

The Voice of the Upper Skagit Valley

Concrete Herald

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50 cents

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

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Eagle Festival returns

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Grant will fix problem potholes near Lyman Elem.

A \$119,600 grant from the Transportation Improvement Board will make the going a little easier in Lyman. The town plans to use the funds for a street overlay project on Lyman Ave., near Lyman Elementary School. *Page 18.*

Working together to safeguard Hamilton

During the past year and a half, Skagit Land Trust has been working with Skagit Watershed Council, Skagit Fisheries Enhancement Group, Washington State Salmon Recovery Funding Board, and Town of Hamilton on a project that benefits salmon and the citizens of Hamilton. *Page 22.*

Darrington Strong elects new board members

A new Board of Directors for Darrington Strong will assume their positions this month. *Page 24.*

The diet made me do it



Tom Torrey says that what you eat (and don't eat) can make you fearful, fatigued, depressed, paranoid—even land you in jail. *Page 11.*

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Concrete Herald

The Voice of the Upper Skagit Valley



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

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From the editor The Poison Tree

Here we are again, that time of year when we resolve to do any number of things to better our quality of life—and hopefully the lives of others. I’ve been thinking about what stands in our way when our resolutions require working with others in order to attain them.

Resentment rises near to the top of my list of roadblocks. Think about it. How many times each year does the opportunity arise to work with someone on an idea that you’re excited about, but you pull up short, thinking, crikey, I don’t want to work with *him* or *her*! She did me wrong! He treated me with disrespect! William Blake wrote a poem about such bitterness and resentment back in 1794. Titled “The Poison Tree,” it creates a metaphor of a tree born of anger and wrath, that bears a poison fruit that eventually kills a man. Blake originally intended to end the poem after only the first four lines:

“I was angry with my friend;
I told my wrath, my wrath did end.
I was angry with my foe;
I told it not, my wrath did grow.”

This toxic attitude festers and ferments until the poem’s tragic end. I used to have a bumper sticker that told a similar story: “Resentment is like drinking poison and waiting for the other person to die.” I kept it on my car to help me get through a rough patch. How little is accomplished when we carry the baggage of resentment and an unforgiving spirit. Is forgiveness difficult? In my experience, it’s one of the most difficult things we can undertake. And I’m not saying “forgive and forget.” We’re all aware of toxic people who seem bent on being part of the problem rather than the solution. But until we can forgive and let go of individuals’ past actions, we will remain trapped in a well of our own resentment, waiting for an inevitable end. Happy New Year! Let’s make it poison-free.

—J. K. M.

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Opinion

Letters to the editor

Concrete Herald a 100-year investment

Congratulations on making it possible for the *Concrete Herald* to observe its 100th birthday (albeit with a brief gap)! You’ve done a truly remarkable job since reviving the paper in May 2009. And it’s doubly remarkable because you have the dual responsibility of being mayor. From all I can tell from afar, you’re doing an excellent job there, too.

I would suggest just one little tweak in your December editorial. In the next to last paragraph, I would have written “... after people like you invested (not donated) your hard-earned dollars ...” You’ve truly earned the right to call what your advertisers are doing an “investment” because of all the good those dollars are doing—both for their

businesses and the greater Concrete community.

Keep up the great work—on both fronts.
Larry Coffman, Publisher
MARKETING Newspaper
Woodinville

See Letters, p. 39

Letters policy

Letters of 200 words or fewer may be e-mailed to letters@concrete-herald.com or sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237. 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.



Concrete Youth Cheer thanks Cascade Supply, Java Zone 2, George Theodoratus, Albert's Red Apple, Concrete Liquor Store, *Concrete Herald*, Cascade Days, parents, and families for all of your support and donations! We had a fun and successful year thanks to YOU! We look forward to seeing you all again in the summer! Go Lions! —Sheena Daniels, coach

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Message from the mayor

By Jason Miller

First, a note of thanks to **Rich Philips**, our now-former Fire Chief who announced his retirement from the Concrete Volunteer Fire Department last month. Rich served our town for 34 years as a volunteer firefighter and 31 years as Fire Chief. I find it unlikely that anyone will beat his level of service, and on behalf of the town and our citizens, I thank you, sir!

It's all hands on deck over at the **wastewater treatment plant**, where we've been babysitting the goings-on there seven days a week, at all hours of each day. We have Water & Wastewater Services on board through February, and Rich and Jimmy Luttrell have been working weekends during the past few months while Alan Wilkins recovered from his medical emergency. Alan plans to return to desk work this month, which will free up Rich and Jimmy to turn their attention back to Public Works duties, while WWS focuses on deep cleaning the basins in the plant.

Speaking of Public Works duties, one duty I wish we didn't have to spend money on is an effort this month to trap and transport to the Humane Society upwards of **40 feral, at-large cats** in one of our neighborhoods. If we end up getting them all, we'll have spent about \$2,400 solving a problem that never should have been. That's taxpayer money. That's your money and my money. Please, for the love of all that's holy, don't feed stray cats. If you notice stray cats in your neighborhood, either live-trap and transport them to the Humane Society yourself, or call Town Hall at 853.8401 and we'll take care of it. You're not doing your neighbors or the cats any favors by feeding them.

Back to the wastewater treatment plant, which is struggling with **too much water** flowing into the system during the winter. Please, if your house or outbuildings are discharging storm water, surface water, ground water, or roof runoff into the town's sewer system, make it stop immediately.

Concrete Mayor Jason Miller can be reached at goodwords@frontier.com or 360.853.8213.



Commentary The tragic politics of abortion

By Claus Joens

“A typical vice of American politics is the avoidance of saying anything real on real issues.”

—Theodore Roosevelt

Unborn children don't vote. Unborn children don't have PACs. Unborn children don't control major media. The liberals fighting for pro-choice have won the battle, but lost the war. Meanwhile, the conservatives fighting for pro-life and God, family, and country have triumphed. But, to what end?

On the surface, pro-choice is about defending a woman's right to her body and pro-life is about defending the child's right to life. But scratch beneath the surface and you will find something entirely different. Recently, Ohio joined 15 other states in imposing a ban on abortion at 20 weeks. According to the U.S. Center for Disease Control, in 2013 there was one abortion for every five live births for women ages 15–44 years, or 664,435 legal induced abortions. Most abortions occur before 20 weeks, so little will change.

According to Thomas Bokenkotter's “A Concise History of the Catholic Church,” abortion, infanticide, and child abandonment were permitted under Roman law at the time of Jesus. Abortion was apparently not specifically addressed by Jesus in the Bible. So where do our modern opinions about abortion come from?

Pope Francis opposes abortion as “a grave sin, since it puts an end to an innocent life.” The U.S. Supreme Court determined biological viability occurs at 24 weeks. The Catholic Church determined life begins at conception and defends the sanctity of human life: “Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, Who is its sole end ...” While not all Americans are religious, all Americans should agree that pregnancy results from the “creative action” of two people, one male and one female.

Liberals fight for a woman's right to choose, and in doing so, concede the child's rights do not originate until birth.

Conservatives fight for the right to ban abortion as a procedure to end pregnancy, but also fight to ban birth control to prevent pregnancy, ban DNA testing of the father, ban child support before birth, and ban state-sponsored medical insurance and social services before birth—and in doing so, concede a child's rights do not originate until birth.

Under these circumstances, pro-choice does not allow the woman to choose the circumstances of her pregnancy, only the right to end it, and pro-life does not allow improving the circumstances of her pregnancy for the unborn child, only preventing the right to end it after 20 weeks. In effect, liberals are willing to grant property rights to the mother at the expense of the father, and conservatives

are willing to grant property rights to the father at the expense of the mother, but both ultimately do so at the expense of the child. Therefore from the child's perspective, aren't both sides wrong? Isn't it time for both sides to consider the rights of the unborn children in addition to the parents?

Claus Joens is a teacher in the Concrete School District and a member of the Economic Development Commission.

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Council approves Comp Plan updates

By Haley McNealey

Edited by Katy Tomasulo

Concrete Town Council recently approved two portions of the Concrete Comprehensive Plan. The Comprehensive Plan is a document that outlines a detailed plan and timeframe for the development and improvement of various features of the town. It is a state-mandated document that is effective for seven years before updates must be completed; however, many of the projects are planned for up to 20 years into the future.

The Town Council and Economic Development Commission approved the Economic Development Plan, an initiative drafted separately but included within the greater Comprehensive Plan, in late 2016. It includes 16 goals related to establishing a stronger brand for the town, proliferating tourist activities, and cultivating economic growth. Each of these goals is accompanied by detailed steps designed to accomplish the associated task and experts on the commission assigned to complete specific tasks.

New to the Comprehensive Plan is a

Parks and Recreation component, a non-mandatory element that meets requirements for various grant funding agencies.

In 1998 the town drafted a plan for improving parks, but it was not adopted as part of the Comprehensive Plan. According to Town Planner Marianne Manville-Ailles, some information in the recently adopted Parks and Recreation component was gleaned from the 1998 document, but much of the information from that plan was out of date and no longer relevant.

The current document includes inventory for each of the parks in town, a capital facilities plan, and a needs assessment. The information regarding future projects is organized by urgency, which helps the town determine which projects to pursue at any given time and which grants match the current needs. Information also was gathered from planning exercises that occurred at workshops held by Imagine Concrete Foundation, particularly for Silo Park,

giving voice to the ideas expressed by town residents who attended these workshops to share their vision for Concrete's parks. Manville-Ailles also credited veteran council member and Parks Committee Chair Marla Reed with contributing to the development of the plan, particularly by providing information regarding the equipment that is currently at each park.

"I am happy that we have this. It gives people in town an idea of what we are doing," said Manville-Ailles of the approved plan.

The Comprehensive Plan is scheduled to be completed in its entirety this year. The Transportation element still needs to be finished, as well as the Critical Areas Ordinance. There also are general municipal code updates to be determined and applied.

Writer Haley McNealey is a 2015 graduate of Concrete High School. Editor Katy Tomasulo lives in Seattle.

Town Council selects Dippold to fill vacant seat

In December, Concrete Town Council appointed Jude Dippold to fill the seat vacated by Corey Ruiz. Ruiz resigned his council position 2 seat in September 2016.

The council selected Dippold from a field of four applicants. On Dec. 9, council held a special meeting to interview three out of the four applicants; the remaining applicant was interviewed at the Dec. 12 regular meeting.

Following the completion of the interviews and discussion regarding the qualifications of each applicant, the councilmembers took a vote, narrowing the field to two candidates, with Ginger Kyritsis nominating Beth Easterday, seconded by Mike Bartel, and Rob Thomas nominating Dippold, with Marla Reed seconding the nomination. Kyritsis and Bartel each voted for Easterday, while Thomas and Reed each voted for Dippold. In the event of a tie, it is the mayor's responsibility to cast a vote; Mayor Jason Miller selected Dippold.

After the voting process was completed, Dippold was immediately sworn into office, taking the oath and his seat as councilmember. Dippold will complete the four-year term, which expires in December 2019.

When asked why he selected Dippold, Mayor Miller said, "I chose him because of the experience he brings to the table. He has a lot of knowledge about municipal government and new, fresh ideas for reviving the economy." Mayor Miller also cited Dippold's focus on tourism as incentive for selecting him to join the Town Council, emphasizing the important economic opportunities that more tourism will cultivate. Mayor Miller also referred to Dippold's experience with government process and grants, as well as his ability to think outside the box and his "can-do, forward-moving attitude."

Dippold moved to Concrete about a year and a half ago. He stated he has always tried to give back to the communities he has lived in, and when he heard about the opportunity to serve on the Town Council, he saw it as an opportunity to contribute. Dippold plans to focus on fostering economic development. He said he believes the chances of attracting a large industry to a town so small are slim, but the town is ideally situated for tourism; people from all over drive through the town to get to North Cascades National Park, Baker Lake, and Eastern Washington. Dippold stated he would like to see a promotion of overnight stays, and he believes the increase in lodging and meals will have a ripple effect to the other small businesses in town and encourage new businesses to open.

Dippold sees the Skagit River as a largely untapped resource for endorsing tourism. He expressed interest in canoe and kayak rentals, with the potential of a store to provide camping, hiking, and backpacking equipment. He also would like to explore integrating a network of recreational biking trails, an idea he saw in action during time spent living in Pennsylvania.

"It isn't for me to decide the direction of the town. That is for the citizens to decide. I am just another voice for the citizens," Dippold said. "I have a lot of ideas that I have seen work elsewhere, and I will help the town incorporate these ideas if that is the direction the town and its citizens decide to go."

Writer Haley McNealey is a 2015 graduate of Concrete High School. Editor Katy Tomasulo lives in Seattle.

2017 SKAGIT EAGLE FESTIVAL

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The Skagit Eagle Festival is funded in part by a grant from the Skagit County Lodging Tax.

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Month-long Skagit Eagle Festival returns in January

The popular Skagit Eagle Festival will once again welcome visitors to eastern Skagit County for four weekends of recreation, entertainment, and education in January. Festival activities are held on Saturdays and Sundays from Jan. 7 through 29, and are designed to celebrate the return of the bald eagles to the Skagit River area.

This year's lineup

Festival activities are planned at venues in Concrete, Rockport, and Marblemount, and include:

- Eagle-watching stations with trained volunteers.
- Walks, talks, and presentations at the Bald Eagle Interpretive Center in Rockport (see p. 23).
- A 5K Salmon Run and Nature Walk at Ovenell's Ranch near Concrete (Jan. 7, 10 a.m.).
- Arts and crafts sales at Concrete Community Center.
- Boat trips by Skagit River Guide Service.
- Photography workshops at Concrete Theatre.
- Raptor presentations by Sarvey Wildlife Center (Jan. 7 at 11 a.m., 1 p.m., and 3 p.m., in the CHS gym).
- Native American music and storytelling in Marblemount (see p. 26).
- Hayrides and bonfires at Ovenell's Ranch.
- Deep Forest Tours at Rockport State Park (see December 2016 issue, p. 23).
- Bluegrass music at Concrete Theatre.

- Children's activities at the Upper Skagit Library.
- Live music at 5b's Bakery.

"One of our most popular activities is the Raptor Show presented by the Sarvey Wildlife Center," said Valerie Stafford, chamber president, "so this year we've expanded that to include two Saturdays, with presentations scheduled on Jan. 7 and 28, at Concrete High School."

Some events are repeated each weekend, others are one time only.

"It's important for visitors to check our Web site for the most current information," said Stafford. "While most of the activities are held regardless of weather, if there are any last-minute changes, the Web site is where you'll find them."

This year the Skagit Eagle Festival is sponsored by *Concrete Herald*, Concrete Theatre, and Community Bible Church of Concrete, and is funded in part by a grant from Skagit County.

With so many activities available, where do you start? Go to the Skagit Eagle Festival Information Station, located in the Concrete Community Center, 45821 Railroad Ave. in Concrete, for brochures, maps, souvenirs, arts and crafts, free coffee, and restrooms. The Information Station is open from 9 a.m. to 4 p.m. on Saturdays and Sundays during the festival.

A complete schedule is available at www.skagiteaglefestival.com. For more information, contact the Concrete Chamber of Commerce at 360.853.8784 or chamber@concrete-wa.com.

—Concrete Chamber of Commerce

Nick VanJaarsveld Financial Advisor

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Council summary

Concrete Town Council met for a special meeting on Dec. 9, and a regular meeting on Dec. 12. Following is a summary of those two meetings. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

Dec. 9 special meeting

- Council met to interview three of five applicants for Council Position No. 2, which was vacant after Corey Ruiz's resignation in September 2016. The three applicants who were interviewed at this meeting were Elizabeth Easterday, Jason Driver, and Jude Dippold. The fourth applicant, Denny Blankenship, was unable to attend this meeting; he was interviewed at the Dec. 12 regular meeting. A fifth applicant who had applied during the first call for applications, Joshua Gonzales, has moved out of state and therefore was not considered for the position. Elizabeth Easterday stated that she has been a part of the upriver community for the past three years. She stated that she previously lived in Shoreline and was involved in the Parent Teacher Student Association and the soccer association there. She stated that she currently works for the Skagit County Assessor's office and also worked for Snohomish and Whatcom counties in the past. Council members questioned her further.

- Jason Driver stated that he has lived in town for almost 11 years and has been on the Planning Commission, where he served as chair, as well as a Parks Committee member, and has been involved with numerous community events in town. He stated he knows a lot of people in town and is able to communicate with them on their ideas for the town. Council members questioned him further.

- Jude Dippold stated he has lived in Concrete for about a year and a half. He said when he first visited Concrete, he was impressed that this small community could provide the things that it has. He stated that he is from a similar small rural community in Warren, Penn. Jude spoke to his past experience and ventures that he has been involved with. He stated that he sees unlimited potential for

Concrete, especially with the Skagit River and various lakes nearby. He also said that he has an extensive grant-writing background, as well as other skills he picked up in the newspaper business and corporate communications. Council members questioned him further.

Dec. 12 regular meeting

- Council Position No. 2 candidate Denny Blankenship took the podium. He introduced himself and stated that he has had some experience, which was mostly in the insurance business, where he spent more than 40 years. He stated during that time, he served on several different boards and committees. He stated those boards were not government-related. He also stated that he currently lives in town and is substitute teaching at the school. He stated his experience on boards has helped him understand the process for how decisions are made. Council members questioned him further.

- Council members discussed the four candidates for Position No. 2. Mike Bartel stated that all of the applicants are very qualified. Marla Reed stated that this is one of the hardest things to do.

Ginger Kyritsis nominated Beth Easterday for the position. Mike Bartel seconded the nomination.

Rob Thomas nominated Jude Dippold for the position. Marla Reed seconded the nomination.

Mayor Jason Miller broke the tie with a vote for Jude Dippold.

Jude Dippold was sworn in and took his seat at the table.

- Em Beals presented on her efforts to implement a new program in Eastern Skagit County called Map Your Neighborhood. She stated this will assist residents in building and strengthening their disaster readiness. Beals is working with Sgt. Chris Kading to determine where the more difficult areas are depending on the type of incident.

—Compiled from staff minutes

Keep track of your council

To have Concrete Town Council agendas and meeting minutes e-mailed to you automatically, e-mail your request to andrea@concretewa.gov or call 360.853.8401. Concrete Town Council meets the second and fourth Mondays of each month, at 7 p.m. at Town Hall.

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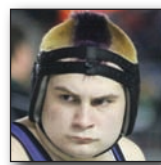
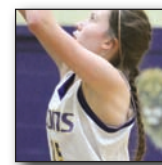
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Sports



Skinny schedule for women's basketball

Men's basketball looks for more wins

By Jason Miller

Finishing December with a 0-2 league and a 1-4 overall record, the Concrete Lions basketball team will look for more notches in the W column this month.

The team kicked off its season under new coach Daniel Schoolland with a trip to South Whidbey on Nov. 29, where they took a 77-25 drubbing from their hosts.

A Dec. 3 trip to Cedar Park Christian saw Concrete again on the losing end, although by a closer margin, 47-39.

Orcas Island is again a strong contender in the league this year; they proved it on Dec. 13 by defeating the Lions 78-38.

La Conner pounded Concrete in a 57-42 rout on the Braves' home court on Dec. 16.

The Lions' bright spot in December came on the 20th, when they hosted the Coupeville Wolves for a low-scoring game that still found Concrete on top, edging Coupeville 33-31.

January is packed with games, including Mount Vernon Christian on Jan. 3, Friday Harbor on Jan. 6, Bush on Jan. 7, Darrington on Jan. 10, Shoreline Christian on Jan. 12, Orcas Island on Jan. 14, and La Conner on Jan. 17.



Kaden Becker (left) and Joe Ramirez work their magic during a home game against the Coupeville Wolves on Dec. 20. Their efforts paid off with a 33-31 win over the visiting team.



By Kevik Rensink, head coach

This has been one of the oddest basketball seasons—if not the oddest—that I have ever been a part of since I started coaching at Concrete High School 22 years ago. We are officially seven weeks into the season, and we have played only four games.

This has become frustrating as we are trying to gain playing experience for our younger players so they can get a sense of what it looks like to blend with our veteran players before we make the big league push in January. In fact, there are only six weeks remaining in the regular season.

If I am doing my math right, that means we are more than halfway through the basketball season, yet not even a quarter of the way through our would-be schedule of games. As a coach I am trying to prepare my team for games against opponents who have more than twice as many games played as we do. Our girls basketball team is stepping onto the court with a huge disadvantage when it comes to “real” court time before the

ball is ever tossed into the air. Our boys' coaches have been gracious enough this season to provide their JV boys team as a formidable foe every week for a short scrimmage game to help better our girls for live competition. This has been a tremendous help, and I am very thankful for their willingness to help our program and make us a better team.

The players have been great. They have been positive, upbeat, and working very hard in practice every day. They are also very anxious to play against someone that is not a teammate.

We have lost a few key players to injury this year already, and the timetable for their return is uncertain. Jenna Whorten, a returning varsity junior forward, is recovering from a foot/ankle injury that has kept her out of every game this season. Meanwhile, Izzy Ramos, a 5'10" freshman forward, is out indefinitely because of a knee sprain. Our roster is already thin, and our bench does not run deep.

It is because of the hand we have been dealt thus far that I am all the more impressed by what these girls have accomplished and have yet to accomplish. Although our record shows 0-4, we have been in every game this season. We have not trailed an opponent by more than 10 points to start a second half yet.

We played Cedar Park Christian well in both teams' season opener on Dec. 3, losing 41-35. It was a “first game,” so there were mistakes by both teams, but I was pleased with how we played overall. After not having another game on the schedule for a full week and a half, we faced two of the toughest and high-scoring teams in the league, hosting Orcas (lost 54-35), and then traveling to La Conner (lost 61-41). I thought the girls played extremely well in both games, hanging tough with two league powerhouses before eventually giving way in the fourth quarter of both games. We then played Coupeville, a 1A school, at home over Christmas Break. After losing an eight-point lead in the second half, Jaycelyn Kuipers had an offensive rebound and putback to put us back on top 41-40 with 22 seconds remaining. Just six seconds



Madysyn Renzelman tries for a layup after a breakaway play, while her Coupeville defender shouts to distract her. It didn't work; Renzelman got the bucket.

later, after a 15-foot bank shot by our opponent, we trailed 42-41, and went on to lose 46-41.

We all learned a lot from this one, and vowed to get better as a result of a bitter loss. Now we just need an opponent to test that against. We will be tested, and frequently, starting Jan. 3 at Mount Vernon Christian, and Jan. 6 at home versus Friday Harbor.

From now on we are into our league schedule, and you better be ready to play in this league. I just wish we had some more games under our belt at this point to confirm how ready we need to be. But we will go with what we have and who we have. That has always been the case and will continue to be the case with this team.

Nobody works harder than these girls, and because of that they will take those cards that have been stacked against them and throw the whole deck into the wind. The girls want to play basketball, and they want to play it well. I am so grateful for the opportunity to coach this very hard-working group of young ladies. I can't wait to see how they turn this season around in the next four weeks. It is going to be a lot of fun!



Above right: Chloe Stidman drives against a Coupeville defender during a home-court matchup on Dec. 20.



Right: Jaycelyn Kuipers gets a shot off against the Wolves during the Dec. 20 game, which ended with a nail-biting finish that found Concrete on the short end of a 46-41 score.

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Hampered by illness, wrestling squad presses on

Fewer wrestlers—only nine this year—and pesky illnesses have dogged the Concrete High School men's wrestling team this season, but strong performances from the hardworking wrestlers have provided bright spots along the way.

The wrestling season began with the Wrestlerama in Stanwood on Dec. 3, a team tournament that found Concrete attending with only five wrestlers. Still, the Lions came to wrestle. Blaine Storms went 3-1, Riley Fichter went 3-1, and Marshall Fichter also went 3-1. "Good matches, but as a team we didn't have enough kids," said Coach David Dellinger. "But it was a good experience for them."

On Dec. 7, Concrete beat Friday Harbor in a three-way match with Darrington on the Wolverines' home mats. The day's highlight was 120-pound Riley Fichter, who tangled with state contender James Guard of Friday Harbor and came out

on top, quite literally. "Riley had never beaten that kid," said Dellinger. "He was so excited."

The Iron Sharpens Iron tournament at Bellevue Christian found the Lions far from home on Dec. 10. Riley Fichter captured first at 120 lbs., and Storms took first at 132. The team's heavyweight, Robert Thompson, took fifth. "Robert has won four or five matches this year after winning no matches last year," said Dellinger. "It's great to see him performing so well."

The Paul Reiman Classic on Dec. 17 brought the team to Mount Vernon with dwindling numbers again. Storms took second this day, with Riley snagging third. Marshall eked out a fourth place.

Hampered by sickness, the team couldn't muster a presence at the Mount Baker Invitational at Mount Baker High School on Dec. 22. Only two wrestlers

were healthy, so Dellinger bowed out of the competition.

Azure wrestling strong

The team's lone woman wrestler, Becky Azure, is making her presence known on the mats this year.

Azure's season kicked off with the Pride of Lynden tournament, where she grabbed a second place.

Her second and most recent showing was at the Woolley Women's Tournament in Sedro-Woolley on Dec. 31, where she collected third place amid stiff competition.

The team's January lineup includes the Sky Valley Invitational in Sultan on Jan. 7, a second league meet at home on Jan. 11, the King of the Mountain tournament on Jan. 14, and league meet No. 3 in Darrington on Jan. 25.

—J. K. M.



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The diet made me do it

Marblemount health and wellness coach says that what you eat (and don't eat) can make you fearful, fatigued, depressed, paranoid—even land you in jail.

By Jason Miller

The old saying, "you are what you eat," easily could be changed to "you do what you eat" and be just as accurate.

Tom Torrey wouldn't argue with you. The retired certified health and wellness coach, who lives near Rockport with his wife, Betty, has spent a lifetime researching the effects of what we Americans and other world citizens put in our mouths.

Arguably the most astonishing conclusion Torrey reached lies in a link between diet and criminal behavior.

"I sent out a newsletter to prisons all over the U.S. and a few foreign countries," said Torrey. "We tried to show the inmates why they ended up in prison. About 90 percent of that is because of what they ate and drank."

Torrey is well aware of what his beliefs must sound like to the average American. "It sounds outrageous, I know," he said, but immediately draws comparisons to Vitamin B deficiency and established neuropsychiatric disorders. Humans who don't get enough Vitamin B in their diet may suffer from fear, fatigue, depression, paranoia, confusion, hostility, rage, and

anxiety.

That list is startlingly similar to known disorders of the mind and body: morbid fears, severe fatigue, depression, paranoia, confusion, anger, suicidal tendencies, and anxiety.

"And that's only Vitamin B deficiency," said Torrey. "If that's the case, what about all the other vitamins and minerals that humans need? If you're eating fast food or junk food, eating irregularly or at odd times, you're going have problems."

Back to the prison point. "If the stomach is sick, the mind is sick," said Torrey. "If your diet is lacking, you have these problems going on in the stomach and body, reactions that shouldn't be taking place, and there's a direct link between the body and the mind. If I'm eating trash—energy drinks, etc.—how is my mind going to function? What will it decide when someone suggests I help them rob a store? First, you probably won't have those kinds of friends if you were eating properly, and if you do have those friends and one of them suggests something crazy, you'll shut them down."

But what if your brain isn't getting the nutrition it needs to make good decisions? Ah, there's the rub.

"Every police officer and educator should read *Food and Behavior: A Natural Connection*, by Barbara Reed Stitt," said Torrey. "It's all in there."

"Pilgrim's Rest"

Tom and Betty named their Rockport property "Pilgrim's Rest" and have used it to help individuals get their health back on track. "We've had people stay with us whose children were climbing the walls. After a couple weeks of a proper diet, those children calmed down," said Torrey. Other success stories include:

- A diabetic man from California with high blood sugar and blood pressure. "He was sick as a dog, overweight," said Torrey. "At the end of 25 days, his blood sugars were way down and his blood pressure had come down. He lost 16 pounds and was helping me in the garden."

- A highly medicated woman visited, unable to walk even 100 feet. "After two weeks she announced, 'I feel like living!'" After three weeks she was walking three miles without medication," said Torrey.
- Two men with prostate cancer showed up and were given water treatments and herbs. "They were in pain; they had bad moods, bad attitudes," said Torrey. "In two months, one man's PSA was back down to normal, and the other man refused to go back to his doctor because he felt so good. Eight years later, he's still good."

It's not magic, maintains Torrey. It's the simplicity of giving your body what it needs. "The body was designed to heal itself if given the right conditions. So we try to show folks those optimum conditions for good health. When you create those conditions, the body is going to respond," he said.

Reference points

Where to begin? After 30 years of research, Torrey advises people to start with reference points: diet, rest, exercise. "Those principles never change," he said. "Learn them, and you have a much better understanding of how the body works."

On diet: "The U.S. diet is the worst in the world. Ninety-seven percent of Americans get too much protein. Those same 97 percent don't get the minimum amount of fiber they need, which is important for digestion and extremely important for diabetics, because it slows down the digestion of sugars. One gram of sugar has four calories; one gram of fat has nine calories. For diabetics, it's the fat that's the problem."

"In the early 1970s, a Chinese study determined that cancer occurrences could be turned 'on' and 'off' simply by controlling protein in the diet. High protein levels turned it on; low levels turned it off."

"Eat two to three meals per day, not several small meals throughout the day. Chew your food properly."

On rest: "Adequate sleep is absolutely

crucial. When the U.S. Air Force tested pilots in simulation environments, they found that when the pilots lacked an hour of sleep, they made mistakes in emergency situations. With two hours lacking, things got even worse."

On exercise: "Breathe correctly, from the bottom of the lungs and not the top. You can get 25 percent more air if you breathe correctly."

"Interval training is best. Run hard for 30 seconds, walk for four minutes, and repeat for 15 to 20 minutes. In that short time, you can get the best possible exercise."

The price for good health

Torrey said the journey toward good health might claim relationships as casualties. "If you change your diet, your lifestyle is going to change," he said. "You may lose friends because they don't want to go along with what you're doing; for example, if you quit alcohol and stop going to the bars. But remember, it's about you, not them. That may be a price you pay for good health."

Help your body

Tom Torrey will host free lectures and Q&A sessions at three Upper Valley locations this month. Learn about the body and how what you think, eat, and do affects your health.

Howard Miller Steelhead Park clubhouse

Rockport
Mondays and Wednesdays at 4 p.m.,
Jan. 16, 18, 23, 25, 30,
and Feb. 1, 6.

Concrete Community Center

45821 Railroad Ave., Concrete
Sundays, Tuesdays, and Thursdays at 6 p.m., Jan.
15, 17, 19, 22, 24, 26, 29, 31,
and Feb. 2, 5, 7.

Marblemount Community Hall

60155 SR 20, Marblemount
Mondays, Tuesdays, and Thursdays at 10 a.m., Jan.
16, 17, 19, 22, 24, 26, 30, 31,
and Feb. 2, 6, 7.

Information: 360.708.6577

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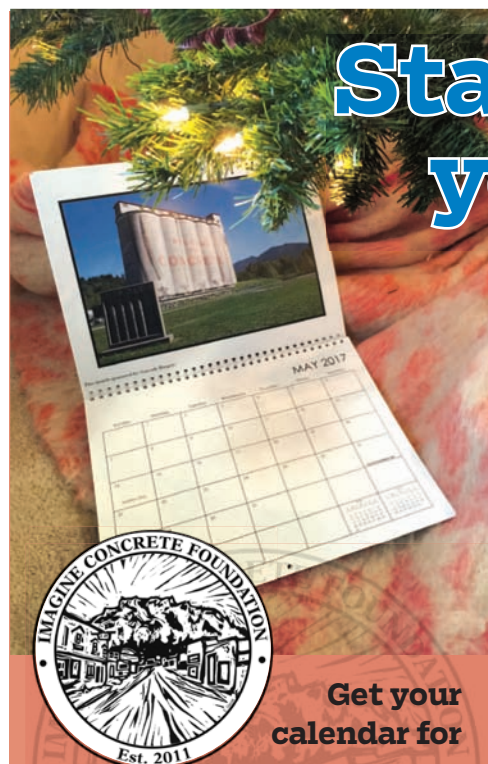
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Academics



School Board begins search for new superintendent

The Concrete School District Board of Directors has begun its search for a replacement for Superintendent Barb Hawkings, who has announced she will retire effective June 2017.

The board has engaged the services of Northwest Leadership Associates (NLA) to assist in the task; NLA executive search consultants Mark Venn and Wayne Robertson will assist the board throughout the search process.

"Gathering input from a variety of stakeholders is an integral part of the process in identifying the type of candidate who will be successful as the leader of the Concrete School District," wrote School Board President Crissie Wilson in a letter inviting local stakeholders to attend focus group meetings with Venn and Robertson in January. A separate survey also will be posted on the district Web site on Jan. 10 at www.concrete.k12.wa.us (click on the "superintendent search" link).

The focus group meetings will be held on Jan. 10, with an exhaustive list of community members, including the general public, invited to meet with Venn and Robertson. Meetings will be held all day and into the evening in the Concrete High School library, beginning at 7 a.m. Members of the public are invited to meet with Venn and Robertson at 6 p.m. that day.

"The sessions will offer stakeholders a venue to provide their thoughts and insights," said Wilson. "In addition, the focus groups will provide people an opportunity to identify critical tasks upon which the new superintendent should focus. We want everyone's input on what they envision for the new superintendent—what they're looking for or not looking for."

The responses from participants at the focus groups will be anonymous, and only general themes will be reported.

For more information, call the district at 360.853.4000.

—J. K. M.



Young musicians perform for family and friends during the Concrete Music Department's winter concert on Dec. 8.



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YD update

The first day of school, YD starts, Thanksgiving, Christmas, New Year's, and back to school in January. Seriously, that is how fast the school year is going for me. I can't believe the first third of our Youth Dynamics schedule is behind us and now just a memory. Okay, not that distant.

We are plowing ahead with our weekly Monday night schedule for January through March and are looking forward to all of the great adventures we get to enjoy with the high school students during the next few months.

Our Concrete Youth Dynamics staff will welcome the students back from their Christmas Break at our annual Winter Olympic Games on Mon., Jan. 9. Our first big adventure is happening in January during Martin Luther King Jr. weekend. It is our annual snow retreat, called Hotdoggin', and all of the YD areas from all over the Northwest meet up in Leavenworth for four days of snow-filled fun. Many of the students call it their favorite retreat of the year, and we always have a long waiting list. The high school students will be sledding, tubing, rafting, (yes, piling into a huge whitewater raft and bombing down a mountain of snow), cross-country skiing, snowshoeing, ice wall climbing, and many other events.

I am thrilled for the students who are already signed up, and I am hoping all of the students on the waiting list are able to go. If you are interested in helping to pay for a student to go on this trip, please contact me at 360.630.6063. Many of the students can't afford the total cost of the trip (\$100), but we ask them to pay what they can, and they can work the rest of it off through community service hours. Please pray for the staff and students as they prepare for this trip.

We ask that you also keep us in your prayers as we continue to plan for the remaining school year, budget for summer trips, and pour our lives into the youth of the Upper Skagit. Thanks for your support, encouragement, and the warmth this community brings.

—Kevik Rensink
 Concrete YD Coordinator



2016 has ended, and the coalition is hard at work making 2017 a year where it truly lives up to its mission. Our mission is to develop and implement ways to respectfully meet the needs of youth, families, and individuals through collaboration, networking, and building community relationships.

At our December meeting, we learned more about the Energy Assistance program offered by Community Action/East County Resource Center.

We voted in a new board member: The coalition welcomes Damon Waller to our board. Damon is a recent graduate of the Human Services program at Skagit Valley College and works for Oasis, an emergency teen shelter located in Mount Vernon. We are excited to have him join our team and bring his diverse experiences and insights to our coalition.

On Fri., Jan. 13, from 6 to 7:30 p.m., the Concrete Prevention Posse will host an open mic night in the high school commons. If you write poetry, play an instrument, or want to listen to others who do, you're invited! This should be a great time for any Concrete youth who want to attend.

Want to learn more about the coalition and our work? Our monthly meetings are open to the public. Our next meeting is Jan. 19, 1 to 2:30 p.m., in the high school library. Alyssa Pavitt will give a presentation about e-cigarettes and help decipher facts and myths about e-cigarettes and their growing use by teens.

—Stephanie Morgareidge, coordinator
 Concrete Resource Coalition
 United General District 304

Continue the cycle

Please recycle this newspaper



The Concrete Elementary School Christmas Program showed off the school's young talents for an evening of laughter and fun on Dec. 19. The "Nutcracker" theme included music from the ballet, as well as traditional and funny renditions of well-known Christmas songs. Bottom photo courtesy of Concrete High School Yearbook staff.



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Clear Lake



Traveling through Clear Lake?

Take a minute to stop and see the Clear Lake Historical Association's display window located at 12655 SR 9. Local historian Deanna Ammons changes the display periodically to be current with holidays and seasons, using historical artifacts from the association's collection. Dr. Richard Swetman photographs each display.

Almost all items are donated by area residents and their families. For example, last year's Christmas display incorporated toys, books, and Christmas cards from days gone by. The October display (right) featured a "toe pincher" casket.

For autumn the display depicted "Grandma's Kitchen," with an old toaster, utensils, and tools you might have found in a kitchen of the 1920s.

Stop by to see Ammons' creativity on display and to learn about our community's past.

Photo by Richard Swetman.



Community Calendar



JANUARY

Every Saturday:

Skagit Eagle Festival, various events and locations; see ad, p. 5; info at www.skagiteaglefestival.com

15 through Feb. 7, "Helping the Body" lecture and Q&A, various locations; see info box, p. 11

7, 21 Storytime with Miss Brooke at Upper Skagit Library, Concrete, 11 a.m.
7 Kevin Elbi presents "Year of the Eagle," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org or 360.853.7626

8 John Scurlock presents "Glaciers & Mountains: Photographic Flights across Western North America," Skagit River Bald Eagle Interpretive Center, Rockport; 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

7, 14, 21, 28, FEB. 4

Healthy Hikes at Rockport State Park, 9 a.m.; see notice, p. 23; info at 360.853.8461

10 Focus Group meetings with Northwest Leadership Associates re: new Concrete School District Superintendent, Concrete High School library; 6 p.m. for members of the public; see article, p. 12; info at 360.853.4000

11 Concrete Elementary PTO meeting, elementary school library, 5 p.m.

13 Open Mic Night hosted by Concrete Prevention Posse, CHS Commons, 6 to 7:30 p.m.; see notice, p. 13

14 Steve Glenn presents "Winter birds of the Upper Skagit Region," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

14 Darrington Community Dance, Mansford Grange, Darrington; potluck at 6 p.m., dancing from 7 to 9:30 p.m.; \$7 suggested donation; see notice, p. 25; info at 206.402.8646

14-15 Skagit Eagle Festival native culture events at Marblemount Community Hall; programs begin at 11 a.m.; see article, p. 26; info at 360.873.2323, 360.391.8888, or 360.318.4010

15 Taylor Schmuki presents "Salmon Habitat Restoration Projects in Howard Miller Steelhead Park," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

21 Pete Haase presents "Forage Fish around Skagit County," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

21 *My Name Is Twirp* author reading and book signing, Upper Skagit Library, Concrete, 3:30 p.m.; info at www.upperskagit.lib.wa.us or 360.853.7939

22 Mike Larrabee presents "Glaciers of the North Cascades," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

25 Concrete Elementary PTO Mother/Son LEGO Night, elementary school, 5 to 7 p.m.; \$5 per person

28 Richard Brocksmith presents "Salmon and Trout of the Skagit River: Distribution, Abundance Trends, and Habitat Recovery," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

29 Friends of the North Cascades Grizzly Bear Coalition presents "Grizzly Bear Restoration in the North Cascades," Skagit River Bald Eagle Interpretive Center, Rockport, 1 p.m.; free admission; info at www.skagiteagle.org, 360.853.7626

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

Community meetings

Cascade Days Committee Board of Directors meets the third Mon. of each month at 5:30 p.m., in the Pilots' Lounge at Mears Field, Concrete. 360.853.7867, ember@cascaadedays.com, info@cascaadedays.com.

Cedar Grove and Skagit Upriver C.E.R.T. Group meets the first Mon. of each month at 6:30 p.m., Concrete Center in Concrete. 360.853.7420 or emergencyresponsecomm@cedargrove-concrete.org.

Coffee Talk with Concrete Mayor Jason Miller meets the third Fri. of each month at 8 a.m., at 5b's Bakery in Concrete. 360.853.8213.

Community Chat, an informal conversation about projects in Darrington, meets the second Sat. of each month at 9 a.m., at Mountain Loop Books and Coffee, 1085 Darrington St., Darrington. 360.436.2167

Concrete American Legion Post and Auxiliary meet the second Tue. of each month, Sept. through May, at 1 p.m. in the East County Resource Center Conference Rm. 360.853.8940.

Concrete Economic Development Commission meets quarterly at Concrete Town Hall. Its first meeting is Oct. 12 at 6 p.m. 503.333.2406

Concrete Elementary PTO meets the second Wed. of each month at 5 p.m. in the Concrete Elementary School library. 425.350.5988.

Concrete Chamber of Commerce meets the second Thur. of each month at 8 a.m. Meetings usually are held in the Pilots' Lounge at Mears Field in Concrete. 360.466.8754 or concretechamber@mac.com.

Concrete Heritage Museum Board meets the third Wed. of each month, at 7 p.m. at the museum. Meetings are open to the public. 360.826.3075 or www.concreteheritagemuseum.org.

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 Resource Coalition meets the third Thur. of each month, at 1 p.m., at the Concrete School District offices (usually in the north room at the eastern end of the building).

Concrete School District Board will hold its next work session on Jan. 23, at 6 p.m. in the high school Commons. The board will hold its regular monthly meeting on Jan. 26 at 6 p.m. in the same location. 360.853.4000.

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

Darrington Strong 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 7 p.m. at Town Hall, 1005 Cascade St. 360.436.1131 or darrcityhall@frontier.com.

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.

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 third Tue. of each month in the Pilots' Lounge at Mears Field in Concrete, at 6 p.m. Open to the public. 360.853.8213 or goodwords@frontier.com.

KSVU station info and host training, second Wed. of each month at Portable B behind Concrete K-8 School, 11 a.m., open to public. Call 360.416.7001 to confirm appointment.

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.

Mansford Grange meets the first Tue. of each month, 7 p.m., at the Mansford Grange Hall, 1265 Railroad Ave., Darrington. 360.436.0711.

Marblemount Community Hall board and staff meet the second Wed. of each month at the hall, at 6 p.m. 360.873.2323.

Paranormal Discussion Group meets the last Sunday of each month at Concrete Center, 45821 Railroad St., Concrete, at 7 p.m. 360.630.5143.

Sedro-Woolley Town Council 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.

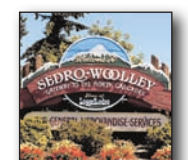
Sedro-Woolley School District Board: No regular meetings were listed on the district Web site at time of publication. 360.855.3500 or kcargile@swsd.k12.wa.us.

Skagit River Bald Eagle Interpretive Center Board meets the second Tue. of each month, 5:30 p.m., at Annie's Pizza Station in Grasmere. Open to the public. sauksister@frontier.com or www.skagiteagle.org.

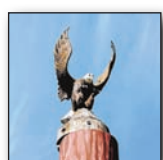
Upper Skagit Library District (USLD) Board meets Nov. 17 at 5 p.m., at the library. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.

Upper Skagit Writers Group meets the fourth Mon. of each month at 7 p.m., at 5b's Bakery, Concrete. Open to the public and all skill levels. cthomas@upperskagit.lib.wa.us.

Parents! Get involved in your PTO!
Concrete Elementary PTO meetings are held the second Wednesday of each month, at 5 p.m., in the Concrete Elementary School library.
For more information, call 425.350.5988.



Sedro-Woolley



State Patrol blotter

Nov. 25

An ill-advised attempt to pass on SR 9 landed one driver in jail with a vehicular assault charge.

The event occurred near milepost 38 on SR 9, approximately eight miles north of Arlington. Timothy Smith, 57, from Sedro-Woolley, was traveling southbound and attempted an unsafe pass of two vehicles on a double-yellow line. Smith struck a vehicle driven by Scott McCauley, 48, of Arlington, head on in the northbound lane.

Smith was injured, and his vehicle, a 1999 Acura 3.2 TL, was totaled. He was booked into the Skagit County Jail under a charge of vehicular assault.

McCauley was injured and airlifted to

Harborview Medical Center. His vehicle, a 2002 Honda Civic, also was totaled.

Dec. 22

A Sedro-Woolley man was involved in a crash on SR 92 that is still under investigation.

Craig Edson, 40, was driving a Kenworth dump truck with a side dump trailer westbound on SR 92 at milepost 4 when a second vehicle, a 2005 Toyota Camry driven by an unidentified woman, struck a guardrail on the south side of the roadway, then traveled into the westbound lane, striking Edson's truck. The Camry left the roadway.

The driver of the Camry was pronounced dead at the scene. Next of kin had not been notified at the time of the release. Edson was transported from the scene with undetermined injuries.

No charges have been filed; the cause of this crash is still under investigation.

Dec. 30

A vehicle accident on F and S Grade Rd. near Sedro-Woolley put one man in the hospital and another in jail.

Rutger Page, 20, from Sedro-Woolley, had parked his car, a Jeep Wrangler, on the roadway facing west, while he assisted another motorist who'd been involved in an unrelated collision. The driver's side of Page's vehicle was over the center line in the eastbound lane.

Montie Kyle, 33, of Burlington, was traveling eastbound on F and S Grade Rd. in a Ford F-450 pickup. Kyle struck Page's Jeep head on, totaling both vehicles.

Kyle was not injured and was booked into the Skagit County Jail on one charge of vehicular assault. The exact cause of the accident is still under investigation.

Page was injured and was transported to Skagit Valley Hospital.

—Compiled from WSP releases

Christmas Parade winners

Best Lighted

Sedro-Woolley Fire Dept.

Best Theme

Sedro-Woolley Museum

Best Marching Group

Sedro-Woolley High School

Best Choral Group

Blue Horizon

Best Instrumental Group

Concrete High School

HONORABLE MENTIONS

Best First Performance

Sedro-Woolley Beginning Band,
Cascade Middle School

Best Spirited

No. 17 Pee Wee Sedro-Woolley Youth

Best Animal Inclusion

Skagit 4-H

CASCADE MIDDLE SCHOOL HONOR ROLL

The following 7th and 8th grade students at Cascade Middle School received honors for high marks for the first quarter of the 2016–17 school year. An asterisk denotes a student with a perfect 4.0 GPA.

Grade 7 Honor Roll

Jacob T. Acton, Graci L. Adkerson, Melisa A. Altamirano, Lauren L. Anderson, Tate M. Atchley, Roclynn Atterberry, Colby A. Bahr, Kaiden J. Bair, Jamie L. Bartok*, Aspen C. Beierle, Hayden Birkle*, Arriann J. Bockenkamp*, Natalie A. Boyd*, Chloe T. Brase, Lilli Brooks, Tyson M. Brown, Michael J. Brumley, Howard J. Bunney II, Jordan N. Burke*, Taylor A. Burke*, Miah G. Castilleja, Gally Celaya-Martinez, Nattaly Celaya-Martinez, Emily M. Chevez*, Evan D. Coker, Connor S. Davis*, William R. Dean, Tiernan C. Deitz, Madelynn A. Deleon, Janet Delgado Guillen, Kimberly B. Delgado Santiago, Dharma A. Denmark, Lashelle F. Denunzio, Lily S. Devries*, Estefania A. Diaz Villegas, Benjamin N. Dinh*, Rhianalyn Dodson, Grace Donelon, Kiara K. Dreyer, Joseph S. Eknes Jr, Olivia I. Elias, Ashton T. Erlandson, Mattheu Z. Ethridge, Keara Fellers, Marilyn J. Flores, Raymond M. Fogle, Kennedy Fosheim, Anker B. Frye*, Mabel R. Gahan*, Ashley J. Gaines, Amber F. Gant, Ryan B. Garcia, Roger E. Geisendorff*, Allen J. Goudy, Lyric Graham, Lucas D. Greening, Stacy D. Griffith*, Darius S. Guidry, Josselynn D. Guizar, Ashton Hall, Ashlynn J. Hamilton, Ameliah R. Hanson, Bode J. Hanson*, Kaylie A. Hanson*, Mia K. Hanson, Kaden Harris, Benjamin Hedberg*, Amarie R. Hemmerich, Tia R. Hershaw, Taryn I. Higgins, Briley Hixson, Maeghan R. Holohan, Leah M. Hoogendam*, Jasmine R. Horton, Delilah S. Huey, Ashlyn J. Huisman, Nicole E. Hulst, Maxwell Hynds*, Jacob W. Jepperson*, Becka N. Johnson, Mason Johnson, Madison S. Justice, Brady E. Kinsella, Cole A. Lamb, Anna M. Lehmann, Kaitlyn M. Loehr, Elki M. Longfellow, Lezzeth Lopez Martinez, Jaden Macias, Annalise R. Mahaffie, Myah M. Maloney, Hailey M. Martin, Arturo A. Martinez, Grayson A. Mast*, Katelynn G. Mathias, Myles O. McKee, Jackson D. McLemore*, Noah R. Messmer, Emmett Mihelich*, Peyton Miller, Dawson D. Mills, Nicolas J. Miranda*, Kyla S. Mitcham, Beau P. Mitchell, Madisyn L. Moore, Jayden M. Moors, Madison L. Nasin, Torrie S. Nasin, Hunter J. Nelson, Cora A. Pierce, Maxim A. Porter, Mattie M. Powers, Peter Pusateri*, Jacinda R. Rana, Hanah A. Richter, Olivia Rinne, Aidan I. Rodriguez, Keely M. Ross, Karissa I. Sanchez, Moises P. Santiago, Arianna L. Saragena, David M. Sitton, Shawna R. Sloniker, Sabrina Smith, Baker J. Sparks, Hailey A. Stevens, Emma J. Sullivan, Christian C. Sylvia, Leigha G. Taylor, Nathan A. Thornbrough, Alexa J. Thorndike*, Braedyn Tinklepaugh*, Nylah J. Torgerson,

Annabel C. Torres, Kiah A. Trammell*, Justice Trevithick, Reina I. Uzunov, Abby Virata, Baylor Virata, Carson Virata*, Benjamin E. Viscalla, Collin I. Wages, Cassandra J. Walker, Morgen M. Walker, Grace A. Wartchow, Jaelle L. Werner*, Ariana Westfall, Cameron H. Wilbur, Lauryn H. Wilson, Cameron L. Wolkenhauer, Collyn I. Zerby.

Grade 8 Honor Roll

Elizabeth L. Abhold*, Jayden C. Adams, Kalin J. Adkerson, Magali Antonio Salgado, Gabrielle M. Ashton, Katie L. Backstrom*, Kaiden J. Baker-Ellis, Paula C. Banda, Kian Beisler, Noelle G. Belanger, Camryn A. Benham, Lauren A. Benham, Brady O. Biggs, Christian J. Bowers, Diego Bueno, Agrapena F. Burkoff, Jayda M. Carter, Megan E. Christensen*, Marcus Q. Christon, Ashton C. Constantine*, Dalton J. Cook, Eliot S. Cooper, Wyatt J. Covert, James A. Cukierski, Victoria D'Arienzo*, Erin R. Davis, Brandon Deleon, Beau G. Elder, Harmony L. Fetterly, Dakota R. Fox, Colsen J. Friedrichs, Alexis Frizzell, Shawn Froneberger, Lillian M. Fulford, Bryan Garcia Cervantes, Kylie R. Gibson*, Mackenzie E. Grimm, Savannah K. Halverson, Ethan J. Hasenoehrl, Leslie C. Hastings*, Carson A. Hawkins, Joshua E. Heath, Claire Hindman, Arrora L. Hoelzle, Christopher J. Hoffman, Meghan N. Hudson, Savannah G. Hupp*, Olivia M. Isakson, Benjamin Johnson, Emily C. Johnson, Madilyn C. Johnson*, Kathryn Johnston, Mackenzie E. Justus, Hannah K. Jutte, Laura A. Kester, Kara N. Kickert, Adin M. Kilcup, Sommer A. King, Curtis M. Klaus, Evan C. Kolb, Brynna K. Lee, Monique I. Leer, Ember L. Leese, Gavyn C. Lewellen, Max A. Lloyd, Emma C. Martinson, Ekaterina Matsko*, Gabriel Z. Maxson, Deja S. McGrue, Noelan T. Melton, Samantha L. Meyer, Charles J. Moore, Isabella M. Moore, Leonel W. Morales, Owen S. Murdock, Ty A. Neal, Annalee R. Nersten, Kendra L. Neumann, Shawn B. Newman, Camree L. Nilsen*, Alexis M. Noyes, Karlee M. Nurmi, Sarah F. Perkes, Troy L. Peterson, Jeffrey C. Prestmo, Natasha M. Pritchett, Cameron Queen, Emily M. Redling*, Teylor Reed, Xander M. Renkema*, Madelyn A. Requa, Dustin L. Rhodes, Isabella G. Rinne, London A. Roberts, Jessica L. Robertson, Lyric P. Robinette, Isaac E. Sanders, Emily J. Sanford, Jeffrey Z. Sheridan*, Keaton Skiles*, Madesyn C. Skinner*, Katelyn S. Snodgrass, Vanessa Soto Lopez*, Nicholas Souza, Seth Sternhill-Tift, Jakob E. Storm, Olivia A. Stormo, Bode J. Stout, Lila Suchsland*, Xavier M. Swanson, Pedro I. Tamayo, Keyaira L. Taylor, Keely A. Thibodeau, Abigail H. Thomas, Cassie G. Thomas, Gabriella M. Timblin, Mikayla R. Townsend, Colton J. Trammell, Layne A. Tucker, Carmen E. Ugalde, Kaylynn E. Vahovick, Amelia R. Vaith*, Josiah A. Vellegas*, Josie M. Weppeler, Gracie A. Wesson, Devon M. Whitney*, Tess A. Wimer*, Jasan S. Winship, Heidi M. Winters.

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Lyman



Day Creek



Grant will fix problem spots near Lyman Elementary

A \$119,600 grant from the Transportation Improvement Board will make the going a little easier in Lyman. The town plans to use the funds for a street overlay project on Lyman Ave., near Lyman Elementary School. Lyman Mayor Eddie Hills said the project is overdue. "I've made several attempts for TIB funding during the past few years, so it's been awhile. That street

has major potholes and cracks."

The town is in the process of completing the necessary paperwork, which must be done before the construction phase of the project may begin.

Mayor Hills said they plan to complete the overlay this July, while school is out of session.

—J. K. M.

Tips to reduce energy use and stay cozy

With low temperatures predicted to continue this month, it's tempting to crank up the thermostat. Before you do that, try some of these simple tips to reduce the impact on your power bill.

- Adjust your thermostat. Set your thermostat to 68°F when you're at home and awake. Lower your thermostat 10° to 15°F for eight hours when you're asleep and save 10 percent on your heating.
- Use space heaters selectively. Turn baseboard or space heaters down or off in rooms you are not using and close the door. Don't rely on space heaters as a less costly alternative to heat large spaces—it can end up costing you much more.

- Use your curtains. Open them during the day to allow in the warmth of the sun. At night, close them to reduce the chill from cold windows.
- Only use exhaust fans when necessary. Fans in your kitchen and bathroom pull the hot air that rises to the ceiling out of your home.
- Look at PSE payment options. PSE has a budget payment plan and payment assistance programs.
- Safety first. Never use a grill inside. Don't use charcoal or gas grills indoors for cooking or heating. They generate carbon monoxide, which is poisonous.

For more tips and information, go to pse.com/lower.

—Submitted by PSE

Community notes

Day Creek Store update

Skagit County Commissioner Lisa Janicki and Will Honea, the county's senior deputy prosecuting attorney, attended the potluck meeting on Dec. 20 to give an update on the Day Creek Store issue. Skagit County opened a case against the property in 2014, and there has been some progress.

The county has been aware of the condition of the building and property for some time. As a result, the code enforcement investigation has led the commissioners to authorize a lawsuit against the property owners. The property is considered a nuisance. The property owners, a trust company back east, have been notified and must be allowed time to respond. Commissioner Janicki indicated that they should have a response by the end of January.

We will keep in contact with the commissioner's office and hope that this will be resolved to the betterment of our community.

Questions or additional information may be directed to 360.826.3003.

Friendship House Helping Hand

Dinner at the Friendship House has been a success. We have reached out to the homeless and are serving a monthly dinner, with prep at 3 p.m. and dinner at 5 p.m. on the last Sunday of each month.

For more information or to volunteer as a helper, call Sue Walden 360.391.1709.

Cowboy Church

A "Cowboy Church" meets in the clubhouse at the Sedro-Woolley Rodeo Grounds (24538 Polte Rd.) every Wednesday evening at 6:30 p.m. For more information, call 425.395.4014, e-mail c4cowboychurch@gmail.com, or go to www.c4cowboychurch.com.

Kingdom Builders

Kingdom Builders works together with the help of our community, reaching out to be of help to those in need of trips to the doctor, hospital visits, store trips, and more. Drivers are needed and donations are always welcome. If you are interested in being a community helper, call 360.826.3003 or 360.826.3581.

WOMEN HAND in hand

Watch for upcoming information as we prepare for the March 16–18 event with

Jane Bateman.

For more information or to purchase tickets, go to www.womenhandinhand.com and follow Eventbrite for ticket information, or call 360.853.3066.

Follow WOMEN HAND in hand on Facebook. To join WOMEN HAND in hand, call 360.826.3696.

Garden dirt

- January provides the perfect conditions for imagining and planning a garden area. The foliage has died back, revealing the shape of your garden. A stroll around the garden with a pencil and pad will give you an opportunity to refine your beautiful summer garden.
- If you didn't do it last fall, now is the time to check, condition, replace, or repair garden equipment. Clean, sharpen, and oil your shears, pruners, and other cutting tools. Clean up the rakes, shovels, and all hand tools.

If you have an idea for a community gathering, contact Donna Pulver at 360.826.3003, or Kathy Henderson at 360.826.3581 or winningcircularch@gmail.com.

—Kathy Henderson

2017 Community Potluck dates

January 17, 6:30 p.m.
February 21, 6:30 p.m.
March 21, 6:30 p.m.
April 18, 6:30 p.m.
May 16, 6:30 p.m.
June 20, 6:30 p.m.
July 18, 6:30 p.m.
August 15, 6:30 p.m.
September 19, 6:30 p.m.
October 17, 6:30 p.m.
November 21, 6:30 p.m.
December 19, 6:30 p.m.

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Once preserved and restored, there could be trails and great birding spots for the public."

Another benefit of the Hamilton acquisitions is moving residents from harm's way. Some people rent in Hamilton because it is affordable, making moving difficult. The grant allows for relocation assistance for renters. The Trust's latest property purchase included a rental manufactured home and several outbuildings. As part of the property purchase, the Trust was able to arrange relocation of the renter and family, which helped them put a down payment on a place to buy farther east. The Trust will now remove all structures and debris, returning this frequently flooded property to a natural state.

"It's a great partnership and a win-win situation in that it helps residents, it helps protect important habitat, and it helps

with flood management because the town doesn't have to worry about the safety of these properties and their inhabitants," said Zillig.

Knitting together a fragmented landscape through such property purchases from willing landowners allows the Trust to provide cohesive spaces for restoration. Partnering with nonprofits, towns, landowners, and the state allows for the most frugal use of funds to revitalize an area, turning it into a healthy and useful space for people and wildlife alike.

A version of this article originally appeared in the Fall 2016–Winter 2017 issue of Skagit Land Trust's Skagit Update newsletter, and is republished with permission.

Hamilton, cont. from p. 22

Cromley.

All purchases were funded by the Washington State Salmon Recovery Funding Board, with assistance from Seattle City Light. One property acquired has 532 feet of shoreline on the Skagit River, as well as 762 feet of shoreline on Carey Slough. The property has intact native vegetation along the slough and river and is directly across the river from the Trust's Cumberland Creek Conservation Area. These properties are important not only for habitat protection, but also for a potential salmon habitat restoration project with partners along Carey Slough.

"It is very special that Hamilton has this intact habitat," said Sue Madsen with the Skagit Fisheries Enhancement Group. "We see great potential to benefit salmon through projects along the slough. This area is home to a lot of different creatures.

December in pictures



Clockwise from above: Santa was busy last month, putting in appearances at Concrete Town Center (photo by Bill Pfeifer), Hamilton Town Hall (photo by Joan Cromley), the Moen Rd. residence of Marty and Adrienne Smith, and the Imagine Concrete Foundation Bazaar and Children's Craft Fair (photo by Sheena Daniels).



Right: Jose Torres, Marissa Wallen, and their brand-new wee one, Tidus, were the fortunate winners of the World's Largest Christmas Stocking, courtesy of Cascade Supply in Concrete Town Center. Submitted photo.

Below: Cassie Bridge wows the crowd with a solo performance of "Give Me Love" during "For the Love of Music," a concert presented by the Concrete School District Music Dept. on Dec. 8.

Above: The Abendroth family from Snohomish joined tour host Christie Fairchild (far left) on Dec. 24 for a Deep Forest Experience at Rockport State Park. Visiting the old-growth forest was 15-year-old Bella Abendroth's birthday wish. Submitted photo.





Hamilton



Rockport



Working together to safeguard Hamilton

By Laura Hartner

“We canoed right over the top of a neighbor’s Corvette,” remembers Jane Zillig about living through a Hamilton flood. “There were cats swimming to reach a house with high enough windowsills to perch on out of the water.”

Zillig, who works as a conservation project manager for Skagit Land Trust, made it through two floods before she and her husband decided to move from Hamilton.

“Our house was raised up, but it was sad to see what other homeowners had to come back to. Houses filled with silt and garbage everywhere; it was a disaster area, and the cleanup seemed to take forever.”

Hugging a curve on the Skagit River and nearly encircled by Carey Slough, more than 75 percent of the original town of Hamilton lies in a floodway. The residents experience major flooding about every five years, and resources for rebuilding have dried up. Residents cannot build new homes in old Hamilton, and if over 50 percent of an existing home is destroyed by any event, it cannot be rebuilt.

“We have a small levee on the south side of town that provides a little protection,” said Hamilton Mayor Joan Cromley.

“This past winter it came within a quarter

inch of spilling over the top. We are long overdue for another major flooding event.”

The properties along the river and slough, though not great for houses, are crucial to the conservation and restoration of natural space. The land anchors valuable habitat for juvenile salmon traveling the Skagit. The slower moving waters of Carey Slough allow salmon to grow safely until they are strong enough to join the forceful currents of the Skagit River. These waters also provide resting grounds for salmon making their way upstream to spawn.

During the past year and a half, Skagit Land Trust has been working with Skagit Watershed Council, Skagit Fisheries Enhancement Group, Washington State Salmon Recovery Funding Board (SRFB), and Town of Hamilton on a project that benefits salmon and the citizens of Hamilton.

In 2016 the Trust completed three property purchases in Hamilton and handed this land over to the town to permanently steward as open space and salmon habitat. Acquiring open space such as these properties allows Hamilton to reach its growth management goals.



This aerial view shows the relationship and proximity of Hamilton, the Skagit River, and Carey Slough. Photo courtesy of Skagit Land Trust.

“It’s been a really great partnership to get movement on this project. I’ve been pleasantly surprised with the amount of landowners willing to talk with Skagit

Land Trust to see what programs are available to help them,” said Mayor

See Hamilton, p. 19

Stay fit in 2017 with healthy hikes at Rockport State Park

Washington State Parks and Recreation Commission invites the public to kick off the New Year right with a Healthy Hike, while enjoying the scenic beauty of the old growth forest at Rockport State Park.

Park staff or volunteers will lead Healthy Hikes on the 3-mile Evergreen Loop Trail every Saturday morning, beginning at 9 a.m. through Feb. 4, at Rockport State Park, 51095 SR 20, Rockport. Guided hikes begin in the parking lot and are moderately paced. Participants are invited to finish their hike with warm beverages at the Discovery Center.

Valerie Stafford, owner of Encore Fitness in Concrete, will lead the first 2017 Healthy Hike at 2 p.m. on Sun., Jan. 1. She will share stretching techniques and other healthy hiking tips.

Participants can take the 3-mile Evergreen Loop trail or choose to hike Rockport’s trails on their own. The park

has a total of 5 miles of trails, ranging from easy to moderate. Well-behaved dogs on leash are welcome. The park includes an ADA-accessible trail. Dress for the weather with footwear suitable for wet, muddy, and/or slippery trails.

To add an extra incentive, visitors who hike 100 miles in Rockport State Park during 2017 will earn a hand-carved walking stick made by Don Smith, artist and senior park aide. The miles can be logged on the staff-led hikes or anytime in 2017. The log must be completed at the park after each hike.

The activity is free, but a Discover Pass is required for vehicle access, except for designated free days, such as Jan. 1, 17, and 18. The Discover Pass is \$10 for a one-day use or \$30 for an annual pass. Both kinds of passes are available for purchase at the park office.

For more information about Healthy Hikes, contact Interpretive Specialist Amos Almy at 360.853.8461.

For more information about Rockport State Park, go to <http://parks.state.wa.us/574/rockport>.

—WA State Parks and Recreation

Barnaby Reach proposal moving forward

In a recent meeting with the Stakeholder Advisors, NSD representatives shared some of their experiences with similar projects, as well as emphasizing their dedication to receiving and respecting community input.

The project sponsors, Skagit River Systems Cooperative (SRSC), have separately hired Northwest Hydraulics Consultants (NHC) to provide ongoing independent technical review, along with local geologist Jon Riedel from North Cascades National Park and Rob Schanz from Washington Dept. of Transportation.

The next Stakeholder Advisory Committee meeting will be held on Tue., Jan. 24, from 6 to 8 p.m. at Concrete Community Center. The meeting is open to the public; however, public comments will be accepted only at the end of the presentations, about 7:45 p.m.

A General Community Meeting is planned for early spring, in Rockport.

For more information, contact any of

The proposed Barnaby Reach Project near south Rockport will begin new data collection and technical analysis in January. This work was prompted by local citizen response and input on project proposals.

The first step will be to acquire a more detailed topographic survey, as well as surface water and groundwater monitoring data. The consulting firm Natural Systems Design (NSD) will then improve the existing hydraulic models with new topographic and water level survey data, and will also expand the analysis to evaluate existing sediment transport, flooding, and channel migration processes and risks.

Council summary

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

- A second public hearing was conducted for the 2017 budget.
- Public comment:** Resident Laurie at 760 Cumberland St. wanted to know where the town stood regarding the animals and FEMA lot. Resident Larry at 34870 Bella St. informed the town of a new aggressive dog.
- Council approved Resolution 04–2016, a 1 percent increase on the

- property tax levy.
- Council approved an Interlocal Agreement with the county.
- Council approved Resolution 05–2016, an Interlocal Agreement with RMSA.
- Council approved the Skagit 911 Interlocal Agreement pending approval by the EMC.
- Water Dept.:** Cas Hancock reported that the town was at a 4 percent unaccounted-for water loss. The need for a mitigation well has ended. Two properties were waiting for leak forgiveness, which was granted.

—Compiled from staff minutes

Interpretive Center open for visits in January

Celebrating 20 years of eagle watching and stewardship, the Skagit River Bald Eagle Interpretive Center at Howard Miller Steelhead Park in Rockport will continue to welcome guests during January.

The nonprofit educates eagle watchers about the Skagit River watershed every December and January by hosting a variety of educational activities, including Guided Nature Hikes along the Skagit River and speaker presentations exploring ecological issues. The facility features a Nature Store highlighting Skagit Valley artisans, a Children’s Corner, informative eagle and salmon videos, interpretive displays, and a lifesize eagle’s nest. Twentieth Anniversary celebrations include a photo contest and special-edition poster.

The center is open through January. Admission and events are free, while donations are appreciated. Guided Nature Hikes are hosted Saturdays and Sundays at 11 a.m. Speaker presentations occur Saturdays at 1 p.m. and most Sundays at 1 p.m. in January.

For more information, go to the events calendar at www.skagiteagle.org/upcoming-events.

For questions and volunteer opportunities, contact the center at srbeatic@frontier.com, 360.853.7626, or 52809 Rockport Park Rd., Rockport, WA 98283.

January schedule at the center

- Sat., Jan. 7, 1 p.m.: Kevin Ebi, author and photographer, presents “Year of the Eagle: A Year in the Lives of Pacific Northwest Bald Eagles.” Free admission.

- Sun., Jan. 8, 1 p.m.: John Scurlock, aerial photographer and author, presents “Glaciers & Mountains: Photographic Flights Across Western North America.” Free admission.
- Sat., Jan. 14, 1 p.m.: Steve Glenn, USFS Eagle Watcher Volunteer and Skagit Valley College Instructor, presents “Winter Birds of the Upper Skagit Region.” Free admission.
- Sun., Jan. 15, 1 p.m.: Taylor Schmuki, Skagit Fisheries Enhancement Group restoration assistant, presents “Salmon Habitat Restoration Projects in Howard Miller Steelhead Park.” Free admission.
- Sat., Jan. 21, 1 p.m.: Pete Haase, Coordinator of Skagit Citizen Forage Fish Survey Team, presents “Forage Fish Around Skagit County.” Free admission.
- Sun., Jan. 22, 1 p.m.: Mike Larrabee, North Cascades National Park physical science technician, presents “Glaciers of the North Cascades.” Free admission.
- Sat., Jan. 28, 1 p.m.: Richard Brocksmith, Executive Director of the Skagit Watershed Council, presents “Salmon and Trout of the Skagit River: Distribution, Abundance Trends, and Habitat Recovery.” Free admission.
- Sun., Jan. 29, 1 p.m.: Friends of the North Cascades Grizzly Bear Coalition presents “Grizzly Bear Restoration in the North Cascades.” Free admission.

For more information, contact the center at srbeatic@frontier.com, 360.853.7626.

—Cora Thomas

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the three local community representatives: Howard Stafford, 360.853.8816; Christie Fairchild, 360.853.8388; or Russ Dalton, 360.770.0504.

Additional information on the project proposals and the community’s responses

to them can be read online at www.skagitupriverneighbors.com.

—Christie L. Fairchild
Community Stakeholder Advisory Committee member



Darrington



Snohomish County Sheriff's Report

Dec. 10

The Snohomish County Sheriff's Office of Neighborhoods homeless outreach unit received the 2016 Human Rights Law Award from the Snohomish County Human Rights Commission in recognition of the unit's extraordinary contribution in furthering the dignity and rights of the county's homeless, addicted, and mentally ill.

The commission presented the award on International Human Rights Day at the First Annual Snohomish County Human Rights Awards event at 1 p.m. in the Everett Labor Temple.

The Office of Neighborhoods was created in 2015 by Sheriff Ty Trenary with the mission to provide direct outreach and engagement of the homeless, mentally ill, and chemically dependent, bridging the gap between law enforcement, corrections, and human services.

Between Sept. 30, 2015, and Oct. 31, 2016, the Office of Neighborhoods team secured housing for 57 individuals.

They also secured detox for 86 people in Snohomish County, 72 of whom successfully completed the program and moved to inpatient drug treatment, an 84 percent success rate. The Office of Neighborhoods has helped 60 Snohomish County residents get identification cards, arranged for chemical dependency assessments for 67 people, and signed up 33 more for health insurance.

"I'm incredibly proud of the Office of Neighborhoods team," said Sheriff Trenary. "As Sheriff, I believe that criminalizing homelessness and untreated mental illness and addiction does nothing to end it. At a time when police agencies across this country are being called out for violence and discrimination, the Office of Neighborhoods team is actively promoting and protecting the human rights of our county's most marginalized residents."

"The statistics would not be possible

if the Office of Neighborhoods team did not provide dedicated, conscientious, and consistent service that builds trust with the most vulnerable members of our community," said Trenary.

The Office of Neighborhoods was also honored that morning by the American Red Cross at the annual Snohomish County Heroes Breakfast with a Humanitarian Award for its work with the homeless.

Dec. 23

A corrections deputy was assaulted today by an inmate at the Snohomish County Jail. The assault occurred around 4:30 a.m. in the psych unit of the jail, which usually houses 10–17 inmates and is supervised by one corrections deputy.

The inmate was out of his cell and assaulted the 53-year-old corrections deputy. Additional corrections deputies arrived at the module within a couple of minutes and were able to subdue the inmate. The corrections deputy sustained several injuries, although none are considered life-threatening, and he was alert, conscious, and talking when transported to the hospital. He has worked at the jail for more than 12 years.

The 26-year-old male inmate was booked last summer for two counts of second-degree assault. During the arrest, it is alleged that he assaulted the arresting officers and tried to take one of their weapons.

"This incident serves as a reminder of the dangers we deal with day in and day out," said Corrections Bureau Chief Tony Aston. "The corrections deputy responded to the unprovoked attack as a true warrior and professional. He kept his wits, and I am abundantly proud of him and his co-workers, whose quick response and actions most likely saved the corrections deputy's life."

Detectives with the major crimes unit are investigating the incident. It was unknown how long the corrections deputy will be in the hospital.

—Compiled from SCSO releases

Council, cont. from p. 24

Approval of the contract between T-Mobile and TOD for the proposed cell tower and to allow Mayor Rankin to sign the contract.

Resolution GR 274: a resolution of Town of Darrington approving Street Trees Policies and Standards.

Approval of Resolution GR 275: a resolution of TOD approving a Parks and Recreation Facility Inspection and

Maintenance Policy.

Resolution GR 276: a resolution of Town of Darrington approving a Street and Sidewalk Inspection and Maintenance Policy.

Revised Ordinance No. 716 regarding the Youth Council of Darrington.

—Compiled from staff minutes

Council summary

Darrington Town Council met for a regular meeting on Nov. 9. The following is a summary of that meeting. Complete and council-approved minutes for every council meeting are available at Darrington Town Hall.

Nov. 9 regular meeting

- Guest speaker Ginger Castleberry spoke to the council regarding painting the Community Center.
- Edge Analytical water sample results were announced as "satisfactory."
- Council discussed a "Welcome to Darrington" event sign, the town's utility tax, and PUD street lighting.
- Youth Council of Darrington facilitated a budget discussion.
- The following resolutions and proposals were presented, but no action was taken:

Resolution GR 279: An Interagency Agreement between State of Washington Dept. of Enterprise Services and Town of Darrington (TOD).

MC Energy Services proposal to develop an audit and grant strategy: If TOD does not receive the Commerce Grant and does not decide to proceed to construction, TOD would still be responsible for the payment of the IGA to UMC.

Proposal for TOD to advertise for positions in the Planning Commission and Cemetery Board.

Revised Cemetery Rules and Regulations: Appendix B and Cemetery Board acceptance of the Resignation of Hal Ring.

Proposal to accept the TIB Contract and for Mayor Dan Rankin to sign the contract and documents for the Riddle St. project.

Allow a committee to choose an engineer for the CDBG Grant Emens Ave. Project prior to the next council meeting.

Allow a committee to choose a project manager for the Old School Park project prior to the next council meeting and approval to sign the Binding Site Plan Permit Application.

See Council, p. 25

Darrington Strong elects new board members

By Marla Skaglund

A new Board of Directors for Darrington Strong will assume their positions this month. The newly elected directors are President Martha Rasmussen, Vice President JoAnne Milton, Secretary PJ Wierich, and Treasurer Steve Somsen.

The four individuals replace the founding members of Darrington Strong—Nels Rasmussen, David Singer, Leah Tyson, and Marla Skaglund—who gathered for a meeting in 2010 to discuss the formation of a new organization composed of community members and business owners. The fledgling organization focused on improving Darrington's economic stability by discussing employment, tourism, and economic development. First known as Darrington Area Business Association, or DABA, the group later changed its name to Darrington Strong.

Darrington Strong has been instrumental in various projects around the community and surrounding areas. Divisions have been created under the umbrella organization and are working on several projects in town and the surrounding area.

"DStrong" works to facilitate the growth of trade, tourism, recreation, and

communication in the Darrington area by providing resources, education, and action committees, and divisions for the purpose of building a more prosperous and sustainable quality of life for the community.

One division, the all-volunteer Friends for Public Use, has been working together to maintain local forest roads and access to trails, campgrounds, and parks. Volunteers work with local, county, state, federal government, and other agencies offering public access, recreation, and events in the Darrington area.

DARA, Darrington Area Resource Advocates, another division of DStrong, has members who believe responsible land management cannot only create local jobs, but can sustain backcountry recreation and enhance habitat. Its members are currently working on projects that include steelhead recovery in the Sauk River, saving Circle Creek Rd., sustainable timber management, and paving the remaining 14 miles of the Mountain Loop Highway.

Friends for North Mountain is another dedicated group of volunteers working to restore the North Mountain Fire Lookout to become an interpretive building and

vacation rental. Many volunteer hours have gone into obtaining donations for supplies and carpentry work to rebuild floors, walls, the outdoor walkway, and roofing. The project is a sustainable venture and beneficial for the community. Both the lookout and an accompanying botanical interpretive trail will serve as an educational resource. It will increase tourist interest and overnight stays for the Darrington area, strengthening the local economy. This project will preserve an important part of local history.

In addition to the divisions, committees have been formed, including "Adopt Highway 530," another all-volunteer group dedicated to picking up litter along Highway 530 starting at Whitehorse and continuing into Darrington. "Visual Impact" is composed of a volunteer group who work on making positive changes by planting flowers, trees, shrubs, and bulbs around town. One noticeable change is the new planters along Darrington Street.

Acquired through donations, DStrong members and community volunteers planted trees and smaller vegetation. The same group has been planting trees and shrubs in Dot City Park and has a small pocket park project in the works located in a newly acquired plot of land beside Darrington St. Future projects will include restored historical equipment to be displayed in areas around town.

A new group made up mostly of business owners is the newest committee to be formed and was the brainchild of JoAnne Milton. Members have been making plans for future events.

As the new year convenes, the newly elected board of directors, each with new ideas to make DStrong even stronger, will have many new projects. Volunteer groups will gather, and the continuation of the goals of DStrong will be realized.



Darrington High School wrestler Joseph Monchak strains to turn opponent Jordan Lawson from Friday Harbor during the Mount Baker Invitational meet on Dec. 22. Monchak won the close match by decision.

Community Dance: Jan. 14

The next Darrington Community Dance is scheduled for Sat., Jan. 14.

Live music will be provided by Northern Contraband, accompanied by caller Joe Michaels.

The fun begins at the Mansford Grange (1265 Railroad Ave., Darrington) with a potluck dinner from 6 to 7 p.m., followed by dancing till 9:30 p.m.

Suggested donation is \$7. All proceeds go to the wonderful people who make the music and call the dances.

For more information, call 206.402.8646.

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May 2017

Circulation: 15,000
Pages: 56

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Marblemount



Newhalem



30th annual Eagle Festival celebrates native cultures

The Samish Indian Tribe's cultural outreach coordinator Rosie Cayou James and native musician Peter Ali, have teamed up to organize "native weekend" on Jan. 14 and 15 at Marblemount Community Hall during the Skagit Eagle Festival.

The schedule includes speakers and presenters who are local tribal elders and experts. Programs begin at 11 a.m. and culminate with native musicians in the

later afternoon hours.

Freshly cooked Indian frybread tacos, as well as hot drinks, will be available for sale all day, plus artisans and crafters vending their handmade items.

For more information, contact Rosie James at 360.391.8888 or Peter Ali at 360.318.4010. Messages also may be left on the Community Hall's phone, 360.873.2323.

—Christie Fairchild

The good news is ...

By Sasa and Starwalker

Instead of making a list of things to do this year, we invite you to create a happiness jar. This is a jar into which you put all your happy experiences. At the next New Year, open it up to experience happy moments from the past year.

This is *your* jar, so you make the rules. There are lots of creative ways you can include daily experiences, depending on what seems most fitting that day. Here are some ideas from one Web site I came across:

- Your happiest moment that day.
- Something for which you are grateful.

- A lucky token, a ticket stub from a trip you loved, or a note from a loved one.
- Notes from your kids about their happiest moments.
- Nice comments about you from Facebook.

What good news can you create this year? Write it down, put a date on it, and toss it in the jar. Open it up on Jan. 1, 2018, to make room for all the happy experiences of the coming years.

Contact Sasa and Starwalker at cascadiaeffect@gmail.com. Experiences may be shared at <http://cascadiaeffect.weebly.com> and on Facebook: Cascadia Effect.

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Top: Santa (Art Olson) visited Marblemount on Dec. 3 and spent some quality time with elf Christie Fairchild and friends Kipper the border collie, Terri Wilde, and Bama Bam the pit bull terrier. Photo by Vanessa Throssell.

Bottom: Blackfoot musician JP Falcon Grady performs at the Marblemount Community Hall during the 2014 Skagit Eagle Festival. Photo by Christie Fairchild.

House approves \$1 billion to combat opioid epidemic

The House of Representatives voted 392–26 last month to approve \$1 billion to combat the nation's opioid epidemic as part of the bipartisan 21st Century Cures Act.

The vote will fund the bipartisan Comprehensive Addiction and Recovery Act, a bill that enacted—but did not fund—sweeping reforms called for by Rep. Rick Larsen (WA-02), including expanded access to lifesaving overdose reversal drugs and improved pain management and prescription practices.

The legislation also includes bipartisan reforms for mental health treatment and Medicare—including Larsen's Helping Families in Mental Health Crisis Act of 2016, which aims to fund additional psychiatric hospital beds, give family

members a greater role in working with mental health professionals, and provide law enforcement officers with training to recognize the signs of mental illness.

"Washingtonians told me loud and clear about the urgent need for additional resources to take on the opioid epidemic," said Larsen. "... with the help of their ideas, feedback, and stories, today our country is taking a huge step forward to put communities in Washington state and across the country on the road to recovery."

Funding in the bill includes:

- \$1 billion over two years to combat the opioid epidemic, with preference given to states with an incidence or

prevalence of opioid use disorders that is substantially higher relative to other states.

- \$1.4 billion for President Obama's Precision Medicine Initiative.
- \$1.8 billion, including \$1 billion during the next three years, to support Vice President Biden's Cancer Moonshot.
- \$1.5 billion for President Obama's BRAIN initiative, which aims to fund research to treat, cure, and prevent brain disorders, such as Alzheimer's disease, epilepsy, and traumatic brain injury.

In August, Larsen conducted an expansive tour of Washington's 2nd Congressional District, where he held a

series of events with law enforcement, health officials, advocates, community leaders, and elected officials to discuss new tools made available by the bipartisan Comprehensive Addiction and Recovery Act and to hear directly from stakeholders as to what additional support is needed to address the opioid epidemic.

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Seniors

Coffee Break A senior's privileges

By Patrick M. Kennedy

Seniors have rights and privileges beyond normal life-bound limitations because they have earned them through life's experiences, and have the scars and wrinkles to prove it. There are many rights for them beyond the Constitution, which states: "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights that among these are life, liberty, and the pursuit of happiness."

All men are created equal, yes, but that is just the basic idea, because seniors have improved that quality with age. Most are smarter than a baby and some smarter than a teenager.

Seniors have singular aged and ripened rights—the right to be grumpy, cantankerous, bitchy, crabby, unreasonable, and sometimes difficult. They have the right to be happy or unhappy, depending upon the day or time of the day, content, jolly, slowpokey,

and can place their cane, crutch, or walker where they want to. They can wear any clothes they wish, and forget names, even those of family members. They can avoid crosswalks and at a snail's pace cross in the middle of the block. They can insist that handicap parking is especially for them.

Alexander Hamilton said in 1775, "The sacred rights of mankind are not to be rummaged for among old parchments or musty records. They are written, as with a sunbeam in the whole volume of human nature, by the hand of the divinity itself; and can never be erased or obscured by mortal power."

Hamilton meant this to be directed at seniors. He was only about 22 years old when he said it, but we know he had intelligence and foresight beyond his age. He must have meant that seniors were the sunbeam amongst the parchment and musty records.

Hubert H. Humphrey put it one way, "The right to be heard does not include the right to be taken seriously." But, Hubert, this is serious stuff. And if all seniors could rise, they would rise up in rebellion, burn their AARP cards, and demand the right to be accepted just as they are and not be ignored or ridiculed.

The key to an elderly person's rights is their duty to be humans with different quirks because of years of ingrained attitudes and physical qualities. Being quirky is just being a different type of human. It's a right.

Patrick M. Kennedy is the author of Lotsa Fun with Retirement. Find it at Amazon.com. For more, go to www.funwithretirement.com.

Way Back When

100 years ago

Jan. 20, 1917: The Parent Teachers Association held a very interesting meeting at the school house last Friday evening, at which a question was warmly discussed while excluding part or all of the scholars from the meeting. The question addressed consolidating the Van Horn, Grasmere, and Moss Hill schools with the Concrete school, thereby doubling the number of days of attendance

allowed by the state.

No definite conclusions were reached, but further investigation was decided upon along this line, and further discussion will be resumed at the next meeting. Nearly all of those present were favorably impressed with the proposed consolidation, which would result in larger classes and increased interest in their school work. While the number of teachers would not be proportionately increased, greater efficiency would be secured, and the increased territory would add greatly to the amount of funds available for school purposes.

—Compiled from archives



30 years ago, Jan. 1, 1987: Dianne Frank, a Concrete High School senior, receives honors for second place in District 15 Veterans of Foreign Wars' "Voice of Democracy" contest. Sponsoring her locally was Jerry O. LaFayette, VFW Post 5056, and Auxiliary. Presenting the award are, from left, Voice of Democracy Contest Chair Frank Ennis, Auxiliary Contest Chair Helen Buchanan, Frank, and Post Commander Henry Kirner. *Archive photo by Anne Bussiere.*

Concrete Community Center

January 2017 Activities

Mon. – Fri., 8:30 a.m. to 3 p.m.
Breakfast served at 8:30 a.m.
Lunch served at noon

East County Veterans Center meets Mon.,
Tue., Wed., from 10 a.m. to 3 p.m.

Eagle Festival, every Sat. and Sun.
(except Jan. 1), 8 a.m. to 4:30 p.m.

Mondays

10 a.m. Jigsaw puzzles
12:30 p.m. Walking group
12:30 p.m. Skip Bo
5:30 p.m. Skagit Fisheries
Enhancement Group
outreach
Songfest (except 1/2)

Tuesdays

10 a.m. Jigsaw puzzles
12:30 p.m. Walking group
12:30 p.m. Skip Bo
6 p.m. Health Classes (also
Sundays)

Wednesdays

10 a.m. Jigsaw puzzles
12:30 p.m. Walking group
12:30 p.m. Skip Bo
4 p.m. Incredible Years
Parenting Class
(1/11–4/19)

Thursdays

10 a.m. Jigsaw puzzles
12:30 p.m. Walking group
12:30 p.m. Skip Bo
12:30 p.m. Pinochle, 1/5, 1/19
6 p.m. Health classes

Fridays

10 a.m. Jigsaw puzzles
10:30 a.m. Community Ctr. Board
mtg., 1/20
12:30 p.m. Walking group
12:30 p.m. Dominoes, Skip Bo
12:30 p.m. Coffee with Commis-
sioner Janicki, 1/13

Closures

1/2 New Year's Day observance

2015–16 Upper Valley memorials

by Dan Royal

The following is not a complete list of those families, friends, and neighbors we have lost in the Upper Valley area covered by *Concrete Herald* during 2015 and 2016. The list is simply meant to give a sense of the people who have been a part of our communities and schools. No disrespect is meant by any omissions.

Concrete High School alumni

- Shirley L. (Rowland) Henning, 79, class of 1954 of Seattle, telephone operator.
- Michael L. Case, 54, class of 1979 of Marblemount, owner operator of Iron Mountain Aviation.
- Orman W. Mason, 93, class of 1940, of Sedro-Woolley. Minister Baptist Church.
- David W. Metzger, 54, class of 1978 of Concrete.
- Robert Gillock Jr., 27, class of 2006 of Concrete, worked construction.
- Barbara A. Monrad, 68, class of 1965, of Mount Vernon, worked as a claims adjuster.
- Matthew M. Larson, 65, of Sedro-Woolley.
- Jack E. Taylor, 91, of Sedro-Woolley, heavy equipment operator, worked on the North Cross Highway.
- Charles "Chuck" Daves, 73, class of 1961, longtime Birdsview resident, died in Sedro-Woolley, log truck driver for Bob Hillier Trucking.
- James E. Mathis, 74, class of 1959, of Birdsview, Heavy Equipment Operator. Freeman Broom, 87, longtime Birdsview resident.
- Emilie J. (Wenrick) Keith, class of 1950, 83, formerly of Concrete, died in Mount Vernon.
- James B. Wright, 84, Burlington, worked for Exxon Corp.
- Harriette (Larsen) Frank, 99, lifetime Concrete resident, she spent the last few years in Burlington until her passing to be with her beloved Albert once more. Owner operator with Albert, first buying Van Horn Service in 1948, then opening Albert's Serve-U in Grasmere in 1958, known today as Albert's Red Apple. She was also from the pioneer family, Peter and Kristina Larsen and graduated with the class of 1934.
- Frances "Sue" (Buller) French, 67, class of 1966, of Concrete. Librarian

along with other jobs at Concrete School District.

- Nina M. (Conrad) Barker, 94, formerly of Marblemount, died in Burlington.
- Richard Scott Greene, 48, died in Bellingham, class of 1985, longtime musician, lately "The Scott Greene Band."
- Rodney N. Buchanan, 65, of Concrete.
- Jeri L. (Earley) Lowry, 48, class of 1985 of Concrete.
- Marion L. Sjoboen, 80, class of 1954, formerly of Concrete, died in Anacortes. Taught middle school for Concrete School District for 25 years.

Hamilton High School alumni

- Edward C Moody, 85, of Fairview, Ore. Logging with Roseburg Forest Products.
- Frederick C. "Bobo" Brayton, 89, of Pullman, longtime baseball coach for Washington State University.
- James W. Nickerson, 92, of Sedro-Woolley, longtime Hamilton resident; retired from Scott Paper in 1988.

Note: Obituary information may only have shared if the deceased attended CHS or earlier surrounding schools. Most did not list the year they graduated. Believe it or not, there was a high school in Hamilton: The last graduating year was 1943.

Upriver communities

- Betty Brumley, 70, of Sedro-Woolley, delivered *Skagit Valley Herald* newspapers upriver for 35 years.
- Bradley Conn, 47, of Sedro-Woolley. Former head baseball coach at Sedro-Woolley High School.
- Leo "Buddy" Hayes, 24, formerly of Sedro-Woolley, died in Florida while serving U.S. Navy.
- Daniel R. Coward, 78, of Concrete. Former foreman, worked for Janicki Logging Co. for 50 years.
- Donald C. Price, 80, former teacher at Concrete High School.
- Floyd Hintz, 72, Birdsview.
- Barbara J. Thurmond, 83, formerly of Clear Lake, died in Bellingham.
- Ernest L. "Ernie" "Queen, 82, Sedro-Woolley. Worked for Superior Portland Cement; founded Skagit Bluegrass & Country Music Association in 1984; played Queens

Verna's Kitchen

By Verna McClure



This old recipe is easy to make and easy to double. It was a good seller at the Concrete Saturday Market. It's also healthier than many other cookies.

Ranger Cookies

- 1 cup Crisco
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs, beaten
- 1 teaspoon vanilla
- 2 cups flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups oatmeal
- 2 cups corn flakes
- 1 cup coconut

1. Cream Crisco and sugars.
2. Add eggs, vanilla, and dry ingredients. Mix well. The dough will be a little stiff.
3. Bake in a 350-degree oven for 8 to 10 minutes.

Bluegrass Band for years.

- Ernest T. "Ernie" Tyree, 96, Sedro-Woolley. Electrician for Northern State Hospital; country music musician.
- Ruby M. Sterley, 89, Lyman.
- Lila E. "Peggy" (Land) Rowland, 76, Birdsview. Secretary for Skagit Steel & Bendix.
- Kenneth J. "Kenny" Cagle, 57, Lyman. Owner operator of Lyman Restaurant; also owned North Cascade Saw Shop off SR 20.
- Gerhard F. W. Meyer, 85, formerly of Birdsview, died in Stanwood. Owner operator of Cascade Mountain Inn on Wilde Road in Birdsview with wife Ingrid.
- Gary D. Adkins, 71, Clear Lake.

Obituaries

Lois Theodoratus

82, of Birdview, passed away on Wed., Dec. 7, 2016. Lois was born on June 21, 1934, to John and Ruby Pinelli in Hamilton, Wash. She was married to George Theodoratus in 1957 and they have lived in the same house since.



Lois worked at the Baker River Forest Service before opening a gift store called The Knothole in Concrete. She also worked as the receptionist and bookkeeper at Valleys West Realty, the family business. In later years, George and Lois built and operated Concrete Self Storage.

Lois loved to travel, and many vacations were spent with George on cruise ships around the world. She was a confirmed shopaholic and enjoyed finding treasures and local art wherever she went.

Lois also enjoyed crafts, including ceramics, bottle digging, painting, weaving, and, in later years, quilting with cousins Ann and Peggy.

Lois is survived by her husband, George Theodoratus of Birdview, and daughter, Lisa Theodoratus of Sausalito, Calif.

She is preceded in death by her parents, John and Ruby Pinelli, and her sister, Virginia Frieze.

Funeral arrangements were held at 11 a.m. on Wed., Dec. 14, at Lemley Chapel, Sedro-Woolley. Share your memories of Lois and sign the online guest register at www.lemleychapel.com.

In lieu of flowers family suggests memorial donations be made to the Humane Society of Skagit Valley.



George and Lois Theodoratus were married on Nov. 30, 1957. This wedding photo, which shows them about to cut their wedding cake, appeared on the front page of the Jan. 9, 1958, Concrete Herald. The ceremony was held at Sedro-Woolley Catholic Church.

Amy Higbee

was born Jan. 27, 1919, in Wilton, ND, to Harry and Carrie Redington, the youngest of seven children. After she graduated from high school there, she proceeded to Dickinson State College to pursue a teaching degree. It was there that she met the love of her life, Neil Higbee. Although WWII kept them separate for nearly four



years, they were married two weeks after Neil came home, making their home in Seattle.

Neil became a Presbyterian pastor, while Amy managed their household through four children and multiple moves, ending up back in Everson, Wash., nearly full circle. She went back to college to update her teaching degree while two of those children were in college themselves, then taught at Irene Reither Elementary School for 13 years. They moved to Sedro-Woolley after their retirement.

Amy enjoyed sewing and crafts, baking, and gardening. She was an avid Scrabble player and crossword-puzzle solver. Music also was very important to her; she loved to sing and play the piano.

Amy was preceded in death by her husband, Neil, in 1993, her parents, and all six of her siblings.

She is survived by children Bob (Colleen), Miriam Ambrose (Don), Naomi Rumpff (Rick), and Corrine Christie (Matt), along with our chosen sister Bonnie Oliver (Maynard) and beloved nephew Steve Higbee (Irene), grand and great-grandchildren, and numerous other relatives.

Her memorial service will be held at the Mount Vernon Presbyterian Church on Sat., Jan. 28, 2017 at 1 p.m. Arrangements are under the care of Lemley Chapel.

Our family would like to thank Life Care Center, Country Meadows, and Hospice for excellent and compassionate care. Donations are suggested to Hospice.

William Henry "Bill" Joy Jr.

of Birdview passed away peacefully at PeaceHealth United General Medical Center in Sedro-Woolley on Fri., Dec. 23, 2016, surrounded by his loved ones. Snow was falling and his soul was longing for Heaven. Bill was born to William H. and Madeleine M. Joy in



Worcester, Mass., followed by two sisters. He acquired his strong work ethic early in life from his father, who worked seven days a week on the railroad during the Depression and World War II. He enlisted in the U.S. Air Force, serving in Japan and Korea as a Norden Bombsite

Mechanic and Aircraft Engine Mechanic on B-29s during the Korean War.

After honorary discharge, he attended Worcester Junior College for two years, going on to earn his college degree in petroleum engineering at the University of Oklahoma. He worked a time in the Texas oil fields, ultimately hiring on with Travelers Insurance Co. in Nashville, Tenn., as a petroleum engineer. Later he joined their fire protection engineering program, which took him to assignments in all the U.S. states and Canada. After 29 years he retired in 1988 from Travelers in Seattle as manager of the Seattle Engineering Dept. He then began his second career, self-employed as a fire protection engineer consultant, primarily to Plum Creek Timber, Co., which he continued till his death.

He married Janet Gelinis, also from Worcester, in 1958. They had four children and were transferred by Travelers several times between Nashville and Seattle. In 1987 Bill married Nancy (Newman) Near, and they lived in La Conner prior to moving to Birdview in 1991 where they built a home, raised beef cattle, and hosted a menagerie of four-footed friends.

Bill's life experiences and stories never ceased to amuse, entertain, or inspire. He gave praise to St. Jude for a healing deliverance from alcohol four-plus decades ago. There was no limit as to what he would

See Obituaries, p. 31

Obituaries, cont. from p. 30

do to assist or show compassion for those in need. He humbly served as facilities person, lector and minister of communion to the sick at St. Paul's at Swinomish and St. Catherine's in Concrete. The many lifelong friendships he forged with coworkers at Travelers and Plum Creek were still celebrated with visits and barbecues right through this past summer.

Besides his parents, Bill was preceded in death by brothers-in-law Carl E. Newman, Phil Wrightson, and John Cronin; and sister-in-law Beverly Chapman. He is survived by his loving wife, Nancy; beloved sons and wives Bill Joy III and Robin, John Joy and Carrie, and Mike Joy and Stephanie; daughter Tricia (Naomi); grandchildren Matt, Andre, John, Maddie, and Alex; numerous nieces and nephews; sisters Connie Cronin, North Andover, Mass., and Sr. Madeleine Joy, SP, Westfield, Mass.; and sisters-in-law Connie Wrightson, W. Yarmouth, Mass., and Louise Newman, Mt. Vernon, Wash.

Words can only begin to express the appreciation of those in the PeaceHealth system who were so compassionate and accommodating through Bill's journey with pulmonary fibrosis.

A time of visitation and reciting of the Rosary was held on Fri., Dec. 30, 2016, at 10 a.m., followed by the funeral mass at 11 a.m. at St. Catherine's Catholic Church in Concrete, followed by interment at Forest Park Cemetery with military honors.

Share your memories of Bill and sign the online guest register at www.lemleychapel.com.

Skagit County Sheriff's Office Blotter

Dec. 4

A Lyman resident reported her 53-year-old husband missing. It seems he hadn't returned from a local casino after a couple of days. Deputies listed the man as missing and began researching leads. His wife called the next day to say he'd returned. The man was discovered at work. Hmm ... seems like there's more to this story.

Dec. 12

A deputy stopped a vehicle for speeding near Ohara Rd. near Hamilton. It was the driver's lucky day and he was going to be released with just a warning, but he was arrested for an outstanding warrant. Being lucky again, the jail was unable to accept him, so he was released.

Dec. 14

A deputy responded to the bar in Concrete, where the bartender had reported a theft. It appeared a woman had stolen several hundred dollars from the bartender's purse. After gathering details, the deputy drove to the woman's house, where she refused to come to the door. She eventually opened the door, admitted

to the theft, and was arrested.

Dec. 16

Deputies responded to a burglary in progress on Main Street in Concrete. A neighbor reported seeing a flashlight inside a residence while the owner was away. Upon arrival the deputy was met by an armed older woman who said she was checking for the burglars too. What? She was told to lay the gun down while deputies checked the house. No one was located, but prescription medicine was discovered missing. The deputies then had a chat with the nice armed woman.

Dec. 17

A couple was parked in Concrete Town Center, having lunch at a local restaurant. As they left, a neighboring business owner came over to state he had observed a small car strike their pickup truck, causing a big dent near the rear bumper. The fleeing car is described as a smaller white or grey Honda type, with a black stripe near the center. Deputies are searching for the vehicle in question.

A resident near Marblemount reported a burglary to his cabin. The property owner may have suspect information and deputies have a person of interest in mind. There have been a significant number of burglaries in the upriver area, and deputies are narrowing down the list of suspects to a pair of local career criminals. The

investigations continue.

Dec. 22

A Rockport-area resident reported someone stole his UPS packages. The man was expecting some Christmas gifts for his grandkids, and apparently a neighborhood Grinch took them. There are no leads at this time.

Dec. 23

Deputies were summoned to a residence just west of Lyman for a domestic disturbance. Deputies discovered an intoxicated male had allegedly struck his girlfriend and fought with another man inside the house. This became obvious to the deputy based on the blood splatters inside the residence. The man was booked for domestic assault, again.

Dec. 26

A deputy assisted Washington State Patrol with a motor vehicle accident near milepost 72 near Lyman. It appeared a 90-year-old driver had failed to turn on

See Sheriff's Blotter, p. 33

Level 2 Sex Offender NOTIFICATION

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

Hayes, Justin David

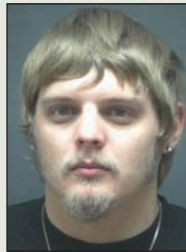
Age: 27
Race: W
Sex: M
Height: 5' 8"
Weight: 148
Hair: Blonde
Eyes: Blue
Address: 463xx

Baker Loop Rd., Cedar Grove

Hayes was convicted of unlawful communication with a minor in Skagit County on June 30, 2011, and Nov. 19, 2015. Victims in both cases were 13-year-old female acquaintances.

Hayes 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 could result in the removal of the online notification resource.

Source: Skagit County Sheriff



Worship directory

Assembly of God

Concrete Assembly of God
45734 Main St., Concrete; 853.8042
Sun. worship: 10 a.m.
Tue.: Men's meeting, 8:30 a.m.
Wed.: Adult Bible study, 6 p.m.
Thur.: Women's Bible study, 6:30 p.m.

Citipoint Church North Cascade
59850 SR 20, Marblemount
360.873.2504
Sunday Gathering: 10:30 a.m.
www.citipointchurch.com
E-mail: matt@citipointchurch.com

Baptist

First Baptist Church
12732 Hemlock St., Clear Lake
360.856.2767
Sunday School: 9:45 a.m.
Sun. worship: 11 a.m. and 6 p.m.
Wed.: 7 p.m.
E-mail: pastorjohn@firstbaptistclearlake.com

Hamilton First Baptist Church
797 Hamilton Cemetery Rd. at SR 20
Office: 360.826.3307
Sunday School: 9:40 a.m.
Sun. worship: 11 a.m. and 7 p.m.

Lyman Church
31441 W. Main St., Lyman
Office: 360.826.3287
Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.

Catholic

St. Catherine Mission Church
45603 Limestone St., Concrete
Mail: 719 Ferry St., Sedro-Woolley
Office: 360.855.0077
Weekday hours: 9:30 a.m.–3:30 p.m.
Sat. Mass: 8:30 a.m.
www.svcc.us/scm

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

Episcopal

St. Martin/St. Francis Episcopal Church
55223 Conrad Rd., Rockport
Services: first and third Sunday of each month, 1 p.m.

Free Methodist

Day Creek Chapel
31438 S. Skagit Hwy, Sedro-Woolley
Office 360.826.3696
Sun.: 9:15 a.m. prayer svc, 10 a.m. worship
Tue.: Women's Bible study, 9:30 a.m.
Thur.: Bible study at Louise's complex, Mt. Vernon, 6:30 p.m.
Fri.: Women's Bible Study at Kathy's in Day Creek, 8 a.m.

Methodist

Central United Methodist Church
1013 Polke Rd., Sedro-Woolley
360.856.6412 / centralumcsw@yahoo.com
<http://centralumcsw.org>
Adult Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.

Presbyterian

Mount Baker Presbyterian Church
45705 Main St., P.O. Box 246, Concrete
Church 360.853.8585; office 360.595.0446
www.mtbakerpresbyterian.synodnw.org
Sun. worship: 9 a.m.

Lutheran

Shepherd of the Hills Lutheran Church
46372 Main St., Concrete / 360.853.8814
Sun. worship: 10 a.m.

Nondenominational

Agape Fellowship
Meets at Mount Baker Presbyterian,
45705 Main St., Concrete
Second and fourth Weds., 7 p.m.
360.708.4764

Community Bible Church

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

The RIVER Gathering
720 Puget Ave., Sedro-Woolley
Sun. worship: 10:30 a.m.
Wed. potluck/study: 6 p.m.
Thur. ladies group: 6:30 p.m.
Last Fri./mo. potluck/games: 6 p.m.
www.facebook.com/thrivergathering

Rockport Christ the King Comm. Church
11982 Main Rd., Rockport, WA 98283
Church office: 360.853.8746
Pre-service fellowship: 9:30 a.m.
Sun. service: 10 a.m.
Sun. eve. Bible study: 5 p.m.

Wildwood Chapel
41382 SR 20, Concrete
Sun. worship: 10 a.m.
Bible studies: Call for times
360.708.4330

Sergeant's corner

Happy New Year!

By Chris Kading



As we welcome 2017, many of us are working on our New Year's resolutions. Folks will often commit to positive changes in their lives. Whether it's saving money, getting a new job, or losing some of those extra holiday pounds, here are a few tips to do it safely.

I recently read that one of the top resolutions for 2017 is to simply "be a better person." I can wholeheartedly agree with that; however, that's a pretty open-ended statement. Another common resolution is to drop a few pounds and get into better shape. As a rule of thumb, start slow, speak to your doctor prior to embarking on this journey, and stick

with it. If you plan to get out and start walking or running, here are a couple things to keep in mind.

- Consider the clothing you're wearing, especially if it's dark outside. Wear light-colored clothing, preferably with reflective material. If you can convince someone to be your running or walking partner, it's always better to be out in pairs. Two people can motivate each other, catch up on gossip, talk politics, whatever it takes. Just get out there and stick to it.
- Bring a cell phone. Call 911 if you see anything suspicious or witness any criminal activity. Remember if you call 911, don't hang up. The 911 center may be able to determine your location based off the GPS in your phone.
- If you're walking and listening to music and you're wearing earpieces, keep the volume low enough so you can hear important sounds like

cars, trains, animals, etc. Don't jam out to your music at a level where you cannot hear the traffic around you. It's a fact that folks have been killed walking the train tracks and listening to music.

- As always, follow all pedestrian laws and cross at designated crosswalks. Remember, you may not be seen by vehicles and they may not slow down. Drivers are more likely to see you if you run/walk against the flow of traffic.

Have a Happy New Year.

Sgt. Chris Kading is sergeant for the Skagit County Sheriff's Office East County Detachment in Concrete.

CONCRETE HERITAGE MUSEUM NEWS

For all those who missed the Museum Association's annual Christmas Potluck, we're sorry you weren't there. As always, we had plenty of good food and conversation. At our next regular business meeting, Jan. 18 at 7 p.m., we will begin establishing our priorities and projects for the upcoming year. Come help us.

I fully recognize that there are obviously many, many people who choose not to join our association than those who take an active role in preserving our local history. For those people, I challenge you not to sit on the sidelines, but to make history yourselves. So many people shy away from getting involved because they feel they don't make a difference. Everyone can make a difference. No matter how small the project, make it something significant. Instead of asking what are you going to do for me today, ask what you can do to help someone else. Or better yet, just quietly do it.

A number of years ago, I went to the funeral of Evalyn Goeringer. As many

people stood around her gravesite and spoke fondly of all the things in the community she did and was involved in, a woman remarked to the lady next to her, "that's how I want to be remembered." I found that remark somewhat puzzling because I didn't recognize the woman who said it—not from any community meetings, not from any of the community events that are largely run by volunteers. I hoped she was one of the people in our community who do a lot, but stay quietly behind the scenes. On the other hand, she may well have been one of the multitude who want to be remembered well, but leave no lasting memory or legacy of themselves beyond their immediate family. The ultimate trick to being remembered well is to live well by helping others. So, go make some history!

Even though we are closed for the season, special tours can be arranged by calling 360.853.8347 or e-mailing requests to jboggs@wash@aol.com.

—John Boggs

January at the Darrington Library

Children and family programs

- Family Storytime, Wed., Jan. 11, 18, 25; 11 to 11:45 a.m.; all ages welcome, caregiver required.
- Winter Science Extravaganza: Rockin' Rollercoasters! Wed., Jan. 11, 1 to 2 p.m. Grades 1–5, registration required.
- LEGO Club Free Play, Wed., Jan. 18, 3 to 4 p.m. Ages 5 and up.
- Potato Chip Voting, Thur., Jan. 19, all day. Vote for best flavor.
- Writers Ink, Fri., Jan. 20, 3:30 to 4:30 p.m. A group for any age writer to improve their skill.
- Stuffed Animal Sleepover, Wed., Jan. 25, 6 to 7 p.m. Evening storytime, sleepover for animals, pick up the next day from 6 to 6:30 p.m.

Adult programs

- Computer Basics Class: Cursor, Mouse, and Keyboard. Mon., Jan. 9, 1 to 2 p.m. For beginners.
- Computer Basics Class: Files and Folders. Mon., Jan. 23, 1 to 2 p.m.

For Windows and Mac users who have taken the "Cursor, Mouse, and Keyboard" class.

- No-Sew Fringe Fleece Scarves, Sat., Jan. 14, 1 to 2 p.m. Create a scarf; wear it home. Supplies provided.

Darrington Book Group

Discussing *The Rosie Project* by Graeme Simsion. Wed., Jan. 4; 5:30 p.m. Newcomers welcome. Potluck optional.

Friends of the Darrington Library

This month's meeting is Jan. 11 from 5:30 to 7 p.m.

Library closures

All Sno-Isle libraries will be closed on Mon., Jan. 16, in observance of Martin Luther King Jr. Day.

The Darrington Library is located at 1005 Cascade St., Darrington. For more information, go to www.sno-isle.org?ID=1194 or call 360.436.1600.

—Asheley Bryson, branch manager

At the Upper Skagit Library

Play **Winter Book Bingo** and win great prizes! Read books from specific categories on the bingo card, such as "Banned Book," "Written by a Local Author," or "Turned into a Movie." Get a blackout or bingo and enter to win the grand prize of a \$50 Amazon gift card (one prize awarded) or a book and DVD pairing (two prizes awarded) respectively. Anyone with an Upper Skagit Library card may participate. January 1 through March 31. Pick up a bingo card at the library or download the PDF at upperskagit.lib.wa.us.

Attention, teens! **Nonfiction Reading Challenge** just for you. Read one book from at least five Dewey Decimal categories before March 31 and be entered to win a \$25 Amazon gift card (two prizes awarded)! Pick up a Reading Challenge form at the library. For ages 12 to 19. Library card not required to participate.

Thank you for donating to our **Winter Food and Children's Book Drive**. We had quite the collection of items for the Concrete and Marblemount food banks. You made a difference in local families' lives this holiday season!

My Name Is Twirp author reading and book signing will occur Jan. 21 at 3:30 p.m. Karen Smith will read from her new

children's book, a collaborative book project to benefit the library with playful illustrations by local artist Don Smith. Bring the family to meet the author and illustrator. Buy a book and get it signed by Karen and Don.

During the Skagit Eagle Festival in January, drop in for **Little Eaglet Craft**. Join us for an eagle-themed craft every Saturday in January, from 10 to 3 p.m. Free for kids of all ages.

Storytime with Miss Brooke: Mark your calendars for Jan. 7 and 21. Families with young children are invited to join us for stories, songs, and a simple craft on the first and third Saturdays of each month, from January through May, at 11 a.m.

New on our shelves

In adult fiction, *Island of Glass* (Guardians Trilogy, Book 3) by Nora Roberts. In adult nonfiction, *The Undoing Project* by Michael Lewis. In Young Adult, the manga series *Tail of the Moon Book 7*. In Children's, *Snowmen at Night*.

The next Upper Skagit Library Board of Trustees meeting will be held on Jan. 12 at 5 p.m.

—Cora Thomas, Library Associate

Lions R-O-A-R



This month's Concrete Lions Club regular meetings will be on Jan. 4 and 18 at Annie's Pizza. The meeting starts at 6:30 p.m.; however, there is always a group that gathers around 6 p.m. to eat and socialize before the meeting starts. All existing members, mark your calendars.

For those interested in becoming a member, submitting a request, or just want to see what we are about, please feel free to visit any of our regular meetings.

The Concrete Lions Club has access to **medical equipment**, such as wheelchairs, walkers, shower chairs, and commodes, which can be lent to help those in need. Contact any Lions Club member and we

will do our best to help you.

I encourage members of our community to think about and join your local Lions Club. Our club is your club. We are a club to serve you and our community. Our hope for 2017 is to double our membership numbers. We all have friends and family who have seen the outreach of your local Lions Club, so now is the time to give great thought about being a member!

Thank you for your continued prayers for the healing of our Lions Club members.

—Connie Smithhart

Sheriff's Blotter, cont. from p. 31

his headlights and had driven off the roadway. He was slightly embarrassed, but otherwise unharmed. Authorities ensured he made it home safely.

Dec. 28

A deputy responded to an apartment complex in Concrete. A man called to report several unidentified subjects had been attempting to gain entry into an apartment above his. He asked the potential burglars to keep the noise down and they responded by throwing two full bottles of beer at him, as most drunken burglars would. They all fled in a blue van. The van was never located and the apartment upstairs never called to report a

burglary. Deputies have little to go on. **Dec. 29**

A deputy responded to an abandoned vehicle report 2 miles up Medford Rd. near Hamilton. A Honda sedan was discovered, having been stolen from a retirement home in Burlington nearly two weeks earlier. There are no suspects. Really, from a retirement home? I'm convinced some crooks have no conscience.

—Compiled by Sgt. Chris Kading

Read Concrete Herald
The Voice of the Upper Skagit Valley

BUSINESS DIRECTORY

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Sundays 11 a.m. to 5 p.m.
Gifts, Rocks, Tobacco, Cigars, and more!

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We Buy, Sell, & Loan Guns, gold, coins
Corner of Hwy 530 & Mt. Loop Hwy, Darrington
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360.436.1029 www.goldnuggetpawnshop.com

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LET'S KEEP HISTORY FLYING IN CONCRETE, WA !



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360-770-4848

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RESTORATION

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M–F, 5 a.m. to 2 p.m.; Sa.–Su. 7 a.m. to 2 p.m.
44586 SR 20, Concrete
360.853.9006

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or e-mail

editor@concrete-herald.com



Out & About



State

Senator calls for public input on fishing, hunting license fee increases

Sen. Kirk Pearson, R-Monroe, is calling for hunters and fishers to weigh in on the proposed fishing and hunting license fee increases proposed by the state Department of Fish and Wildlife. The increases will be a subject of a public hearing in the Senate where Pearson chairs the Natural Resources and Parks Committee.

Overall, recreational and commercial fishing license fees are proposed to increase by an average of 30 percent. Recreational licenses for saltwater salmon, freshwater trout, and shellfish license would increase from \$55 to \$75. Columbia and Snake River salmon and steelhead licenses would increase from \$38 to more than \$64. Saltwater salmon and sturgeon licenses would increase from \$30 to \$55. Overall fee costs for an average angler could more than double.

Hunters also will pay for the new spending with fees that will increase by 10 percent on average. A migratory bird permit will go from \$15 to \$25. A deer, elk, bear, and cougar big game hunting license will increase from \$85 to \$93.

All fee increases listed are for resident prices. Nonresident fees are significantly higher.

"I know that most of our hunters and fishermen cannot make the trip to Olympia to testify, so I would like to know your opinions on the merits of this proposal," said Pearson. "While the department plans to spend the increased money on ideas that could be beneficial to fish and game populations, we need to count the cost before we start writing the checks."

Comments on the proposal can be directed by e-mail to kirk.pearson@leg.wa.gov or by mail to Senator Kirk Pearson at P.O. Box 40439, Olympia, WA 98504.

More details about the proposal are listed on Pearson's Web site, www.senatorkirkpearson.com.



Pearson

Burlington

BEHS senior wins 2016 Congressional App Challenge

Rep. Rick Larsen (WA-02) announced last month that Burlington-Edison High School senior Alexandria Kissas won the 2016 Congressional App Challenge for Washington's 2nd Congressional District.

Kissas' app, "ListMe," is designed to help people organize multiple lists on their smart phones.

"I was sitting in class, thinking, what would help the most people? As a senior, I have a lot of things to do this year and a list would be really helpful," said Kissas.

"Alexandria is a great example for young folks everywhere," said Larsen. "Whether you want to launch the next Snapchat or create an organizational tool like the one Alexandria designed, now is a great time to pursue an education in STEM or learn how to code."

According to the Boston Consulting Group, there are as many as 25,000 unfilled science, technology, engineering, and mathematics jobs in Washington state.

Asked if she had any advice for other students who may be considering giving coding a try, Kissas said, "Coding can be challenging, but do it anyway. It can open doors. Your understanding of physics, science, and the world around you is so much more enhanced by learning to code."

Kissas, who is a TA for her AP Computer Science teacher and hopes to attend Pomona College, received a prize of \$400 in Amazon Web Services credits and has been invited to a reception in Washington, D.C.

The Congressional App Challenge is an annual competition that aims to help maintain American competitiveness by proactively inspiring youth to pursue crucial STEM skills.

Mt. Vernon

Arrests made following shooting of Mt. Vernon police officer, standoff

A 44-year-old man was arrested just after midnight on Fri., Dec. 16, following the shooting of a Mount Vernon police officer on Thursday night, Dec. 15. That officer remains in the hospital.

Two other suspects were taken into custody at the same time as the primary suspect. That primary suspect is known to law enforcement, and has a lengthy, violent criminal history.

All suspects were taken to the Skagit County Sheriff's Office.

The incident began at approximately 5:30 p.m. on Thur., Dec. 15, when officers responded to a call of a subject who had been shot at a residence near the intersection of Fir St. and LaVenture Rd. As officers investigated the scene, they were fired upon.

One officer was struck and transported to Skagit Valley Hospital. That officer was later transported to Harborview Medical Center in Seattle, where he underwent surgery. He is a 30-plus-year veteran of the Mount Vernon Police Department.

The suspect who allegedly shot at officers barricaded himself in a residence near the intersection of Fir St. and LaVenture Rd., and continued to fire shots at officers on scene throughout the evening.

Officers from multiple agencies responded to the scene and closed roads in the immediate area. Hostage negotiators spent several hours communicating with the suspect.

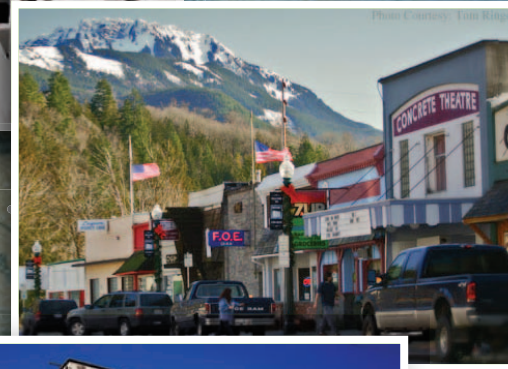
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this
newspaper



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Concrete's historic Town Center offers a variety of buildings and flexible spaces that can be used to develop your unique business. Our housing stock is waiting for people with vision and dedication to help us continue our path toward a vibrant economy and great quality of life.

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*"Come discover
why Concrete is
the place to be!"*

— Jason Miller,
Mayor



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Wed-Sun 10-4: Apr-Sept / Mon-Fri 10-4: Oct-Mar / by appointment



Smile



Dwelleysms

Wit and wisdom from former
Concrete Herald editor
Charles M. Dwelley

"Under present conditions, it's a good thing a wedding certificate doesn't have to be renegotiated every year."

"They are now developing a food from crude oil products that will be something like milk. Another pump for the gas stations."

—Jan. 4, 1967

"A new idea is a method of reading that will enable you to scan pages of a book about as fast as you can turn them. If it works out, there is still one problem left: getting people to pick up a book."

"You can't say they aren't being fair. With every raise for public employees, the taxpayer is given a proportionate increase."

"To get a man to the nearest star, which would take several thousand years, scientists propose to freeze a man in a state of suspended animation for the long trip. Once defrosted, whom would he call who would remember what he went to find out?"

"Progress is that process of continually proving that anything can be done better if you have the ambition to try again."

—Jan. 18, 1967

"We often wonder what history would be like if each great leader's wife was allowed to edit his chapters."

"Happiness is a warm, prime rib banquet dinner."

—Jan. 25, 1967

Public Service Announcement



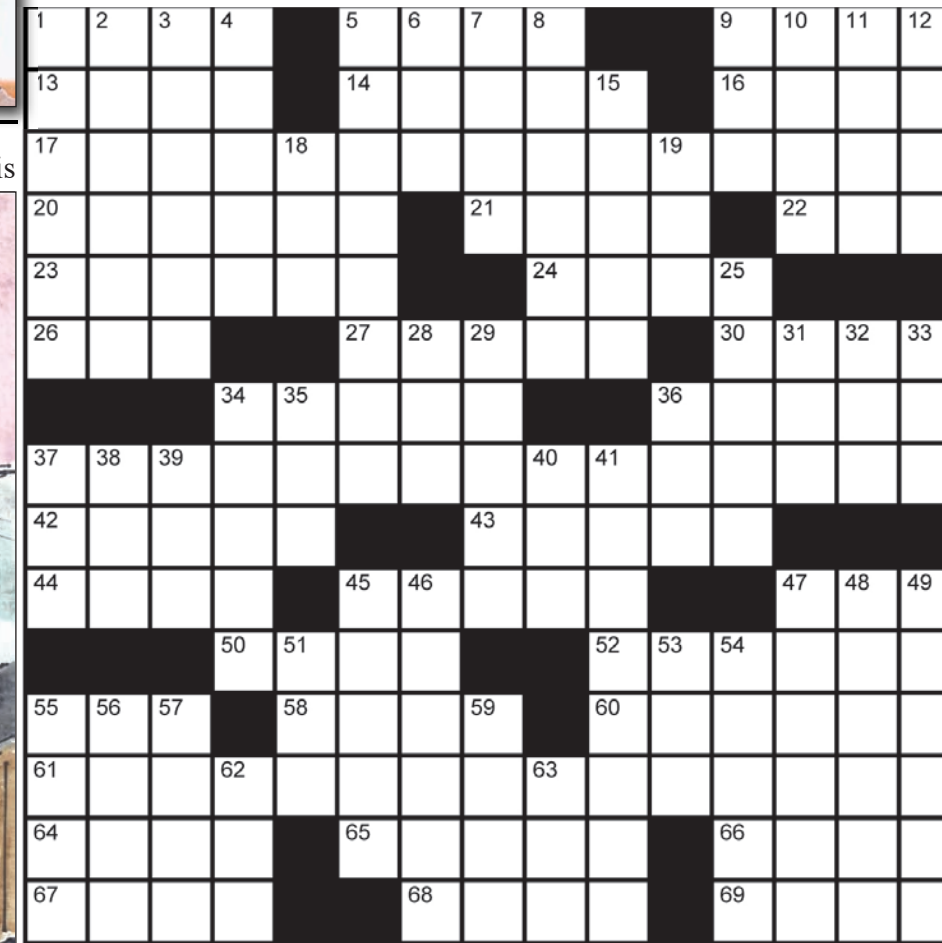
Concrete Harold

By Joyce Harris



By Stig Kristensen

Crossword: "Hot Beverages"



Across

- 1. Footnote note
- 5. Go up
- 9. Big blowout
- 13. Bar ____
- 14. Shipping weights
- 16. Wrinkly fruit
- 17. Conversation sparker
- 20. "The Night of the ____"
- 21. Dock
- 22. "Holy moly!"
- 23. Jousting one
- 24. Served up a whopper
- 26. Seafood selection
- 27. Pitcher, of a sort
- 30. Ultimatum word
- 34. Adjust, as laces
- 36. Armada
- 37. Unappealing
- 42. Roundish
- 43. Salad oil holder
- 44. Old Chinese money
- 45. Destined
- 47. Banquet
- 50. 10 jiao
- 52. Lusters
- 55. Corroded
- 58. Harmonize

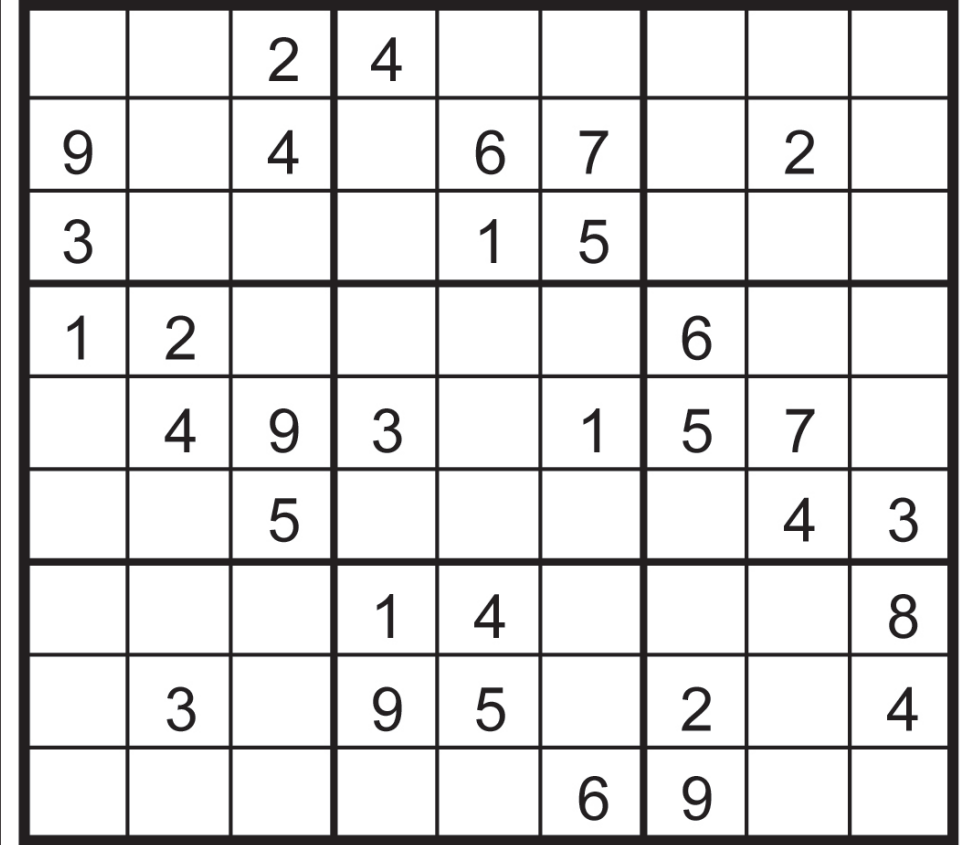
Down

- 1. Stir
- 2. Dance energetically
- 3. Completely
- 4. Remove lard
- 5. ____ acid
- 6. Monopoly token
- 7. Mideast hot spot
- 8. Astronomer's sighting
- 9. Term of familiar address
- 10. Bug-eyed
- 11. Spiny shrub
- 12. Scouting outing
- 15. Done in
- 18. Compass reading
- 19. Needle part
- 25. Dutch pottery city
- 28. Bad-mouth

- 29. Big drawer?
- 31. Affranchise
- 32. "Didn't I tell you?"
- 33. Flight board abbr.
- 34. Turbulent
- 35. Cricket wicket
- 36. "Them"
- 37. "As if!"
- 38. Female gametes
- 39. Turning point?
- 40. Samovar
- 41. Coups
- 45. By chance
- 46. The Muses, e.g.
- 47. Boil
- 48. Disentwine
- 49. Biblical book
- 51. Cable network
- 53. "A likely story!"
- 54. Overact
- 55. First-rate
- 56. Exactly
- 57. Beige
- 59. Zoo feature
- 62. Ancient
- 63. French vineyard

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.



*Solutions to both puzzles are on p. 38.

Funny as Facebook

- The following funnies were pulled verbatim from Facebook status updates in December.
- "I just broke out into that 'We must increase our bust' song and Mathew looked at me like I was nuts. I guess Judy Blume wasn't a big deal for boys who went to Catholic School. Or boys in general."
 - "We didn't take down the Halloween decorations, so the giant spider is now wearing a Santa hat while decorating her lair with lights and tinsel."
 - "To all you people in other states who think it's cold today ... Minnesota thinks you are adorable."
 - "Stay off the road for an hour: I'm gonna drive."



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