and lined with thousands of white lights. The fire department won first place in last year's parade too, in the same category.

Other parade winners included Concrete High School for "Best Musical," Whidbey Island Bank for "Best Vehicle/Float," and Skagit County Horse 4-H Club for "Best Equestrian." For the complete list of parade winners, see "2011 Magic of Christmas Parade Results," this page.

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Lyman



Lyman Elementary School second-grader Jaelle Warner (middle) looks on as Brianna Lee puts the finishing touches on her gingerbread house Dec. 13. Amber Gant is at the far left. The girls and other students enjoyed the event, which had them constructing the completely edible creations out of a slew of candies. The walls and roofs were graham crackers, held together with granulated sugar “mortar.” The event was teacher Carol Bajema’s brainchild. “It brings out talents in students that we don’t always get to see. Some kids are wildly creative,” she said.



Olivia and Nataushia Stormo of Lyman posed with Santa and Mrs. Claus (Michael and Pam Ford) during the Lyman Angel Tree party Dec. 17. This year’s tree had 93 children (37 families) on it; the party drew all but eight of those children. Santa and Mrs. Claus were available for photos; two caroling hay rides were driven by Larry Weston and Frank Cook; and refreshments, a play dough table, face-painting by Brandi Knapp, and a free raffle rounded out the evening. “We had so many volunteers and donations, it was our best year yet,” said Angel Tree organizer Tammie Werner, adding that about 95 percent of the “adoptions” occurred via the effort’s Facebook page. *Photo by Cyndi Stormo.*

Council summary

The Lyman Town Council held a regular meeting Dec. 13. Following is a summary of that meeting.

- Mayor Heinzman asked Mark Kitchen if he had noticed more heavy truck traffic on Pipeline Rd. She was concerned with heavy trucks coming down the road, that there could be an issue with the water lines under the road at the intersection of Pipeline Rd. and Pipeline Lane, in the city limits.
- Rita Burke reported on the proposed United General/Peace Health merger. Burke has joined the advisory committee and will report to the council on its progress.
- A memo from the U.S. Army Corps of Engineers was discussed. Mayor Heinzman stated that the levee for which Lyman had been named as sponsor is really in Skagit County. The Corps would like a decision from the Lyman council as to whether they are still interested in being named as the sponsor. The council voted to send a letter to USACE, stating that they no longer wish to be named as a sponsor.

- A resident at 31418 Dyer Lane asked council if they could be allowed to use the motor home parked in their yard as temporary living quarters. They would not hook it up to water, just electricity, and it would be used as a temporary sleeping area. Council thanked them for coming and letting them know the situation, and told them they can use the motor home for that use, temporarily.
- Gary Kooops of 8387 Dyer St. asked council to consider making the alley behind his house a one way from south to north. This would stop the food bank traffic from speeding down the alley and force them to use the street. He also is not opposed to closing the alley on Thursdays. Councilman Swanson said he will get three barricades to use. Council agreed to try the barricades first and close the alley to through traffic.

A public hearing for the 2012 budget included discussion regarding alley needs and street sweeping. Council directed the town clerk to look into dissolving the Street Fund CDs and putting them in a better interest-bearing reserve account. Purchasing engraved bricks for the front walkway was also discussed.

change their future.

This past year I began a new hobby — an addictive one, but one that gives me great satisfaction with the end product: I quilt. I finally tried it and I love it. I don’t know how many quilters we have in the area, but we have a nice supply of quilting magazines, and when I am done rearranging mine, we will have more. It doesn’t matter how old they are, they always present us with new ideas. So stop by and look through them. You may see a pattern that is just screaming your name.

With the new year we all are making resolutions. Some we will keep, some we won’t. I would like to present you all with an idea. Make it a goal this year to pick up a book by an author you’ve never read before. Expand your horizons a bit and you may just find yourself with a new favorite.

Until next month, keep warm and don’t forget the puzzle shelves. We have some great ones to keep us busy when it is too cold to go outside.

Lyman Library tales

By Elaine Kohler

Once again we enter a new year, and I wish all our readers many wonderful things in 2012.

The library has recently undergone a renovation, and I hope all will stop in to see the wonderful job Mark and his helpers have done with the moving of shelves and the painting. Things are brighter and, with a little more work on the books, things should be easier to find.

My choice of book of the month is *Three Cups of Tea*, by Greg Mortenson and David Oliver Relin. In these turbulent times, it may be a bit controversial for some, but I found it to be very interesting. It is about the travels of Greg Mortenson in Pakistan and his work in building schools for the children there, especially the girls. Sadly, the biggest victims of any war are the children; this book shows how something as simple as an education can



Day Creek



Community notes

An **appreciation dinner for firefighters and their families** will be held Thur., Jan. 19, at 6:30 p.m., at the fire hall. The main dinner and drinks will be provided; attendees are asked to bring a salad or a dessert as a potluck dish. For more information, call Donna Pulver at 360.826.3003 or Kathy Henderson at 360.826.3581.

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

Winter Relationship Encounter is coming to Day Creek Chapel, hosted by Dave and Kathy Henderson. Here’s a brief overview of the event:

- Jan. 22: Social time, 5:45 to 6:14 p.m.
- Jan. 29: DVD viewing, 6:15 p.m.
- Feb. 5, 12, 19, 26: Workshop from 6:16 to 7 p.m.

Registration required. Look for details on the church readerboard, and bring a notebook and pen.

A **community bulletin board** has been installed at the Day Creek Fire Hall. Community members are invited to post

Public comments sought on rural and special needs mobility programs

Two meetings set for early 2012; input could shape state’s role in federal grant process

and weigh in on these updates. The two meetings are scheduled for mid-January:

- Wed., Jan. 11, at 2 p.m. in Wenatchee (WSDOT North Central Region building, 2830 Euclid Ave, Building B).
- Wed., Jan. 18, at 1 p.m. in Olympia (WSDOT Headquarters, 310 Maple Park Ave, Shaman Conference Room).

Anyone unable to attend a meeting may submit comments via e-mail at howell@wsdot.wa.gov or by phone at 360.705.7926. The draft update has been posted online at www.wsdot.wa.gov/transit. All public comments must be received by Feb. 15.

After considering any comments and making appropriate changes — and once the FTA approves them — WSDOT will post the final document online.

OLYMPIA — Across the state, federal grant programs make transportation more accessible for low-income, disabled, elderly, and rural citizens. In order to ensure continued federal support for these services, the state must adhere to its part of the deal: administering the grant programs according to Federal Transit Administration guidelines. The Washington State Department of Transportation is asking for citizens’ input in the process.

In January WSDOT will host two meetings and invite the public to comment on amendments to the State Management Plan, which outlines the state’s administrative responsibilities for the grant programs. Anyone interested in how WSDOT selects projects and monitors grantees is encouraged to attend

their business cards, coming events, and Day Creek activities on the board — then contact *Concrete Herald* at 360.853.8213 or editor@concrete-herald.com.

The **Day Creek Fire Hall** is looking for a community-minded person to take charge of maintenance. Tasks such as lawn mowing, bee control, pressure-washing, etc., are crucial to the upkeep of the hall. If you’re interested, call Travis Arendse at 360.826.5125.

Day Creek 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.

Save the date: Valentine’s Banquet, Fri., Feb. 10. More information to come.

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

—Kathy Henderson

Need to lose weight?

Skip calorie-counting and burn fat instead, says weight-loss expert

By Donald Ochs

In 2010, more than 25 percent of Americans had pre-diabetes and another 1.9 million got a diabetes diagnosis, according to the U.S. Dept. of Health and Human Services.

The single most effective way for people to avoid the disease? Losing weight. But the current obesity epidemic proves that the typical low-fat diet recommendations and low-calorie diets have not worked. To drop the weight and keep it off, people need to get rid of their stored fat by eating fewer processed carbohydrates and the correct amount

of protein, and by doing both high- and low-intensity exercises. Here are some suggestions for getting started:

- Eat what your ancestors ate. If it wasn’t available 10,000 years ago, you don’t need it now. The refined carbohydrates in processed foods

See **Weight**, p. 23

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Above: A firefighter shoots water into the blazing basement of Calvin and Alean Cloer of Concrete Dec. 28. That morning, Calvin Cloer heard what he thought was neighborhood noise and discovered the fire, which started in the couple's basement at 45194 Cedar St. Firefighters from Grasmere, Punkin Center, and Lyman assisted the Concrete Fire Department, which arrived shortly after 9 a.m.

The fire was "a stubborn one," according to Concrete Fire Chief Rich Phillips, who couldn't release the cause of the blaze before press time, because the investigation was not yet complete. The conflagration destroyed the home, collapsing the kitchen floor and bursting onto the back porch in a distinct V pattern. When Cloer turned an exterior faucet on in an effort to fight the blaze, all he got was steam: The fire already had melted the home's copper-pipe plumbing. The house was a near-total loss.

The Cloers will rent a local house while their home is being rebuilt, said Calvin.



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Above: Dan and Connie Whybark of Concrete delivered Meals on Wheels meals dressed as Santa and a very professional-looking Mrs. Claus. *Submitted photo.*

Right: Concrete Elementary students pose with Concrete Lions Club members Jim Parker and Barb Withrow during the club's sight and hearing tests Dec. 16 at the school. From left, Azlyn Hardin, Kaitlyn Smith, Andrea Rogers.



Above: Bob Lahr of Concrete poses with the massive, toy-filled stocking he won at Cascade Supply hardware store in Concrete. *Photo by Jason McMillen.*



Above: Jeanette Kales from Concrete surveys a Christmas tree selected for her by Concrete Lions Club member Jim Parker. The Lions Club again sold Christmas trees this year. "The money comes back to the community," said member Jim Newby.



December in Pictures



Above: Catherine Coggins' amazing ballet students performed the Nutcracker Ballet for an audience of hundreds Dec. 11 at Concrete Elementary. This baker's dozen of 2nd and 3rd graders hung around for a photo after the show. *Front row, from left:* Killian Moore, Hallie Tadlock, Kianna Gardner, Leah Tiemens. *Middle row, from left:* Autumn Neece, Mariah LaBounty, Grace Clark, Michelle Samuelsen, Noah Tiemens. *Back row, from left:* Katie Peterson, Tasha Brink, Tiffanie Conrad, Frankie Johnson. *Photo by Sheena Daniels/SD Photography.*



Above: Gospel Bluegrass group The Joyful Noise on the Skagit plays during the "A River Home Companion" live radio show at Concrete Theatre Dec. 15. The show was a fundraiser for KSVU 90.1 FM. From left are band members Tony Wright (in red), John Parent, John Boyd, Dean Puckett, John Rantschler, Kelly Siebecke, and Ed Blanton. **Right:** Stuart Glasser and Rhonda E. perform during the show.



Above: Tim Knapp from Burlington seems almost relaxed in the 39-degree waters of Clear Lake during the annual Penguin Dip Jan. 1. This was Knapp's 12th Penguin Dip; he was the last one to leave the water.

Become a Concrete Herald Facebook friend to see its "2011 in pictures" photo album!



Above: One of 1,477 photos snapped during the construction of the Lower Baker Dam and donated to Concrete Heritage Museum last year. Puget Sound Energy paid \$25,000 to have them cleaned, stabilized, and digitized, then gifted the original photos back to the museum, along with digital files and enlarged hardcopies of them.

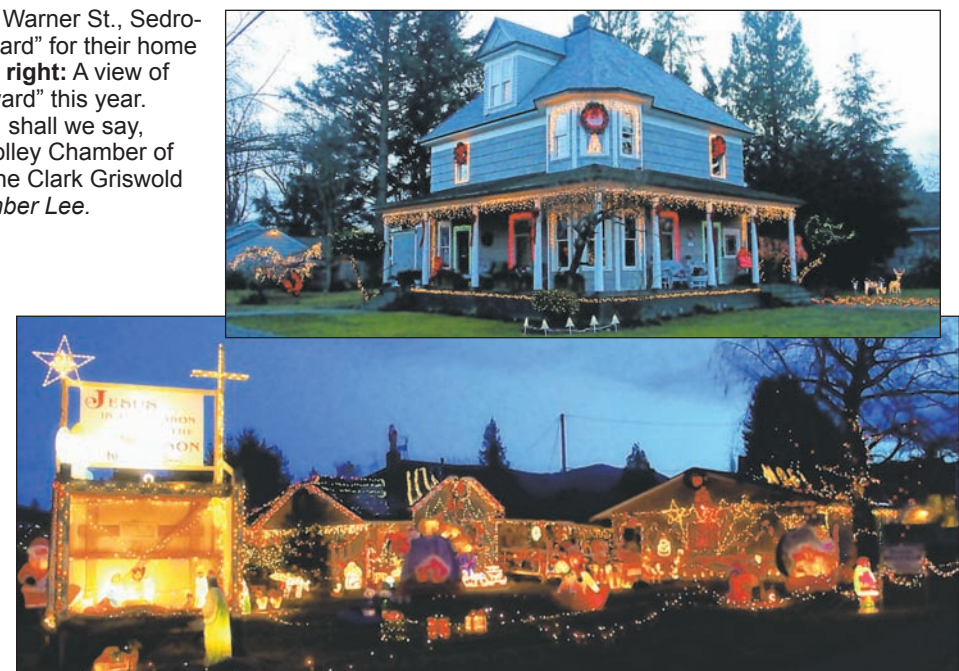


Above: High schoolers with Concrete Youth Dynamics made the rounds through Concrete Dec. 19, singing carols at the top of their lungs. It was ... well, it was loud. Very loud. So very, very loud.



Above: Izzy Sukolsky, 6, from Concrete, chats with Santa (Kevik Rensink) at the Concrete Center in Concrete during the Christmas in Concrete celebration Dec. 10. Izzy left with a doll, two pairs of gloves, crayons, and candy canes from Santa.

Right: The Cecil and Stacy Penno home on Warner St., Sedro-Woolley, won "2011 Overall Best in Town Award" for their home and property Christmas decorations. **Below, right:** A view of the winning home for the "Clark Griswold Award" this year. The award is given to the owner of the most, shall we say, *thoroughly* lighted home. **Below:** Sedro-Woolley Chamber of Commerce President Pola Kelley presents the Clark Griswold Award to winner Jim Williams. *Photos by Amber Lee.*





Hamilton



Christmas Party: Something for everyone

The Hamilton Volunteer Fire Department Children’s Christmas Party was held Dec. 19 at 2 p.m., at City Hall. Firefighters and other volunteers made sure that every child in Hamilton had a memorable Christmas. Santa, a.k.a. Scott Bates, drove the fire truck around town inviting everyone to City Hall. Everyone received a stocking

filled with treats after sitting on Santa’s lap. They made picture frames for their Santa photos. Town Council members provided snacks. Deziray Thompson, 14 months, won the toy train set door prize. Adam Bates, 8; Alyssa Boots, 14; and Dale Johnson, 12, guessed the correct number of candies in the jars and won them. All parents left with packages of toys and clothing for their children.

—Mandy Bates, Susan West-Mani



Meghan Snyder (top) and Steven Benjamin (above) met Santa Dec. 19. Photos by Joan Cromley.

Council summary

- The Hamilton Town Council held a regular meeting Dec. 13. Following is a summary of that meeting.
- Kelly Wynn from Water & Wastewater Services expressed to council members the company’s desire to work with the town again and will submit a more competitive proposal for the town’s review.
 - Council members agreed with the final 2012 budget figures. No public comment. A copy of the budget is always on file at Town Hall, and copies are available to the public. The 2012 Annual Budget was adopted.
 - This year, council voted to accept the state-allowed 1 percent property tax levy increase, even though they have not passed it the last two years. The reason this year is because council hopes to allocate a portion of those funds for flood cleanup.
 - Shawn Padget addressed the council regarding a Notice of Violation received at his RV on South Street. He requested an extension to comply with all violations and also requested a water hook-up. Council voted to extend the deadline till its Jan. 10 meeting. The RV’s owner will have to agree to the water hook-up and payments.
 - Cas Hancock reported that a water leak detection company had found leaks, including a major one on Cumberland.

- The leaks were repaired.
- Tom Selin stated he is working on setting up a security system; a monitor for the system is needed.



The “Holiday Beer-zar” at Birdsview Brewing Company boasted watercolor paintings, crocheted items, cupcakes, and everyone’s favorite suds, of course. The Dec. 17 event brought out the Santa in everyone too. Customers filled this Toys for Tots barrel with all kinds of goodies for kids in the upper valley. *Photo by Ed Giecek.*

Birdsview buzz

- Happy New Year, everyone! Wishing you and yours the best 2012 possible.
- January birthdays**
- 1 Little Buddy and Little Carolina
 - 3 Deborah Money
 - 5 Karissa Sokol
 - 6 Jaci Gallagher
 - 9 Shelly Holm
 - 10 Ryan Jepperson
 - 12 Jeanne Rataj
 - 18 Taylor Warner
 - 20 Barb Kales, Raymoundo Hambleton
 - 24 Craig Petersen
 - 25 Sheya Sanchez
 - 28 Seth Smith
 - 29 Bev Dellinger

Not much new or exciting happening in Birdsview. The Voigt Christmas was extra tame this year since daughters Jessie and Nicki couldn’t come home. But we still enjoyed it.

Birdsview residents Kelly and Brooke Howell and family took a Christmas break vacation to Arizona and California, and, judging from the photos on Facebook, it looks like all had a great time.

Kathy and Short Hurn enjoyed a before-Christmas visit from daughter Wendy and grandsons Josh and Jordan from Las Vegas. Boy are those boys getting big! Guess that’s about it for now.

Remember, if you want to see it in this column, please stop by and let me know what’s happening.

—Kris Voigt

Business Spotlight: Rick’s Refrigeration

By Bill Mueller

As a child, Rick Randall drove his mother crazy by constantly taking things apart to see how they worked. Almost everything he got his hands on he wanted to investigate. So it’s understandable that he would end up owning Rick’s Refrigeration in Sedro-Woolley: He gets to take things apart and make them work for a living.

Rick launched his refrigeration business in 1997. Today, the company services and repairs appliances and refrigeration systems for commercial and residential customers.

Prior to 1997, Rick had a wealth of work experience, beginning when he was 16 and held a job for Lien’s TV and Appliance Store. He would deliver products after school and on the weekends. While involved with this



Weight, cont. from p. 19

- kick up our blood sugar levels, which triggers insulin production, resulting in fat storage. Avoid the regular no-no’s such as candy and soft drinks, but also stay away from sneaky, sugary condiments like ketchup; dried fruits, which have more concentrated sugar than their hydrated counterparts; and anything with high fructose corn syrup.
- Eat the right kind of fat. It’s good for you. Bad fats include trans fats and partially hydrogenated oils. Look for these on labels. Trim excess fat from meats and stick with mono- and poly-unsaturated fats. Use olive oil for cooking, as salad dressing, or on vegetables. Eat avocados, whole olives, nuts, and seeds, and don’t be afraid to jazz up meals with a little butter or cheese.
 - Eat the proper amount of lean protein

job, he had the opportunity to watch the repairmen tear apart machines and put them back together. This fascinated Rick; the work caught his interest immediately. He also was involved in the farming business, milking and tending to the cows. All this while in school at Burlington High, where he played on the football team as a tight end. He had success there too, as the teams he played on went to two State playoffs.

In 1991 he graduated from Bellingham Tech and took a position with Dri-Eaz Products Inc. Good experience was what he gained as an employee there, as he was a part of that company growing from doing 3 million a year to 24 million a year in business. It was from this that he launched his own refrigeration business.

Rick knows what it means to work. While in school in Bellingham he worked nights tending cows on a friend’s farm. He also worked as a volunteer firefighter. This all takes a great deal of time, but on top of it all he has a wife, Randi, and three daughters. This is a busy man.

When it comes to business, Rick’s philosophy is simple and direct: “Do a good job at a fair price,” he says.

In his business he offers everything one could imagine when it comes to refrigeration. The aspect that he believes his work brings to the customer is in the area of being “personal.” His desire is to make sure those who seek out his services are happy with the work that is done and feel that they were well taken care of. Rick employs three full-time trained staff members, all with years of experience in this field.



Rick’s Refrigeration owner Rick Randall launched the business in 1997. The small business employs four others: Brenda Scamehorn, Dave Lavine, Peter Skinner, and Randi Randall, Rick’s wife.

Looking for Rick’s Refrigeration? Head for 402 State St. in Sedro-Woolley. The business is open 8 a.m. to 5 p.m. Monday through Friday. Rick’s offers 24-hour on-call service too.

Rick is an excellent person to know. With his wide working background he is able to deal with any number of issues. He is a strong family man. He and his wife, Randi, have been in the business of raising a family and a business together. Randi helps out with paperwork to support her husband’s efforts. Rick speaks highly of those he employs and values their contribution to the business. Here is a man who truly is able and definitely wants to see the job well done.

At a glance:

Rick’s Refrigeration

Where: 402 State St., Sedro-Woolley

Hours: M–F, 8 a.m. to 5 p.m. (24-hr. on call)

Phone: 360.856.1798

E-mail: service@ricksrefrigerationinc.com

Bread of Life Food Bank Buffet/Silent Auction Fundraiser

Sat., Jan. 21, 5 to 8 p.m.

Marblemount Community Hall Marblemount

\$5 per person \$15 for families of 4 or more

For more information:
425.345.4762 or 360.873.4240



Rockport



Parks and Rec Commission eliminates, shrinks Ranger 2 positions at Rockport, Rasar State Parks

By Jason Miller

Responding to Washington State’s deep budget cuts and below-expected revenues, Washington State Parks and Recreation Commission has decided to lay off or downgrade dozens of its 189 rangers from its ranks. Two of those rangers work in eastern Skagit County.

On Dec. 30, Rangers Al Nickerson and Debbie Wyman, who work at Rockport State Park and Rasar State Park, respectively, heard the unwelcome news from Kevin Kratochvil, area manager for Rasar, Rockport, and now Bay View State Parks.

Nickerson’s Ranger 2 position is being replaced with a less costly “senior park aide” position, which will act more as a maintenance provider for the park, without law enforcement authority, according to Kratochvil. Law enforcement will be handled by the State Patrol, Skagit County Sheriff’s Office, or Kratochvil. The senior park aide would live on site in the quarters Nickerson occupied.

Wyman’s Ranger 2 position is being changed to a five-month, seasonal position instead of its current 12-month, full-time status.

Dozens of park rangers are in the same position as Nickerson and Wyman, with little time to make a decision. The rangers’ union, Washington Federation of State Employees, has a collective bargaining agreement with the Washington State Parks agency that gives them five days from Dec. 30 to make a decision and submit it to the Human Resources office.

That decision could be difficult. Nickerson has enough seniority built up to give him a choice of 20 other parks across the state; he could retain his Ranger 2 title and request to be moved to one of them. Or, if he wanted to stay at Rockport, “he could take a 35 to 40 percent pay cut and go after the senior park aide position,” said Kratochvil.

Nickerson was on the phone the weekend after getting the news, exploring his options. Wyman, who commutes to her Rasar post, also has a tough choice to make.

See **State Parks**, p. 38



Rockport State Park near Rockport may soon be without Ranger Al Nickerson, who had been the sole caretaker of the park. Nickerson got word Dec. 30 that his position was being eliminated in favor of a less costly “senior park aide” for the state park. Farther west, at Rasar State Park, Ranger Debbie Wyman faced similar news.



Skagit River Bald Eagle Interpretive Center Education Coordinator Kelly Regan (left) and Assistant Coordinator Ember LaBounty will be waiting at the center in Rockport every Friday, Saturday, and Sunday from 10 a.m. to 4 p.m. through Jan. 29. On Fridays the center will host public and private school educational programs; on Saturdays and Sundays, the center will present speakers, eagle information, and guided walks along the Skagit River through Howard Miller Steelhead Park. The center is sponsored by public and private organizations, such as Skagit County Parks and Recreation, PSE, Columbia Bank, and Cascadian Farms near Rockport. For updated information about what is happening each weekend at the center, go to www.skagiteagle.org or call 360.853.7626.

PIONEERING TODAY

Energy-saving tips

By Melissa K. Norris

While our pioneering ancestors didn’t have electricity, we can take a nod to their lifestyle in order to knock dollars off our own energy bills. As winter is now in full swing, most of us use more electricity and you know what that means when you open your power bill.

Here are my tips to help keep your bill under control:

1. Run your washing machine, dryer, and dishwasher after hours. From 8 p.m. to 8 a.m. electricity rates are cheaper because of less demand. So turn on your dishwasher when you go to bed and toss in a load of laundry. Don’t ever run your dryer if you’re leaving or going to bed, the risk of fire is too great. Instead, toss that load of laundry you washed when you went to bed into the dryer first thing when you wake.
2. Or, get a folding clothes rack and dry your clothes next to the fireplace—not too close though.
3. Use cold water on your lightly soiled loads of laundry. No need to wash everything in hot water, but use it for the really dirty, icky stuff.
4. When running your dishwasher, use normal wash, and turn off the heated dry. Dishes dry just fine on their own and you won’t risk warping any plastic ware.
5. Replace all your bulbs with energy-efficient ones, even the ones you have to drag the step ladder out to reach.

Go to my Web site, www.melissaknorris.com, to see other great “Pioneering Today” articles and share your tips.

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

Continue the cycle

Please recycle this newspaper



Darrington



Whitehorse Musicians Guild a grass-roots mentoring, charity organization

By Marla Skaglund

In 2005 a small group of musicians gathered once a week in a cabin at the foot of Whitehorse Mountain on the banks of the Stillaguamish River, an area referred to as the “Whitehorse Community.” The area, located between Arlington and Darrington, swelled with musical talent and it was soon realized that a little organization could yield a lot of good.

In 2009 the Whitehorse Musicians Guild hosted the first Whitehorse Community Picnic at the remnants of the Fortson Mill. The gathering enjoyed huge community response. Since then, the Whitehorse Musicians Guild has hosted many charitable events for the community.

One of the purposes of the guild is to mentor apprentices in the trade associated with that guild.

The Whitehorse Musicians Guild has many projects for the coming year, according to coordinator John Farmer. The first is focused on mentoring high school students in various trade skills. This cooperative effort with a newly established local guitar shop will involve the design and building of a sound stage adjacent to the shop. “Our members and volunteers will work together with the students while sharing trade knowledge, work ethics, and safety education,” said Farmer.

Once the sound stage is complete, WMG intends to further the program with ongoing mentoring in trades relating to the music and recording industry. This environment will also serve as an opportunity to network and play music with other musicians in a drug- and alcohol-free atmosphere.

The group’s second project is development of its Web site. “We’ll look for student volunteers to add to this site,” said Farmer. “From content and database management to photos, videos, and blogs, we hope to rely primarily on the work of the students.”

WMG is staffed by volunteers acting collectively to maximize their efforts. Many volunteers share musical talent; hence the name. WMG also acts as a grassroots, community-based charity

organization that promotes musical events to raise money and food, which is then distributed to the needy through local food banks. WMG relies on volunteer efforts and charitable contributions from businesses and individuals, while working closely with other charitable organizations.

The benefit of membership within the WMG ranks is twofold. The first and most profound benefit is satisfaction knowing WMG has effected positive change within the community. Because the beneficiaries are often friends and neighbors, WMG members are able to see firsthand the fruits of their efforts. The second benefit many members realize is the opportunity to display their respective talents. As musicians they are able to use their affiliation to network with like-minded enthusiasts and musicians, as well as advertise music by performing at WMG-sponsored charity events hosted at both private and public venues. Nonmusician members and sponsors receive public recognition for their contribution at performances, in promotional literature, and on the Web sites.

WMG meetings are held on the first Wednesday of each month, at 6 p.m. at the Whitehorse Community Center, 38707 Highway 530 NE, Arlington. Meetings or “jams” are free and open to the public. Attendees are encouraged to bring a dish to pass and their instrument of choice.

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Bazaar a big hit

The Darrington Christmas Bazaar was a hit by all accounts.

Held Dec. 3 at Darrington High School and brought to the community by the Darrington PTSA, the bazaar delivered its usual lineup of eye candy, handcrafted gifts, tasty treats, and, of course, Santa, fresh from the North Pole via helicopter. At right, Zoie and Adeline Sado have a conversation with the jolly old elf.

—J. K. M.



Marla Skaglund



Shayla Hooper

Community contra dance

If you can walk and you enjoy music, mark your calendar for Jan. 21, the next community contra dance in Darrington.

Take a break and kick up your heels at the dance, to be held at Mansford Grange Hall, 1265 Railroad Ave. in Darrington. Take Highway 530 to milepost 49 and turn left at the IGA store.

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. Bring a partner or come alone. You don’t even have to dance; just enjoy the tunes from Quebec and Acadie.

Rick Lemley

Chuck Ruhl

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Marblemount



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

The Bread of Life Food Bank in Marblemount will host a buffet/silent auction fundraiser Sat., Jan. 21, from 5 to 8 p.m. at Marblemount Community Hall.

The fundraiser comes at a crucial time for the food bank, which has felt the effects of the national economy’s downturn even as it provides a grateful clientele with bread, beans, rice, potatoes, and other fresh produce.

“We are so thankful for the United Way of Skagit County and their genuine interest in Bread of Life Food Bank,” food bank Director Faye Nichols said in a press release. “The Upper Skagit Tribe has been supportive, as well as a few individuals who contribute.”

The food bank has had to pay for costly repairs to its three high-mileage vans, as well as electricity fees to operate its 40-foot refrigerator/freezer. “All of this

equipment is essential to successfully serve our clients,” said Nichols.

As the cost of operations increases, the food bank continues to enjoy support from North Cascade Community Church, which absorbs much of the operating costs and provides space for the effort. Marblemount Community Club and Red Cross also are key players. “Our dependable volunteers are exceptional individuals, and we are thankful for their support,” said Nichols.

Donated items are needed for the silent auction. For more information or to donate, call Cathy Lester at 360.873.4240 or Becky Snyder at 425.345.4762.

At a glance

What: Bread of Life Food Bank buffet/silent auction fundraiser

Where: Marblemount Community Hall

When: Sat., Jan. 21, 5 to 8 p.m.

Cost: \$5 per person
\$15 for families of 4 or more

Info: 425.345.4762 or 360.873.4240

2011 Food bank stats*

Total individuals served	
Jan 964	Jul 962
Feb 940	Aug 914
Mar 924	Sep 963
Apr 879	Oct 996
May 941	Nov 1,062
Jun 890	

Total food pounds	
Jan 23,580	Jul 19,245
Feb 19,283	Aug 20,288
Mar 23,988	Sep 23,354
Apr 19,826	Oct 23,545
May 17,421	Nov 24,607
Jun 21,383	

Bread of Life Food Bank’s monthly budget for 2011 totaled \$2,088. The largest expenditure (\$1,313/mo.) went to fuel, maintenance, and insurance for its three vans. Electricity and rent allowance were next, followed by office expenses and maintenance.

*Source: Bread of Life Food Bank. December stats unavailable at press time.

Performers lined up for January eagle festival

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

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

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

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

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

—Connie Anderson

Concrete Herald

The Voice of Eastern Skagit County

View Bald Eagles on the Skagit River

One of the largest wintering populations of bald eagles in the lower 48 states is in eastern Skagit County this month. Visitors can view and learn about them from volunteers with the Eagle Watchers Program hosted by the U.S. Forest Service.

Three viewing stations with off-highway parking along SR 20 provide spotting scopes and binoculars to help visitors see the birds up close. Volunteers will staff stations Saturdays and Sundays, 10 a.m. to 3 p.m. through Jan. 29.

Eagle Watcher stations are located at Howard Miller Steelhead Park in Rockport, Sutter Creek Rest area (milepost 100), and the Marblemount Fish Hatchery. Find a map showing the viewing sites and learn more about Skagit River wildlife at www.fs.usda.gov/goto/mbs/skagit-wildlife. For more information, call 360.856.5700.



Santa (Art Olson) hunkers down with the kids with his little helper, wife Christie Fairchild, at his side. The pair were the main event at the Marblemount Christmas Bazaar Dec. 4, at the community hall.



A very pregnant Sacha Johnson of Marblemount posed with Santa (Art Olson) at the Dec. 4 Christmas Bazaar in Marblemount. “The baby wanted to see Santa,” said Johnson, who gave birth just two weeks later, Dec. 18, to Vashti Lynn Buller. Vashti’s proud father is Pat Buller. Vashti is named after Vashti Hooper, who lived in the upper valley and raised two boys by herself when her husband was disabled.



Newhalem



Skagit River Level Hotline to provide updates during floods

SKAGIT COUNTY — To keep the public aware and prepared during flood season, the Skagit County Public Works Natural Resources Division continues to maintain a River Level Hotline for the Skagit River.

This hotline is designed to keep the public informed in the event of a flood, providing information on gauge readings and summaries of National Weather Service forecasts. Anyone can call the River Level Hotline at 360.419.3425 to receive updates on river levels.

Gauge readings are conveyed in feet and are compared to the flood stage of 28 feet at both Mount Vernon and Concrete. The hotline is updated daily unless river conditions warrant updates more frequently.

Public Works staff synthesizes information from a variety of sources to provide weather updates, including USGS and the National Weather Service River Forecast Center. Information from these two agencies can be found directly at their home Web sites:

- Northwest River Forecast Center
- USGS Real-Time Data for Streamflow

“The River Level Hotline is a good way for Skagit County residents to get the quick picture on river conditions and forecasts,” said Skagit County Water Analyst Rick Haley. “Interested citizens can then use the National Weather Service and USGS Web sites to find more information.”

More information on flood awareness, including a publication of Flood Risk in both English and Spanish, is available online at www.skagitcounty.net.

For more information, contact Natural Resource Division Manager Dan Berentson at danb@co.skagit.wa.us or at 360.336.9400.

Seattle City Light 2010 Annual Report

SEATTLE — Seattle City Light released its 2010 Annual Report in late July of last year, highlighting the utility’s achievements in overcoming the challenges of the recession, depressed wholesale energy prices, and low snowpack.

Employees led the effort by finding creative new ways to do business. In all, those efficiencies along with budget adjustments, reductions and eliminations of some programs, furloughs, and layoffs reduced SCL’s operational costs by \$89 million. Meanwhile, SCL also invested

in needed maintenance to protect system reliability and improve customer service.

Among its achievements, City Light:

- installed 6,000 LED streetlights, saving Seattle nearly \$300,000 a year in operating costs,
- made it easier for customers to navigate its Web site and manage their accounts online,
- hired 14 pre-apprentices, who started training to become tomorrow’s lineworkers.

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

The pass is closed

State Route 20 is closed for the season between milepost 134, Diablo Gate to milepost 178, Early Winters Information Center. Every town west of milepost 134 is open for business!

PSE offers \$10 instant rebates on LED bulbs

BELLEVUE — Puget Sound Energy recently introduced a new instant rebate for up to \$10 off energy-efficient light emitting diode (LED) bulbs for residential electric customers looking for efficient lighting options. The rebate is PSE’s first LED bulb rebate for residential electric customers.

“LED bulbs are the most efficient bulbs you can buy,” said Cal Shirley, vice president of Energy Efficiency Services at PSE. “We’re excited to offer this new rebate to our customers, providing our customers even more choices when it comes to energy-efficient lighting for their homes.”

PSE customers can receive an instant rebate of up to \$10 off a variety of ENERGY STAR-qualified LED bulbs. Depending on the type of bulb, the after-rebate price to customers ranges between \$15 and \$50. Customers can purchase rebated ENERGY STAR-qualified LED bulbs at participating retailers, including Costco, Lowe’s, and The Home Depot. After purchasing LED bulbs, customers can take an online survey at www.pse.com/ledsurvey to be entered in a drawing for one of five \$100 pre-paid gift cards.

ENERGY STAR-qualified LED bulbs use up to 85 percent less energy than incandescent bulbs and last up to 22 times longer.

In 2010, PSE was among 14 utilities and energy efficiency organizations to partner with the U.S. Department of Energy’s Bright Tomorrow Lighting Prize (L Prize) competition to field-test energy-efficient LED bulbs to replace the standard 60-watt incandescent bulb. The L Prize competition was designed to encourage lighting manufacturers to make energy-efficient LED bulbs that provide the same amount of light as incandescent bulbs and use less energy.

In August, the DOE announced Philips Lighting North America as the L Prize winner of the 60-watt replacement bulb category. Philips’ winning LED bulb was the first entry to successfully meet all competition requirements. The winning LED bulb is expected to arrive in stores as soon as early 2012.

For more information about LED bulbs or to find a retailer who carries PSE-rebated LED bulbs, go to www.pse.com/led or call a PSE Energy Advisor at 800.562.1482, Mon. through Fri. between 8 a.m. and 5 p.m. To learn more about energy-efficiency rebates and incentives to Re-Energize your home, go to www.pse.com/rebates.

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Seniors



Coffee Break

New year, new goals

By Patrick Kennedy

It’s a new year and a lot has changed. As the hardball economy smashes bank accounts and dreams, many seniors are on the edge—or even over it. Your income, whatever it is, stagnates, and the savings shrink daily as the bills and food costs get higher. “Some people say a man is made out of mud,” and many seniors feel that way these days. But the real muscle and blood must be fed meals every day and there has to be a way to do it. Do you remember the days when you were a kid and on Saturday mornings you went to the garage and gathered all the beer bottles your parents drained during the week? You hauled them down to the corner store and turned them in for 1 cent apiece and collected enough to go to the Saturday matinee movie. Do you recall delivering papers so you could buy a bike? That was called initiative and resourceful thinking. If you could do it then, you can do it now, although you can’t get 1 cent for bottles anymore, and the energy

might not be there to deliver papers. These days it’s called the pursuit of extra income. It will take some time, effort, and persistence. There is no easy way out or way to get rich quick, and if anyone tells you differently, they are most likely pulling your leg. You must start with a plan for how to go about getting this extra cash for the coming year. One way is to make your hobby an income-generator. Do you knit? You can make sweaters and scarves to sell. Do you paint or do watercolor prints? Do you build airplane or car models, or wooden birdhouses? How do you turn these items into money? Flea markets are great opportunities to make some extra money. They are all over the place; you just have to search your local area. That’s where the Internet comes in. If you have items to sell at a flea market, it is fairly easy and the initial investment is low.

On the other side of the coin, you could get a job. That is a horrible thought to most retired seniors, but may be a necessity in this time of lower incomes and higher prices. You could babysit or tutor kids, pet-sit or walk dogs, mow lawns or landscape, clean houses or become a general handyman/woman, or even house-sit while your friends/neighbors are out of town. Perhaps you could sell some of that stuff in the garage or attic on eBay and get a few coins. That’s not exactly a job, but it will be work.

Try to be positive about it all and use your imagination.

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

Way Back When

80 years ago

Jan. 21, 1932: Concrete has three separate contagious diseases that are gaining a foothold here, and local physicians are working overtime in their efforts to prevent a further spread of these diseases. Homes in this city are quarantined for smallpox, scarlet fever, and measles, but fortunately, the majority of cases so far are of the latter, the least dangerous malady. *Jan. 28, 1932:* Following a conference with the county commissioners in Mount Vernon Tuesday, State Land Commissioner Clark V. Savidge gave assurance that a 54-acre tract of virgin timber along Skagit Valley Road between Sauk and Rockport would be preserved as a state park. Mr. Savidge stated that he had completed arrangements with the Sound Timber company, owner of the tract, for an exchange of this land for other state lands. The company was favorable to having this tract of choice timber preserved for the enjoyment of the public, and plans for an exchange of lands were easily made.

70 years ago

Jan. 15, 1942: By proclamation of Concrete Mayor A. B. Wiseman, Sat., Jan. 17, has been set aside as “Registration Day” for civilian defense. All persons between the ages of 18 and 64 residing within the city limits will be signed up to serve, according to their ability, in different phases of local defense work.

60 years ago

Jan. 24, 1952: Formation of another fully equipped fire department is under way this week, with Chief Fritzing of the Rockport Volunteer Fire Department opening a drive to raise funds for the purchase of a fire truck for that community. How well the town responded to the idea is shown in the fact that on the first day of the drive, a total of more than \$1,200 was pledged.

50 years ago

Jan. 11, 1962: Burglary in the early morning hours—arrest of the culprits before the day was over. That was the picture yesterday when Cascade Supply and Concrete Department Store were broken into and robbed, allegedly by two young Concrete men. The thieves took small arms, ammunition, and other items from Cascade Supply. They stole about \$35 in silver and bills from the department store’s till. Marshal Fred Bianchini and Deputy Sheriff Nick Petrich worked on the case all day, and by late in the afternoon had all the Cascade Supply loot recovered and the culprits under lock and key. *Jan. 18, 1962:* Margaret Landsau, also known as Peggy Simpson, of Concrete, was arrested last Saturday evening on a charge of furnishing intoxicating beverages to minors. She was fined \$250 with \$150 suspended. The arrest was made on evidence that alcoholic beverages were obtained at Landsau’s establishment by the two juveniles who broke into Cascade Supply and Concrete Department Store last week. The charges say the alcohol was purchased before the burglary.

Concrete Center

January 2012

Activities

Lunch served
Mon. – Fri., noon

Mondays

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

Tuesdays

9:30 a.m.	Jigsaw puzzle
10 a.m.	Dominoes
12:30 p.m.	Skip Bo

Wednesdays

9:30 a.m. – 2:15	Advanced quilting
9:30 a.m.	Jigsaw puzzle
12:30 p.m.	Skip Bo

Thursdays

9:30 a.m. – 2 p.m.	Wii Sports play
9:30 a.m.	Jigsaw puzzle
12:30 p.m.	Skip Bo

Fridays

9:30 a.m.	Jigsaw puzzle
10 a.m.	Movie
12:30 p.m.	Dominoes

Special Events

1/6	10 a.m.	Movie: “An Affair to Remember”
1/11	11 a.m.	Advisory Board mtg.
1/11	12:30 p.m.	Bingo
1/12	9:30-2:15	Foot care by appt.
1/13	10 a.m.	Movie: “8 Seconds”
1/20	10 a.m.	Movie: “The Bodyguard”
1/25	12:30 p.m.	Bingo

Closures

1/16	Holiday
1/27	Furlough Day: All Skagit County offices closed

NOTE:

Concrete Center hours have been decreased. Effective Jan. 3, 2012, the center will be open from 9:30 a.m. to 2:30 p.m., Monday through Friday. For more information, call 360.853.8400 or e-mail sarap@co.skagit.wa.us.

Concrete Center

hours scaled back

By Jason Miller

The doors of Concrete Center—formerly known as Concrete Senior Center—won’t be open for as long each day as they used to be. Effective Jan. 3, the center will be available for use from 9:30 a.m. to 2:30 p.m. Prior to that, the center was open from 8 a.m. to 3 p.m. The cutback comes in the wake of “the devastating economic climate and the budget impacts on Skagit County,” according to a notice from Jennifer Kingsley, director of Community Services for the county.

On Dec. 16, Skagit County Commissioner Sharon Dillon met with concerned seniors and other community members to discuss the operating hours change. Dillon declined to say how much money the cuts were saving the county, but addressed the rumor that the center was closing. “We are not—n-o-t not—closing this center,” she said. The primary reason for the cutback was because Concrete Center doesn’t get used by as many people as other senior centers in the county. “Usage is the factor,” said Dillon. “This is the center with the least amount of people.” Dillon cited numbers for the center: for lunches served, and total users. “The numbers don’t lie,” she said.



The county-owned and -operated Concrete Center in Concrete had its hours decreased effective Jan. 3. The center will be open Monday through Friday from 9:30 a.m. to 2:30 p.m.

Meeting attendees were dismayed by the cuts, which they viewed as the county taking more away from those who have the least. Writing in absentia, Concrete citizen Evalyn Goeringer said, “If you want to economize, consolidate the Sedro-Woolley and Burlington centers. Concrete Center serves the entire upper valley, with no bus service.” Dan and Connie Whybark, also from Concrete, thought the cut was unfair. “If there are going to be cuts, I want them to be fair,” said Dan. “Are heated meals really necessary? That sounds like a significant cost,” he said. “You’re taking from the most

needy. And the people who have the most, keep getting the most,” said Connie. Dillon said the perceived need doesn’t yet exist, and that if more programs were developed that needed the building, it may return to its former operating hours. “If we could get more interest in the building, the possibilities are there to bring the hours back,” said Dillon. “If we can embrace this change, I think we can turn this building into one that’s used more, and get more seniors in here. “You have no idea how hard I’ve fought to keep this center open, and I promise you it will stay open,” she said.

Being a Senior Citizen

Order your copy of Patrick M. Kennedy’s book <http://funwithretirement.com/BeingSenior.htm>

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Sunday School lesson

Time for change?

By Bruce Martin

As we enter a new year, there are things we would like to change. Some of them are within our power to control; some are not. The new year is a time I try to take inventory and ask the Lord to help me make changes in things I struggle with.

One of my favorite short stories is one by O. Henry called “The Cop and the Anthem.” The story revolves around “Soapy,” a homeless man who is facing a cold winter on the streets of New York. His situation is not one that has been thrust upon him; instead, it is a lifestyle he has chosen. Soapy decides the best way to solve his dilemma is to commit some lesser crime that will ensure enough jail time to get him off the streets for the winter months.

Soapy’s first crime is to hurl a cobblestone through a store window. The policeman who shows up at the scene of the crime does not believe Soapy is guilty and chases someone else down the street.

Next, Soapy eats heartily at a restaurant, then confesses he cannot pay. Instead of being arrested, he is thrown into the street and scolded. After committing the crimes of insulting a lady, acting disorderly in public, and stealing, Soapy pauses at a street corner. The sound of a church organ

captivates his heart. Overcome by a desire to change, Soapy thinks through the things that have brought him to this stage in his life. As he stands listening to the music coming from the church, “Those solemn but sweet organ notes set up a revolution in him.” Tomorrow he would turn over a new leaf. He would get a proper job and make something of himself. He decides failure at doing wrong must indicate it is time for a change.

At that moment, Soapy feels a hand on his shoulder and the voice of a policeman asking, “What are you doing here?”

“Nothing!” replies Soapy, who is then sentenced to 90 days in jail for loitering. It seems that at just the time we are most willing to change, we face disappointment and opposition. Our desire to change the things we can control is seemingly overshadowed by the things we cannot change. The truth is the content of our heart will determine the direction of our lives more than the circumstances in which we find ourselves.

Jesus distilled the fundamentals of discipleship when He summed up the whole Bible in one command: “Love

See **Sunday School**, p. 38



Obituaries

John Henry Jones, age 60, passed away Sat., Dec. 3, 2011, near Oso, Wash., as the result of an automobile accident.

He was born Sept. 22, 1951, in Sedro-Woolley, to Ernest and Fern (Bowers) Jones. John was a lifetime resident of the Birdview and Concrete areas, and he graduated from Concrete High School in 1970.

He worked as a shake cutter for Richard Nelles for many years and farmed for Bill Johnson since he was 16. John enjoyed deer hunting and was a member of the Concrete Eagles. He enjoyed taking care of his grandchildren, and he was the greatest Papa to his children and always had time for them.

John is survived by daughters Connie Sabel and her husband Dennis of New Boston, Ill., Carrie Jones of Sedro-Woolley, Debra Jones of Concrete, and Jamie Lindborg and her husband Nick of Arlington; grandchildren Bradley Sabel, Jonathon Jones, Christopher Sabel, Tanner Jones, Jillian Sabel, Raymond W. Ross, and Jocelyn Lindborg; sisters Marge Ketchum and her husband Bill of Everett, and Mary Hanson and her husband Gary of North Bend; brothers Howard Jones of Burlington, Ralph Jones and his wife Donna of Sedro-Woolley, and Tom Jones and his wife Laura Lynn of Concrete; numerous nieces and nephews; and lifetime best friends Bill and Mary Johnson of Sedro-Woolley.



He was preceded in death by his parents; brothers Walter, Lloyd, Sam, and Gene; and grandsons James and Dakota. Graveside services were held Sat., Dec. 10, at 1 p.m. at Hamilton Cemetery, with Pastor Bruce Martin of Concrete Assembly of God officiating, with a potluck reception following at Evergreen Elementary School in Sedro-Woolley. Memorials are suggested in memory of John at Skagit State Bank in Sedro-Woolley. Arrangements under the care of Lemley Chapel, Sedro-Woolley. Please share your memories of John and sign the online guestbook at www.lemleychapel.com.

Virginia Godfrey, born July 23, 1925, passed away Dec. 26, 2011, from kidney failure. She is loved and missed by her large family. A memorial will be held Jan. 7 at 4 p.m., at Kingdom Hall, 410 Ball St., Sedro-Woolley.

Cathleen Ann Kelly, 80, passed away at her home in Billings, Mont., on Thur., Dec. 22, 2011.

Cathie was born on May 16, 1931, in Wolf Point, Mont., to Hugh and Rose Marron. She married Jim Kelly on July 28, 1947. They moved west to Cascade, Idaho, and then moved to several small towns in eastern Washington: Hunters, Garfield, and Winthrop. They eventually moved to Concrete in 1966, where Cathie lived until Oct. 2011, when she moved to Billings. Cathie and Jim were married for 47 years until his death in 1994. Cathie didn’t remarry or even date, for Jim was the love of her life.

She was also preceded in death by her son Jeff, in 2003, and by her brother Jack in 1999.

Cathie was a homemaker and after the oldest four children left home, she sold Avon products—lots of products, as evidenced by the many Avon boxes that are full of items in storage.

Cathie was very strong willed and unwaveringly firm in her values and opinions. She was very tough and determined, but also fundamentally kind and nurturing. Forever compassionate, she gave strength to the young and weak. She was positively resilient in the path of her life. She was intelligent and well read, and had a great sense of humor even as her health declined and she was in pain. She was undeniably entertaining and will be missed.

Cathie is survived by her daughter Marcia of Seattle; sons Conn (Vicki) of Billings, Mike (Dawn) of Billings, Kevin (Linda) of Littleton, Colo., and Kris of Concrete; numerous grandchildren and great-grandchildren; and older sister Rosemary Kelly of Billings. She also is survived by many other relatives.

Per Cathie’s wishes, cremation has taken place. A memorial service was held at 3 p.m. on Tue., Jan. 3, 2012, at Cremation & Funeral Gallery.

Arrangements are by Cremation & Funeral Gallery. Condolences may be sent to the family through “Our Families” at www.cfgbillings.com.



Sheriff’s blotter

Nov. 28

A Grasmere caller reported hearing someone stomping on their back porch.

Nov. 29

A burglary was reported from a River Road residence in Sedro-Woolley. Items outside the home were stolen and a locked container had been cut open; a riding lawn mower, air compressor, and other items were stolen from that container.

A Grasmere caller reported he was en route to his mother’s house on Cape Horn Road to collect money she owed him. Caller thought there might be a fight.

Dec. 1

A Lyman caller reported youth in a motorized vehicle on Cascade Trail, which is a nonmotorized trail.

Two miniature horses were reported in the roadway along South Skagit Highway near Day Creek. The caller believed the horses posed a traffic hazard.

Dec. 2

A Marblemount caller reported their Cascade Road home had been burglarized while they were at United General Hospital. Someone had broken in and taken several items.

A Cape Horn caller reported a burglary at a South Shore Drive residence. This is an ongoing problem for the caller; people keeping breaking into that same home. It is unknown how entry is being gained, and there are no suspects at this time.

Dec. 3

A caller from a residence on Concrete Sauk Valley Road reported people near his property. He checked the area and found a backpack on SR 20 near his property.

Dec. 4

A Prairie caller reported someone had thrown a firecracker at the caller’s house on Grip Road.

A Sedro-Woolley caller reported a domestic disturbance at a Rhodes Road residence. A male was kicking a door down.

Dec. 19

A welfare check at a Hoehn Road residence found a female at the reporting party’s house, stating she had been abused and thrown out of a vehicle.

A report came in for a lost 7- to 8-month-old female Rottweiler dog from a South Skagit Highway residence near Concrete. The dog is light brown, with a white collar and silver “bone” tags, and had been missing since the evening of Dec. 18. The dog is friendly and answers to the name “Sarah.”

Dec. 20

A caller from a Logsdon Lane residence in Grasmere reported receiving harassing phone calls from a sister.

Dec. 21

A caller from a Nelson Lane residence in Sedro-Woolley reported a possible mail theft, with upwards of 15 mailboxes opened and rifled through illegally.

The driver of a red Saturn suffered a head injury after a rollover accident on South Skagit Highway near Day Creek.

Dec. 22

A vehicle prowl was reported near a residence on East Sauk Lane in Darrington. The caller stated the vehicle had been broken into.

Dec. 23

Another report of probable mail theft along Columbia Way in Sedro-Woolley. Caller noticed mailboxes had been gone through. Some items were lying on the ground; some envelopes had been opened.

Dec. 24

A Clear Lake caller reported a suicide attempt. The caller’s ex-wife was threatening to jump off the Deception Pass bridge.

Dec. 25

A Concrete caller reported a male subject had pointed a .22 rifle at the caller’s dog.

Level 3 Sex Offender NOTIFICATION

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

Bowers, Robert James

Age: 33
Race: W
Sex: M
Height: 5’ 9”
Weight: 165
Hair: Blonde
Eyes: Blue



Address: 11xx Curtis St., Sedro-Woolley
Bowers was convicted of third-degree rape in Skagit County. His victim was a 32-year-old female neighbor. Bowers was 15 at the time, and entered the victim’s bedroom while she was sleeping.

Bowers 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

Area Food Banks

Clear Lake

Community Covenant Food Bank

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

Concrete

Concrete Food Bank

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

Darrington

Darrington Food Bank

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

Hamilton

Hamilton Community Food Bank

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

Commodities distributed first Tue. each month
360.826.4090

Lyman

Shepherd’s Heart Food Bank

8334 S. Main St., Lyman
Every Thur. 11 a.m.—3 p.m.
Third Thur. each month till 5 p.m.
November: Open Nov. 23, 10 a.m.—noon
Closed Thanksgiving Day // 360.424.4927

Marblemount

Bread of Life Food Bank

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

Sedro-Woolley

Helping Hands Food Bank

601 Cook Rd., Sedro-Woolley
Wed., 10–11:45 a.m. and 12:30–4 p.m.
Commodities distributed first Wed. each month
360.856.2211

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Worship directory

Assembly of God	Free Methodist	Lutheran
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	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	Shepherd of the Hills Lutheran Church 46372 Main St., Concrete / 853.8814 Sun. worship: 10 a.m. Marcus Stroud, pastor
Catholic	Methodist	Nondenominational
St. Catherine Mission Church 45603 Limestone St., Concrete Office: 855.0077 Weekday hours: 9:30 a.m.–1:30 p.m. Sun. Mass: 8:30 a.m. Father Martin Bourke, pastor	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 Kallishian, pastor	Community Bible Church 45672 Limestone, Concrete; 853.8511 E-mail: cbocconcrete@earthlink.net Sun. School: 9 a.m.; Worship Svc: 10 a.m. Childcare/Children’s Ministries at both Contact church for other ministries Rob Thomas, pastor
Baptist	Presbyterian	
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	Mount Baker Presbyterian Church 45705 Main St., P.O. Box 246, Concrete Church 853.8585; office 595.0446 www.mtbakerpresbyterian.synodnw.org Sun. worship: 9 a.m. Tom Ross, pastor	Rockport Christ the King Comm. Church 11982 Martin Rd., Rockport, WA 98283 Church office: 853.8746 Pre-service fellowship: 9:30 a.m. Sun. service: 10 a.m. Sun. eve. Bible study: 5 p.m.
Covenant		
Community Covenant Church 12605 Highway 9, Clear Lake 360.856.1023 // covenant@wavecable.com www.clearlakecov.org Sunday School: 9:30 a.m. Sun. worship: 11 a.m. Call for weekly youth group/Bible studies Tim Hedberg, pastor		

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



Skagit County EMS Commission trains 1,071 residents in CPR, first aid

The Skagit County EMS Commission announced Dec. 15 that it trained 1,071 Skagit County residents in CPR and first aid in 2011, improving the odds that in the event of a medical emergency in Skagit County, someone will be on hand to help someone else.

The Commission offers low-cost CPR and first aid training to county residents. The Commission also provides training to students at area high schools. The training is made possible by the county-wide Medic One levy.

Laypeople are the first link in the chain of survival and who will start the process to save someone’s life.

“CPR training is the essential first step we need for our citizens to provide before

emergency medical providers arrive,” said Earl Klinefelter, Skagit County EMS Commission Manager. “Those crucial few minutes help save lives.”

By using life-saving measures and calling 9-1-1, rescuers start the process that involves bystander care, emergency medical personnel, doctors, and others who work together to save lives.

Laypersons trained to know what to look for in someone suffering from a heart attack, stroke, cardiac arrest, or other medical emergency can increase a victim’s chance of survival or keep them comfortable.

The American Heart Association (AHA) reports that 70 percent of Americans still do not know CPR. With 80 percent of all cardiac arrests taking place in the home, it’s important that people learn CPR and know how to save the lives of loved ones and other people. The AHA states that CPR provided immediately after sudden cardiac arrest can double or triple a victim’s chance of survival.

The Commission will continue to offer CPR and first aid training to the public in 2012 for a nominal fee. The class schedule, registration forms, and other information are located at www.skagititems.com. For more information, call 360.428.3230.

United General announces January screenings, events

United General Hospital in Sedro-Woolley will hold several health screenings and events in January. Register for most events by going to www.unitedgeneral.org or 360.856.7245. Following is a partial list of January offerings.

5 Tips for a Better Brain

Thur., Jan. 5, 6 p.m.; free Concrete Theatre, Concrete

Learn five things you can start doing right now to boost your memory, alertness, and concentration.

Finding Your Healthy Body Weight

Thur., Jan. 12, noon to 1 p.m.; free United General Hospital, Sedro-Woolley

Review appropriate weight-loss strategies and how to make healthy lifestyle changes.

Safe Exercise During Pregnancy

Thur., Jan. 19, noon to 1 p.m.; free United General Hospital Family Medicine Clinic, Sedro-Woolley

Learn information on pregnancy and exercise, from getting started to staying motivated.

Healthy Aging for Baby Boomers

Mon., Jan. 23, 6 p.m.; free Location TBD

This presentation will help you learn how to cut your risk of heart disease and reduce your chances of developing diabetes.

Yoga Classes

Sessions will revive your energy and make you feel good through strength building, stretching, and relaxing exercises.

Beginners Yoga: six-week class starts

Mon., Jan. 9 at 4:30 p.m. or Wed., Jan. 11 at 6 p.m. for \$47.

Level One Yoga: 12-week class starts Mon., Jan. 9 at 6 p.m. for \$93.

Level Two Yoga: 12-week class starts Wed., Jan. 11 at 4:30 p.m. for \$93.

Mall Walk Kick-Off Event

Tue., Jan. 24, 7 to 10 a.m. Cascade Mall Community Room

Learn about the benefits of starting a walking routine. Cascade Mall is open Mon. through Sat. at 7 a.m. for people of all ages and abilities to walk for fitness in a warm, safe environment. Free blood pressure checks, snacks, and health resources will be available. Sign up to be a member of Mall Walk and receive a free pedometer.

Cholesterol and diabetes screenings

Offered at United General every Friday for \$15. Screening includes total cholesterol check: HDL, LDL, triglycerides, and glucose levels. A 12-hour fast is required.

Available from 8 a.m. to noon. No appointment necessary; check in at main lobby of United General Hospital. For more information, call 360.856.7245.

Vitamin D screenings

Available every Friday for \$35. Fasting is not required. Results are mailed to your home and/or physician.

Available from 8 a.m. to noon. No appointment necessary; check in at main lobby of United General Hospital. For more information, call 360.856.7245.

Look Good Feel Better

Quarterly free classes for women cancer patients to help combat the appearance-related side effects of cancer treatment. Meets at the hospital. For dates and registration, call the American Cancer Society at 425.322.1100.

Free Health Insurance Counseling

Free individual counseling on Medicare and other health insurance is offered to people of all ages. Appointments are available on Mondays and Wednesdays from 9 a.m. to noon. To schedule an appointment in Sedro-Woolley, call 360.856.7298. For more information, go to www.unitedgeneral.org.

Hoops, cont. from p. 9

game long. All four quarters we played great defense,” said Tyndall. Clark again turned in a 50-pt. game, scoring more than half the team’s points.

Cedar Park Christian handed the Lions a loss during a Dec. 16 away game. Tyndall called the match “really brutal,” with Cedar Park up 20 points in the first half. The Lions fought back in the second half, narrowing the lead to one, but couldn’t pull it off.

On Dec. 20, Seattle Lutheran beat the Lions 64–59 in a hard-fought tussle that almost turned the other way. “We had a shot to win against a really good team, and we were right there with them,” said Tyndall, who tried the man-to-man

defense at first, then switched to zone in the second quarter.

The two-day Darrington Memorial Dec. 28–29 found Concrete facing off with Lambrick Park, in Victoria, B.C., for its first game, and losing 78–60. “They were a big, big team,” said Tyndall. “In this league, you don’t usually see five players who are all over 6 feet, with some at 6 feet 5 or 6 feet 6—and they players were really skilled. They took it to us. We were overmatched, although we fought back.”

The second tournament day brought Northwest, a 1A school from Seattle, to the Lions’ dance card. Concrete came out on top of that game, in part because of good teamwork, said Tyndall. “Tyler Clark had 37 points, but he involved his teammates too, and had some spectacular

passes to fellow players under the net.”

The Lions defense was back, pressuring Northwest’s athletic team that didn’t have a strong shooting game. Concrete ended December on a high note, with a 62–43 win against Northwest.

Fundraiser

What: Bread of Life Food Bank buffet/silent auction fundraiser

Where: Marblemount Community Hall

When: Sat., Jan. 21, 5 to 8 p.m.

Cost: \$5 per person
\$15 for families of 4 or more

Info: 425.345.4762 or 360.873.4240

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Valerie Stafford
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United General Hospital

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Out & About



Mount Vernon

SVC receives \$334K Air Washington grant

Skagit Valley College will receive \$334,000 during the next three years to focus on the training needs of the aerospace industry. The funds are SVC's portion of a \$20 million Air Washington grant awarded by the U.S. Department of Labor to a statewide consortium of community and technical colleges, led by Spokane Community College.

The consortium will research, design, develop, and implement comprehensive education, training, and services necessary to meet Washington's aerospace workforce demands in manufacturing, assembly, electronics, and composites.

SVC will concentrate on composites training at the Marine Technology Center in Anacortes, with its state-of-the-art composites lab.

Skagit will train approximately 200 people during the life of the grant, providing much-needed technical training to meet the workforce and apprenticeship needs of the industry.

Skagit Valley Hospital's Weinberg wins March of Dimes' Distinguished Nurse of the Year

In recognition of nurses whose extraordinary efforts stand out, the March of Dimes Washington Chapter Dec. 8 held its eighth annual Western Washington Nurse of the Year Awards honoring local nurses.

RNs working at all staff levels in western Washington were honored in 14 categories. Among the nurses recognized was Julia Weinberg with Skagit Valley Hospital, who captured the Distinguished Nurse of the Year award.

The event, which took place at the Meydenbauer Conference Center, was presented by Premier Blue Cross. The March of Dimes is the leading nonprofit organization for pregnancy and baby health.

Tollefson sendoff planned

A farewell party for retiring Skagit Valley College President Gary Tollefson will be held Feb. 15 at 4:30 p.m., at McIntyre Hall Performing Arts &

Conference Center, located on the Mount Vernon Campus of SVC.
To RSVP, e-mail Lisa Radeleff at lradeleff@skagit.edu.

Burlington

Financial plan sets Port of Skagit's future direction

A long-term financial plan adopted by the Port of Skagit Board of Commissioners Dec. 20 allows the port to continue leading efforts to build a strong economy in Skagit County during the next 30 years.

The plan provides a model that can be used to guide policy issues, set capital investment priorities, and determine cash-flow requirements, said Kristin Garcia, the port's director of finance. It is a fluid document that will be updated at least annually as priorities change and new opportunities become available, she added.

There are two key outcomes of the initial plan. Port revenues, as a whole, will grow faster than expenses, and capital facilities planning will be based on the port's highest priorities. Specific fiscal policies spell out levels of revenue and reserves that will be maintained.

To guide future port decisions, the long-term financial plan is based on a moderate growth model that calls for increasing revenue by 3 percent annually while holding the line on operating expenses. This would allow the port to cover an expected 6 percent increase in total costs for wages and benefits.

Because occupancy rates at the port's existing facilities are nearing 100 percent, the port will need to acquire new revenue sources in order to grow revenues. The greatest opportunity to increase revenue would be to lease more of the buildable land at Skagit Regional Airport and Bayview Business Park. The staff currently is working on marketing efforts to spur new development on these properties.

Port staff also developed a long-term capital facilities plan in conjunction with the financial plan. It sets out capital projects, including new development, asset replacements, and dredging the

Swinomish Channel, plus asphalt maintenance on the airport and more.

Skagit County

Commissioners enroll county in program to protect streams

SKAGIT COUNTY — On Dec. 19, the Board of Skagit County Commissioners adopted an ordinance to enroll the county in the state's new "Voluntary Stewardship Program" (VSP) created by the Legislature earlier this year.

The ordinance enrolls the entirety of unincorporated Skagit County in the VSP, which will make the county eligible for state and federal funding to encourage and assist agricultural landowners to be good stewards of their property. "I really believe that moving forward with this program and rewarding landowners who are voluntarily being good stewards of their property will get us to where we need to be faster than regulations," Commissioner Sharon Dillon said.

The County's Ag Advisory Board and the County Planning Commission voted earlier this year to support enrollment. The County received letters of support from environmental and agricultural organizations, including the State Department of Ecology, Futurewise, and Western Washington Agricultural Association.

Washington counties are required to designate and protect "critical areas," such as streams. While some other counties protect critical areas using mandatory buffers along streams where agriculture is not allowed, Skagit County's "Critical Areas Ordinance for Ongoing Agriculture" (the "Ag-CAO"), instead requires farmers to "not harm or degrade" critical areas, and comply with specific measures to avoid harm to streams. Although Skagit County has spent years and millions of dollars defending its ordinance, in 2007 the state Supreme Court ruled the county's approach was not compliant with state law. Although the court held that Skagit County need only "protect" and not "enhance" critical areas, it also confirmed that the county's ordinance lacked important details to ensure it could effectively protect critical areas.

For more information, go to www.skagitcounty.net/agcao or e-mail Civil Deputy Prosecuting Attorney Ryan Walters at ryanw@co.skagit.wa.us.

Conservation District to hold public election

Skagit Conservation District will hold a public election for one elected board supervisor position on Tue., March 20. The filing deadline for candidates, who must be registered voters and live within Skagit County, is 4:30 p.m. Fri., Feb. 17. For more information, call 360.428.4313.

Puyallup

Family Feud brings contestant search to town

Family Feud will come to Puyallup in its search for families to participate in the classic game show.

The show's contestant casting team will be at the South Hill Mall in Puyallup on Sat. and Sun., Jan. 14–15, to search for contestants who are quick with the buzzer on popular survey questions. This is a chance to play "The Feud" on national television with host Steve Harvey, where every family stands to win up to \$100,000 in cash and maybe even a brand new car.

Each team of five family members must have an appointment to audition. Interested families can call 323.762.8467 or e-mail seattle@familytryouts.com for complete information and available times.

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Home & Garden



The Garden Corner

By Gladys Silrus

Mary J. wants to know: When can I start my seeds indoors and what can I start?

If you live in Concrete, the end of January or first part of February is a good time to start seeds indoors, especially warm-season annuals, tomatoes, marigolds, peppers, cosmos, zucchini, impatiens, salvia, or basil.

You will need to know the last-frost date for your area, and plant your seeds about six to eight weeks before your target planting time. I don't plant until mid-May, sometimes as late as Memorial Day weekend. If we have a wet, cold spring like we did last year, the first of June is good.

Starting seeds indoors

To ensure success when growing your own seedlings, follow these steps:

1. Mix warm water in a quality, sterile seed-starting mix. Fill your containers

with the moistened seed-starting mix.

2. Plant seeds by scattering them evenly over the surface of the mix. If you have really small seeds that are difficult to sow evenly, mix them in a saltshaker filled with sand. Mix them up and shake seeds out with the sand.
3. Label your pots.
4. Maintain humidity. Most seeds sprout best in a warm, humid environment. Loosely cover with clear plastic wrap—not too tight, because the seeds need fresh air or they will rot. Keep containers out of direct sun; too much heat may build up and bake the little guys.
5. Water seeds carefully when they are slightly dried out.

Pay attention while your seedlings are getting started; any number of problems could develop that you'll need to address.

- **Damping off.** Seedlings suddenly wilt and die for no discernible reason. This is caused by fungi. To prevent damping off, don't overwater, thin

seedlings to prevent overcrowding, and use a sterile growing medium. If seedlings wilt, there's nothing you can do but let them go to that garden in the sky.

- **"Leggy" plants.** Seedlings are long and spindly, a result of too little light, overly warm conditions, or overcrowding.

• **Discolored leaves.** A nutrient deficiency can cause this. Remedy with a weekly dose of a liquid fertilizer containing trace minerals, diluted to half strength. Do not overfertilize (carefully follow label instructions on fertilizer) or you'll risk damping off.

- **Curled leaves.** Likely from overfertilizing. Most seedlings don't need fertilizer until they begin to develop true leaves. Even then, small, frequent feedings are better than occasional large doses.

January to-do list

Keep cleaning up those leaves, pull

obvious weeds, clean up and sharpen hand tools if you didn't do it at the end of fall. Tune up your lawn mower before mowing in spring.

Plant bare-root trees, shrubs, and roses once the ground has thawed. You can plant container-grown trees, shrubs, perennial herbs, ground covers, and perennial flowers as long as you are within at least one month of your last frost date.

Prune deciduous (having leaves that fall annually) fruit trees and roses. Spray both with horticultural oil to prevent insects later. Be careful with flowering trees and shrubs; you don't want to trim off developing buds. Do not trim late-summer or fall-blooming trees and shrubs; prune them a month after they stop blooming.

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

Angele Cupples

Community Garden

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

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

Help support Concrete's first community garden with a donation of your time or money.

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



Smile



Dwelleysms

Wit from former
Concrete Herald editor
Charles M. Dwelley

“It has been suggested that Concrete brighten up Main Street at night by leaving more lights on in the stores. Also an inexpensive way to advertise a good-looking establishment. Attention, [Chamber of Commerce]!”

“President Kennedy today makes a report to the Congress on what he desires from them this term. It is stated that he will ‘give them both barrels.’ To be filled, preferably.”

“A man’s outlook on life may be pretty good when he is single, but addition of a couple of female eyes to the household broadens the view.”

“Thievery is growing more prevalent as times get difficult. Under modern theory, it is better to steal than work for less wages than the last job.”

—Jan. 11, 1962

“Leftists, rightists—blightists. Let’s just admit society is like a grist mill that is kept turning by the cranks at both ends of the shaft.”

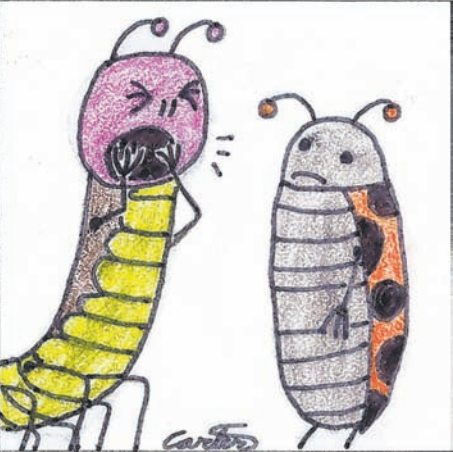
—Feb. 15, 1962

“Today’s sermon: All work and no pray makes a dull hereafter.”

—March 15, 1962

Off Center

By Jonathan Carter



Eeewww! I think a person just went into my mouth!

“It is quite true that people want to be entertained rather than uplifted. Better a hilarious pratfall than an analysis of how it was accomplished.”

“All the United Nations needs is a good credit man. Pay up your dues or your chair is removed.”

—Feb. 1, 1962

“The true craftsman not only knows how to do his work better, but also why. That is the secret ingredient money cannot procure.”

“In spite of over-worship of currency, a man with no money is not necessarily unloved. He may just be the head of a large family.”

—Feb. 22, 1962

“It is estimated that 544,000 farms were swallowed up last year in consolidations. Getting so a small farmer can’t even stay in the subsidy collection business.”

—March 1, 1962

“In the battle for bigger and better things in the small town, it isn’t a case of too many chiefs and not enough Indians. It’s just that the chiefs would rather be Indians and the Indians would rather stay home.”

—March 29, 1962

“The statement that a sixth-grade education is enough to qualify a voter is probably true. A great majority of those now voting use that level of reasoning.”

“Ease and speed of travel these days has replaced the ‘whether’ with ‘whither.’”

—March 15, 1962

Big trouble

Two boys, ages 8 and 10, were always getting into trouble. Their parents knew if any mischief occurred in town, the two boys were probably involved.

The boys’ mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually. The mother sent the 8-year-old in the morning, with the older boy to see the preacher in the afternoon.

The preacher, a huge man with a deep, booming voice, sat the younger boy down and asked him sternly, “Do you know where

God is, son?” The boy’s mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open. So the preacher repeated the question in an even sterner tone, “Where is God?” Again, the boy made no attempt to answer.

The preacher raised his voice even more and shook his finger in the boy’s face and bellowed, “WHERE IS GOD?”

The boy screamed and bolted from the room, ran home, and dove into his closet. When his older brother found him, he asked, “What happened?”

The younger brother, gasping for breath, replied, “We are in BIG trouble this time!” “GOD is missing, and they think WE did it!”

Photo Caption Contest!

Send a funny caption for the photo at right to *Concrete Herald*, and you might win a \$25 gift certificate to Annie’s Pizza Station!

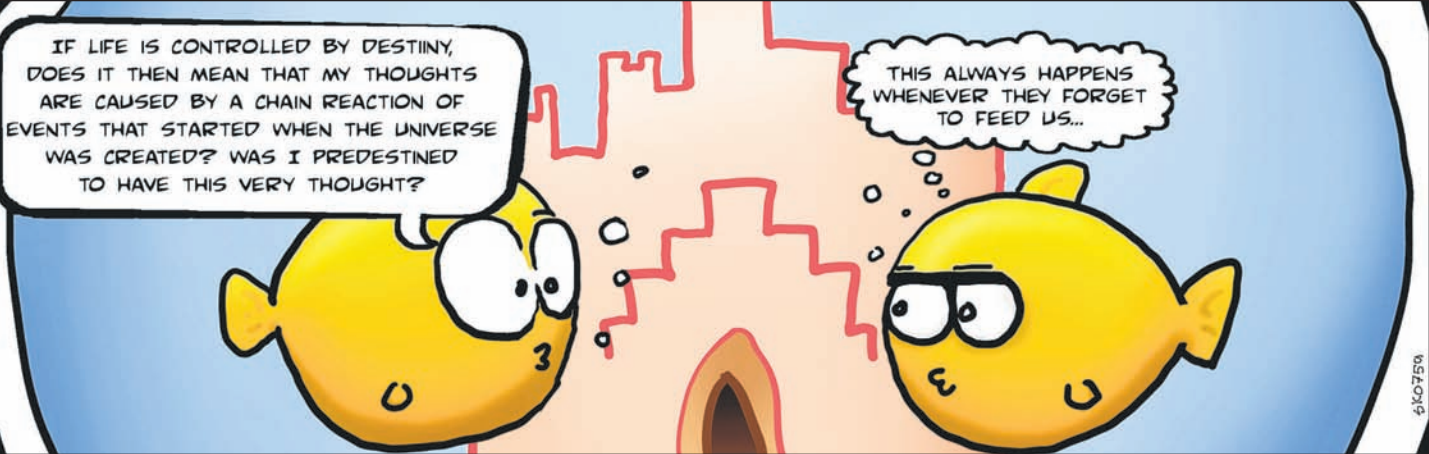
Contest is open only to citizens living in Clear Lake, Sedro-Woolley, and any community east. E-mail or snail-mail your caption by Jan. 20 to: editor@concrete-herald.com or P.O. Box 682, Concrete, WA 98237. Include your name, mailing address, and phone number.

The winner will be announced in next month’s issue.



Public Service Announcement

By Stig Kristensen



Crossword: “Part of a straight?”

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			

Across

- Book part
- “Cut it out!”
- Five-time U.S. Open champ
- Almond
- Auspices
- All-night party
- Gardening guy?
- Boreal forest
- Old Germans
- ____ and aahs
- Dentist’s direction
- “Blue ____”
- Opens
- Brilliance
- Denials
- Eerie gift
- Romantic guy?
- Haw partner
- Ricelike pasta
- Diminished by
- More lively
- Sportscaster Musburger
- Ski trail
- “Get ____!”
- Profound
- Contradict

Down

- Affranchise
- Genuine
- Zone
- Film maker
- Chocolate source
- “A rat!”
- “Give it ____!”
- Sort carefully
- To be, to Brutus
- Free
- Radioactive element
- A plant of the rose family
- Shield figure
- Rabbitlike rodent
- Engine sound
- Driven
- Big bore
- “Little Women” woman

27. Yearn

- Hypothetical form of matter
- Symbol of strength
- Earlier
- Wednesday tree?
- Coastal raptor
- Bowl over
- “Check this out!”
- “____ any drop to drink.”
—Coleridge

- Insignia
- Cause of inflation?
- Mounts
- ____ Station
- Arouse
- Sign on a plane facility
- Brace
- Banana variant
- C-worthy
- New news
- Come into view
- Deeply
- Cut, maybe
- “i” lid
- “Rocky ____”
- Scale note

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.

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

*Solutions to both puzzles are on p. 38.

Funny as Facebook

The following funnies were pulled verbatim from Facebook status updates in December.

- “Decided drinking a hot liquid in a moving vehicle is much more difficult than it looks.”
- “Mom: ‘Alex, what time are you expecting?’ Alex (in a girly voice): ‘Oh, about eight months.’ Mom: ‘No, what time is he coming over.’”
- “This dog, is dog, a dog, good dog, way dog, to dog, keep dog, an dog, idiot dog, busy dog, for dog, 30 dog, seconds dog! Now, read that sentence without the word ‘dog.’”
- “Don’t assume everything I write on here is about you.”



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d.iga@frontier.com

Letters, cont. from p. 3

are no good people left, an act of kindness shows up at your door. I am truly blessed having so many good friends. Thank you all so much!

Gladys Silrus
Concrete

Assistance, cont. from p. 5

month. Mail notification service also will be provided. Residents also can call Community Action to enter their names onto the wait list.

About 300 names will be selected each month. Sixty emergency appointments are

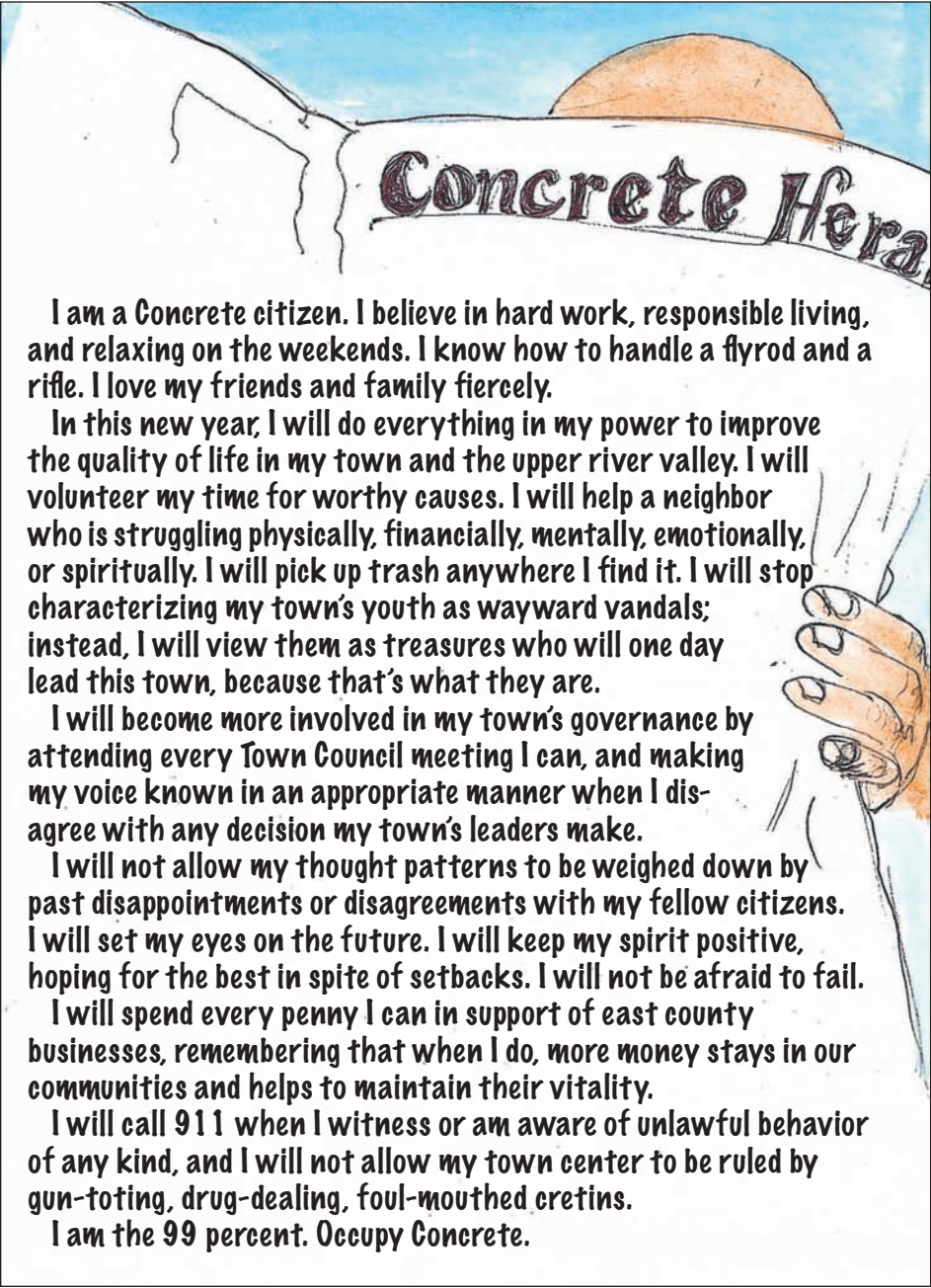
reserved for people who have lost heating service.

Priority is given to residents who have not received any home heating assistance during the year that begins in October and ends in September. Among the services provided through the Home Energy Assistance Program are the federally-funded Low Income Home Energy Assistance Program (LIHEAP) for heat, the Puget Sound Energy Help Program for electric, and energy assistance for Cascade Natural Gas customers.

Concrete Herald
The Voice of Eastern Skagit County

Concrete Harold

Artwork by Joyce Harris / text by Jason Miller



I am a Concrete citizen. I believe in hard work, responsible living, and relaxing on the weekends. I know how to handle a flyrod and a rifle. I love my friends and family fiercely.

In this new year, I will do everything in my power to improve the quality of life in my town and the upper river valley. I will volunteer my time for worthy causes. I will help a neighbor who is struggling physically, financially, mentally, emotionally, or spiritually. I will pick up trash anywhere I find it. I will stop characterizing my town's youth as wayward vandals; instead, I will view them as treasures who will one day lead this town, because that's what they are.

I will become more involved in my town's governance by attending every Town Council meeting I can, and making my voice known in an appropriate manner when I disagree with any decision my town's leaders make.

I will not allow my thought patterns to be weighed down by past disappointments or disagreements with my fellow citizens. I will set my eyes on the future. I will keep my spirit positive, hoping for the best in spite of setbacks. I will not be afraid to fail.

I will spend every penny I can in support of east county businesses, remembering that when I do, more money stays in our communities and helps to maintain their vitality.

I will call 911 when I witness or am aware of unlawful behavior of any kind, and I will not allow my town center to be ruled by gun-toting, drug-dealing, foul-mouthed cretins.

I am the 99 percent. Occupy Concrete.

Sunday School, cont. from p. 30

the Lord your God with all your heart, soul, mind, and strength ... And love your neighbor as yourself” (Matthew 22:37, 39). If change begins in the heart, and it is a supernatural change that only God can bring, then we need to ask for His help.

Let me share three thoughts that will bring a change in our hearts:

- Love Jesus above all else.** Give the Lord first place in your life. If the focus of our lives is upon Jesus Christ and pleasing and honoring Him, it will change our lives and the lives of those around us.
- Love others.** Jesus raised the bar when He said, “Love one another as I have loved you” (John 13:34). He knew that a life consumed by self is not a life well lived. You and I will find great fulfillment and purposeful joy as we serve and love others with the strength and resources God provides.
- Live life with eternal values.** Jesus said unless a kernel of wheat falls to the ground and dies, it will not reproduce itself. What are you and I living for? Is it temporary or eternal? Is it for ourselves or others? May we invite the Lord to bring about a change and revolution in our hearts, a transformation that will result in changes in every area of our lives, changes that will please God and be a blessing to those around us.

Bruce Martin is pastor of Concrete Assembly of God.

State Parks, cont. from p. 24

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.

That revenue gap is responsible for the drastic measures, said Kratochvil. “The Discover Pass sales have not been what we anticipated, and we have to generate our own money strictly from that pass,” he said. “We’re no longer getting our money from the General Fund. It’s up to us to create our own destiny and generate our own money from the Discover Pass.”

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 reductions outlined in the commission’s plan. They

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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 letter raised two more points: “If this staffing reduction plan is implemented, we will be left with only 85 park rangers to cover 116 state parks and over a one-to-one ratio between management staff and permanent field staff. Aside from being extremely management-heavy, this does not create a safe environment for the public we serve, nor for the employees.

“Additionally, legislation has been introduced in both the House and Senate that would address transferability of the Discover Pass between vehicles and has the potential to raise additional revenue which could offset the necessity of these reductions. This could help significantly in closing this budget gap.”

Access to the parks should remain unchanged for now, said Kratochvil. “Rather than closing parks, we decided to keep the parks open and move to a more seasonal staffing model,” he said. “People might notice the lawns might not be mowed as often, the restrooms might not be cleaned as often, but we still intend to keep [the parks] open, safe, and clean.”

Crossword solution, from p. 37

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

Sudoku solution, from p. 37

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

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Editorial, cont. from p. 2

Main Street, dazed, his face a bloody mess.

Concrete Town Council’s decision to direct Sheriff’s deputies to cite anyone and everyone for smoking within 25 feet of any business entrance is a step in the right direction. Moving the smokers—and their (typically) accompanying foul and even abusive language—away from entrances at least distances them from local and visiting patrons who do not wish to run a gauntlet that assaults their lungs and ears simply to eat a meal, watch a movie, or buy a widget at the hardware store.

Will the transition be painful in some ways? Certainly. Change usually is. The town likely will lose some sales tax revenue as word gets out that Concrete is no longer a place to go if your idea of fun is getting drunk, cursing in public, and starting fights.

Perhaps a new breed of entrepreneur will step up and start Town Center businesses that leave alcohol out of the equation. Ice cream or frozen yogurt parlor? Funky coffee shop with live music? Candy store? The possibilities are nearly endless.

Naysayers will almost certainly come out of the woodwork after this bold decision, but council members should keep their spines stiff and keep the zero-tolerance edict in place for as long as it takes. Downtowns don’t change overnight: It took years to move toward the abyss; it may take years to steer away from it.



Rockport contractor Howard Stafford remedies the latest Silo Park sinkhole by maneuvering a slab of concrete into place at the base of the east end of the silos Dec. 5. Stafford built an underground wall with the leftover concrete from the town’s sidewalk reconstruction along Main Street in 2010, then filled in the hole with dirt. The area beneath the silos is hollow; the concrete wall will prevent further sinkholes from developing.

Town shouldn’t have to bear full expense for sinkhole repair

On Nov. 23, yet another sinkhole developed in Silo Park. Located at the east end of our iconic silos, the sinkhole was an award-winner, measuring 57 feet long, 28 feet wide at its north end, and 20 feet wide at its south end.

But the Nov. 23 sinkhole is hardly the worst. Public Works employees tell me of one that developed several years ago along the west edge—where people had parked their cars the day before—that was the size of a city bus. A *vertical* city bus.

While not frequent, Silo Park sinkholes are not uncommon. Why do they exist? We have CalPortland’s predecessor, Lone Star Cement Corporation, to thank.

In a Dec. 9, 1971 *Concrete Herald* article, Lone Star company reps assure that the process of razing the buildings that stood where Silo Park now stands would include leveling the ground and grading the land.

What actually happened was quite different. The company knocked down the buildings without crushing the walls, piled dirt on top of the mess, leveled out the dirt, and left town. During wet weather, the saturated soil finds its way into the voids, and voila: sinkholes. This last one will cost the town \$6,540.69 to address.

Silo Park could be something beautiful, but it’s starting to feel a lot like a white elephant gift. Covenants between the town and CalPortland effectively prohibit it from becoming much more than a big, grassy field.

CalPortland should either tear up Silo Park and cap it properly, or it should split the cost of sinkhole remediation 50/50 with Town of Concrete.

—J. K. M.

Town of Concrete advisory committee vacancies

Planning Commission

Three open positions. Town of Concrete will accept letters of interest and applications from any interested, qualified person.

Applications and letters of interest must be submitted to Town of Concrete Clerk-Treasurer, P.O. Box 39, Concrete, WA 98237.

For more information, contact Andrea Fichter at 360.853.8401.

Historical Preservation Commission

Two open positions. Applicants must have a background or professional expertise in architecture and landscape architecture or design. Applicants also should have experience in identifying, evaluating, and protecting historic resources. Town of Concrete will accept letters of interest and applications from any interested, qualified person.

Applications and letters of interest must be submitted to Town of Concrete Clerk-Treasurer, P.O. Box 39, Concrete, WA 98237.

For more information, contact Andrea Fichter at 360.853.8401.

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EVENTS

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Pat Buller Photography. 2012 calendars available at Albert’s Red Apple, notecards at Sauk Mountain Pottery and Northwest Garden Bling. All products available at Eagle Festival venues or PDB Photos, P.O. Box 279, Marblemount, WA 98267. 360.873.4344 or www.westslope@wildblue.net.

Sauk View Gallery thanks Concrete and all east county communities for their generous enthusiasm and support these four-and-a-half years. Begun on July 2, 2004, by Ember LaBounty and Larry Heavrin; Athena Hornsby; Gladys Silrus; Kathy Young and her husband, Mike; and Connie Barth, the Gallery showcased locally handcrafted products and arts of many kinds. Nearly 100 artisans were represented at one time or another. During this time, Karin Silvernale branched out into River’s Edge Studio and Athena Hornsby into Northwest Garden Bling, two new specialized venues. Without the community’s interest and patronage, this project would have never gotten off the ground. Now it is time to close the doors of the original Gallery and bid farewell. With thanks and best wishes, Merlene Buller, Betty Seguin, Doris Pollack, and Dianna Wood.

To place a Classified ad, call 360.853.8213 or e-mail ads@concrete-herald.com. Ads are \$5 per every 10 words, rounded up to the nearest 10. Payment is due at time of placement. Deadline for February issue is Jan. 23.

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