



# We won!

“Imagine Concrete” visioning initiative captures 2010 Municipal Excellence Award from Association of Washington Cities. Page 4.

## Off they go . . .

CHS grads don caps, gowns for their crack at the world.

On June 11, the Concrete High School Class of 2010 will mark one of life’s most important milestones. Graduation is scheduled for Fri., June 11, at 7 p.m. in the High School Gymnasium.

Approximately 34 students will participate in the ceremonies this year. According to Career and Guidance Counselor Sally Straathof, Concrete High School has students looking at the



See **Graduation**, p. 8

Above: Concrete High School will graduate its Class of 2010 on June 11. Photo by Mike Criner.

**Lyman Townwide Yard Sale**  
returns June 25–26 Page 14.



**Blast from the Past, Loggerodeo**  
kick off summer Page 4.

**Track athletes head to State** Page 6.



Senior Kevin August competed in four events at State.

**of eastern Skagit County.** Page 23.

*Published the first  
Wednesday of each month*

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# Imagine Concrete visioning initiative wins AWC Municipal Excellence Award

OLYMPIA — On June 24, 2010, the Town of Concrete will be honored with a Municipal Excellence Award from the Association of Washington Cities (AWC) at its annual conference in Vancouver. Concrete won the Small Cities Successes category for its “Imagine Concrete” community visioning initiative.

“It’s an amazing achievement and I’m proud of the people of Concrete for their energy and desire to bring about positive change,” said Concrete Mayor Judd Wilson. “It really shows what citizens can do when they put their minds to it.”

Imagine Concrete began in April 2009 as a grassroots effort designed to create collaboration among citizens, business owners, town officials, and other stakeholders to help plan and prioritize goals for the town’s future. That initial endeavor has grown into a community-wide outpouring of support and interest in Concrete’s future.

Five initiatives were identified and discussed during and after the first workshop in April 2009:

- Create a sustainable community/destination
- Clean up public and private areas
- Historic preservation
- Promote and support local businesses
- Zoning and planning

In September 2009, task forces were created to execute the five initiatives. Since their formation, the task forces have been busy working on projects in the community, including the Angele Cupples Community Garden, the restoration of the Lone Star building, the construction of a fence to increase safety at the Silo Park playground, and an economic development plan. Imagine Concrete also has embarked on the larger task of creating a healthy, sustainable community.

Out of more than 50 entries, Concrete’s entry was one of seven projects selected to receive an Excellence Award at AWC’s 77th Annual Conference. Entries are judged by subject category and each category has one winner.

“Amazing, this is absolutely amazing,” said Eric Archuletta, the former Antioch University graduate student who came to study Concrete for its capacity to become a sustainable rural community—and stayed to help form the Imagine Concrete steering committee and facilitate the workshops in 2009.

“A lot of my joy this year has been to watch the dreams from Imagine Concrete become reality. This award is the result of all those who participated in Imagine Concrete and dared to dream big dreams,” said Archuletta.

Now in their 20th year, the Municipal Excellence Awards are presented to cities that have demonstrated outstanding achievements in promoting community excellence. The competition recognizes a community’s achievement and encourages other cities to develop similar programs. The hard work and dedication proven in each of the projects makes a community stronger, especially when the focus is on improving its future.

“The Municipal Excellence Award demonstrates the high level of innovation and commitment to developing strong communities by city officials across the state of Washington,” said AWC CEO Mike McCarty.

Imagine Concrete was planned and facilitated by a steering committee whose members included Eric Archuletta, Valerie Stafford, Rick Cisar, Lou Hillman, Barbara Hawkings, Shelle Timmer, Andrea Fichter, Jean Johnson, Launi Harrell, and Jason Miller, chair.

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One of the more popular Imagine Concrete initiatives, the newly named Angele Cupples Community Garden hosted its first event on May 22, welcoming First Bloom kids and coordinator Jennie McGuigan (in navy blue Rockport Fire Department t-shirt). The enthusiastic young gardeners planted seeds and seedlings into the garden’s first two beds. *Photo by Amber Lee.*

## Blast from the Past, Loggerodeo return for 2010 season

The streets of Sedro-Woolley will fill to bursting in June and July, as two popular events return.

**Blast from the Past**

This 3-day event, which offers equal parts nostalgia and family fun, runs from Fri. to Sun., June 4–6.

Headlining this year’s Blast are side-walk sales from local businesses; craft and food vendors; pie-eating, jump rope, and hula hoop contests; live music, an antique car show, and a stuffed animal parade. The Pioneer Museum will hold an open house, too.

For a list of events and a schedule, go to [www.sedro-woolley.com](http://www.sedro-woolley.com).

**Loggerodeo**

Loggerodeo, Sedro-Woolley’s signature summer event, returns June 30 through July 4 for a 76th year of everything its name implies. A chainsaw carving competition and rodeo lead the list of events, as well as a Fireman’s Muster, Bluegrass Festival, the Grand Parade, footraces and fundraisers, and food.

For more information and Loggerodeo schedules, see the program insert in this issue.

## Community Movie Nights in Concrete, Sedro-Woolley

It’s that time of year again, with Concrete and Sedro-Woolley rolling out the grassy carpet to host movie nights. All shows are free and fun for the whole family. Here’s this summer’s schedule.

**Concrete**

Town of Concrete Community Movie Nights are held Friday nights in Silo Park at dark (usually around 10 p.m.), beginning June 11. The other movie nights are June 25, July 9 and 23, and Aug. 13 and 27. The event is funded by donations, which may be dropped off or mailed to Town Hall. For more information, including movie titles for each night, call 360.853.8401 or go to [www.townofconcrete.com](http://www.townofconcrete.com).

**Sedro-Woolley**

Returning for its sixth year, Sedro-Woolley’s Outdoor Summer Movies runs every Friday in July, beginning with Fri., July 9. Head to the corner of Warner and Walley at 8 p.m., when live music will kick off each evening’s special feature. Movies start at dusk.

For more information on Sedro-Woolley’s movie nights, go to [www.sedro-woolley.com](http://www.sedro-woolley.com).

**Looking for Concrete Herald?**

A complete list of distribution points is posted online at [www.concrete-herald.com/about-the-herald/distribution-points](http://www.concrete-herald.com/about-the-herald/distribution-points)

# Chamber and Resource Center news

By Vicki Dinkins

Concrete Chamber and Town of Concrete announce the opportunity to join forces with North Cascade Veterinary Hospital for a monthly **vaccination clinic** to be held in eastern Skagit County. The first clinic will be located at 7337 N. Dillard in Concrete, June 16 and 30, from 3 to 5 p.m., and will continue monthly. North Cascade Veterinary Hospital is voluntarily waiving the office fee, which will leave only the cost of the vaccinations for the client. If you have questions, call the Concrete Chamber at 360.853.8767 or North Cascade Veterinary Hospital at 360.856.1809.

Interested in raising your own bacon and eggs? On June 10, from 6 to 8 p.m., WSU Extension Livestock Advisor Jim Dignam shares his system of combining an inexpensive escape-proof housing system with practical feeding and care information, making it easy to **raise your own pork**.

On June 17, **raising chickens for eggs and meat** will be taught from 6 to 8 p.m. Housing, feeding, and caring for chickens will be covered. The classes will be held in the conference room at East County Resource Center. No pre-registration is required. For more information, call Joan DeVries at 360.428.4270, ext. 240.

East County Resources and Concrete Chamber of Commerce are gearing up for our 2nd Annual **Community Angel Tree**. We are seeking donations for solid purple and gold/yellow fleece in at least 1-yard

See **Chamber/Resource**, p. 31

## Family recovers after May 4 fire

A morning fire on May 4 forced Robin and Vickie Wammack, and sons Jonathan and Jordan Kucera, from their Concrete home, eventually destroying the structure.

According to the couple’s insurance inspector, the fire started after heat from a stovepipe jumped the gap between it and the roof. “He said it got hot enough and [the pipe] was close enough, that it combusted somehow. He also said that he’d never seen anything like it—and he is a 30-year veteran in the business,” said Vickie Wammack.

The family moved across the street at the invitation of neighbor Pat Mayfield, whom



Vickie has known since high school. They’ll stay there until they can rebuild on the same site, a project which should begin soon, according to Wammack. “We had full-coverage insurance on

See **Wammack Fire**, p. 31



**Left:** Firefighters scaled the roof on May 4 as the Wammack family’s home burned. *Photo by Cheryl Saucier-Wilson.*

**Above:** The day after, the badly damaged house rested somberly as family members sorted through it, salvaging what they could.

**CUSTOMER APPRECIATION DAY IS COMING TO CASCADE SUPPLY!**

July 10, 9:30 to 3:30

Free hot dogs grilled by Lions Club members, plus free pop and chips. Sign up now for door prizes!

# Fundraiser to aid Concrete citizen

A fundraiser BBQ is planned for June 26 to help longtime Concrete citizen Frank Knight and his family raise funds for Frank’s prostate cancer surgery.

The Frank Knight Cancer Surgery Fund Community BBQ will be held at 47745 Van Horn Lane in Concrete, from 2 p.m. to 5 p.m.

Cost is \$8 per adult and \$5 per child (children 5 and under are free).

Anyone who cannot attend the BBQ is encouraged to donate money at local businesses or at Summit Bank in Concrete, where an account has been set up for Frank. Food donations for the BBQ also are welcome.

Questions may be directed to Russ or Sandy Wells at 360.982.4223.

—Sandy Wells



Frank Knight

Amber Lee

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# Sports

Track squad sends 8 to State

By Ashleigh Howell and Vanessa Williams, co-head coaches

Runners and jumpers led the Lions this year, and took them to the Class 2B State Track and Field Championships at Eastern Washington University in Cheney, Wash., on May 28. Look for a complete State wrap-up in the July issue of *Concrete Herald*.

We were excited and proud to take eight athletes to state this year. We are especially amazed by the improvement of our men’s 4x400m Relay team. Their dedication and hard work placed them third in Tri-Districts, which earned them a ticket to State even when they were ranked fifth going in.

State is the ultimate goal, where only 16 athletes represent each event. Our athletes proved that they qualify to compete with the best in the state.

Tri-Districts were held at Chief Sealth High School in Seattle on May 19 and 22. The results paved the way for the eight athletes to travel to Cheney.

At Tri-Districts, Taylor Lee placed second in the 100m Hurdles and third in the 300m Hurdles.

Kevin August placed first in the Triple Jump, Long Jump, and High Jump, and third in the 4x400m Relay.

Alex Aiken placed third in the 100m. Greg McIntosh placed second in the 400m and third in the 4x400m Relay.

D. J. Mitchell placed third in the 4x400m Relay.

Andrew Black placed third in the 400m Relay.

Andy Aiken and Dennis Dorgan both will go to State as alternates for the 4x400m Relay team.

The Tri-District placings earned each athlete a seat on the bus to eastern Washington.

**Inset:** Kevin August swept through Tri-District with wins in the Triple Jump, Long Jump, and High Jump. He also went to State as a member of the 4x400 relay team.



**Above:** Taylor Lee went to State in the 100m and 300m hurdles. **Right:** Greg McIntosh went in the 400m and the 4x400 relay team.

**Left:** The 4x100 relay team at the May 14 Stanwood meet included (l to r) Andy Aiken, Andrew Black, D. J. Mitchell, and Greg McIntosh. Aiken went to State as a 4x400m alternate.

## Middle School track swamps Finals

By Jason Miller

Concrete Middle School sent an “outrageous” 22 athletes to Finals this year, which were held at Mount Vernon High School on May 26, reported Head Coach Sarah Dinkins.

This season was Dinkins’ third as head coach; she couldn’t believe the change from the previous two years.

“The past two years, we took only six or eight kids. This year we took 22 out

of 24,” she said. “All of them qualified in at least one of their events. They were determined,” she said.

The Middle School squad faces daunting challenges every time they walk onto the track or field. “We’re a really small school competing with really big schools, with 100 to 130 kids,” said Dinkins.

Look for a complete Finals wrap-up in the July issue of *Concrete Herald*.



**Above:** Clay Nelson, 7th grade, hands his competition a loss during the 100m sprint at a May 12 home meet.

**Left:** Seventh grader Kathleen Haverstick heaves the shotput during the May 12 meet.

**Little League Football sign-ups** for students 6–14 years old will be held Sat., June 5, from 11 a.m. to noon in the Elementary School cafeteria. Ask your teacher for a flyer or pick one up in the office.

**Updated sports schedules** for all Concrete sports teams are online and updated regularly. Go here: [www.concrete.k12.wa.us/sports.html](http://www.concrete.k12.wa.us/sports.html)

## Surprising season ends during playoffs

By Jason Miller

The Concrete Lions baseball team kicked off District playoffs in fine style, but couldn’t power past the second round of State games.

A May 11 home game saw the Lions shred Tacoma Baptist 14-4 after six innings, with strong pitching from Kyler Howell and hot bats from Jordan Clontz and Tyler Kales.

Their first game of the Class 2B State Tournament on May 22 found them at Mossyrock High School in Mossyrock, facing Waitsburg-Prescott and coming out on top 5-4. Howell’s pitching again played a key role in holding their opponent in check.

Concrete faced Mossyrock for their second game, and found themselves down 5-0 at the end of the first inning. They trailed 7-0 when they finally notched three

runs in the bottom of the third inning. They added another run in the fifth, but finished the game in the red, losing to Mossyrock 7-4.

The season marks a surprising rise for a team that struggled during its first games, then pulled together to build a 14-8 record going into the State tournament.

“We’re a totally different team than we were at the beginning of the season,” said Head Coach Jim Newby of the April 23 doubleheader against La Conner, which he called “the turning point.”



**Above, right:** Tyler Kales can't quite beat the throw to second during the Lions' first playoff game on May 11 against Tacoma Baptist. **Right:** Dalton Dellinger gets his man at third during the Tacoma Baptist game, which the Lions won 14-4 after six innings.

## Lady Lions bow out in playoffs

By Jason Miller

Beneath pouring rain and a flooded field on May 19, the Lady Lions softball team saw their State hopes drenched, as Rainier Christian topped them 9 to 3. The game was called after five innings, and the Lady Lions were eliminated from the playoffs.

“This year proved to be a year of development,” said Head Coach Don Beazizo. “With a high number of sophomores in the starting positions, we were considered a young team. We made the playoffs, but need to be more inclined to do it with more victories throughout the season.

“In order for our team to get to a level of winning the league title once again, we need to become more knowledgeable and in-depth with the game and terminology,” Beazizo said.

**Above, right:** The throw to first-base player Alisha Chory comes in time for the out during the Lady Lions' game against Orcas Island on May 11. Racing to provide back-up are Chory's teammates Bailey Dellinger (left) and Kassandra Barnedd. **Right:** Lonna Lloyd slides into second during the Orcas Island match-up.



## Athletes of the Month



**Athletes of the Month are Will Stidman and Danielle Pringle**

**Will Stidman**, a senior shotput, discus, and javelin thrower for the Concrete track team, “is almost like an extra coach,” said Co-head Coach Ashleigh Howell. “He’s probably one of the most dedicated kids ever. He’s not out there only for himself; he’s there for the rest of the athletes, too,” she said. Sophomore **Danielle Pringle** plays third base and has pitched in JV games for the women’s fastpitch softball team. Head Coach Don Beazizo reports that during April, Pringle raised her batting average 300 points to just under .500. Stidman and Pringle were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

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## 2010 Blast from the Past

June 4th, 5th & 6th  
Friday, Saturday, Sunday

Craft & Vendor Show  
Kids Contests  
Live Music  
Classic Car Show  
SWAN Century Bike Ride  
Woolley Fibers Quilt Show  
Museum Open House  
Stuffed Animal Parade  
and Much More!

Check the website for all the details  
[www.sedro-woolley.com](http://www.sedro-woolley.com)





Graduation, cont. from p. 1

military, vo-tech schools, community colleges, and 4-year universities. Students blew off steam during Spirit Week, May 10–14. Each day included some measure of silliness, from dress-up themes to outdoor events such as races and calf-roping (see the “calf” at right). Such games pitted classes against each other, with the following final results: First place: Juniors Second place: Seniors Third place: Freshmen Fourth place: Sophomores The week culminated with that other rite of passage: Prom. See page 17 for a photo of Prom royalty. **CH**



Left: During Spirit Week, James Luttrell attempted to rope a “calf.” Above: Hannah Brashears was a right purty cowgirl. Right: Connie Johnson donned a toga.



Congratulations to the CHS graduating Class of 2010!

- Cheri Baker
- Kelsey Barnett
- Desiree Bauer
- Consuelo Castaneda
- Tyler Dellinger
- Megan Falconer
- Andrew Gehret
- Launi Harrell
- Jordon Harris
- Emily Holbrook
- Richard Holman
- Ashley Johnson
- Constance Johnson
- James Johnson
- Jared Johnson
- Melisha Krieger
- Alexandria Kristovich-Warner
- Taylor Lee
- James Martin
- Patrick Martin
- Greg McIntosh
- Randy Moore
- Alexander Rathie
- Jacquelyn Scheer
- Krista Skonord
- Paulina Stafford
- William Stidman
- Caleb Thomas
- Tanner VanPutten
- Jacob White
- Kayce Wolfe
- Rebecca Wood
- Albert Zartman
- Natasha Zitkovich

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Eleanor Roosevelt

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Concrete PTO news

By Debbie Ross, president

We held our walk-a-thon on April 29 and 30, with many students walking and raising much-needed funds. Here are the top walkers and pledgers (see photo below):

Top laps

Tye Thompson, Chris Quang, Mark August, and Dylan Clark all walked 5.25 miles.

Top K-3 pledge

Kassidy Smith, 1st grade, brought in \$232.00 and received AMC movie tickets.

Top 4th to 8th grade pledge

Jillian Guffie, 4th grade, collected \$313.00 and won a Rat Race indoor go-karts certificate.

Top classroom pledges

Kindergarten: Carolynn Dominguez, Christopher Newman.

1st grade: Mackinzie Wilson, Benjamin Johnson.

2nd grade: Chaya Haines, Jade Kidder.

3rd grade: Marissa Huizar, Danielle Ross, Dakota Ross.

4th grade: David Braun, Madisyn Renzelman.

5th grade: Rebecca Ross, Sidney Hockett.

6th grade: Caitlin Moore, Erica Holm.

7th grade: Justin Hoss, Anjelika Koenig.

8th grade: Malaki Dexter, Jonnie Rohweder.

Summer Food Program for children

The Concrete School District will sponsor the Simplified Summer Food Program this summer for all children ages 1 through 18.

Any child may come and eat meals at the times listed below. Children do not need to be enrolled in the summer program in order to receive free meals. Children must consume all food in the cafeteria. Meals will be made available at the following location and times Mondays through Thursdays July 6 through Aug. 5: Concrete High School Cafeteria 7830 S. Superior Ave. Concrete, WA 98237 Breakfast: 7:30 a.m. – 8 a.m. Lunch: 11:30 a.m. – noon

School Board to meet

The Concrete School Board will hold its next regular board meeting on Wed., June 30, at 7 p.m., in the high school commons room. A work session is planned for Mon., June 28, at 6 p.m., in the commons room.

Parents!

Don't you hate it when your kid's event doesn't show up in Concrete Herald? You can help by writing it up yourself. Call 853.8213 for details.



Soroptimists announce scholarship winners

By Jill Reid

Soroptimist International of Sedro-Woolley has chosen nine graduating high school seniors to receive \$1,000 college scholarships. Eight students are from Sedro-Woolley and one is from Concrete. Sedro-Woolley High School

- Justine Allen, daughter of Glenn and Jilene Allen, holds a 3.6 GPA and will attend Bellevue College to study Interior Design
- Chelsea Seidel, daughter of Christopher and Rogene Seidel, has a 4.0 GPA and will attend Eastern Washington University to study Nursing
- Bailey Noble, daughter of Rusty Noble and Kaye Lind, holds a 3.8 GPA and will attend Eastern Washington University to study Sound Design and Foley Art and Animation
- Jessica DeBoer, daughter of Robert and Deana DeBoer, has a 3.5 GPA and will attend Washington State University to study Agriculture and Education
- Zachary Adams, son of Greg and Rebecca Adams, holds a 4.0 GPA and will attend the University of Puget Sound to study Biochemistry with a pre-Med emphasis
- Jessica Noble, daughter of Rusty Noble and Kaye Lind, has a 3.8 GPA and will attend the University of

Washington to study Business

- Adrienne (Addy) Gifford, daughter of Matthew and Terry Gifford, holds a 3.6 GPA and will attend Brigham Young University in Utah to study Nursing
- Kendra Hart, daughter of Jeff Hart and Cheri Adkins, has a 3.34 GPA and will attend the University of Montana to major in women's studies and psychology

Concrete High School

- Greg McIntosh, son of Matt and Estrella McIntosh, holds a 3.59 GPA and will attend Skagit Valley College to major in Fire Protection Technology

Out of 52 applicants, 50 were from Sedro-Woolley High School and two were from Concrete High School. The Scholarship Committee narrowed the field to the top 15; from those 15, nine were chosen. Scholarship Recipients and their parents were celebrated at the Soroptimists' Scholarship Breakfast on May 11.

Jill Reid is the Scholarship and Awards chair for Soroptimist International of Sedro-Woolley.

Scholarship donations sought

The Concrete High School Class of 1988 has established the Douglas M. Vose III Memorial Scholarship Foundation. Doug was a member of the U.S. Army Special Forces and was killed while conducting combat operations in Afghanistan July 29, 2009.

The Foundation will award a yearly scholarship to a graduating CHS student and currently is accepting donations to the scholarship fund. Donations are accepted:

- At any Bank of America branch to account # 20527107
- Via PayPal to dmvscholarship@gmail.com
- By mail addressed to Janise Rands, 4869 Dory Court, Blaine, WA 98230

Kindergarten registration open for 2010–11

Concrete Elementary School is accepting 2010–2011 kindergarten registrations. Students must be 5 years of age by Aug. 31, 2010, to be eligible. The child's birth certificate and immunization records are required before the first day of school.

After students are registered, they will be required to attend a scheduled

kindergarten activity day on Aug. 23 or 24, 2010. Parents will choose an appointment time for the kindergarten activity day at the time of registration. Register in the elementary office Monday through Friday, between 8 a.m. and 3 p.m.

If you have questions, call the elementary school at 360.853.8145.



Soroptimists International of Sedro-Woolley chose nine graduating high school seniors to receive \$1,000 college scholarships. Above, left to right: Sedro-Woolley High School seniors Jessica DeBoer, Bailey Noble, Chelsea Seidel, Justine Allen, Zach Adams, Addy Gifford, Kendra Hart and Jessica Noble.



2010–11 Concrete Preschool and Head Start enrollment

Concrete Preschool and Head Start programs are now taking applications for fall enrollment. If you have questions, call Head Start at 360.853.7209 or 360.416.7590. You may pick up an application from the

Concrete School District Special Services office until June 11. After June 11, call Head Start at 360.416.7590. Head Start applications may be mailed to: Skagit Valley College, Attn: Head Start Office (Concrete), 2405 E. College Way, Mount Vernon, WA 98273.

2nd Annual Cinder Shins 5K Fun Run

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# Clear Lake



## A big red truck and a big idea

By Bill Mueller

High school senior projects often fly under the radar, except for the students' immediate families. Few, if any, have an impact outside of the final grade awarded to the student, who hopes it will look good on a college application.

Such was not the case for Stacy Jansma, a 2009 graduate from Sedro-Woolley High School. Her senior project affected an entire community.

It was early 2009 when Stacy's father, Jeff, talked with his daughter about her looming senior project. Jeff enjoyed working on cars and would usually involve his daughter when he had the chance. Stacy learned where things went in an engine and how to do more than just change the oil. For Jeff, auto racing was a passion. He had raced at the Skagit Speedway many times. Stacy grew up around cars, so when Jeff mentioned there

was a classic 1947 Ford fire truck that needed to be restored, the light went on for her.

The truck had not been used consistently since 1995. It had gathered dust in various locations for years. There were parts missing, rust had taken its toll, and the once striking red had faded into a drab, pinkish color. So, from February to June 2009, Stacy focused on making that fire truck a proud member of the Clear Lake Fire Department.

Word spread about what she was up to. A team of people joined Stacy in the endeavor. Her father passed the word along and soon there was an enthusiastic movement to work on the truck. It helped that Jeff had been a Clear Lake fireman for 25 years.

See Fire truck, p. 18



**Above:** Stacey Jansma and her senior project, the 1947 Ford fire truck she helped to restore for the Clear Lake Fire Department.

**Inset:** The faithful fire truck no longer sees action, but livens parades and other special events in town.



## Community Covenant Church news

The students of 4CL (church youth group) plan to attend the **Creation 2010** music and seminar festival in Enumclaw from July 21–24. This festival features today's top Christian musicians and speakers. We'll camp on the grounds of the Enumclaw Expo Center, and we'd love to include anyone who wants to go.

The deadline for registration is June 28, and the total cost for each person going will be approximately \$150 (includes food and gas contribution), but we'll be fundraising to offset the costs. More information can be found at [www.creationfest.com/nw](http://www.creationfest.com/nw). See Pastor Andy Goebel if you have questions, or if you are interested in going with us.

### Community Garage Sale fundraiser

On Sat., June 19, the youth of Community Covenant Church will oversee the church's contribution to the Clear Lake Community Garage Sale. All

proceeds from our part of this community-wide sale will go toward the youth fund and our trip to Creation 2010. If you have items to donate, leave them on the small stage in the fellowship hall.

## VISIONS openings announced

VISIONS, a 1st through 6th grade Parent Involvement Program at Clear Lake Elementary, has openings in its 3rd and 4th grade classes.

The program has three multi-age classrooms, foreign language, and a different theme each year around which to plan field trips and art projects. This level of education is made possible by mandatory parent involvement in and out of the classroom, along with extra fundraising.

Space is limited; interested parties are asked to leave a message at 360.855.3810 or e-mail [visionsregis@gmail.com](mailto:visionsregis@gmail.com). The program's Web site is [www.visionsprogram.org](http://www.visionsprogram.org).

## We love our Dads

Concrete Herald readers tell us why Father's Day matters

My dad, **Ken Rauch**, is the most amazing man I know. He is my best friend, and the most loving and genuine man. He always gives 110 percent in everything that he does. My entire life, he has worked hard to give my brother and me the world. He has the biggest heart and he loves nothing more than to just help people. He lets God shine through him, and credits everything he has to Him. I love you, dad. Thanks for being you.

Cassie Rauch, Concrete

My dad passed away 20 years ago today, May 21, just four days after my 17th birthday. I'm very thankful to have been close to my dad. I always felt he understood me. I was daddy's little girl even as a teenager. We always walked hand in hand, and sometimes people would even mistake us as a couple. He was kind and gentle, and always made me feel secure. I miss him terribly. I love you, Daddy.

Cheryl Werda, Concrete

My Dad is **Scott Patterson**. He grew up in Diablo and went to school in Concrete. He lives in Burlington now and has a Landscaping Business.

I think my Dad is the best ever because he takes me to cool places and he is funny. He helped me make a birdhouse for the (Town Center sign) fence in Concrete and he takes me to places that Mommy thinks are too scary and dangerous, like the go-cart race track in Burlington. I got to drive my own go-cart; it was fast! He even talked to the owner and asked if we could have the track all to ourselves since it was my first time EVER driving. We had lots of fun and when I crashed into the wall he was right there just to make sure I was all right. My Dad is awesome and I love him for everything he does for me and all the smiles he gives me! I love you Daddy, Happy Fathers Day, Love Lacy.

Lacy Rae Craig, Concrete



My dad is amazing because he cares about me even when I'm being that teenager we all know about. He takes my friends and me to the places we ask, which is the most awesome thing ever. He cares about family time and tries to make it important that we get that "special time" in. He is the most amazing man of God I have seen; he is really committed! That is why I love my daddy, the most amazing man.

Angie McLaughlin  
Birdsview

Where to begin? He's a straight shooter—and objective. He's a supporter and great encourager. He pushes me by his example. He is always willing to talk, discuss, and debate—and check my writing. He's driven, dedicated (to our family, the church, but first and foremost to God). He's disciplined. He's a leader. He's patient, wise, and, considering just what I've put him through, long-suffering. These are things I admire about him. I love him because he's my dad.

Josh Thomas  
Concrete

Loving my dad comes easy. We're as different as a father and a daughter can be, but at the end of the day the love is pure, unwavering and it runs deep. He's been the constant in my life; the one man who has always stood beside me. He allows me to follow my heart and make mistakes,



**Left:** Crazy is good. Lacy Rae Craig and her dad, Scott Patterson.  
**Above:** Lacy Rae and Scott share a dance. Submitted photos.

because he says that's what life is all about. He is my greatest supporter and I love him with all my heart.

Tina McNealey  
Bellingham



**Above, left to right:** Tinze (McNealey) Rogge, Skip McNealey, Tina McNealey. Submitted photo.

Not knowing my dad for many years, you would think there might be a lot of emotions to work through the first time meeting him ... then we met. It's like we never missed a beat, a day, or many years of knowing each other. The only regret I have now is that we don't get to see each other more and time is ticking by. So come see me dad! Happy Father's Day!

Becky Luttrell  
Concrete

I love my dad, **Eric Rader**, because he put his family first. Money comes and goes, he said, but family remains. He was a wonderful, nature-loving fisherman who would give a stranger the shirt off his back or pick up a hitchhiker in the rain. His passion for sobriety, faith, kindness to all, and love was unwavering. He taught



Kitty Nelson's dad, Eric Rader (left) and his father, Robert Rader. Submitted photo.



Scott Fritts gave sons Andrew, 5, and Lukas, 2, a push in the swings at Silo Park Playground on May 15. Photo by Amber Lee.

us to have a sense of humor when life was tough, to keep our chins up because the days ahead would be much brighter!

Kitty Nelson  
Malvern, Penn.

My dad, **John Koenig**, is the greatest because he loves me no matter what. He makes me laugh even when I don't want

See Father's Day, p. 15

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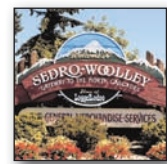
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# Sedro-Woolley



## Blast from the Past to include quilt show

By Judy Johnson

“Sedro-Woolley needs a quilt show.” This sentiment is the driving force behind a new group, the Woolley Fiber Quilters, who organized in November 2009 to plan and execute a quilt show for the weekend of June 4–6.

Planned as a companion event for the annual Blast from the Past celebration during the same weekend, the quilt show promises to feature many of the local artisans who make Sedro-Woolley and east county communities a hotbed of quilting.

“There are so many quilters in this area,” said Judy Johnson, one of the show’s organizers. “Many small groups and guilds of quilters get together, as well as individual quilters, both hobbyists and professionals. We want to show off the talent and commitment that these local people have to quilting.”

One in every 14 households in the

U.S. has a quilter, making it one of the most popular hobbies in the country. A resurgence in interest in fiber arts in general and quilting in particular has generated an annual \$3.6 billion industry around quilting. Modern quilters use a full array of tools to create beautiful and practical works of art. Everything from organic cotton to industrial sewing machines makes quilters eager to try new products and techniques.

“We cut up perfectly good pieces of fabric and sew them back together,” said Johnson, “and we can hardly wait to do it every day.”

The “Blast of Blooms” quilt show will be held at 829 Metcalf Street in downtown Sedro-Woolley for all three days of the Blast from the Past festival. More than 200 quilts will be on display, including

See **Quilt Show**, p. 31



**Above:** Woolley Fiber Quilters members Teri Bever, Becky Bunke, and Elsie Summers show off the Double Wedding Ring raffle quilt. Ticket sales begin June 4. *Photo by Judy Johnson.*

## Open for Business: The Whole Shabang Photography

By Jason Miller

There’s a new camera in town. Summer Schafer has opened The Whole Shabang Photography behind the State Street Deli.

Summer offers portrait photography, such as senior pictures, family pictures, maternity, baby, and weddings. Her specialty is boudoir and intimate photography.

“My mission is to document a client’s life in a creative way, capture moments they don’t always see, and be creative all at the same time,” says Summer.

Shabang provides two-hour photo shoots, expert editing, and high-resolution electronic files on CDs, so you can print the images whenever you wish.

Summer opened her doors on April 14, with a grand opening celebration on May 17. She’s working on a Web site; for now, find her on Facebook by searching for “The Whole Shabang Photography.”

## The Whole Shabang Photography

**Location:** 420 State St., Ste. D  
Sedro-Woolley  
**Phone:** 360.421.0570  
**Hours:** Mon.–Wed., 11 a.m.–2 p.m.  
(other hours by appt.)  
**E-mail:** cudarae@hotmail.com



Sedro-Woolley Chamber Board member Elizabeth Fernando, The Whole Shabang owner Summer Schafer, Sedro-Woolley Mayor Mike Anderson, and Chamber Board member Barry Harter celebrated the grand opening of The Whole Shabang Photography on May 17. *Submitted photo.*

## Concrete Heritage Museum News

The Concrete Heritage Museum is **open for the season**. If you haven’t been to the museum in some time or have guests coming to visit this summer, plan a Saturday afternoon to visit us from noon to 4 p.m. The Sockeye Express makes a tour of Concrete during this time.

Don’t forget: you can make an appointment to **visit the museum or do research** in our library outside of normal times by calling Robin Wood at 360.826.3075 or e-mailing us at [concreteheritagemuseum@stumpranchonline.com](mailto:concreteheritagemuseum@stumpranchonline.com).

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

Our annual **Bow Hill Rest Area Bake Sale** is scheduled for the weekend of Fri., June 25, through Mon., June 28. We need some more volunteers to help staff the booth, all in support of your local museum, of course. If you can help, give Robin a call at the phone number above.

The Board needs a couple new volunteers to run the **Sockeye Express** from Memorial Day Weekend through Labor Day Weekend from noon to 4 p.m. The route starts at the Senior Center and ends at the Museum. If you are interested, please contact Robin at the phone number above.

Additional funds from the county lodging tax came through to complete the **Historic Byway sign project**. Thank you, Cheri, for doing the grant writing to make that happen.

Reminder: **Save those receipts** from Albert’s Red Apple for the museum. The Frank family graciously donates a small percentage of money for the total of those food receipts to the museum and they add up. You can give them to any board member you know; I hand mine to cashier Gail Boggs if she is on duty at Albert’s. You can also leave them at the Concrete Liquor Store. Thank you always to the Frank family for their continued support of the museum and the community of Concrete.

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

—Dan Royal

## Upper Skagit Library news

By Aimee Hirschel

Why do libraries charge for library cards? The quick answer is that it’s one way the library is able to buy the items you borrow.

A city library is supported with taxes paid by the residents of the city. A county library is supported through taxes paid by the residents of a rural (unincorporated) area of the county. In either instance, people who want library services but are living outside the tax boundaries will be asked to purchase a nonresident card.

In the case of the Upper Skagit Library, the library district is a partial county district with the same boundaries as the school district, excluding the town of Concrete. Anyone living in the rural areas of Skagit County from Lusk Road to the Skagit/Whatcom County line is able to get a library card because they contribute through property taxes to the library district. If you purchase a card at the Upper Skagit Library, the thought of

paying \$30 may seem expensive, but it works out to be \$2.50 per month or 58¢ per week or 2¢ per hour that the library is open. At those rates, you’d have to save for three months to buy a new paperback book or for ten months to purchase a new hardback book. Giving up one latte a month would easily pay for a card. Imagine what that library card will do for you: access to computers and more than 10,000 magazines, books and DVDs for all ages at your local library!

We aren’t always able to advertise our upcoming programs in this column because of the timing involved, so go to the library’s Web site for a current listing: [www.upperskagit.lib.wa.us](http://www.upperskagit.lib.wa.us).

Also on the Web site will be information about new databases or helpful sites you may not know.

The June board meeting has been moved to June 8 at 5 p.m. in the meeting room of the Resource Center.

## COMMUNITY CALENDAR

### JUNE

- 3 Finale Music Concert, Concrete High School, 7 p.m.
- 4–6 2010 Blast from the Past, Sedro-Woolley, info at [www.sedro-woolley.com](http://www.sedro-woolley.com)
- 5, 12, 19, 26 Concrete Saturday Market featuring live music at 11 a.m. (open-mike jam on June 5), Concrete Senior Center, 9 a.m. to 4 p.m.; info at [concretesaturdaymarket@gmail.com](mailto:concretesaturdaymarket@gmail.com)
- 6 Stuffed Animal or Animal Costume Circus Parade, Sedro-Woolley, 1 p.m.; info at 360.855.1841 or [swchamber@sedro-woolley.com](mailto:swchamber@sedro-woolley.com)
- 6 History Detectives encore railroad history show, Just Moe’s Steak & Spirits, Sedro-Woolley, 2–5 p.m.; info at [skagitriverjournal@gmail.com](mailto:skagitriverjournal@gmail.com)
- 9 Imagine Concrete meeting, Mears Field Pilots Lounge, Concrete, 6 p.m.; info at 360.853.8213 or [editor@concrete-herald.com](mailto:editor@concrete-herald.com)
- 10 Concrete Chamber of Commerce meeting, Hi. Lo. Country Bar & Grill, Concrete, 8 a.m.
- 11 Concrete High School graduation ceremony, high school gymnasium, 7 p.m.; info at 360.853.8143
- 12 Chicks with Cameras Open House, 7460 Dillard Ave. (Sauk View Gallery building), Concrete, 10 a.m. to 4:30 p.m.; info at 360.708.9171
- 12 First Annual Spring Dance (all ages), Marblemount Community Hall, potluck from 7 to 9 p.m.; The Dave Chapman Show from 9 p.m. to 1 a.m.; \$25 per couple, \$15 per single, BYOB; info at 360.873.2048
- 14 Upper Skagit Library Summer Reading Program begins, info at 360.853.7939
- 14 Concrete Elementary School KJR End of School Dance, 5 to 8 p.m.; info at [debbiepresidentpto@yahoo.com](mailto:debbiepresidentpto@yahoo.com)
- 15 Registration deadline for Natural Resources Youth Camp, which runs June 20–26; info at [www.nryc.org](http://www.nryc.org)
- 15 WSU Know & Grow Workshop: Build Your Own Rain Barrel, WSU Mount Vernon NWREC Sakuma Auditorium, 1–2:30 p.m.; info at 360.428.4270 or <http://skagit.wsu.edu/MG>
- 19 Lone Star Building clean-out, Concrete, 8 a.m. till containers are full; all interested parties welcome to attend; info at 360.853.8401
- 19 Clear Lake Community Garage Sale, Clear Lake
- 25–26 8th Annual Townwide Yard Sale, Lyman, info at 360.826.3818
- 25–27 Community garden fence-building blitz, corner of Main St. and Superior Ave., Concrete; 9 a.m. start Fri., 8 a.m. start Sat. and Sun.; see story, p. 3; info at 360.853.8213 or [editor@concrete-herald.com](mailto:editor@concrete-herald.com)
- 26 Day Creek Reunion, Day Creek Chapel, Day Creek, 11 a.m. to 4 p.m. (history presentation at 1 p.m.); info at [pda98235@earthlink.net](mailto:pda98235@earthlink.net) or 360.856.6798
- 26 Frank Knight Cancer Surgery Fund Community BBQ fundraiser, 47745 Van Horn Lane in Concrete, 2 p.m. to 5 p.m.; info at 360.982.4223
- 30–7/4 Loggerodeo, Sedro-Woolley; see insert, this issue

### JULY

- 3 Concrete Saturday Market featuring open mike music jam, Concrete Senior Center, 9 a.m. to 4 p.m.; info at [concretesaturdaymarket@gmail.com](mailto:concretesaturdaymarket@gmail.com)
- 17 Clear Lake Reunion, former IOOF Hall, 12655 Hwy 9, Clear Lake, 10 a.m. to 4 p.m. (history presentation at 1 p.m.); info at 360.856.6798 or [pda98235@earthlink.net](mailto:pda98235@earthlink.net), or 360.856.9049 or [matterand@wavecable.com](mailto:matterand@wavecable.com)
- 22 Concrete Youth Activity Day, Concrete, 1 p.m.; info at 360.419.3307 or [joelenem@co.skagit.wa.us](mailto:joelenem@co.skagit.wa.us), or 360.336.9406 or [chriswk@co.skagit.wa.us](mailto:chriswk@co.skagit.wa.us)
- 24 Cement City Street Fair, Concrete, 9 a.m. to 4 p.m.; info at [www.concrete-wa.com](http://www.concrete-wa.com)
- 31 Poker Run, registration/breakfast at Sedro-Woolley Eagles Club, 1000 Metcalf St.; registration fee is \$20 for rider and bike, \$10 for passenger; info at 360.391.3113 or 333.5658

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

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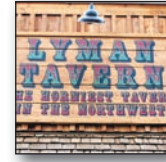
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# Lyman



## Good things for cheap—townwide

By Tammie Werner

The 7th Annual Lyman Townwide Yard Sale will be held on Friday and Saturday, June 25—26, from 9 a.m. to 5 p.m.

Dozens of families participate in this annual event, which brings hundreds of people through town. There is something for everyone to be found at sales throughout the town.

The Lyman Library will hold a book sale to raise money for purchasing additional popular books and needed items at Patty Cook's yard sale at 31098 W. Main Street. Elaine Kohler is in charge of the Lyman Library and she is currently accepting book donations for the library and the sale. If you have donations of books, puzzles or movies, you can drop your donations off during the library's regular operating hours of Tuesday and Thursdays from 3 to 6 p.m., and Saturdays from noon to 3 p.m.

A craft sale will be held in the old Town Hall building on W. Third Street behind the Fire Department. Tables are included in the space rental. The cost to participate in the yard sale or craft sale is just \$5 and includes many forms of advertisement. This will include both sale days and inclusion on the map, as well as multiple advertisements and a classified ad donated by Patty Cook for the event. Because of town policy, checks need to be made payable to Tammie Werner and not the Town of Lyman.

Money raised will be used to benefit the town. Organizers Patty Cook and Tammie Werner would love to hear residents' input on how they'd like to see the money used. Top suggestions have included flowers for Minkler Mansion, hanging baskets, an appreciation gift for Water Works manager Mark Kitchen, and new books for the

town library.

Registration forms are now available at Lyman Town Hall at 8405 S. Main Street or by contacting Tammie at 360.826.3818, e-mail at oney\_brat@yahoo.com, or via our fan page on Facebook at Lyman Annual Townwide Yard Sale.

Maps of all participants will be available to the public at the Lyman Town Hall, Patty Cook's sale, and the Lyman Post Office. Participants are given the option of donating their leftover items at the end of the sale to benefit those in need in our area.



Lyman yard saler Patty Cook, left, accepts \$10 from Hamilton citizen Theresa Boots for a Makita reciprocating saw during last year's Lyman Townwide Yard Sale.

## Lyman Library tales

By Elaine Kohler

Ah, spring! And love is in the air. It must be, by the looks of all the romance novels we have been getting. The shelves are full, including a huge collection of Harlequin books. If you haven't checked them out lately, stop by and take a peek.

We have also had a big donation of Dean Koontz and Stephen King books. I am having to make room among the bookshelves so they can each have their own place.

Donations have been coming in almost faster than I can get them on the shelves. Of course, a lot of duplicates are showing up, too, but we will put them to good use in the book sale this month. We will be at Patty Cook's location, which is right by the Lyman Town Park. Lots of titles and really great prices. The money goes to add puzzles, movies, and repair of bookshelves or replacement when needed.

Looks like the young people have discovered the Harry Potter series: Half the collection is out! Enjoy, but remember to return them so others may enjoy them too. There are a lot of good books for teens and tweens. Come by and see what is there. We keep getting new ones on a fairly regular basis.

Library hours on Saturday have changed. We are open from noon to 3 p.m. That lets the faithful volunteers who have been working Saturdays have a weekend now and then to kick back and enjoy the lovely weather.

I know, it is still raining a lot, but that is the price we pay for all the lovely green. I spent two weeks in California with family and already the hills there are getting brown. I'll take the rain. The rainy days are great for putting a puzzle together (and we have some doozies) or curling up with a new book.

I noticed this week that a lot of the gardening books are out. That's good to see. We are seeing more home gardens in town and hopefully the books are helping. I got most of my plants in this weekend, trying a few new things as we harvested such a good crop of everything last year (except for the corn) that we can try some different plants this year. Several new greenhouses have popped up and, thanks to Frank and Patty Cook, I am getting to share theirs. Sure makes a difference. I am learning all kinds of new things about gardens.

That's about it for this month. Hopefully you will stop by and check out the book sale on the 25th and 26th. Remember it all goes back into your library.



# Day Creek



## Day Creek Reunion planned at Day Creek Chapel

Mark your calendars for June 26, when the annual Day Creek Reunion will be held at Day Creek Chapel in ... well, you've probably figured that part out already.

The reunion event will run from 11 a.m. to 4 p.m. A special history presentation titled "Farming in Day Creek" from local historian Deanna Ammons will begin at 1 p.m.

A potluck lunch will be served from noon till 1 p.m., also at the Day Creek Chapel.

For more information on this year's Day Creek Reunion, call 360.856.6798 or e-mail pda98235@earthlink.net.

## Forest Service modernizes vintage resort Baker Lake campground to provide family day-use recreation

EVERETT — Mt. Baker Lake Resort is closed this summer while the Mt. Baker-Snoqualmie National Forest modernizes the facility. It will reopen as Swift Creek Campground next year, with more space and day-use features for families.

The original campground opened in 1935 between Swift and Park creeks on the west side of Baker Lake. Nine cabins and 90 RV sites composed the 22-acre site. Changing demographics, public needs and resource concerns prompted the updates, reducing the number of campsites to 50 and adding group picnic areas.

"This is just going to be a nicer experience for people," said Ann Dunphy, recreation planner for the project. The camp store, boat docks and swim beach

will preserve the 1930s feel of the original resort. The forest is replacing water and power services, adding trails and accessible features. "By reducing the density of people we lessen the resource impact—erosion, soil compaction and vegetation disruption," she said.

Several owners have operated the facility over the years, permitting the operation from the Forest Service. Puget Sound Energy has been the most recent owner, and returned the management of the land over to the Mt. Baker-Snoqualmie National Forest this year during their relicensing process.

For information about the Mt. Baker-Snoqualmie National Forest go to: [www.fs.fed.us/r6/mbs/](http://www.fs.fed.us/r6/mbs/).

## Father's Day, cont. from p. 11

to. He is not afraid to talk to me about ANY subject—even boys! But most importantly, he loved me enough to adopt me and give me his name! I love you, Dad!

Anjelika Koenig  
Rockport

My dad, **Neal Miller**, taught me that real men are honest, principled, loyal, loving, and a little mischievous. He is a thief of the one air mattress that holds air at 2 a.m. during a backpacking trip to Tomyhoi Lake, a sprayer of unwanted and unexpected water while car-washing, and a pest to his little sister, even though he is now 80 and she is in her 70s. He is also the man who drove around during a Lynden winter, searching for his runaway son who had been caught in a lie and fled. He introduced me to fishing and the mountain lakes of Whatcom County and B.C. And he demonstrated—in word and deed—his bone-deep belief in



John and Anjelika Koenig wet a fly line in the Skagit River at Rockport.

God—even when the outboard motor wouldn't start at Ross Lake.

Jason Miller  
Concrete

I love my Daddy because he always shares his dinner and ice cream with me. He never lets me take a nap alone, and he always lets me drive the tractor.

Sugar McDonald  
Day Creek

Happy Father's Day to **Fred West!** He's never too busy to fix what needs fixin' and we appreciate all that he does!

Julie VanQuickenborne  
Anacortes



Holly McDonald's daddy always lets her drive the tractor. Submitted photo.



Granddaddy Fred West and granddaughter Holden on the farm outside Concrete. Submitted photo.

Rick Lemley Chuck Ruhl

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**Above:** Sedro-Woolley School District threw a retirement party for several loyal employees on May 19. From left to right: Tom Peterson (custodian, 13 years), Don Bingham (SWHS teacher, 31 years), Lois Singleton (Evergreen Elementary teacher, 25 years), Sharon Brown (paraprofessional, 22 years), Bruce Johnson (maintenance, 10 years), and Mark Venn (SWSD superintendent). Don Bingham's coveralls tell a story from 1994, when he took two students all the way to the Student Auto Skills Nationals in Washington D.C., and their team won 2nd place in the nation. *Photo by Amber Lee.*



**Right:** Brook Barned plays piano during the annual talent show at Community Bible Church in Concrete on May 15. The show featured 23 performances that ranged from musical numbers on piano, guitar, violin, and harmonica, to singing, poetry, and that disturbing puppet show to the right of Brook's photo...



**Clockwise from upper left:** Juliana Wood, Riley Fichter, and Cameron Herauf show off their dirty paws while working at the Angele Cupples Community Garden in Concrete on May 22. These three and other kids were enjoying a First Bloom planting event at the garden. *Photos by Frank Knight.*

**Right:** The Angele Cupples Community Garden hosted its first planting event on May 22, courtesy of First Bloom kids and organizer Jennie McGuigan. The kids planted a variety of seeds and seedlings into two 4'x8' raised beds. *Photo by Amber Lee.*



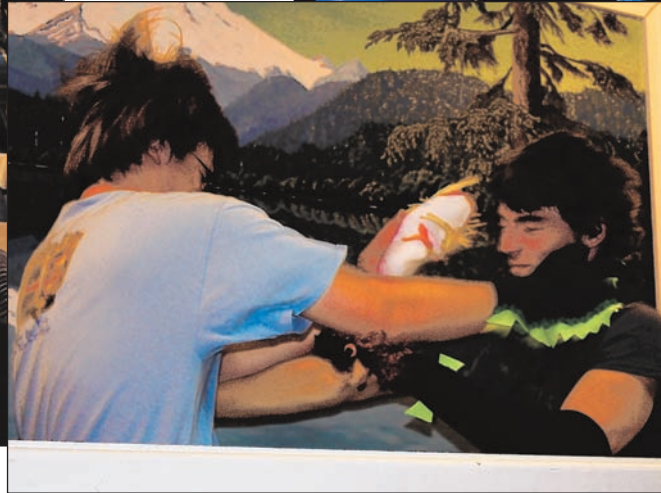
# May in pictures



**Left:** Eagle Fest revved up Evergreen Elementary School on May 19, with plenty of sights, sounds, and diversions for the whole family—especially kids. *Photo by Amber Lee.*



**Left:** Kellen Russell (left) and Colton Maloney break into a mock fight during a puppet show narrated by Matt Williams, who had the good sense to stand off to one side. (Look at Kellen's hair. I wish mine did that.)



**«**“Mother Nature was watching out for us that day,” said Dave Needham of the Lyman Elementary School Boosters Carnival on May 1. “It rained in the morning during set up and as the first group of kids arrived, then the rain let up and disappeared,” he said. The carnival included a dunk tank, a pitching-speed trailer from Pat Rimmer Tire Center, a three-legged race, sack races, a bubble gum bubble blowing contest, a bouncy house, a book fair, and more. “Just as the last families left, the rain began again. It was a great day,” said Needham. **»**



**Right:** Sara Simmons, 9, revs up to throw a ball as her Pee Wee team, the Pirates, tangled with the Dodgers on May 11 at Concrete Elementary.



**Left:** Upper Skagit Pregnancy Choices held its Walk for Life fundraiser on May 15. Shown are (back, l to r) organizers Valerie Garner, Diane Ray, and Mary Bron, and (front, l to r) Peggy Cobb and Margo Avay. *Photo by Amber Lee.*



**Above:** This year's Prom royalty, from left to right: Princess Consuelo Castaneda, Prince James Martin, King Will Stidman, Queen Natasha Zitikovich, Prince Randy Moore, Princess Taylor Lee. *Photo by Mike Criner.*





# Hamilton



## Mayor’s message

By Mayor Tim Bates

City Hall has something new to see: an original, 1902 Fourth of July Hamilton Grand Celebration poster.

The poster advertises fun events of that period, including a ball game, horse race, pony race, Indian pony race, bicycle races, foot races, tug-of-war, and other sports.

The event featured a grand ball where tickets were \$1.00 per couple and orations were presented by prominent speakers. Music was provided by the Hamilton Brass Band.

The graphics on the poster are terrific and include an eagle, stars, and a flag.

What a wonderful time everyone must have had in 1902 at such a grand celebration!

Thank you, Town of Lyman, for finding this poster and presenting it to Hamilton. And many thanks to Carol Bates, for framing the poster and hanging it in City Hall.

City Hall recently has had other work done to improve it. Dale Bonner installed laminate flooring in all the upstairs rooms. Tom Selin works to keep the building and grounds in wonderful shape.

We have a great museum in our town, with wonderful pictures and memorabilia to enjoy. It is well worth the visit to check it out. Our City Hall is open Monday through Saturday from 9 a.m. to 10 a.m. If you would like to visit at another time, just give us a call at 360.360.826.3027.

## Fire truck, cont. from p. 10

Stacy formed a team of local firemen and interested people from the community. The deadline for having it up and running—plus looking good—was July 4. It had to be ready for the parade.

Work sped up in April and May of that year. Stacy learned much through it all. When asked about her experience, she remarked, “I really learned what the phrase, ‘righty tighty lefty loosey’ meant. Plus, this project brought so many different people together. The camaraderie with everyone was the best part.”

And they met their deadline. Stacy has not yet driven the fire truck into which she put so much work. But she took away a valuable lesson from the

## Birdsview buzz

By Kris Voigt

Greetings from the heart of the Skagit Valley! Not much has been happening in Birdsview this month. They finally tore down the old fire hall on Russell Road and will start construction on the new one soon. Finally!

Birthdays and anniversaries this month:

9	Keith Tyminski
11	Danielle Letellier
12	Sean Larsen
19	Rebecca Morse, Rob Dickerson
20	Gibson Fichter
21	Julian Voigt
23	Dennis and Shelly Russell
24	Sara Voigt
27	Scott Hollenbeck

The Voigt and Mattingly/Riehl family made a road trip to Spokane in mid-May for our daughter Jessie’s graduation from Gonzaga Law School. Congrats to Jessie for all her hard work. Now she and Jack Mattingly have started a new chapter in their lives and moved to Oregon, where Jessie will study for the bar exam in July and Jack will pursue his music career. Good luck to both of you.

In brewery news, we hosted the second annual Hogs 4 Heart Poker Run on May 22. Also on that day, political candidate Ellen Walters stopped by for a meet and greet.

The hops that we planted a few months ago are up and staked. And the barley that was planted a few weeks ago is starting to show. *If* the birds don’t eat all of it, we

will be using it in a future batch of beer.

Congratulations to all of our daughters this month: Jessie for her law school graduation, Julie and Sara for finishing NW Hair Academy, and Nicki for opening a new Nordstrom Rack store in Manhattan.

Be sure and stop by and give me some news to be included in the next Birdsview Buzz. Have a great month and Happy Father’s Day.

## Birdsview resident receives academic honor

Kelly Ann Siebecke of Birdsview was inducted into the Pi Iota Chapter of Phi Theta Kappa at Shoreline Community College on May 14.

A 1979 graduate of Concrete High School, Siebecke is majoring in Speech/Language Pathology at the com-munity college, which is located in Shoreline, Washington.

Established in 1918 by two-year college presidents, Phi Theta Kappa is the oldest honor society serving two-year colleges around the world. The Society serves to recognize and encourage the academic achievement of two-year college students and provide opportunities for individual growth and development through honors,



leadership and service programming.

Students must rank in the top 20 percent of their class to be invited to membership in Phi Theta Kappa, and must maintain high academic standing during their enrollment in the two-year college. Phi Theta Kappa is the largest honor society in American higher education, with more than 1.7 million members and 1,100 chapters located in 50 United States, United States territories, Canada, and Germany. In 1929, the American Association of Community Colleges recognized Phi Theta Kappa as the official honor society for two-year colleges. The Society holds membership in the Association of College Honor Societies as the general scholarship honor society representing two-year colleges.

## Youth Activity Day sponsorships sought from local businesses

The 3rd Annual Youth Activity Day in Concrete is scheduled for July 22.

Because of cutbacks in many areas, we are raising funds in other ways. This year we are selling advertising spots on the t-shirts that are given to every youth who registers.

To place your business logo on the t-shirt, the cost is \$50. To place only your business name, the cost is \$20.

A check made out to Upper Valley Task Force can be mailed to:

UVATF  
P.O. Box 544  
Concrete, WA 98237

The electronic file for your logo can be e-mailed to: [concreteday@verizon.net](mailto:concreteday@verizon.net)

The file also can be burned to a CD and mailed to the above address.

The final date for your logo or name to be put on Concrete Youth Activity Day t-shirts is June 25.

Thank you for supporting families and youth in the Concrete and Upper Valley area.

Any questions can be directed to me at 360.391.2589.

—Marla Reed, president  
Upper Valley Task Force

www.concrete-herald.com

## Business Spotlight: North Cascade Quick Lube

By Jason Miller

Rich Clark of North Cascade Quick Lube in Sedro-Woolley is a throwback to an America you might think has receded into history. He uses words like “honesty” and “trust” when describing his business philosophy. He’s all about customer service and making sure everyone—not just customers—has a pleasant experience when they come into contact with his oil-change shop behind the Dairy Queen in Sedro-Woolley, at 205 Township Street.

Rich and his business partner, Tom Keel, have owned North Cascade Quick Lube for four years, and by all accounts, their approach to the trade works. Once a person becomes a customer, it’s likely they’ll come back again and again—if only to hear



Manager Earl Stanek answer the phone with a tongue-in-cheek, “North Cascade Quick Lube, this is Oil!”—then see employee Kenny Cleveland ignore him. **More than oil**

Not surprisingly, oil changes are NCQL’s bread and butter—and they only take about 15 minutes to complete, using only Castrol products, thank you very much. But that’s not their only trick under the hood. The shop offers transmission filters and flushes, and cooling system flushes. They

service differentials and transmissions, and provide preventative maintenance tune-ups. They check all fluids and inspect for safety issues, such as worn front-end parts or tires that need to be replaced. They provide peace of mind.

“An oil change is not just an oil change when you come here,” says Rich. “We look for anything that isn’t safe or could cause a breakdown. Sometimes we have to tell a customer, ‘You can’t keep driving this car.’”

### Unbeatable value

For those of you who think you

## Open for Business: Chicks with Cameras

By Jason Miller

A new photography studio has come to Concrete, packing plenty of expertise and a sassy name.

Owners Becky Luttrell and Melissa Sterne are excited about the new venture, which brings the two friends together and lets them pursue an artistic passion while enjoying each other’s company.

Chicks with Cameras, located in the Sauk View Gallery building at 7460 Dillard Ave., in Concrete, will kick things

off with an open house on June 12, from 10 a.m. to 4:30 p.m. A raffle also will be held during that time, with a free photo session up for grabs, plus an 11x14 matted and framed photograph from the studio’s gallery collection.

### A different kind of studio

If you’re looking for stoic and staid, you should probably keep looking, laughs Sterne when asked to describe the studio’s philosophy.

“It’s not a stationary, plastic-smile setting,” she says. “We like to use a lot of props for adults and kids, and create a nontraditional, relaxed, blue-jeans-bare-feet setting. We make it fun.”

Chicks’ Web site states the company’s mission clearly:

“Chicks with Cameras mission is to capture the individuality of every portrait and the spirit contained within them. Our customers benefit from sincerely personalized customer service while receiving the highest quality images in the Pacific Northwest.

“We believe photography should not only be a memorable event, but

a positive and exciting endeavor. Our goal is to fully captivate your dreams, passions, special relationships, or just friends and family and preserve them in a beautiful and unique way.

“Our sessions are designed to be fun and pleasant experiences. When we photograph your moment in time, we are creating part of your legacy that will live with you forever.”

The Concrete women aren’t just blowing smoke. Each has years of photography experience in her background, and most folks around these parts know that spotting either of them *without* a camera in her hand is an occurrence on par with a Sasquatch sighting.

The next time you need a pro to “capture the moment,” call the Chicks with Cameras.



Becky Luttrell (left) and Melissa Sterne are Chicks with Cameras. The business partners will celebrate their new photography studio in the Sauk View Gallery building, Concrete, with an open house on June 12, from 10 a.m. to 4:30 p.m.

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can change your oil for less money, think again. Rich buys everything in bulk, and he’s an expert at what he does. Translation: He knows things you and I don’t, like the difference in oil filter qualities.

Remember the “honesty” and “trust” part? Rich prides himself on both, which plays out in his number-one goal: top-notch customer service. A former military man, he offers senior citizen and military discounts.

“The biggest reason I want people to come in is because they’ll learn they can trust us and know we won’t try to rip them off. I tell people the truth, and if there’s something I can’t do, I recommend them to a reputable place where I know they’ll be treated well.

“People can get their oil changed anywhere. We make them actually enjoy coming here,” Rich says.

## At A Glance: North Cascade Quick Lube

**Location:** 205 Township St. Sedro-Woolley (next to Dairy Queen)

**Hours:** M–Sat. 9–6, Sun. 9–4

**Phone:** 360.855.0418

**E-mail:** [ncql@live.com](mailto:ncql@live.com)

## Writer(s) needed!

Concrete Herald needs YOU to cover the Concrete Town Council on a volunteer basis. Call: 360.853.8213.





# Rockport



## History Detectives to host encore railroad history show

After their successful April meet-up in Rockport, the NW Washington History Detectives will host an encore railroad history show June 6 in Sedro-Woolley, to accommodate those who could not attend its March meet-up.

The event will be held from 2 to 5 p.m. at Just Moe's Steak & Spirits in Sedro-Woolley. In observation of the anniversary of D-Day, the group also will discuss how the end of World War II was celebrated in Skagit County.

Many people were unable to attend the March 21 railroad show, so the Detectives have invited three experts on the history of a century of the Northern Pacific Railway, who will be honored guests at the encore show. Organizers are especially looking for people old enough to remember WWII activities and they again welcome anyone to bring photos, documents, and scrapbooks with them for the show-and-tell session. A walkabout also is scheduled that afternoon to the local rail yards. Two rail engineers, one in his 80s and the other in his 90s, also plan to attend.

"Many people are not aware that up to 11 trains a day delivered freight or picked up passengers in old Woolley in the 1890s," explained Noel V. Bourasaw, publisher of the Skagit River Journal publisher. "They long were the lifeblood of the community. The Northern Pacific was preceded in 1890 by the Seattle, Lake Shore & Eastern line on the same trackage."

## Help your teen have a safe, alcohol-free graduation

By Sharon Foster and Michael Langer

Teens are making plans for senior week and graduation, a high-risk time for drinking. Being informed and prepared parents and guardians can keep our children safe.

While most students will make healthy choices, some may feel pressured to make alcohol part of their celebrations. Some teens think of prom and graduation night as "coming of age" events that should be celebrated with the use of alcohol.

According to the 2008 Washington State Healthy Youth Survey, about two out of three seniors choose not to drink alcohol. They should be encouraged to continue making healthy choices.

Talk to your teen about what to do if they find themselves in a situation where alcohol is present. Let your teen know they can call you any time for a ride home, no questions asked. Remind them to never, under any circumstances, drink and drive, or ride with a driver who has been drinking. Their safety depends on this.

Make sure your teen has a safe, fun and memorable prom and graduation:

- Remember that you are the primary influence on your children
- Set clear rules about not drinking and consequences for breaking them
- Offer to host an alcohol-free post-graduation party
- Help your teen find alcohol-free activities
- Talk to other parents about post-event activities to make sure alcohol won't be present

The risks of underage drinking are many. Alcohol can damage the developing teen brain, and has taken more young lives than tobacco and illicit drugs combined. Remind your teen that they know how to make smart choices, and they have a family that loves and supports them.

We all want our teens to stay safe as they celebrate the final days of their high school career. Talk to them now about the risks of underage drinking. They need the facts.

For more tips on talking with your teen about alcohol, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).

*Sharon Foster and Michael Langer are co-chairs of the Washington State Coalition to Reduce Underage Drinking (RUaD).*

## Become a Concrete Herald Facebook friend!

1. Go to [www.facebook.com](http://www.facebook.com)
2. Create an account
3. Search on "Concrete Herald"
4. Send a friend request

What fun!

Right: Elle Streeter, 7, paints a leaf on the mural, which depicts a complex ecosystem.



Left: Devon Truelove, 6, in green, paints a dragonfly; Mackenzie Wilson, 7 (middle), paints tree roots; and Jaydon Craig, 6 (standing), paints a boy's legs, while North Cascades National Park artist-in-residence Kathleen Durkin supervises the young muralists behind Concrete Elementary School on May 25. These kids and 7th and 8th graders worked on murals with Durkin during the week of May 24. The artwork is inspired by scenes from the Skagit River watershed.



# Home & Garden



## Community garden breaks ground and starts growing

First Bloom kids kick off Phase One of Angele Cupples Community Garden with May 22 planting event; fence-building blitz planned for June 25–27.

By Jason Miller

Filled with purpose, they marched up the hill north of Concrete's Silo Park. They were strong. They were determined. They were ready to get their hands dirty.

On May 22, a group of First Bloom kids put the newly christened Angele Cupples Community Garden through its paces, filling one of two raised beds with dirt, then planting both beds with seeds and seedlings.

The day began with Darrel and Marla Reed, Bob and Joseph DiLeo, and Jason Miller cutting into the slope and installing the beds, 4'x8' cedar structures made with true-dimension, salvaged cedar donated by Ed Rogge. Rogge also provided the pickets for the first corner of fence into which the beds were tucked.

3DH Aggregates donated the three yards of topsoil needed to fill the beds, which are 12 inches deep.

Joining the kids were First Bloom Project Coordinator (WSU/4-H) Jennie Lee McGuigan; Aimee Hannah, lead interpretive ranger for North Cascades National Park and First Bloom project coordinator (NPS), and Newhalem artist-in-residence Kathleen Durkin.

The planting event was an important milestone for the brand-new community

### Support your garden!

Your community garden needs you! If you want to water it, weed it, donate funds to help it grow, or support it in any other way, call Jason Miller at 360.853.8213.

garden, which is the first garden of its kind in Concrete and one of the more popular ideas generated during the Imagine Concrete workshop in April 2009.

The first fence corner and the beds were funded by a \$4,000 Healthy Youth, Healthy Futures Washington mini grant from School's Out Washington. The grant also will be used to pay for a three-day fence-building blitz from June 25–27 (see story, p. 3).

The grant application was submitted through the Upper Valley Awareness Task Force (UVATF), a member of the Skagit Prevention Council (SPC), and awarded in February of this year. The First Bloom program was a necessary component in the application.

The community garden has a bright future. With more fund-raising and grant research under way, the Imagine Concrete task force plans to add more features during the coming years, based on surveys and meeting feedback. Ideas include more raised beds for rent, a composting area, an accessible garden, greenhouses, and shared vegetable and fruit-growing areas whose produce can stock the Concrete Food Bank shelves.

A little fertilizer, and then it's time to plant peas to scramble up a new trellis.  
*Photo by Kaela Lee.*



First Bloom kids press their hands into fresh dirt before getting down to the business of planting. Photo by Frank Knight.

## What's in a name?

Angele Cupples Community Garden is named for Angele Cupples, who served as the Upper Skagit Gardening Club's first president, officially elected in March 1939. A dedication ceremony for the garden is tentatively scheduled for July 22, during the Youth Activity Day in Concrete. Read the July issue of *Concrete Herald* for details.

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# Seniors



## Coffee Break

### Seniors’ dreams

By Patrick Kennedy

What is a dream? It normally is considered a series of mental images and emotions that occur during sleep. Or it could be a cherished desire or ambition while you are awake.

Dreaming while being wide awake is another possibility, called daydreaming, a state of mind characterized by abstraction and the release from the reality around us. Or it could be what many of us want, the incredible but vain hope of being someone else.

Then there is the impossible dream. You remember the lyrics to that popular song of the same name: “Dream the impossible dream; to fight the unbeatable foe; to bear with unbearable sorrow; to run where the brave dare not go.” But are you brave today? Do you really feel like a fight?

Or perhaps it is that perfect mate you married; he/she is a dreamboat, or the person you desire to date. Or that dessert you just had after dinner, or the new car or boat you just bought that rides like a dream.

But maybe the only thing you want is that dream house to retire in. You know, the one set next to a small lake or stream, surrounded by trees and a lush garden, in a quiet neighborhood where you can relax on the porch in the warm sun and catch up on reading all those books that have been gathering dust on the shelf

while you were working. To some this would be even more perfect if a bowling alley or the first tee were just a few blocks away.

Or that dream vacation to warm weather or historical settings of the past world. A cruise around the ocean in a yacht filled with food and games. But be careful of fulfilling that dream of skydiving or mountain climbing. Be real: “Dream as if you’ll live forever, live as if you’ll die today,” said that young and short-lived actor rebel, James Dean.

Be careful of dreams. They are intangible and can fade away or be lost by a bad decision. But they shouldn’t be abandoned. Dreams make the world go round. They are the beauty of the human mind, a function only the human animal can perform.

“To dream anything that you want to dream, that’s the beauty of the human mind. To do anything that you want to do, that is the strength of the human will. To trust yourself to test your limits, that is the courage to succeed,” said Bernard Edmonds.

Seniors’ dreams are a way of life and a means to a successful and happy retirement. They are the handles to grab to advance into the future with a smile. Dreams don’t stop at any age. Seniors and dreams go hand in hand.

*Patrick M. Kennedy is the author of How to Have Fun with Retirement, a sneak peek for which is available online at [www.funwithretirement.com](http://www.funwithretirement.com).*

## Way Back When

### 80 years ago

June 12, 1930: Henry McCalib was seriously burned and his wife suffered painful burns on her right arm and hand from a fire that destroyed their home near Marble-mount this morning. According to reports, Mr. McCalib was attempting to start a fire in the kitchen range with kerosene, which exploded and enveloped him in a mass of flame. He was severely burned from his toes to the top of his head, his entire body being one big burn with the exception of a small patch of his back. Mrs. McCalib was burned about her right arm as she put out the flames in his clothing.

### 70 years ago

June 13, 1940: Three [Civilian Conservation Corps] boys from the Lyman camp were badly hurt and 15 others severely shaken and bruised last Thursday evening, when the truck in which they were returning to camp went over an embankment east of Lyman. William Morrissey, 18, and Theodore Samojla, 17, were recovering in a Mount Vernon hospital this week. Morrissey suffered a brain concussion and scalp wound, and Smojla an injured back. Another youth, Leroy Haimann, 18, is in the camp infirmary with a back injury. Ten others were suffering from back sprains and shoulder injuries, and the balance were treated for minor cuts and bruises.

### 60 years ago

June 8, 1950: The new fire truck for the Concrete Volunteer Fire Department arrived in town last night, ready to go into service here. The truck, a Ford chassis with a 600-gallon-per-minute pump and a 600-gallon tank, will augment the present hose truck.

The custom-built truck was furnished by the Howard-Cooper Corporation on a bid of \$9,891.61. The town has paid \$5,000 down and will pay the balance in two years.

### 50 years ago

June 2, 1960: The school year ended with a bang last week in Diablo.

Wednesday evening graduation exercises were held for Peggy Curd, Missy Duncan, Steven Rogers, Doug Clifford, and Neil Ostrander. The five were presented with class pins by their classmates.

Earlier in the evening, the entire student body had entertained parents and guests with a series of dances, songs, and skits.

### 40 years ago

June 17, 1970: The release of \$1,152,000 in government funds for construction on the North-Cross State Highway may mean that the long-awaited highway may be completed by the fall of 1972, say state officials.

The frozen funds were made available by President Nixon upon appeals by Congressional senators and representatives, who pointed out that work on the cross-state link was stalemated because of lack of appropriations. They also

urged the release of the funds now so that work can be done during the summer season.

### 30 years ago

June 5, 1980: So They Called the Town Concrete, Charles M.

Dwelley’s illustrated history of this community from the 1870s to the present, is moving off the sales counters almost as rapidly as copies come off the press, the sponsoring Chamber of Commerce

## Concrete Senior Center June 2010 Activities

Lunch is served Monday through Friday, 12:30 p.m.

### Mondays

9 a.m.  
10 a.m.  
1 p.m.

Gray Ladies Hoop Quilting  
Mexican Train Dominos  
Skip Bo

### Tuesdays

11:30 a.m.  
1 p.m.

Jigsaw Puzzle  
Skip Bo

### Wednesdays

8:30 a.m. – 3 p.m.  
11:30 a.m.  
1 p.m.

Quilting  
Jigsaw puzzle  
Skip Bo

### Thursdays

10 a.m. – 2 p.m.  
11:30 a.m.

Wii Sports play  
Jigsaw puzzle

### Fridays

11 a.m.  
11:30 a.m.  
Noon

Men’s group  
Jigsaw puzzle  
Mexican Train Dominos

### Special Events

6/3 1 p.m.  
6/8 1 p.m.  
6/9 11 a.m.  
6/9 1 p.m.  
6/10 8 a.m.  
6/22 12:45 p.m.  
6/22 1 p.m.  
6/25 12:30 p.m.  
6/30 1 p.m.

Old-time fiddlers  
Rebekah’s meeting  
Advisory Board meeting  
Bingo  
Foot Care by appointment (853.8400)  
Leap of Faith  
Rebekah’s meeting  
Birthday Lunch  
Bingo

### Holiday Closures

6/11 Furlough Day: all Skagit County offices closed

reports this week.

First copies were delivered from the Concrete Herald print shop just two weeks ago. As of Monday, more than 260 copies were sold.

Books already have been mailed to fill pre-publication orders from Australia, Minnesota, Missouri, and all Western states, according to Joanne LaPlante, chair of the Chamber’s book committee.

### 20 years ago

June 14, 1990: What started as a fun outing for two adventurous Concrete 14-year-olds, ended with one of them in critical condition at St. Joseph Hospital in Bellingham, and the other being considered a hero by local rescue workers and the victim’s parents.

Jamie Mefford and Brian Kirchoff were hiking and climbing on the rocky hillside above Baker River just below Lower Baker River Dam Monday afternoon,

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when Brian slipped and fell about 75 feet over rocks, landing unconscious in the river.

Jamie immediately worked his way down to the river, dragged Brian out of the water and onto the rocky shore. Brian was not breathing and had swallowed his tongue. Jamie cleared his airway, administered CPR, got Brian breathing, and ran for help.

Kirchoff was taken to United General Hospital and from there airlifted to St. Joseph Hospital in Bellingham.

Physicians and surgeons working on Brian told his parents, Dave and Sue Kirchoff, that they did not expect the boy to make it through the night. But make it he did.

Kirchoff suffered bad cuts on the back of his head and face. He had a concussion, a broken collar bone, a broken cheek bone, and a lot of internal bleeding.

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■ Women, Infant & Children Program

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# Sunday School lesson

## Change: Growth or grief?

By Rob Thomas

On June 15, 35 Concrete High School Seniors will walk across the stage, smile for pictures, and receive that which they have spent thirteen years working for: their high school diploma. As a parent of one of those soon-to-be graduates, I will join my wife, along with other parents and grandparents, and breathe a huge sigh of relief that this long-awaited milestone has been reached.

What we who have been there know is that not only is this a time for celebration, it is a time for change. And one of life's lessons is the realization that change brings either growth or grief. Maybe that's why the late Senator Robert Kennedy once said, "20 percent of the people are against everything 100 percent of the time."

I sometimes wonder if the senator was being too kind in his estimate. Many people simply do not like change. They even go so far as to resist change. But we live in a world of constant change and the choice between growth and grief for the graduates, as well as for us, is based upon our attitude and actions.

Winston Churchill, the prime minister for Great Britain during the dark days of WW II, declared, "To improve is to



change. To be perfect is to have changed often." While I may take issue with the possibility of perfection, I certainly agree that if we are to improve physically, mentally, emotionally, and, most importantly, spiritually, we must be a people who embrace change and who are unwilling to accept the status quo.

In the Old Testament, the book of Nehemiah (Neh. 9:38–10:39) gives us an example of a group of people who wanted to change. Their example provides a wonderful place for us to start. First, they decided what change was going to take place (9:38–10:27). Second, they decided when change was going to take place (10:28–29). Third, they decided where change was going to take place (10:30–39). In their case, it was going to take place in their homes (30), their society (31), and in their places of worship (32–39).

What about you? Are you content with your physical, mental, emotional, and spiritual condition? Are you satisfied with your community and country? For our graduating seniors, change is being forced upon them. But you and I can take charge and initiate change in our lives and in our

community and country that brings great growth through our attitude and actions. In doing so, you and I have the opportunity to make a difference for eternity.

Congratulations to the graduating Class of 2010 (especially my son, Caleb).

*Rob Thomas is pastor of Community Bible Church in Concrete.*

## Obituaries

### Siro Cugini 1923–2010

Our dear beloved husband, father, and grandfather died April 23 on the island of Tortola in the British Virgin Islands.

He was born in Vall'Alta, Italy. He immigrated from Italy to Concrete with his mother, Emilia Cugini, and his two sisters, Tecla McDaniel and Francis Horne, aboard the Conte Di Savoia in 1935. His father, Isaia, immigrated in 1927 and the family was separated for many years because of the Depression.

Siro graduated from Concrete High School in 1943, and the University of Washington in 1951. After high school he served in the U.S. Navy during WWII in the South Pacific on a aircraft carrier as an Electrician's Mate. He worked for General Electric and lived in Caracas, Venezuela, for many years. He subsequently retired to both Palmas Del Mar, Puerto Rico, and Concrete, Wash., spending approximately six months in each location.

Siro was preceded in death by his son, Cary Cugini, and is survived by his loving wife, Delia; his daughter, Caprice; his son, Kim; grandchildren Cari and Sean and great grandchildren Lucas and Evan; as well as nephews Rick Loop, Marc McDaniel, and niece Wendy McDaniel.

Siro's love of life was apparent to anybody who knew him. He was a gourmet cook, an accomplished sailor who loved the Caribbean Sea, and he loved the outdoors of Concrete. He loved to fish the nearby streams and lakes. But above all he loved his wife and family. He was so loved, and his memory will live on in our hearts.

There was a service for him in Puerto Rico on May 6. There also will be a service for him in Concrete; however, it has not yet been scheduled. He will subsequently be interred in the Concrete Cemetery with his family.

### Sylvia Rosella Hendrickson died May 7, 2010,

at Skagit Valley Hospital in Mount Vernon after a short illness. Known as Rosella, she was born Aug. 25, 1930, in Mill City, Ore., to George and Sylvia Burr. In 1932 the family moved to the Marblemount area. Rosella married George (Pinky) Hendrickson in 1948 and the two had five children: Terry, Earl, George, Linda, and Michael.



www.concrete-herald.com Rosella and Pinky eventually settled on family property along the Skagit River, seven miles outside of Marblemount. She took an active interest in her children's lives, often serving as leader for Cub Scout and Girl Scout groups.

She worked at various jobs over the years: working in the berry fields for Jack Bell, cleaning buildings for the U.S. Forest Service, and cooking in numerous area restaurants in Anacortes, Concrete, Sedro-Woolley, and Marblemount. The Totem Trail featured a branded line of Rosella's Pies—the cream pies had a special following.

Rosella loved to garden and through the years she produced an astonishing variety and quantity of fruits, vegetables, and flowers. Wherever she found an available patch of dirt, she planted something and it grew.

She was preceded in death by her husband Pinky, brother John, sons Earl and George (Buster), and granddaughter Brenda Mulligan, and is survived by her brothers Alvin (Shirley) and George (Marilyn) Burr.

Surviving children are daughter Linda Johnson (Allen Metzger), and sons Terry (Ann Callahan) and Mike (Marlene) Hendrickson. Grandchildren are Matt and Emily Hendrickson and Emma Ashbrook; Earl Lee, Christopher, and Travis Hendrickson; Misty Dawn Williams, Scotty Hendrickson, Heather Funkhouser, and Misty Rain Carlson; Billie Jo Brown, Shellie Ann Lohnes, and K Lee Johnson; Danny Klein, Danny Hendrickson, Jamie Klein, Tiffany Conley, Carey Lawrence, Aaron Hendrickson, Casey Swanson, and Brandi Hendrickson; along with 25 great-grandchildren.

Graveside services were held at 2 p.m. on Sat., May 22, at the Concrete Cemetery. A reception followed at the family home in Marblemount.

The family suggests donations in Sylvia's honor be sent to Children's Hospital, P.O. Box 5371/S-200, Seattle, WA 98145-5005, or online at www.seattlechildrens.org.

### Diane Anderson Norris,

a Sedro-Woolley resident, passed away surrounded by her family on Tues., May 25, 2010, at the age of 48 years. Diane was born July 26, 1961, in Sedro-Woolley to Don Anderson and Reva (Parker) Johnson.

She was raised and attended school in Concrete, and was surrounded by a close family throughout her life.

Diane shined from her very soul, she was a wonderful, loving person that everyone wanted to be close to. She spent her life with a sense of pride in everything she did. It was never halfway with her. She married Don Hitt, Jr., and they had two beautiful daughters, Jenny and Rachel.

She was a dedicated employee for 17 years at Albert's Red Apple; the produce department was a showcase year-round due to her efforts. Later she worked at DSHS, where she went above and beyond, buying a coat, toy, or book for many little clients. She loved making everyone happy. If you ever needed advice on what to wear, how to fix your hair, or what comforter looked best, she was your go-to girl. Diane met and married the sweetheart of her life in Ron. They spent 13 years together traveling and creating many happy, precious memories. She loved her home she shared



See Obituaries, p. 27

### Worth repeating...

"A man can no more diminish God's glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word, 'darkness' on the walls of his cell."

—C. S. Lewis

www.concrete-herald.com

### Obituaries, cont. from p. 26

with Ron and it showed in every corner of every room.

She loved her family with a passion and would go to any lengths for them. She enjoyed dancing with Jillian, making chocolate pancakes with Brandon. She loved hearing Ellie call her "Nannie" and enjoyed her visits with little Kali.

Even though her illness took so much from her, Diane shined from deep within. Her beautiful blue eyes were always a light to her wonderful soul.

Though Diane is away from us now, she will live on forever in the hearts of so many. She leaves behind so many happy, fulfilled memories and will not be forgotten. If by chance you do tend to forget, you can probably expect an early morning phone call!

With love to our beautiful sweetheart Diane, the best mom, wife, daughter, grandma, sister, aunt, cousin, niece, and friend anyone could hope for. Diane is survived by her husband "sweetheart" Ron Norris of Sedro-Woolley. Daughters, Jenny Guffie and her husband Josh of Birdsvie

and Rachel Rios of Sedro-Woolley. Mother and Dad Reva and Jim Johnson of Birdsvie and Father and Mom Don and Daisy Anderson of Forks. Her sister, Debbie Thompson and her husband Jeff of Mount Vernon, brothers, Donny Anderson and his wife Melissa of Sedro-Woolley and Eric Anderson and his wife Tisha of Forks and a sister Pam Aldridge and her husband Jackie of Birdsvie. A son, John Norris of Mount Vernon and daughter, Sherree Norris of Chandler, Arizona. Her mother-in-law, Margaret Norris of Clear Lake and her grandmother, Edna Wollen of Sedro-Woolley. A brother-in-law, Kenny Norris and his wife Dawn of Clear Lake, a sister-in-law and special friend, Ann White and her husband Mark of Mount Vernon, and a sister-in-law, Cathy Doughty and her husband Jim of Burlington. Her precious grandkids, Jillian, Brandon, Ellie, and Kali. Numerous cousins, aunts, uncles, nieces, nephews and special friends, Val Osborne and Verylle Hitt. She was preceded in death by grandmothers, Otha Cook and Goldie Burch, and a special cousin Cathy McMahan Hall. The family would like to extend a special thanks for the care given to Diane by Dr. Raisch and staff at Island Hospital.

Funeral Services were Tuesday, June 1, 2010, at 1 p.m., at Lemley Chapel, Sedro-Woolley, with Pastor Bruce Martin of the Concrete Assembly of God Church officiating. Interment followed at the Sedro-Woolley Union Cemetery with a fellowship afterward at the Sedro-Woolley Community Center. Visitation was available at Lemley Chapel. Please share your memories of Diane and sign the online guestbook at www.lemleychapel.com

## Sheriff's blotter

### May 18

A Day Creek caller reported that the landlord of the house she rents was moving her property out of the house without her permission. She felt he had not gone through the proper eviction procedure and wanted a deputy to contact him. A deputy spoke to the landlord.

### May 18

A Sedro-Woolley caller reported he works security for Job Corps and, at 1 a.m., had found five young men walking on Job Corps property. He was unsure why they were there. A deputy checked; the men said they were just out for a "night hike." No problem, but they were told to leave the property.

### May 17

A Concrete caller reported that she is part of an organized Internet chat group. She said one member, who lives in Kansas, had been threatening and harassing her. She was advised to report him to the law enforcement agency where he resides. She said she already had done that, but wanted things documented on this end also, just in case, so the deputy reported it.

### May 16

A Concrete caller reported seeing a blonde-haired man at a neighbor's house. It appeared the man was stealing tools from the neighbor's front porch. A deputy located the suspect vehicle and questioned the man, who denied stealing anything and said he was looking for his cat. The deputy checked further and discovered three stolen hammers in the car. The man was cited for third-degree theft and the hammers were returned to the owner.

## Be aware

The Skagit County Sheriff maintains an online list of registered kidnapping and sex offenders living in our communities.

Offenders listed are kidnapping offenders, level II sex offenders, level III sex offenders and level I sex offenders who do not have a permanent address.

For information on other Level I sex offenders, visit the Skagit County Sheriff's Office in person.

To view the online list of offenders, go to [www.skagitcounty.net](http://www.skagitcounty.net), then:

- Click on "Department Directory" on the left
- Click on "Sheriff" on the right
- This will take you to the Skagit County Sheriff's Office page, where you can click on "Registered Sex Offenders" on the left navigation panel, and view the list

The people on the list are not wanted by the police. The list exists by law to enhance public safety and protection. Citizen abuse of the information on the list to threaten, intimidate, or harass registered sex or kidnap offenders will not be tolerated by law enforcement agencies.

### May 15

A Cedar Grove caller reported her ex-husband was calling and leaving voice mail messages in violation of no-contact orders. A deputy listened to the answering machine, then contacted the 50-year-old man, who lives in the La Conner area. The man was arrested and booked for violation of the no-contact order.

### May 14

A caller from Montana reported that a man there who had formerly lived in Lyman had been bothering and harassing his wife. The caller wanted to know if this man exhibited similar behavior in Lyman. A deputy advised the man to report any problems to Montana authorities; they would then contact the Skagit County Sheriff for background info.

### May 13

A Cape Horn caller reported he had returned home after being away for six months, checked his rental house since his tenants had not paid their rent in six months, and said the place was trashed and the renters were gone. A dog had been chained to a tree in the front yard. The neighbors had been feeding the dog for two weeks. No one was around. Animal Control is looking into animal neglect charges, but the nonpayment of rent is a civil issue.



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# Health



## From wimpy legs to “Cinder Shins”

### How to run a 5k

By Valerie Stafford

Have you ever thought about running a race, just never got around to it? The perfect opportunity will present itself in Concrete on Saturday, July 24, with the second annual Cinder Shins 5k Fun Run, sponsored by the Concrete Herald. Part of the Cement City Street Fair, presented by United General Hospital and the Concrete Chamber of Commerce, the fun run promotes family fun and fitness.

But wait, you don’t think your legs are ready? No worries. There is time (assuming you start right now) to train for this run, which is just a little over three miles in length.

To begin, invest in a good pair of running shoes. You don’t need the top of the line in the most fashionable colors;

those could cost half your mortgage payment. Just make sure your shoes fit well, and are cushioned and supportive. If you don’t know much about shoes or your feet, it is well worth the time and money to buy from a store that specializes in athletic shoes. The staff are trained to analyze your gait, taking into account your body size and fitness goals, and recommend the best shoes for your budget.

If you’re new to running, walk first! That seems obvious, but it’s surprising how many people start out running before they build up any leg strength by walking. Depending on your fitness level, you may need to walk three times a week for two or more weeks before you start jogging or running at all.

Next, choose a friendly surface. Avoid running on asphalt or concrete (in Concrete is fine, however). Don’t choose a banked trail; look for an even, smooth surface and try to vary the direction of your run.

A good warm-up is critical. Start with a 5-minute walk, then alternate between walking and jogging (not running) for the next 10 minutes. The older or less fit you are, the more gradually you should warm up, and the longer warm-up period you may need before starting to exercise at a higher intensity.

At the other end of your run, cooling down gradually will safely bring your heart rate back to normal, and can prevent muscle cramps. Walk for at least 5-10 minutes before stopping or sitting down.

To increase your running speed, there is nothing like *fartlek* training. *Fartlek* is Swedish for “speed play,” and is a popular form of conditioning that varies the speed and intensity of the exercise. After warming up, run at an easy pace, throwing in bursts of speed for various distances throughout the run. You might try running as fast as you can between two telephone poles, then walking between the next two.

Use the “talk test” to determine if your pace is appropriate. You should be able

to talk comfortably while running; slow down if you can only gasp a few words.

In addition to wearing proper shoes and starting your program gradually, it is also important to incorporate cross-training into your program. Don’t neglect your upper body strength, flexibility and abdominal conditioning. A balanced program of cardio, strength-training, core exercise, and stretching is essential for your overall health and wellness.

Even if you are not sure you can complete the race, or just want to stroll along at a snail’s pace, the Cinder Shins 5k Fun Run is a great way to experience the joy of being active. We hope to see you there. See the ad on p. 9 for registration information.

*Valerie Stafford is the director of communications and community education at United General Hospital, and the owner of Encore Fitness in the Concrete Theatre.*

## Vitamin D deficiency in infancy

By Karl Mincin

With the increasing buzz of nearly epidemic levels of vitamin D deficiency, recent research indicates that babies are no exception.

A study in the March issue of the medical journal Pediatrics found that most all babies need a vitamin D supplement. Less than one-third of U.S. infants under age 1 meet the standard recommended intake for vitamin D set by the American Academy of Pediatrics in 2008: 400

international units (iu) a day.

Interestingly, the study reports that less than approximately 10 percent of infants under age 1 are given a vitamin D supplement.

Up until recently, this same amount has been the recommendation for adults. Newer reports suggest that adults should receive at least three times this amount. Given stubbornly low blood levels even in supplement users, my own clinical

experience indicates that most all of us—infants, children, adults and the elderly—likely need even higher doses, especially here in the great, gray northwest. Nursing mothers who take higher doses of vitamin D likely will impart slightly more via breast milk, although no solid details have been documented.

Just as with unfortified cow’s milk, human breast milk is naturally low in vitamin D. Therefore, the academy suggests that babies fed only breast milk get a daily supplement. Inexpensive liquid Vitamin D drops can be administered to babies and young children. However, because it is not uncommon to find low blood vitamin D levels even in supplement users, I now recommend an oral spray form of vitamin D for enhanced absorption. Liquid drops typically contain 100 iu per drop, while the oral spray contains 600 iu per spray.

It is noteworthy that even many formula-fed babies also fail to get enough vitamin D, says one author of the study from the Centers for Disease Control and Prevention. Babies have to consume about 32 ounces of vitamin D-fortified formula to get the recommended dose; those under 6 months old are unlikely to consume that much.

As has been discussed in my two

previous articles on Vitamin D, it not only strengthens bone, but also boosts the immune system and helps reduce the future risk of cancer, diabetes, heart disease, autoimmune as well as other health conditions. As with any effort aimed at improving health and nutrition, the sooner we start, the better the long-term outcome. When it comes to vitamin D, infancy is the prime time to ensure adequacy.

*Karl Mincin is a clinical nutritionist in practice locally for 25 years. He specializes in nutrition assessment testing and professional grade specialty supplements. Karl may be reached at 360.336.2616 or by visiting his Web site at www.Nutrition-Testing.com.*

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in the dark\***

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## Dwelleysms

Wit from the Herald's former editor

"They used to tell us that gasoline and alcohol wouldn't mix. Now there is a bill in the legislature advocating a motor fuel of these two liquids. The only difference is that the farmers are supposed to benefit under the new method, instead of the undertakers."

—Jan. 26, 1939

"A recent poll by a bed manufacturer reveals that wives are 3 to 1 for double beds. Whether this indicates preference for old-fashioned living or the fact that the poll was made during cold weather, was not made clear."

—Feb. 23, 1939

"There is always room for advancement. So far, no one has managed to perfect a turkey with four legs."

—Nov. 24, 1938

"... Every new business means just that much more for everybody ... Give folks a town where they can buy everything they need, and that's where they will stop. However, you must let them know that we

## Concrete Harold



By Joyce Harris

have such a town."

—April 6, 1939

"Wonder what the magazine advertisers would do if love and romance went out of style. Might have to sell a cake of soap on the idea that it will remove dirt instead of giving a thrilling, romantic softness to your skin. The fuss over sex appeal these days is bound to give our great-great-grandchildren a terrible opinion of us."

"In case you're interested, this week is National Baby Week, Golf Week, Better Homes Week, and National Egg Week. Grappling with the thought of trying to adequately celebrate all these at once leaves us weak."

—May 4, 1939

"How to successfully gag an editor: Give him so much advertising that there is no room for editorials."

—June 2, 1938



**Above:** A tree swallow checked out Natalie Lahr's birdhouse on May 14—less than 24 hours after the first 11 birdhouses were mounted on the fence posts that border the Concrete Town Center sign at Main Street and Douglas Vose III Way. Soren Massingale's birdhouse wooed the first "renters" as a tree swallow couple moved into his spacious creation almost immediately.

## Public Service Announcement



By Stig Kristensen



### Procopio Music presents: Pethoven Special music for pets and their people

According to its press release, Pethoven is "music specially designed to make pets and their parents very happy."

"Pethoven is beautiful music composed and recorded in a special way for both pets and their owners. The 12 songs are layered with the same melodies and harmonies two, three, and sometimes four octaves above the normal level. The higher frequencies are pleasing to people and, at the least, attractive to most pets."

This reminds me of Robert Mitchum's character in "Scrooged," ordering Bill Murray to include "lots of quick, random action" in his TV program line-up—to attract cats as viewers. That was a comedy.

And yes, in case you can't quite tell, the dog on the album cover is wearing headphones.

### Editorial, cont. from p. 2

than likely it should be today. If you don't hear back from me within 24 hours, call back and ask for me; no one else will have this information in their inbox" (she had sent an e-mail inquiry).

**9.22.08, 2:14 p.m.:** Called, got Gloria. Asked for Tina. On hold till 2:21 p.m., when Gloria says Tina says she'll call me back in 10-15 min.

3:08 p.m. (note the time): Tina calls back, says distribution cable is damaged; they'll have to find it and replace it. Two weeks to find it, then another two weeks to replace it.

**10.8.08, 1:04 p.m.:** Called, asked for Tina. She says last week they should have determined where the damaged cable line was located. This week they should begin working on fixing the damage. She asks me to call her back on 10.10.08.

**10.14.08, 4:47 p.m.:** Called, got Gina. Asked for Tina. Gina says Tina's there from 9-6 ET. Gina sent an e-mail to Tina, asking her to call me tomorrow after 7 a.m. PT.

**10.17.08, 11:10 a.m.:** No callback yet from Tina. Called again and spoke with a man. Asked for Tina. Tina was on a call, contact said he couldn't put me on hold, but that he would send Tina a message to call me back.

**10.17.08, late at night:** No callback from Tina. Posted an online complaint with my local Better Business Bureau.

**10.21.08:** E-mail received from the BBB, confirming receipt of my complaint. E-mail states: "We received your complaint on October 17, 2008. It was reviewed by one of our specialists and has been forwarded to the business for their response. Please notify us immediately if the business resolves your complaint."

**10.28.08, 11:30 a.m.:** No word yet from Broadstripe. Called again, left info re: cable location. Spoke with Darcy. Darcy says Tina has been out of the office for the last few days and is at lunch now, "but one of us will return your call." Wow, guess what? No callback as of 4:40 p.m. PT.

**11.13.08, afternoon:** Broadstripe rep "Randy" shows up with a subcontractor, and says they are going to replace the entire cable from the street to the junction box near my house, rather than try to find the precise location of the damage to the existing cable. Randy shows me where they intend to dig and trench, tells me they need to check with the Town of Concrete to determine if a permit needs to be pulled for "repair work," and says the digging will probably take place during the "first or second week of December."

**11.26.08, 11:17 a.m.**

Called subcontractor to get Broadstripe rep "Randy's" phone number. Left voice mail. No response.

**12.10.08 (middle of the second week in December)**

Called subcontractor to get Broadstripe rep "Randy's" phone number and try to determine more specifically when the digging will begin. Left voice mail. No response.

**12.12.08** The snow hits. Doesn't let up till early January. About 5 feet total.

**1.31.09** Still no communication from Broadstripe or its subcontractor.

**3.4.09** The snow has been gone for about a week now. Let's see if anyone from Broadstripe contacts me.

**11.13.09** No contact from Broadstripe as of today. I officially give up on Broadstripe.

**11.14.09** D. B. Johnson's "30-year" roof shingles develop a leak, less than four years after installation. I go mad.

—J. K. M.

### Quilt Show, cont. from p. 12

quilted wearable art. The show features People's Choice voting, quilting-related vendors, demonstrations, a boutique of quilted items for sale, daily door prizes, and a raffle quilt. Admission is by \$3 donation.

For more information about Woolley Fiber Quilters and the Blast of Blooms show, go to: [www.woolleyfiberquilters.blogspot.com](http://www.woolleyfiberquilters.blogspot.com).

### Fence Blitz, cont. from p. 3

a \$4,000 grant through School's Out Washington, which was acquired through Upper Valley Awareness Task Force.

The garden was a popular idea generated during the Imagine Concrete visioning in April 2009. It was named "Angele Cupples Community Garden" in late May of this year. A formal dedication ceremony is being planned, with a tentative date of July 22, to coincide with Youth Activity Day in Concrete.

Also in May, the garden's first corner of fencing was installed, along with two raised beds, which served as an educational event site for local First Bloom youth on May 22 (see story, p. 21).

Anyone who has fence-building tools and can spend any amount of time during

the three-day blitz is invited to show up. For more information, contact Jason Miller at [editor@concrete-herald.com](mailto:editor@concrete-herald.com) or 360.853.8213.

### Chamber/Resource, cont. from p. 5

increments, which will be used to make hats for all of the Angel Tree recipients this year.

This event helped 113 recipients last year and we don't have an idea what our numbers will be this year. Please bring your fleece or money donations to the Resource Center from now until November.

We are requesting volunteer seamstresses to help assemble these. If you have questions, call Vicki Dinkins at 360.853.8767.

### Letters, cont. from p. 2

cards, and money. The most helpful and important thing was the support, love, and prayers from all. A special thanks goes to the many firemen who risked their lives and kept the fire from spreading to the rest of the house. Also thanks to Pastor Bruce Martin and Kurt Holman for helping contain the fire. This has been a very difficult time that was made much easier because of all the family, neighbors, church, and community support. Thank-you again. We couldn't have done it without you.

Robin and Vickie Wammack  
Jonathan and Jordan Kucera  
Concrete

### Wammack Fire, cont. from p. 5

the house and its contents, and [the insurance company] is considering it a total loss. We'll rebuild as soon as we can, since the insurance check is in the mail, apparently," said Wammack.

The Concrete community responded just as quickly as its fire department, said Wammack. "Half the town was there," she laughed. "People brought clothes, toiletries, and other necessities. They brought food and snacks. It was absolutely the most amazing thing. As bad as it was, people made it so much easier. Every need we had was met, without us uttering a word."

Donations and material goods poured in from individuals, churches, the Concrete Lions Club, and Albert's Red Apple Market, said Wammack. "Every need has been taken care of. We're staying in a fully furnished home until we can rebuild.

"We live in a wonderful place. We're fine. We really are," she said.

## Classifieds

### MOVIES EVERY WEEKEND AT CONCRETE THEATRE

**Coming soon:** Iron Man 2, Robin Hood, Shrek: Forever After. **MovieLine:** 360.941.0403. **Web site:** [www.concrete-theatre.com](http://www.concrete-theatre.com)  
**Movie Schedule:** Fridays at 7:30 p.m., Saturdays at 5 and 7:30 p.m., Sundays at 4 p.m. Call the MovieLine for updates: 360.941.0403.

### FOR SALE

**Headstones.** Traditional or one-of-a-kind. TODD'S MONUMENTS, 360.708.0403. [www.toddsmonuments.com](http://www.toddsmonuments.com).  
**Two antique end tables** w/marble tops. \$50/both. 360.610.5987, leave msg.  
**Freezer:** Upright, large, good condition. \$150. 360.610.5987.

### GARAGE AND YARD SALES

**Concrete:** Pre-moving sale, June 5, 9 to 3. Shop items: tools and miscellany. PLUS: other buildings with household goods, jewelry, electronics, books, and "stuff." 7527 2nd St., Concrete.  
**Marblemount:** July 2-5, 9 to 5. Solid oak desk, other furniture. Tupperware, table saw, misc. household items, antiques, more. 61176 SR 20. 360.873.2100.

### MUSICIAN FOR HIRE

Liven up your party or very special occasion with **The Dave Chapman Show**. Very funny, very talented 1-man band, playing your favorite dance music for all ages. Call to book Dave for your live entertainment needs. 360.853.7433.

### NOTICES

**Seeking all Class of '89 and '90 CHS alumni.** Contact Beth Irons: [navyangel72@yahoo.com](mailto:navyangel72@yahoo.com) or 360.420.9900.

### PROPERTIES FOR RENT

**Concrete:** 25' x 40' bldg. Two 11-ft.-high doors. Will hold a 35' travel trailer. Willing to divide. Includes all hookups. **360.853.8091 or 425.353.9095.**  
**Concrete:** 2-Bed/1-Bath. 45106 Shields Court. Wa/dryer, \$625/mo. 360.421.5261.

### PROPERTIES FOR SALE



8720 Arnold Ln., 3bed, 1.5bath, quiet neighborhood near Concrete. Views of Mt. Baker and Sauk Mtn. \$169,500. 360.739.3252.

### SERVICES

**General cleaning.** Residential and office. Reasonable rates. 360.610.5987, leave msg.

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

**TO PLACE A CLASSIFIED AD:** Contact *Concrete Herald* at 360.853.8213.



# To the Residents of Public Hospital District #304:

## The upcoming merger of Skagit Valley Hospital and Skagit Valley Medical Center

has presented an unusual challenge for our district. We would like to clarify this issue and announce a decision we have made.

When the merger between Skagit Valley Hospital and Skagit Valley Medical Center is complete, the physicians currently employed by Skagit Valley Medical Center will be employees of another hospital district (Skagit Valley Hospital represents Public Hospital District #1). For the protection of taxpayers' investments and each district's resources, state law prevents hospital districts from conducting business within the boundaries of another district, without the express permission of that district.

There are currently six physicians located within our district who will soon become employees of Skagit Valley Hospital/Public Hospital District #1. We anticipate that the patients of those physicians will then most likely be referred to Mount Vernon for diagnostics, surgery, lab, and other medical services. This loss of revenue represents a drain on our hospital district that is unacceptable.

Therefore, we have made the decision to not grant permission to Skagit Valley Hospital/Public Hospital District #1 to conduct business within our District #304 boundaries.

We have the deepest respect for all physicians, especially those we have worked alongside for many years. We did not arrive at this decision easily. We have offered to employ these physicians at United General Hospital, and have made other attempts to mitigate the situation, to no avail.

Our responsibility is to the people who pay taxes to maintain United General Hospital. You have entrusted us to make healthcare accessible to everyone within our district. With that in mind, we are actively recruiting physicians and specialists to join our team at United. The new Specialty Clinic operated by PeaceHealth Medical Group is an example of our progress. Other new physicians and services will soon follow.

This will allow the majority of diagnostics, surgery, lab, and other medical care to be provided right here at United.

We realize that some of you may have to make new choices about where to seek your medical care and we regret any inconvenience that may cause. We also know there may be rumors and conflicting reports about the business decisions being made within the two hospital districts. Please know that we are working conscientiously to provide you with high-quality healthcare close to home. Your continued support is greatly appreciated.

*If you have questions or comments, please contact us at (360) 856-7112, or [administration@unitedgeneral.org](mailto:administration@unitedgeneral.org).*

Sincerely,

Board of Commissioners, Public Hospital District 304

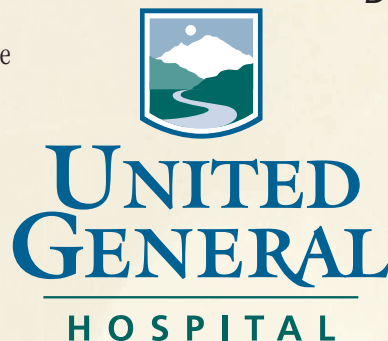
Dan Garcia, M.D.

Gary Kent

Charles S. Ruhl

Robert Stanley

David Walker



*Public Hospital District #304 is served by United General Hospital. Our mission is to improve the quality of life for our patients, employees, and residents of the communities we serve, by providing high-quality patient care and health services in a warm and caring environment.*