

The Voice of Eastern Skagit County Concrete Herald

Vol. 93, No. 5

May 2010

50 cents



From top to bottom: **Harold "Pete" and Cheryl Pitts** are renovating the former Baker Hotel, Ponderosa Restaurant, and River View Trading Post buildings, and are transforming them into Hi. Lo. Country Hotel & Cafe, Hi. Lo. Country Bar & Grill, and an auto lube center, respectively. Hamilton Mayor **Tim Bates** is manager at the restaurant, which opened in April. **Fred West and Valerie Stafford** renovated and reopened the Concrete Theatre in February. **Keith and Susan Taxdahl** rescued Hal's Drive-In, renamed it Cascade Burgers, and opened for business in April. Concrete native **George Theodoratus** is taking advantage of lower materials costs and building a larger Valleys West Realty building.

Rural rebirth in Concrete?

A flurry of redevelopment and new businesses has many wondering if Concrete is staging a comeback—and how long it will last. See p. 11.

Marblemount boys head to "war"

Page 22.



Clear Lake entrepreneur says "thank you" with style

Page 10.



How do we love our mothers?

Count the ways on page 9.



Can this man save Sedro-Woolley's Fairweather Lanes?

Page 12.



*Published the first
Wednesday of each month*

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Concrete Herald

The Voice of Eastern Skagit County

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Editorial

See that happy man to the right? That’s me at 1:47 a.m. on May 6, 2009, standing in the parking lot of the G. I. Joe’s building in Mount Vernon, holding the first issue of *Concrete Herald* to be published in 18 years.

As “The Voice of Eastern Skagit County” begins its second year, I encourage everyone who reads it to make it your own. Feel free to call or e-mail me (360.853.8213 or editor@concrete-herald.com) and tell me about upcoming events. Tell me

See Editorial, p. 26



Photo by Paul W. Rider.

Visit historic La Conner & enjoy our featured exhibit

The Way We Played

Early Skagit Recreation

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Opinion

Letters to the editor

Thank you from Gladys Silrus

I want to thank everyone who came to the benefit fundraiser for me on April 10. Words cannot say thank you enough to all the people who came and gave in my time of need. I want to thank each and every one who helped make it possible and who donated items for the raffle. It is said people come and go in your life, but friends stay forever. I never realized how many friends I have. Thank you from the bottom of my heart for caring for me.

Gladys Silrus
Concrete

Thank you, Dental Van

The Resource Center in Concrete had an “event” on April 23.

After months of negotiations and wrangling, “The Dental Van” finally pulled up in front of the Ted Anderson Building on Main Street in Concrete at 7 a.m. This rolling dentist’s office is huge and totally self contained. The dental van is actually a 300-plus-foot converted RV piloted by Ron, who is also a dental technician and x-ray specialist. When the dental van was finally parked, loaded, stabilized, generators operational, we were ready for patients.

And here came the heroes of our event: Dr. Jon Engelby and his two assistants, Cindy Allen and Amy Allquist. They were ready to see patients, and the patients started arriving. The first appointment was at 8 a.m. and the van was booked solid thru 3 p.m. All in all, Dr. Jon and his staff treated 14 patients. They ran the gamut from simple oral exams to extractions to fixing a chipped front tooth. Several of the patients had been in pain for a long time. Without exception, the patients

were thankful for the wonderful services performed.

Dr. Jon, who practices at CE Family Dental in Sedro-Woolley, and his staff offered their services on a volunteer basis and we are so thankful that they gave of their time and energy to come to Concrete to help those who needed it. We hope that they can come back in the near future to help with dental issues for many of our low-income dental patients in East County. The dental services were on an income-eligible basis and patients were asked to pay what they could to cover the costs of the Dental Van. As an example, an oral exam cost \$5.60; an extraction was \$12.00, x-rays \$2.00, overwhelming most of the patients, who paid their bills in full.

We are working out schedules with the doctor and the dental van and hope to offer the services again soon. We’ve started a sign-up sheet for future visits at the Resource Center and will post the next date as soon as we can.

A huge thank you goes out to Dr. Jon, Cindy, and Amy for your volunteer services and truly caring about our community; to Ron, the driver and tech extraordinaire; and to Bobby Kysela, who coordinated the whole event and pulled it all together. You guys rock!

Lou Hillman
Concrete

Letters policy

Letters of 150 words or fewer may be sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237, or e-mailed to letters@concrete-herald.com. Writers must include their name and town or community for publication, plus a daytime telephone number for confirmation purposes. *Concrete Herald* reserves the right to edit letters for length, clarity, accuracy, spelling, grammar, and potentially libelous statements. So be nice.



Dental Van “heroes” are (left to right): Bobby Kysela, Dental Van coordinator; Dr. Jon Engleby, CE Family Dental; Cindy Allen, office manager-hygienist; Amy Allquist, hygienist; Ron Guordian, NW Medical Team driver and Dental Tech. Photo by Lou Hillman.

Scholarship donations sought

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

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

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

WHAT’S NEXT FOR THE LONE STAR BUILDING?

During an April 15 workshop at Concrete Town Hall, Concrete citizens gathered with town staff and officials to discuss the future of the Lone Star Building.

The purpose of the workshop was to decide what uses the building could reasonably accommodate. The resulting list could then be used when approaching grant organizations for funding.

Originally built in the early 1900s as an administrative building for Superior Portland Cement Company and, later, Lone Star Portland Cement Company, the building is well suited to support similar activities.

In its heyday, the building was a stately

addition to the community, serving its purpose from 1980 till 1969.

Today, damaged by time and neglect, the building still has a lot going for it; specifically, its location and its structural integrity, which is still sound.

Meeting attendees reached a consensus regarding the future tenants of the restored building:

- Concrete Town Hall
- Concrete Chamber of Commerce/ Department of Licensing
- Concrete Dept. of Tourism

There also was support for discussing the possibility of moving the Upper Skagit Library to the lower level of the building.



A crowd of citizens gathered at the Lone Star Building in Concrete on April 26 to tour the interior. The walk-through was planned after an April 15 workshop to discuss possible uses for the building, which the Town of Concrete plans to restore.

community

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Sports



Men clinch No. 1 seed to district playoffs

By Jason Miller

With an 11-4 league record as of May 1, the Concrete Lions baseball team has clinched the number 1 seed in the league to the district playoffs, reported Head Coach Jim Newby. The team started the season with shaky, inconsistent performances, but Newby said hard work on the players' part contributed to their current standing.

"We're a totally different team than we were at the beginning of the season," said Newby. "The La Conner [doubleheader] on April 23 was the turning point of the season. Nobody expected us to win even one of those games, let alone both of them."

The team struggled in early April with a 4-1 loss to Friday Harbor on the 9th. They beat Shoreline Christian on April 13, and took a forfeit from Orcas Island after that school overbooked its game schedule.

An April 16 doubleheader against Darrington found Concrete on top both games. They squared off against Friday Harbor again on April 20 and lost 4-1 again.

The April 23 games against La Conner—Newby's turning point—were both claimed by Concrete, which won the first game 11-1 and took the second game 8-7 in 10 innings.

See **Baseball**, p. 31

Softball playoffs in women's future

By Jason Miller

With 3 wins and 13 losses as of May 1, the Concrete fastpitch softball team may not have a stellar record, but it's strong enough to keep their State hopes alive, according to Head Coach Don Beazizo. "We'll make it to the playoffs," he said, adding that the team's probable opponent for the first round will be Rainier Christian.

"We've beaten them before, at home. This time we'll be on their turf. If we can play them down there like we did up here, we should be able to make it to State," said Beazizo.

The women's April games were filled with ups and downs. Friday Harbor handed them a 14-2 loss on April 9. Mt. Baker beat them 12-1 on April 12.

An April 16 doubleheader against Darrington found Concrete with a mixed bag: They won the first game 11-6, then lost the second game 13-12. Darrington forfeited the second game because they fielded an ineligible player.

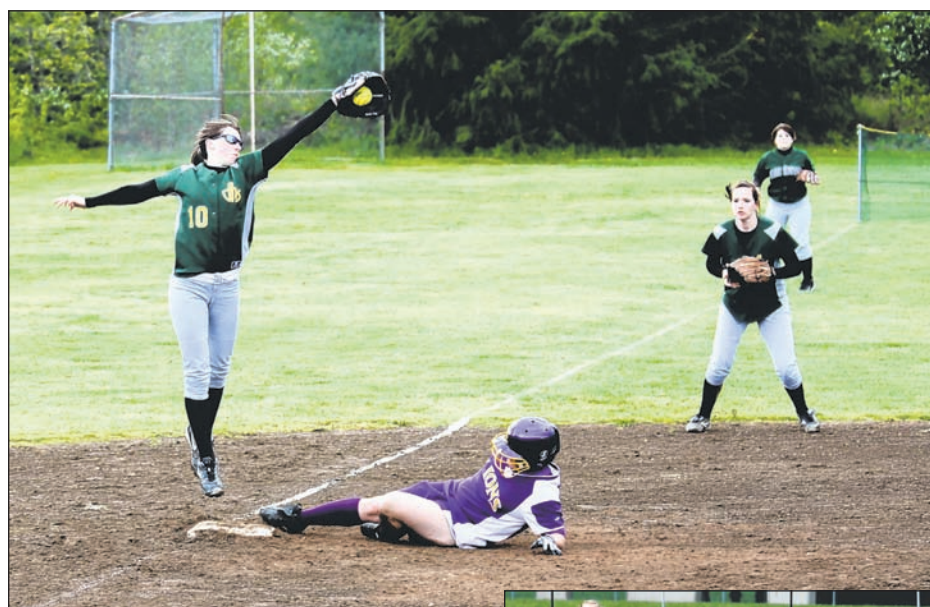
On April 20, the team traveled to Friday Harbor and lost 14-2. La Conner stomped the Lady Lions on April 23 with an embarrassing 31-0 trouncing. The Concrete women bounced back on April 26 with a nonleague win over Rainier Christian, 12-1.

Darrington beat Concrete 22-12 on April 27, and the team's last April match-up on the 30th found the women at Orcas Island

See **Softball**, p. 31



Above: Forget something? La Conner's first baseman goes through the motions of tagging out Concrete's Tyler Clark after bobbling the throw to first during the April 23 game. **Right:** Pitcher Kyler Howell serves one up during the Darrington game on April 27.



Above: Senior Becca Wood slides under a leaping Caresse Baker during the team's April 27 match-up with Darrington in Concrete.

Right: Sophomore Thea O'Brien goes low to barely beat the throw to second as the Lady Lions battle La Conner on April 23.

Below: Lonna Lloyd waits for a La Conner pitch.



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

www.concrete-herald.com

www.concrete-herald.com

Track stars lead the way

By Ashleigh Howell and Vanessa Williams, co-head coaches

In April the Concrete High School Track team competed in the 104th Skagit County Track and Field Championships. While competing against larger schools, the Lions were victorious and came in 4th out of all the schools in the county. Colton Maloney received the "gold" in the javelin, marking the third consecutive year for a javelin champion

See **H.S. Track**, p. 23



Middle School track shows leadership, huge potential

By Sarah Dinkins, head coach

The Middle School Track team already is posting some impressive numbers and grabbing strong wins this season.

At the April 28 meet at Concrete, Cascade and La Conner came to town. Here's a summary of the numbers.

7th grade boys

Cascade: 91 points; La Conner: 18; Concrete: 16.

River Lee took 1st in shot with 32'3". Mat Baird took 2nd in

See **M.S. Track**, p. 23



Below: Seventh-grader Anthony Moran digs deep on the home stretch during his 1-mile race in an April 28 meet at home.

Below left: Maddie Corn hands the baton to Taylor Warner during the girls' 4x100 relay on April 28.



Athletes of the Month



Athletes of the Month are Seantel Shope, Tyler Kales, and Sarah Spaeth

Seantel Shope, a junior hurdler, mile-runner, and javelin thrower for the Concrete track team, "works really hard and wants to be better," said Co-head Coach Ashleigh Howell. Sophomore **Tyler Kales** is a catcher and pitcher for the CHS baseball team. Head Coach Jim Newby isn't surprised Kales was tapped for the monthly honor. "He's leading the team offensively, hitting something like .563," said Newby. **Sarah Spaeth**, a sophomore centerfielder for the Lions' fastpitch softball team, is speedy and quick, and "consistent with her glove," said Head Coach Don Beazizo. Shope, Kales, and Spaeth were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.

High School Wrestling awards: Most Inspirational: James Martin; Gordy Evans Award: Dalton Dellinger; Team Captains: Dalton Dellinger, Tyler Dellinger, James Martin; Most Improved: Chris Fields. **Letter Awards:** Caleb Omstead, Zach Omstead, Chris O'Connor, Tyler Kales, Frank Gray, Cody Corn, Dustin Brigham, Johnny Evans, Raymond Benfit, Scott Rice, Colton Maloney, Chris Fields, Dalton Dellinger, Danny Brown, Jacob Fallis, Jacob White, James Martin, Tyler Dellinger, Jocelyn Hernandez (mgr), Bailey Dellinger (mgr).

SWISH for the win!

By Brooke Howell

The Concrete Lions 4th and 5th grade SWISH basketball team won their division this past winter with an overall record of 8 wins and 1 loss. For winning the division, each boy was rewarded with a Skagit County Parks and Recreation basketball. At the end of the season tournament, Concrete took home a 4th place trophy.

Competing on the team this season were 5th graders Treyton Howell, Grayson Luttrell, Tyler LaBrousse, Austin Mann, and Brian Torheim; and 4th graders Dalton Newby and Shane Luttrell. The team was coached by Kelly Howell.



Concrete Lions SWISH basketball team members won their division this past winter.

2010

Blast from the Past

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

Craft & Vendor Show
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Academics



Event demonstrated dangers of underage drinking

On April 22, Concrete became one of hundreds of communities nationwide to hold an event targeting underage drinking. The event, framed as a Town Hall Meeting in other parts of the U.S., was held in the Concrete Elementary gym and aimed to educate parents, teachers, town officials, and youth about the impact underage drinking has on the community. Together, they discussed possible ways to address the issue. In Skagit County, 60 percent of high school students say they’ve had a drink in the past two weeks, according to a presentation by representatives of VOICE (Voicing Our Ideas Challenging Everyone) a Skagit County youth leadership coalition. According to the Substance Abuse and Mental Health Services Administration, children and teens are less likely to abuse alcohol if parents are involved in their children’s lives.



Skagit County Community Services Intervention Specialist Chris Kennedy (far left, in black) and Skagit County Youth & Family Services Intervention Specialist-Truancy Joelene Meckstroth (in red) speak with attendees (from left) Marlin and Jamie Dutil, Martha Rodriguez, Tiffany Forrester, and Marissa Wenneker during the April 22 underage drinking event.

Robotics “Tech Camp” workshops announced

The Concrete High School FIRST (For Inspiration and Recognition of Science and Technology) Robotics Club will sponsor two robotics workshops, or Tech Camps, in May and June, for elementary students from grade 3 to grade 8. One purpose of these workshops is to introduce students to the world of robotics at a young age, and to show them how much fun robotics can be. The Tech Camps will be held May 27–29 and June 1–3. Both camps will be held after school, from 2:30 to 5 p.m., allowing students to ride the Activity Bus home. During the Tech Camps, students will learn a very simple, icon-based, programming language. Because it is icon based, even younger students will be able to pick it up. Students will “train” their robots to do a number of tricks based on input through

various sensors. At the conclusion of each camp, students will receive a small robot of their own to take home. A second purpose of the Tech Camps is to interest students in joining our FIRST Robotics Club. We know that once students see how much fun robotics is, they will want to build bigger and better robots. We would like to field a Middle School/Elementary team to go with our high school team. The final reason for the Tech Camps is fundraising. Our FIRST Robotics Club has been fully self-supporting since its inception in September 2008. In these hard economic times, we are raising our own operating costs so as not to be a burden on Concrete School District. The cost of the camps is \$20 per student with a limit of 20 students per camp. Refreshments will be available. —Mike Criner

Kindergarten registration opens for 2010–11

Concrete Elementary School is accepting 2010–2011 kindergarten registrations. Students *must* be 5 years of age by Aug. 31, 2010, to be eligible. The child’s birth certificate and immunization records are required before the first day of school. After students are registered, they will be required to attend a scheduled kindergarten activity day on Aug. 23 or 24, 2010. Parents

will choose an appointment time for the kindergarten activity day at the time of registration. Register in the elementary office Monday through Friday, between 8 a.m. and 3 p.m. If you have questions, call the elementary school at 360.853.8145.

Have you heard? Concrete Herald is now available as an e-edition! See article, p. 4, for more information.

Concrete PTO news

By Debbie Ross, president

Lots of fun events to report—and more on the horizon! We held our walk-a-thon on April 29 and 30. A big thank you goes to the volunteers who helped during the walk-a-thon. The Science Fair field trip to Larrabee State Park will take place May 27. Don’t miss the music concert at the High School on June 3 at 7 p.m. We have Play Day coming on June 11 and we will have a coin drive to dunk the principal and a few selected teachers.

Poetry Slam showcases creativity on the fly

How quickly do you think you could pen a poem about lunch? Your pet? That’s exactly what three Concrete High School students did during their lunch break on April 29, during a Poetry Slam in the CHS Commons Room. The event was the first of its kind, one that organizers hope will catch on. Arienne Fengler-Nelson, Alex Rathie, and Katie Hallwirth sounded off on cats and foodstuffs that sit uncomfortably in their stomachs. Their performances and ability to be creative on command were judged by Cheri Van Wagoner, Sarah Polda, and Bill Howard. And the winner? Arienne Fengler-Nelson, by a whisker.



Arienne Fengler-Nelson



Alex Rathie



Katie Hallwirth

School Board to meet

The Concrete School Board will hold its next regular board meeting on Wed., May 26, at 7 p.m., in the high school commons room. A work session is planned for Mon., May 24, at 6 p.m., in the commons room.

How do we love thee, Mother? Let us count the ways...

With Mother’s Day fast approaching (May 9; don’t even pretend to forget!), now is a good time to remember one of the most important people in the world.

My mother was **Barbara Peterson (Arnold)**. She grew up in Concrete and moved to southern California and returned to Concrete to be with her parents, Ray and Maxine Arnold. Mom was very outgoing, loved people, and was always the life of the party. She had many animals and cared for each and every one. My mom was the best mom any daughter could ever want. She’s laid to rest in Concrete Cemetery. *Stephanie Bertolini (Haussler) Marysville*

I grew up in Birdsvew. My mom, **Marie**, passed away seven years ago. I still miss her very much and often think of things I’d like to show or tell her. She was a wonderful, hard-working house mom who raised us to be strong, independent adults, yet still compassionate to others. My mom was a wonderful cook. She always doubled and tripled the recipes so the end result could be shared. My dad passed when I was still in high school, so she then had to do a double role. I love her and miss her so much. *Elena Harp, Burlington*

I love my mother, **Darlene May Dods**. My mother is the reason I am who I am, the reason my children are who they have become. My mother has taught her children love, compassion, humor, and hope, and how to share that with our children. I am proud of who I am because I know she is proud of me. Even though she lives in Concrete and we are hundreds of miles apart, she is with me all the time. I Love You, Mum. *Tara Babcock, Las Vegas*



Tara Babcock (left) and her mother, Darlene May Dods, of Concrete. Submitted photo.

It was only when I became a mother that I truly understood the amazing, beautiful, stubborn, funny, and interesting woman that my mother, **Mona Earley**, really was. She could make my whole world with just a crooked smile. It’s this time of year, with the flowers blooming and everyone putting their gardens in, that I really miss her. I wish she was still here, I wish she could have met my son, I wish I had a chance to know her as one mother to another. I wish, I wish, I wish—I could go on forever. Happy Mother’s Day Momma. *Jeri Lynn (Earley) Lowry, Concrete*



Jeri Lynn Lowry's mother, Ramona (Mona) Earley. Submitted photo.

Poem for Mom

Why do I love my mom?
Let me count the ways.
She doesn’t make me do the dishes,
She doesn’t make me fold the clothes.
She doesn’t make me set the table,
For pictures she doesn’t make me pose.
She doesn’t make me wash the car,
She doesn’t make me put the groceries away.
But I do all of these for her anyway,
Because, let me say...
I love my mom.
Beka Thomas, Concrete

I grew up in Birdsvew. My mother, **Bessie Lee Mathis**, was an independent and strong woman before it was popular. She and my dad raised five kids on a small farm. She was my role model and my best friend. She’s been gone almost 16 years. I still quote her on a regular basis, laugh about her funny sayings. I’m the woman I am today because of her. I’ll always miss her. *Sue Mathis-Littlefield, Spokane*

Shirley Claybo has been my grandma since the day I was born, but for most of my life she’s also been my mom. It’s difficult to sum up in so few words what someone means to you, especially when

you love someone as much as I love her. She has always been my rock, my protector, and my greatest source of strength, encouragement, and love. She was never obligated to be anything to me, but she chose to be everything. I love you, Gran. *Kiele Claybo, Birdsvew*

Why do I love my mother, **Valerie Stafford**? She’s the strongest, smartest, most beautiful person I know! She’s also the busiest person I know, but she’ll still go out of her way (literally drive an hour out of her way) to bring a smile to my daughter’s face. We love her to pieces! *Julie VanQuickenborne, Anacortes*

Why I love my mother (in-law!): Most of you in Concrete already know her as **Val Stafford**, but we know her as Nani. We are currently down south in Ocean Springs, Miss., and her son is actually completing a tour in Afghanistan. We love Nani for taking time off her busy (as I am sure you all can attest) schedule to come watch the kids so I could attend a conference for work! This was right before the Concrete Theatre reopened, so we appreciate everything she does for us! Happy Mother’s Day Val! *Rebecca Wilson Ocean Springs, Miss.*

Dear Mom, thank you for everything. You are the best thing in my life and I love being around you! I don’t ever want you to forget that. *Alyssa Wahlgren, Concrete*

Because Mom is “wow” upside down. *Marc Zappa, Bellingham*

My mom, **Kathy Thomas**, is straight-up awesome! I am super blessed to have such a loving, caring, and faithful mother (especially when it comes to keeping food in the house). I know she will always be there for me and whenever I need help, she’ll be ready to give it. One thing I really appreciate about her, too, is her realness. She is not one to front. Also, another attribute that stands out is her diligence. Whether it be at one of her many places of work or in the home, she is always diligent and seeking to do her very best with what she has and for whom she’s doing it. Keep letting Christ shine through you, Mom. You’re doing great. *Josh Thomas, Concrete*



Mother and grandmother Valerie Stafford cavorts with her granddaughter, Holden. Submitted photo.

Because in 1965 Concrete, when it was not moral to have a child outside of wedlock, my mother was willing to face the shame, stares, gossip, and her parents’ anger and disapproval, to not abort me or give me up for adoption—which was very common for women at that time—because she loved me. Talk about love, courage, and strength! As she is lying about to die tonight, I have realized I have the best mother, and how very much I love her. *Stacey Rohweder, Sedro-Woolley*

There are not enough words to say what my mother means to me! I love you, Mom! *Lori Bertapelle, Concrete*

Sometimes it takes becoming a mother to make you realize and appreciate your own mother and all she willingly gave up, the support she offered, and the unconditional love that comes along with it! To my wonderful mother: You are appreciated and loved more than you know! *Andrea Fichter, Concrete*

Poem

You’re like my angel
guiding me to the right place
teaching me along the way.
When I feel down,
you’re the only one I want around
to wipe my tears away.
Looking forward to those hugs,
those warm kisses upon my cheek
everything you give me.
I love you, Mommy.
Emily Ogle, Concrete

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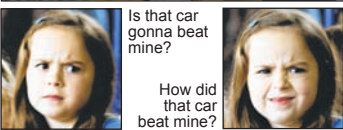
Clear Lake



Powderpuff pinewood derby rolls into Clear Lake Elementary

By Jason Miller

On April 24, dozens of Girl Scouts descended on Clear Lake Elementary School for their annual Girl Scouts Powderpuff Derby. Tension filled the air as the cars raced in heats of four down a sloped ramp and across a straight stretch of track flanked by kneeling girls who pounded the floor with their palms and squealed with delight as the cars crossed the finish line.



Clear Lake java stand donates half of proceeds to local elementary school

CLEAR LAKE — Celebrating its first year of business on April 20, Jo's Java and Deli chose to give back to the community that supports it.

Fifty percent of all proceeds received on its anniversary date were donated to neighboring Clear Lake Elementary School as a way of saying thank you.

"We have been so fortunate to establish our business operation in such a wonderful, supportive community like Clear Lake," said Jo's Java and Deli owner/operator Tinze Jo Rogge, a long-time resident of the Skagit Valley and 1992 graduate of Concrete High School.

"When we started brainstorming how we wanted to celebrate our one-year anniversary, giving back to the people of this community was the only option that came to mind. In particular, the faculty, staff, and parents of Clear Lake Elementary School have become wonderful patrons and friends of ours; it only seemed logical to include them in our celebration."

Coffee-lovers were encouraged to stop by Jo's Java and Deli, located on the corner of State Route 9 and Beaver Lake Road in Clear Lake, on April 20 between 5 a.m. and 7 p.m. for their favorite drink and to say "Happy Birthday." The cedar-clad, barn-style stand was decked out in celebratory balloons and streamers.

Jo's Java and Deli serves premiere Fidalgo Bay Coffee and made-to-order deli items. For more information, call the stand at 360.856.6400.

Jo's Java owner/operator Tinze Jo Rogge (left) celebrated her first year of business on April 20 with intrepid baristas Tawnya Cline (in yellow) and (left to right) Adrianna Kruithof, Morgan Swatzina, and Meshelle DeVoe.
Photo by Tina L. McNealey.



My journey to Jamboree

By Zachary Schmidt

Five years ago I joined Cub Scouts. I joined in the first grade as a Tiger Cub; the next year I advanced to Bobcat, Wolf, Bear, then to Webelo to get my arrow of light, then go on to Boy Scouts the next year.

I was 11 when I joined Boy Scouts as a Scout. At the next court of honor I received both Tenderfoot and Second Class. It felt like little time went by until the next court of honor, when I received my First Class rank. I hope to have earned Star Rank by the time you read this.

I am Librarian of my troop, which means I have to keep all of the Merit badge books that we have, and then check out the books to other scouts who need them. They then check them back in to me, so other scouts can use them.

At summer camp last year, we saw a video that told us about "Jamboree 2010 100 years of scouting: The best, most exciting, fun-filled, safest jamboree ever!" I thought that sounded pretty fun, so I told my mom I wanted to go. The trip consists of 8 days at the national jamboree and 10 days touring Washington, D.C., and surrounding areas.

We went to the first meeting to find that we weren't the only scouts in my troop to go: My fellow scouts Dalton Berg and Jacob Anderson also will make the trip. There will be a total of 72 boys from Whatcom, Skagit, and Snohomish counties. Currently, I believe there are only four Skagit County Scouts planning to go.

See Jamboree, p. 26



The Skagit County Boy Scouts planning to attend the 2010 National Scout Jamboree in Washington, D.C., include (left to right) Zachary Schmidt, Dalton Berg, and Jacob Anderson. Not pictured: Andrew Valgardson. *Submitted photo.*

www.concrete-herald.com
Rebirth, cont. from p. 1

Concrete has foundered economically since the mid-1960s, when its namesake cement plants closed. With its economic driver gone, the town turned to logging and jobs with the two power companies in the area: Puget Sound Energy and Seattle City Light. A smattering of county and WSDOT jobs, plus downriver employment for those with reliable transportation, filled in some of the gaps.

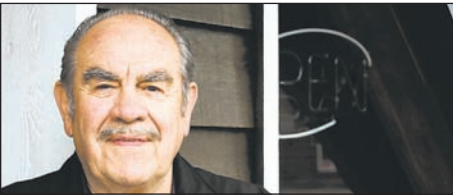
Concrete has never fully bounced back from the hit it took 40 years ago. And for some, that's just fine. Economically depressed areas tend to move at a slower pace. And Concrete's built environment



John Tygret and son Rob have opened Eagles In Flight, a motorcycle sales and service shop.



John Burmaster has remodeled Baker River Woodworks and will open weekends in mid-June.



Red Cedar Inn property owner **James Prescott** is remodeling and plans to open a new eatery in May. Any Mexican restaurateurs out there?



Eric Archuleta came to town as a graduate student and facilitated Imagine Concrete.



Upper Skagit communities helped **Jason Miller** bring back *Concrete Herald* in May 2009.

has been left largely unscathed by the suburban sprawl pattern that more affluent communities across the U.S. are now trying to mitigate.

Still another facet to Concrete's suppressed economy—and the recession that the entire country continues to weather—is its potential to actual spur new development and business start-ups.

"A lot of people start businesses in a recession. It's not uncommon; we've seen this before," said Don Wick, executive director for the Economic Development Association of Skagit County (EDASC).

Concrete citizens George Theodoratus and John and Rob Tygret would agree. Theodoratus is building a new, larger home for Valleys West Realty, because "materials costs have never been this low and probably won't be again for a long time," he said. The Tygrets opened Eagles In Flight, a motorcycle sales and service business, only after land and property values dropped into their price range.

Another, less tangible, component to the surge in business start-ups is hope. Some attribute Concrete's changing attitude and subsequent revitalization to the April 2009 "Imagine Concrete" visioning workshops, an effort that was last successfully undertaken in Concrete 14 years ago.

Facilitated by then-graduate student Eric Archuleta, Imagine Concrete generated a grassroots movement that identified immediate and long-term changes and improvements that could happen in town. The initiative's steering committee and task forces continue to transform the ideas from the workshops into reality.

Will it last?

Concrete has seen its share of failed business start-ups. The Red Cedar Inn, for example, struggled for several months before finally closing its doors in April.

Were these businesses mis-managed into oblivion or was there simply not the critical mass of customers needed to support them?

If the latter turns out to be true, the horizon could look better. The local census conducted in March by the Town of Concrete revealed its in-town population had dropped to 719, with a startling 67 vacant homes (only five residences were nonresponsive). During the summer months, new businesses should fare well. But come winter and the closing of Washington Pass, the smart money will be on those businesses that market themselves effectively to larger population centers that aren't a 45-minute drive away; read, Sedro-Woolley.

Val Stafford recognizes the potential in these new businesses and hopes the

See Rebirth, p. 22

May 2010 • Concrete Herald • 11
Pregnancy Choices to hold Walk for Life fundraiser

By Mary Bron

Upper Skagit Pregnancy Choices will hold its Walk for Life fundraiser on Sat., May 15. Registration will begin at 9:30 a.m. at the upper area of Silo Park in Concrete.

Following the walk, Pregnancy Choices will hold an Open House at its Upper Skagit office located at 45080 Fir St. (next to Concrete Storage), from 10:30 a.m. till noon. Refreshments will be served.

For more information and pledge forms, call Pregnancy Choices at 360.853.7700, Tues. through Thurs., from 9 a.m. to 4 p.m., or stop by the office.

A pattern of growth

The pregnancy counseling office saw a steady flow of pregnancy tests every week in April, with several new clients signing up for parenting classes.

Pregnancy Choices offers a wide variety of classes for moms and dads. The classes are geared for parents and anyone considering being a parent. The office also offers life skills classes.

When clients take classes, they earn "Store Dollars," which are used to shop in the office's well-stocked store. The store includes diapers, new and gently used baby clothes, and more.

Pregnancy Choices is run with minimal staff, which includes hardworking local volunteers, three more of which were added in April.

According to its clients, the office is making a difference in Upper Skagit communities.

"My time spent at Pregnancy Choices has been a wonderful learning experience. Without ... Pregnancy Choices, I would lack knowledge of how to better my child's childhood. Because of the time spent here, I am more confident in raising my child to the best of my ability," said one male client, age 17.

"My experience at Pregnancy Choices has been an extremely positive one. I have gained a lot of knowledge about choices and decisions that can be made throughout my pregnancy. The staff at Pregnancy Choices enables me to obtain facts and information about making long-term decisions," said a 17-year-old female client.

Mary Bron is director of Upper Skagit Pregnancy Choices in Concrete. She can be reached at 360.853.7700 Tues. through Thurs., from 9 a.m. to 4 p.m.

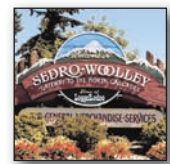
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You must return the waiver to Concrete Herald by July 17 to be eligible to race.



Sedro-Woolley



Want to help Khan Hibbert rescue Fairweather Lanes? Call 360.853.5155

Left: A newcomer to Sedro-Woolley, Khan Hibbert already has gathered more than 400 signatures of business owners and residents who say they're willing to help him reach his goal. Many are promising free services such as electrical, A/C, and construction work.

Below: Built in 1914, the building is located at 612 Metcalf. Its price tag has dropped steadily for years and now stands at \$400,000. Hibbert said it has the right components to once again be a destination for families, kids of all ages, and bowling enthusiasts like him.



Story and photos by Jason Miller

Bringing back the bowling

Khan Hibbert wants to restore Fairweather Lanes to its former glory—and give the bowling alley back to locals.

What do you do with a 10,000-square-foot abandoned bowling alley that's on its way to becoming an irretrievable eyesore? If you're Khan Hibbert of Sedro-Woolley, you launch a campaign to restore it to its former prominence in the community.

Hibbert moved to town in November of last year and lost little time pursuing his dream. An avid bowler, Hibbert sees the potential in Fairweather Lanes, which was built in 1914 and has sat empty for several years, its price tag dropping periodically from \$3 million to the current \$400,000.

"I saw an opportunity in the building and started inquiring into it," he said. "Some people told me, 'good luck.'"

Step one is straightforward enough:

Raise the money to buy the building. Hibbert has been going door to door in town, asking business owners and residents if they're willing to help, either with a cash donation or sweat equity when the time comes.

So far, he's short on cash and long on promises of free labor. He has a petition with 400 names on it—and counting—which he uses to demonstrate to potential donors an interest among residents in the idea of bringing back the bowling alley.

"I've lost track of the number of people who have told me, 'If you can figure out a way to bring it back, you'll have more customers than you know what to do with,'" he said.

Japanese students need host families

Host families are needed for Japanese exchange students who will come to Sedro-Woolley from July 25 to Aug. 22.

Weekdays the students are in school from 9 to 5. They are between 14 and 18 years old and very excited to be "American" for a month. They speak English and are coming here to be submersed in the culture, so there is no need for your family to speak Japanese.

This program is a unique opportunity for host families to actively experience true intercultural exchange within their own homes. Participants learn about the language and lifestyle of the United States firsthand from their host families.

Host families must provide meals for the student when he/she is at home, as well as a separate room that will ensure privacy. The student can share a bedroom with a family member that is similar in age and the same gender. Don't change your schedule, just include your student.

The students bring their own spending money so they can pay their admission to extra activities and special events. The only cost to host families is having an extra person at the dinner table.

If you're interested, please contact Stacy LaCount at 360.420.2345

Specialty Clinic Open House

The Chambers of Commerce from three communities—Concrete, Sedro-Woolley and Burlington—are joining forces to welcome a new specialty care clinic at United General Hospital.

An open house is set for Tues., May 18, from 5 to 7 p.m., with members from all three Chambers participating. The public is encouraged to attend for a chance to see the new facility and meet the physicians and staff. Participants will also enjoy refreshments, door prizes and networking opportunities.

The Specialty Care Clinic at United General Hospital will house specialists in orthopedics, pulmonology, gastroenterology and cardiology, and will be operated by PeaceHealth, a nonprofit healthcare system with numerous clinics and seven hospitals, including St. Joseph in Bellingham.

"This is part of a continuing collaboration between our hospitals," said Jacque Scott, Chief Nursing Executive at United General, noting that orthopedic specialists from St. Joseph have been serving patients through United General's emergency department since February of this year. Pulmonologists from St. Joseph also staff the Sleep Disorders Clinic at United General.

Concrete Heritage Museum News

The board members of the Concrete Heritage Museum are excited for our **yearly opening** of the museum Memorial Day weekend, May 29. If you haven't been to the museum in some time or have guests coming to visit this summer, plan a Saturday afternoon to visit us from noon to 4 p.m.

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

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

April's **Bake Sale** at Albert's Red Apple was a terrific success and always helpful on the fundraising front for the museum. Thank you to everyone who contributed the baked goods for the sale, and to Richard and Mike Frank for allowing us to set up inside the store on a rainy day.

At our recent board meeting, we had a visit from Gladys Sylrus, president of the **Upper Skagit Garden Club**. Sadly, the group has disbanded. They have donated scrapbooks and photo albums from the group, however, and these will be available in our library. Thank you, Gladys, for thinking of us.

Additional funds from the county

—Dan Royal

Upper Skagit Library news

By Aimee Hirschel

April was an exciting month. Chris Brown started as a part-time technology person. Right now he is getting to know the networks, how to fix and improve them, working with the Web page, and providing assistance with computer problems that patrons encounter. In addition, he will provide some classes on computer/Internet use.

The library has subscribed to a database of downloadable audiobooks called NetLibrary. It's nearly ready for use, but we need to tweak it a bit. Patrons interested in this service must come into the library to set up the account, but will be able to download books from anywhere afterward. About 45 percent of the books are for Mac users. A brochure is available at the library with a list of compatible devices and ways of downloading the books.

The "Our Upriver Home" lecture series has been fairly successful during the last few months. We're working on

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

Congratulations to **Dick Harris**, brother of our late historian Jim Harris, on the publication of his collection of poems, *Reimagine: Poems, 1993–2009*. Watch for a copy at Albert's and around town.

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

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

one more event before we stop for the summer. Suggestions for future events are welcome.

The MotheRead program has been enthusiastically attended. At least a dozen parents and an equal number of children are halfway through the ten-week program.

The summer reading program will start June 14; mark your calendars. Reciprocal borrowing with the La Conner Library starts May 1. To take advantage of this service, you must visit Upper Skagit Library with your card *before* visiting the La Conner Library. We are working on a second borrowing agreement with the Anacortes Library, which will go into effect this fall.

We're looking for volunteers for two newly-formed committees for building and marketing. At this point it is difficult to estimate the time commitment, but if you are interested in either committee, please contact Aimee at 360.853.7939.

COMMUNITY CALENDAR

MAY

- 3–14 "Lilly Oncology On Canvas," art exhibition, United General Hospital, Sedro-Woolley, 9 a.m. to 5 p.m.; info at 360.856.7193
- 8 WSU Skagit County Master Gardener Plant Fair, Skagit County Fairgrounds, 8 a.m. to 3 p.m.; info at 360.428.4270, ext. 227
- 8 Holy Clothes on Wheels free clothing giveaway, Reach Church, 720 N. Puget St., Sedro-Woolley, 10 a.m. to 3 p.m.
- 8 Family Fly-Fishing Day, Skagit County Historical Museum, La Conner, 11 a.m. to 4 p.m.; info at 360.466.3365 or www.skagitcounty.net/museum
- 8 Diabetes Foundation benefit, Concrete Eagles #1444, 45930 Main St., Concrete; buffet dinner (\$5), paddle-wheel raffle, music by Marcia Kester; 3 to 7 p.m.; info at 360.853.8611
- 9 Mother's Day Breakfast, Community Covenant Church, 12605 Hwy 9, Clear Lake, 8 to 9 a.m., info at 360.856.1023 or www.clearlakecov.org
- 11 "Heart Health by the Numbers," (free workshop), Encore Fitness in Concrete Theatre, 6 to 8 p.m.; info at hearthealth@unitedgeneral.org or 360.707.4238
- 15 Upper Skagit Pregnancy Choices Walk for Life fundraiser, Silo Park, Concrete, 9:30 a.m. registration; Open House follows at Pregnancy Choices office at 45080 Fir St. (next to Concrete Storage), from 10:30 a.m. till noon; info at 360.853.7700
- 15–16 Boy Scouts Troop #4427 Yard Sale, Hwy 9 near Clear Lake Elementary School (watch for flags), Sat. 8–4, Sun. 8–2; info at 360.854.7908
- 18 WSU Know & Grow Workshop: Urban Chickens 101, WSU Mount Vernon NWREC Sakuma Auditorium, 16650 State Route 536 (Memorial Highway), Mount Vernon, 1 to 2:30 p.m.; info at 360.428.4270 or <http://skagit.wsu.edu/MG>
- 18 Specialty Clinic Open House, United General Hospital, Sedro-Woolley, 5 to 7 p.m.
- 29 Concrete Saturday Market opens, running every Saturday through Sept. 11 from 9 a.m. to 4 p.m. at the Concrete Senior Center off SR 20 at milepost 89; info at 360.856.2093 or concretesaturdaymarket@gmail.com
- 29 Friends of the Upper Skagit Library Bake Sale and Book Sale, Concrete Senior Center, 9 a.m. to 3 p.m.; info at dywood@yahoo.com or 360.853.7250
- 29 Concrete Heritage Museum opens for 2010 season, noon to 4 p.m.; info at 360.826.3075 or concreteheritagemuseum@stumpranchonline.com

JUNE

- 3 Music Concert, Concrete High School, 7 p.m.
- 4–6 2010 Blast from the Past, Sedro-Woolley, info at www.sedro-woolley.com
- 12 The Dave Chapman Show plays Marblemount Community Hall, 9 p.m. to 1 a.m., potluck included
- 14 Upper Skagit Library Summer Reading Program begins, info at 360.853.7939
- 15 Registration deadline for Natural Resources Youth Camp, which runs June 20–26; info at www.nryc.org
- 19 Lone Star Building clean-out, Concrete, 8 a.m. till containers are full; all interested parties welcome to attend; info at 360.853.8401
- 25–26 8th Annual Townwide Yard Sale, Lyman, info at 360.826.3818

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

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Lyman



Friends, fun and finds at Lyman Yard Sale

By Tammie Werner

The 8th Annual Lyman Townwide Yard Sale will be held on Friday and Saturday, June 25 and 26. Dozens of families participate in this annual event, bringing hundreds of people through town. There is something for everyone to be found at sales throughout the town. The Lyman Library will have a book sale to raise money for purchasing additional popular books and needed items, at Patty Cook’s yard sale at 31098 W. Main Street.

This year we hope to have a craft sale in the old Town Hall building on W. Third Street behind the Fire Department if we get enough vendors to participate. The cost for yard sale participants and craft vendors is \$5 (due to town policy, checks need to be made payable to Tammie Werner and not Town of Lyman). This will

include both sale days, inclusion on the map as well as multiple advertisements, and a classified ad donated by Patty Cook for the event.

Money raised will be used to benefit the town. Organizers Patty Cook and Tammie Werner want to hear residents’ input for how they’d like to see the money used. Suggestions have included flowers for Minkler Mansion, hanging baskets, and new books for the town library.

Maps of all participants will be available at the Minkler Mansion Town Hall, Patty Cook’s sale and the Lyman Post Office. Participation forms will be available at Lyman Town Hall at 8405 S. Main Street or by contacting Tammie at 360.826.3818 or via our fan page on Facebook at Lyman Annual Townwide Yard Sale.

Lyman Library tales

By Elaine Kohler

Hi, all, I am in California visiting with friends and family, and having a great time. Weather here is the same as up there.

The time is nearing for all to be thinking of vacations and places to go. In the library are several books on RVing and also lots of books about places to go and things to do. The world has so many beautiful places to see and things to do and just here in our own state of Washington are so many interesting places to visit. We also have B.C. just a short distance away and from what I have read about it, there are some really fascinating places to see there.

I am hoping this year I will get to go up north to visit.

Reminder of the book sale this year: It will be the weekend of the townwide yard sale, June 25 and 26. We will be located at Patty Cook’s house, which is right by the town park and cemetery. Lots of good things besides books for sale, too. If you don’t know where the park is, just follow the Lyman/Hamilton Rd. west from town.

We had a donation of children’s books come in and it included several Spanish language books. Stop by and check them out if you are interested.

Until next month, gather up the books and puzzles, and come get some new ones.

Postal news

Stamps to the rescue!

By Kathy Watson

The new “Animal Rescue: Adopt a Shelter Pet” stamps became available on April 30. These stamps continue a more than 50-year tradition of the Postal Service bringing awareness to serious social issues. The goal is to increase public awareness of the problem of unwanted, homeless, and abandoned pets, the tragedy of so many being euthanized each year, and to promote humane and responsible pet care.

The American Society for the Prevention of Cruelty to Animals (ASPCA) has 10 questions to ask before adopting a pet.

1. Why do you want to adopt a pet?
2. Are you ready to make a long-term commitment?
3. Do you know what kind of pet is right for you?
4. Can you afford to care for your pet’s health and safety?
5. Will you be able to spend quality time together?
6. Are you prepared to deal with an animal’s health challenges?
7. Are you willing to train your animal companion?
8. Are you prepared to pet-proof your home?
9. Is your living space adequate for an animal companion?
10. Is your family ready for a pet?

Adopting a pet is a big step; too many animals are initially loved and then neglected or abandoned because the owner decided that caring for a pet is

more responsibility than they really want. **National Dog Bite Prevention Week: May 16-22**

Last year 2,900 letter carriers were attacked by dogs, but there were a total of 4.5 million Americans who were victims of dog attacks; the majority of those were children. Each year the Postal Service participates in National Dog Bite Prevention Week to promote responsible pet ownership and reduce dog attacks with safety campaigns.

How to Be a Responsible Dog Owner:

- Spay or neuter your dog, which will make the dog less likely to bite
- Obedience training teaches the dog and helps the owner to know how to control it
- When a carrier comes to your home, keep your dog inside, away from the door
- Don’t let your child take mail from the carrier in front of the dog; a dog’s instinct is to protect the family
- Dogs that get little attention or tied up for long periods frequently turn into biters

You can go to www.upsp.com for many of your postal needs.

Stamp out hunger

Saturday, May 8, is the “Stamp out Hunger” letter carriers’ food drive. Those wishing to donate can leave their donations by their mailbox for the carrier to pick up or they can drop off donations at the Marblemount Post Office. All donations benefit local food banks.

Kathy Watson is Postmaster of Marblemount, Washington.

TIME CAPSULE CONTENTS SOUGHT

Throughout May, Lyman City Hall will continue to accept items for its Time Capsule.

All objects must be able to fit into the Time Capsule’s 6-inch opening.

Bring your items!

Become a part of Lyman history!



Day Creek



Local musicians step on stage

Day Creek’s own Simme Bobrosky and her partner, Ira Fein, recently brushed shoulders with celebrity for a cause.

On April 17, they jumped on stage with John Denver tribute artist Ted Vigil and Denver’s former lead guitarist, Steve Weisberg, for a benefit concert supporting the Children’s Museum in Burlington.

Simme, her tambourine, and Ira were joined by several other musicians and singers from eastern Skagit County, and the experience was one Simme will never forget.

“I had a blast, it was so much fun,” said Simme. “It was exciting to . . . meet everyone, get to know Ted, and to do this for the Children’s Museum. It’s always a joy to help raise money for such a good cause.”



Simme Bobrosky of Day Creek (left and above, far left) and her partner, Ira Fein, joined John Denver tribute artist Ted Vigil and Denver’s former lead guitarist, Steve Weisberg, for one of two tribute concerts performed April 17 at Lincoln Theatre in Mount Vernon. Several musicians from eastern Skagit County also joined Bobrosky on stage, including Marblemount’s Scott Richmond, who played the fiddle; and Debs Lahr, from Concrete, who sang. The concert helped to raise funds for the Children’s Museum in Burlington. *Above photo by Brian Backman.*

Savvy Businesses Targeted Advertise in Concrete Herald

5,000 copies circulate throughout Whatcom, Skagit, and Snohomish Counties (and beyond) every month, reaching a largely untapped market of readers, many of whom say they read only Concrete Herald. If you’re not advertising in “The Voice of Eastern Skagit County,” you’re missing thousands of potential customers.



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Above: Clear Lake residents participated in a community-wide clean-up on April 17. This end-dump trailer, provided by C&S Construction, held eight dump truck loads worth of trash and made two trips during the day.

Above right: Flags placed by Boy Scout Zachary Schmidt line the drop-off site at Clear Lake Heavy Equipment Repair.

Right: Mark Venn, Don Ammons, Jeff Jansma, and student volunteer Michael Battreal are surprised to see one of Jamie Lanning's mannequins show up. *Photos by Zachary Schmidt.*



Above: Emma Riedel, 10, just beats the throw to first during a coach-pitch Pee Wee baseball game in Concrete on April 22.

Right: Austin Thompson, 8, slides safely into first during the game.



Below: First Bloom students enjoyed a planting event on April 10 at Concrete Elementary School. They planted seedlings, got a free pair of gloves, mucked around with industrious worms, and learned a bit more about the natural world around them.



Left: Miles Elliott, 3, makes a wish and blows a dandelion. *Photo by Amber Lee.*



Above: Danielle Ross, 9, gets her ears checked by Jim Parker during vision and hearing tests sponsored by the Concrete Lions Club and conducted at Concrete Elementary School April 8. *Photo by Chris Jansen.*



Right: Concrete residents took advantage of the town's annual clean-up weekend April 10–11.



Above: Austin Duke of Cape Horn shows off a nice haul of Easter eggs following the Concrete Lions Club Easter Egg hunt. *Photo by Amber Lee.*



Above: A curious horse eyes kids and their loot during the Easter Egg Hunt at Ovenell's Double O Ranch in Concrete. *Photo by Amber Lee.*



Left: Woodfest returned to Sedro-Woolley after a one-year hiatus, bringing carvers and craftsman to town.

Right: A chainsaw artist demonstrates his talent during Woodfest. *Photos by David Rosen.*



Right: Parents and kids stroll the Easter Egg Hunt grounds in Lyman after another successful quest. *Photo by Amber Lee.*



Above: Rebecca Torres (left), helps her little sister, Lucy Guerrero, 4, with a finger-painting project. Across the table is Torres' daughter, Erica Aviles, 3, and Danni Chamberlain, an assistant teacher at the Concrete Preschool. Torres and her crew were attending Accessing Community Resources, a community-wide event focused on community services for parents and their young children, on April 16, on Concrete Elementary School grounds.

April in pictures



Hamilton



The hunt is on! Hamilton kids enjoyed a fun Easter Egg Hunt

By Susan Mani
Photos by Joan Cromley

Hamilton’s Easter egg hunt went wonderfully, even the weather cooperated! Just before the hunt began, the rain stopped and the sun came out.

I was truly amazed at how terrific the children were. There was no evidence of greed, no pushing or grabbing. Children actually helped each other and shared. They were thrilled just to have found an egg, much less the prizes inside. What a nice time it was, it made me feel all warm and fuzzy.



Birdsview buzz

By Kris Voigt

Happy Mom’s Day and Memorial Day! First, I forgot Ron Lemon’s birthday last month on the 24th. This month:

- 3 Bob and Lacy Lahr’s anniversary
- 4 Justine Carbon
- 6 Bruce Morgan, Diane Frank-Aamot
- 8 Marshall Fichter
- 14 Blaine Burghdull
- 20 Vicki Frank, Judy Hornbeck Rantschler
- 23 Jayme Adkinson
- 25 Andy Freeman
- 26 Kevin and Jayme Adkinson’s anniversary

May 1, the brewery had its second annual Homebrew Competition. The winning brew comes out at Birdstock. We will be closed on Mother’s Day and also the following weekend. Daughter Jessie is graduating from Gonzaga Law School; congrats to her. Nicki Voigt will fly from NY for the occasion. So the Voigt

See **Birdsview**, p. 26

Open for Business: Cascade Burgers

After years of waiting, Concrete has its beloved burger joint back! On April 14, Birdsview citizens Keith and Susan Taxdahl reopened the former Hal’s, re-naming it Cascade Burgers and giving eager customers a little taste of the 1950s in décor and menu. Gary, one of their three sons, is helping them out behind the counter.

The Taxdahls are new to the restaurant business, but not new to hard work. Keith is a general contractor; Susan worked for 12 years as a para-educator for the Sedro-Woolley School District. Now, Susan is devoting herself full-time to the business of feeding people good food, saying it’s an adventure they couldn’t pass up. “We woke up one morning and said, ‘if we don’t try it, we will never know,’” she says.

Cascade Burgers will feed you exactly what you expect, plus an item or two that might take you by surprise. Hamburgers, french fries, onion rings, soft and hard milkshakes, chicken burgers, ice cream cones and sundaes are all on the reader

board above the counter. Daily soups are being considered. And don’t forget to check out their daily specials.

One menu item has me scratching my head, though: marshmallow milkshakes. “It’s one of our biggest sellers!” insists Susan with a laugh.

You can get your burger on by hitting the drive-through or eating inside. The dining area is decked out with signs, memorabilia, an Elvis doll, and neon, neon.

“We’re excited about it, and are hoping to continue staying busy. We want to be open year-round, keep our hours steady, maybe even stay open later on Friday nights when there are ball games. We want to be a big part of the community,” says Susan, who adds that a Facebook page is in the works.

“We’re so happy,” says Susan. “It’s a wonderful decision. It’s good for us and it’s good for Concrete.”

—J. K. M.

Cascade Burgers “A little slice of the ‘50s”

Location: 45292 SR 20, Concrete
Phone: 360.853.7580
Hours: 11 a.m. to 8 p.m.
7 days a week



Above: Keith and Susan Taxdahl, the new owners of Cascade Burgers (formerly Hal’s).

Left: Cascade Burgers opened for business on April 14 and features an all-American menu reminiscent of the 1950s.



Business Spotlight: Buffalo Run Restaurant

By Jason Miller

The tale of Buffalo Run Restaurant begins with a gift from owner Marshall Cooper to his wife, Candi. She wanted a calf; he bought her three baby buffalo, and the rest, as they say, is history.

The Coopers had fallen in love with Marblemount 30 years before the gift that would change their lives; the community was their weekend getaway spot when Marshall worked as a quality assurance manager for Boeing.

In 1994 the couple moved to Marblemount permanently; in 1995 they bought the restaurant, which at the time



was called The Mountain Song.

Over the years, Marshall and Candi have transformed the eatery into a first-class dining establishment by serving good food and following the Golden Rule. “We’ve traveled the world and eaten in the best restaurants,” says Marshall. “I’ve decided if you treat a person the way I like to get treated, and you serve them good food, they’re gonna come back.”

Across the street from its sister business, the Buffalo Run Inn, the restaurant is



Marshall and Candi Cooper

Open for Business: Hi. Lo. Country Hotel & Cafe Hi. Lo. Country Bar & Grill

The “Hi. Lo.” brand has moved east, from Hamilton to Concrete. Hamilton citizens Harold “Pete” and Cheryl Pitts, owners of the Hi. Lo. Country RV Park in Hamilton, have brought the name to Concrete—in style.

If you’ve missed this couple’s work in downtown Concrete, you need to get your eyes checked. The former Baker Hotel has undergone a drastic facelift and is now known as the Hi. Lo. Country Hotel & Café. The Pittses plan to open it for business by the end of May.

Once composed of tiny rooms, the new

hotel now offers one 2-bedroom suite with a kitchenette on the main floor, plus a gift shop and a café. The upper floor includes five 1-bedroom suites, plus a 2-bedroom suite with a

kitchenette. The suites all have their own front room, bathroom, and bedroom, and include a coffee pot, a refrigerator, and a microwave.

Each suite boasts a different décor theme: Island Getaway, Lovers Corner, Hog Heaven (for all you Harley-Davidson fans), John Wayne, Grizzly Adams, Eagles Nest, and Seaside Room.

“The rooms have everything a traveler needs, and they’re quiet and clean,” says Cheryl.

Good eating

Across the parking lot and Baker St. to the west, the former Cajun and Ponderosa building has been renamed the Hi. Lo. Country Bar & Grill. The new restaurant opened April 19 and is being managed by yet another familiar Hamilton face: Hamilton Mayor Tim Bates. Bates, who has owned the Hamilton Market & Café since 1973, brought with him a handful of tried-and-true recipes to help start the new restaurant on the right foot. A couple of the new cooks pitched in, too. “The chicken fried steak is a good one,” says Bates, “plus a couple others you’ll just have to come in and try for yourself!”

Hi. Lo. Country

Right: Hi. Lo. Country Hotel & Cafe (foreground) and Hi. Lo. Country Bar & Grill are two of the more noticeable new businesses in town.

Below: Hamilton entrepreneurs Harold “Pete” and Cheryl Pitts.



Bar & Grill will have its cocktail and gambling licenses soon, which will help to round out its line-up. Stop in and welcome this new restaurant to town.

—J. K. M.

known for its specialty game meats, such as ostrich, elk, venison, and its signature meat, buffalo.

Many of the menu items are homemade, such as the soups, buffalo chili, and buffalo stroganoff. Marshall is not one to skimp on quality. “We buy the best we can buy,” he says. “The best french fries, the best fish—you name it.”

Case in point: The 24-oz. buffalo chuck steak for two, which comes smothered with sauteed mushrooms and onions, and includes two baked potatoes and two servings of veggies.

When you realize that buffalo meat has half the calories and cholesterol of beef, it’s kind of a no-brainer.

And it all started with a gift.

AT A GLANCE: Buffalo Run Restaurant

Location: 60084 State Route 20, Marblemount

Hours: Weekends 11 to 8 till late
May, then 7 days/week

Phone: 360.873.2103

Online:
www.buffalorunrestaurant.com



Rockport



Dick Harris publishes first poetry collection

Jim Harris’ brother has stepped into the ranks of published authors with a collection of poems that includes one dedicated to the beloved Upper Valley icon.

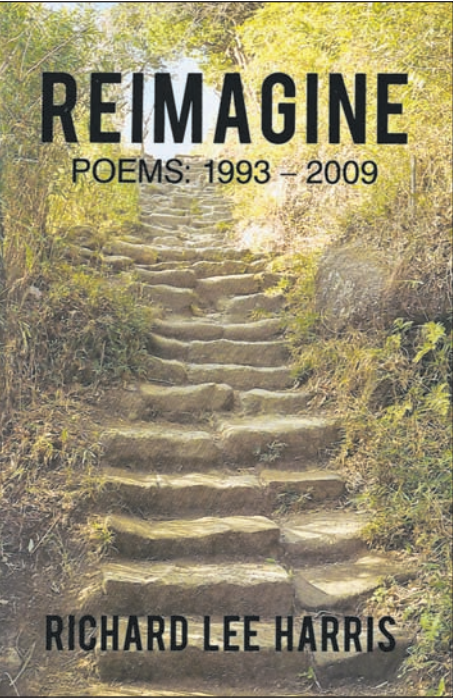
Reimagine, Richard Lee “Dick” Harris’s first collection of poetry, invites readers to reimagine events that are part of a life that began in the Upper Skagit River Valley in northwest Washington State and took him around the world. As Harris leads his readers on this journey from the ice floes of Alaska to the cafés of Seville, he inspires them to recreate the richness of the worlds that lie around them.

Harris moved into the Upper Skagit River Valley with his parents, Alvin and Sarah Harris, in 1935. After living briefly on the Cascade River, they moved to Rockport. In 1937, they moved across the river to Bill Porter’s house, then to the O’Connor place, and, after his parents bought the Tom Porter homestead, in the cabin that now sits in Howard Miller Steelhead Park. Dick attended Rockport School, graduating from Concrete High School in 1951. While in high school he wrote high school sports articles and “Teen Topics” for *Concrete Herald*, and was on the school debate team.

A retired teacher, psychologist, and college administrator, Harris lives with Helen, his artist wife, in Bellingham.



Richard Lee “Dick” Harris



A poem for Jim

The Skagit River Bald Eagle Natural Area is about two miles from my family home on the south side of the river at Rockport. I am indebted to my brother, Jim, park ranger, naturalist, and upriver folk historian, for inspiring the poem at right with his U.S. National Park Service brochure, “Chak-Chak, the Skagit Bald Eagle.”

—Dick Harris

Chak-Chak, the Skagit Bald Eagle
for Marvin L. “Jim” Harris, 1937-2009.

Perched in an old-growth forest,
Chak-Chak rouses. In morning light,
Scans the river with piercing eyes,
Searches sandy bars for dying chum.

Chak-Chak breaks silence,
Soars from Sauk Mountain,
Drifts Washington Eddy;
Glides the river’s course.

Chak-Chak skims shimmering water,
Clutches a floundering salmon,
Settles on a backwash beach,
Feeds on his catch.

Perched in barren cottonwoods,
On the south bank where the wild Skagit
bends,
Chak-Chak, in stoic dignity,
Basks in warm afternoon sun.

Chak-Chak calls his mate.
Wings extended, talons interlocked
In descending flight, they tumble,
Somersaulting earthward, breaking skyward.

Before evening shadows deepen,
Purple hues of dusk chase the day.
Chak-Chak catches an ascending draft
To his nightly roost—and slips away.

Richard Lee Harris



Pen-and-ink drawing by Helen Harris.

Outdoor Skagit

By Bob DiLeo

May in the outdoors. For many, this is the kick-off month for all summer activities, whatever they are, and maybe even trying some new outdoor activities this year. Just remember to start slow and not overdo it at first till you get back to where you were or to where you need to be, if it’s a physically demanding activity. Remember to be prepared for the unexpected. May can also be a very volatile month for weather, so be prepared.

With the start of the fishing season in the lakes, there is some good fishing to be had this month. The weather is warming and the days are getting longer, so there is lots of things to do this time of the year. Camping season will be getting under way with the traditional start of Memorial Day weekend at the end of this month. So this is a good time to make sure everything for camping is ready for you and your family.

But the main focus for me and a lot of other hunters this month is the deadline for the special permit drawings for hunting seasons in the fall. The May 26 deadline for applications this month is more challenging this year because of the changes—and there are a lot of them. I suggest you not wait till the last week this year; you’ll need lots of extra time to figure out what you want to apply for and to decipher all the changes. I read the booklet several times and still had questions, so I called the Washington Department of Fish and Wildlife for clarity; I encourage you to do so, too. Once we get used to these changes and better understand them, I think they will improve the experience of all hunting enthusiasts. There are several good tags to apply for in our area, so do it!

Make sure you know all the rules and regulations no matter what you have planned for your roamings in northwest Washington. Remember, there is never a good reason to be unsafe; safety always must come first. If you’re a lover of the outdoors, take someone with you to enjoy it. There are lots of people who would love to do what you do in the outdoors, but have no idea what to do or where to do it. Kids also will remember those experiences for the rest of their lives.



Home & Garden



Grow a great veggie garden

The growing season arrives in May. Here’s how to get your vegetable garden off to a strong start.

So you want to grow a vegetable garden this year, but you don’t know where to start. Here’s the down-and-dirty on what it takes to grow great veggies.

Pick a good spot

Sun is most important: The area should get at least six hours of full sun each day. Slight slopes are good; water can’t pool anywhere and drown your plants. Wind protection is a good thing, but not absolutely crucial. You can always support plants with stakes. Fence in the area if you have problems with deer, dogs, or other wildlife.

Get a soil test

Plunging into vegetable-growing without first testing your soil is a gamble. It’s like medicating yourself without knowing what illness has jumped you. A good soil-test source is the University of Massachusetts at Amherst: www.umass.edu/plsoils/soiltest/brochlink1.htm.

pH is important

If your soil is too acidic or too alkaline, your plants won’t be able to access the nutrients they require. Generally speaking, vegetables prefer a soil pH between 6 and 7 (7 being pretty much neutral. A lower number indicates higher acidity; a higher number indicates higher alkalinity).

Veggies need nutrients

All vegetables need the “big three” nutrients: nitrogen, phosphorous, potassium (NPK). Nitrogen supports vegetative growth. Phosphorus is essential for healthy growth, strong roots, fruit and flower development, and greater resistance to disease. Potassium (a.k.a. potash) is essential for the development of strong plants. It helps plants to resist diseases, protects them from cold temperatures, and protects during dry weather by

preventing excessive water loss.

Now that you have good background knowledge, it’s time to leap into action.

Adjust soil pH, if necessary

Add elemental sulfur to lower pH. Add dolomitic lime to raise pH.

Adjust soil texture, if necessary

For sandy soils, add plenty of compost and/or amend with topsoil. Clay soil? Only certain types of clay soils respond well to the addition of sand; others will develop a concrete-like consistency. Better to amend with plenty of compost and be patient: soil texture will improve over time. Loamy soils are a gardener’s dream. It’s unlikely you need to do anything; this is the soil you want.

Fertilize according to soil test results

Remember, more is not better! Always follow the directions on the fertilizer bag or box. To add nitrogen, use blood meal or corn gluten meal (after seeds have germinated, because corn gluten meal inhibits weed germination). For phosphorous, use Sul-Po-Mag (if soil is alkaline) or soft rock phosphate. To add potassium, choose soluble sulfate of

See Garden, p. 31



Yes, it’s possible to grow bell and other peppers in Skagit County. Follow the seed packet instructions for starting them indoors, and plant them in mounded soil or a hothouse or greenhouse. Oh, and then pray. A lot.



Gardening at a glance

Remember the basics:

- Pick a good spot
- Get a soil test
- Adjust soil pH and texture
- Feed your plants and your soil
- Choose the right plants for our climate
- Water appropriately
- Control weeds and pests



These ‘Tulameen’ raspberries perform well in western Washington. Just be sure to grow them in well-drained soil and give them plenty of sun.

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Marblemount



Marblemount boys get a taste of history

By Jason Miller

Two Marblemount teenagers stepped back in time last month, experiencing in a small way the harsh reality of Confederate soldiers’ lives during the Civil War reenactment that took place in the riverside community April 17–18.

Jordan Ebbighausen, 14, and Jared Crookshank, 12, played the parts of a young soldier and a flag bearer, respectively.

This year’s event was Jordan’s third trip out; he started as a flag bearer at an event in Spokane, when he was 12. This time, he was packing heat—and paying the price for doing so. At one point, his persona was wounded in battle.

“The drilling was my favorite part,” Jordan said. “Being in the enactment and having so many people watching me made me a little nervous, but participating in a piece of history was exciting,” he said.

At 12 years old, Jared Crookshank is not yet allowed to carry a gun, even one that shoots blanks. Given a choice between flag bearer and messenger, Jared chose the former. He wore a hand-me-down shirt, pants, and coat from Jordan, and picked up a hat and canteen as loaners.

“My favorite thing was making sure everybody followed the colors (the flag), and watching the people shoot the guns and the cannon,” said Jared.

As in past years, the event was held by the Washington Civil War Association (WCWA), a nonprofit whose members strive to honor the memory of the men and women who gave their all for the causes they believed in during the American Civil War.

The WCWA attracts members like George and Elizabeth Sier, who, for a couple days or a week at a time, live the lives of the men who fought—and the women left behind.



Above left: Jordan Ebbighausen, 14, of Marblemount, awaits instructions from his drill commander. **Above right:** Jared Crookshank, 12, of Marblemount, served as a flag bearer during the reenactment.



Right: “Miss Bonnie Jean Patrick,” a.k.a. Bonnie Starr of Edmonds, strikes a pose in a historically accurate manner. “People did not smile nor look at the camera,” she said. Her clothes are those of a fairly well-off businesswoman of the day: a “sontag” (shawl), a handspun wool skirt, and a Garibaldi-style white blouse. Her broach is an original; it was worn as a way of showing some wealth “without being overly prideful.”



Below: Union soldiers fire a cannon toward Confederate forces to the west on State Route 20. The thunderous concussion was so powerful it made pant legs flap.



have a love and passion for what they’re doing—I think that’s more important. The other stuff you can learn,” he said.

Stafford sees change already. “There’s a lot more communication between groups and businesses. It really helps to have the

Concrete Herald back, and efforts like Imagine Concrete have created a new, positive energy. That’s made a significant difference in the perception people have of our town. We are not the dusty little town we used to be,” she said. **CH**



Newhalem



The “Grand Dame of Bullerville” Tootsie Clark logs yet another opening

NEWHALEM — April 16 found Tootsie Clark reprising a role she’s played since the early 1970s: feeding cinnamon rolls to hungry motorists stopped at the gate blocking State Route 20 at milepost 134, opening the gate, then leading a line of cars to Washington Pass.



Upper Valley icon Tootsie Clark waved to honking motorists as she opened the gate at milepost 134 on State Route 20, marking the beginning of the summer tourist season.

H.S. Track, cont. from p. 7

from Concrete High School.

April 15 was Concrete’s first home meet of the season. Kevin August came in first in the long jump, triple jump, and high jump. Along with August, Concrete’s men managed to take all five placings in the long jump. Will Stidman also brought home a few first places in the shot put and javelin. It was a close race to the finish but Dennis Dorgan received first place for the men’s 3,200 meter. Aiden Walsh made a monumental personal record in the discus. Walsh threw 103’6” beating his record by 20 feet and placed him second.

The men’s 1,600-meter relay blew away the competition as they took the team title along with the 400-meter relay title.

The women’s team took fourth with Taylor Lee leading the charge.

The team then took a rainy trip to Crescent, where the men finished second out of 13 teams. The Lions Track team then traveled to La Conner, where the men again took the title. Alex Aiken came in first in the 100-meter sprint. Greg McIntosh took first in the 400 meter.

August took home the titles in all of his individual events. August and McIntosh were assisted by D. J. Mitchell and Andrew Black in winning the 1,600-meter

relay. Maloney took the javelin title again, beating out some stiff competition.

The women’s team still perseveres. After coming off an injury and not competing last season, Lee led the Lady Lions and took second place in the 300-meter hurdles. Lee had help from Kylee Warner, who captured third in the 800 meter, and Martha Schoolland, who took fourth in the 400 meter.

On April 29, Concrete hosted La Conner and Lopez. The men took first at this meet; the women took third. Kevin August won first in all three jumping events. The men captured the 4x100 relay title, and Greg McIntosh pushed hard at the end of the 400-meter run to capture first place.

The Bellevue Invitational on May 1 found the Concrete men on top in a field of 15 schools, with the women’s team placing a strong twelfth.

We wait in anticipation for every meet. We are amazed by the continuous progress that each athlete makes. We are very proud of the team’s accomplishments and the integrity that they exhibit.

Concrete Herald
The Voice of Eastern Skagit County

M.S. Track, cont. from p. 7

javelin with 70’10”. River Lee took 2nd in discus with 77’8”. Anthony Moran took 3rd in the mile with 6 min. 4 sec. River Lee took 3rd in the long jump with 12’6”.

7th grade girls
These girls rocked the house, winning in overall points. Concrete: 54 points; Cascade: 38; La Conner: 2.

Taylor Warner took 1st in the mile with 6 min. 30 sec. Our 4x100 relay team (A. Koenig, M. Troka, M. Corn, T. Warner) took 1st with 1 min. 1 sec. Emily Stidman took 1st in discus with 44’9.5”. Muriel Troka took 1st in long jump with 12’5”. Taylor Warner took 1st in the 200 meter with 31:78 sec. Muriel Troka took 1st in the shot with 27’2”.

Anjelika Koenig took 2nd in the 100m hurdles with 19:4 sec. Muriel Troka took 2nd in the 100 meter with 15:25 sec. Taylor Warner took 2nd in the long jump with 10’11”. Anjelika Koenig took 2nd in the shot put with 25’ 1/2”.

8th grade boys
Cascade: 65 points; Concrete: 35; La Conner: 25.

Nathan Butler took 1st in the 200 meter with 26:28 sec., the discus with 79’10.5”,

See **M.S. Track**, p. 31



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Seniors



Coffee Break

The battle of the budget

By Patrick Kennedy

It’s on your mind a lot these days: cash, currency, funds, legal tender, money. You think about it right after you worry about bills. It’s a never-ending battle; being well armed with information helps.

Money comes in many forms and seniors must be familiar with them. Bills, coins, checks, money orders, debit cards that make it easier to spend, poker chips, and bus tokens. There are bytes that can eat your money: electronic direct deposits and direct-deducted payments made from your checking or savings account.

Then there are the implied forms of money like coupons, 50 percent-off sales that keep money in your pocket longer, 2-for-1 sales, and, worst of all, buy 10 for this cheap price. These seem like money, but do you need that many jars of chili peppers?

Expenses come in many forms, too. Oscar Wilde said, “When I was young I thought that money was the most important thing in life; now that I am old I know that it is.” On the other side of the coin are the words from the old country song, “Another day older and deeper in debt”; now *that* hits closer to home. Food, rent or mortgage, utilities, gas, beers with the gang, and a variety of taxes are inevitable. A vacation once in a while would be nice. New clothes on occasion will keep the gnats and moths away.

Determining a budget and sticking to it is one way to win the battle of the budget. Understanding and estimating your current spending patterns and tracking them monthly and trying to account for every dollar spent—that’s it in a nutshell.

For the next month or two, think carefully about how you spend your money. Be critical while tracking it. A simple two-column, penciled-out budget is your best tool: left side for income, right side for expenses.

Hopefully, when subtracting expenses from income at the end of the month, income outweighs the expenses and you can shift the balance to a new third column called “savings.” Try to work this column into your monthly budget for that vacation and new clothes, and, of course, that expected ghoul called bad luck who appears every once in a while. Or, if the right side is larger, consider investment.

There is no perfect way or time to start investing. There is no perfect product for you to start with. The best investment choices you have are the ones that you are comfortable with and the ones you choose yourself.

“Money is better than poverty, if only for financial reasons,” said the wise sage Woody Allen.

Patrick M. Kennedy is the author of How to Have Fun with Retirement, a sneak peek for which is available online at www.funwithretirement.com.

Way Back When

80 years ago

May 1, 1930: The two-story residence of Mr. and Mrs. June Moore in Hamilton was burned to the ground early yesterday forenoon. The fire started in an upstairs room while the family was seated at the breakfast table about 6:00 in the morning. Most of the furniture in the downstairs rooms and all outbuildings were saved. The origin of the fire is unknown, and it was first discovered through the odor of burning cloth. The loss is partially covered by insurance. Mr. Moore is marshal of Hamilton.

70 years ago

May 23, 1940: Robert Stephens, 19, of Birdsvew, was killed instantly Monday afternoon at the Lyman Timber Co. camp No. 14. Stephens, a buckner, was helping his partner release a saw when the log on which he was standing gave way and threw him high in the air and down an embankment. He died instantly of a broken neck.

60 years ago

May 25, 1950: The first forest fire of the season started today in the B&W logging works about a mile east of Rockport on the side of Mt. Sauk. The fire started from an overheated tail-block, according to reports. A crew of men are now working to get the fire under control.

50 years ago

May 12, 1960: The new Sauk

River Bridge was given a grand opening last Friday afternoon in spite of a weather man who insisted on a wet baptism along with the formal cutting of the ribbon. Cold, wet rain failed to discourage some 250 to 300 persons, however, and the opening was a huge success.

40 years ago

May 6, 1970: *Concrete Herald* has been selected as the first-place winner of the Newspaper Citizen Leadership Award for 1969 in the annual contest conducted by the Consulting Engineers Council of Washington.

Concrete Herald was chosen for its service to the community in spearheading the town rejuvenation program last year, following the shutdown of the cement plant.

30 years ago

May 8, 1980: The fate of the Skagit River Railway is still in doubt this week as backers work to assure financial support before deciding on this summer’s operations.

The vintage steam locomotive and three 120-passenger cars are ready to run, according to Art Stone, spokesman for the nonprofit Skagit River Railway Corporation.

The last several weeks of the 1979 season saw Saturday and Sunday afternoon trips sold out the Tuesday before each weekend. More than 4,300 travelers made the 48-mile round-trip ride during the season.

The principal goal of the nonprofit railway corporation has been to attract tourists to the area.

Future operation of the excursion train will depend upon the sponsoring group and more financial support.

20 years ago

May 10, 1990: A 31 percent reduction in timber harvest on the

13 National Forests of Oregon and Washington was the main finding of a Forest Service/Bureau of Land Management task force convened to estimate the effects of implementing the Northern

Concrete Senior Center May 2010 Activities

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

Mondays

9 a.m.	Gray Ladies Hoop Quilting
1 p.m.	Skip Bo
1 p.m.	Mexican Train Dominos

Tuesdays

11:30 a.m.	Jigsaw Puzzle
1 p.m.	Skip Bo

Wednesdays

8:30 a.m. – 3 p.m.	Quilting
11:30 a.m.	Jigsaw puzzle
1 p.m.	Skip Bo

Thursdays

10 a.m. – 2 p.m.	Wii Sports play
11:30 a.m.	Jigsaw puzzle

Fridays

8:30 a.m. – 3 p.m.	Quilting
11:30 a.m.	Jigsaw puzzle
Noon	Mexican Train Dominos

Special Events

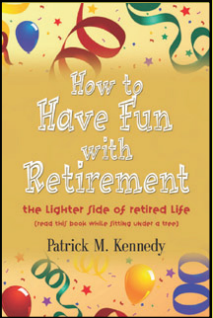
5/6	12:30 p.m.	Mother’s Day Luncheon
5/6		Foot Care by appointment (853.8400)
5/11	1 p.m.	Rebekah’s meeting
5/12	11 a.m.	Advisory Board meeting
5/12	1 p.m.	Bingo
5/25	12:45 p.m.	Leap of Faith
5/25	1 p.m.	Rebekah’s meeting
5/26	12:30 p.m.	Birthday Lunch
5/26	1 p.m.	Bingo

Holiday Closures

5/28	Furlough Day: all Skagit County offices closed
5/31	Memorial Day holiday

Spotted Owl conservation strategy, as proposed by an interagency committee of scientists on April 4. “We’re looking at a potential 820 million board-foot reduction in timber harvests on the 13 owl forests,” stated Pacific Northwest Regional Forester John Butruille. “Additionally, 14,000 timber-based jobs could be lost. These figures represent the impacts of the conservation strategy if it were implemented in full.”

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This wedding photo appeared on the front page of the Jan. 9, 1958, *Concrete Herald*. Recognize the happy couple? Here’s the caption: “Mr. and Mrs. George Theodoratus prepare to cut their wedding cake at the reception following their wedding at Sedro-Woolley Catholic Church on Nov. 30. They will be making their home at Birdsvew.” *Concrete Herald archive photo.*

Sunday School lesson

Play ball!

By Tom Ross

A photo in the March 23 *Bellingham Herald* was a classic baseball scene. During a high school game, the red player was straining to catch the blue player, who was looking over his shoulder in a desperate attempt to avoid being tagged out. Assuming that the red baseman was chasing the blue runner back to first base, what do the following four players involved teach us about our walk with Jesus? The first player is the blue batter. He is not in the picture, but his action set up the rundown. His job was to get his blue teammate from first to second. Instead, he hit to the first baseman or struck out on a hit and run.

One of the reasons baseball seems so much like life is that the best players get out often. Mariners Ichiro Suzuki and Franklin Gutierrez are excellent batters in the .300s, but this means that they get out almost two thirds of the time. Manager Jesus doesn't expect His followers to be perfect, just to follow him (Matthew 4:19, 9:9, 10:38).

The second player is the red second baseman or shortstop. He is intent on catching the blue base runner. He reaches out as far as he can to make the tag.



The author of Hebrews reminds us, "let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith" (Hebrews 12:1–2). Jesus is our goal, whom we follow and the focus of our attention. We become like the people we hang out with.

The third player is the blue base runner, stuck between second and first base. He is looking back instead of focusing on first base. Famous pitcher Satchel Paige once said, "Don't look back. Something might be gaining on you."

Jesus put it this way: "No one who puts a hand to the plow and looks back is fit for the kingdom of God" (Luke 9:62). Jesus the King is out in front of His people. To follow Him, we must observe where He goes to work.

The fourth player is the blue first base coach. He is not in the picture, but he was signaling how his player might have avoided the tag.

Jesus leads a team sport. He chooses people to follow Him and play the game of life as He did. The apostle Paul says, "let all of us speak the truth to our neighbors, for we are members of one another" (Ephesians 4:25). The Holy Spirit is the

coach, directing us to follow where He leads.

Play ball! Follow Jesus!

Tom Ross is pastor of Mount Baker Presbyterian Church in Concrete.

Obituaries

Viola 'Vi' M. Crabtree,

age 80 of Lynden, was taken to be with her Heavenly Father following a sudden onset of Leukemia, on Thurs., April 15, at St. Joseph Hospital in Bellingham. Born in Balko, Okla., on May 21, 1929, Vi was the daughter of Peter and Malinda (Unruh) Karber and moved with her family to Ferndale in 1935. She graduated from Ferndale High School in 1947 and on May 24, 1949, married Keith Crabtree in Lynden.

A homemaker, Vi also helped Keith on their family farm and throughout the years also worked at the New Crescent, the fertilizer department at Western Farmers, and as a teller at the former Rainier Bank Branch, all in Lynden.

Vi loved music and for many years was an organist for Word of Life Church in Lynden, where she and Keith were members. She also loved camping and RVing with her family.

Preceded in death by her husband of 60 years, Keith, in September 2009, she was also preceded by her son-in-law Gary VanEtten in November 2009 and brother-in-law Chuck Pierson in 2004. Vi is survived by her children Loren (Vickie) Crabtree of Sumas, Brent (Marcia) Crabtree of Lynden, Candace Corcoran of Hayden, Id., and Cara VanEtten of Lynden; nine grandchildren, nine great-grandchildren; sister Esther Pierson of Bellingham, and numerous other relatives.

Visitation hours were from 11:30 a.m. to 1:30 p.m. on Tues., April 20, at Gillies Funeral Home in Lynden.

Funeral services were conducted on Tues., April 20, at 3:00 p.m. in Word of Life Church, 1986 Main St., Lynden, preceded by burial in Lynden Cemetery at 2:15 p.m.

Memorials in Vi's name may be made to Gain Ministries, c/o Word of Life Church, 1986 Main St., Lynden, WA 98264 or to Focus on the Family, Colorado Springs, CO 80995.



www.concrete-herald.com
Jamboree, cont. from p. 10

So far I have raised enough money to get me on the plane to D.C. The base cost of the trip is \$3,600. I raised half of it, and found the balance of it with the help of my parents, grandparents, and my great grandpa, who was a Life Scout.

Last summer my troop had a yard sale, at which we made more than \$700. I also have sold popcorn, flags, Henry's Jerky, and seeds, and provided flag service at such events as the Lyman 100th Birthday Celebration, the Lyman Back to School Parade, the Clear Lake Clean-Up Day, and personal flag services within my troop.

Extra uniforms are close to \$300, and we still need to raise spending money. Our Jamboree troop has items for "sponsor," so if you're interested, we will sell tents, stoves, and gear that were purchased just for the national Jamboree fundraiser.

I hope to have a good time!

Editorial, cont. from p. 2

when your kid does something interesting. Tell me about your travel adventures, things that "just ain't right," and the small triumphs that a community newspaper likes to report to the world. And please, *please* write a letter to the editor every once in a while. Don't make me beg.

For my part, I promise to include as much as I can. It can be a real juggling act, I assure you, but I'll do my best.

This year and moving forward, look for your newspaper to be relevant and involved in your lives. Remember, I'm not a mind-reader, so *tell me* when something's going on that you think should be in the paper. I'll show up at as many events as I can, and if I can't make it, I'll try to get a photographer there. And anytime you want to write something for the paper, I'll make sure you sound like an English scholar by the time it's published. Just dive in and do it.

You'll see *Concrete Herald* sponsoring events and re-investing in the community as we move forward, too. The Cinder Shins 5K Fun Run on July 24 is a good example of that.

I remain grateful that you, the citizens of eastern Skagit County, brought *Concrete Herald* back last year. Onward!

In closing, I love you, Mom.

—J. K. M.

Worth repeating...

"I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess. "

—Martin Luther

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Sheriff's blotter

April 16

A Marblemount caller reported a neglected potbellied pig. Animal control officer and deputy arrived to find the pig living in a cramped horse trailer; it could barely turn around. Lots of feces and urine were present. The pig was so fat the animal control officer could not even see its eyes. The pig was seized and animal neglect charges are being considered.

April 15

Power company workers advised they needed to disconnect power to a Cape Horn house for an unpaid bill. The homeowner had threatened to shoot them if they tried. A deputy talked to the homeowner, who denied the threats. The power was disconnected without incident.

April 14

A Clear Lake caller reported finding a woman's purse in the parking lot of a store. A deputy checked and found the purse had been stolen the day before from the Mount Vernon area. The purse was reunited with its owner, but a debit card was missing from it. No suspects.

April 14

A Day Creek caller reported he got up in the morning to go to work and discovered his van was missing. He called to report it stolen, but then discovered his 16-year-old son was missing, too. Caller presumed his son took the van and did not want to report it stolen anymore.

April 13

A Concrete caller from school reported two female students were detained for fighting. Deputy arrived to find a 16-year-old girl had punched and pulled the hair of a 15-year-old girl. They were arguing over name-calling. Deputy will refer the 16-year-old to juvenile court for fourth-degree assault.

April 13

A Sedro-Woolley caller reported finding some bones while digging. Caller was unsure if the bones were human or animal. Coroner sent bones to be examined by a pathologist. They were determined to be not human.

April 12

A Sedro-Woolley caller reported his son came home with a black bicycle and suspects it may be stolen. Deputy checked; bike was not listed as missing. Son said he borrowed it from a friend. Deputy was unable to locate the friend.

April 11

A deputy located a pick-up parked partially on Rockport-Cascade Road near Marblemount. No one was around, but lots of beer cans were present. The pickup was blocking the lane. Deputy called a

tow truck to remove the pickup.

April 10

A Grasmere caller said a friend needed medical help because he was turning purple and not responsive or breathing. Medic and a deputy arrived to find the man had been drinking and intoxicated for the past day. He was passed out on the floor with his vomit for company. The friend had gone outside because this is a routine occurrence. When she came back inside, she found her friend not breathing. Medic was able to resuscitate the intoxicated man, who was well enough, just drunk. Very drunk.

April 10

A Clear Lake area caller reported he had been assaulted. The call came from a pay phone. A deputy arrived and found a man nearby, crying, saying he couldn't get his car started. He denied being assaulted or calling 911. He was just drunk and wanted a ride.

April 3

A Day Creek caller reported his/her house had been burglarized while he/she was absent. Caller said the door had been kicked in and a toolbox with several wrenches was missing. Deputy arrived and found tracks in grass indicating the suspect was on a motorcycle. No other leads at this time.

April 2

A Lyman caller reported someone in a brown Chevrolet van was dumping garbage near the Skagit River on Cockreham Island. A deputy checked the area and found garbage, but no van and no suspect in the area.

April 1

A caller from Oregon said she heard that her adult son was found lying alongside the road in the Clear Lake area. Caller was concerned. Deputy checked and found the man at home, asleep. Son said he would call his mother.

March 31

A Hamilton caller in early morning saw two men on a business' property, looking like they were stealing wood. A deputy arrived and saw a pickup leaving. Deputy stopped the truck to find two Mount Vernon men with stolen scaffolding in the truck. Both men were cited for theft and the property was returned to the business.

March 27

A Marblemount caller found several pieces of ID lying on the side of the road, possibly stolen and then discarded. A deputy is following up on this.

March 26

A Clear Lake caller reported 20 rubies stolen from her, worth \$800. Caller had suspect info; deputy is following up. No arrest at this time.



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Health



Do numbers really count?

By Valerie Stafford

When I ask people if they’d like to find out their percent of body fat, I generally get the same reaction: somewhere between a grimace and a groan, accompanied by vigorous head-shaking. It’s a similar response when you suggest they step on a scale, or get their cholesterol checked. In truth, most of us simply do not want to know the numbers related to our health, for fear they will add up to something negative.

According to a study released April 26 by the Centers for Disease Control and Prevention, we have good reason to be afraid. Very afraid. The CDC reported that nearly half of all Americans have high cholesterol, high blood pressure, or diabetes, three conditions that increase the risk of cardiovascular disease.

This new report goes on to explain that 1 in 8 Americans has at least two of the conditions, and 1 in 33 has all three, sharply increasing their risk.

The number of people in our country who have developed these health problems surprised even the American Heart Association (AHA), a group that deals with heart disease on a daily basis. “When the number is nearly 50 percent, that’s a huge wake-up call,” said Dr. Clyde Yancy, president of the AHA.

The first step in making a change is to raise awareness, and that starts with each one of us. Are you afraid to find out the numbers that can determine your risk of heart disease? In denial about the need to check your blood pressure or cholesterol? Do you dread hearing the numbers associated with your percent of body fat? If so, just think of these numbers as a baseline to work from. Remember that

information is power.

On Tues., May 11, from 6 to 8 p.m., women in our community have a unique opportunity to learn how to make changes in their health when United General Hospital presents “Heart Health by the Numbers,” at Encore Fitness in Concrete Theatre. The free workshop features a presentation on how to prevent heart disease through nutrition, exercise, and stress management, followed by free health screenings. You can find out your blood pressure, resting heart rate, risk for diabetes, and body fat percent through simple, quick, confidential screenings. You’ll also receive discount coupons to have your cholesterol and glucose levels checked for just \$10 at the hospital.

The second part of the workshop includes information on starting and maintaining a fitness walking program, which has been proven to reduce your

risk of heart disease. Each participant will receive a free pedometer and instructions.

The program is in celebration of National Women’s Health Week and is funded in part by the Department of Health and Human Services, Office on Women’s Health.

In addition to the workshop on May 11 in Concrete, similar workshops will be held Thurs., May 13, 6 to 8 p.m. at United General Hospital and on Sat., May 15, 10 a.m. to noon at the Community Room in the Cascade Mall in Burlington. Although all the workshops are free, registration is required by May 10. Call 360.707.4238 or send a message to hearthealth@unitedgeneral.org.

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

Concrete Herald



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Calcium in context: Mineral testing addresses individual needs

By Karl Mincin

Calcium is one of the most popular nutrients on the planet, but as with any nutrient, there can be too much of good thing. How do you know how much supplemental calcium, if any, is necessary? What form is best absorbed and right for your particular needs? How much is too much? Health experts and vitamin sales people each seem to have a different answer, yet many of their responses can be traced back to their pocket book.

Remember that calcium supplements are just that. They should supplement your diet. Most diets, even without any dairy products, will easily supply 500 milligrams (mg) of calcium. With each cup of dairy product, 300 mg more can be added. So, when the doctor recommends that you get 1,000 mg of calcium, you may need only a few hundred milligrams supplementally. Excess calcium can cause joint tissue calcification, which can aggravate arthritis, and interfere with other minerals, even weakening your bones. If you are interested in a more precise determination of the actual calcium content of the foods you eat, a computer-calculated Dietary Nutrient Analysis can be performed (72 nutrients total). Even more important than dietary nutrients, though, is your actual body

tissue nutrient levels; ultimately, it is the body that is being supplemented.

Dietary calcium aside, the actual body tissue level of this mineral provides the best answer to your calcium concerns. Like other minerals and vitamins, calcium can be tested in the body. But there are pros and cons to each test of a different tissue type, which also vary from nutrient to nutrient. Blood is a fluid tissue. Blood calcium levels are a relatively meaningless determinate of calcium nutrition. Blood levels are used primarily to evaluate your electrolyte status, not your nutritional status, nor bone health. Along with potassium and sodium, blood (serum) calcium basically lets the doctor know your heart is still beating, and that there are enough electrolyte minerals to keep your other muscles contracting and relaxing. Hence, a so-called normal calcium value on your blood test result is not what you think.

Bone Density measurements are only a static indicator of overall bone health and only for the moment the test is done. It reveals very little about calcium adequacy specifically, and even less about long-term bone nutrient metabolism—which direction bone condition is going. Because a normal bone density reading this year doesn’t guarantee healthy bones next year,

this test is more useful when repeated over time, and for monitoring certain drugs, but even then still has these limitations.

The BPCC Calcium Quick Test measures muscle calcium content, which is a functional indicator of calcium estimated to be a midpoint between blood/immediate and hair/long-term levels. It has its limitations, but it takes only a moment, costs just \$5, and provides instant feedback about your calcium adequacy. It has proven to be a convenient screening tool to evaluate the use of any given calcium product and to determine if additional mineral testing is warranted.

The BPCC Calcium Quick Test can be done separately or as part of a panel of eight similar quick tests called the Nutrition Tune-Up for \$30 which includes a 20-minute consultation.

Because, as we’ve discussed, each test has its strengths and its weaknesses, I generally encourage people to have several different indicators pointing at the same nutrient before they say “this vitamin is right for me.”

Karl Mincin is a clinical nutritionist in practice locally for 25 years. He specializes in nutrition assessment testing and may be reached at 360.336.2616 or online at www.Nutrition-Testing.com.

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Dwelleysms

Wit from the Herald's former editor

“Every community has its small handful of sincere individuals who are constantly trying to ‘do something’ for their community. You find them at every meeting, in every activity directed toward making the town progress. The big trouble is that after a few years of going it alone, most of them get tired of trying to get other people interested and gradually drop from the roles of active workers.

A lot of the discouragement stems from trying to spread their talents in too many directions. Perhaps they should specialize. Have one citizen whose hobby is charity drives, another who enjoys road meetings, one who will attend to the duties of keeping up civic interests. We could have a celebration specialist, an expert on housing, an official greeter for dignitaries.

If the load were spread around, each enthusiast would have a field to himself and be capable of doing an experienced job whenever the occasion arises.

We have the normal number of general practitioners, but even the public gets tired of looking at the same old faces.”

—Feb. 20, 1958

Daddy ate my fingers!

I was packing for a business trip and my 3-year-old daughter was having a wonderful time playing on the bed. At one point she said, “Daddy, look at this,” and stuck out two of her fingers.

To keep her entertained, I reached out and stuck her tiny fingers in my mouth and said, “Daddy’s gonna eat your fingers,” pretending to eat them.

I went back to packing, looked up again and my daughter was standing on the bed staring at her fingers with a devastated look on her face. I said, “What’s wrong, honey?”

She replied, “What happened to my booger?”

“You can blame most of the world’s ills on science. They added so many push buttons, meters, and dials, that we can’t find anyone who knows how to run it.”

—Jan. 9, 1958

“The problems with any community are not with materials things—just people. People make the problems, complicate the solutions, and confound the results.”

—Jan. 16, 1958

“Nobody claims descent from monkeys anymore. The monkeys have feelings, too, you know.”

—Jan. 30, 1958

“A lot of great truths could be revealed today, except for the fact that nobody would believe them.”

“Ever notice how the breath of spring always seems to have a sniffle in it?”

—March 13, 1958

“Man has tried for centuries to control behavior of human beings. Yet in spite of laws or theology, we still lack a force that will reward virtue and punish evil. All energy is expended in trying to establish the definition of each.”

“There may not be any more bad people in the world than there used to be, but it seems more of them are getting caught.”

—Feb. 20, 1958

“Nobody questions the right of a person to say what he thinks, but many prefer that it would be said about somebody else.”

“Good fortune is what other people have. When it happens to you, it is a reward for unusual ability.”

—Feb. 13, 1958

“Nobody wants to argue the point that woman is here to stay, but you can always get a few comments on whether she looks better coming or going.”

“We dislike the old phrase of politicians throwing their hat in the ring. Better to announce that they are hoping to get a finger in the pie.”

“The voice of experience is that uncomfortable feeling that tells a person he has just made the same mistake a second time.”

“When mass action is necessary, nothing is so successful as well-organized stupidity.”

—Feb. 27, 1958

“The proposal for a 5-cent postage rate on ordinary mail is the perfect out for all those who hate to write letters. Too busy and can’t afford it.”

—Jan. 30, 1958

“The reason so many are ill adjusted these days is that too many are tinkering with the controls.”

—Jan. 23, 1958

“It wasn’t until too late that we discovered the perfect gift for the person who has everything. Make it a garbage can. Anyone with that much is bound to be throwing out some of it.”

—Jan. 2, 1958

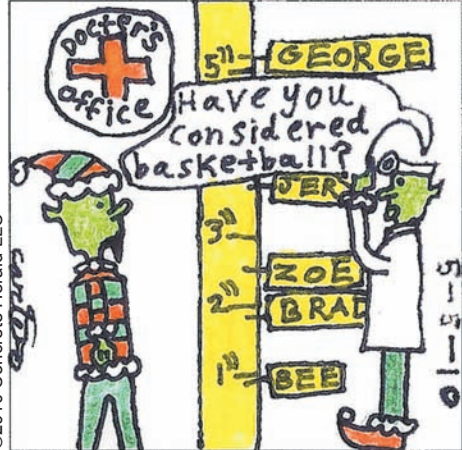
“The change in morality in high places is most noticeable in the argument that accepting favors is all right if you don’t get caught—and still perfectly legal if you pay them back before you appear in front of the investigating committee.”

“So live that when you exclaim, ‘My goodness!’ your word won’t be immediately disputed.”

—Feb. 6, 1958

An Elf’s Life

By Jonathan Carter



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Public Service Announcement



RIISING PRICES FOR ELECTRICITY AND INCREASED UNEMPLOYMENT OPENS UP NEW JOB OPPORTUNITIES

By Stig Andersen

Bunny jokes! How do you know carrots are good for your eyes? Well, did you ever see a bunny with glasses? How do bunnies keep their fur neat? They use a harebrush! Why did the woman wash her bunny? Because her hare was dirty! What game do little bunnies like to play? Hopscotch! What do you call a bunny that tells jokes? A funny bunny! Why is a bunny’s nose always so shiny? Because its powder puff is at the wrong end!

Garden, cont. from p. 21

potash or kelp extract. Trace minerals help to round out your soil’s health and can be found in blood meal, composted chicken manure, and compost.

A great chart for determining which fertilizers provide which nutrients can be found online here:

www.groworganic.com/pdf/fertilizersolutionschart.pdf.

Choose region-appropriate and disease-resistant vegetable varieties

Here are a few good choices:

- Tomatoes: Early Girl, Oregon Spring
- Corn: Jubilee, Bodacious, Kandy Korn
- Zucchini: Black Beauty, Round Zucchini
- Spinach: Olympia
- Radish: Cherry, Champion
- Onion: Walla Walla
- Lettuce: Red Sails, Buttercrunch
- Cucumber: Spacemaster, Marketmore 76
- Carrot: Little Finger, Imperator
- Broccoli: Waltham, Purple Sprouting
- Beet: Red Ace Hybrid, Detroit Supreme
- Bean: Kentucky Blue Pole

Water appropriately

Water deeply, once a week (more often, as necessary); use a timer, if necessary. Use soaker hoses, rather than overhead sprinklers, to resist disease problems and conserve water.

Control weeds

Spray them with vinegar on sunny days, hand pull them, and use corn gluten meal

to prevent weed seeds from germinating (don’t forget: Corn gluten meal prevents ALL seeds from germinating).

Control pests

Take an integrated approach to managing pests by selecting healthy plants that are recommended for the Pacific Northwest and creating a healthy soil environment. When using pest control materials, use the safest materials first. B.t. (*Bacillus thuringiensis*) can control caterpillars, if applied properly. Insecticidal soap is effective on soft-bodied insects such as aphids. Introduce beneficial insects, and manually remove egg clusters and small infestations.

—J. K. M.

Baseball, cont. from p. 6

A Shoreline Christian doubleheader on April 26 found Concrete in the winning column again for both games. After losing to Darrington 5-1 on April 27, the Lions took on Orcas Island on April 30 and claimed the doubleheader 8-0 and 12-6.

“That Orcas doubleheader locked up our share of the league title,” said Newby.

Softball, cont. from p. 6

for a doubleheader that ended in a double loss, 11-7 and 16-0.

Currently, Concrete holds third place in the league, with La Conner and Orcas Island in first and second, respectively. On May 18 the team likely will travel to

Rainier Christian for the first round of playoffs. “If we win that first round, we’ll be in position to play for a shot at State,” said Beazizo.

M.S. Track, cont. from p. 23

and the long jump with 15’ 1.5”.

Nate Long took 2nd in the 110-meter hurdles with 20:84 sec. Joseph DiLeo took 2nd in the 400 meter with 1 min. 8:59 sec.

Dakota Meldrum took 2nd in the 200 meter with 26:82 sec., and 2nd in the long jump with 15’ 1”.

8th grade girls

Cascade: 64 points; La Conner: 36; Concrete: 16 points.

Jonnie Rohweder took 2nd in the 100-meter hurdles with 19:91 sec., 2nd in the 100 meter with 14:97 sec., and 3rd in the long jump with 12’ 9”.

Katie McLaughlin took 2nd in the high jump with 3’ 10”, and 4th in the 100 meter with 15:05 sec.

Emilee Fenley took 4th in the 200 meter with 33:66 sec.

By Joyce Harris



Classifieds

MOVIES EVERY WEEKEND AT CONCRETE THEATRE

“Date Night”: Mother’s Day Weekend, May 7-9
Movie Schedule: Fridays at 7:30 p.m., Saturdays at 5 and 7:30 p.m., Sundays at 4 p.m. Call the MovieLine for updates: **360.941.0403**.

BID REQUESTS

Concrete Heritage Museum. Deadline for Receipt: June 9, 2010. Location: 7380 Thompson Avenue P.O. Box 445 Concrete, WA 98237

Scope of Work:

- Provide city water and sewer to new bathroom
- Install utility sink, hand-wash sink, toilet, and hose faucet (sinks and toilet provided)
- Make system operational
- Obtain all permits and pass all inspections req’d

Call John Boggs at **(360) 853-8347** to arrange a site inspection.

EMPLOYMENT

Operations Assistant. North Cascades Institute seeks an operations assistant to assist with customer service, maintenance, food service, and housekeeping. Based at the Environmental Learning Center in North Cascades National Park, this position begins ASAP and ends in October. \$10/hour with paid holidays. Details at www.ncascades.org. Send letter of interest, resume, and names and current contact information for three references to:

North Cascades Institute
Operations Assistant Search
810 State Route 20
Sedro-Woolley, WA 98284
E-mail: nci@ncascades.org
Phone: (206) 526-2599

Learning Center Assistant. North Cascades Institute seeks a Learning Center Assistant to provide administrative and operational support at the Environmental Learning Center in North Cascades National Park. F/T June 1–Sept. 30. See www.ncascades.org for details.

FOR SALE

Farm-fresh chicken/duck eggs, 2.25/doz., 853.7932.

Freezer: Upright, large, good condition. \$150. **360.630.9112.**

JUKEBOX REPAIRMAN WANTED

Cascade Burgers needs someone who knows what they’re doing to repair their jukebox so that the 1950s music that’s inside can be released for everyone’s enjoyment! Can you help? Call **360.826.3264**.

MUSICIAN FOR HIRE

The Dave Chapman Show, the Upper Valley’s most entertaining 1-man band, is booking now for your graduation parties and weddings. Dance music for all ages, including classic rock, blues, country. **360.853.7433.**

RENTAL PROPERTIES

Cedar Grove: 2-bed single-wide. Redecorated, new appliances, cabinets, and floor coverings, storage shed—all on fenced lot. \$700/mo., includes water. \$700 deposit. References required. **360.853.7252.**

Cedar Grove, 46363 Baker Loop Rd.: 2-bed, 1-bath, covered mobile with 12x20 bonus room. \$800/mo., \$800 deposit. Stop by and take a look! **425.299.0111.**

Concrete: Small house, 1-bedroom, furnished or not. \$525/mo. **360.853.7433.**

Concrete: 25’ x 40’ bldg. Two 11-ft.-high doors. Will hold a 35’ travel trailer. Willing to divide. Includes all hookups. **360.853.8091 or 425.353.9095.**

Concrete: 2-Bed/1-Bath. 45106 Shields Court. Wa/ dryer, \$625/mo. **360.421.5261.**

Marblemount: Partially furnished house. 3-bed, 1-bath, garage, basement. First and last month’s rent, plus security deposit. \$750/mo. **360.873.2103.**

SERVICES

General cleaning. Residential and office. Reasonable rates. **360.630.9112,** leave msg.

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

TO PLACE A CLASSIFIED AD:

Contact *Concrete Herald* at 360.853.8213 or classifieds@concrete-herald.com. Monthly rate is \$5 for every 10 words, rounded up to nearest 10. Ads must be paid for at time of submission.

Become a Concrete Herald Facebook friend!
It’s easy:
1. Go to www.facebook.com.
2. Create an account
3. Search on “Concrete Herald” and send a friend request!

A note for one more mother...

My Mom has always been there for me and my two brothers. She loves us all the same and only steps in on our lives if we ask her advice or opinion. Mom is a beautiful lady—quiet and a bit shy. I am sure Mom doesn’t approve of all that we have done in our lives, but if it wasn’t for Mom, none of us kids would be where we are today. I think she did a great job of raising us, although a little more work on my two brothers would have been good!

I don’t say this enough, but Mom, you are the best mom ever and I love you more than words can say. Thank you for being my mom for 65 years.

People come up to me quite often and say how graceful and tall you walk and what a beautiful lady you are. I hope that when I grow up, I will be just like you and people will say the same about me to my daughter.

Your daughter, Reba Sines

Heart Health by the Numbers

BLOOD PRESSURE:
Less than
130/80

**HDL ("GOOD")
CHOLESTEROL:**
Greater than 50

**RESTING HEART
RATE:** Beats per
min. 40-60

**PERCENT
BODY FAT:**
20-25

**LDL ("BAD")
CHOLESTEROL:**
Less than 100



IN CELEBRATION OF NATIONAL WOMEN'S HEALTH WEEK

You're invited to attend a free workshop on women's heart health, where you'll learn about some very important numbers! Workshops include

a presentation and free screenings for blood pressure, heart rate and percent body fat, as well as \$5 off coupons for cholesterol and blood glucose screenings.

Each participant receives a free pedometer and information on starting and maintaining a walking program. Bring a friend, co-worker or family member and enjoy a fun, free, informative workshop in your community.

3 FREE WORKSHOPS

Registration required by May 10 at 4:00 p.m.

Call (360) 856-7245 or send email: hearthealth@unitedgeneral.org.

TUESDAY, MAY 11 6:00 – 8:00 p.m.

Encore Fitness at the Concrete Theatre, Concrete

THURSDAY, MAY 13 6:00 – 8:00 p.m.

United General Hospital, Sedro-Woolley

SATURDAY, MAY 15 10:00 a.m. to noon

Community Room, Cascade Mall, Burlington

For more information:
www.unitedgeneral.org

These events funded in part by the U.S.
Department of Health and Human Services,
Office of Women's Health.

*Mother and daughter,
Catherine Dostart
and Lindsey Dostart,
are starting a
fitness walking
program together.*



**UNITED
GENERAL**
HOSPITAL