

The Voice of the Upper Skagit Valley Concrete Herald

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50 cents

Clear Lake • Sedro-Woolley • Lyman • Day Creek • Punkin Center • Hamilton • Birdview • Concrete

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Encore Fitness participants, from left, Helen Ovenell, Sherry Hornbeck, instructor Valerie Stafford, and Melissa McAdam.

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Concrete Herald

The Voice of the Upper Skagit Valley



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

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

Are you one of the STPs?

I recently finished a book about small towns and the things their citizens do to kill them. You'll hear more about that book, *13 Ways to Kill Your Community*, in the coming months, but for now I'd like to call out a phrase that caught my eye.

At one point, the author referred to "STPs"; that is, the "Same Ten People" who show up at meetings and events, lending their hands wherever help is needed.

Concrete is about to lose one of its STPs, and I'm wondering how many people are going to step forward to take her place. I'm talking about Carol Fabrick, whose face I

See STPs, this page

Opinion

Letters to the editor

The flip side of thievery

In January a neighbor down the road witnessed thieves driving away from my property with a load of stolen firewood. Unfortunately, she did not catch the pickup's license plate number. A week later she discovered a fallen maple by her garden, then had two guys buck and split it, after which one of them delivered a full truck to my woodshed, a precise opposite of the thieves.

After my robbery report letter was published in the February *Concrete Herald*, a woman with a cabin in Concrete called editor Jason Miller to offer a free load of firewood to replace what had been stolen. I do not know this woman, nor she me. She simply wanted to help another person, one who'd had fuel stolen in mid-winter. Thanks to others, I no longer needed more wood, but her altruism, her active concern for someone she did not know, warmed the hearts of my wife and me more than our old Franklin fireplace ever could.

Within a month we had encountered two extremes of human nature: the selfish side with no concern for others, and, flipped over, the compassionate side acting to help strangers in need. In the middle, we fortunately have a local newspaper spreading the word.

Nice start to 2014.

Bob Keller
Marblemount

STPs, continued

see on a regular basis, whether I'm sitting in a Town Council meeting, a Planning Commission meeting, an Imagine Concrete workshop, or any number of other gatherings. She even fills in at Town Hall when schedules require it.

Carol will move to Burlington soon, and even though she intends to continue her Town Hall work, the simple fact remains that she will no longer be able to engage in Concrete goings-on at the level she once did.

Who will step up to fill her shoes? That remains to be seen. I was encouraged during the Feb. 25 Town Council meeting to see a well-qualified individual, Sandra Jones, throw her hat in the ring to take Carol's seat on the Planning Commission.

One down, many to go.

Concrete has tremendous potential, but it has to be pursued by its citizens, people who are willing to roll up their sleeves and get involved—or get *more* involved.

Not sure where to start? Check out the "Community Meetings" box on p. 15 for ideas. If you've been waffling over getting involved in your community, there's no better time than the present to act—and to become one of the STPs who work toward Concrete's success.

A final quote from *13 Ways*: "... the only way ever to ensure the success of any community is for the community itself to decide it wants to be successful."

—J. K. M.



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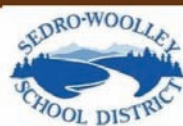


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Sedro-Woolley High School Gym
1235 Third St, Sedro-Woolley WA



Message from the mayor

By Jason Miller

March is going to be a busy one. My top priority this year is the construction of the new **Fire and Life Safety Building**. That means numerous meetings (three in February, for starters) with Fire Chief Rich Philips, Public Works Director Alan Wilkins, architect Peter Carletti, town engineer Cody Hart, and electrical and mechanical engineers. We're still on track to advertise for a contractor in late March or early April, with construction beginning in May.

A **public forum** to discuss the Fire and Life Safety Building is scheduled for Wed., March 12, at 6 p.m. The forum will be held at Concrete Town Hall, 45672 Main St., Concrete. The public is invited to view the building plans and ask questions of project managers. For more information, contact Clerk/Treasurer Andrea Fichter at andrea@concretewa.gov or 360.853.8401.

One of my campaign promises was to create more separation between my duties as mayor and those of *Concrete Herald* publisher. Last month I made good progress toward that goal by bringing on writer **Andrea Weiser** of Marblemount. Weiser will focus on town government-related articles on topics about which I have either publicly or privately voiced an opinion. Her pieces will be edited by *Concrete Herald* proofreader Katy Tomasulo, who lives in Seattle.

Weiser's first assignment was to cover the Eagles Nest Motel issue, which has been a topic of discussion at the last several Town Council meetings. You can read that article on p. 4 of this issue.

I continue to search for a reporter who is able to attend the Concrete Town Council meetings, which are held the second and fourth Mondays of each month, at 7 p.m. at Town Hall.

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



Weiser

Commentary

2014 legislative session enters homestretch

By Rep. Dan Kristiansen, 39th Dist.

We are now in the last third of the 60-day legislative session. In these last two weeks, state lawmakers will need to make mid-course adjustments to the state's two-year operating, capital, and transportation budgets. There also are several pieces of legislation in play in the House and Senate that would impact our economy, schools, health care system, community safety, agriculture community, and the Washington State Department of Transportation. While it appears that a transportation tax package will not move forward this legislative session, anything is possible from now through March 13.

Olympia should never feel like a distant or scary place. We truly have an open citizen legislature that allows you to be involved with the issues you care about the most, and there are different ways for you to participate in the legislative process.

One way of getting involved is testifying or commenting on a bill. It's not as hard as you might think.

A constituent contacted me recently about legislation that she opposed. I encouraged her to come testify on the measure and share why it would hurt her small business. She came to the Capitol and testified against the bill. Her input provided me a different perspective on the issue and I appreciate it.

If you don't want to testify in a committee hearing, but want to watch one, it's easy to do. You can watch committee hearings and chamber sessions online by going to twv.org. You can also learn more about visiting the Capitol campus and



Kristiansen

watching legislative action up close by going to leg.wa.gov.

If you want to comment on a bill, go to apps.leg.wa.gov/billinfo, enter a four-digit bill number, and click on "Comment on this bill."

If you'd like to pick up the phone and share your views with a state lawmaker on an issue, call the toll-free legislative hotline at 800.562.6000.

Finally, if you'd like to sign up for an e-mail that provides you current news stories on legislative issues each weekday, go to www.houserepublicans.wa.gov/capitol-buzz.

There are many ways for you to be involved in your citizen legislature. I hope you take advantage of your opportunities. Please let me know if you have questions.

Rep. Dan Kristiansen serves the 39th District. Reach him at 360.786.7967, dan.kristiansen@leg.wa.gov, or online at www.representativedankristiansen.com. Write to him at 335C Legislative Building, P.O. Box 40600, Olympia, WA 98504.

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The Voice of the Upper Skagit Valley



Elk wander along the runway at Mears Field in Concrete in January, creating a potential hazard.

Commentary

Citizen committees tackle elk issue

By Art Olson

This month I'll explain what one of the citizen committees is learning. Concerned citizens have now been appointed to one of five committees to address the main issues identified by Washington Department of Fish & Wildlife (WDFW), and as a member of the Damage Committee, I will attempt to share some of the findings from this group.

A few months ago, I read an article in the paper that stated that the WDFW had awarded approximately 80 elk damage permits, year to date. If I didn't know better, I would assume that this meant monetary reimbursement for damage

caused to crops and property.

In actuality these were permits given to landowners to "take" one elk in lieu of payment, as the state has no budget designated for reimbursement. No monies have been earmarked by the legislature for more than three years. Instead of being reimbursed for documented damages, WDFW will "give" you a permit to shoot an elk and you sign away your claim—such a deal. It doesn't make a lot of sense, especially for cattle ranchers, who usually have more meat than they know what to do with, or if your damage runs into the tens of thousands of dollars—far, far more

than an elk is worth.

So, how does this work? First of all, in order to make your claim, you have to be able to show you have at least \$10,000 worth of crop value. You also need to provide three years of tax statements as proof. Then, within 24 hours of the discovered damage, you need to hire an adjuster/inspector who has to travel here from eastern Washington, as there are no state inspectors on the west side of the state. Not cheap. In addition, there is a \$10,000 limit on all claims.

Local potato farmer Larry Jensen recently had the damage to his crops assessed and was told "we might as well stop now because we are already over the maximum." Day Creek hay farmer Jim Hayton estimates the elk damage to his neighboring four farms to be approximately \$100,000 this last year alone. And the list goes on.

These farmers and landowners have been attending the public meetings for a number of years now and keep asking WDFW to do something about this problem sooner rather than later. They are "bleeding out." But what WDFW is doing is formulating a five-year plan, which is due to be submitted in December 2014.

Council concerned about long-term guests at Eagles Nest Motel

By Andrea Weiser; edited by Katy Tomasulo

Reports that the Eagles Nest Motel was being used as transitional housing raised concerns among Concrete Town Council members last November. New owner Greg Bowlin was quick to smooth out misconceptions, assuring the Council that he is running the Eagles Nest as a motel, with reduced rates for up to a 30-day stay.

To do so for longer would necessitate a change in zoning, according to Concrete Town Planner Marianne Manville-Ailles. "The Eagles Nest Motel falls within commercial light industrial zoning, which is a broad category ranging from retail to light industrial warehousing," Manville-Ailles said. "However, he can't do apartments or houses. It's not residential."

Bowlin said his intentions for the building are simple—to provide low room rates and generate consistent revenue, which will go directly back into hotel and office space improvements. "I want to shine a good light on this and attract the right people," he said.

Manville-Ailles said that the change-of-use permit Bowlin has for that space conditionally stipulates only three employees and a low volume of clients. Substantial remodeling, including installing an extensive sprinkler system, would be required to have heavier foot traffic, and cost can be the limiting factor in an older building like this.

In the motel, Bowlin is replacing things like outdated carpet, vinyl flooring, and beds, and has made updates for fire safety.

Bowlin also is renovating the museum space, turning it into rentable office space with three cubicles. One potential renter is Washington Home of Your Own, an Everett-based non-profit organization linked with Sunrise Services that provides affordable HUD housing to people with chronic mental disabilities.

Local resources

Sunrise Services has met with Community Action, the Sheriff's office, and others,



The Eagles Nest Motel in Concrete has a new owner, who says he intends to renovate the museum space in the building and upgrade the rooms, which allow for up to 30 days' stay. The property has a shaky reputation, one that some Concrete citizens fear still lingers.

which created the implication that there might be plans to offer transitional housing in Concrete.

Transitional housing, which the Substance Abuse and Mental Services Administration defines as temporary residence for people experiencing homelessness for up to 24 months, can be a springboard for future success, yet it can also backfire if residents fall into old patterns of illegal activity.

Concrete does offer some of the type of support services that typically go hand-in-hand with transitional housing through the East County Resource Center. According to Lou Hillman, Director of the East County Resource Center, these services include mental health counseling, Department of Health and Social Services financial help, legal counseling, WIC, counseling for teens, and training to get a food handlers' permit, as well as several other services available to the general public and services specifically for veterans. The Concrete Food Bank is another key resource for low-income residents, and public transportation, through SCAT, can help those without a car or drivers' license get to Burlington, Mount Vernon, and beyond.

Hillman says she has referred clients to the Eagles Nest because of the low rates.

When asked about the Eagles Nest in late February, Concrete Mayor Jason Miller expressed concern about attracting undesirable activity should the motel become unofficial and unregulated transitional housing. "We don't want a replay of what went on in the past at the Baker Hotel," he said. "People were staying there too long, and it had become a problem property and a hangout for drug users—a 'crack hotel.' We don't need another situation like that. We don't need to become a haven for drug users. I do not intend to let Concrete be a town where illegal drug users can be comfortable. They are not welcome here."

Miller also is the publisher of *Concrete Herald*.

Bowlin pointed out that as a motel, he is required to have an employee in the rooms a minimum of every three days—not ideal for anyone trying to hide illicit activities. "But I have to be prudent," he said, "I don't want to be discriminatory." He does require background checks for anyone wanting to rent a room for an extended period.

When asked if he was planning to flip the property, Bowlin said no. He said he came to Concrete for a good investment. After improvements, he plans to raise motel rates and bring it above a low-income level. He envisions a place for eagle watchers and steelhead fisherman to feel comfortable and enjoy the location.

Miller is hopeful about a best-case scenario. "That property has languished for many years," he said. "I see Mr. Bowlin's effort as a reasonable way to bring about change. I'm supportive of positive changes and increased revenue."

Questions remain

Still, recent events leave the council concerned. During the Feb. 25 Town Council meeting, Sergeant Chris Kading reported that deputies are responding to a lot of calls at the Eagles Nest and that management has not been very helpful in assisting the sheriffs with why these people are choosing it as a place to stay. According to Kading, a lot of the people staying at the motel are from the Everett area; he and the deputies are doing their best to remove these people from town when responding to calls there since they are not residents of the town.

Kading said he believes someone is actively bringing these people to town, and that management and not the actual owner, Bowlin, may know more than what they are telling the deputies.

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Jason Miller, co-manager
360.853.8213 or goodwords@frontier.com

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Garden for kids under 18 years.

Does East Valley Medical have a future?

At noon on April 1, a ribbon-cutting ceremony in Sedro-Woolley will mark the beginning of a new approach to health care in eastern Skagit County, as PeaceHealth United General Medical Center becomes a reality.

In Concrete, that reality might soon mean the end of East Valley Medical Clinic as it exists today, if a new way of managing its predominantly low-income clientele can't be found.

In 2013 United General bought East Valley Medical Clinic after its owner, Daniel Garcia, M.D., asked for help. "That happened because of the patient mix he serves; a solo practitioner just can't make a go of it," said United General CEO Greg Reed.

Reed told *Concrete Herald* that PeaceHealth is not prepared to manage East Valley Medical after the April 1 transition. "That means over the next six months or so, PeaceHealth and the hospital board are looking at our options for sustaining that clinic," said Reed. "PeaceHealth is not in the position to take on the clinic, but they're committed to keeping the clinic in place, so much so that they're sharing in the expenses during the six-month period that we're trying to

put something together."

One option on the table is a sale to SeaMar, a system of federally qualified health clinics. Two SeaMar clinics are in Mount Vernon, with several more between there and Seattle. As federally qualified health clinics, SeaMar facilities receive a higher level of reimbursement from the government, because they deal with more Medicare, Medicaid, low-income, or uninsured patients.

"Seventy-five percent of Garcia's clients fall into that category, paying him below cost. You can see the problem," said Reed. "As a federally qualified clinic, they could make a go of it."

SeaMar has a track record of even expanding services when they come into an area, said Reed.

"There's no real downside to SeaMar coming on. The difficulty right now is no deal is finalized until you have the signatures on the contract. We've just started down this road. If we can't find a solution, it may cause a lapse in coverage until we can get something else put in place.

"We're doing everything we can to sustain the services out there," said Reed. —J. K. M.

East County retailers refuse to sell alcohol to minors

During January and February, all 11 retail stores in eastern Skagit County that sell alcohol received a series of three visits from local Sheriff's deputies.

The first visit was an educational visit to provide information about not selling to minors. The second was an educational "purchase survey" in which a young-looking 21-year-old attempted to purchase alcohol as reminder to ask for ID. The third visit was a compliance check, where an underage youth attempted to purchase alcohol.

Although two stores sold during the set of educational checks that were done with a 21-year-old, all 11 stores refused to sell to a minor and passed the underage checks.

Visits also were conducted by Sheriff's deputies and the Concrete Resource Coalition between checks to thank stores for not selling, or in the case of the two sales, to reinforce the message of not

selling to minors.

These educational visits and compliance checks were made possible by a grant received by the Concrete Resource Coalition in partnership with the Skagit County Sheriff's Office and Concrete School District. The focus of this grant from the Washington State Department of Behavioral Health and Recovery was to provide education to local retailers and adults in the community, with a goal of reducing the amount of alcohol that gets into the hands of local youth.

The grant also allowed for the purchase of two passive alcohol sensor flashlights and two portable breathalyzer devices for Concrete School District. The flashlights can "sniff" ambient air, breath, open containers, or enclosed spaces for the presence of alcohol.

The mission of the Concrete Resource Coalition is to develop and implement ways to respectfully meet the needs of youth, families, and individuals through collaboration, networking, and building community relationships. The Concrete Resource Coalition serves all East County communities.

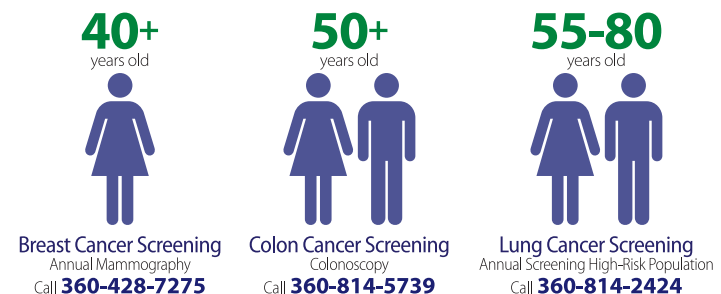
—Alyssa Pavitt

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Annie's Pizza Station celebrates 20 years

Annie's Pizza Station in Concrete will celebrate 20 years in business with an open house on Sun., March 30, from 3 to 5 p.m. The entire Upper Valley community is invited.

"We want to thank the upriver community for their loyalty all these years," said owner Anne Bussiere, who credits husband Chuck Bussiere, and daughter and son-in-law Danielle and Josh Howard for the hard work of operating a small restaurant.

"It's been gratifying getting to know so many wonderful people, watching their kids grow from babies to parents, and still having a fun time making pizza," she said.

Included in the open house will be an array of pizza samples, prizes, cake, and maybe a surprise or two.

Annie's Pizza Station officially opened in March 1994 in the former Peterson's Texaco gas station on Main St. in Concrete, adopting a gas station theme. A year later it moved into a newly remodeled strip mall in Grasmere, where Jerry's Chevron gas station once served the motoring public.

For more information, see the ad on p. 8.

Matty's on Main heads into sixth year

It's no secret that the Upper Valley is a challenging environment for business owners. We're used to hearing about new ventures that go belly up after one or two years of struggle.

That's why it's encouraging to hear about local businesses like Matty's on Main, which is surviving that struggle and will kick off its sixth year of existence this month.

Located in Concrete Town Center and helmed by local entrepreneur Sherrill Hustler, Matty's on Main is one of the most eclectic gift shops on the planet, with something for almost every taste. Hustler also offers Farmers Insurance policies and pawn services from the same storefront.

For more information, see the Business Directory ad on p. 33 (under "Gifts") or call 360.333.8851.

—J. K. M.

THIS AND THAT

By J. K. M.

A public forum to discuss the planned Fire and Life Safety Building in

Concrete is scheduled for Wed., March 12, at 6 p.m. The forum will be held at Concrete Town Hall, 45672 Main St., Concrete. The public is invited to view the building plans and ask questions of project managers. For more information, contact Clerk/Treasurer Andrea Fichter at andrea@concretewa.gov or 360.853.8401.

Concrete High School student volunteers are organizing a **Mountain of Hope** penny drive to benefit the Community Action of Skagit County Critical Needs Fund. The students participate in the Varsity in Volunteerism club, sponsored by United Way of Skagit County, in which they earn a varsity letter for completing 100 hours of volunteer work throughout the school year. The drive will be held between March 17 and April 11, and the class year raising the most money will celebrate with an ice cream party. Donations (of any amount) will be collected in the front office of Concrete High School.

Mark your calendars and find a local Birdsvie firefighter for tickets for the annual **Birdsvie Firemen's Potluck Dinner & Dance**, to be held on March 22 from 6 p.m. to midnight. Live music by Troy Fare Band, great food, and raffle prizes—all in support of the Concrete High School Scholarship Fund and other community events. The dinner and dance will again be held at the Lake Tyee Clubhouse, 4533 Burpee Hill Rd., north of Concrete.

Speaking of firefighters, Concrete volunteer firefighter and former councilmember **Paul Rider** has been nominated for admission in the Alpha Chi National College Honor Society by a dean at Southern New Hampshire University, where Rider attends online courses, majoring in English with an emphasis in creative writing/fiction. Only juniors or seniors in the top 10 percent of their student body academically are nominated. Rider currently holds a 3.963 GPA. Rider also has been nominated for the Alpha Sigma Lambda National Honor Society. In his spare time (if you know him, you know how funny that phrase is), Rider serves as a volunteer assistant for the Concrete Youth Dynamics program.

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Council summary

Concrete Town Council met for regular meetings Feb. 10 and 25. Following is a summary of those meetings. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

Feb. 10 regular meeting

- Mayor Jason Miller reported that he will research language to add to the current Council Rules of Procedures regarding censure. He reported that after what occurred at the last council meeting between councilmembers Pfeiffer and Reed, he would like to see language added regarding that type of behavior not being acceptable. He stated he will research this further and bring the information back before the council.
- Joelene Meckstroth and Chris Kennedy from Concrete Resource Coalition addressed council to update them on possible rumors regarding their group. Meckstroth reported they have broadened their mission from just working within Concrete and the school to assist in serving all of East Skagit County. One of the coalition's annual events is the Concrete Youth Activity Day, which is scheduled to be held this year on July 10.
- Concrete citizen Bill Sullivan inquired about the status of upgrades to Cedar St. along the section from Park Ave. to Superior Ave. and if there is funding available for these repairs. Mayor Miller explained the process for applying for funding and how grant awards are determined. He stated that different funding agencies and different programs fund different projects. He stated that at this time, Cedar St. has not scored high enough based on each funding agency's requirements to receive funding at this time. He stated that this road and the needed repairs are on the town's radar and that the town will continue to seek funding to repair this road.
- Public safety:** Sgt. Chris Kading reported that calls had increased in January from December. He stated they have been minor calls, mostly civil matters. He also reported that he has a meeting scheduled for this week with the new owner of the Eagles Nest to discuss ongoing issues and calls there. He stated that most of the issues they are seeing there are with nonresidents. He stated they

are dealing with a lot of people at the Eagles Nest who are from Everett or other places. He stated they are going to research what is bringing them here and stated that at this time these people are not having a positive influence in town. He stated he hopes to know more after he meets with the owner this week.

- Fire and Life Safety Building:** Mayor Miller stated there will be a meeting this Friday to go over the current building plans. He stated the architect, Cody Hart, Alan Wilkins, Rich Philips, Jack McCormick, and himself would attend the meeting. He reported that he has requested a timeline from Hart, with specific dates and who will be in charge of each aspect of the project.

Feb. 25 regular meeting

- Public safety:** Sgt. Kading reported that he is currently working on getting answers to how and why the people who are staying at the Eagles Nest are choosing it as a place to stay. He stated that deputies are responding to a lot of calls there and that management has not been very helpful in assisting the deputies with why these people are coming here. He stated a lot of these people are coming from the Everett area and he is not sure why. He reported that he and the deputies are doing their best to remove these people from town when responding to calls there, since they are not residents of the town. He stated there is an active role being played by somebody in bringing these people to town, but he is not sure who. He stated that he believes that management and not the actual owner may know more than what they are telling the deputies. He stated he wants to get clarification from the owner on what the plan for this property is, but they will continue to respond to calls from there.
- Fire and Life Safety Building:** Mayor Miller reported that more meetings have been held and they still intend to advertise for a contractor in late March or early April.

—Compiled by J. K. M.

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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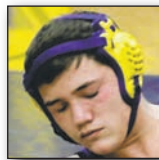
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P H A R M A C Y S E R V I C E S



Sports



Ketchum takes second in 2B state tourney

Brayden Olmstead grabs fourth place medal.

By Jason Miller

Concrete freshman Louie Ketchum must have been reading from the same play-book as Darrington sophomore Mason McKenzie, because this year at Mat Classic XXVI, Ketchum did exactly what McKenzie did last year, albeit in a lighter weight class.

Wins propelled the 106-lb. Ketchum into the finals, where he eventually faced Jose Paco of Kittitas, who handed him his first loss. But Ketchum already had what most freshmen athletes never achieve: a 2nd place medal at the state 2B level.

Ketchum's teammate, sophomore Brayden Olmstead, fared similarly,

fighting past a loss in the preliminary matches and climbing back into the game through the consolation rounds to eventually score a 4th place medal in the 195 lb. weight class.

A fair number of wrestlers made it to State this year. Junior Anjelika Koenig took her first trip to the Tacoma Dome as Concrete's only young woman to earn mat time at the tournament.

On the men's side, Ketchum and Olmstead were joined by Donnie Olmstead, Kyle Nushart, and Randall Beacham. Blaine Storms was on hand as an alternate.

"I'm just so proud of that kid," wrestling Coach David Dellinger said of Ketchum as the freshman stood on the awards podium with a 2nd place medal hanging from his neck.



Concrete freshman Louie Ketchum wrestles Ben Weber of Kittitas during Mat Classic XXVI Feb. 21. Ketchum pinned his opponent quickly, clinching an appearance during Finals, where he lost to Jose Paco of Kittitas and won a 2nd place medal.



Concrete freshman Louie Ketchum is named winner after pinning Ben Weber of Kittitas and cementing an appearance in the Finals round during Mat Classic XXVI Feb. 21.



Concrete sophomore Brayden Olmstead wrestles Cody Hoffman of Selkirk during Mat Classic XXVI Feb. 21. Olmstead lost this one 12-5, but fought his way through consolation rounds the following day to capture a 4th place medal in his 195 lb. weight class. Hoffman moved on to finals and was pinned by Darrington's Lane Monteith in the championship match (see p. 24).

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Lion basketball wraps 2014 season



Concrete senior Josh Rogge rises above the crowd for a jump shot during an away game at La Conner Feb. 6. The Lions fought the Braves and kept the score close throughout the game, which ended with a 57-48 La Conner win.

The Concrete men's basketball team ended its season with a 72-68 loss to Tacoma Baptist during the 2B Bi-District Tournament at La Conner High School on Feb. 19.

The team's February matches on its approach to a run at the state tournament began with a 54-41 win over Orcas Island on Feb. 1, followed by a loss to Mount Vernon Christian, 75-46.

La Conner handed the Lions a 57-48 loss during the last regular-season game. The final score of the game was deceptive, since the Lions stayed neck and neck with the Braves until the final few minutes and held the lead at several points along the way. The Concrete squad played fierce offense and defense, matching the Braves point for point until strategy pushed them to intentional fouls to stop the clock in the final minutes of the game.

At the Northwest 2B League Tournament at La Conner, the Lions faced Orcas Island on Feb. 12 and came out on top 63-57.

Two days later, they played La Conner and faced a worse loss, 66-38.

Their season ended with the Feb. 19 loss to Tacoma Baptist during opening Bi-District play.

—J. K. M.



Lion Andy Freeman powers a shot over a La Conner defender during the Feb. 6 game on the Braves' home court.



Concrete senior Dallas Newby ponders his free throw shot during the Feb. 6 game against the La Conner Braves.

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Lady Lions a “championship” team

By Kevik Rensink, head coach

On the first day of practice back in November, I told our players that my goal was to make them champions this year. They accomplished just that. Chuck Daly once said that “the final test of a championship team is how strongly the players believe in each other.” It didn’t happen right away, but with great captains (Xyomara Ramos and Muriel Troka) and a hardworking bunch of girls, this team slowly developed into one of the most cohesive groups I have ever coached.

Our team was composed of one senior, four juniors, three sophomores, and eight freshmen. These are not your usual ingredients for creating a high-functioning team, but with great daily effort and selfless attitudes, these girls made this into a very enjoyable season.

This is a year I will never forget. We lacked experience. We lost. We lost a lot. Anyone at any given time could have hung her head or blamed her teammates. It never happened. They picked their heads up, learned from it, and got better.

“Forward and positive” became our way of thinking. With Z leading the way, the players battled hard all the way to the end of the season. And although we failed to make the post-season this year, these girls did not fail in trying. They became friends, they became accountable, they grew up, they became family, they became champions. I am proud of what we accomplished together this season, and the players should be as well. We made the record board as a team when we attempted 50 free throws in a game vs. Granite Falls at home, and we had a couple of individuals who will get their names up there before next season as well. Troka had 20 rebounds in a game, good enough for fifth all-time, and Chloe Stidman had 95 steals on the season, good for third all-time. All of the players had a part in these statistical awards, and I am glad to see them honored for their hard work. Thanks again for a wonderful basketball season. I am already looking forward to next year.



Lady Lions Xyomara Ramos (above left) and Cassidy Cargile (above right) scramble and drive during a Feb. 6 game at La Conner.



WOMEN'S BASKETBALL AWARDS

Most Valuable Player: Xyomara Ramos.
Most Improved Player: Chloe Stidman.
Miss Hustle: Cassidy Cargile. **Queen of the Boards:** Muriel Troka (183 rebounds). **Players' Award:** Emily Bridge. **JV Most Improved:** Brook Barnedt.

Middle school girls end season with a victory

By Rob Thomas, head coach

The 2014 Concrete middle school girls basketball season ended the way it began: with a 7th grade victory against Lopez Island. But the journey between the first practice and the final game was a winding road filled with peaks and valleys that hopefully provided life lessons.

The season began with 12 girls, which soon grew to 16 and the opportunity to put two complete teams on the court. However, by season's end, Concrete was down to 12 players once again. During the season, the number of players available were limited by a serious knee injury, a wrist/elbow injury, pneumonia, and grade issues. And yet one of the earmarks for both teams this year was a “never quit” mindset and attitude.

The 8th graders found themselves outmatched, both on the scoreboard and the number of players on the other teams. While Concrete often had just one player coming in off the bench, many of our opponents were able to substitute freely and keep fresh legs on the court at all times. The result? Games that were close and competitive in the first half sometimes

did not finish that way at the end. But it certainly was not because of a lack of effort by the Concrete girls. Not only were they limited by having fewer players, having only one substitute often required girls to play positions on the court with which they were unfamiliar. The positives that came from facing these challenges were extensive playing time, as well as being exposed to different roles and responsibilities on the court. This should hopefully pave the way for greater success on their part in the coming years as they continue to play in high school.

The 7th graders began (and finished) the season with having an 8th grader (or two) joining them to fill out their team. Even then it was not unusual for the girls to look over to the bench and realize they had no one to sub for them and give them a breather during the game. And yet their grit and determination were on display during their final game against Lopez. Sensing a unique opportunity, but with a single substitute on the bench, they were asked to do a full-court press throughout the game for the first time all season. They responded with great intensity, which ultimately led to a season-ending 19–15 victory.

While the victories were far and few between, I could never question the effort



put forth by the players. It was a season marked with changing schedules and changing line-ups. But through it all, the Concrete middle school basketball players demonstrated great dedication and desire to finish the season having learned what it means to play together with heart.



Concrete 7th graders Cassie Bridge (above left) and Nora Towner (above right) compete against Allen Elementary during a home-court game Feb. 12.

CONCRETE HERITAGE MUSEUM NEWS

The Concrete Heritage Museum is closed for the season. Until next Memorial Day weekend, you can make an appointment to visit the museum or do research in our library; just call Robin at 360.826.3075.

Monthly meetings are held year-round on the third Wednesday each month, at 7 p.m. at the museum. Meetings are open to

the public.

New museum Web site

Our new home on the Internet can be found at www.concreteheritagemuseum.org. Our new e-mail address is concreteheritagemuseum@gmail.com.

—Dan Royal

At the Upper Skagit Library

A hearty thank you to everyone who dropped by last month's open house to welcome our new director, **Brooke Pederson**. Thank you to the Friends of the Upper Skagit Library for hosting the event with tasty sweets and treats.

If you'd like to get to know Brooke a bit better, come hear her stories about life in Mongolia on Thur., March 27, from 7 to 8:30 p.m. She will present "**Sights, Sounds & Tastes of Mongolia: A Peace Corps Adventure**," and will cook traditional food, show traditional clothing, talk about cultural taboos, and more.

Storytime! On the first Saturday of the month, March through June, from 11 to 11:45 a.m., families with young children are invited to join us for stories, songs, and a simple craft.

Families also are invited to join us in celebrating **Read Across America Day** by making a point of reading aloud with a child at home during March. On display at your library will be some wonderful read-aloud selections. What is Read Across America Day? It's a nationwide reading initiative, spearheaded by the National Education Association, conveniently planned around Dr. Seuss's birthday. What better way to celebrate the legacy of Dr. Seuss than reading to a child?

"Death, taxes, and childbirth! There's never any convenient time for any of them" (Margaret Mitchell, *Gone With the Wind*). What is convenient, however, is the fact that you can pick up **tax forms** at your library. If we don't have what you're looking for, we can print it out for you from the IRS Web site for five cents a page.

Also a matter of convenience, **Daylight Saving Time** is fast approaching on March 9.

Starting March 1, we changed back to

our **regular hours** of Tue. and Wed., 11 a.m. to 8 p.m., and Fri. and Sat., 11 a.m. to 5 p.m.

The next **Board Meeting** will be March 20 at 5 p.m. Thanks for supporting your local library.

—Brooke Pederson, director



Brooke Pederson is the new director at Upper Skagit Library in Concrete. A native of Lynden, Pederson has a graduate degree in Library and Information Science from University of Washington.

"When I came over to interview for the Upper Skagit Library back in November, I spent a couple of hours at the library and observed how many people came through the doors," she said. "I enjoyed a stay at Ovenell's Heritage Inn, ate lunch at the 5b's Bakery, and bought some snacks at Albert's Red Apple. Since I got the job as director and moved here in mid-January, I've enjoyed getting to know the names of many of the folks I ran across that introductory day in November. Thanks for the great introduction, and thanks for welcoming me into your community!"

Lions ROAR



February was **Christmas tree planting** month. Our members planted more than 440 trees to support future Christmas tree sales. We thank the members who showed up for that worthy project.

There will be only one meeting this month because of our annual Corned Beef and Cabbage Feed that we put on for all the local clubs. The **March meeting** will be on the 5th in the front room at Annie's Pizza Station. The meeting starts at 6:30 p.m.; however, there is always a group that meets starting around 6 p.m. to eat and socialize before the meeting starts. All existing members mark your calendar. For those interested in becoming a member, submitting a request, or just want to see what we are about, please feel free to join us.

One of the projects that your Concrete Lions Club supports annually is **Camp Horizon**. We are collecting paper products, craft supplies, games, crayons,

Band-Aids, and diapers. If you have any new items to donate, contact one of our members or come to the meeting to drop off your items. We will take donations until May 1.

Camp Horizon is a project of the 55 Lions Clubs of District 19H in northwest Washington and southwest British Columbia. Our home is in Bay Horizon Park in Birch Bay. The facilities date from the early 1950s, when the site was the Blaine Air Force Station. Our campers are primarily adults with special needs from the area within and nearby our district. We host campers with a wide range of capabilities and ages from 10 to over 80. Presently we operate six camp sessions during July and August. Two of these sessions are "Adventure Camps," which are designed for smaller groups of more independent campers. This setting allows us to have them participate in more challenging activities.

For more information on Camp Horizon, including camp registration, donation, and volunteer needs, go to www.lionscamphorizon.org.

—Connie Smithhart

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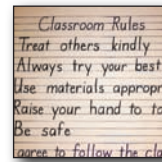
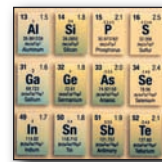


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Free seeds available for all bed renters.
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Academics



Academic Achievers



Concrete K-8 School recognized its March academic standouts with awards of achievement. *Front row from left:* Raylee Ward, Logan Watts, Ava Kuipers, Jenna McCall, Rylee Morgan, Alexander McGreck, Courtney Hastings, Alejandro Sanchez, Chloe Landweer, Tash Brink. *Back row from left:* Rylee Moors, Elizabeth Buchta, Tiffanie Hendry-Conrad, Mary Spangler, Caroline Gregush, David Swain, Kaitlynn Michaud, Jonathan Akers, William Baird. *Not pictured:* Krica Knuth, Nora Towner, Robert Thompson.

Cyberbullying to be discussed March 12

BELLINGHAM — Western Washington University Psychology Professor David Sattler will give a talk titled "Cyberbullying: What Parents

and Teachers Should Know" at 7 p.m. on Wed., March 12 in the Bellingham City Council Chambers, 210 Lottie St., Bellingham. Admission is free.

How can we keep our children safe from humiliation, taunts, threats, and rumors on the Internet and social media sites? What motivates children to cyberbully, how does it affect the victim, and what are consequences for the bystanders who observe the acts? What messages might children receive from video games and reality television programming that make cyberbullying appear acceptable?

This presentation addresses these key issues and discusses potential emotional, psychological, and behavioral consequences for both the perpetrator and victim, how to recognize the warning signs, how to respond, and strategies to minimize cyberbullying.

Sattler received his bachelor's degree in Psychology with a minor in Spanish from San Diego State University, and

his master's and doctorate degrees in Social Psychology from Michigan State University. His research examines how people respond to traumatic events and normative influences in a variety of situations. Together with his students, he has been examining cyberbullying and the influence of social norms on the Internet.

Audience questions for Sattler's March 12 talk will be welcomed. The lecture will be recorded and shown on Bellingham TV Channel 10.

The lecture, an installment of the WWU College of Humanities & Social Sciences Dean's Lecture Series, is co-sponsored by the City of Bellingham.

For more information on this lecture, contact Kimberley Kolb Ayre, WWU College of Humanities & Social Sciences, at 360.650.3763 or kimkolb.ayre@wwu.edu.

—Submitted by WWU

YD update

It's important to make time for the people who are the most important in your life. My family is my priority, and I don't want time to move too fast when I am with them. I know that I am busy, but I don't want to remember my busy times as just busy times. I want to have fun, enjoying everything I do, and make great memorable moments as often as I can. I want my life to have substance, value, and a purpose.

A lot of teenagers want to grow up fast. They want to be an adult, make adult decisions, have adult responsibilities, and be busy like adults are supposed to be. I was there once; now, all I want to do is remind them to slow down.

I know we do a lot of fun, crazy, and often fast-paced activities at our weekly Youth Dynamics meetings, but we also take the time to share our hearts with the high school students. This is where we can all slow down and learn from each other, and truly discover who we are and why we are all in this game called life.

Our staff has been talking about purpose, hope, and love during the past several weeks, and I am certain it is having an impact. It is so awesome to be able to have this opportunity to minister to young people and be actively involved in their lives the short time that they are in high school. Sure, we get to play capture the flag and make up other games like "The Ultimate Dating Game." Those are great times, but the relationships we encounter along the way are amazing.

We have a whole bunch of events on the calendar. Grasshopper Night (you have to be at this one to really understand it) was March 3, followed by Indoor Game Night, Just Better Night, and The Amazing Race.

When we come back from Spring Break, we will have our annual 30 Hour Famine April 11–12. This event helps to create awareness of hunger needs in Third World countries while fundraising to help those in need. There are several teenagers who will be looking for someone to sponsor them for this event. The students will need people to come alongside and support them. So ask lots of questions, and if your son or daughter would like to be involved in any of our Monday meetings or weekend retreats, just let us know.

—Kevik Rensink

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Concrete K-8 School's 100 Mile Club celebrates 10 years

By Steve Bianchini

As Chace Harris, an 8th grade student at Concrete K-8 School finished his daily eight laps around Bud Clark Field, there was something very different awaiting him at the finish line. On Jan. 31, a huge segment of the school's student and staff population greeted Chace as he crossed the line for his 100th mile of this school year at the school's "100 Mile Club." He was the first student to hit the 100-mile mark during the 2013-14 school year.

Ten days later, 2nd grade student Lane Lloyd and his mother, Darcie, also crossed the finish line after both completed their 100th mile. Lane became the youngest

Concrete student ever to complete 100 miles at the 100 Mile Club.

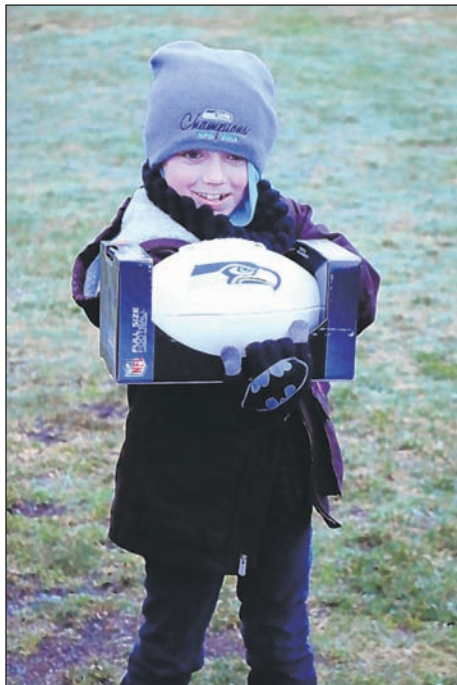
Concrete's 100 Mile Club running program is celebrating its 10th year with a record number of student participants. Nearly 300 of the school's students, staff members, and parents have taken to the voluntary, walking/running activity designed to ensure that students become more physically active throughout their school day.

Each day as the buses arrive, kids of all ages meet up at Bud Clark Field with Steve Bianchini and begin jogging or walking as many laps as they wish prior to the start of the school day.

Bianchini records each lap, and each mile is rewarded with a small token resembling a foot, which the students and parents proudly display on a chain worn around their necks. Upon reaching every fifth mile, the students are awarded a larger token as they count their way toward their goal.

The 100 Mile Club is an individualized physical fitness program. Every individual has the ability to achieve true personal success and a new level of physical fitness. Beyond the obvious health benefits, engaging students in moderate-to-vigorous physical activity can help bolster outcomes important to all schools: improved student performance,

Lane Lloyd, a 2nd grader at Concrete K-8 School, showed off his prize for logging 100 miles: a Seattle Seahawks football. Lloyd and his mother, Darcie, enjoyed their accomplishment on Feb. 10.



PTO update

This month's **PTO meeting** will be held Wed., March 12, at 6 p.m. in the Concrete K-8 School library.

Save the date: Concrete PTO is planning a **carnival** for May 17 from 2 to 7 p.m., throughout the halls of Concrete K-8 School. The carnival will be open to the general public, as well as the students and their families. Designed to be a fundraiser for the PTO, the carnival will include a bouncy house, karaoke, bean bag toss, photo booth, face painting, cake walk, book making, Ping-Pong, and more. The Skagit County Sheriff will be there, as

well as our fire department. Concrete Lions Club will cook hamburgers and hot dogs, and offer beverages and popcorn.

Concrete PTO is looking for **photo submissions** for this year's yearbook.

Parents and other family members are encouraged to upload photos from events or activities involving their Concrete K-8 student at <http://lpx.me/vncu-bcga-4mae/>.

After accessing the site, click on the appropriate folder and click "add images." If no folder exists for your pictures, add the images to the main file.

Submission of photos does not guarantee publication in the yearbook.

—Sheena Daniels



Concrete K-8 School 8th grader Chace Harris gets a hero's welcome as he logs his 100th mile at Bud Clark Field Jan. 31. Harris, 13, was the first student to hit the 100-mile mark during the 2013-14 school year. Harris described the experience as "absolutely breathtaking," and said he'd continue to run during the remainder of the school year.

concentration, attention, and attendance.

Besides Chace and Lane, Concrete Elementary School students have combined to total more than 10,000 laps—more than 2,500 miles—with half the school year remaining.

Parents are invited and encouraged to

join their child on any day. It's a great way to start the day and stay physically active as well.

For more information regarding the 100 Mile Club, contact Bianchini at the elementary school.

CONCRETE K-8 SCHOOL HONOR ROLL

The following students at Concrete K-8 School received a grade point average of 3.2 or higher for the first semester of the 2013-14 school year. An asterisk before a name denotes a student with a perfect 4.0 GPA.

Grade 4 Honor Roll

Jake Bronoske, Corbin Coggins, Troy Cyr Jr., Payton Dickinson, Carolynn Dominguez, Orion Edge, Kiaunna Gardner, Tiffanie Hendry-Conrad, Carlen Herz, Devon Howard, Christian Joens, Braldin Ketah, Kayla Knuth, Kendra Knuth, Patience Kruger, Isabella Lopez, Killian Moore, Jayden Moors, Ashley Parker, Alexander Ramos, Lee Reigel, *Anja Roozen, Robert Rushin, Brylon Sipes, Hailie Tadlock, Leah-Marie Tiemens, Colby Whitford, McKinley Wilson, David Young.

Grade 5 Honor Roll

Tasha Brink, Gavin Brooks, Kylie Clark, Echo Cyr, MacKenzie Faith, Leona Martinez, Gary Mitchell Jr., Cassidy Smith, Devon Truelove, Raylee Ward.

Grade 6 Honor Roll

William Baird, Christiann Barela, Elizabeth Buchta, Thalen Cambo, Lexi Denley, Jacquelyn Jackson, Samantha Mitchell, Rylee Moors, Haley Pressley, Izabela Ramos, Peyton Sanchez, *Troy Schmidt, Devin Wilbur-Blankenship.

Grade 7 Honor Roll

Jonathan Akers, Tiana Brookshire, Shanon Clemons, Tyler Coffell, Mellydee Howry, Kaitlynn Michaud, Dalton Newby, Jaidyn Swanson.

Grade 8 Honor Roll

Rebecca Azure, Riley Fichter, Asusena Fregoso,

Chace Harris, Hannah Haskett, Cameron Herauf, Erica Knuth, *McKenna Kononen, Rebeckah McClure, Cole Meacham, Madisyn Renzelman, *Emily Schmidt, *Mary Spangler, Kobe Woodruff.

CONCRETE HIGH SCHOOL

The following students at Concrete High School received a grade point average of 3.2 or higher for the first semester of the 2013-14 school year. An asterisk before a name denotes a student with a perfect 4.0 GPA.

Grade 9

Kayla Anderson, Brook Barnedt, Emily Bridge, Tessa Coffell, Ashlee Gilbert, Sidney Hockett, Jaycelyn Kuipers, Brenton Lafayette, Grayson Luttrell, Riley Pritchard, Chloe Stidman, *Krista Wahlgren, Tanner Wilson.

Grade 10

Dawson Bass, Karissa Bates, Cassidy Cargile, Hope Carpenter, *Alanna Gearhart, Emily Greso, Samuel Holbrook, Jasmine Hopfield, *Katherine Joens, *Hannah Kononen, Mary Mauck, Kevin McLaughlin, *Haley McNealey, Shelby Meacham, Donald Olmstead III, Amanda Perry, Seth Shaffer, Ashten Tygret.

Grade 11

Misty Carlson, *Madeline Corn, Gibson Fichter, McKenzie Gilbride, Jeffrey Morgan, Timothy Stixrud, Muriel Troka.

Grade 12

Forest Barnedt, Samantha Christensen, Emilee Fenley, Andrew Freeman, Jacquelyn Frizzell, Morgan Hazel, Simon Marks-Franks, Kate McLaughlin, Justin Medlock, *Dallas Newby, Kyle Nushart, Joshua Philipsen, Jonnie Rohweder, Jordan Soule, Sarah Steenbarger, Colton White.



Clear Lake



HISTORY CORNER

The image above is a Darius Kinsey photo of a large group of Clear Lake Lumber Co. employees (and unknown children). Some are holding the sign with the company name, logo, and a list of products. Just to the right and above them, another employee is holding a shingle with the company brand on it. The exact date of the photo is unknown, but it was probably taken during the early 1900s. No names of individuals are known, either; *Concrete Herald* readers are encouraged to contact Clear Lake Historical Association if they know the names of any of the people in this photo.

For more information, contact the Clear Lake Historical Association at clha1987@gmail.com or go to www.clearlakehistoricalassn.org. More historical photos of Clear Lake and the surrounding area can be found at www.washingtonruralheritage.org/cdm/search/collection/clearlake. Photo courtesy of Clear Lake Historical Association.

Hospice seeks volunteers to visit patients

Now recruiting for spring training session.

MOUNT VERNON — A personally gratifying and emotionally meaningful volunteer opportunity is available through Hospice of the Northwest, serving Skagit, Island, San Juan, and Snohomish counties. Hospice volunteers visit patients during their final six months of life, offering companionship and respite.

Recruitment is under way for the spring training session, which begins April 4.

Hospice volunteer activities may include reading, sharing memories, playing cards or games, writing letters, or bringing in music. Some volunteers sit with patients to allow family caregivers the opportunity to run errands and get some time away from home. Many families find that this is their only chance to have a break from the round-the-clock responsibility of caring for a loved one.

Although some volunteers have professional skills or specialized expertise, most are just compassionate individuals who want to serve their community. Volunteers visit patients one to two hours per week and make a one-year commitment to the program. Placements are available in all areas served by Hospice of the Northwest.

Each volunteer completes 24 hours of training to gain the necessary skills and knowledge to be successful in their role. Two annual trainings are held. The spring session takes place April 4, 11, 18, and 25 from 9 a.m. to 4 p.m. at Hospice of the Northwest, 227 Freeway Dr., Ste. A, Mount Vernon. Attendance at all four sessions is required.

Prior to attending the training, individuals must complete an application process, including background and reference checks, health screenings, and an interview. Because this takes a few weeks, interested individuals should contact Hospice Community Liaison Julie Pryor Barr as soon as possible at 360.814.5588 or jbarr@hospicenw.org.

FREE income tax prep

Thursdays, Feb. 6 through April 10, 10:15 a.m. to 2:15 p.m.
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Community Calendar



MARCH

- 8 Marblemount poet Andrea Weiser reads her poetry with flutist Peter Ali, Mountain Loop Books and Coffee, 1085 Darrington St., Darrington, 3 to 4 p.m.; see notice, p. 25
- 8 Community Contra Dance, Mansford Grange, Darrington; potluck at 5:30 p.m., dance instruction at 7 p.m., dance at 7:30 p.m.; \$7 suggested donation; see notice, p. 25; info at 206.402.8646
- 9 Daylight Saving Time begins at 2 a.m.; set your clocks ahead one hour before going to bed on March 8
- 11 "Grow Mouthwatering Tomatoes" class, Extension Education Center, McCollum Park, 600 128th St. SE, Everett, \$20 per person, 1 p.m.; register at 425.357.6039
- 12 Fire and Life Safety Building Public Forum, Concrete Town Hall, 45672 Main St., Concrete, 6 p.m.; info at andrea@concretewa.gov or 360.853.8401
- 13 FIRST Robotics Districts competition, Mount Vernon High School, 5 p.m.
- 15 Whiskey Ridge Brewing Company open house, 650 S. Emens, Darrington, 11 a.m.; see notice, p. 25; info at 425.232.5761 or francineh@whiskeyridgebrewing.com
- 15 "Tugboats on the Skagit River" plays at Sedro-Woolley Museum, Sedro-Woolley, noon; \$5 admission; see notice, p. 16
- 15 FIRST Robotics Districts competition, Mount Vernon High School, 6 p.m.
- 20 Cascadia Effect, Marblemount Community Hall, Marblemount, 4 p.m.; see article, p. 26; RSVP and info at sasa@firewomanstudio.net
- 22 Birdview Firemen's Potluck Dinner & Dance, Lake Tyee Clubhouse, 6 p.m. to midnight; tickets from any Birdview firefighter; see notice, p. 6
- 25 Cub Scout Pinewood Derby, Concrete K-8 School, 6 p.m.
- 27 FIRST Robotics Districts competition, Auburn High School, 5 p.m.
- 27 Upper Skagit Library Director Brooke Pederson shares "Sights, Sounds, & Tastes of Mongolia: A Peace Corps Adventure," Upper Skagit Library, 7 to 8:30 p.m.; see notice, p. 11
- 27 Concrete stand-up comedian Jason Stewart performs at Concrete Theatre, 7 p.m., with special guests; \$15 admission via Brown Paper Tickets; see article, p. 32; info at www.concrete-theatre.com
- 29 "Happy Day" auction, Darrington Community Center, 570 Sauk Ave., Darrington, potluck at noon; see notice, p. 25; info at 360.436.1217
- 29 FIRST Robotics Districts competition, Auburn High School, 6 p.m.
- 30 Annie's Pizza Station open house, Grasmere Village, 3 to 5 p.m.; see notice, p. 6

APRIL

- 1 Ribbon-cutting celebration for PeaceHealth United General Medical Center, main entrance to hospital, noon; public is welcome for refreshments and a brief ceremony
- 1 Opening day for Angele Cupples Community Garden, Concrete; see article, p. 35
- 5 Whatcom County Dahlia Society Dahlia Tuber Sale, Bloedel-Donovan Park, Bellingham, 10 a.m. to 3 p.m.; info at 360.354.4346
- 13 Hamilton Volunteer Fire Dept. Easter Egg Hunt, Hamilton Park, 1 p.m.
- 19 Cement City Trail Run, Concrete

MAY

- 17 Concrete PTO Carnival, Concrete K-8 School, 2 to 7 p.m.; see notice, p. 13

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

Community meetings

Coffee Talk, a casual conversation about Concrete's transformation, meets the third Fri. of each month at 8 a.m. at Perks Espresso & Deli in Grasmere Village. 360.853.8213.

Community Chat, an informal conversation about projects in Darrington, meets the second Fri. of each month at 8 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 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 Board will hold a work session on March 24, at 6 p.m. in the high school Commons. The board will hold its regular meeting March 27 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 Area Business Assn (DABA) meets the third Wed. of each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

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

Forest Park Cemetery District No. 5 meets

the second Wed. of each month at the cemetery office on Compton Lane in Concrete, at 8 a.m. 360.708.3656.

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, 1 to 4 p.m. 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.

PFLAG (Parents, Families, and Friends of Lesbians and Gays) Skagit County Chapter, meets the second Monday of each month at The Safe Haven Room, Central United Methodist Church, 1013 Polte Rd. Sedro-Woolley, from 7 to 8:30 p.m. 360.856.4676, www.pflagskagit.org.

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 High School Alumni Association meets the third Wed. of each month, at 1 p.m., at the Sedro-Woolley Senior Center. 360.424.7243

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 meet March 10 at 7 p.m. at the support services building, and March 24 at 7 p.m. at Central Elementary School. 360.855.3500 or kcargile@swsd.k12.wa.us.

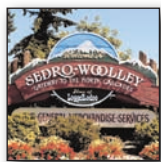
Upper Skagit Library District (USLD) Board meets the third Thurs. of each month at 5 p.m. in the library, located in the Ted Anderson building on Main St. in Concrete. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.

Nick VanJaarsveld Financial Advisor

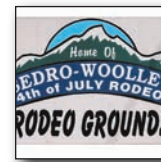
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Sedro-Woolley



Sedro-Woolley wrestlers grab second place at Mat Classic

Sedro-Woolley High School held a first place team score for much of the first day of Mat Classic XXVI at the Tacoma Dome, but Deer Park edged the Cubs after the finals, pushing them into second place by only five points, 109–104.

Several Sedro-Woolley wrestlers stood on the awards stands for 2A schools on Feb. 22:

- Bryce Hornbeck (106 lbs.) placed 7th
- Adam Adkinson (120 lbs.) placed 4th
- Jacob Farrell (152 lbs.) placed 2nd
- Clayton Johson (160 lbs.) placed 5th
- Nate Vaughn (170 lbs.) placed 2nd
- Quinten Roppel (182 lbs.) placed 6th
- Gabe Torgerson (195 lbs.) placed 5th

The Sedro-Woolley women came home with one medal:

- Taylor Dawson (137 lbs.) placed 4th
—J. K. M.



Sedro-Woolley sophomore Adam Adkinson throws Luke Jordan of Squalicum to the mat during Mat Classic XXVI at the Tacoma Dome, Feb. 21–22. Adkinson ended up on the short end of this match, which remained deadlocked into six periods, finally losing 2–1, but took 4th place statewide in the 120 lb. class.



Rick Lemley
Doug Hutter
Tobi Stidman

360-855-1288

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Holy Clothes on Wheels

Handing out free clothing, shoes, and coats to anyone in need.

Sat., March 15, 10 a.m. to 2 p.m.

The RIVER Gathering church, 720 Puget Ave., Suite B, Sedro-Woolley

Donations of clothing and cash are greatly appreciated. Men's and children's clothing is needed. To volunteer, call 360.661.7538.

Briefly ...

The **Sedro-Woolley Museum** will show the film, “Tugboats on the Skagit River” on Sat., March 15 at noon. Admission is \$5 per person. Seating is limited; attendees are asked to call the museum for reservations for this first-time showing.

The film is narrated by Dan Vandenburg, who will be on hand with Elmer Engen after the showing to answer questions.

For reservations, call 360.855.2390.

A **Dinner Auction** to support the

Visions education program is planned for Sat., May 3, at Sedro-Woolley Community Center, 715 Pacific St., Sedro-Woolley.

The adults-only event is designed to be a “fancy night out” fundraiser, and includes dinner and auction, rumors of a dessert dash, fabulous company, and conversation for a good cause. Pre-sale tickets are \$15 each, and \$20 at the door.

For more information, search Visions Dinner Auction on Facebook.

—J. K. M.

CASCADE MIDDLE SCHOOL HONOR ROLL

The following 7th and 8th grade students at Cascade Middle School received honors for high marks for the first semester of the 2013–14 school year. An asterisk denotes a student with a perfect 4.0 GPA.

Grade 7 Honor Roll

Weston D. Abbott, Savannah M. Acton, Oscar D. Aguilar-Cerna*, Stephany Ayala-Cerna*, Shelby Bailey, Maya R. Becerra, Janessa L. Belisle*, Megan J. Benham*, Nicole L. Bohme, Iza C. Bowen Leblanc, Nana Lilja M. Braaten, Helena T. Brase, Andrew Brittain, Hailey N. Brooks, Lane R. Browning, Tyler D. Bryson, Cody R. Buchanan, Edgar Bueno*, Lavrenty F. Burkoff, Samantha R. Busadre, Gloria Cantu, Kristen Carlson, Adam P. Cassidy*, Catalina Chaires, Cassidy R. Chambers, Nicole E. Christensen, Kristin M. Cline, Aspen M. Cole, Riley J. Conn, Estefanie Corado-Ramirez, Anthony G. Corona, Autumn R. Davis*, Hollie J. Davis, Katie R. Davis, Eli J. DeJong, Jacob M. Delbosque, Olivia A. Doorn, Megan L. Dressor, Rachelle A. Eakin, Jacob C. Eason, Jazzelle B. Elias*, Richard S. Ershig, Tyler D. Fisher, Aidan M. Fitzpatrick, Sophia A. Fox, Beau T. Freiberg, Raul Gonzalez, Tyler D. Goss, Joie E. Hackney*, Cody D. Hamilton, Abigail R. Hannan, Erin L. Heath, Luke D. Hedberg, Cole D. Helgeson, Justine T. Henderson, Tayler A. Henderson, Erann T. Henry, Laelah L. Himes, Brandon A. Holdeman, Jacob D. Hollands*, Erin K. Hudson*, Tanner J. Huisman, Alexander J. Hulst, Alyssa M. Insonia, Alex S. Jack, Hunter L. Jackson, Rachel I. Jackson*, Jefferson D. Jech, Emily F. Jennings*, Zoe A. Jennison, Owen B. Johns, Lindsey A. Joyce, Alyssa M. Kazmir, Shelby A. King, Zak Lally, Kyah J. Lamb, Julia B. Layland*, Leanna Litke, Jasmine L. Lloyd, Reed A. Lloyd, Isabella Loy, Allyanna R. Madera, Kindred J. Marden, Tanna Marshall, Kathryn A. Matthews, Nathan P. Maylor, Ethan L. McClenaghan, Kelsie B. McCloud*, Averil N. McKay, Thomas M. McKenna, Atalissa R. McLemore, Ethan T. Mendiola, Emma M. Mesman, Nahaleana M. Metcalf, Maren A. Mihelich*, Patrick J. Mikovsky, Lillian M. Millison*, Chandler E. Mitcham, Alexander A. Morales, Andrew J. Neeld, Jillian T. Nelson*, Haley R. Nersten*, Alaina A. O'Regan*, Kavin N. Palmer, Kody J. Palmer, Ashlyn N. Peden, Ben Y. Peden, Tammara M. Perry, Rochelle L. Peterson, Ryan A. Pierce, Cody W. Pittis, Hanna S. Pleasant, Jorge H. Pleitez, Ephanie E. Prochaska-Wegley, Tyler D. Roby, Lexi Rodriguez*, Lilya V. Roe, Annabelle Rose, Dillon J. Russell, Levi P. Ryan, Shianna L. Samuelson, Charlotte K. Saric, Sydney M. Saylor, Payton L. Simpson, Hayden M. Skiles*, David L.

Smith, Taylor P. Smith*, Shaely Spilker, Alexya L. Sprague-Johnson, Elizabeth J. Staggs, Mckylee E. Stephenson, Eden Suchsland, Dayna R. Sumrall*, Eleanor R. Taylor, William E. Taylor*, Julianna G. Tenorio-Cuevas, Kylie Thornton*, Adriana N. Timblin, Atziry R. Torres, Carter J. Trammell, Dimar G. Ugalde, Hannah L. VanOvermeiren, Sierra R. VanSweden, Holly L. Walrod, Delaney E. Warren, Conner L. Washington, Emmalee L. Weide, Joshua Wold, Brendan A. Woods, Blake A. Wortner, Tayler M. Wortner, Sophia R. Wright.

Grade 8 Honor Roll

Jared L. Abhold, Drew Adams, Tayah S. Aldridge, Victoria E. Arquitt, Jacquelyne E. Ayala-Cerna*, Jacob N. Baumgardner, Daniil V. Baydak, Tiana A. Benham, Kerigan E. Bermani, Kyle R. Beuse*, Miranda A. Bingel, Zoie L. Breeding, Ryan J. Buchanan, Ethan A. Chu, Matthew L. Clark, Emma R. Claybo, Gavin Cook, Jarod Cooley, Danyelle L. Counley, Samantha M. Cox*, Austin Damien, Simon DeJong*, Madison N. Denney, Alaina Dowhaniuk*, Tavia M. Dunlap*, Lydia Ershig, Brianna L. Frye, Kiana R. Gaines, Riley C. Gamson, Janet D. Garcia, Kristen E. Garcia, Trevor J. Giddings*, Georgia Gilbert, Erica Gomez, Kyla H. Graham, Megan R. Green, Jillian S. Guffie, Dakota B. Gummere, Demetria Haigh, Dawson J. Hailey, Eileen Hall, Kamira M. Hamilton, Trenton C. Handy, Bryce E. Hansen, Illyanna M. Honea, Willem B. Hoogendam, Samuel N. Hull, Sarah J. Hull, Emily R. Hurlbutt, Devon R. Hutchison, Cade B. Isakson, Amberly M. Jennings, Grace L. Johnson, Megan M. Jones, Jacenta M. Kearney-Elder, Bogdan Khrushch, Madison E. Lanuza-Ortiz, Dakota M. Larabee*, Hannah Lea*, Brandon Lennox, Marshall T. Lowell-Gonzales, Patricia Y. Malang, Taylor Y. Manning*, Lafe A. Martinson*, Madison McCandless, Paityn L. McCutcheon-Delaney, Lillian G. Messick, Davis Mihelich*, Alexandria G. Miller, Bailey Jo Minne, Haley B. Moore, Rachel C. Moore, Alicia Morales Sanchez, Alex Nelson, Brandon Nelson, Allison R. Nichols*, Kristina E. Norris, Megan E. Olson, Madeline R. Parks, Derek R. Peitersen, Natalya J. Perkins, Dylan C. Peterson*, Payton Peterson, Jasmine M. Picken, Logan K. Price, Calista E. Quigley, Chantel Randall, Kacie N. Rexroth, Christian Roberson, Emily M. Rusnak, Stephanie R. Salgado, Faith M. Sanford, Kenzi A. Schrader, Haiden A. Shannon-Appell, William J. Sims, Sienna L. Smith, Marcus J. Stewart*, Sophie Stewart, Heather R. Stratton, Tanner J. Trammell, Shaylee B. Utter, Ramilio H. Uzunov, Wyatt R. Wahlgren, Peighton J. Walz, Michael R. Washington, Brianna M. Werner*, Malachi A. Werner, Kayla M. Whitney, Kailey E. Willard, Brenna R. Wilson, Juliana Wood, Aaron M. Workman Smith, Angel C. Wright, Kaitlyn A. Wright.

Sedro-Woolley students serve as pages in Olympia

OLYMPIA — Two Cascade Middle School students got up close and personal with state government in February while serving as pages for two of our representatives.

Angel Wright, an 8th grader at Cascade Middle School, took time away from school to spend the week of Feb. 17 participating in the Senate Page Program at the Washington State Legislature. She was sponsored by Sen. Kirk Pearson of the 39th Legislative District.

“I decided to participate in the program because my history teacher told me about it and I thought it would be a great experience,” said Wright, 14. “I enjoyed delivering messages on the floor of the Senate chamber and learning how to write a bill.”

Jake LaSalle, 14, served as a legislative page in the Washington House of Representatives during the third week of session. He was sponsored by his 39th District Rep. Dan Kristiansen, R-Snohomish.

During his week-long stay, LaSalle had the unique opportunity to observe, firsthand, the Legislature in action. As a page, he was responsible for delivering messages and documents to legislators in their offices, committee meetings, and the House chamber during floor sessions. He also attended page school, where he



Angel Wright, an 8th grader at Cascade Middle School, worked as a page for Sen. Kirk Pearson of the 39th Legislative District and others in February. *Submitted photo.*

learned how a bill becomes law and other legislative processes.

At the end of each week, pages participate in mock committee hearings. During this, LaSalle sponsored a bill relating to gun violence and Second Amendment rights.

“I think politics would be a good fit for me because I love debating and getting my point across to people,” he said.

—J. K. M.



Jake LaSalle, a student at Cascade Middle School, served as a legislative page in the Washington House of Representatives during the third week of session. He was sponsored by 39th District Rep. Dan Kristiansen, R-Snohomish. *Submitted photo.*



Lyman



Council summary

The Lyman Town Council held a regular monthly meeting on Feb. 11. Following is a summary of that meeting. Complete minutes for every council meeting are posted in the hall by the front door of Lyman Town Hall.

Feb. 11 regular meeting

- Mark Kitchen reported the water loss for January and informed council about a leak on Prevedell Lane during the weekend. He estimates about 52,000 gallons of water loss. The reason for the leak is not certain. It is being looked into by Dist. 8 and Lyman. Several people at the meeting said their water was off for a short time on Saturday, which could have

been from air in the lines.

- A letter from Dept. of Health stating the Water System Plan was completed and accepted.
- Council put the ADT installation on hold until Fire was available. Ryein Kitchen said she will check with ACN regarding the fire no-compete clause.

—Compiled from staff notes

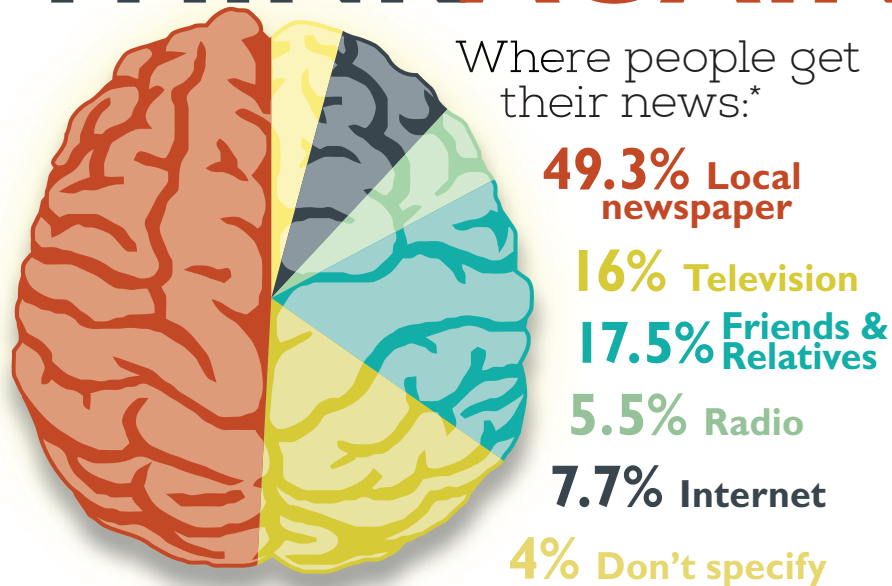
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*Source: 2011 National Newspaper Association Survey



Sedro-Woolley City Councilmember Brenda Kinzer (left) works with black belt instructor Elaine Kohler during a self-defense class in February. Hosted by Heart to Heart Charity, the two-day course will be offered again on Fri., March 28 from 6 to 8 p.m. and Sat., March 29 from noon to 4 p.m. The course will be held at The River Gathering church, 720 Puget Ave., Ste. B in Sedro-Woolley. Designed for female students ages 12 to 99 and all fitness levels, the class costs \$20 per person and includes a T-shirt (\$10 without a T-shirt). Bring a water bottle and a light lunch for Saturday. Registration and more info: hearttoheartcharity@gmail.com.

Lyman Library tales

Puzzles, puzzles, puzzles ... We have them stacked on shelves and on top of shelves. After several recent donations, our collection has grown again. There are some for little fingers, shaped ones, 1,500-piece ones, and sizes in-between. I even found a wooden one in one of the donation boxes. We have some young people who come in each week and get a new one to do and then donate their own when they are finished. If you are looking for a challenge, stop by and I am sure we will find one to keep you busy.

Ann and Jan, the ladies who keep the

Charity offers Easter basket delivery

Lyman-based charity Heart to Heart Charity is lining up a sweet offer for Easter. For \$10, the charity will deliver a Happy Easter basket to a loved one. The reusable basket will be filled with a big box of peeps, a stuffed rabbit, jelly beans, and an assortment of candy. Each gift will be delivered with a note with the sender's message.

Baskets will be delivered on Sat., April 19, but can be delivered the day before if requested.

Each gift purchased will help others through all that Heart to Heart Charity does. The charity's KIDS Club, homeless backpacks, clothing to those in need, helping children and babies and their families, baby showers for moms in need, and more.

To order, send an e-mail to hearttoheartcharity@gmail.com and include the sender's name, address, and phone number, plus the name and address of the recipient, and any special message. Gifts can be paid for online at PayPal using the Heart to Heart e-mail address, or senders can send a check payable to Heart to Heart Charity to P.O. Box 1372, Lyman, WA 98263. Orders are due by Wed., April 16.

Heart to Heart Charity also is seeking items for its homeless backpacks and shower kits. For more information, contact Tammie Werner at hearttoheartcharity@gmail.com.

library open for you on Saturday (noon to 3 p.m.), tell me they have had an increase in folks coming in for books and puzzles. People are discovering Lyman's library and stopping by. The fact it is free and run on an honor system appeals to them too.

We have a lot of duplicates that need to go to the thrift store, but if anyone knows of a place that would like to have some, please let us know.

Sitting here looking at the snow in my yard, I am planning my garden for this year—ever the optimist. I know spring is out there somewhere.

Till next month ...

—Elaine Kohler



Day Creek



Community notes

This month's **Community Potluck** will be held Thur., March 20 (instead of March 18). The Community Club will host a **Firefighters Appreciation Dinner** at 6 p.m. at the fire hall. This year's menu will be "Baked Potatoes and Salad." For information on what to bring for the 'Taters, call Donna Pulver at 360.826.3003. Come and show our firefighters and their families how much we appreciate their commitment to our community.

Community Club and Day Creek Chapel Women's Ministries announce the 2nd annual Pancake, Craft, and Plant Affair, to be held Sat., May 3. Craft tables are \$15. For more information, call 360.826.3003.

Relationship Encounter: "Our Secret Paradise," featuring Jimmy Evans of MarriageToday, is planned for March. Childcare will be provided. For date and time, call 360.826.3581.

The Sunday School children are joining Day Creek Chapel in a **Change Drive** to help raise money to build houses for widows in Burundi, Africa. Six hundred dollars will build a new home for a widow in need. Currently the kids have collected \$518. The goal is to provide two houses by the deadline of March 22 when the founder of Sister Connection, Denise Patch, will visit Day Creek Chapel.

For more information about Sister Connection, go to www.sisterconnection.org.

2014 Community Potluck dates

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

org. If you would like someone to come to your home and pick up your change donation, call 360.840.5978.

On March 8, the ladies of Day Creek are invited to a **Quilt Day** to make quilts to be donated to Pregnancy Choices in Concrete. This day is for all ladies, even if you are not a quilter or never sat down to a sewing machine in your life. There will be many jobs for everyone. Invite your friends too. For more information, call 360.391.1709.

Denise Patch, U.S. President of Sister Connection, will speak at Day Creek Chapel on Sun., March 23, at 10 a.m. Patch's life was changed when she heard of the slaughter of multitudes of her childhood friends during the ethnic genocide in 1993 in the nation of Burundi, where she lived as a child. The widows and orphans became "trash" in that culture and Denise's heart was broken by their plight. Sister Connection was birthed to connect sponsors with widows, providing housing, education, and micro-enterprise training.

The store is still a vision. The Day Creek Store project is still under way, although the end use might become an auto repair shop.

Women Hand in Hand will present LeAnn Hart as the special guest at its next women's conference, slated for April 25–26. Hart sets priorities as God first, husband second, kids third. Vivacious and talkative, Hart is a country singer who has performed for thousands. Hart and her husband, J.W., a retired bull rider, operate a cattle ranch in Oklahoma. She is a much-loved speaker at women's events, sharing honestly of her struggles and joys.

Any women's ministry group that wants to be involved with **Women Hand in Hand** is encouraged to contact any one of the following:

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

Donna Pulver and Kathy Henderson, co-directors of **Kingdom Builders**, are back on the road. Along with traveling the roads of Day Creek, meeting community members, and gathering information, they

will be available to the community for hospital visits and crisis calls. Kingdom Builders has been out helping those in need right here in Day Creek. For more information, call 360.826.3003, 360.826.3581, or 360.826.3822.

The **Day Creek Walkie Talkies** are up and at 'em. Every day around 7 a.m., there is a group walking the streets of Day Creek. When you see them, wave or honk—or better yet, join them. For more information, call 360.826.4375.

Day Creek Book Club meets at Cedar Springs Lodge on Barben Rd. For more information, call 360.661.0247.

Garden dirt

- Start the "slug patrol." Whatever method you use, start it now to keep the slug population to a minimum.
- Plant peas and fava beans outdoors; plant beets, spinach, lettuce, and other greens under cloches. Harvest any winter greens, mustard, chard,

collards, and broccoli.

- Half-hardy annuals vary as to how well they tolerate frost. They usually do well when night temperatures are 40 to 50 degrees. Carrots, beets, cabbage, cauliflower, and summer greens can be started now, to be planted in the garden in April.
- When planning the vegetable garden, remember to include flowers that will attract beneficial insects.
- Plant native trees and shrubs as temperatures warm. March is a good time to move perennials and ornamental grasses.
- Trim or prune ground cover overgrowth this month.

We are looking for **ideas for the community**—fun events and fundraisers to support the fire hall and get to know the neighbors. If you have an idea, call Donna Pulver 360.826.3003 or Kathy Henderson at 360.826.3581.

—Kathy Henderson

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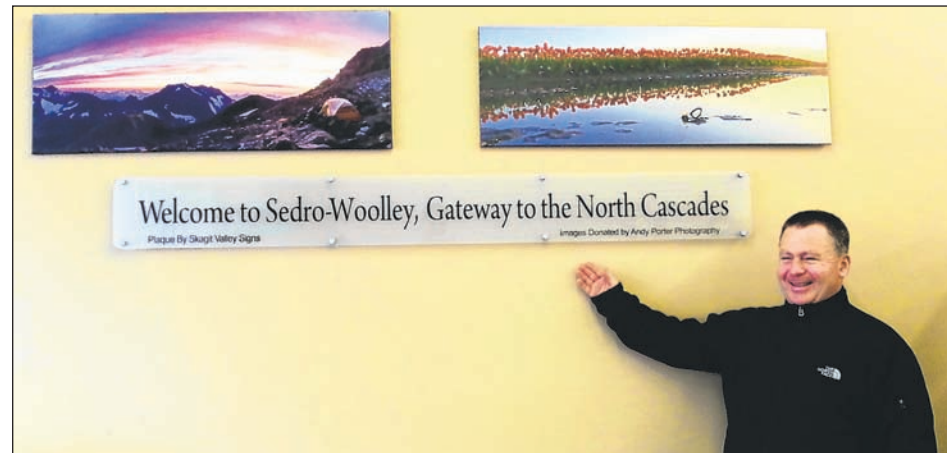
February in pictures



Above: Albert's Red Apple Market owners Mike (left) and Richard Frank stand with a copy of a Tobacco and Alcohol Advertising Policy they signed last month. The policy aims to limit children's exposure to ads for products that are harmful to their health by asking purveyors of such products to abide by restrictions, such as prohibiting outdoor tobacco and alcohol advertising, limiting tobacco and alcohol advertisements to tobacco and alcohol sections within the store, and keeping tobacco and alcohol advertisements under three feet in length or height.

"We believe in the health of kids. If it helps kids in the community, we're for it," said Richard Frank of the brothers' decision to sign the policy.

The policy was created by the Community Health Outreach Programs at United General Hospital, in partnership with Skagit County and Healthy Communities Washington.



Above: Sedro-Woolley photographer Andy Porter stands with two of his photos and a plaque that he donated to the Sedro-Woolley Chamber of Commerce office last month. Both of the canvas prints are panoramas, measuring 40 by 15 inches. The image at left was taken at Sahale Camp in North Cascades National Park and is composed of two full-frame pictures stitched together to make one sweeping image. The other print is a long row of red tulips reflected at sunset during the Skagit Valley Tulip festival. "Andy's work captures the beauty of Skagit County, and we are proud to have his work displayed at our Office," said Pola Kelley, executive director for the chamber.

Porter's work has graced the covers and pages of many local magazines and travel guides, as well as several national publications. *Photo by Pola Kelley.*



Above: Future Business Leaders of America (FBLA) participants Haley McNealey (left) and Shelby Meacham, both sophomores at Concrete High School, present their thoughts on business ethics during the 2014 Northwest Regional FBLA Winter Business Leadership Conference at Sedro-Woolley High School Feb. 8.

Left: FBLA participants and CHS sophomores Samuel Holbrook (left) and Kevin McLaughlin discuss management decision-making in front of judges during the regional FBLA competition at Sedro-Woolley High School Feb. 8.



Wonder women

Upper Valley women are losing weight and rediscovering themselves.

By Jason Miller

Twenty-two months ago, Margaret Johnson of Concrete dreaded tying her shoes, using a public restroom, walking uphill, sitting on the ground, or trying to stand up without assistance.

You'd dread it too if you weighed more than 300 pounds.

"I hated exercise," said Johnson, 43. "It was embarrassing, going to classes and watching other women doing so much, while I could do barely anything."

But almost two years ago, Johnson heard about Encore Fitness and decided to show up one night at Concrete Theatre for a class. She started exercising and eating more healthful foods, and rode a wave of increasing energy and incremental success for 22 months.

Today she is 125 lbs. lighter. She's one of "those women" who can exercise without coughing up a lung. "I keep getting stronger and stronger," she said. "I've lost weight in the past, but I always put it back on—and more. This time the weight has come off more slowly and I'm gaining muscle at the same time. My body fat is going down and my muscle mass is going up. It's completely different from any other way I've lost weight."

Helen Ovenell turned 40 about this time last year and decided she needed to get healthy. "I got tired of it," she said.

Ovenell started hanging out at Encore Fitness just last August. Since then, she's dropped 61 lbs. "I had noticed some arthritis in my hands (before I started the program); now that's gone. My skin is clearer. My blood pressure has gone down."

Sherry Hornbeck had been diagnosed with type 2 diabetes and high cholesterol, and didn't like her options. "Type 2 diabetes is usually controlled with medication that has side effects that are as disastrous as the disease. Doctors encourage the medication because I guess a lot of people don't take it consistently," she said.

Hornbeck, 64, started taking Zumba classes at Encore Fitness and began a diet designed to address her health issues. "It kind of escalated from there, trying different workouts. I started hiking and walking. Things got under control, physically. I got my cholesterol and diabetes under control with diet and exercise."

Starting to sense a pattern?

The common denominator in these women's stories is Encore Fitness, the health-focused business run by Val Stafford.

Stafford, who weighs maybe a buck ten soaking wet, wears so many hats in the Upper Valley community, one wonders how she manages to pull off a fitness program too. She's the president of the Concrete Chamber of Commerce and communications director for United General Hospital. She teaches online wellness classes for Skagit Valley College to about 125 students per month.

But it's Encore Fitness that is proving to be a godsend for dozens of women in the Upper Valley and the rest of the U.S. Through diet and exercise programs available at Encore Fitness, Stafford is helping women—as Hornbeck would say—"get things under control."

At 64, Stafford can outlast women (and men) half her age. During public Zumba demonstrations that have become common at parades in Concrete Town Center, she and her cadre of fitness enthusiasts

Above: Members of the "Baggy Pants Club" mugged for the camera last December. From left, Becky Luttrell, Melissa Hockett, Vickie Wammack, Melissa McAdam, Margaret Johnson, Judy Monrad, Becki Hoover, Mary Pat Larsen, Helen Ovenell.

Below: Margaret Johnson (left) and Melissa Hockett stand in the legs of Johnson's old jeans, which now fit very, very loosely after she dropped 125 lbs.



See Women, p. 39



Hamilton



Council summary

The Hamilton Town Council held a regular meeting Jan. 14. Following is a summary of that meeting.

- Mayor Joan Cromley introduced Angela Evans to the council as Susan West-Mani's replacement at Clerk Treasurer. Susan West-Mani will leave on April 1 after training Evans.
- Jonathan Flug and James Scott Bates introduced themselves to the council as candidates for an open council seat. Flug stated he wanted to assist in cleaning up the town. Bates stated he's lived his entire life in Hamilton and has been a member of the Volunteer Fire Department for 22 years. Mayor Cromley asked each candidate to name one of Hamilton's strengths. Flug stated it was a close-knit community and has survived a lot of adversity. Bates stated it was its adaptability and that everyone knows and helps each other. Councilmember Richard Moore nominated Bates for the open council position. The motion carried with four aye votes for Bates.
- Bates joined the council table and took his oath of office. The oath of office also was taken by Mayor Cromley and Councilmembers Bethany Betlam, Ruth McDermott, and Moore.
- Mayor Cromley asked council to approve an amount for purchasing a replacement town truck. Council discussed the advantages of a new truck versus a used truck. After discussion, Councilmember Betlam made a motion to give Mayor Cromley permission to buy a truck, keeping the purchase amount at \$7,500.00 or less. Motion carried with four aye votes.
- Council approved Ordinance 310, which amended Ordinance 297 to

state that all water agreements for connections must be in writing and all services are to be paid in full before any work begins on connections and meter installation.

- Council approved Resolution 01-14, requiring an annual permit and fee for recreational vehicles being used as storage, along with the permit and letter to Recreational Vehicle Owners. Council Moore asked if there were any violators when the code enforcement officer did his review. Mayor Cromley stated there were and the town was working on the notices of violation.
- Renting the old Fire Hall and the rental fee was discussed. Councilmember Moore made a motion to set the amount for renting the Old Fire Hall at \$160 per month with a one-year lease. Council approved. Susan Dills is to contact Mayor Cromley if her husband Tom Dills is interested in renting the building for that amount and signing the lease agreement.
- *Water Department:* Cas Hancock reported the water loss was zero percent. The various leaks had been found and repaired. The water loss had been calculated at a later date than when the meters were read and the water consumption report created.

—compiled from staff notes

Town Council seeks new member

Town of Hamilton is requesting letters of interest for an open council position. Applicants are asked to submit a letter of interest to City Hall by Wed., March 5.

The council intends to appoint the new council member during its next regular monthly meeting on Tue., March 11, at 7 p.m. at Town Hall.

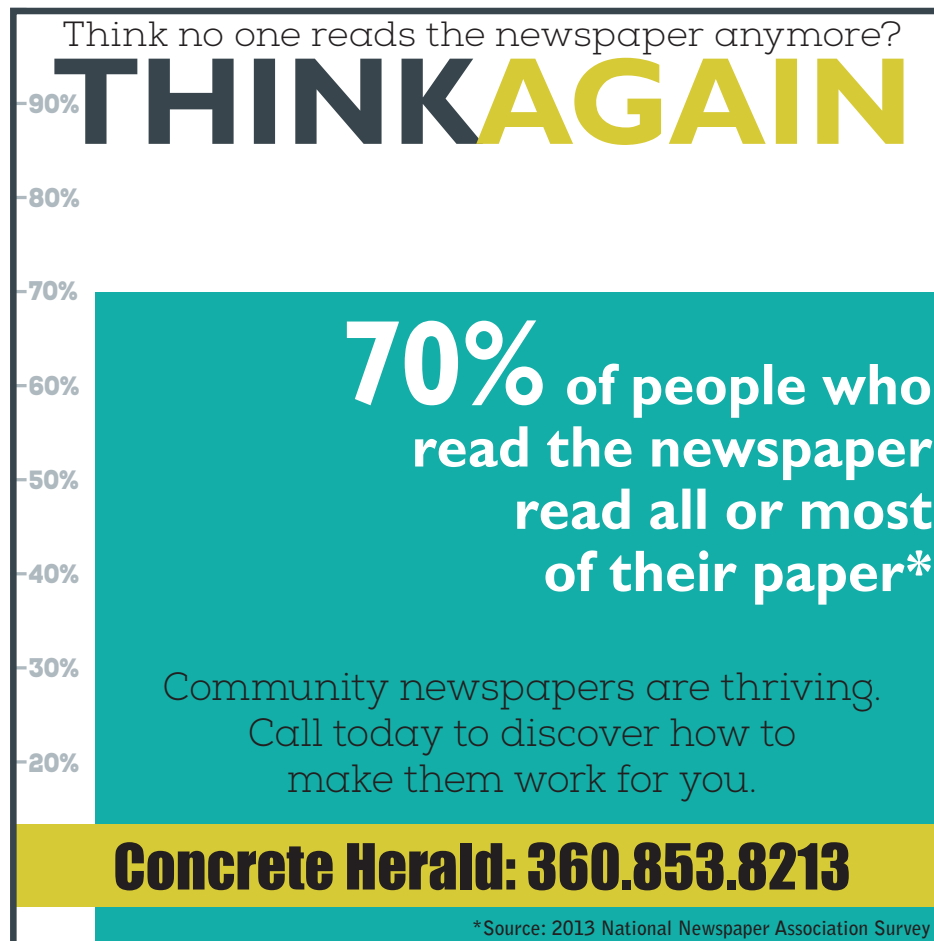
Annual Easter Egg Hunt planned

The Hamilton Volunteer Fire Department will host the Annual Easter Egg Hunt at Hamilton Park on April 13 at 1 p.m.

Public may weigh in on playground equipment

The Town of Hamilton seeks public input for the new playground project. Go to Town Hall during office hours (Mon. to Fri., 9 to 11 a.m.) to submit suggestions on specific equipment. Equipment catalogs are available.

—Angela Evans



Birdsview buzz

Welcome to spring! The snow should all be gone by the time you read this. And everyone already is planning their garden.

March birthdays

- 7 Jose Sanchez, Sally Straatof
- 10 Eric Warner
- 12 Zeke Ross
- 18 Cindy Power, Rodleen Getsic
- 19 Tom Claybo
- 22 Whitney Claybo
- 25 Jaydon Voigt (best 10-year-old grandson)
- 30 Andrea Fichter
- 31 Erma Baude

Happy 40th anniversary to Pam and Ed Getsic on March 29.

In brewery news, Br'er Rabbit will hold a CD release party on March 15.

On March 29 we have the Seattle band Back Porch Apostle back. We're looking to have music at least every other weekend.

At the end of March, our latest seasonal will be Black Cat CDA (Cascade Dark Ale), which is Julie's anniversary beer. She's been brewing with Bill for two years now. She shares her dad's passion and it shows in the awesome beers they make. Check out our Web site or Facebook page to see what's happening.

Happy St. Patrick's Day, everyone.

—Kris Voigt



Rockport



Skagit River Bald Eagle Awareness Team President Judy Hemenway chats with visitors to the Skagit River Bald Eagle Interpretive Center in Rockport during the Skagit Eagle Festival in January. The center hosted more than 3,000 visitors during December and January.

PIONEERING TODAY

Starting seeds indoors

By Melissa K. Norris

There is nothing quite as satisfying as growing your own food. Not only do you cut down on your food bill, but you're actually improving your own health. Food grown at home has more nutrients than food from the grocery store, or even CSAs or farmers' markets.

One way to increase your growing season here in the Pacific Northwest is to start your seeds indoors. There are some plants that do better when directly sown into the soil, such as beans, carrots, and leaf lettuce, but there are other plants that take quite nicely to starting indoors.

You can purchase tomato or pepper starts, but it's much more fun to grow them from seed at home. Peppers require about 10 weeks and tomatoes six to eight weeks until they're large enough to transplant outdoors. You're always safe to direct sow by the end of May here, so count backwards to gauge when to begin your seedlings.

To start your transplants, you'll need a seed-starting soil mix and some containers.

Leftover plastic salad containers or clam shell containers work well, as you can close the lids during germination, creating a moist mini-greenhouse for the seeds.

Most seeds need to be kept between 60 and 85 degrees during germination. Be careful with windowsills; during the night, temperatures often dip too low.

Seedlings need plenty of light so they don't grow spindly. A grow light is a good choice, especially with plants like peppers and tomatoes, which require a longer indoor growing period.

Before moving plants outside, you'll need to harden off your transplants. Start by moving your seedlings outdoors for one hour. During the next 10 days, increase their time outdoors by one hour. This step is crucial; don't skip it.

Make sure the containers you choose are large enough for the roots, or plan to transfer them to larger pots once the seeds have germinated.

Don't have your seeds yet? I'm hosting a giveaway of heirloom seeds on www.melissaknorris.com/blog March 5, with more than 11 packets of different seeds.

Find Melissa K. Norris online at www.melissaknorris.com.

Anne Schwartz honored at EcoFarm

Anne Schwartz of Blue Heron Farm in Rockport traveled to California in January, where she was honored for her decades of work in support of sustainable agriculture.

Schwartz was one of three people awarded a "Sustie" at the annual EcoFarm Conference, held by the Ecological Farming Association this year at the Asilomar Conference Grounds in Pacific Grove, Calif.

The lifetime achievement award recognized Schwartz's long list of service to the cause, which includes:

- 35 years on the board of Tilth Producers, a state organic farm organization
- Northwest Agriculture Research Foundation board (Schwartz was the first female and first organic farmer to sit on that board)
- Sitting on several advisory boards for WSU groups, such as the Center for Sustaining Agriculture and Natural Resources

Schwartz helped pass legislation to create the state's organic labeling law, serving many years on the board that crafted those regulations. That group then formed a tri-state coalition between



Rockport's own Anne Schwartz of Blue Heron Farm and her Sustie Award, a giant gourd into which an artist burned her name.

Washington, Oregon, and California to harmonize standards to work toward a federal rule.

"I am personally most proud of what Tilth Producers has been able to do—providing educational opportunities for new farmers—and the work that a larger coalition of players in WA has done to push WSU to become one of the leaders in the U.S.," said Schwartz.

Schwartz has owned Blue Heron Farm in Rockport since 1979. These days she grows eight acres of mixed vegetables and an acre of blueberries.

—J. K. M.

SFEG plans Rockport planting day

Skagit Fisheries Enhancement Group will holding a planting event at Howard Miller Steelhead Park in Rockport on Sat., March 15, from 10 a.m. to 1 p.m.

The planting is part of a larger effort to help restore native riparian plants in the Skagit and Samish watersheds. The new plants will help restore salmon homes by providing shade and cover for salmon and leaf litter for aquatic insects, which in turn provide food for salmon. These riparian zones also improve water quality by controlling erosion and filtering

pollutants.

Participants are urged to dress for the weather; mud boots and gloves can be borrowed on site. Arrive at the site no later than 10 a.m. for a safety orientation. Minors ages 13–17 may be dropped off, but must have a parent or legal guardian sign in for them. Because of liability concerns, minors under 13 must be accompanied by a parent or guardian during the event. Snacks and a satellite bathroom are provided.

An RSVP is requested. Contact SFEG for details, directions, and to sign up at 360.336.0172, ext. 304 or education@skagitfisheries.org.



Darrington



Darrington wrestlers pound Mat Classic

Monteith, McKenzie take first in state; Green grabs third; Forrest collects fifth.

Logger wrestlers steamrolled their way into the finals at Mat Classic XXVI this year, capturing four individual medals and a 3rd place team trophy.

The Darrington team started the second day of the state tournament in the Tacoma Dome with a 6th place berth—respectable, but not enough to bring home a trophy.

Senior Garrett Green took care of that by pinning Grant Camenzin of Raymond,

securing 3rd place in the 160 lb. category, and bumping the team into fourth place, lining them up for a trophy. Green celebrated by performing a backflip for a delighted Darrington crowd at the dome.

Senior Elesha Forrest—the sole woman wrestler Darrington sent to State—fought for every point on Friday and made it to finals, where a tight match against Brenda Reyna of Mount Vernon gained Forrest a 5th place medal after a 2–1 loss.

Junior Lane Monteith followed with a fierce championship match against Cody Hoffman of Selkirk, which found Monteith throwing his opponent to the mat repeatedly, yet unable to get the pin or rack up many points. Monteith exploded in the third period, throwing Hoffman to the mat and pinning him for 1st place in the 195 lb. class.

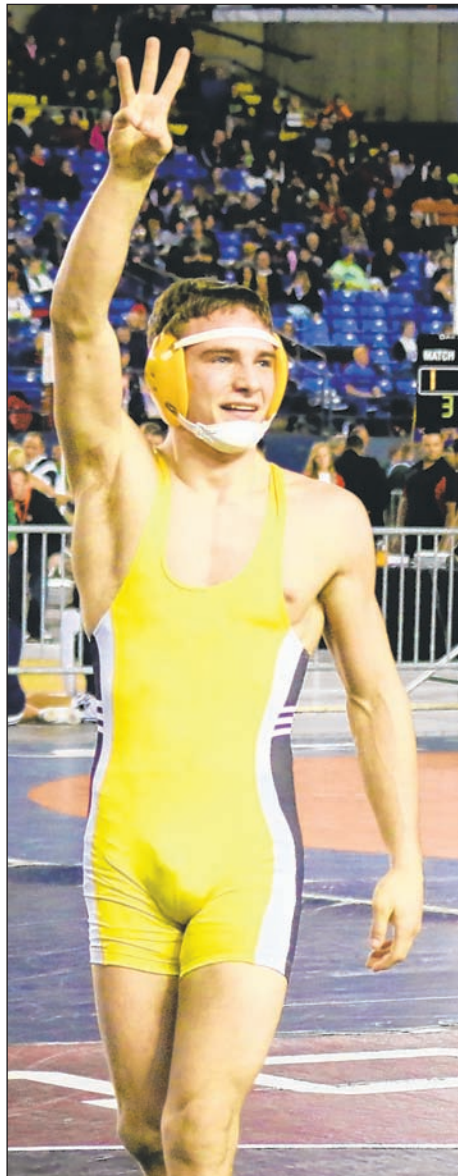
Monteith's teammate and friend sophomore Mason McKenzie took the mat next, facing Evan Lord of Colfax. A balanced mix of technical precision and strength, McKenzie wrestled almost without emotion and dominated the match, winning 11–0. He allowed himself a whoop after clinching the state title in the 2B, 220 lb. class.

Darrington coach Andy West, reflected on Monteith and McKenzie's triumphs. As stepfather to McKenzie, West has known both athletes for years.

"I remember when Lane was 7 or 8 years old. We showed him a head and arm out in the garage, and ended up packing

See **Darrington**, p. 39

Garrett Green signals his third place win to the Darrington spectators at Mat Classic XXVI Feb. 22. Green had just pinned his opponent, Grant Camenzin, of Raymond, clinching a 3rd place medal in the 160 lb. class. Green's win bumped the Darrington team up the standings, from 6th place to 4th—setting them up for a team trophy. Junior Lane Monteith and sophomore Mason McKenzie followed Green with 1st place wins, earning the team a 3rd place trophy.



Darrington junior Lane Monteith throws a struggling Cody Hoffman of Selkirk to the mat during the championship match for the 195 lb. weight class. Monteith followed the power move with a pin and took first place for 2B schools at Mat Classic XXVI Feb. 22.



Darrington sophomore Mason McKenzie crushed Evan Lord of Colfax with an 11–0 decision during the 220-lb. class championship match for 2B schools at Mat Classic XXVI Feb. 22. McKenzie wrestled with technical precision and plenty of strength to dominate the match.



Darrington senior Elisha Forrest kicked off Mat Classic XXVI with a match against Davis High School's Isabell Nunez. Forrest won the match 7-6, on her way to a 5th place medal at the state tournament.

Briefly ...

The annual **"Happy Day" auction** is scheduled for March 29 at the Community Center, 570 Sauk Ave., with a potluck starting at noon. Proceeds go to support funeral dinners. Bring your favorite dish to share. For more information, call 360.436.1217.

This month's **Community Contra Dance** will be held March 8 at the Mansford Grange, 1265 Railroad Ave. Potluck at 5:30 p.m., dance instruction

at 7 p.m., and dance at 7:30 p.m. Suggested donation is \$7. Proceeds go to caller, musicians, and sound. For more information, call 206.402.8646.

Marblemount poet **Andrea Weiser** will read her original poetry, accompanied by flutist **Peter Ali**, at Mountain Loop Coffee and Books, 1085 Darrington St., on March 8, from 3 to 4 p.m. Ali will play a variety of flutes while Andrea reads her poetry inspired by the natural world.

—Marla Skaglund

March at the Darrington Library

Children programs

- Ready Readers Preschool Storytime, Thursdays, March 6, 13, 20, 27; 9:30 a.m.; caregiver required.
- Baby & Me Storytime, Thursdays, March 6, 13, 20, 27; 11 a.m.; caregiver required.
- LEGO Club, Thursdays, March 6, 20; 3 to 4 p.m., K through 5th grade.

All ages programs

- Winter Community Band, Mondays, March 10, 17, 24, 31; 6 to 8 p.m. (beginners 6 to 6:30 p.m.); pre-registration required.

Teen programs

- Winter Warnings: Movies to Make the Blood Run Cold, Wed., March 12 ("Lady in the Water"), 4 p.m.

Adult programs

- Community Read: *Flight Behavior*, by Barbara Kingsolver; Wed., March 5, 6:30 p.m.; potluck meal included
- Beginning Guitar for Adults, Wednesdays, March 5, 12, 19; 12:30 p.m.; pre-registration required.
- Intermediate Guitar for Adults, Wednesdays, March 5, 12, 19, 26; 12:30 p.m., pre-registration required.
- "Bears of the Last Frontier," Wed., March 12, 6:30 p.m.; local enthusiast Fred Harnisch will lecture and discuss the role of Grizzly bears in Alaska and the lower 48.

For more information, go to www.sno-isle.org?ID=1194 or call 360.436.1600.

—Bryan Stratton, branch manager



The 2014 Darrington wrestling team and coaches posed for a group photo at the end of Mat Classic XXVI, showing off their third place team trophy, two first place medals, one third place medal, and one fifth place medal.

New brewery to open

A new brewery in Darrington will open its doors just in time for St. Patrick's Day.

Located in the Old City Hall at 650 S. Emens in Darrington, Whiskey Ridge Brewing Company will host an open house on Sat., March 15 at 11 a.m.

The microbrewery plans to have at least six taps; craft beer lovers will be able to choose from pale ale, Irish dry stout, oatmeal stout, kolsch, amber ale, and two seasonal. In the future, two of these taps will be rotated with other local brewery offerings.

During the Grand Opening weekend, patrons who purchase and wear a T-shirt offered at www.cafepress.com/whiskeyridgebrewingcompany will receive half off the purchase of their first

Growler to Go.

The brewery is owned and operated by Jack and Francine Hatley, a husband-wife team that started with a beer-brewing kit seven years ago and grew it into a business. The Hatley's partner, Bruce Blacker, will distill spirits and run a pub on the second floor of the same building. The two businesses will operate separately to comply with licensing requirements.

"This will be my first official brewery," said Jack Hatley.

After March 15, Whiskey Ridge Brewing Company will be open for business Thursdays from 11 a.m. to 7 p.m., Fridays and Saturdays from 11 a.m. to 8 p.m., and Sundays from 11 a.m. to 6 p.m. For more information, contact Francine and Jack Hatley at 425.232.5761 or francineh@whiskeyridgebrewing.com.

—Marla Skaglund



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Marblemount



“Cascadia Effect” aims to inspire, embrace, empower

A unique event is planned at the Marblemount Community Hall this month.

“Cascadia Effect,” organized and facilitated by Marblemount resident Sasa—who goes by her first name only—and her son, Wilf, is designed to be a “unique experience of the heart,” according to Sasa.

The concept of healing is one thread that will run through the exercises and experiences Sasa has planned for Cascadia Effect—and healing is something about which Sasa knows a thing or two.

“I lost my daughter, Mimi, to cancer in 2008. I also lost my mom to brain cancer when I was a teenager. I’m a domestic violence survivor. I’ve been through a lot of healing experiences, and it’s led to this,” she said.

“When I was pregnant with Mimi, I

grew ill; my body never recovered. I’ve come to research how to heal myself. We have the ability to heal ourselves and each other, but we’re distracted by the chaos in the world.”

Aligned with the spring equinox, Cascadia Effect is family-friendly and part of a larger effort to develop what Sasa calls “community fundays” filled with music, art, writing, life skills, alternative holistic healing, cooking events, permaculture, storytelling, plays, quantum physics study, noetic sciences—in short, something for everyone.

The March 20 event will be held at Marblemount Community Hall and will begin at 4 p.m. with an introduction to the Cascadia Effect concept and mission, followed by a dedication and blessing.

Cascadia Effect Interactive will follow at 5 p.m., and will include a variety of

attractions, including magic, Yo Yo tricks, brain games, singing, puppets, physics facts, “and just a bit of clowning around,” said Sasa.

A potluck dinner at 6 p.m. will wrap up the event. Attendees are asked to bring their own utensils and plates.

Sasa envisions Cascadia Effect to be the first of many such events to be held once per month, and she welcomes anyone who’s curious.

“This event can’t be compared to anything,” she said. “It’s heart-based—an awesome program that I know people will benefit from. I see so many different types of people here, with so much to give, but they all seem so separate. We need to start reaching out, connecting.”

There is no charge for admission, but donations would be accepted.

—J. K. M.

Cascadia Effect

Entrainment and entertainment event

Thur., March 20, 4 p.m.

Marblemount Community Hall
60155 SR 20, Marblemount

Intro to Cascadia Effect, dedication, and blessing: 4 p.m.

Cascadia Effect Interactive: 5 p.m.

Potluck dinner (bring your own utensils and plates): 6 p.m.

RSVP and questions

sasa@firewomanstudio.net

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— Valerie Stafford
communications director
United General Hospital,
Sedro-Woolley

Concrete Herald

The Voice of Eastern Skagit County
www.concrete-herald.com 360.853.8213



Newhalem



What is e-waste? What do you do with it?

You've probably heard the term "e-waste" a hundred times. But what is it?

E-waste (or electronic waste) is consumer electronics that no longer work or are just outdated and unwanted. It includes computers, other office equipment, TVs, mobile phones, entertainment devices, and more.

But these devices are only "e-waste" if you throw them in the trash. Electronics are full of valuable materials like copper, aluminum, glass, and even plastics that can be recycled.

Washington's free, statewide E-Cycle program provides convenient collection sites for computers (including tablets), monitors, e-readers, portable DVD

players, and TVs. By state law, the E-Cycle program is paid for by the manufacturers of these devices.

E-Cycle Washington started five years ago, and Washingtonians have since recycled more than 212 million pounds of electronics (equal to the weight of 383 fully loaded 787 Dreamliner jets) and kept nearly 14 million pounds of lead alone out of landfills. The Department of Ecology estimates that 915,000 TVs, computers, and monitors were recycled in 2013 through E-Cycle Washington.

There are 335 free E-Cycle drop-off sites spread throughout the state, with at least one in every county. You can find the one nearest you by visiting EcycleWashington.org or calling 800-RECYCLE (732.9253). In Skagit County, the following businesses are E-Cycle drop-off sites:

- Sedro-Woolley City Recycling Facility, 315 Sterling St.

- The Goodwill Mount Vernon Store, 102 Valley Mall Way
- E-Waste, LLC, 107 E. Cedar St., Mount Vernon
- Value Village in Mount Vernon, 525 E. College Way
- Appliance Connection in Mount Vernon, 729 W. Division St.
- Cap Sante Marina Web Locker in Anacortes, Bay #32, Corner of Q Ave. and Seafarers Way

Some common electronics, such as cell phones and printers, are not currently in the E-Cycle program, but a few larger electronics retailers take these and other electronics for free through their own recycling programs. Check with local retailers like Best Buy and Staples to see if you can recycle your cell phones, printers, and other items with them.

E-cycling not only recycles valuable materials within our electronics, but it also ensures that toxic components like

lead, cadmium, arsenic, and brominated flame retardants are managed responsibly and kept out of the environment—and our food chain. The Department of Ecology oversees the E-Cycle Washington program to ensure hazardous components are safely managed and to maximize recycling of all materials, so don't "e-waste" your electronics, E-Cycle them.

For more information about E-Cycle Washington, contact the Department of Ecology at miles.kuntz@ecy.wa.gov or 360.407.7157, or christine.haun@ecy.wa.gov or 360.407.6107.

—Submitted by Dept. of Ecology

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Concrete Food Bank

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

Darrington

Darrington Food Bank

First Baptist Church
1205 Emmens St., Darrington
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Wed. and Thur., 10–noon and 1–2 p.m.
360.436.9603

Hamilton

Hamilton Community Food Bank

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360.826.4090

Lyman

Shepherd's Heart Food Bank

8334 S. Main St., Lyman
Every Thur. 10:30 a.m.–1 p.m.
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for subjects: 360.853.3765

Marblemount

Bread of Life Food Bank

59850 State Route 20, Marblemount
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11 a.m.–5 p.m.
360.873.2504

Sedro-Woolley

Helping Hands Food Bank

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



Coffee Break

Birthdays

By Patrick Kennedy

Growing old is not elective; you do it no matter what. You just have to live with it in one way or another. For many seniors it is just too many candles on the cake to blow out with one puff.

For men a birthday is a foot-stomping festivity having fun over the fact you cheated the Maker for another 365. It is a time for “remember when” bragging.

For women it is the nation’s best-kept secret; you never ask a woman’s age for fear of facing her 12 gauge. Her birthday is hidden with all that gold buried in Fort Knox.

Each decade transformation brings on different comments and beliefs, and of course jokes. At 40, you are no longer a child and have graduated to the real-adult age. Friends remind you of the things you knew then, but not now. Call Waiting referred to a line outside a phone booth, an airbag was someone who talked too much, a cell phone was the one you used to call from jail, and Spam was found in a can in the kitchen.

At 50 they say “you look great, if you are 60.”

The maturity of 60 would be better spent if it came at 20. Being 60 is really no different than being 50, except that you’re 10 years closer to 70.

Being 70 has special messages, such as “We’re going to need a flamethrower to light the candles on your cake.”

And what can you say about 80? “The more you age, the more valuable you become. I think your value is priceless.”

Birthdays are just milestones. One day doesn’t make a difference except maybe in attitude: An 80-year-old thinks different thoughts than a 20-year old ... maybe.

The problem for seniors is that old age has to start at a young age and build from there. It is a long process and many things are learned, remembered, and forgotten. The key is not to worry about it because nobody has been able to stop time. The key is to deal with the present the best we can, and hope for the best.

Patrick M. Kennedy is the author of Two Seniors and Friends. Find it at www.funwithretirement.com.

Way Back When

80 years ago

March 15, 1934: One of those “Believe It or Not” accidents happened last Friday to Charles Paine of Concrete. He had been working around his stable when suddenly he felt an explosion in one of his eye sockets. Not knowing what had happened, he rushed to the doctor and found that his eye, a glass one, had exploded in his head.

The accident, while not an everyday occurrence, has happened to others, but is still rare enough to warrant being called unusual. Dr. McPhaden reports that such accidents are caused by moisture and heat working on the coloring pigment within the glass. The damage in this case was not severe, as the front part of the eye was blown out, but three pieces of glass had to be removed from the socket by the doctor.

Charley is now in the market for a new eye—one without explosive properties, if possible.

70 years ago

March 16, 1944: This issue of *Concrete Herald* marks the last issue to be printed in the *Herald* shop for the duration of World War II. Charles Dwelley, editor and printer of the paper for the previous 14 years, expects to leave for the Navy soon and all arrangements have been completed for *Concrete Herald* to be printed by the *Courier-Times* in Sedro-Woolley. Mrs. Helen Dwelley will carry on the editor’s job.

Next week’s issue will be the first printed outside of *Concrete* since the *Herald* resumed publication after the shop was destroyed by fire in 1914.

60 years ago

March 11, 1954: Friends of Sadie Cudworth, pioneer Marblemount hotel operator, called on her at her place on March 2. The occasion was her 79th birthday.

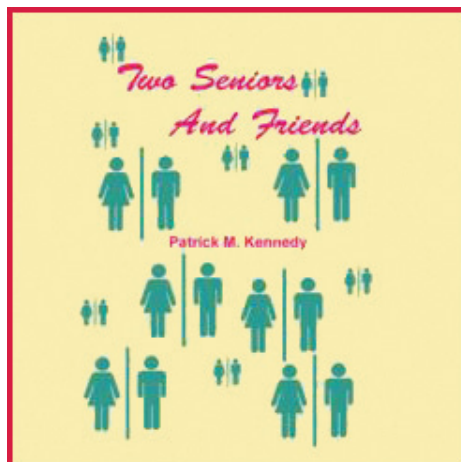
Cudworth came to the Upper Valley in April 1909, arriving in Rockport aboard Frank Olson’s stagecoach. After a month there, she decided that Marblemount was more to her liking, so she took over a hotel located where the present Log House Inn is now. The following year she moved her hotel to its present site and has operated it ever since that time.

Before her marriage she was Sadie Silverling, but in spite of the change of last name, she is known as “Sadie” by everyone who has ever enjoyed her hospitality or downed any of her fried chicken. Her list of friends includes many famous people, from former grubstake miners to high political office holders.

50 years ago

March 26, 1964: A leisurely break-in robbery and beer party was evidenced by the mess at the Van Horn Grocery & Service Station last Friday morning when owner Bernith Weirs opened up to find the store littered by persons unknown who had ransacked the stock during the night.

Entrance had been gained by breaking out a back window. There were indications that the persons



Concrete Center March 2014 Activities

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

Mondays

10 a.m. Jigsaw puzzles
Noon Coffee Bar
Noon Birthday party, 3/31
12:30 p.m. Skip Bo, Yahtzee

Tuesdays

10 a.m. Jigsaw puzzles
10:30 a.m. Tai Chi
Noon Lunch
12:30 p.m. Skip Bo
12:30 p.m. Leap of Faith, 3/24

Wednesdays

10 a.m. Jigsaw puzzles
10:30 a.m. Advisory Board mtg., 3/12
Noon Lunch
12:30 p.m. Skip Bo
12:30 p.m. White Elephant Bingo, 3/12, 3/26

Thursdays

10 a.m. Jigsaw puzzles
10:15 a.m. Income tax assistance
Noon Lunch
12:30 p.m. Skip Bo, Cribbage

Fridays

10 a.m. Jigsaw puzzles
10 a.m. Watercolors
11 a.m. Pinochle mtg., 3/21
Noon Lunch
12:30 p.m. Dominoes, Skip Bo

Furlough/Holiday closures
3/28 Furlough

Foot Care

Until further notice, Foot Care is not being offered at Concrete Center.

For foot care, call Sedro-Woolley Senior Center at 360.855.1531.

Way Back, cont. from p. 28

involved had time to open a few beers and drink them while piling up possible loot to be taken away. Empty bottles and a quantity of goods piled up for removal were found in the adjoining room, and much of the stock throughout the store had been disturbed.

Articles taken included clothing of selected sizes, groceries, beer, and cigarettes, plus a small amount of change. Both women's and men's clothing was taken.

40 years ago

March 28, 1974: Rezoning the Bacus Hill area near Lyman for a nuclear power plant site won unanimous approval of the three Skagit County commissioners Tuesday, Commission Chairman Howard Miller reported.

Following a half-hour public meeting, commissioners voted to approve rezoning recommendations made by the county planning commission following a series of public hearings.

Pickers carrying signs



Local seniors Lyle and Verna McClure celebrated 70 years of marriage with a gathering at Concrete Center Feb. 14. The photo above shows a display at the center in honor of the couple's impressive milestone. The signed photo at right was snapped at the Royal Star restaurant on Feb. 9. *Photo by Bill Pfeifer.*

protesting the planned nuclear project marched before the county courthouse in what Miller described as an "orderly

demonstration" prior to the meeting and vote. The proposal will next go to the State Atomic Siting Commission.



30 years ago: Proudly inspecting the first shipment of pipe for the new water system improvements in Concrete are Councilman Dale Woodruff, Mayor Norm Strand, and town employees Dave Herring and William Gruber, shown in this photo that appeared in the March 29, 1984, issue of *Concrete Herald*. The 40-ton load of eight-inch pipe was the first indication that the contractor, Cedar Ridge Construction, was set to begin the long-awaited project.

Archive photo by Anne Bussiere.

Obituaries

Leonard Ira Hornbeck, a longtime resident of Concrete, Birdsvew, and Sedro-Woolley, passed away on Sat., Feb. 15, 2014, at his home in Gladstone, Ore., at the age of 93.



He was born Feb. 11, 1921, in Roseburg, Ore., the son of Earl and Carrie Calkins Hornbeck. Leonard received his formal education in Concrete and attended Mount Vernon Junior College.

He worked in the woods until WWII, when he served with the 101st Airborne. On the eve of D-Day, paratrooper Hornbeck was dropped behind enemy lines. He was wounded and captured by the Germans, and spent seven months being shuttled between German prisoner of war camps. After the war, he and his brother Lawrence started Hornbeck Brothers Logging.

He was married to Gloria Ruth Bauer on Dec. 31, 1948, and she preceded him in death on May 10, 2000. He and Gloria were members of Community Bible Church in Concrete. Leonard moved to Happy Valley, Ore., in 2002, where he met Katherine Lamb, and they were married on Nov. 19, 2004.

Leonard is survived by his wife Katherine of Clackamas, Ore.; daughters Paula (Dave) Coles of Seattle and Paulette (Bryan) Martindale of Happy Valley; grandchildren Jeff (Maha), Greg (Christine), and Rod (Meshell) Coles, and Phillip and Leanne Martindale; five great grandchildren; and numerous nieces and nephews.

He was preceded in death by his parents, his wife Gloria, his brothers Rawson, Raymond, Lawrence, and Norman Hornbeck, sisters Annis Wilson and Alta Scott,

and great grandson Milo Martindale.

Memorial services will be held at Spring Mountain Bible Church, 12152 SE Mather Rd., Clackamas, Ore., on Sat., March 8, 2014, at 11 a.m., and at Community Bible Church, 45672 Limestone St., Concrete, on Sat., March 29, 2014, at 11 a.m.

In lieu of flowers, remembrances may be made to The Spring Mountain Bible Church Benevolence Fund, Community Bible Church, or Bristol Hospice and Homecare, 10365 SE Sunnyside Rd., Clackamas, OR 97015.

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 Where is the laughter?

By Bill Mueller

Entertainer Steve Martin has written a clever and funny song entitled, "Atheists Don't Have No Song." The lyrics are very funny. One of the verses reads, "but atheists have Sundays free." The implication is that the nonbeliever has the freedom to play on the very day believers are in church worshipping God. The amazing reality is that is exactly what people believe. The song continues, contrasting all the things atheists get to do that believers supposedly don't. The

message? Nonbelievers have all the fun.

Author Philip Yancey makes the following observation: "Evil's greatest triumph may be its success in portraying religion as an enemy of pleasure when, in fact, all the things we enjoy are the inventions of a Creator who lavished them on the world."

Isn't the message of the Bible the fact that God gives us good gifts? Remember the words of James, in 1:17 of his letter in the New Testament: "Every good and perfect gift comes down from the Father of lights ..." Jesus states it well in the Sermon on the Mount in Matthew 7:11: "how much more will your Father who is in heaven give good things to those who ask him?"

The message? God wants us to enjoy all the gifts He has given us. What gifts? How about love, relationships, laughter, sight, beauty in the creation and in people? The list could go on; in fact, maybe you should write out a list of all the good things in your life. They all come from the hand of God.

The world's view, like Martin's song, makes a mistake in perception. All good things can be corrupted by evil use, and that is where the contrast is found. For example, a believer practicing moderation, which is a Biblical theme, eats one cupcake, whereas the nonbeliever with no restraints eats ten. In a world where atheists have Sundays free, eating becomes gluttony, love becomes lust, and along the way we lose sight of the One who gave us pleasures to enjoy.

Our perceptions of life are not too lofty, but too shallow. God gives us all things to enjoy (I Tim. 4:4), yet many or most

are spoiled by overindulgence and a sense of entitlement. Our efforts should be to cultivate a healthy, growing relationship with Jesus; that is where the freedom and fun exist.

Author G. K. Chesterton ended his grand book, *Orthodoxy*, with this thought: "There was some one thing that was too great for God to show us when He walked upon our earth; and I have sometimes fancied that it was His mirth."

The Bible says it best: "You make known to me the path of life; in your presence there is fullness of Joy; at your right hand are pleasures forevermore" (Ps. 16:11).

Let us be thankful and enjoy Him.

Bill Mueller pastors in Lynnwood.

Sister Connection speaker coming in March

Denise Patch, U.S. President of Sister Connection, will speak at Day Creek Chapel, 31438 S. Skagit Hwy., Day Creek, on Sun., March 23 at 10 a.m., and at North Cascade Christian Fellowship, Hwy. 20 and Ball St. in Sedro-Woolley, on Sun., March 23 at 6:30 p.m.

Sister Connection was founded to meet the needs of widows and orphans in Burundi, Africa. Sponsors provide an income, education, and micro-enterprise training so the widows can support their families.

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.
Bruce Martin, pastor

North Cascade Community Church

59850 SR 20, Marblemount
360.873.2504 // www.mmag.net
Sunday School: 9:30 a.m.
Sun. worship: 10:30 a.m.
Thur.: Men's meeting, 8 a.m.
Thur.: Bible Study, 7 p.m.
Dave Nichols, pastor
E-mail: pastordave@fastmail.fm

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.
John Batts, pastor
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.
Ron Edwards, pastor

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.
Father Martin Bourke, pastor
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
Tim Hedberg, pastor

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 / centralumcsww@yahoo.com
<http://centralumcsww.org>
Adult Sunday School: 9:30 a.m.

Sun. worship: 11 a.m.
Marilyn Kallshian, pastor

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.
Tom Ross, pastor

Lutheran

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

Nondenominational

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

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
Rob Thomas, pastor

The RIVER Gathering

720 Puget Ave., Sedro-Woolley
Sun. worship: 10:30 a.m.
Tue. potluck/study: 6 p.m.
Thur. ladies group: 6:30 p.m.
Last Fri./mo. potluck/games: 6 p.m.
www.facebook.com/therivergathering
360.853.6676 // Pastor Larry Weston

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

Skagit County Sheriff's Office Blotter

Feb. 9

A fight at an underage drinking party landed a 19-year-old Burlington man in the emergency room. He was suffering from several abrasions and lacerations. He said this happened when he was sucker-punched by a bonfire on Medford Rd. near Lyman, while illegally drinking underage. Deputies are looking into the event.

Feb. 13

SCSO Animal Control investigated two aggressive dogs chasing a jogger on Rockport Cascade Rd. near Marblemount. The dogs ran toward the man and bit his foot. The owners were contacted and advised the dogs are allowed to be aggressive while on their property; however, as good neighbors, they need to control them in the neighborhood. The jogger has the right to defend himself from aggressive dogs, so dog owners please do your part.

Level 2 Sex Offender NOTIFICATION

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

Frost, Jesse Richard

Age: 44

Race: W Sex: M

Height: 5' 9"

Weight: 175

Hair: Brown

Eyes: Brown

Address: 575xx SR
20, Marblemount

A Level 2 sex offender, Frost was convicted of sexual assault and false imprisonment in California in 1994. His victim was a 21-year-old female who was not known to him.

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

Source: Skagit County Sheriff



Feb. 14

The U.S. Marshals Fugitive Task Force paid a visit to the Eagles Nest motel in Concrete. There was a wanted sex offender on the run from the Everett area. He was being hidden by subjects at the motel. He was arrested, and more charges may be pending for those involved in his run from the law. This task force is known for getting their man and this was no exception.

A 20-year-old Rockport female reported someone had broken into her car around Valentine's Day. She's missing her driver's license and most recent pay stub. The unfortunate part of this report is that her mother is the main suspect. Deputies will attempt to contact the mom, but she has warrants and will run or hide from police if confronted.

Feb. 15

A man showed up at the Hamilton Market in Hamilton. He was quite rude to the hostess. He apparently disagreed with the quantity of coffee served to him and made statements that alarmed the waitress. The deputy located him and he was formally trespassed from the store. He's well known to deputies. The coffee's no better in the county jail.

Feb. 16

A deputy stopped a vehicle near Howard Miller Steelhead Park in Rockport because it had no taillights. The driver appeared to have been drinking. He was arrested and processed for DUI.

Feb. 17

A confused male walked into the Upper Skagit Library in Concrete and startled the cleaning woman. She said he appeared lost and apparently didn't see the "closed" sign. He was looking for the local clinic. He was warned by the deputies not to scare the cleaning lady anymore.

Feb. 21

A deputy observed a green Honda parked in an odd spot near Conrad Rd. in Rockport. The car seemed out of place; it had been reported stolen out of Everett. Three persons were discovered walking nearby and questioned about the car. One female involved was booked into jail for possession of a stolen vehicle.

Feb. 24

Deputies are looking into a report of a man shooting his own dog east of Lyman. The details are missing at this time, but it's believed the dog may have gotten aggressive and bitten some folks, including the owner.

Medical units and deputies were dispatched to a Marblemount motel for a man who had stopped breathing. A citizen called for help and began CPR. Unfortunately, the 51-year-old local

Sergeant's corner Winter storms

By Chris Kading



You never know when snow will make its appearance in our area. It could be in October or it could be in February, like we just saw. No matter when it shows up, it's good to be prepared.

Make sure you have an emergency kit for you, your family, and your pets with supplies for at least five days.

One thing you can do to prepare for a winter storm is to prepare your home. Install storm windows if you have them, insulate the outside walls, attic, and crawlspace. Wrap your pipes and remember to buy and install those little hoodies for the water connections on the outside of your house. Make sure to buy extra; it seems that dogs, kids, or the wind like to take them.

If you are in your house with no heat, please, never under any circumstances bring in a generator or barbeque to heat your home. These appliances generate carbon monoxide, an odorless, colorless

resident was unable to be revived.

Feb. 25

After a night of drinking, three men got into an argument in the Lyman area. One of the men hit the other with a steel pipe; the third man intervened with a baseball bat to break things up. The man with the pipe fled; deputies are still looking for him.

Deputies assisted Washington State Patrol at a two-car accident near Hamilton that sent three people to the hospital. A westbound passenger car was driven by a grandma, carrying her daughter and her five-year-old grandson. That car slammed into the back of a convertible about to turn onto Lyman Hamilton Hwy. Three people were transported to area hospitals; WSP is investigating. Please remember to wear your seatbelts.

A deputy responded to a domestic assault on Spring St. in Concrete. A neighbor witnessed a male subject leaving the house with a bloody nose after some loud yelling. The man said his girlfriend of four months "smacked him," causing the injury. The female resident was arrested for domestic assault and booked into jail. Her kids didn't seem too upset, as if this happens regularly.

—Compiled by Sgt. Chris Kading

gas that will put you to sleep forever. Many people perish each year after making this fatal mistake.

During a snow storm, stay off the roads if it's not necessary for you to leave your home. If you feel that you need to go to the gym, shovel snow in your yard instead. Shoveling snow, depending on your weight, burns 290 to 400 calories per hour. Are your kids asking to go for ice cream? Instead make snow cones with the extra snow outside; just add some flavoring.

If you absolutely have to leave your house, make sure someone knows where you are going and stay on the main roads. If your vehicle gets stuck, stay in your car. Keep an emergency kit in your car at all times; this should include water, cell phone, nonperishable food, blankets, flashlight, and a brightly colored distress flag.

If you would like additional information for cold-weather preparedness, call Skagit County Department of Emergency Management at 360.428.3250.

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

Don't be shy



**Got a story worth telling?
Concrete Herald wants
to tell it!**

Contact:

Jason Miller, editor

360.853.8213

editor@concrete-herald.com

Concrete Herald

Concrete's resident comedian goes inside the Seahawks' Belly of the Beast

By Jason Stewart

There is a saying in the entertainment industry: "Athletes like to hang out with other athletes, rock stars like to hang out with other rock stars, but everyone wants to hang out with a comedian."

My name is Jason Stewart and I've been a stand-up comedian for the past 19 years. In that span, I've had the chance to work with and meet some of the biggest names in entertainment, from George Carlin to performing with members of Pearl Jam. I've had experiences that few people have ever had. These experiences I've likened to the movie Forrest Gump without the obliviousness.

Though, without a doubt, this last month has tipped the scale.

In January I performed at a sold-out Seahawks rally comedy show the day before the NFC Championship at the Pantages Theatre in Tacoma with my friend, comedian, actor, and master impressionist Craig Gass along with John Moffitt (former Offensive Guard for the Seattle Seahawks and the Denver Broncos). You could feel the electricity in the air the entire show—the 12th man made it one of the loudest shows I've ever performed in. After the show was over, we all spent a few hours with fans, sharing memories of the team throughout the years. What an incredible night!

Earlier in the season I was asked by Gass to help him write online content for Seahawks.com. This led to having the privilege to go to New York/New Jersey for Super Bowl 48, where we were given access to the players during Media Day. We were asked to come up with some funny questions to ask them.

Some of the questions we asked the players during the Super Bowl Media Day were:

"You recently flew to New Jersey with the team on Delta Airlines. Are you aware you could've had priority boarding on Alaska Airlines?"

Richard Sherman

"Richard, you were recently fined \$7,000 for talking trash to Michael Crabtree. Marshawn Lynch just got fined \$50,000 for saying nothing at all. Are you currently helping Marshawn write some trash talk to help save him \$43,000 next year?"

These were the questions that I felt America deserved to know the answers to!

At Super Bowl 48, I sat two seats away from Governor Jay Inslee. I asked him if he had made a bet with Colorado Governor John Hickenlooper, to which he replied, "I tried! But that S.O.B wouldn't make a bet with me!" He looked at the scoreboard and said, "I'm starting to understand why!"

I watched actor Tom Arnold rip up his Super Bowl ticket and split after the start of the third quarter, when Percy Harvin returned the ball for 87 yards to score another touchdown for Seattle. And then it hit me: Shy of a miracle, the Seattle Seahawks were going to be Super Bowl Champs for the first time in team history!

The 12th man had come to neutral territory and brought the noise of Century Link Field with them. That noise caused the first two points scored in the first 12 seconds of the biggest game on earth. It was also the most watched event ever to be broadcast on television. It made me proud to be from Washington. This was so much more than a win for the Seahawks; it was a win for all of us! And now creeps in the withdrawal of having to wait several months to see this team play again.

As for me, I will bide my time away



Confetti flew after the Seattle Seahawks demolished the Denver Broncos 43–8 during Super Bowl XLVIII at MetLife Stadium in New Jersey. Concrete's resident stand-up comedian Jason Stewart traveled to the history-making event. Photos submitted by Jason Stewart.

from the Seahawks doing what I've been doing for nearly two decades: I'll be embarking on my first headlining stand-up comedy tour in four years. I've decided that instead of starting my tour on the East Coast as I've done for the past eight years as an original member of the "Killers of Comedy" (made up of the personalities of the Howard Stern Show), I would do something completely different: I would start my tour in the town that I've called home since 2011. I've decided to kick it off right here in Concrete at the Concrete Theatre with some very funny special guests.

Last year we had a run of comedy shows that were well received by the audience who made it out. I think the Concrete Theatre is a special venue. It's a historic theater with a live-performance past. My goal is to utilize almost 20 years of industry contacts to bring some incredible live entertainment to town.

All we need now is the support of the area. I'm in, are you?



Jason Stewart
live at Concrete Theatre

With special guests

March 27
7 p.m.

Tickets \$15 (Brown Paper Tickets)

www.concrete-theatre.com

**Our area businesses
bring you Concrete Herald each month.
Please support them!**

Russell Wilson



A stubborn ribbon and dull shears drew laughs from Sedro-Woolley Mayor Mike Anderson (holding shears) and other City of Sedro-Woolley and Sedro-Woolley Chamber of Commerce representatives during a Feb. 10 ribbon-cutting ceremony welcoming Animal House Pet Grooming to Sedro-Woolley. Animal House owner Germaine Kornegay (left center, holding ribbon) moved the business in November 2013 after 19 years in Burlington. Animal House is located in the North Cascade Veterinary Hospital facility at 200 Murdock St., and can be accessed via an entrance on the south side of the building. Kornegay serves customers by appointment; call 360.755.2108 for more information. Kornegay was elected to the Sedro-Woolley City Council last November.

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Out & About



Skagit County

PSE grant helps Adult Education meet goals

Puget Sound Energy Foundation awarded a \$5,000 grant to the Adult Education program at Community Action of Skagit County at the end of last year.

"It came at a very crucial time for us, trying to fill some holes in the budget. We can't express how appreciative we are," Sandi York, Adult Education Coordinator, said. The Adult Education program offers two GED preparatory classes and seven ESL classes in various locations and different skill levels.

York said community grants are exciting because they can be used to support the children's activities that allow the adults to attend classes. Since the program is 75

percent women with young kids, it is vital for their children to have something to do while they are in class. Volunteers help the children with homework; there also are crafts, games, reading time, painting, and singing. Children's activities are offered during evening classes in Mount Vernon and Burlington, and morning classes in Burlington.

Community Action fosters and advocates for self-sufficiency among low-income people in Skagit County. Now in our third decade of service to our community, Community Action offers more than 35 anti-poverty services that address crisis intervention, housing and shelter, food access and nutrition, health care access, and education, literacy, and job skills. Our mission-driven agency offers educational and goal-setting opportunities to help individuals and families achieve major life changes.

—Emilie Carrillo

Burlington

Living history drama spotlights Civil War

BURLINGTON — The Burlington Library in partnership with the Skagit Valley Genealogical Society will present a free living history drama, "The Civil War: Defining Our Nation," on Thur., March 6, from 7 to 9 p.m., at the Burlington Public Library, 820 E. Washington Ave., Burlington.

Through an original living history drama performed by Civil War re-enactors, attendees will witness the events that led to the outbreak of the War Between the States. In the play, two friends heatedly debate the issues and political climate of the times. Once close friends, these men part ways as bitter enemies. One takes up arms to fight for the Confederate cause, and the other joins the Union Army.

David Imburgia and Matt Cleman are Civil War re-enactors and members of the Washington Civil War Association, (WCWA). Dressed in authentic Union and Confederate uniforms, they bring to life the bitter struggles between the states. Several women and children, also WCWA re-enactors, will join in the performance and contribute historic background as to the war's impact on the families, both Yankee and Confederate.

The free educational program is one in a series of living history dramas made possible by a grant from the Paul G. Allen Family Foundation to the Burlington Library and the Skagit Valley Genealogical Society's Making Connections through ROOTS project.

For more information, e-mail karenp@burlingtonwa.gov, call 360.755.0670, go to www.burlingtonwa.gov/library, or send an e-mail to ROOTS Project Coordinator Margie Wilson at rootsproject@frontier.com.

Mount Vernon

Annual Have a Heart run planned for May 3

The 5th Annual Have a Heart 5k and 10k Run and 2k Walk will be held on Sat., May 3.

Registration opens at 8:15 a.m., with the race scheduled to begin at 9:30 a.m. at Edgewater Park in Mount Vernon. The event is designed to accommodate individuals and teams, and includes a "Half Pint" half-mile kids' run.

The timed 5k and 10k course is relatively flat and runs south along the Skagit River dikes and farmlands. The 2k course runs north along the Skagit River and is stroller- and pet-friendly. The 2k course will not be timed and is enjoyable for the whole family. The half-pint half-mile is noncompetitive and free for kids ages 18 months to 9 years old. Children must be accompanied by an adult.

Pre-registered participants will be entered to win random prizes. Trophies will go to the first overall male and female finishers in the 5k and 10k races, and awards will be given to the first and second place winners in several age categories.

Register online at www.haveaheartun.org. Pledge sites and teams are encouraged.

The Have a Heart run is a fundraiser for Community Action of Skagit County. Proceeds will fight hunger and homelessness in Skagit County.

Skagit Conservation District Board of Supervisors has cancelled its March 18 election for Board Supervisor.

The incumbent was the only candidate to file by the deadline, and fulfilled all of the requirements for automatic re-election; therefore, no poll site, absentee balloting, or mail balloting will be performed pursuant to WAC 135-110-370.

For more information, contact SCD at 360.428.4313 or send an e-mail to skagitcd@skagitcd.org.

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May 2014**

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Pages: 56**

**Deadline for ads
and payment:
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Concrete Herald



Home & Garden



Community garden opens for 2014 season April 1

The Angele Cupples Community Garden in Concrete will enter its fourth growing season on April 1.

An Imagine Concrete initiative, the garden offers 29 raised beds that are available for rent, as well as eight additional beds and a field crops area that again will be used to grow produce for Concrete Food Bank.

Concrete and area citizens are encouraged to rent a bed in the garden, where produce can be grown for a fraction of the cost of store-bought vegetables.

This year, garden co-managers Marla Reed and Jason Miller plan to add a

garden shed and the first of three planned greenhouses. They also plan to install the formal welcome sign with donors' names, purchase tools for bed renters' use, add a floor to the gazebo, and continue work on the Memory Garden. Most of the above projects are possible because of a USDA Rural Communities grant the town won last year.

A special spot within the Angele Cupples Community Garden in Concrete allows young growers to take bite-sized chunks of the experience—free of charge.

Completed in 2012, the Children's Garden provides 14 beds of varying sizes

to help youth under age 18 get a feel for what it takes to grow their favorite vegetables or flowers. Beds are offered on a first-come, first-served basis.

The process and rules are simple and straightforward: Children choose a bed, plant seeds in it, and keep it weeded, watered, and under control, so that the plants don't spill out into the pathways and create a tripping hazard.

Children must be attended by an adult parent or guardian while in the Children's Garden, and they are expected to keep their hands to themselves—no touching or sampling from other children's beds.

RENT A BED

**in the Angele Cupples
Community Garden, Concrete**

4' x 8' \$15 per year

4' x 10' \$25 per year

4' x 12' \$35 per year

Info: Marla Reed: 360.391.2589
marla.mr@frontier.com
Jason Miller: 360.853.8213
goodwords@frontier.com

Steps for a safe home in 2014

(BPT) — As Americans brace for more snow, ice, and below-freezing temperatures this winter, education about and protection from residential fire and carbon monoxide (CO) poisoning become increasingly important. This is especially true considering that U.S. residential fire and CO deaths and injuries account for far more fatalities in most years than all natural disasters combined.

Since 2003 roughly 3,000 Americans have died each year in house fires, the equivalent of one person every three hours, every day. Additionally, nearly 20,000 people are sent to emergency rooms annually due to CO poisoning—an average of 55 people every day.

According to the National Fire Protection Association (NFPA), most home fires and CO poisonings occur in the winter. As your family cranks up the heat or uses the fireplace to stay warm, remember to clear snow and debris from flues and outside exhaust vents, place generators outside if there is a power outage, and keep flammable materials at least three feet away from any heat source.

To help keep your home worry-free from fire and CO this winter, consider these five simple steps:

1. Replace smoke alarms more than 10 years old with units featuring a 10-year sealed-in battery.
2. Place fire extinguishers on every level of your home, and make sure they are within reach.
3. Install CO alarms on each floor and near bedrooms.
4. Develop and practice an escape plan with your family. Know two ways out of each room.
5. Pledge to keep your family safe and reduce the risk that firefighters face when responding to a home fire at www.alarmpledge.com.

Extreme weather conditions should serve as a timely reminder to take stock in home emergency preparations. Take these steps to help protect your loved ones today.

For more safety tips and information, go to www.kidde.com.

WSU Know & Grow Workshop Growing for the Future: Seed Starting 101

When: Tue., March 18, 1 - 2:30 p.m.

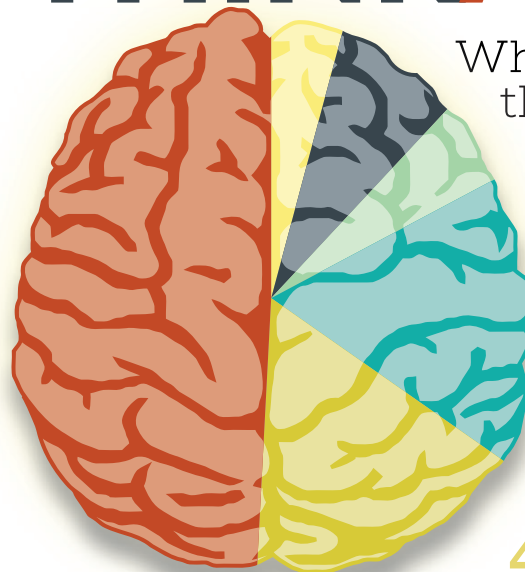
Where: WSU Mount Vernon NWREC
Sakuma Auditorium
16650 State Route 536 (Memorial Hwy)

Kevin Jones, owner/operator of Jordan Nursery in Stanwood, will take attendees through the process of seed selection and seedling care. For more information, call 360.428.4270 or go to <http://skagit.wsu.edu/MG>.

1. Replace smoke alarms more than 10

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17.5% Friends & Relatives

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*Source: 2011 National Newspaper Association Survey



Smile



Dwelleysms

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

"We have been conducting an experiment to see if a self-employed businessman can make a living by working only five days a week. He can, but a lot of those working on the same schedule don't see why he should be allowed to get away with it."

"A convicted murderer is quite unhappy because a newly found literary talent will be cut short by the electric chair. He, at least, will have a satisfaction denied writers of most autobiographies.: He will have a factual closing chapter."

"A human being, under his own power, has now reached the four-minute mile. Motorists are still trying to find highways for their four-mile minute."

"Alimony is a man's cash surrender value."

—May 13, 1954

"It was only a matter of time, but we are glad to hear Rhode Island has chosen its state bird: the little red hen. Now if Washington, D. C., would select the cuckoo ..."

—May 20, 1954

"We are still unable to decide whether it is a case of people needing psychiatrists or psychiatrists needing patients. People always did do crazy things, and maybe some smart guy just figured out a way to cash in on the follies."

"You can now buy a castle on the Rhine very cheap, but it has one drawback: The peaceful, romantic days to enjoy it are becoming increasingly scarce."

"The big question in our foreign policy is when to quit fiddling and start meddling."

—May 27, 1954

"McCarthy has now set himself up as supreme authority over everything. Not the first time that a ruthless bully has upset a government, but we'll still hang on to the hope that when the American public gets a stomachful of abuse, they will do something about it. The headlines of the crash of the house of McCarthy are

badly needed to conclude the record of his headline-hunting style of inquisition."

"It has been ruled that grocery giveaway schemes now so prevalent, are illegal. It's getting so the poor sucker who pays all the costs of business, labor, government, and religion hasn't a chance of winning himself any sudden good fortune. The sole exception is the chance of going to heaven, and you have to die to qualify for that."

"A good way to get the inside dope on a man's character is to get him talking about what he thinks other people would do to him if they had the chance."

"We're sure now that the meek will inherit the earth. Trouble is, it won't be in very good shape when the bold get through bombing each other."

"Love is easy to spot on the highways. You wouldn't think two kids could occupy so small a driver's seat."

—June 3, 1954

"It is getting to the point where newspapers should carry politics in a special section, like sports. With who-called-who-what off the front page, we might be able to sit down and form some opinion on what is happening in the world."

"People would have a lot more respect for the amount of logging done over our tavern bars in off hours if they could see the 'cold deck' of empty beer bottles our boys can pile up in a short session."

"Salesmanship these days is like fly fishing: First you have to discover what the poor fish is hungry for."

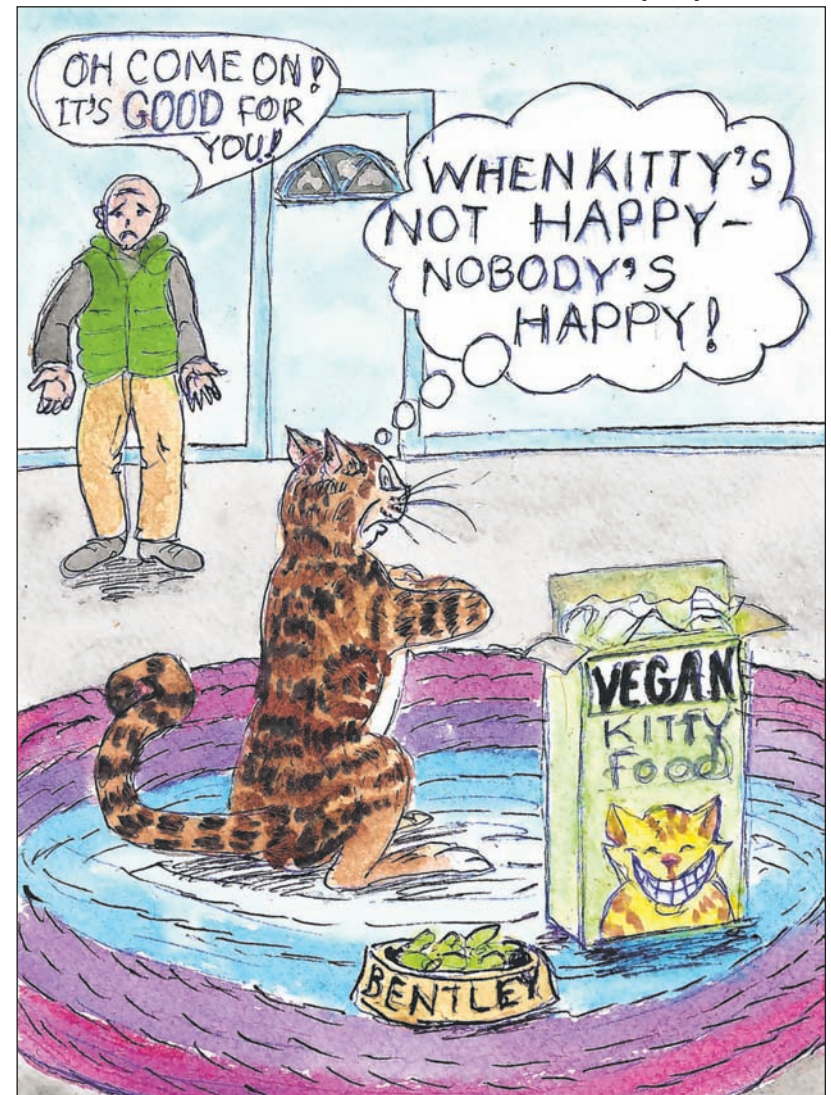
—June 10, 1954

"You can't say we aren't civilized. All that snarling in Washington, D.C., and nobody got bit!"

—June 17, 1954

Concrete Harold

By Joyce Harris



Public Service Announcement

By Stig Kristensen



Crossword: "Animal House"

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

- Across**
1. Oomph
4. Wake Island, e.g.
9. It's a snap
14. Blvd.
15. Female demon
16. Traversed a strait, e.g.
17. McCarthy quarry
18. Elevate
19. Rechargeable battery
20. Dangerous one
23. Cuba's ____ of Youth
24. Bad to the bone
25. Button material
30. New York Times employee
34. Bathroom installation
37. Excitement
39. Auto parts giant
40. "Everyone knows the truth!"
44. Confess
45. One step
46. 1965 Ursula Andress film
47. Fashioned anew
50. Young's partner in accounting
52. Lover of Aeneas
54. Every which way
- Down**
1. Zoroastrian
2. Squares
3. Piano part
4. Downwind
5. Checker, perhaps
6. Arabian Sea nation
7. Light air
8. Carpenter's machine
9. Anthropoid ape
10. Crack type
11. Shamu, for one
12. Some are green
13. 15 and 23, e.g.
21. Grasp
22. Twelfth Night, vis-à-vis Epiphany
58. New Guinea crooners
65. Ticket category
66. Purposeful
67. Cacophony
68. Big name in grills
69. Cut into
70. One of 100: Abbr.
71. Catch, in a way
72. Gunpowder ingredient
73. Prosecute
26. Flurry
27. French vineyard
28. Refuse visitors
29. Ham it up
31. Checks
32. Colorful fish
33. Latest thing
34. Kind of tissue
35. Cover, in a way
36. Energy source
38. Beginning to cry?
41. Restrains an infant?
42. Like some ears
43. Store posting: Abbr.
48. Linux system
49. Shogun's capital
51. Modicum
53. As a rule
55. Thick
56. Willow
57. Rogers or Chesney
58. Wail
59. Noodle concoction?
60. Chafes
61. Prefix with scope or meter
62. Buckets
63. Tease
64. Super server

Sudoku

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

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

*Solutions to both puzzles are on p. 38.

Funny as Facebook

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

- "I am protesting the Seahawks scarves. Scarves are a soccer thing and not an American football thing. Out of protest, I'm wearing my Sounders scarf to the Super Bowl party because I'm stubborn and crotchety."
- "Hockey is more enjoyable if you pretend they're fighting over the world's last Oreo."
- "I forgot my son's dentist appointment this morning. I really felt bad for the dentist and that I couldn't enjoy the satisfaction of seeing my son suffer the consequences of his neglect."
- "Night No. 6,308 of no sleep: Punching snoring people in the head at 2:30am should not be treated as an act of violence, but rather a desperate attempt of self preservation."
- (With accompanying photo): "You know you've been married a long time when neither one of you say a word about Valentine's Day and end up buying the same gift to give to the other person. On the left: Jeff's gift to me, mead and cheese. On the right: my gift to him, mead and cheese. I love you, stupid head."
- "I just ordered off Amazon; saxophone reeds, orange air freshener aerosol, a Game Boy battery, jelly bracelets, and a book about bee keeping. If that doesn't get Homeland Security pondering about me, I don't know what will."
- "Are the roads clear to Bellingham? (Teen driver kind of clear?)"
- "I really wish we had school, because I get so bored I clean the house."
- "I wish it was summer, so I could just walk to wherever I wanted."
- "Thanks Amtrak! Knock-off Goldfish (snacks) make that 13-hour delay seem like it never happened!"
- "Sometimes it is better to have mopped (and not moved furniture) than to never have mopped at all. (Don't credit Shakespeare; that's all me)."
- "Freezing rain hurts. Like little needles from heaven."
- "Based on my current Pinterest activity, what I'm understanding here is ... I need an entire new wardrobe."

The Bear Tail, part 3

By Joyce Harris

Editor's note: This is a monthly serialized story by Joyce Harris of Marblemount, who draws the "Concrete Harold" comic strip for this newspaper. This is a true story, and this is its final installment.

As we stood there, frozen, the crashing sounds seemed to retreat down a slope. We waited like statues quite a while, but everything was quiet. Up till now it really hadn't occurred to us that there were large animals out there in the dark, like bear and cougar, that wouldn't be so nice to run in to. Whatever it was, it had been on the same trail we were using. I was relieved it had "blinked" and run before we knew what was sharing the trail with us.

We wanted to run for the cabin. It couldn't be far now, I thought in desperation. We crept forward with our hearts pounding almost audibly in our throats. We whispered to each other, "We have to be getting close to the cabin, but where was that bear ... or cougar ... or whatever had made those noises?"

There! We heard another crackling noise. Thankfully, it seemed much farther away this time, so we really hurried forward. We hustled for what seemed like another mile.

Where was that cabin? I kept looking for light coming out of a window, but there was nothing. I began to panic. Things had been so different since the creek—could we have gotten switched off onto a different trail? I worried. "Maybe there are lots of trails around the cabin that I wasn't even aware of in the spring. Maybe in our panic we got sidetracked and are now headed away from the cabin!"

After what seemed like hours, there it was, the faintest glimmer of light escaping from a shuttered window. We'd almost missed it. "Of course," I reasoned, "they would have only a kerosene lantern."

We'd made it—oh, what a relief! "Thank you, God!" we cried. We were exhausted. Just wait until we tell them our harrowing tale, I thought.

We began to run and burst through the door with broad smiles and gigantic sighs of relief, only to be met by screams and gasps of horror. The group was scared out of their wits as they dove under the table and into the next rooms. Then with relief, they said, "Oh, it's only you. We had forgotten all about you. We have had a bear snooping around the cabin and we were all scared silly."

They had been sitting around a warm wood stove telling bear stories when we burst into the room. The story of the moment was being told by a Canadian hiker who had been hiding in the cabin when the group arrived. He and his dog had been attacked by a black bear the previous morning, right by the cabin. Luckily, they fled inside and hadn't been outside since.

Our instructor sat there unperturbed, smoking his pipe, chuckling in his husky, wheezy way and taking in the merriment of it all. "You young people are so silly," he said.

We didn't tell our tale that night—we couldn't compete. We were too tired and our reception was too much of a letdown. Jim settled in to listen to some of the tall tales as each tried to outdo the other, but he remained silent.

I headed for the women's sleeping quarters in the loft and flopped down on one of the few available bunks. It was not one of the best ones because the good ones already had been staked out, but I crawled into my warm sleeping bag and didn't seem to notice for long. I was so shaken, I shivered for about an hour before drifting off to sleep. Somewhere in the background of my dreams was talking, laughter, and hilarity. The party in the main room continued on into the wee hours of the morning as the tales got more and more outrageously scary. Finally, the women began to climb to the loft and the men found their bunks in the lower room of the cabin.

Jim told me later that he didn't get the shivers until the next day, when, walking back down the trail to the car, he saw for the first time what we had come through in the pitch black of night.

Postscript

Jim and I were married four months later and told this tale many times to our friends and relatives during the following years. Our little girl who was born the next year heard the story many times, and during kindergarten Show and Tell, got up in front of her class and said that her mommy and daddy didn't like each other very much until they spent the night together in a cabin on the mountainside one night after hiking in the dark and getting scared by a bear.

—The End

Elk, cont. from p. 3

Farmers and ranchers in the Skagit are already making sacrifices for wildlife. We now have buffer zones, wildlife corridors, and critical areas. The landowner needs to maintain the fences built to protect these areas, as well as show a profit on these nonproductive, former agriculture lands.

Ovenell's Double O Ranch, south of Concrete, has proudly been an award-winning conservation farm for more than 75 years, but recently had half a mile (that's 2,640 feet) of livestock fencing destroyed by the elk herd that's been camping out there. In addition, they had to purchase (for the first time ever) hay that had been consumed by elk to feed their livestock—to the tune of more than \$10,000!

So why is this coming to a head now? Well, the state has increased its importation of these non-native animals in the past six to seven years, and these elk have a reproduction rate of almost 25 percent annually. With virtually no natural predation in play, by the time the so-called five-year plan is in effect, the herd population should be at, or over, the state's target rate of 2,000 elk in our valley.

Not to worry: WDFW plans to force 500 of those elk east to Rockport and Marblemount, as it feels this will reduce the number of current damage complaints in the lower valley by 50 percent. The rationale? There is less agricultural land upriver, as the valley narrows considerably, and our human population is lower than the larger towns west. Fewer people equals fewer complaints.

However, we not only have significantly critical agricultural operations upriver (Blue Heron and Cascadian Farms, Glacier View and American Alps Ranches, Challenger Ridge and Glacier Peak

Vineyards, etc.), but commercial tree farms, USFS, and U.S. National Park lands as well, which would all be affected.

If you are a farmer, rancher, or landowner, I suggest you have your crop yields information ready just in case the state decides to put any damage reimbursement money in its coffers. And gardeners: forget about having any corn or Tarheel beans for your larder.

I have only scratched the surface of these problems, but I'll finish off with a quote from my high school accounting teacher, Vic Ligio: "It's nothing but legal larceny!"

Stay tuned for next month's installment, focusing on the work and findings of the Forage Enhancement committee.

Art Olson is a retired National Park Service employee. He owns and operates Glacier View Mules with his wife, Christie Fairchild, in Rockport.

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

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

Call 360.853.8213 today to be seen in Concrete Herald.

Sudoku solution, from p. 37

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

Crossword solution, from p. 37

1	P	E	P	4	A	T	O	7	L	L	9	P	H	O	12	T	15
14	A	V	E	15	L	A	M	I	A	16	O	A	R	E	D		
17	R	E	D	18	E	X	A	L	T	19	N	I	C	A	D		
20	S	N	A	21	K	E	I	N	T	22	H	E	G	R	A	S	S
23	I	S	L	E						24	E	V	I	L			
					25	N	A	C	R	E	28	E	D	I	31	T	O
34	S	P	A	35						37	D	R	A	M	38		
															39	N	A
40	C	A	T	41	S	O	U	T	O	42	F	T	H	E	B	A	G
44	A	V	O	W						45	S	T	A	I	R	46	S
47	R	E	M	A	48	D	E			50	E	R	N	S	51		
					52	D	I	D	53	O					54	A	M
56	B	I	59	R	D	S	O	F	61	P	A	R	63	A	D	I	S
65	A	D	U	L	T				66	T	E	L	I	C	67	D	I
68	W	E	B	E	R				69	E	R	O	D	E	70	S	E
71	L	A	S	S	O				72	N	I	T	E	R	73	T	R

Eagles Nest, cont. from p. 4

Sergeant Kading told council members his deputies will continue to monitor the situation at the Eagles Nest and cite or transport people when necessary. He also will continue to try to reach Bowlin. Kading believes Bowlin's intentions are genuine, but he may not be fully aware of the management he has hired.

Andrea Weiser covers Concrete town government for Concrete Herald.

Darrington, cont. from p. 24

him around to freestyle matches. They've had this relationship, this goal ever since: 'We're gonna win state when we get to high school.' I still see them as those little kids in the garage, but now it's just so awesome to see them both accomplish their goals. They could do another year at state again. Together."

—J. K. M.

Women, cont. from p. 21

often cause onlookers to stare with jaws dropped.

Stafford teaches about 20 Encore Fitness classes per month, which she describes as "all over the map."

"I change the format and call them different things. There's Zumba. Weightlifting. Core and cardio work. Step classes. Exercise ball classes. A little yoga."

Stafford's approach is born from years of experience. She worked in health clubs and gyms, where repetition of the same exercises was taught. "That doesn't work," she said. "You need cross-training."

The other side of the fitness coin is food. Stafford is a vegetarian, but she doesn't push that on her students and clients. She does, however, push "lean and clean" eating; that is, eating lots of lean protein and staying away from processed foods.

She must be doing something right, because the women who show up at Concrete Theatre for Encore Fitness classes can't stop talking about the changes they've seen in mind and body ever since they started exercising and eating right.

Melissa McAdam lives in Cape Horn with Patrick, her husband. A year ago, McAdam, 53, had just about given up on

life. She suffered from an inflammatory bowel disease similar to Crohn's, and a kidney disease. At 225 lbs., she was obese for her small frame. She got stressed, angry. "I wore my diseases like a shield. I cried all the time. I was sorry I was taking up space that a well person could use."

McAdam poked her nose into an Encore Fitness class and saw a smiling face she knew: Melissa Hockett. McAdam started working out and drinking the Shakeology drink.

"Three weeks after I started drinking it, I went into remission," said McAdam. "Then I started going off my meds; now I have only three meds left."

The stories almost have no end. Take Debbie Temple, 61, of Birdview. She's a Shakeology fan too, saying it's helped her lose weight faster than exercise alone.

Temple took medications for high blood pressure and high cholesterol. With heart disease and Alzheimer's in her medical history, she was being careful. Last August she added Shakeology to her exercise regimen; two months later, her "bad" cholesterol, LDL, had dropped from 137 to 128. By January it had dropped to 83.

"My doctor checked out Shakeology—the ingredients—and noted several that would reduce cholesterol and give me energy. He reduced my blood pressure medication and took me off the cholesterol meds, shook my hand, and said, 'thanks for making my day. This is the kind of appointment that doctors dream of.'"

The most common result of weight loss is increased energy; across the board, every woman noted that. But with that energy comes renewed confidence, a zest for life.

"Val changed my life," said McAdam. "It was like I woke up. I'm back to being who I am. I'm happy to be alive."

"We all feel like Superwoman," said Johnson.

Encore Fitness

Location:
Concrete Theatre
45920 Main St., Concrete

Web:
www.encorefitnesscoaching.com
www.concrete-theatre.com

Phone:
360.466.8754

E-mail:
valerie@encorefitnesscoaching.com

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www.concrete-theatre.com

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