

The Voice of the Upper Skagit Valley

Concrete Herald

Vol. 99, No. 6

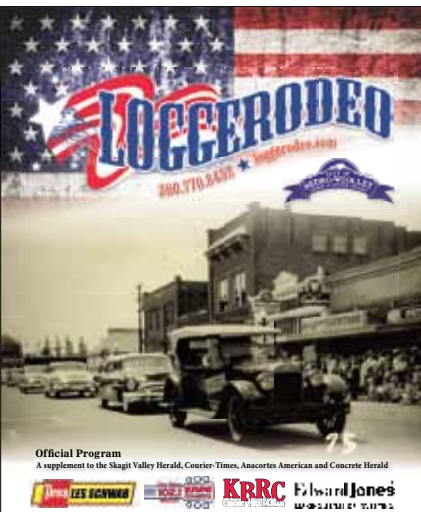
June 2016

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The Voice of the Upper Skagit Valley



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Concrete Herald owes its success to citizen journalists and photographers. Proofreading: Katy Tomasulo; Ad Production: Lynn Jefferson; Bookkeeping: Upriver Bookkeeping Services. Local contributors are welcome: call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

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From the editor

Fireworks, pets, PTSD: a truly bad combination

Every year around this time my Facebook news feed lights up like a Christmas tree with pet owners and military veterans lamenting loud fireworks.

Fireworks are illegal within the towns and cities in the *Concrete Herald* coverage area—with good reason. In the more densely populated areas of the county, fireworks bring a combination of fire hazard and (often) unwanted noise that spell misery for most pets and some veterans who live with PTSD.

The smartest move for incurable pyros like me is to get to a reservation, then follow the 3 B's of fireworks safety: 1. Be prepared: Have water nearby and put pets indoors. 2. Be safe: Only adults should light fireworks. 3. Be responsible: Clean up fireworks debris. I hope we all can have a safe, fun, and respectful July 4. Let's give it a try.

—J. K. M.



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Opinion

Letters to the editor

KSVU fundraiser spoke clearly

To all the generous donors of raffle and silent auctions items and services as part of our fundraising efforts at KSVU radio, our sincere thanks! And to the musicians of Jumbled Pie and Undecided who played at the May14 dance event in Marblemount, we are forever grateful. Complete with the lovely Maypole (thanks, Katie Philbrick) and a scrumptious potluck supper, the evening was a great success.

Upriver community radio is here to be your voice, and the community spoke loud and clear: We are needed and appreciated. Many thanks from the KSVU staff.

Christie Fairchild
Rockport

County codes may force woman to abandon property

For nine years I have owned two RVs on my lot in Cape Horn, in rural Skagit County. Property taxes are paid. All utilities are hooked up and in good working order. The Homeowners Association (HOA) dues are paid, I follow all of the rules, with support from the HOA noting the improvements made to my property. Until Sept. 2014, two RVs per lot have been allowed according to the HOA bylaws, and dozens of properties have two or more RVs on their lots. A large percentage live there as full-time residents in their RVs.

Skagit County Code (SCC) has determined these activities to be illegal. SCC 14.16.320: "Your activity, specifically the operation of an RV park/campground, is not an allowed use in Rural Intermediate zoning. A permit for such activity cannot be obtained and therefore constitutes a violation of Skagit

County Code."

SCC 14.04: "Occupying a recreational vehicle for more than 180 days is a violation of the defined use of an RV. An RV is designed for use as a temporary living quarters for recreational, camping, travel, or seasonal use. Continuous occupancy of your recreational vehicle violates the SCC 14.04 definition for temporary."

Might you be next? Have you chosen to live in your RV on your own land? It is what is happening to me right now, and it all started because of a "citizen complaint." The Code Enforcement Officer, once there to investigate the alleged complaint, cited me for three different code violations. This will result in two adults and five pets to become homeless between November and April every year.

Why was I not informed of Skagit County codes when I purchased the lot in 2007? Why did the Homeowners Association state that two RVs are allowed? How can this happen to an aging person who has done all that she can to live an independent lifestyle on her land that she bought free and clear? Isn't it outrageous for the county to tell me that I will find plenty of options for housing?

Letters policy

Letters of 200 words or fewer may be e-mailed to letters@concrete-herald.com or sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Writers must include their name and town or community for publication, plus a daytime telephone number for confirmation purposes. *Concrete Herald* reserves the right to edit letters for length, clarity, accuracy, spelling, grammar, and potentially libelous statements. So be nice.

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Message from the mayor

By Jason Miller

As you're probably aware, our **wastewater treatment plant** has been a thorn in the town's side ever since our former engineer decided to meddle with three components, changing them from what the product manufacturer had originally specified for the facility. Now, years later, you'll never guess which three components are causing the most trouble for us. Go ahead, I'll wait for you to guess ...

You win!

In all seriousness, the good news is that we've received funding through Dept. of Commerce in the amount of \$260,334, which will fully fund Problem Child No. 1.

One down, two to go.

I'm pleased to see the **Park and Ride** construction in Silo Park proceeding on schedule. Look for that project to be complete by the end of June.

We now plan to build the **Water Spray Park** at the northeast end of the Park and Ride next spring.

Finally, and I hate to be a party pooper about this, but **all fireworks are illegal within town limits**. For the sake of our pets and veterans who suffer from PTSD, take the explosions out of town and onto county or reservation land, and have a safe and fun July 4!

Lorenzen Creek: Stay tuned.



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

KSVU seeks tower for power

Upriver Community Radio station KSVU 90.1FM, has been operating out of Concrete on 300 watts for five years now, reaching from east of Sedro-Woolley to west of Marblemount. But a fair amount of territory is still not serviced by the only radio station in the area. The station is valued, appreciated, and needed, and the option to increase the broadcast range is now possible.

An anonymous listener and benefactor heard about the higher power possibility, as well as the fact that the legal filing deadline with the FCC is in September, and has offered to double whatever KSVU volunteers can raise between now and then. The project will cost about \$12,000, but a stronger signal means reaching more people.

To help this project succeed, go to www.ksvu.org and push the "donate" button, but be SURE to also note that your donation is specifically for the "Power Increase Project."

—Christie Fairchild

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County reps, citizens discuss concerns

Annual meeting saw high attendance, valuable discussion, and collaboration.

By Haley McNeale

Edited by Katy Tomasulo

At an annual public forum at Concrete Center, Concrete citizens and Upper Valley residents engaged in an open Q&A session with Skagit County representatives. The discussion provided a platform for them to collaborate on various projects and plans.

EMS

One popular discussion item was the

status of the East County EMS system and concerns about the safety of Concrete area residents in the perceived absence of the EMS system. County Commissioner Lisa Janicki stated there is currently no plan to disrupt the program, and both Commissioner Ron Wesen and Commissioner Kenneth Dahlstedt stated they had no desire to disrupt the service. Later in the meeting, another citizen

mentioned concerns about changing how the service works and confronted the issue of funding. Mark Raaka, director of emergency medical services, responded by stating there was an increase in the levy in 2013 and maintaining financial sustainability is a priority, so there are no plans to cut funding for Aeroskagit.

Recycling

Another issue raised is the difficulty of recycling at the transfer station. In response, Dan Berentson, director of public works, said he had recently spoken with the new solid waste division manager about improving the convenience of recycling, and he agreed it is a priority for the county to readdress how recycling is approached.

Water rights

One resident brought up the issue of water wells on properties and the policy regarding the alternative of using groundwater in the absence of rainwater permits. Wesen briefly described the litigation history between the Department of Ecology and the county, stating he is not happy with the current agreement, and Berentson said there is a study in regard to the issue that will be reviewed by a committee; wells and agricultural uses, not previously addressed in the agreement, are currently exempt and there is continuing discussion to address this issue, which requires negotiation with local tribes to discover and implement solutions.

Floodways

A local landowner identified an issue with data used regarding classification of floodways, stating data that is currently referenced is from a 1963 study. Dale Pernula, director of planning and development services, responded describing a flood insurance program so subsidized flood insurance and loans for homeowners would be possible in flood plains.

Water catchment

One citizen asked if local residents can obtain permits for water catchment

systems and inquired about the safety of these systems. Pernula said these permits are available, reporting that 12 have recently been issued within the county. Jennifer Johnson, director of public health, responded to the question of safety stating there is currently no regulatory agency or guidelines for such systems and therefore she could not comment on the safety, but her personal belief is that these systems are in fact safe.

Transportation Improvement Plan

An inquiry was made regarding the procedure for citizens adding projects to the county Transportation Improvement Plan. Berentson stated there was a meeting planned for the following week to discuss trails and non-motorized projects.

Sheriff's Office and crime

A Concrete Town Council member raised a concern about the contract the town holds with the Sheriff's Office, describing the contractual obligation to have a deputy in the area 80 hours per week and inquiring about the evidence of response time.

Skagit County Sheriff Will Reichardt responded by contrasting the agreement with the Town of Concrete with the contract the office holds with La Conner; La Conner opted to hire a deputy full-time that is assigned only to their area, versus Concrete's minimum 80 hours per week. A solution to statistically demonstrating the fulfillment of the requirement, according to Reichardt, would be to examine the call times and deputy arrival times to see if the average is 10 minutes or less. Reichardt agreed to look into this and provide statistics at an upcoming Town Council meeting after time has been allowed to collect this data.

Sheriff Reichardt took a moment to discuss some updates and relevant issues, including the new jail facility, which is about a year from completion. He mentioned that sergeants are assigned to block watches, and if your area does not have a block watch, residents are encouraged to collaborate with neighbors

See Forum, p. 6



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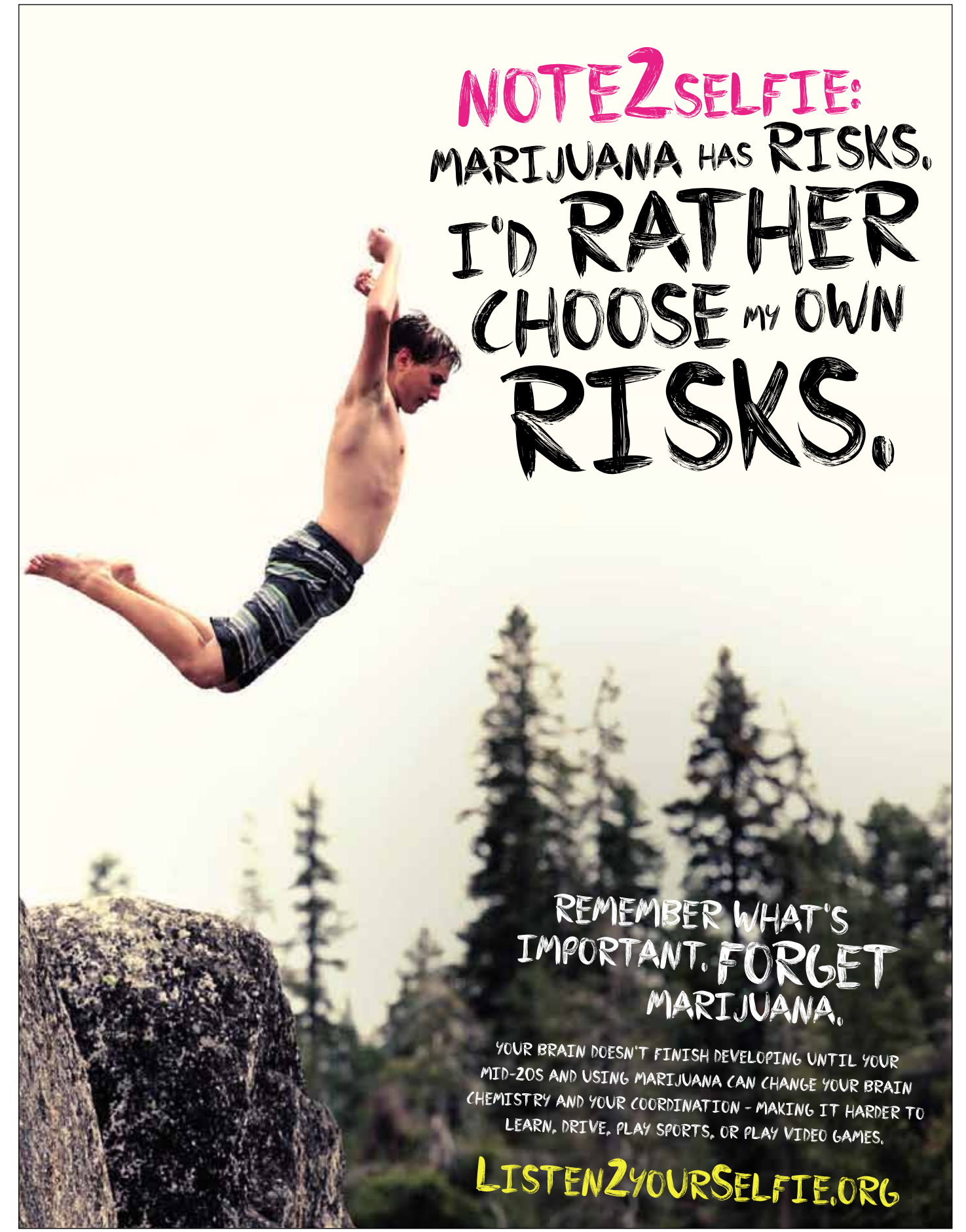
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about suspicious activity and awareness. Reichardt also discussed the heroin epidemic, stating his office is doing its best to address this issue; the Proactive Unit is, for example, targeting individuals who sell heroin. Because of the severity of this issue and the history of overdoses, the office has implemented the use of Narcan to save lives in the event of a heroin overdose. Reichardt recognized Mark Rocha for suggesting the use of Narcan and researching funding for training.

Barnaby Reach

A citizen stated opposition to the Barnaby Reach Project aimed at increasing salmon habitat, mentioning the potential temporary closure of Martin Road. Berentson said he has attended stakeholder meetings, but the county is not a partner for this project. He described the three options for addressing the road closure issue: taking no action, abandoning the road, or keeping the flow in the riverbank.

Northern State Hospital property
Steve Omdal, Port of Skagit
commissioner, discussed ensuing plans

to transform the site into a manufacturing infrastructure through federal and state grants. He said the mission is to provide good jobs for the community.

Health

A resident inquired about behavioral health services, specifically addressing children. Commentary ensued about a recent assessment, including input from seven superintendents in Skagit County, and a long-term plan for improving individualized services.

Concrete Center

Claudia Marken, East County resource coordinator with Community Action of Skagit County, acknowledged Janicki for working to continue the services provided by the Concrete Center, and discussion ensued regarding expansion of services and recognition of Sara Pritchard for her many years of dedication and excellent service to the community.

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

Upper Skagit Library announces poetry contest winners

Upper Skagit Library District (USLD) celebrated the end of National Poetry Month with a reading event of its April Poetry Contest winners on April 30.

The month-long contest with a theme of "Change" included a Poem-a-Week challenge, a Slam into Change Poetry Slam, and a grand prize of full admission to the Skagit River Poetry Festival in La Conner.

Contest winners

- Adult First Place: Adam Lafayette, Rockport, "Shopping Spree"
- Adult Second Place Tie: Diane Freethy, Sedro-Woolley, "Riparian

- Resort" and Danita Smead, Sedro-Woolley, "Fallen"
- Teen First Place Tie: Sydney Bovenkamp, Sedro-Woolley, 13, "A Poem for Change" and Tavish Beals, 17, Rockport, "Loves Exodus"
- Children First Place: Michael Casey, 9, Concrete, "Sometimes"
- Children Second Place: Prudence Star, 8, Concrete, "How Quiet"

Tavish Beals won the grand prize drawing for full admission to the Skagit River Poetry Festival. The Poetry Slam winner, Damien Guerrero, won a ticket to the spoken word event at the festival. The poems are published on p. 19 of this issue of *Concrete Herald*, and will be featured on custom bookmarks available soon at the Upper Skagit Library, local businesses, and other Skagit libraries.

—Cora Thomas

THIS AND THAT

By J. K. M.

A new area code is coming to Western Washington. The Utilities and Transportation Commission last month approved a plan to implement a new area code across Western Washington to address the need for additional numbers.

The new area code, 564, will be available to all of Western Washington, including the 360, 206, 253, and 425 area codes as numbers in those areas become exhausted.

To implement the new area code, the commission also approved mandatory 10-digit dialing for all Western Washington area codes by fall 2017. This will require callers to dial all 10 digits of a telephone number, including area code, when making local calls.

The North American Numbering Plan Administrator projects the 360 area code will be out of numbers by early 2018. The 564 area code will start being distributed in fall 2017 to new numbers in the 360 area code.

The commission originally approved the single area code overlay for Western Washington in 2000, but postponed it after successful state and national number conservation efforts.

The Skagit County Prosecuting Attorney in early May notified the Snohomish County Sheriff's Office that **felony vehicular charges** have been filed against a Sheriff's patrol deputy for a 2015 collision that left a bystander seriously injured and wheelchair-bound. Charges were filed with Snohomish County Superior Court following the results of a Washington State Patrol investigation of the collision.

The incident occurred when Deputy John Sadro was driving his patrol car southbound on Rockefeller Ave. in Everett around 11:45 a.m. on April 17. Deputy Sadro struck a vehicle at the 23rd St. intersection. The collision caused serious injuries to a 60-year-old Darrington man who was working nearby when the collision occurred.

Snohomish County has paid for the remodeling of the man's home to accommodate the disability he now has as a result of the collision, and purchased a van that can accommodate his wheelchair.

Deputy Sadro, who has been with the Sheriff's Office since 2006, was placed on administrative leave following the collision, as is standard per Sheriff's Office policy, and returned to patrol on May 14. Based on the charging decision, the 55-year-old deputy has been placed on modified desk duty, effective immediately, and is no longer on patrol.

The Office of Professional Accountability has started an internal investigation to review the incident.

Council summary

Concrete Town Council met for regular meetings on May 9 and 23. Following is a summary of those two meetings. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

May 9 regular meeting

- **Public Safety:** Sgt. Chris Kading reported on a death that occurred across from Town Hall on Main St. He stated they believe it was natural causes and nothing suspicious. Mayor Jason Miller reported on a text he received from a council member stating that he saw a man at the public restroom who was using needles to shoot something up. Sgt. Kading reminded them to call in suspicious activity and also reminded them of the online reporting that is available. **Parks Committee:** Parks Committee Chair Marla Reed stated that they want to start on the pocket park in Mill Addition. She stated they want to put out a flier about the Parks

Committee meetings and see if there is interest from the residents in the neighborhood. She stated they are hoping a high school student who needs volunteer hours may be willing to develop a flier and hand it out. Discussion ensued on the park and the need to get it rezoned, and the plantings discussed for the park, as well as how to get input from residents.

- Councilmember Ginger Kyritsis reported that Mayor Miller and Eric Archuleta have compiled the information that was gathered by the Economic Development Task Force (EDTF) and will be presenting this to the committee. Mayor Miller reported they will then get this information to Town Planner Marianne Manville-Ailles, who will proceed with the process for including it in the Comprehensive Plan update.
- Mayor Miller reported the new EDASC director has changed the name of the organization from "Association" to "Alliance." He stated he met with this group and two new people who were hired recently. He stated he also received a follow-up e-mail after this meeting,

which contained some great ideas for the town. He reported that he is impressed with the new director, who has taken a tour of Concrete and attended one of the EDTF meetings.

May 23 regular meeting

- **Public Safety:** Sgt. Kading reported there have been approximately 40 calls so far in May. He stated there was an incident last weekend involving one female and a vehicle fire. He stated the fire marshal has the case now. Sgt. Kading also reported on the public meeting held last week, where a question regarding the coverage the Sheriff's Office provides came up. He stated that he is researching this and trying to gather data to provide the information requested.
- Town Engineer Cody Hart reported the Park and Ride project is progressing well. He stated the contractors are five working days in so far on the 40-day construction schedule. He stated the project is on schedule. Hart also stated that he is continuing to coordinate the Large On-site Septic System for the spray

- park between the designer and the Department of Health.
- **Airport:** Discussion ensued regarding trees that need to be topped on the east and west ends of the airport. Clerk Treasurer Andrea Fichter stated that she has some information on aviation easements from FAA that she will forward to Town Attorney David Day. Public Works Director Alan Wilkins stated there may be trees on the airport itself that need to be topped as well.
- Mayor Miller stated the Friends of Concrete Trails Committee met today to go through the entries for its new logo. He stated they picked a logo designed by Jonas Rensink and they will base the logo on his design. He stated this will be announced at the school by Friday.

—Compiled from staff minutes

Keep track of your council

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



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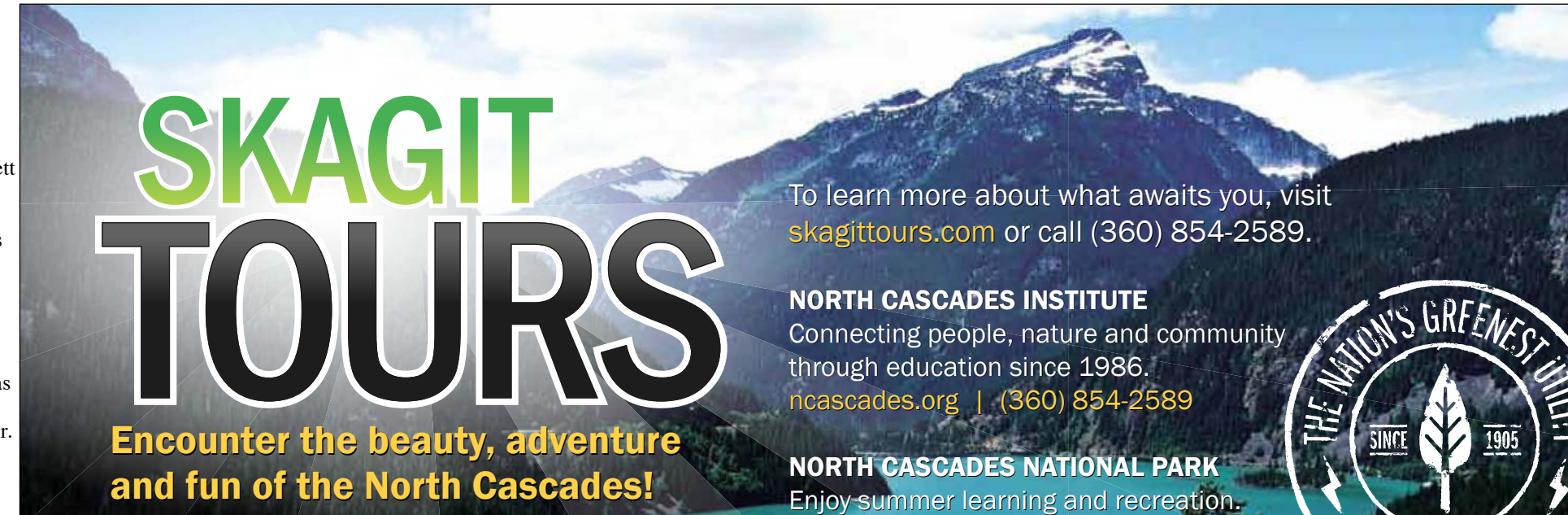
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Sports



Track sends two to State

By Jason Miller, assistant coach

Two Concrete High School juniors earned the trip to Cheney for this year's State Track Tournament.

Jaycelyn Kuipers was the team's hope in women's high jump. New to the team this year, Kuipers' appearance at State was itself an accomplishment. She took to the track on May 28, clearing the opening mark at 4' 2", but struggling to make the next height, 4' 4", settling for 16th place.

Given her high level of performance out of the starting gate, coaches Hayden Holbrook, Jason Miller, and Andy Aiken

expect big things from Kuipers next year.

The only Concrete athlete to compete at the state level twice during this school year (he also made it to State as a wrestler), Blaine Storms stepped onto the track at Eastern Washington University and ran a 4:55:60 mile, placing him 18th in the competitive race.

The road to State has been more challenging for Concrete athletes since the rules changed last year, allowing only those who place first in their event at the District meet to go, unless they can reach

Softball team heads to State

By Jason Miller

Photos by Denise DuVarney/Copperbear Photography

For the first time since 2007, the Concrete High School softball team laid eyes on the Gateway Sports Complex in Yakima for the 2B State Softball Tournament.

The Lady Lions kicked off the trip with a 9 a.m. game against Kittitas on May 27. Tied at 3-3 going into the 7th inning, the Lions loaded the bases after Iris Nevin, Tessa Coffeell, and Chloe Stidman got hits. Taylor Aldridge stepped to the plate

and hit a fly ball, but Concrete brought in two more and eventually took the game, 5-4, sending them to the quarterfinals.

That night, the Lady Lions took on DeSales. "We had chances, but they were hitting the ball well and got on top of us," said Head Coach Kelly Howell. DeSales won the game 12-2, but not before Vicky Sheahan made a great diving catch in left field, and Taylor Aldridge logged two strong hits.

On May 28 Concrete tangled with Dayton. The late night before affected the Lions' play, though, said Howell. "We had probably our worst game of the year, although the girls battled hard again."

Standouts in the game included Sidney Hockett, who threw out a runner at home

from her position in center field. Tate Mathis got a couple strong hits. Final score: 14-2, Dayton.

No trophy this time around for the softball team, but "we did make it to State," said Howell. "That's quite an accomplishment; I'm proud of them."



Athletes of the Month



Athletes of the Month: Taylor Aldridge and Jonathan Goodwin

Senior first base player Taylor Aldridge is known for her leadership on the Concrete Softball team. "Attitude and effort is the reason I nominated her," said Head Coach Kelly Howell. Aldridge played for the team during the latter three years of her high school career, and continued to improve throughout her senior season, said Howell. "She led a lot of the younger players with her work ethic," said Howell, adding that Aldridge was responsible for some great plays at State, including a double play during the Kittitas game that prevented a runner from reaching home. Aldridge plans to play college softball.

Senior Jonathan Goodwin "played every position for us except catcher, and he probably would have done that too if we'd asked him," said Concrete Baseball Head Coach Randy Sweeney. "We don't have a harder-working kid. Every day he was there, trying to improve himself and the team. If there was something that needed to be done out there, Jon was the one to do it. What an inspirational player! We're really going to miss him."

Aldridge and Goodwin were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

a pre-determined mark or time. The rule change has drastically shrunk the number of athletes Concrete has been able to send to the east side each year.

Next year's team looks to be strong in number, based on the turnout of middle school track athletes this year. Of particular interest is a speedster whose last

name is Sanchez. Look for more of him later.

Above left: Concrete junior Blaine Storms competes in the 1600m (mile) event during the State Track Tournament in Cheney on May 26.

Left: Concrete Junior Jaycelyn Kuipers leaps over the high jump bar during her first showing at State on May 29. *Photo by Andy Aiken.*

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Baseball team closes out 2016 season

By Jason Miller

The boys of spring battled their way to the playoffs yet again this year, with admirable performances from key players and a never-say-die attitude on the field.

May began with a 6-0 win over Darrington on the Loggers' home field. Pitcher Jonathan Goodwin carried the game with a shutout that clinched the team's playoff spot. "It was a big win for the Lions; we took advantage of their mistakes," said Head Coach Randy Sweeney.

A May 4 game against Shoreline Christian found the Lions on top again, 7-6. That game was closer than the final score would indicate, said Sweeney. "We controlled this game well," he said.

Grayson Luttrell pitched strongly against the Chargers in the final regular-season game. "He's a true champion; he stepped up and did the job for us," said Sweeney.

Also notching impressive numbers

against Shoreline Christian was catcher Tyler Labrousse, who threw out three base runners, including a pivotal out in the 7th inning, killing the dreams of a runner stealing second.

On May 7 the Lions tangled with Bush at a doubleheader that, strangely, saw both games end 14-4 in Bush's favor. The second game was essentially a JV game, said Sweeney. The day included a recognition of the six seniors on the Concrete team.

Post season play

The 2B district games were played at Stanwood High School again this year.

Concrete stepped up to the plate first on May 10, facing No. 1 seeded La Conner. Luttrell again took the hill for the Lions in a hard-fought game that ended with the Braves on top 4-2.

"It was an outstanding game; the kids really battled hard and we were really

proud of them," said Sweeney. "We tied often and fought them right down to the very last out, but it just didn't quite happen for us. Still, we won't hang our heads about it; they did well."

Concrete next faced No. 2 seed Friday Harbor on May 14. With Luttrell on the mound again, the Lions competed well, but couldn't quite get it done, falling to the Vikings 3-0.

"We were only behind 1-0 going into the last inning, where they scored a couple runs," said Sweeney. "Still, it was the best baseball we played all season. They came together and acted like a team when they needed to."

In the aftermath of the season, Labrousse and Dylan Clark were named First Team All-League, and Luttrell got a First Team Honorable Mention.

The team's Awards Ceremony will be held Wed., June 1, at 6:30 p.m. in the CHS Commons room.

Sports schedules:
nw1a2bathletics.com

Memories and milestones

Members of CHS class of 2016 share memories, aspirations.

By Haley McNealey

June is a special month for graduates across the country. In our neck of the woods, Concrete High School seniors prepare to take a major step forward this month as they graduate from high school and move on to pursue their dreams.

To mark this occasion, *Concrete Herald* asked members of this year's graduating class to share their favorite high school memory and tell readers what they plan to do next.

Taylor Aldridge

My favorite memory from high school was being able to play sports for Concrete High School. The school is full of athletic people, and the teams go far each year. "GO LADY LIONS."

My goal is to go to college to become a vet tech and live out my life happy and healthy.



Aldridge

achievement. One goal I have is to make a lot of money and live in Concrete.

Donovan Dellinger

My favorite memory from high school was my senior class sending the wrestling program out with a bang and having only two juniors and three seniors put up enough points to take fourth as a team at State. I hope they remember what we did years from now tying the best placement at State wrestling has ever done, justifying the statement we were arguably the best wrestling team and program to go through this school. I hope they always remember Beads (myself) out there with the rest of the team wrestling our hearts out. My future goal is to make that money, spend that money, and live life for all it's worth.



Dellinger

family here. Every night I will sit on my front porch with a cold soda in my hand watching the sunset on my lifted Ford Ranger. Times will be simpler then hopefully.

Ellie Grass

My favorite memory was my junior year in volleyball. We had an away game on one of the islands, and it was my first time ever on a ferry and I was so excited I couldn't stop smiling. My friends took me outside on the deck of the ferry and it was so much fun. I hadn't experienced something like that before. It's a time I will never forget, and I will cherish the friends I've made and the memories we've had together.



Grass

I plan to go into the Air Force for four years; while doing that, I plan to go to college to be a chiropractor. I would like to live in central California with my best friend and live fairly close to the ocean, and to just live my life happily and freely, and just see where it takes me.

Erika Holm

My favorite memory from high school is being on the cheer squad. I plan to become a veterinary technician by going to Bellingham Technical College.



Holm

Jasmine Hopfield

My favorite memory from high school is being inducted into the National Honor Society or making varsity volleyball

See Seniors, p. 38

Summer volleyball and basketball on tap

With June comes summer volleyball and basketball. Volleyball practices are every Tuesday and Thursday night in the high school gym from 5:30 to 7 p.m. The team will participate in the La Conner Tournament on June 11.

Basketball practices are every Tuesday and Thursday night in the high school gym from 7 to 9 p.m. The team will play in the Rochester Tournament from June 18-19, as well as attending Team Camp in Ocean Shores from June 20-23.

These are great ways to get a feel for the high school game or to get a head start to next season. For more information contact Kevik Rensink, at 360.630.6063.

The Volleyball Club will host a camp for all K-8 girls June 6-8 from 3 to 5 p.m. in the elementary gym. The cost is \$25 to attend. For more information contact Rensink.

The Basketball Club also will host a camp for all K-8 boys and girls; it will be held June 20-23 in the high school gym. The cost is \$25. For more information contact Paul Bianchini.

If you attend both the volleyball camp and basketball camp, the total cost is \$40.

YD, cont. from p. 12

as much-deserved champions. As a result, they each won a free trip to our annual Rock-n-Roll retreat to Leavenworth! This crazy, awesome, three-day adventure takes place the first weekend of June, and includes a full day of whitewater rafting on the Wenatchee River. This trip is full of students who have all made a deposit, but not all have made the full payment. This is where you can help! Many of our students do not have the money to pay for a trip like this, so we are accepting donations for

scholarships for both this trip and also a three-day kayak trip on the Methow River in August. If you are able to help in any way, please get a hold of me and let me know. You can reach me at 360.630.6063.

Thanks for being a huge part of what we can do for our young people of the East Skagit Valley every year. We appreciate your giving, your encouragement, and your prayers. A huge thank-you to all of you who support us in one (or all) of those three ways. Concrete YD would not exist without you.

—Kevik and Marta Rensink

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Jessica Bridge

My favorite memory from high school would have to be getting to go to the Northwest Career and Technical Academy. Also making some pretty great friends over the last four years. One goal I plan on achieving after graduation is going to Skagit Valley College and getting a bachelors in psychology.

Cassidy Cargile

My favorite memory from high school is water rafting with Youth Dynamics. One future goal I plan on achieving after graduation is building my own house and starting a family.



Cargile

Dylan Clark

My favorite memory from high school is winning league titles in baseball and one in football. Also getting league MVP in football was a great



Clark

Jonathan Goodwin

My favorite memory from high school was being able to play sports for my high school. Growing up in Puyallup, I never had the opportunity to play for my school, so when I moved up here my freshman year, I was excited I would be able to. In my sports career I played two years of basketball and four years of baseball. My most memorable moment came this year, hitting a homerun over the home field. I also learned several life lessons playing sports, but the biggest lesson I learned was hard work pays off. It took lots and lots of practice to start varsity. Along the way I also learned that patience and perseverance will get you farther than taking shortcuts. Overall my high school sports career has left a lasting experience on me and I wouldn't trade it for anything in the world.

After I graduate high school and college, my goal is to buy a five-acre lot of land up in the mountains. I would raise my



Goodwin

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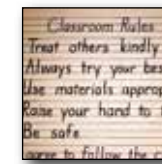
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Academics



Teaching a tough lesson

First responders show the potential consequences of distracted driving.



Concrete Elementary School students gathered for a May 25 Recognition Breakfast in honor of their special academic efforts. *Front row, from left:* Mason Alexander, excellent growth in self-management skills; Karley Suit, excellence in homework—all homework, all year long; Coltin Thorn, positive PAX behavior; Parker Martinez, academic improvement; Tyler Dickinson, completing and handing in all homework this year; Kaylee Nieshe, master of multiplication facts; Breanna Coggins, for investing in herself—great job! *Back row, from left:* Zach Hendry-Conrad, classroom achievement; Hannah Hook, PAX leader all year; Alejandra Peterson, always kind to everyone; Michael Bartel, math achievement; Anja Roozen, for being reliable, kind, and insightful.

YD update

By the time you read this, our school year will be coming to a close, and with that all of the fun of Monday Night Youth Dynamic Meetings. Our last Monday night meeting will have been Memorial Day, where we celebrated another incredible and successful year for Concrete YD. We met at Veteran's Memorial Park at 7 p.m. for a softball game, a barbecue, and a time to reflect on all of the great memories and moments created through this much-needed program in Concrete.

A total of 95 high school students have attended at least one of our YD events this year, including 44 teenagers at our annual Fear Factor challenge on May 23. Our champions were Tavish Beal and Josiah Werda, and if you saw what they had to endure you would shake their hands and call them champions, believe me.

We have had several champions of sorts lately on all kinds of levels. On one Saturday, nine Concrete students helped the Concrete Food Bank by picking up litter along a two-mile stretch of SR 20. Three hours and 31 trash bags later, a very noble group of young people met back at the Concrete Center. They were Jon Akers, Tavish Beals, Sierra Rensink, Cassidy Smith, Cassidy Cargile, Emily Bridge, Cassie Bridge, Jonas Rensink, and Hannah Rensink. Be sure to thank them for their service when you see them.

The previous Monday our entire Concrete Youth Dynamics Group helped garden co-manager Jason Miller in the community garden with several projects, including mulching, raking, shoveling, hauling rocks and chunks of concrete, leveling out dirt mounds, etc. Another great effort by a group of pretty amazing young people.

Speaking of AMAZING, Joe Ramirez and Austin Wenneker were just that when they won our annual Amazing Race event last month. In this event the students travel as a pair around town accomplishing mental and physical tasks, trying to run faster and outsmart their opponents at the same time. It was a very close finish, but Joe and Austin came out

Students at Concrete Middle and High Schools were shocked on April 29 when they learned that several of their peers had been involved in a car accident that claimed lives, put some in the hospital, and got one of them arrested for driving while intoxicated.

Thankfully, the news was part of a distracted/intoxicated driving drill at the high school.

The drill was a collective effort among Fire Dist. 10, Aero Skagit, Airlift Northwest, the Skagit County Sheriff's Office, United General Dist. 304, and the Concrete School District. It was organized by Joe Frank, a full-time Bellingham firefighter who also serves part-time with Aero Skagit and is a volunteer captain for Dist. 10.

"We did it once before—in 2004—when Aero Skagit did a similar drill," said Frank. "It hadn't been done for awhile."

When students gathered at the east end of the high school that day, they were greeted by a line of buses that eventually pulled away to reveal a gruesome scene: two badly mangled cars with the occupants still inside, bloodied and beaten.

The scenario was then explained to the students:

Tessa and Tyler Coffell were driving down SR 20 and a drunk driver pulled out in front of them. Tessa, who was driving and texting at the time, T-boned the other driver.

Tyler, her passenger, wasn't wearing his seatbelt; he was ejected through the windshield and died at the scene.

The drunk driver, James Suit, was arrested for driving while intoxicated, but his fate was nothing compared to two of his passengers, Tanner Wilson and Maddy Pritchard, who were both killed. A fourth passenger in Suit's car, Maddy Pritchard, also died. Passengers Grayson Luttrell and Madisyn Renzelman were transported via Airlift Northwest helicopter to Skagit Valley Hospital and Harborview Medical Center, respectively.

The grim scene included Lemley Chapel's Suburban, into which Tessa's body went after it was placed in a body bag.

The exercise was effective, said Frank. "It's important to bring attention to intoxicated and distracted driving," he said. "It affects parents and kids and first responders. Just changing a radio station while driving can lead to a catastrophe."

—J. K. M.



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Graduation 2016

By Sally Straathof, Counselor

Members of CHS Class of 2016 are wrapping up their high school careers and beginning to focus on life after high school. It is an exciting time of year for them and the following activities are coming up soon:

- May 20: Credit Retrieval Courses must be completed and turned in.
- June 3: Seniors must be passing all their classes by June 3 to go on the Senior Trip.
- June 5-7: Senior Trip to Lake Chelan for those eligible.
- June 9: Honor Cord and Yearbook assembly, 1 p.m., in the gymnasium
- June 9-10: Clean out lockers,

checkout of school, and pay fines

- June 9: Senior Family Dinner at Community Bible Church, 5 p.m.
- June 9: Baccalaureate in the high school gym, 6:30 p.m.
- June 9: Scholarships and Awards Ceremony in the high school gym, 7:30 p.m.
- June 10: Graduation practice in high school gym, 9 a.m.; you must be at practice to walk in the ceremony.
- June 10: Graduation in high school gym, 7 p.m.

Concrete High School faculty and staff cordially invite you to attend the graduation ceremony as we salute our seniors for a job well done and wish them well on their next journey in life.

For more information, call the high school office at 360.853.4015.

Concrete Summer Learning Adventure now enrolling elementary students

For a fourth year, Concrete Elementary School will offer a summer program in partnership with United General District 304, North Cascades National Park, North Cascades Institute, and Western Washington University.

For the duration of summer camp, the free USDA summer meal program provides breakfast and lunch for anyone 18 and younger at Concrete Elementary each Mon., Tue., and Wed. between July 11 and Aug. 11. Breakfast is served at 9 a.m., lunch at 12:30 p.m.

The Concrete Summer Learning Adventure is for district kids entering grades 1-6 in the fall. It runs Mon. through Thur. from July 11 to Aug. 11.

From Mon. through Wed., the program will be held at Concrete Elementary School; on Thur. the program explores North Cascades National Park. School buses will transport kids each day, stopping at locations both east and west of the school.

The program includes structured reading and writing time, creative projects, and field trips.

There is a \$25 registration fee per child; full scholarships are available. To register a child, pick up a packet in the elementary school main office or call Mitch at 360.854.7175 before June 10.

Funding for the Concrete Summer Learning Adventure is provided by School's Out Washington, the National Park Foundation's Ticket to Ride Program, and the Skagit Community Foundation.



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See YD, p. 10



Clear Lake



HISTORY CORNER

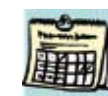
The Boyd Family house is still situated east of Clear Lake Elementary School. At the time of the photo (circa 1900), the house was owned by L. J. and Minnie Boyd. L. J. (Lawrence) Boyd came to Clear Lake as a railroad employee, helping to build the railroad through this area in the late 1880s. He was born in Pennsylvania. Lawrence met Minnie

Chambers, from Canada, here in town. She was employed as a cook/waitress for Ed English's logging camp on the south side of Mud Lake. Lawrence was 33 years old and Minnie was 24 at the time they were married on July 3, 1891. *Photo courtesy of Clear Lake Historical Association.*

If you have old photos of Clear Lake and/or

Day Creek, please contact historian Deanna Ammons at 360.856.6798.

—Deanna Ammons, historian



Community Calendar



JUNE

1, 8, 15, 22, 29

All Comers Track Meet, BEHS Kirkby Field; info at 360.755.9649, www.burlingtonwa.gov/recreation, or recreation@burlingtonwa.gov

3–5 Blast from the Past, Sedro-Woolley; see article, p. 16; info at www.sedro-woolley.com

3–5 Woolley Fiber Quilters Quilt Show, former Skagit River Restaurant, Sedro-Woolley; see notice, p. 16; info at www.woolleyfiberquilters.blogspot.com

4 2nd Annual 5k Walk for Kurt's Cause, Eagle Haven Winery, 8243 Sims Rd., Sedro-Woolley, 10 a.m.; tickets at <http://kurtscase.org>; pre-register for \$20 per adult, \$1 per year of age for children; info at <http://kurtscase.org> or kandy@kurtscase.org

4 FREE DAY at all state parks

9 State Street High School graduation ceremony, Sedro-Woolley High School auditorium, 7 p.m.

10 Concrete High School graduation ceremony, CHS gymnasium, 7 p.m.; see notice, p. 12

10 Sedro-Woolley High School graduation ceremony, Sedro-Woolley High School auditorium, 7 p.m.

10–11 Kurt's Cause Yard Sale, 678 Cook Rd., Sedro-Woolley, 8 a.m. to 5 p.m. both days; donations accepted at same location from 9 a.m. to 7 p.m. on June 9; info at <http://kurtscase.org> or find Kurt's Cause on Facebook

11 Darrington High School Commencement ceremony, Bluegrass grounds or Community Center; seniors arrive at 11 a.m. for photos, ceremony from 1 to 2:30 p.m.

11 FREE DAY at all state parks

12 Marblemount Community Market opens for the season, Marblemount Community Hall, second Sunday each month through Sept., noon to 4 p.m.; see notice, p. 26; info at 360.853.8388

17–19 Burlington Berry Dairy Days, downtown Burlington; see ad, p. 3

19 Fathers Day

25 "Nitty Gritty of Garden Microclimates," Concrete Center, 45821 Railroad St., Concrete, 3:30 to 5 p.m.; see notice, p. 32; info at 360.853.7939 or www.upperskagit.lib.wa.us

JULY

7 Concrete Youth Activity Day, Veterans Memorial Park

9 Sedro-Woolley Alumni and Schools Foundation All-Class Picnic, Riverfront Park, Sedro-Woolley; see notice, p. 16; info at www.swhsalumni.blogspot.com

22–24 Concrete Old-Fashioned Fly-In, Mears Field, Concrete

28–30 Strutzfest, Darrington Music Park; see ad, p. 4

AUGUST

20–21 Cascade Days, Concrete

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

Community meetings

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

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

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

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

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

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

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

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

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

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

Concrete School District Board will hold its next work session on June 20, at 6 p.m. in the high school Commons. The board will hold its regular monthly meeting on June 23 at 6 p.m., in the high school Commons. 360.853.8141.

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

Darrington Strong meets the third Wed. of each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

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

darrcityhall@frontier.com.

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

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

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

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

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

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

Marblemount Community Hall board and staff meet the second Tue. of each month at the hall, at 6:30 p.m. 360.873.2323.

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

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

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

Sedro-Woolley School District Board will hold a regular meeting on June 13 at 7 p.m. at the Support Services Bldg. The board will hold a second regular meeting on June 29 at 7 p.m., also at the Support Services Bldg. 360.855.3500 or kcargile@swsd.k12.wa.us.

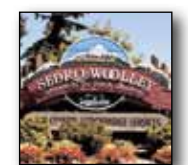
Skagit River Bald Eagle Interpretive Center Board meets the second Tue. of each month, 6:30 p.m., at Annie's Pizza Station in Grasmere. Open to the public. sauksister@frontier.com or www.skagiteagle.org.

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

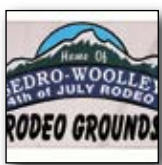
Upper Skagit Writers Group meets the fourth Mon. of each month at 7 p.m., at 5b's Bakery, Concrete. Open to the public and all skill levels. cthomas@upperskagit.lib.wa.us.

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



Sedro-Woolley



Sedro-Woolley SMART Girls attend Career Fair

Blast from the Past celebrates 1966

One of Sedro-Woolley's most popular events will again fill the city streets with fun, food, quilts, motorcycles, cars, and more.

Blast from the Past will celebrate the year 1966 during the weekend of June 3-5. The three-day event will offer craft show, food vendors, a quilt show, an art show, old-time "Family Fun" contests (hula hoops, jump rope, and pie eating), and a car show on Sun., June 5.

A quilt show, a brand new motorcycle show on Saturday, and the car show on Sunday are just some of the attractions scheduled this year. Live music for a street dance Saturday night with a beer garden nearby, and all around family fun combine for a good time for all.

Head to downtown Sedro-Woolley

for most of the events. The Quilt Show will move out of the downtown core this year, however, to the former Skagit River Restaurant on SR 20 (next to Three Rivers Inn), and will feature 250 quilts.

On Friday the Blast runs from noon to 6 p.m., with arts and crafts and the Quilt Show in full swing.

On Saturday it's all of the above, plus the Family Fun contests at 1 p.m. and a Motorcycle Show and Music and Beer Garden till 7:30 p.m.

Sunday reprises most of Saturday's offerings, from 9 a.m. to 3 p.m.

For more information and a schedule, go to www.sedro-woolley.com and visit the Events page.

—J. K. M.



A young hula hoop enthusiast gives it her best shot during the Family Fun Contests at last year's Blast from the Past. The hula hoop contest, as well as jump rope and pie-eating contests, will return again this year on Sat., June 4, starting at 1 p.m.

On May 2, the SMART Girls of the Sedro-Woolley Boys & Girls Club were treated to four guest speakers, all offering different insights on college and career paths.

Jill Gatto from Skagit Valley Hospital talked to the girls about what a day in the life of a surgical assistant looks like. The girls asked stimulating questions about prosthetics, how many patients she attends to each day, and what her work schedule looks like.

Vanessa Jones, a math teacher from Sedro-Woolley High School, stressed the importance of higher education and the joys of college, and how all that hard work and effort pays off. She even challenged the girls with some math problems.

Jackie Dexter talked to the group about how she has used her science degree from WWU to create a farm at her home. She shared information about how she is growing plants, creating a pond, and all the animals currently living on the farm.

Sigrid Williams of Aqua-Terr Systems Inc. talked to the girls about her job as an associate biologist, and how she uses science in her job. She also talked about SCUBA diving and teaching Discover SCUBA classes with Gone Diving out of Bellingham.

It was a science- and math-filled day for the girls—two fields that are sometimes intimidating to young women—but with these guest speakers, it was something that the girls were able to see as a possibility for them, too.

All guest speakers engaged the SMART girls by asking what their career aspirations were, what they liked most about school, and where they might like to go to college. Hearing from engaging guest speakers showed the girls about available career paths, how one can use their education in different fields and careers, and that college can be a challenging path with great rewards after graduation. The girls felt empowered, encouraged, and shared stories and laughs. All left with information from each guest speaker resulting in a great success for this year's SMART Girls Career Fair.

Renee Buchanan
SMART Girl Mentor



SMART Girls of the Sedro-Woolley Boys & Girls Club paused for a photo with four guests speakers who offered insights into different college and career paths during a May 2 Career Fair. The day was filled with science and math topics, with discussions about school, college, education strategies, and laughter. Submitted photo.



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Briefly ...

Woolley Fiber Quilters are preparing for their seventh annual quilt show June 3-5 in Sedro-Woolley.

Held this year at the former Skagit River Restaurant on SR 20 (next to Three Rivers Inn), the show will feature 250 quilts, a bed turning, vendors, demonstrations, member boutique, and more. All local quilters are invited to enter quilts in the show; entry forms are available from Cascade Fabrics, any member, or as a download from the Web site at www.woolleyfiberquilters.blogspot.com.

Entry forms are due May 16 and quilt turn-in day is May 31. For complete information, go to www.woolleyfiberquilters.blogspot.com.

The **Sedro-Woolley Alumni and Schools Foundation** will hold its annual All-Class Picnic on Sat., July 9, at Riverfront Park in Sedro-Woolley.

One of the most popular local events, the picnic typically hosts 500 Cubs alumni for a catered picnic lunch and fundraising for the annual scholarship and classroom grants programs.

To reserve a spot, mail \$15 per person (pre-July 1 price) to Sedro-Woolley Alumni, P.O. Box 509, Sedro-Woolley, WA 98284.

For more information, go to www.swhsalumni.blogspot.com or find the foundation on Facebook.

—J. K. M.

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Four steps for raising happy children

By Roger E. Herst

If you ask young parents how to best raise children, they'll give a variety of answers.

But ask them what they ultimately want for their children, and the answer is always the same. Parents want their kids to be happy in life.

Raising children to be happy later in life is not about the luck of the draw.

Happy adults are people who make good decisions. Therefore, if you want your kids to be happy, encourage them to improve their decision-making so they can develop into happy people.

Try these steps:

1. **Never make a decision that children can make themselves.** If parents want children to make good decisions that yield success and happiness as an adult, they must let them practice trial and error. Unilateral decisions made by parents obstruct the decision-results perspective for kids, who need practice. Don't worry about sheltering them from failures, which work best as lessons when a child is able to own their decisions.

2. **Lead and show by example;** kids imitate more than they listen. For young parents with very small children, it may not have dawned on them that the "Do as I say, not as I do" idiom doesn't work for child rearing. "Eat your vegetables because they're good for you" doesn't work alone. However, a father who participates in vegetable eating, and shows approval when a child eats them, will see more veggie consumption.

3. **Ask your children for their advice.** This is an exercise to encourage independent thought. Asking children for their advice lets them know you care about and respect their perspective, which tells them that their voice matters. It also lets them know they are responsible for their opinions, which have impact on the real world, and not just in their minds.

4. **Practice negotiation.** A child often doesn't play by the rules of gentlemanly negotiation, which feature an adversarial element. The younger they are, the less they think that their parent's interests are the same as the child's interest. Start by offering an alternative to their wish if you'd prefer an alternative to their request. If they don't like your suggestion, ask questions to yield a sensible middle ground. Good parents are not tyrants.

I recommend encouraging a child's decision-making as their personalities start to emerge—perhaps in the first year of life.

Roger E. Herst, author of "A Simple Formula for Raising Happy Children" (rogerherst.com), is an ordained Reform rabbi with MBA and doctorate degrees.

4 tips to help couples keep the peace about money

By Cynthia Fick

Money may not have the power to buy happiness, but it sure can stress us out.

A survey by the American Psychological Association pinpointed money as the leading cause of stress for Americans, with 72 percent saying they had felt at least some stress about money in the previous month.

What's more, about one-third of adults with partners said money is a major cause of conflict in their relationship.

A lot of couples don't like to talk about money, but good communication can play a big role in reducing both the stress and the conflict.

It's also important for couples to remember that, regardless of who makes the most money or who handles the monthly bill paying, it's a partnership and both people need to be involved in financial decisions.

A lot of couples simply don't make those decisions together. They don't talk things out, they don't try to understand their differing views about spending and saving, so that creates a situation where trouble between them can start brewing.

Many women feel less confident about their money acumen than do men, and so will cede financial decisions to their partner.

Sometimes those negative beliefs come from traditional teachings that told women they were less capable of managing money. That's simply not true, so wives stuck in that thinking need to come to an understanding that money issues are not

somehow beyond them.

Couple should consider these tips to avoid cash-induced conflict:

- **Accept your differences.** Just because your spouse's views about money are different from yours doesn't make that person wrong and you right. Sometimes different is just different. It's important to stay open to compromise and be willing to listen to the other point of view.
- Act as a team. You both have knowledge, experience and viewpoints to bring to the situation. Take advantage of that because when you work together you are stronger. Think of it this way: When both spouses are big savers, they might not have as much fun. When they are both big spenders, they might put their future in jeopardy because they won't have enough savings.
- Don't wait for a crisis to talk. Discussions about financial matters are best held when heads are cool and no major problem has erupted that would set stress levels spiking. You can set a regular time to talk about your money situation so, hopefully, it will be a more relaxed atmosphere.
- If necessary, seek help. The two of you don't have to go this alone. If you need financial planning assistance, money management counseling or even relationship counseling, you should seek assistance from a professional. That person can listen to the concerns of both spouses and offer advice from an objective and knowledgeable standpoint.

Cynthia Fick, author of the book The Sisterhood of Money: The Art of Creating Wealth from Your Heart (www.thesisterhoodofmoney.com), is an investment advisor with more than 28 years in the field of finance and investing.

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The Voice of the Upper Skagit Valley*

Upper Skagit Library announces 2016 Poetry Contest winners

Upper Skagit Library District (USLD) celebrated the end of National Poetry Month with a reading event of their April Poetry Contest winners on April 30. The month long contest with a theme of "Change" included a Poem-a-Week challenge, a Slam into Change Poetry Slam, and a grand prize of full admission to the Skagit River Poetry Festival in La Conner.

Contest winners are listed on p. 6 of this issue. This page showcases some of the winning efforts.

The Shopping Spree

lipton stroganoff...noodles, Life the cereal, picante clasica sauce on sale, eighty percent lean ground beef, easy mac, ...milk...beer
did you find everything alright?
I forgot the milk

we don't need much...
My son and I

farms painted all around us
stripped soil and stud barns
picketed by these road side
billboards Food Pavilion...Kwik and Clean
Laundry...Liquor store...Rite Aid...and Shucks Auto
Parts Shell Exxon Mobile 76 and Chevrans Wal
Mart and a super Wal Mart, coming super

soon

the fields plowed raw the furrows of musk and flesh
spilt
the old bones broke
stand and pirouette
tongue and groove cedar walls
oak and iron pails
apple arbors
pastoral before pilfer

we face the flats...I worked these fields and I
worked 'em hard

you stand with billboard
HOMELESS ANYTHING HELPS you
hold your own sign high

My son does what a child must do
we look away

Adam Lafayette
1st Place, Adult

Sometimes

I am faster than a tornado in a race
As jolly as an elf on December morning
As nervous as a pig eating bacon
As sleepy as a cat listening to a lullaby
As clever as a 6th grader in kindergarten
As joyful as a math problem finally solved.

Michael Casey
1st Place, Children

Riparian Resort

While sailing one day
on Padilla Bay
A heron caught my eye.
His gray-blue form
was bent, forlorn.
I stopped to ask him why.

"I'm sick," said he, "sick
as can be from too
much green pea soup.
Not real peas, you see,
but oil and grease.
It's knocked me for a loop."

"Soup?" I asked,
Surprised and aghast.
"Soup's not meant for birds!"
Shifting his stilts,
With head atilt,
He responded in four-letter
words.

Anchoring ship,
I took a dip
And waded through slime and
muck
An ample share
of effluent there
had encircled a canvasback duck.

I had to confess.
"This IS a mess!
Who's polluting our beautiful
bay?"

"Canadian blokes!
the heron spoke.
"In Victoria, across the straight."

Angry, of course,
straight to the source
I went with my civil complaint.
But Victoria's mayor,
himself a seafarer,
was confused by my lack of
constraint.

"Calm down!" he yelled.
"Tis the outgoing tide you smell.
Take a minute to stop and think.
For one thing is sure,
Victor-ya's so pure,
why even our stuff doesn't
stink!"

Fraught with dismay
I returned to the Bay
to inform my frail feathered
friend.

"Pompous nerd!"
replied the bird.
"Just wait! We'll win in the end."

Then came from above
a flock of rock dove.
An answer to our prayers.
The leader seemed nervous
but said, "At your service.
We're experts at foreign affairs."

"For heaven's sake!"

the heron spoke.
"No wonder I'm down on
religion.
The Lord has dispatched
this carrier hatch.
What we need is a clever stool
pigeon."

A Canada Goose,
who'd heard the news
contrived the final solution.
"Listen to me.
I have an idea.
Let's reverse this flow of
pollution."

Gathering the flock
on a nearby dock,
the troops were given fresh
armament.
With shovel and scoop
and a load of pea soup,
they flew to the House of
Parliament.

"If that doesn't work,"
the heron smirked,
"We'll take matters under our
wings.
In triumphant retreat
for high tea we'll meet
On the lawn of the Empress next
spring."

Diane Freethy
2nd Place Tie, Adult

[Loves Exodus]

Youth now flees on feathered foot,
Faint and fainter sounds the flute,
Rarer songs of Gods; and still
Somewhere on the sunny hill,
Or along the winding streams,
Through the willows, flits a dream;
Flits, but shows a smiling face,
Flees, but with so sweet a grace,
None can choose to stay at home,
All must follow, all must roam.

This is unborn beauty: she
Now in air floats high and free,
Takes the sun and breaks the blue;
Late with stooping wingtip flew
Raking hedgerow trees, and wet
Her wing in silver streams, and set

Shining foot on temple roof:
Now again she flies aloof,
Coasting mountains clouds and kiss
By the horizon's evening amethyst.

Now in wet wood and dreary lane,
Still we pant and pound in vain;
Still with leaden foot we chase
Waning wingtip, fainting face;
Still with grey hair we stumble on;
Till, behold, the vision gone!
Where hath fleeting beauty led?
To the doorstep of the dead.
Life is over, life was gray:
We live the human way,
Molders of loves clay!

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May in pictures



Above: Concrete High School 2016 Prom Royalty are, back row, from left: Prince Robert Nevin, King Jonathan Goodwin, Prince Donovan Dellinger. Front row, from left: Princess Taylor Aldridge, Queen Jasmine Hopfield, Princess Jessica Bridge. Photo by Sheena Daniels, SD Photography.



Rick Lemley
Doug Hutter
Tobi Stidman

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Above: Bianchi Construction broke ground on the Park and Ride facility in May, and should complete construction of the Silo Park addition by the end of June.



Above: All "Cub" airplanes based at Mears Field in Concrete gathered for a photo session on April 17. Cubs at Mears Field. Mears Field has become the home of seven Cubs of various versions. Some are home-built replicas of the original J-3 and PA-11, and some are the real thing. One standout is Steve Hendrickson's 1937 J-2 Taylor Cub, a very rare aircraft that was restored by Ted Hendrickson of Concrete. Only about 1,200 were built before production stopped in 1938, and about 100 are in the FAA registry today. Also on hand were Darren Clarkson's 1940 Clipped wing Piper J-3C-65, Larry Mitchell's MIT-A (2015 home-built, Piper PA-11 replica), Wayne Mushrush's 1975 PA-18-150 Piper Super Cub, Steve Bolan's 1941 Piper J-5A Cub Cruiser, Dave Adams' Cub Sport Trainer (2016 home-built 1946 Piper J-3C-65 replica), and the Vintage Aircraft Museum's 1993 Piper L-4 replica "FlightFire," built by Werner Griesbeck.

Photo by Dave Adams.

Right: A van fire dubbed "suspicious" by Skagit County Sheriff Sgt. Chris Kading drew Concrete Volunteer Fire Dept. firefighters to the location beneath the SR 20 bridge in Concrete on May 14. The van was a total loss.



Above: Sea Mar Concrete Community Health Center staffers paused for a photo during their "Giving Back" event on May 6. The employees passed out free sandwiches and had care packages ready for any homeless visitors. From left, Medical Assistant Kelli Haddox, Care Coordinator Joni Gaffield, Medical Assistant Ashley Maldonado, and Phlebotomist/X-ray technician Anna Ruiz.



Above: Tavish Beals chows down during a May 9 Youth Dynamics contest at Veterans Memorial Park in Concrete. His challenge? Down as many hot dogs as he can in one minute.

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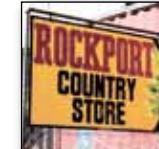
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Hamilton



Rockport



From the Mayor

Thank you to those who came to the discussion about **forming a nonprofit**. We're still looking for some people interested in being on the board. Possible names are the Hamilton Future Vision Project and Envision Hamilton. The idea boards are still at Town Hall if you want to take a look at name ideas, fundraising ideas, and focus areas.



Playing with fire: The only burning allowed within Hamilton limits are recreational fires, as per state law. If you aren't sure if you are inside the limits, please find your location on the Skagit County property Web site

(www.skagitcounty.net). The property descriptions list the jurisdiction. Any incorporated area in the state is limited to recreational fires only. Recreational fires are using charcoal or firewood ONLY (no garbage or yard waste), in a fire ring no more than 3 feet across and at least 16 inches high, surrounded by bare ground and located 25 feet from any structure or timber. Materials to be burned must be kept lower than the sides of the fire ring. If you aren't willing to share it with friends for food, heat, or ceremonial purposes, don't start it. Northwest Clean Air is 360.428.1617.

The WiFi at Town Hall has been increased (new gizmo, old password). The WiFi at the Fire Hall will be done soon (old gizmo, same password). Please come in and utilize the library for some fun summer reading.

—Mayor Joan Cromley

Council summary

The Hamilton Town Council held a regular meeting April 12. Following is a summary of that meeting.

- Mayor Cromley talked about the budget amendment for the interfund transfer, which would be Ordinance No. 321. Council voted to adopt Ordinance No. 321.
- Mayor Cromley referenced the personnel handbook update, which would be Resolution 02-2016. Council unanimously approved the resolution.
- Mayor Cromley reported on her

efforts to create a nonprofit for grant purposes.

- Water Dept.:** Cas Hancock announced that the town was at a 0 percent unaccounted-for water loss. The town is only losing about 54 gallons a day. It is ready for summer mitigation to start.
- Fire Dept.:** Councilmember Bates announced that the Easter Egg Hunt went really well. They had 40-plus kids. Councilmember Bates stated that they put the fire truck to the test.
- Street Dept.:** The maintenance crew is patching holes and doing a lot of mowing.

—Compiled from staff minutes

Rockport writer explains how to live a life “made from scratch”

Melissa K. Norris knows a thing or two about self-sufficiency. The Rockport novelist and *Concrete Herald* columnist has for years written about easy and practical methods to simplify and live naturally, similar to the way early U.S. pioneers did.

Norris, 35, has collected her thoughts in a new book, *The Made from Scratch Life: Simple Ways to Create a Natural Home*, published earlier this year.

From the garden to barnyard, from kitchen to bathroom, *Made from Scratch* is “all about teaching easy and practical methods to simplify and have natural things in your home,” said Norris. Organic gardening is discussed, as well as natural pest controls, creating a kitchen with no GMOs, natural cleaners, cooking like your grandma did, and home and healthy body care.

Chapters are divided into one-word verbs for what the chapter teaches readers to do: grow, harvest, preserve, cook, clean, prepare. A chapter on traditions discusses holidays and things that homeowners do every day without thinking.

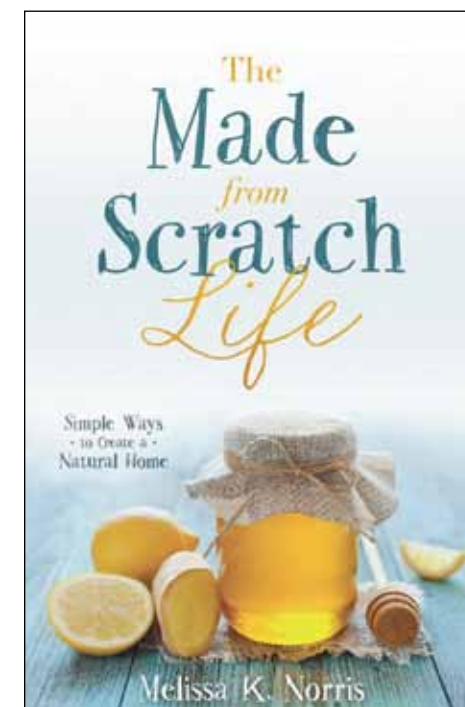
The book grew from Norris' personal journey. “When my daughter was 3 months old, I had my upper stomach and esophagus biopsied for cancer. It came back clean, but there were some indicators that I was at a higher risk for developing cancer there. So I began to cut out the contributors, began raising our own food, eliminating potentially dangerous elements from my diet.”

She also began sharing the information with family and friends, and found an audience that she guessed could be much larger. One podcast and several columns later, the book was born.

The Made from Scratch Life can be found wherever books are sold. Buy the book online at www.madefromscratchlife.com and fill out a form on that Web site, and you'll get more than \$20 of goodies, including an Amish book, *The Made From Scratch Life* companion workbook, and more.



Norris



Norris just signed her second contract for a sequel, with a working title of *The Made from Scratch Home*, scheduled for release Oct. 2017.



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Darrington



Grizzlies among us?

Community meeting gave residents a chance to air concerns, get answers.

By Marla Skaglund

If a proposal making its way through the bureaucratic pipeline comes to fruition, Darrington-area residents may soon share the North Cascades ecosystem with increasing numbers of *Ursus arctos horribilis*, a.k.a. grizzly bears, transplanted there from within and without Washington.

The proposal is an attempt to remove the grizzly bear from the federal and state Endangered Species lists, where it was placed in 1975 and 1980, respectively. The idea is being spearheaded by a number of collaborating partners, including the National Park Service and the U.S. Fish and Wildlife Service as joint lead agencies, the U.S. Forest Service and Washington Dept. of Fish and Wildlife as cooperating agencies, and British Columbia as a key partner.

Not everyone thinks it's a good idea to reintroduce a large predator species into an area it hasn't inhabited for decades, but a May 14 community discussion in Darrington included voices that spoke in support of the proposal.

On hand to field questions at the unofficial gathering were Joe Scott, International Programs director for Conservation Northwest; Jack Oelfke, chief of Natural and Cultural Resources for the North Cascades National Park Complex; and Bill Gaines, an independent bear researcher.

The National Park Service and U.S. Fish and Wildlife Service are studying how to re-establish grizzlies in the "North Cascades ecosystem," a 9,800-square-mile area that covers 14 percent of the state. About 90 percent of the land is controlled by the federal government.

Federal agencies have talked for years about releasing grizzlies to increase a population that has dwindled to about 2,000 after their numbers swelled to between 50,000 to 100,000 during the days of Lewis and Clark.

In response to a federal proposal to import

fewer than 10 bears two decades ago, the Legislature in 1995 passed a law stating that "Grizzly bears shall not be transplanted or introduced into the state. Only grizzly bears that are native to Washington state may be utilized by the department for management programs."

At the same time, state law directs the Washington Dept. of Fish and Wildlife to "protect grizzly bears."

There are two traditional grizzly bear territories in Washington. One is the 9,800 square miles of the Northern Cascades, south of an adjacent 3,800 square miles of British Columbia Cascades. British Columbia has a sizable grizzly population, but only a handful lives in the southern Canadian Cascades. The state's other grizzly area is a speck of northeastern Washington that forms the Selkirk-Cabinet-Yaak territory with northernmost Idaho and northwestern Montana. The Selkirk-Cabinet-Yaak territory has only a handful of grizzlies.

During a hike in the summer of 2011, a hiker took the first confirmed photo in 15 years of a North Cascades grizzly bear. The other sighting occurred in 1996, south of Glacier Peak.

In 2015, public support was shown for grizzly bear restoration in Washington's North Cascades and southern British Columbia.

Questions and answers

The May 14 meeting in Darrington was held in response to a local newspaper article stating efforts were under way to reintroduce grizzlies to the area around Whitehorse Mountain and Mount Pilchuck. The meeting was held in response to questions brought forth after meetings held in Seattle and to the fact that no meetings were held in the areas affected.

Scott, with Conservation Northwest, spoke first, telling of the support his organization has for the relocation of the grizzly bear.

Oelfke addressed the population of

grizzlies that resided in the Cascade Mountains in the past. Only a small area has sightings now. He spoke of the grizzly bear being added to the Endangered Species Act and the beginnings of a plan for reintroduction. In 1991 an area was identified for reintroduction.

An Environmental Impact Statement (EIS) was put together on how to reintroduce the grizzly, to avoid permanent loss, protect biodiversity, and be removed from the endangered list. Research supports the plan and includes tribal approval, government approval, and general public support. U.S. Forest Service and the Department of Fish and Wildlife have worked together and stated their approval for the project. British Columbia has also expressed approval.

Research has shown that the general population can continue in all forms of outdoor recreation with precautions. Folks are encouraged to make noise when hiking, keep food supplies in closed containers and avoid areas where bears are known to forage. The effort will be made to keep all trails and roads open for the general public. It will take 50 to 100 years to repopulate the bears because of their gestation and rearing habits. Reintroduction is projected to begin in 2017.

Ranger Peter Forbes explained the Sustainable Roads Project. He spoke to the effect roads have on the wildlife population and different roads have different risks.

Gaines said the best way to decide where to relocate grizzly bears was to first understand their needs. He gave a short presentation on the history of bear hunting and the major impact hunting had on the bear population. He explained the differences between grizzlies and brown bears, including face shape, body shape, paw prints, claws, and diet. He spoke on the need to have bear-resistant garbage cans in public areas. Barbed-wire corrals and remote cameras are the way to study bears these days. Studies have covered 25 percent

of the Cascade Mountains and no grizzly bears have been detected.



Darrington Town Councilman Kevin Ashe speaks during a May 14 community discussion on the pros and cons of a proposal to reintroduce grizzly bears into the North Cascades ecosystem.

of the Cascade Mountains and no grizzly bears have been detected.

A question was raised about how the bears would be introduced if the plan continued. Oelfke explained the bears would be young and only placed in areas that mirrored the environment with which they were compatible.

What about state law?

Senator Kirk Pearson, who chairs the Natural Resources Committee, reminded the speakers of the law prohibiting the transport of grizzly bears into Washington state.

"It's a tough one," said Oelfke. "At the end of the day, we'll have to address what the state says and how it measures up to the Endangered Species Act." Oelfke added that the EIS takes into consideration the difference between actual relocation and letting the bears migrate on their own.

Darrington resident Randy Rankin brought up the issue of climate change and the changing diversity of the natural vegetation. Grizzly bears are not known to reside in the local area because of the lack of habitat. The entire ecosystem needs to be addressed if bears were to be reintroduced, he said.

Discussion continued about the areas of relocation and the attendees were assured the grizzlies were not going to be reintroduced to an area around Whitehorse Mountain if the project continues.

Snohomish County Sheriff's Report

May 18

The Snohomish County Sheriff's Office Search and Rescue Unit were looking on May 18 for a 95-year-old man with dementia who had wandered away from a Martha Lake residence earlier that day. Richard David Jacobs had been seen last around 1 p.m. on May 18 near the 15800 block of 2nd Pl. W. Jacobs is 5'07" and weighs around 130 lbs., with gray hair and green eyes. He was wearing a gray shirt and tan pants, possibly carrying a shaving-type bag. Jacobs may be trying to return to his home in Oak Harbor and does not have a cell phone. Anyone who sees him is asked to call 911.

May 19

A 35-year-old Snohomish man was taken into custody after climbing a tree to avoid arrest seven hours earlier.

The incident began around 4:30 a.m. when a call came in to 911 from a woman at the 800 block of 13th St. in Snohomish. The caller said her ex-boyfriend had just broken into her home, assaulted her, and fled the residence. The man returned a short time later and, when confronted by law enforcement, climbed a large tree on the property.

After several hours of unsuccessful negotiations, Fire District 4 provided assistance by spraying the suspect with water. Around noon, the man asked for assistance to come down from the tree. He was taken to Providence Regional Medical Center for possible hypothermia. He was later booked into the Snohomish County jail for second-degree domestic violence assault.

May 24

Detectives found the remains of two people, one male and one female, in the Oso area. While confirmation of identification from the Snohomish County Medical Examiner was still pending, detectives had reason to believe they were 45-year-old Patrick Shunn and his wife, 46-year-old Monique Patenaude.

The bodies were located in a remote area a few miles to the north of Shunn and Patenaude's residence, near where the victim's vehicles had previously been recovered. Detectives confirmed that information they received from Tony Reed, a suspect in the investigation,



Jacobs

helped them pinpoint the exact location of the bodies.

Reed was taken into custody on May 16 at the U.S./Mexico border, and was transported and booked into the Snohomish County jail on May 21. Reed is charged with helping his brother, John Blaine Reed, with the murders of Shunn and Patenaude in April. Both 49-year-old Tony and 53-year-old John fled to Mexico via Ellensburg after the murder.

May 22

Tonight at about 7 p.m., a citizen flagged down a deputy on Stanwood Bryant Rd. to report that he believed someone was trying to sell items online that had been stolen from him. Deputies were told the male was going to meet a person selling his items at the Stanwood Park and Ride near 300th NW and I-5.

Deputies checked that Park and Ride and did not locate a suspect, so they continued to the other Park and Ride located at I-5 and S/R 532. As a deputy approached the intersection next to the Park and Ride, he observed people in the Park and Ride who began shooting at each other.

The deputy notified dispatch of the situation and a second deputy quickly arrived. The males involved in the shooting were secured in handcuffs and aid was requested for a male who had been shot multiple times.

The male was transported to an Everett Hospital for treatment and the Snohomish County Sheriff's Office Major Crimes Unit arrived at the scene to interview several people who were detained there.

May 28

A Lake Stevens Woman was shot once in the abdomen and taken to a local hospital with non-life-threatening injuries. The 49-year-old Lake Stevens woman lives in the 400 Block of East Lake Stevens Rd. with the 71-year-old suspect; their relationship is described as platonic.

Approximately 10 days before, the two were involved in a domestic violence incident and the suspect was arrested. He had not returned to the home since the incident. The victim sought a protection order, but it had yet to be served.

At approximately 2:15 p.m. today, the victim was at home with her girlfriend when the suspect returned home. The victim called 911 and was still speaking to the 911 operator when the man entered the home and shot her once in the abdomen. The suspect then put the handgun down and walked outside and waited for deputies to arrive. He was taken into custody without incident.



Members of the Darrington High School Drama Club presented "Darrington Night Live" on May 5-7. The program focused on reenacting skits and other comedic material from Saturday Night Live. The show included Jack Handy's "Deep Thoughts," sendups of Hillary Clinton and Sarah Palin, and "Teens Raising Awareness About Awful Parent Driving (T.R.A.A.P.D.)." Submitted photo.

Earthquake preparedness was topic of discussion

On May 5, following a Cinco de Mayo celebration and Mexican dinner in the Darrington Elementary Cafeteria, an emergency preparedness discussion took place with Jason Biermann from Snohomish County Emergency Management and Chuck Morrison with Snohomish County Red Cross.

The discussion centered around the probability of a large earthquake that has been predicted to occur in the near future. "It isn't that an earthquake might happen, it's that one is expected in the near future and everyone should be prepared," said Morrison.

Washington has a history of large earthquakes, and because of increased population, new construction, and infrastructure development, residents can expect the next large earthquake to result in loss of human life with significant economic impact. A strong earthquake may also generate a destructive tsunami along the coast, in Puget Sound, or in large lakes.

Attendees were given "disaster

kits," as well as provided with disaster preparedness checklists that suggest items that every home should have on hand, such as water and a first-aid kit, in case of an emergency. Store one gallon of water per person per day, plus bleach for purifying. Store nonperishable food for each person per day.

Store medications and first aid supplies in easy-to-reach areas. Keep flashlights, extra batteries, and light sticks. Toiletries (including toilet paper, feminine supplies, soap, personal hygiene supplies, etc.), can be stored for long periods. Important documents (wills, insurance papers, etc.) should be easily accessible. Have money available, including change. Keep multipurpose tools, and garbage and zipper lock bags handy. It's wise to have a radio (battery or windup) with extra batteries. Make sure to include special needs (elderly, baby, pets).

Always keep extra clothes, shoes, and blankets on hand. Keep vehicles filled with gas. Make sure friends and relatives know where to meet if the big one hits, because phone service likely will be unavailable.

More information on the subject of earthquakes and disaster preparedness can be found at www.safeinthesound.org.

—Marla Skaglund



Marblemount



Newhalem



Community Market and Yard Sale begins this month

By Christie Fairchild

Fresh, organically grown produce; garden starts; Eastern Washington cherries; handmade jewelry; goat milk soap; artisan jams and preserves; numerous local arts and crafts; live music; the Upper Skagit Library "bookmobile"; and even a yard sale will kick off the Marblemount Community Market's summer season beginning Sun., June 12 on the grounds of the Marblemount Community Hall. Hours of operation are noon to 4 p.m. New vendors are welcome and are

asked to complete the application form either online at www.marblemountcommunityhall.org/events or by picking one up from the mailbox outside the hall's main door. Local musicians are wanted and are encouraged to contact the manager to schedule a performance: 360.853.8388. Market dates are always the second Sunday of each summer month: June 12, July 10, Aug. 14, and Sept. 11 this year.

The market also will host a yard sale for those used items you want to re-home, and the normal market \$10 fee per stall

space is required. Set up for the yard sale will be at 11 a.m. in the grassy playground area directly north of the market proper, as Community Market vendors will set up on the grass bordering both sides of the driveway.

We hope to see many of you supporting your friends and neighbors, and enjoying the fruits of their labors this summer.

Remember: second Sundays, noon to 4 p.m., Marblemount Community Hall grounds, and bring a friend!



Marblemount and other Upper Valley communities were treated to the sight of "Lady Longrider" Bernice Ende, who passed through with her two Norwegian Fjord horses on her way to the West Coast. She began her 8,000-mile, 2-1/2-year journey by first traveling to Maine from her home in Montana, then turned westward. She'll be home in Montana this month. Photo by Dan DuVarney.

The good news is ... Seattle City Light project observes Memorial Day with flag ceremony

By Sasa and Starwalker

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." —Mother Teresa

The real reason wheat has become so toxic in the United States is not because it is secretly GMO. The problem lies with the way in which wheat has been grown and harvested since around 1980.

We have all heard of gluten and how people become sick and intolerant of it. According to The Healthy Home Economist, "common wheat harvest protocol in the United States is to drench the wheat fields with Roundup several days before the combine harvesters work through the fields, as the practice allows for an earlier, easier, and bigger harvest."

Let that sink in for a moment. It is very simple: Toxins in, and toxins stay in.

According to Dr. Stephanie Seneff of MIT, who has studied the issue in depth and who I recently saw present on the subject at a nutritional conference in Indianapolis, desiccating nonorganic wheat crops with glyphosate just before harvest came into vogue late in the 1990s with the result that most of the nonorganic wheat in the United States is now contaminated with it. Seneff explains that when you expose wheat to a toxic chemical like glyphosate, it actually releases more seeds, resulting in a slightly greater yield. "It 'goes to seed' as it dies. At its last gasp, it releases the seed," said Dr. Seneff.

Strawberries are the same way. Drenched in fungicide before they are planted transports this toxin to our dinner table and into our mouths.

What can we do? Be aware and make different choices. I found a type of wheat that was eaten in ancient times and unaltered for 12,000 years. I bought some crackers made with Einkorn wheat and loved them. It is still hard to find because it is so rare. Check online.

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

By Steve McClure

On the morning of May 26 the Skagit River Hydroelectric Project celebrated Memorial Day by having an annual Flag Ceremony. The program was organized by Shanna Crutchfield, Strategic Advisor in Corporate Performance, with site coordination provided by Vonie Polomis, Administrative III from Newhalem.

The program was everything that was planned and much, much more.

Participants included SCL staff (plus friends and family) from Newhalem and Seattle, and members of Sedro-Woolley American Legion Post 43 Concrete American Legion Post 132.

Opening remarks were presented by program host Crutchfield, followed by the Pledge of Allegiance led by Adam Moser, Electrical Constructor.

The American Legion Posts presented the colors. They asked for a participant from the audience to bring the colors down. Benjamin Crum, PaCE I and a member of the U.S. Marine Corps from 1998–2003, volunteered as a participant.

The colors were brought to half-mast, followed by a moment of silence to remember those who sacrificed their lives so that we may be free. This was followed by a 21-gun salute by the American Legion members.

The flag was returned to full mast.

John Boggs from Concrete American Legion gave a great talk about "What Memorial Day means to me."

Boggs was followed by a very stirring and emotional talk by Lee Schuirman (S-W American Legion) about the American flag and what it means in terms of freedom, honor, courage, and sacrifice. Lee closed with the history of the United States, but related it to the flag being there during every major moment from Valley Forge to modern day Afghanistan.

People commented afterward it was the best and most inspiring talk they had ever heard about what the flag truly represents.

Stacy Claybo, maintenance laborer, read the poem "In Flanders Fields" by John McCrea.

As part of the request for essays, "What Memorial Day Means to Me," volunteers from SCL read four of the selected essays, written by Vonie Polomis (Admin III), Jim Hunter (Maintenance Laborer), Kathie Jones (Capital Projects Coordinator) and Shennay Ochoa (Quality Assurance).

The American Legion members asked us to participate in the Memorial Day Flag Ceremonies with Bringing Down the Colors at 11 a.m. and 1 p.m. More importantly is at 3 p.m. local time to have a Moment of Silence for those that sacrificed their lives for us.

Al Ferrara (Manager 3) reflected on the loss of Ray Wilson, a friend and co-worker. Ray served in the U.S. Navy and passed away in Newhalem on July 17, 2015.

Closing comments were conducted by Shanna Crutchfield. Refreshments were provided by SCL; this was a special time where people had the opportunity to reflect on the ceremony and share stories from the past.

A special thanks to Shanna Crutchfield for making this event happen, and to Vonie Polomis for being our site coordinator.

Last but not least, a special thanks to American Legion Posts 43 and 132 for making the day a very memorable one for the Skagit River Hydroelectric Team and Seattle City Light.

Robert S. (Steve) McClure PE is Senior Operations Manager for the Skagit River Hydroelectric Project.



Concrete American Legion Post 132 member John Boggs (right) speaks during a May 26 Memorial Day flag ceremony held at the Seattle City Light Skagit River Hydroelectric Project property in Newhalem. Behind Boggs stand members of Post 132 and Sedro-Woolley American Legion Post 43. Photo by Gail Boggs.



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Seniors



Coffee Break

Some seniors are eating badly

By Patrick M. Kennedy

A few chips or pretzels at the bar don't cut it. Some donuts or jellied and sugared buns at the coffee breaks or meetings don't fill the high-quality needs of most seniors. Food is supposed to include carbohydrates, proteins, fats and fiber, and throw in some minerals and vitamins and maybe a dash of salt or sugar. Of course, pretzels have all the salt you will need, and donuts the sugar, but not in moderate doses. What about all the good stuff?

You can follow Mark Twain's advice: "Part of the secret of success in life is to eat what you like and let the food fight it out inside."

For seniors, and just about all other humans, adequate nutrition is necessary for health, functionality, and the ability to remain independent. That is, out-of-bed, off-the-couch, out of the doctor's office type of life. Healthy eating can increase mental acuity,

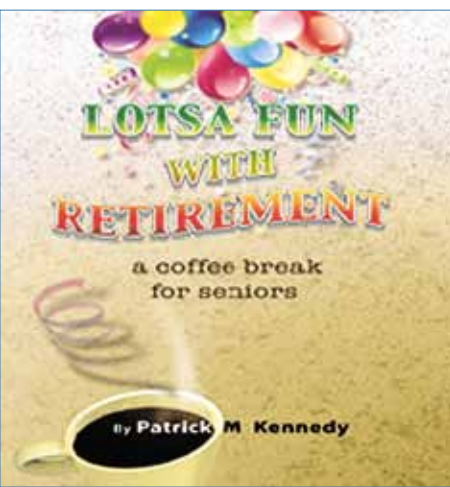
resistance to illness and disease, energy levels, immune system strength, recuperation speed, and the ability to manage chronic health problems. All these are important for seniors to keep an alert and active existence, and keep on living a full life.

Of course most seniors have been up and down the scale of food input during their lifetimes. At a younger age, it was a full-sized pizza at one sitting or a whole plate of spaghetti and meatballs snacked on for a day or two. You could take it then without much negative body response. It just passed through. But these days it's a slice of pizza with water, spaghetti with a small glass of wine, and a half a candy bar or a few candy drops at the movie—if you stay awake. Food was fun in those days, but these days it's a chore, three, and maybe more, times a day.

Even the most independent among seniors, if fortunate to live long enough, may experience a decline in mobility or health that can strip away independence and diminish the quality of life.

Advances in medicine have extended your average life expectancy to a record high of 78.7 years. Living longer means more years spent in the struggles that accompany old age, and picking a menu every day is one of them. If you live with a family member who is making the meals, you may be able to take it or leave it, but if you live alone it's "you make it, you take it."

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



Way Back When

79 years ago

June 3, 1937: Dust from the cement plant, which already has been the subject of one lawsuit and threats of others, will again go to court if the suit recently filed by Guy Powell of Concrete is carried out.

Powell has filed a claim for \$1,000 in damages on the grounds that the dust from the plant makes his home practically unlivable. He also claims that a filter installed by Superior Portland Cement would eliminate the dust. Warren Gilbert of Mount Vernon is Powell's attorney.

To test the amount of dust normally in the air and the amount present in Concrete's air, Superior Portland Cement, Inc., has erected dust towers at Mount Vernon and Marblemount, and others in Concrete.

It is estimated that construction of a filter or dust collector that would eliminate all the dust from the plant would cost approximately \$250,000.

70 years ago

June 27, 1946: The horse and buggy days are not yet over when there is a news item about a runaway. A real old-fashioned runaway brought severe cuts and bruises to Howard Bryson of Sauk Monday, and gave a bad scare to Mrs. Robert Estes and her three-year-old daughter.

Howard had harnessed a supposedly gentle horse to their

new rubber-tired farm wagon and had stopped to give Mrs. Estes and the young child a ride. The horse became excited and the boy climbed down off the wagon to quiet it, just getting hold of the horse's head as it started to run. He was dragged several hundred yards before he let go, after which the horse took the wagon through a gate and on a wild ride around the field before the single-tree broke.

Young Bryson had to be taken to the Darrington hospital for first aid treatment of his numerous cuts and scratches. Mrs. Estes and the baby were badly shaken up, but otherwise uninjured.

60 years ago

June 7, 1956: The announcement of the granting of the license for a new Upper Baker River dam was made yesterday by the Federal Power Commission and the Puget Sound Power & Light Company.

The news drew headlines and much news time as the word was spread throughout the state that another private hydroelectric project had been given a green light.

This is the largest power development ever undertaken by the Puget Sound Power & Light Company. The total cost is estimated to be \$35 million, part of which will be in installation of another generator at the present Baker power house in Concrete. The new dam, eight miles upstream from the present installation, will develop 85,000 kw, and 55,000 kw of capacity will be added at the present plant.

Specifications on the dam itself call for a structure 300 feet high

See Way Back, p. 29

Concrete Center

June 2016 Activities

Mon. - Fri., 10 a.m. to 3 p.m.
Lunch served Tue. - Fri., noon

Mondays

10 a.m. Jigsaw puzzles
Noon Lunch
12:30 p.m. Skip Bo

Tuesdays

10 a.m. Jigsaw puzzles
Noon Lunch
12:30 p.m. Skip Bo

Wednesdays

10 a.m. Jigsaw puzzles
10:30 a.m. Advisory Board mtg., 6/8
Noon Lunch
12:30 p.m. Skip Bo
12:30 p.m. Bingo, 6/8, 6/22

Thursdays

10 a.m. Jigsaw puzzles
Noon Lunch
Noon Fathers Day Lunch, 6/16
12:30 p.m. Skip Bo
12:30 p.m. Pinochle, 6/2, 6/16

Fridays

10 a.m. Jigsaw puzzles
Noon Lunch
12:30 p.m. Dominoes, Skip Bo
Noon Coffee with Commissioner Janicki, 6/10
1 p.m. Watercolor painting

Closures

6/19 Father's Day

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Continue the cycle

Please recycle
this newspaper



Way Back, cont. from p. 28

and 200 feet wide at the base, to be constructed of concrete. The dam will be 1,200 feet long and will have a 12-foot roadway across its top.

Behind the dam a reservoir more than 9 miles long and storing 980 billion gallons of water will be created. North of the dam, a 1,260-foot-long dike 50 feet high will have to be constructed of earth and rock fill to maintain the lake level at dam height.

The power house will be 120 feet long and 60 feet wide, and will be located at the base of the dam in the main channel of the river. Two water wheels of 60,000 horsepower each, operating on an average head

of 275 feet, and two generators of 42,500 kilowatts each will furnish the generating capacity.

Completion of the project is set for 1959, so the company plans to start construction of the camp and roads immediately, with hopes of getting into actual pouring of concrete by fall.

At peak employment the job is expected to employ 1,500 men. A camp for some 800 will be erected below Koma Kulshan ranger station near the dam site. The town of Concrete is expected to try to absorb the extra men and the families that will come here for the three-year construction period.

—Compiled from archives

Below: 40 years ago, June 24, 1976: Concrete High School's swimming pool opens for the summer, with lessons starting Tuesday of this week. Jeff Weyland is the instructor; Allison Riehl is his assistant. Lessons are scheduled each Tuesday through Friday mornings, with open swim from 2:30 to 4 and 6:30 to 8 p.m. on those days. Saturday swimming hours are noon to 5 p.m. *Concrete Herald photo.*



Verna's Kitchen

By Verna McClure



This recipe is from my niece, Nancy Hall. She would add muffins and brownies to make a good lunch. This is very good on a cold, wet day. It warms me up inside and out. The chowder is better yet if you've gone out and dug the clams yourself.

Easy Clam Chowder

2 stalks celery, cut up
½ onion, chopped up
Some butter to sauté the above in
2 medium potatoes, cubed
Salt and pepper to taste
2 cups water or enough to cover the potatoes

1. Boil the potatoes, but don't let them get too soft or mushy.
2. Sauté the celery and onion, and add to the potatoes.
3. Mix together. Add:
1 can evaporated milk
3 cans minced clams
1 can cream style corn

Simmer until hot.

Obituaries

George Thomas Hayes Elliott

October 27, 1942 – April 17, 2016

George passed away peacefully in his home with his wife, children, and close friends present.

He was born in Wenatchee, Wash., to Thomas H. and Elsie G. (Hansen) Elliott on Oct. 27, 1942.

George grew up in N. Seattle and moved to Burlington in 1966. He and his wife Sharon made their home in Concrete on the Skagit River in 1999, where he made many friends. He worked on the railroad for 38 years, first as a brakeman/conductor for the Great Northern Railroad, then as a conductor for the BNSF Railroad.

George was well respected. BNSF dedicated a new train yard located in the Ferndale, Wash., area in his honor: Elliott Yard.

George loved the great outdoors, from riding quads with the grandkids to hunting with his son, to fishing with the LBRC at the Baker River, to hiking/fishing with his wife. George spent his later years working in the yard. He had quite the green thumb.

George was preceded in death by his father, Thomas H., and his mother, Elsie G. Elliott.

He is survived by his wife, Sharon, one brother, Leonard Elliott, seven children, 10 grandchildren, and six great-grandchildren.

A Celebration of Life will be held at his home on the Skagit River, located in Cape Horn on the South Skagit



Hwy., on June 4, at high noon. This is a potluck, and attendees are asked to bring a chair.

In lieu of flowers, donations can be made in George's name at: <https://donatenow.networkforgood.org/hospicenw>.

Obituaries published in Concrete Herald from May 2009 to present are posted online at: www.concrete-herald.com/obituaries. For more information, call 360.853.8213 or e-mail editor@concrete-herald.com.

Sunday School lesson At the crossroads

By Rob Thomas

Disclaimer: I am writing this brief article as I prepare to conduct my third funeral in six days. As such, hopefully you can understand why death and dying are at the forefront of my mind.

Then again, even though the Psalmist writes, "The days of our years are threescore years and ten; and if by reason of strength they be fourscore ..." (Ps. 90:10), we all know that there are no guarantees when it comes to the number of our days.

Maybe the subject of death should never be too far from our minds. Now, before you quit reading this article because it's depressing (who wants to read about death

just as summer is beginning?), I want to share some words of encouragement.

One of the common denominators shared by all three individuals who recently passed was that of an obituary. As we are all aware, an obituary signals the end of a life and those who remain find themselves at a crossroads. How do we respond to the death of a family member and friend?

At a time such as this, I believe we can draw comfort from those words of the Apostle Paul in 2 Corinthians 1:3-4, "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all of our troubles, so that we may comfort those in any trouble with the comfort we ourselves have received of God." As a pastor/teacher, I can't help but see three wonderful truths in Paul's words.

First, what God is to us. He is the Father of compassion and the God of all comfort. The word "comfort" means to come alongside. And that's exactly what God promises to do, to come alongside of those who are hurting.

Second, what God does for us. He allows us to experience troubles. This week, he's allowing three families to experience the sorrow and sadness of death.

Finally, what God does through us. The Apostle Paul teaches that we are to comfort others by the very comfort that we have received from God.

The story is told of a missionary who told an old Indian chief about Jesus Christ,

describing Him as God's only way to heaven. "The Jesus road is a good road," the old chief agreed. "But, I have followed the Indian road all my life and I cannot change now." A year later, the Indian chief lay in his hut, dying. The missionary hurried to his side and once more told him of Christ. "Can I turn to Jesus now?" the dying chief asked. "My own road stops here. It has no way through the valley."

When you or someone you care about find themselves with no way through the valley, may you be encouraged by the words of a shepherd so long ago. David wrote, "Though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me ..."

If you or someone you know find themselves at the crossroads, be reminded that you are not alone.

Rob Thomas is pastor for Community Bible Church in Concrete.

Worth repeating

"We cannot change our past. We cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude."

"When you have vision it affects your attitude. Your attitude is optimistic rather than pessimistic."

—Charles R. Swindoll

Skagit County Sheriff's Office Blotter

May 4

Dispatch received a 911 call from Beverley Lane in Marblemount. A muffled female voice appeared to be in distress. The woman had been choked nearly unconscious by a man. As deputies arrived, that man came out of the trailer, said he had a gun, and demanded the deputies back off. They did and he quickly fled into the woods. Little did he know as he ran through the woods a short distance, he popped out onto Hwy 20 right in front of the SCSO K9 deputy. The deputy did not deploy the dog but I think the barking of the Sheriff's Office K9 guided his decision to lie down and get arrested. He was booked into jail for second-degree assault felony domestic violence charges.

May 5

A Hamilton caller spotted a man in the parking lot of a local church, apparently punching the steering wheel of his vehicle.

Level 1 Sex Offender NOTIFICATION

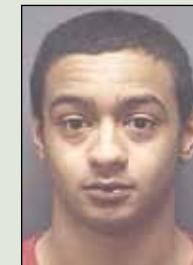
The Skagit County Sheriff has released the following information pursuant to RCW 4.24.550 and the Washington State Supreme Court decision in State v. Ward, which authorizes law enforcement agencies to inform the public of a sex or kidnap offender's presence.

Woods, Michael Thomas

Age: 23
Race: B
Sex: M
Height: 6' 1"
Weight: 160
Hair: Black
Eyes: Brown
Address: Transient, Sedro-Woolley Woods was convicted of third-degree rape of a child in Skagit county in June 2015.

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

Source: Skagit County Sheriff



This seemed unusual, so the person called 911. A deputy responded to check on the man, but he was gone upon the deputy's arrival.

May 7

Several people tried to stop a probable DUI driver from leaving the local bar in Hamilton. The man was observed by witnesses fumbling for his keys, then doing burnouts in the roadway. A deputy and Washington State Patrol trooper were on their way, but were unable to locate the subject. The driver is described as a regular to this bar and known to many folks. The sergeant will follow up with the man, as it appears this is a fairly regular occurrence. I would hate to hear that someone failed to report this driver, and the man ended up killing an innocent person.

A caller from the area of the boat launch on Cockreham Island near Lyman reported noise in the area just before 9 p.m. When a deputy responded, he found a WDFW employee working on a boat ramp with a bulldozer.

May 8

A 45-year-old female from Tessa Lane in Marblemount called in a domestic dispute involving her 26-year-old son. The man had been arguing with nearby residents. Deputies arrived and contacted the man as a passenger in a pickup truck trying to leave the area. He was arrested on an outstanding felony warrant from Department of Corrections.

May 10

Deputies contacted a man across the street from the Resource Center in Concrete. The man was booked and released on a warrant. After the deputy left the area, town staff discovered the man had broken an electrical outlet in order to charge his phone. He will be charged with the crime of malicious mischief if he fails to make restitution to the town. It never ceases to amaze me that everyone seems to have a phone, but few ever call the court to explain how they missed a court appearance.

May 11

Deputies and fire personnel raced to the area near the Cowboy Campsite near Hamilton for a possible suicide. The caller was obviously very distraught. A deputy and fire personnel found a man who had apparently hung himself just minutes earlier. After a short time, the 25-year-old man was pronounced dead on the scene.

May 14

A caller from the Bacus Rd. area near Lyman reported a drug problem. They had found discarded hypodermic needles and empty containers of OxyContin.

Sergeant's corner

Water safety

By Chris Kading



With summer quickly approaching, we know it's bound to get hot and folks are going to head for the water to cool off. Living near the Skagit River is beautiful, but remember, that river is relentless and unforgiving. Every year the Sheriff's Office responds to a missing person in the river, and unfortunately we rarely find survivors. You'll be a survivor, though, if you remember some basic safety rules, such as limiting the alcohol, lifejackets for all the kiddos, and cell phones for emergencies.

Water safety is something to think of long before you hit the beach. Like many other outdoor activities, ensure you have the correct equipment for your outing. Since swimming is by far the most popular summer activity, here are a safety few tips to remember.

- Never swim alone. Even good swimmers need buddies. The water this time of year is still very cold. Getting cramps while swimming is suspected in many drownings. Your body simply isn't ready for the shock of the cold water immersion. Stay on the beach, work on your tan, then slowly work your way into the water.
- A lifeguard, or another adult who knows about water rescue, needs to be watching children whenever

they are in or near the water. Younger children should be closely supervised while in or near the water. Use "touch supervision," keeping no more than an arm's length away.

- Make sure your child knows never to dive into water except when permitted by an adult who knows the depth of the water and who has checked for underwater objects.
- Never let your child swim in rivers or any fast-moving water. Life jackets should be mandatory for youngsters around water. By the time you notice they're in trouble, it's too late; they may be swept downstream and that lifejacket may be their only hope to keep their heads above water.
- The American Red Cross says "The best thing you can do to help your family stay safe is to enroll in age-appropriate swim lessons." I wholeheartedly agree. The Red Cross Web site has options to provide lessons. I encourage folks to visit that Web site for details. Contact the Training Support Center at 800-RED-CROSS or support@redcrostraining.org.

If the worst happens and someone does go under and help is needed, have someone keep an eye on the where that person was last seen. Emergency Responders work from the Point Last Seen (PLS) and will do their best, but hopefully we're not needed.

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

These items likely were discarded by a substance abuser. Heroin and other opiates such as OxyContin and Percocet are readily available and incredibly addictive. I've spoken at length about how this epidemic is affecting our community. Please call 911 if you find any discarded drug paraphernalia. Our deputies can retrieve and dispose of needles and other suspicious items.

A female called from under the SR 20 bridge in Concrete, reporting her vehicle was on fire. The suspicious fire was extinguished and the investigation has been turned over to the fire marshal's office.

A man on Ranger Station Rd. near Marblemount reported a vehicle prowling.

appears someone entered the man's truck and stole his driver's license and cedar-hauling permit. He feels that someone may be trying to steal his identity to sell cedar.

May 16

A caller from Pandora Circle near Marblemount reported a suspicious circumstance. The woman had traded a chainsaw to a man for a generator. The man returned with the generator because he was having a hard time getting it started. When he was unable to start it, he did what any irrational person would do: He threw the generator at the woman's dog. The dog was not hit, but it

See Sheriff's Blotter, p. 31

Worship directory

Assembly of God

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

Citipoint Church North Cascade

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

Baptist

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

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

Lyman Church

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

Catholic

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

Covenant

Community Covenant Church
12605 Highway 9, Clear Lake
360.856.1023 // covenant@wavecable.com
www.clearlakecov.org
Sunday School: 9:30 a.m.

Sun. worship: 11 a.m.
Call for weekly youth group/Bible studies

Episcopal

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

Free Methodist

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

Methodist

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

Presbyterian

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

Lutheran

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

Nondenominational

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

Community Bible Church

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

The RIVER Gathering

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

Rockport Christ the King Comm. Church

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

Wildwood Chapel

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

CONCRETE HERITAGE MUSEUM NEWS

We hope you came to see us on our **opening day** heralding in the 2016 season. If you didn't make it, there are plenty more opportunities—every Saturday from noon to 4 p.m. through the end of September.

In May we hosted a special group from the State Association of the Daughters of the Pioneers of Washington, resulting in our **museum being featured** at their annual convention. This is quite an honor and we thank them for choosing us.

Once again the museum is sponsoring **"Cache in Concrete,"** developed by the Upper Skagit Library. This little hunt around town is a great way to find out some interesting tidbits of history while enjoying all the hospitality our community has to offer. Many more sponsors have come on board, so look for the brochures at the Upper Skagit Library and all over town.

The two **Museum Bake Sales** scheduled for July 9 and August 30 at the Concrete Saturday Market will be followed in September by our now **annual Yard Sale**. For all those who look forward to

donating or buying, our sale will be held on Sat., Sept. 3, at the Swap Meet field west of Loggers Landing in Concrete. Donations will be accepted from 8 a.m. until 9 a.m., while the sale hours will be 9 a.m. until 4 p.m. Please, no furniture, clothing, or books. (Books may be donated to the Upper Skagit Library.) Clothes may be donated locally to the Community Closet and may be dropped off at the East County Resource Center during normal business hours or at Building A by the Concrete Elementary School on Thursdays from 3 to 5 p.m.

A **new item** to be featured for sale at the museum and on our Web site is an all-cotton T-shirt with the new museum logo—\$20 at the museum or \$25 from our Web site.

Our Web site, www.concreteheritagemuseum.org, not only has a selection of books and now our T-shirt for sale, but has many interesting photos and *Concrete Herald* archives available for viewing at no charge.

—John Boggs

At the Upper Skagit Library

Congratulations to our Library Director, **Brooke Pederson**, for winning the Washington Library Association (WLA) Merit Award for Outstanding Performance. Thank you for your commitment to the library and our community!

On Your Mark, Get Set, Read! Summer Reading Program begins June 14. "Exercise your Mind and Read!" is our theme this year. Ages 0–17 are welcome to join our reading challenges, activities, and free special events. Library card not required, but Concrete School District residents can now get a free card.

"The Nitty Gritty of Garden Microclimates," a special presentation by Master Gardener Sheri Hunter, will be hosted by the library at the Concrete Center on June 25 from 3:30 to 5 p.m. Hunter will share how weather and climate affect gardens regionwide, and how backyard environments generate microclimates. Come away with a clearer understanding of a microclimate and how to garden in the Skagit County area.

New library cards will be available soon. Choose between the adult and

children's art contest winners for your new card design: a mosaic of books or a friendly frog reading a book.

Poetry bookmarks highlighting our contest winners are now available at the library and area businesses. Celebrate our winners by taking one home.

Craft Friday is June 3 at 5b's Bakery, at 6 p.m. Start your summer by making Sun Catchers! Display in your window or garden. Bring an old cake or muffin tin. Open to all ages. Every first Friday of the month is Craft Friday at 5b's Bakery.

Storytime is June 4 at 11 a.m.: "Get in the Game and Read!" Families with young children may join us for stories, songs, and a simple craft.

New arrivals

In adult fiction, *Britt-Marie Was Here* by Fredrik Backman. In adult nonfiction, *Valiant Ambition* by Nathaniel Philbrick. In children's, *Thunder Boy, Jr.* by Sherman Alexie.

The next Upper Skagit Library Board of Trustees meeting is Thur., June 9 at 5 p.m.
—Cora Thomas, library associate

Sheriff's Blotter, cont. from p. 31

scared them both. Deputies are looking to speak with the man, who has warrants for his arrest. The generator is still broken. There's a country song in here somewhere.

May 18

A caller who resides on Benjamin St. in Concrete reported a theft of a pistol. The homeowner was out of town when a few friends stopped by the house. They had a pretty intoxicating party, and of course items were discovered missing and broken the next day. Deputies are questioning the party goers to determine who may have taken the pistol.

May 19

Someone scrawled graffiti on the historic Henry Thompson Bridge in Concrete. It was written with a green marker, and was likely written by a juvenile delinquent. Deputies have no suspects at this time, but are following up with good kids in the neighborhood.

May 21

Deputies have received reports from the U.S. Geological Survey that thieves have been stealing batteries from remote locations near Marblemount. At least three local river water level gauges have had their deep cycle batteries stolen. This is disturbing and, frankly, pretty stupid. Why

would you steal from a safety mechanism that could very well save your life one day?

May 22

A 50-year-old Rockport man was booked into jail for several investigative charges stemming from a domestic dispute. A caller from the residence indicated there was a shotgun involved, and deputies found a shotgun secreted nearby. The man was booked after deputies determined he was not allowed to possess any weapons, let alone threaten anyone with them.

May 24

A deputy attempted to arrest a man on

a traffic warrant near Loggers Landing in Concrete. This was a minor traffic offense and he would have been booked and released; however, the man decided to flee. The deputy gave chase, but the methamphetamine-fueled runner outran my deputy. A caller from Main St. reported a short time later that "Alex" had popped out of the bushes and was hiding from deputies. We know who "Alex" is; he is now facing more charges—and probably still hiding.

—Compiled by Sgt. Chris Kading

BUSINESS DIRECTORY

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UpRiver Bookkeeping Services

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

Pawn shops

Gold Nugget Jewelry & Loan

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Restaurants

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44586 SR 20, Concrete
360.853.9006

RV Repair

Goldner RV Repair, Concrete

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AC/DC electrical
360.826.3303 // rvrepair@frontier.com

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Antiques, Vintage, Collectibles, Thrift
Inside & upstairs at Gold Nugget Pawn Shop
Corner of Hwy 530 & Mt. Loop Hwy, Darrington
Tue.–Fri. noon–6, Sat. 10–5
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June at the Darrington Library

On your Mark, Get Set, Read! Read, learn, and discover all that is happening at your library this summer.

Explore Summer starts June 1.

- Explore Summer Kickoff: Clap Hands, stomp feet, find Brazil's Olympic Beat! Thur., June 22, 3 to 4 p.m.

Children and family programs

- Reading with Rover (read a book with a dog), Mon., June 6; 3:30 to 4:30 p.m.
- LEGO Robotics, Mon., June 27; 3:30 to 4 p.m. Ages 7 and up.
- Minecraft Build Challenge, Thur., June 2; 3 to 4 p.m. Ages 9 to 12.
- Mario Kart heats, Wed., June 8; 1 to 2 p.m.; for school-age children; registration required.
- DIY Fathers Day craft, Sat., June 18; 1 to 2:15 p.m.

Teen programs

- Teen Movie: "Star Wars: The Force Awakens," Wed., June 22; 1 to 3 p.m.

Adult programs

- Darrington Writers Group, Fri., June 17; 3 to 5 p.m. Join this supportive group to get feedback and guidance from peers, a published author, and library staff.
- 3C Book Group: Coffee, Cookies, & Classics, Fri., June 24, 4 to 5:30 p.m. June's title: *I, Robot*, by Isaac Asimov.
- Darrington Friends of the Library meeting, Wed., May 4, 5:30 p.m.

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

—Asheley Bryson, branch manager

Lions ROAR

As summer begins, the Concrete Lions Club looks ahead to Cascade Days on Aug. 20–21. Our members will be there on Aug. 20 with the barbeque fired up. Hope to see you all there for a fun day in Concrete.

The **June meeting** will be June 1 in the front room at Annie's Pizza Station. The meeting starts at 6:30 p.m.; however, there is always a group that gathers around 6 p.m. to eat and socialize before the meeting starts. All current members mark your calendars. For those interested in becoming a member, submitting a request, or just wanting to see what we are about, please feel free to stop in.

This is the last meeting until fall. If you have needs that we can help with contact any of our members with your request.

The Concrete Lions Club has access to

medical equipment, such as wheelchairs, walkers, shower chairs, and commodes, which can be lent to help those in need. Contact any Lions Club member and we will do our best to help you.

As summer begins, it is the time to think about our commitment to ourselves and others. I encourage members of our community to think about and **join your local Lions Club**. Our club is your club. We are a club to serve you and our community. Our hope for 2016 is to increase our membership numbers times two. We all have friends and family who have seen the outreach of your local Lions Club, so now is the time to give great thought about being a member! For those interested in becoming a member, submitting a request, or just wanting to see what we are about, please feel free to stop in to one of our meetings.

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

—Connie Smithhart

To add your business
to this directory, call

360.853.8213

or e-mail

editor@concrete-herald.com



Out & About



Home & Garden



Burlington

"Spaces" created to aid B-E school staff

Across the nation, many youth struggle to access basic necessities and resources that foster student success, growth, safety, and security. This is often because of high mobility, homelessness, and poverty.

The Skagit County community is not immune to this problem. Recognizing this, Leadership Skagit Team 3+1 members created the "Burlington-Edison Spaces for Success" project. The project's purpose is to help school staff to support students by providing three new "Spaces" at Burlington-Edison High School and the Burlington-Edison North School.

One of the three "Spaces" created through the project is the "Community Closet." Located in the heart of the B-EHS campus, the Closet holds an organized, sustainable inventory of supplies commonly unavailable to students when they lose their permanent home: school supplies, clothing, toiletries. Supplies can be taken easily and discreetly.

Overseen by the B-EHS Counseling office, the Community Closet is also designed to include access to mental health resources on depression, anxiety, drug and alcohol treatment, and emotional or physical abuse.

Another "Space for Success" that



Leadership Skagit Team 3+1 members created the "Spaces for Success" project for Burlington Edison High School and Burlington-Edison North School. From left, Duby Petit, Amanda Hubik, Allen Stockbridge, Veronica Lopez, Christi Kinney. *Submitted photo.*

Team 3+1 was able to create was a "Counseling Corner" at the B-E North campus. Through generous donations by the Burlington community, the team constructed a private, safe, secure, and discreet space for Burlington North staff members to discuss needs and concerns with students and family members.

Donations funded room partitions, a desk, hutch, bookcase, and comfortable chairs. The partitioned office allows for private consultation, direct counseling, or simply moments of solitude for students.

Team 3+1 also took on the challenge of tripling the Burlington-Edison InvestEd Fund. The Team raised community awareness of this existing InvestEd

program while gathering monetary donations to contribute to the fund from Burlington service clubs, businesses, and private individuals. InvestED is a Washington nonprofit organization that provides students with small amounts of short-term, item-specific, need-based funding. Items such as shoes, coats, glasses, sports equipment, and academic fees directly support B-EHS and B-E North students. All B-ESD schools have this fund set up in their name; donations can be made at <https://donatenow.networkforgood.org/1403422>.

Finally, the Burlington Healthy Community Coalition (BHCC) was brought on as a community nonprofit

partner. In order to keep the project sustainable, the BHCC will collect and distribute donations to InvestEd and the school district on an ongoing basis. The BHCC is a nonprofit group made up of a partnership of the Burlington-Edison School District, parents, and the community with a mission of maintaining a safe, caring community for local youth.

With generous Burlington businesses, private individuals and a local Foundation providing funding through monetary and in-kind donations, the B-E Success for Success project has invested nearly \$15,000 in support for youth most in need. The Leadership Skagit Team 3+1 members include Christi Kinney, Amanda Hubik, Duby Petit, Veronica Lopez, and Allen Stockbridge, with Leadership Coach Joe Thurmond.

—Christi Kinney

State

State officials will not raise I-90 speed limit in eastern Washington

After review, analysis, and public input, WSDOT, Washington State Patrol, and Washington Traffic Safety Commission announced May 11 that, due to safety concerns, they will not increase the speed limit on Interstate 90 in eastern Washington.

The partners reviewed increasing the speed limit from 70 to 75 mph along roughly 100 miles of I-90 beginning near George to the Lincoln/Spokane county line. They found the increased risks and costs associated with the proposed change far outweighed the projected time savings.

In particular, analysis of the roadway, crash history, current speeds, and other states' experiences predicted an additional 1.27 fatal or serious crashes annually if the speed limit was raised. A higher speed limit also would bring an estimated \$8.3 million in additional annual safety costs, the analysis found.

By comparison, the review found that raising the speed limit to 75 mph would save just an estimated five minutes on a 100-mile trip.



Concrete Youth Dynamics participants spent their May 16 Community Service Night at the Angele Cupples Community Garden in Concrete.

Above: They broke a sweat filling the gabion retaining wall that eventually will run along the northern edge of three greenhouses.

Above left: Spreading wood chips in pathways was again a top priority. Everyone who wasn't working on the wall was asked to grab a wheelbarrow or a rake, and get cracking.

AREA FOOD BANKS

Clear Lake

Community Covenant Food Bank

Next to church at 12605 Hwy 9, Clear Lake
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360.826.4090

Lyman

Shepherd's Heart Food Bank

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Every Thur. 10:30 a.m.–1 p.m.
Self-help classes after food bank closes; call
for subjects: 360.853.3765

Concrete

Concrete Food Bank

112 E. Main St., Concrete
Second and fourth Tue. each month,
Noon–3 p.m.
360.853.8505

Marblemount

Bread of Life Food Bank

59850 State Route 20, Marblemount
First and third Wed. each month
11 a.m.–4 p.m.
360.873.2504

Darrington

Darrington Food Bank

First Baptist Church
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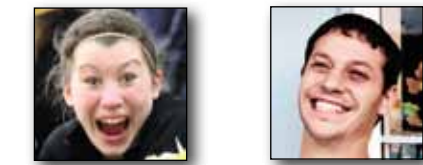
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Smile



Dwelleysms

Wit from former
Concrete Herald editor
Charles M. Dwelley

“It is a common habit to wish things would get back to ‘normal.’ That word has come to mean something quite foreign from the original interpretation. Now it is regarded as a sort of ideal existence that must at one time have been a common thing. In the past half century, we can recall no such heaven on earth. Actually, ‘normal’ is when pocket income cannot keep up with pocket outgo, when changing conditions continually keep you off balance, when births and deaths alternate joy and sorrow, when there is always a tomorrow in which to plan to make up for the wasted moments of today. Normal is living and breathing and all the business connected with it. It may be a hectic pace or annoyingly slow, but don’t ever hope that things will someday get back to normal. If they were any more normal, you couldn’t stand it.”

“To clarify all the confusion in election oratory, what the candidates are trying to say is that we must have an economy in which everyone who drives a big car can afford it.”

—Sept. 27, 1956

“A four-day week by 1960 is the goal of auto workers.” By that time we’ll all need the extra three days off to wear out the cars fast enough to keep the new models coming.”

“Hit-and-run accidents are increasing. Not only are drivers getting careless about running over people, but they just don’t want to discuss it afterward.”

“Desperation is that narrow line between a slim hope and a fat chance.”

—Oct. 4, 1956

“An 8-year-old girl has inherited a Texas fortune. She now faces a barrage of letters of proposal from young moppets who would like to go through life sharing her bubble gum.”

“Don’t miss voting this fall. It’s the only way you can give your arguments a little authority.”

—Oct. 18, 1956

“Giving brings happiness, we are told, but so much taking is going on that the only giving has to be on a spare time basis.”

—Oct. 25, 1956

“Once again the cry is raised for a county curfew law. The kids who will bring about this law and the ones who will abide by it are two different groups—and the latter will be the only ones inconvenienced.”

—Nov. 1, 1956

“As a last word about elections: You can lead a voter to ballot, but you can’t make him think.”

—Nov. 8, 1956

“A limited-access superhighway from Seattle to Washington, D.C., is predicted within the next 13 years, presumably to be used by people who come out here to get rich and the Treasury Department for hauling said wealth back to the capitol.”

“Scientists are now checking the accuracy of their old computations on the weight of the world. Lately it seems there is a belief that it has been weighed and found wanting.”

“It is hard to preach the benefits of honesty and right living when so many stinkers live to ripe old ages while breaking all the rules.”

“We are hearing a lot about tight money these days. What we get hold of is still loose enough to slip through our fingers.”

“And the most successful politician is the one who never forgets a face or remembers a campaign promise.”

—Nov. 15, 1956

Concrete Harold

By Joyce Harris

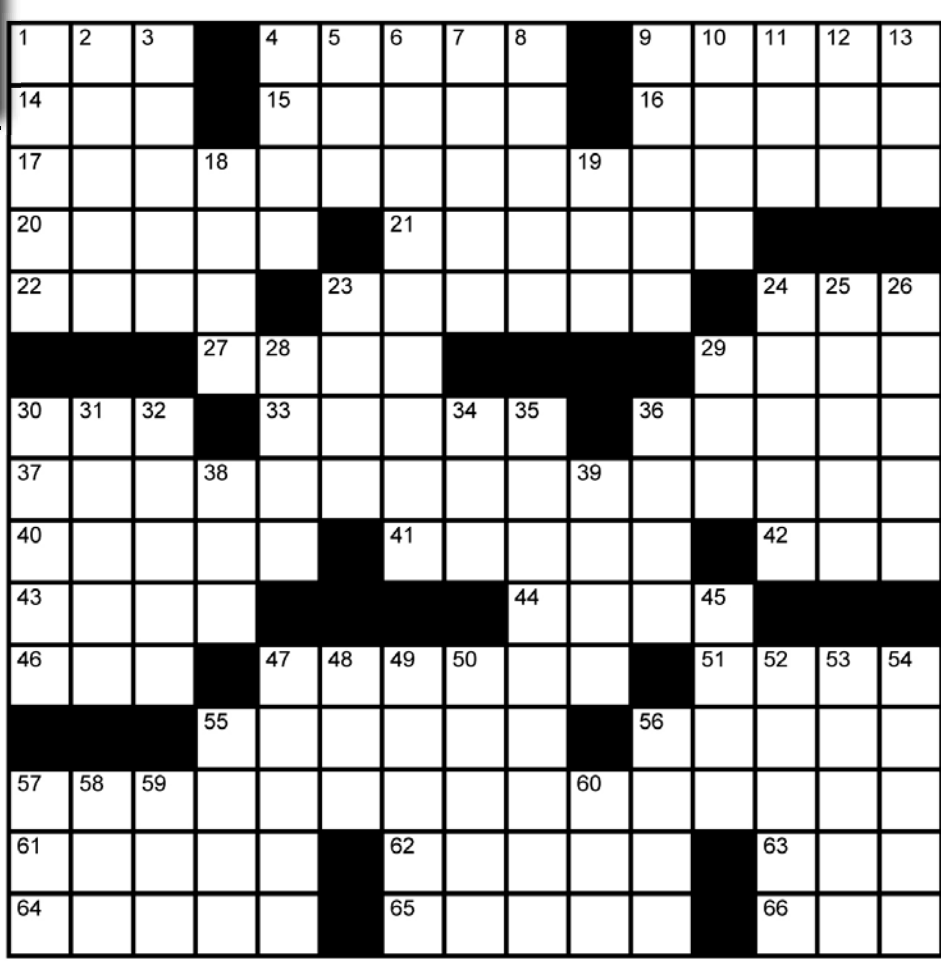


Public Service Announcement

By Stig Kristensen



Crossword: “Heavenly bodies”



Across

- 1. Ninny
- 4. Exploits
- 9. Addition symbol
- 14. Kind of dog
- 15. Remove a brooch
- 16. Category of arachnids
- 17. Breakfast order
- 20. Protection
- 21. Sealed
- 22. Day of the month
- 23. Stuffing
- 24. College major
- 27. Flatten
- 29. Affirm
- 30. “_____ a chance”
- 33. Lead provider
- 36. Agreement
- 37. Leno and Walters, for example
- 40. Wake-up call?
- 41. Tear
- 42. “_____ a chance”
- 43. Blood pigment
- 44. K follower
- 46. Referendum choice
- 47. Desk item
- 51. Vandalizes, in a way
- 55. Small green parrot
- 56. Plastic wrap, for short

Down

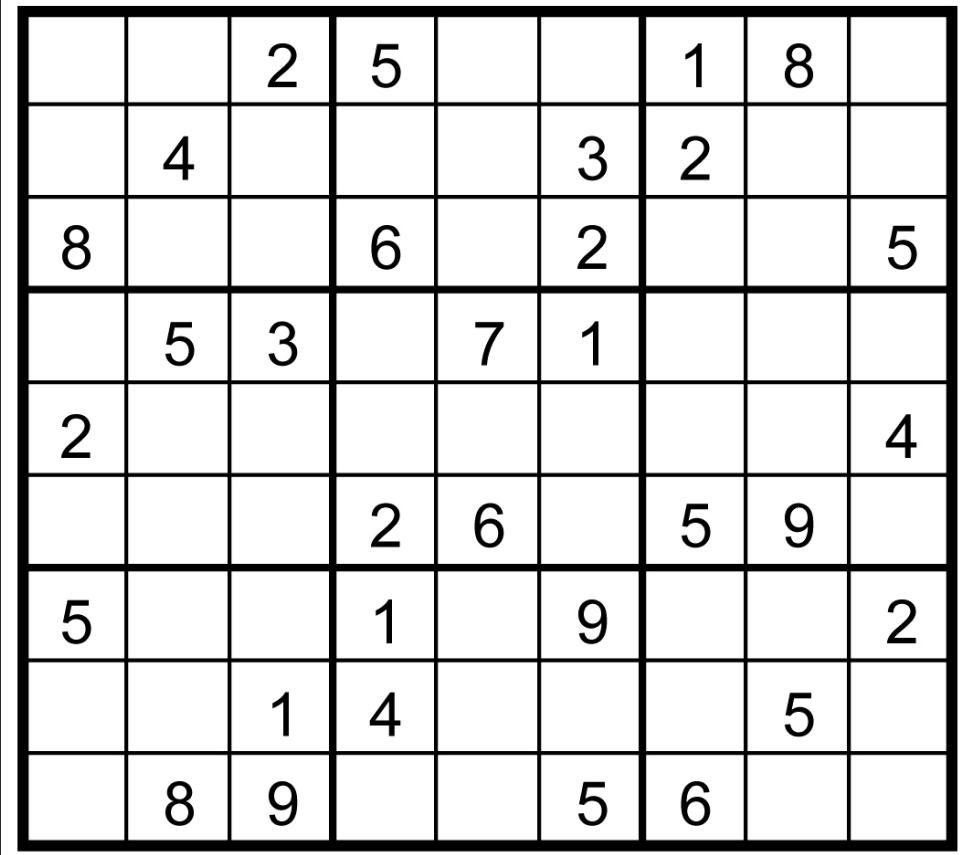
- 1. Very, in music
- 2. Pivoted
- 3. “The Playboy of the Western World” author
- 4. Secures with a rope
- 5. One-striper: Abbr.
- 6. Piquance
- 7. Like some currents
- 8. Fishhook line
- 9. Pungent condiment
- 10. Breezed through
- 11. Make fun of
- 12. Joule fraction
- 13. Woody Herman’s “_____ Autumn”
- 18. Not yet final, at law
- 19. It has strings attached
- 23. Central points
- 24. Winged
- 25. Taking it back to the old-school?

Across

- 26. Rendezvous
- 28. Common request
- 29. Social worker?
- 30. Restive
- 31. Titter
- 32. Diets
- 34. Barely beat
- 35. Hag-ridden
- 36. Mouse manipulator
- 38. Palindromic conjunction
- 39. Approximate
- 45. Overflow
- 47. Play too broadly
- 48. Showed
- 49. Alchemical solvent
- 50. Balkan capital
- 52. Underplay
- 53. Twilight, old-style
- 54. Numbers
- 55. Malaria symptom
- 56. Eur. think tank
- 57. Trash
- 58. It’s stranded
- 59. Natl. Humor Month
- 60. Cast

Sudoku

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



*Solutions to both puzzles are on p. 38.

Funny as Facebook

- The following funnies were pulled verbatim from Facebook status updates in May.
- “Well, apparently I am not up on what is acceptable on how a cat can wake you up ... I was woken up by Sally rubbing her backside across my face ... I know this because her tail dropped into my open snoring mouth and made me gag ... and then she looked at me like I should have known this would happen ...”
 - “Things that resulted in Norah having an existential meltdown tonight:
Megan eating a raspberry that Norah, seconds before, said she didn’t want to eat.
Not being allowed to go outside in her pajamas to see the maggots in the compost bin.
The mere suggestion that someday, 13 years from now, Norah would be in college and would no longer need us to tuck her into bed at night.”
 - “I just received a friend request from my 15-year-old son. I can name 1298532872 ways this won’t end well.”
 - “My 8-month-old puppy has decided that since it is finally warm outside, she is now going to only walk five steps at a time before lying down and catching some rays. Makes for some really drawn-out walks, though I think she may be on to something.”
 - ““Go, boy with stick!” —reductionist baseball fan”
 - “I have determined that the comfort of a two-piece suit combined with the feeling of sun on my belly far exceeds any worry about what someone may think of my body in a bikini.”
 - “Road-tripping to Mt. Rushmore in June! Would love any tips or advice. Though understand that if you tell me to skip the Corn Palace, I will ignore you.”
 - “I realize everyone has their own subjective take on what constitutes a problem, but I just experienced someone complaining that a new park had too many benches.”
 - “For a moment today I thought my workouts were working, as I could see a bit of light shining between my thighs. Turns out I dropped some mayo on my lap.”

Seniors, cont. from p. 11

my freshman year, or making it to State for track my freshman and sophomore years. My future goal is to attend Whatcom Community College and become a physical therapy assistant.



Hopfield

Shelby Meacham

My favorite memory from high school is getting to dance to "Thriller" alongside my teachers. I would someday like to teach an elementary science course. I would love to influence a student to learn more and further their love of academics, like my teachers have for me.



Meacham

Robert Nevin

My football seasons were by far the best experience I've had. They were amazing and really fun.

Hopefully I'll become a mechanical engineer in the future.



Nevin

Katelin Pritchard

After high school I plan to attend Skagit Valley College to pursue my career in the medical field.

Brayden Olmstead

My favorite memory is playing football with my best friends and beating Darrington by a field goal in the last seconds of a game.

I plan to attend Bellingham Technical College and become a



Olmstead

journeyman for HVAC.

Tucker Scollard

My favorite memory of high school is playing football with my friends on Friday nights.

Also, making people laugh and laughing with my friends, giving teachers hell, pushing each other to the limits but never overboard, and always having fun.

I want to become a union worker, either carpentry or electrical. I want to move to Montana, buy a piece of land, and build a house. I would like to come back and visit Concrete one day to remember where I grew up.

James ("Bird") Suit

My favorite memory was coming through the depths and overcoming so much to graduate with my fellow



Scollard



Suit

Ashten Tygret

My favorite memory was going to UCA cheer camp my freshman year. It made me realize that there are a lot more girls outside of our community who shared



Tygret

classmates. My future goal is to be a police officer, state trooper preferred, but in my free time is to be a hunting and fishing guide here in Concrete.

the same passion for cheer. Next fall I am attending Washington State University. I plan on graduating with my class of 2020 and achieving a bachelors in apparel merchandising.

Classifieds

MOVIES & EVENTS AT THE HISTORIC CONCRETE THEATRE

WEEKEND MOVIE SCHEDULE:

Fri., 7:30 p.m.; Sat., 5 and 7:30 p.m.; Sun., 5 p.m.

TIX: \$8 general admission, \$7 for 65 and over/12 and under

24-hour MovieLine: 360.941.0403

www.concrete-theatre.com

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Berry Pickers Wanted: Part-time help needed in Rockport for raspberry and blueberry harvest. June, July, and into early August. Call Blue Heron Farm, 360-853-8449.

RESIDENT CARETAKER. CASCADE RIVER PARK in Marblemount is seeking qualified applicants for the position of RESIDENT CARETAKER. Competitive pay and benefits package in a stunning, rural location. Must have experience, good technical and people skills, and verifiable, clean background. See details at www.cascaderiverpark.com. Closes 06/12/2016. (EOE)

FOR SALE

Raspberries and Blueberries, certified organic, U-pick (\$2/pound) and we-pick, available July. Blue Heron Farm, Rockport. 360-853-8449.

NOTICES

PUBLIC NOTICE TO WAVE TV CUSTOMERS

Due to programming cost increases from TV networks owned by CBS Corporation, Disney/ESPN, FOX Broadcasting Company, regional sports programmers, and independent channel providers, Wave's Cable TV rates will be adjusted in July.

At Wave, we offer our Expanded Content TV programming tier to customers at a subscription

price equal to the cost we pay for the content included. When network owners increase their monthly fees to us, we pass through the new rate to those customers that subscribe to that tier of service. To make it easy to understand the passed-through programming costs paid to cable networks, this information is detailed on each customer's bill.

At Wave, our number one goal is creating happy, long-term customers. We work diligently on our customers' behalf to manage TV programming costs, while seeking more choices. Unfortunately, cable television networks continue to increase their fees and require us to bundle their channels together which limits your choice in selecting the programming you want to watch. For more information on the costs associated with TV programming, please visit www.wavehome.com/content.

Further details, including alternate entertainment options, will be included in each customer's July bill statement. Thank you for choosing Wave. 1-866-WAVE-123

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Sudoku solution, from p. 37

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

Crossword solution, from p. 37

1	A	S	S		4	G	E	S	T	S		9	C	A	R	E		13
14	S	L	Y		15	U	N	P	I	N		16	A	C	A	R	I	
17	S	U	N		18	N	Y	S	I	D	E		19	U	P	E	G	S
20	A	E	G	I	S		21	C	A	L	K	E	D		24		25	26
22	I	D	E	S		23	F	I	L	L	E	R		29	A	R	T	
					27		28	I	R	O	N							
30	I	T	S		32	S	C	E	N	T		34	U	N	I	T	Y	
37	T	E	L	E	V	I	S	I	O	N		39	S	T	A	R	S	
40	C	H	I	R	P		41	S	P	R	E	E		42	N	O	T	
43	H	E	M	E						44	M	A	R	T		45		
46	Y	E	S		47	E	R	A	S	E	R		51	E	G	G	S	
					55							56						
57	D	R	A	G	O	N		58	F	H	E	M	O	N		60		
61	I	N	P	U	T		62	T	I	E	U	P		63	Z	A	G	
64	S	A	R	E	E		65	H	A	D	E	S		66	E	M	S	

Letters, cont. from p. 2

Do they want to create more burdens on society? I have lived in the so-called "floodway" for nine years, just like almost all of the other residents, yet I am the only person being cited. It is unfair, plain and simple!

Mary Parker
Cape Horn

Volunteers make it happen!

In conjunction with the opening day of Concrete's Saturday Market, the Upper Skagit Library Foundation held its semi-annual Books by Donation drive.

The Foundation wishes to thank all the volunteers who helped during the day, all those who donated books, or those who discovered treasures worthy of their donations. The event was a great success. To get this thank-you submitted as this issue was being finalized I was not able to thank everyone by name, but once again you proved that so many of the good things that happen in our community are because people take an active role in it. Thanks again.

John Boggs, book donations coordinator
Upper Skagit Library Foundation

SEDRO-WOOLLEY
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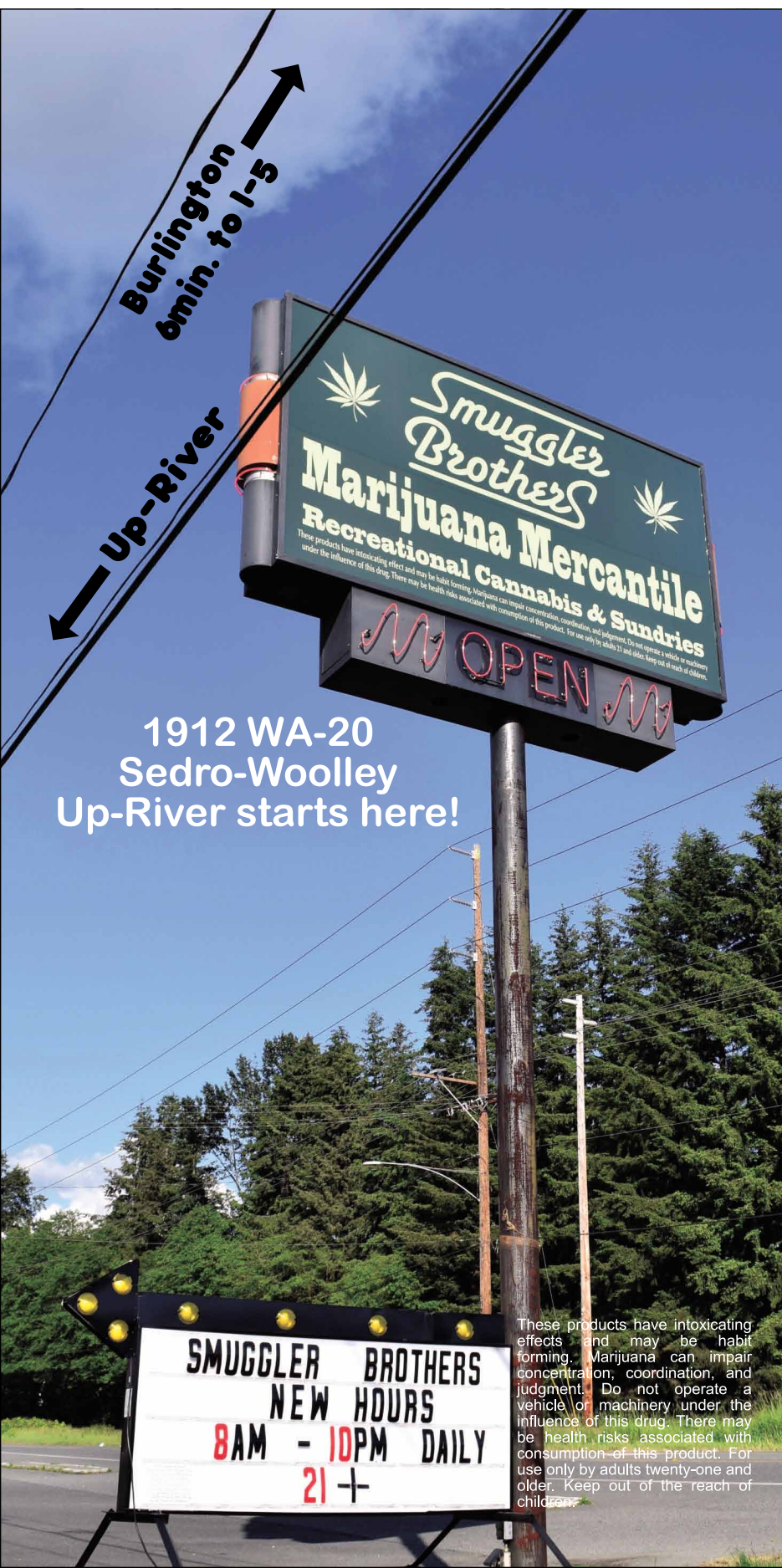
\$50

For only \$50, you can remember a beloved veteran who served in any of the U.S. armed forces. Make your payment at Concrete Town Hall. Trees are planted along the west edge of Veterans Memorial Park. Your veteran's name, rank, military branch, and years of service will be included on a sign near the trees.

There's room for 13 trees; first come, first served.

For more information, call 360.853.8401.

There's room for 13 trees; first come, first served.



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