

Concrete Herald

Vol. 92, No. 7

November 2009

**Are you
SAD?**
See p. 28

50 cents



Located on the western outskirts of Marblemount, this roadside sign for Marblemount Diner was illegal, according to WSDOT. Diner owners Alan and Lori Goerdts and others were ordered to remove their signs within a 15-day period. The Goerdts have complied with the WSDOT order; others have not.

WSDOT sign enforcement irks Marblemount business owners

By Ben Smith

In September, 16 business owners in the Marblemount area got an unpleasant surprise in their mailboxes: certified letters from the Washington State Department of Transportation (WSDOT) regarding violations of the Highway Advertising Control Act.

The letters were signed by Pat O'Leary of the WSDOT Highway Advertising Control Program and informed business owners that any off-premises signs visible from a Scenic Highway System highway are not permitted, and that all such signs already in place are being illegally maintained. The letters stated that the targeted signs are considered a public

nuisance under RCW 47.42.080, and must be removed within 15 days of receipt of the letter.

The letters also stated that any business in violation of the code would be subject to a formal complaint against them by the WSDOT, and would have enforcement action initiated if the sign was not removed within the 15-day period.

State Route 20 in eastern Skagit County was made subject to the Scenic and Recreational Highway System by the state legislature in 1993. According to the letters, the WSDOT Highway Advertising

See WSDOT, p. 9

SRBEAT cancels Bald Eagle Festival Interpretive Center to remain open; eagle-watching still on.

After 22 years entertaining and educating visitors from all over the world, the Upper Skagit Bald Eagle Festival has been cancelled because of lack of funds.

The difficult decision was made during the Skagit River Bald Eagle Awareness Team's (SRBEAT) Oct. 6 meeting, said president Judy Hemenway.

"When we made the decision, we knew it was going to hurt the community. And that's what's so sad about not being able to present this event," said Hemenway.

SRBEAT manages the Festival and the Skagit River Interpretive Center in Rockport, each of which cost upwards of \$45,000 annually to operate. Hemenway said the SRBEAT board opted to take a "more bang for the buck" approach by

See SRBEAT, p. 9



Wanagi, a mature bald eagle, is shown here with a Sardis Raptor Center employee during a raptor show for the Bald Eagle Festival in January 2009. Funding challenges have forced SRBEAT to cancel this year's festival.

New digs for Concrete Chamber of Commerce

The Concrete Chamber of Commerce has re-opened its office in the East Skagit County Resource Center at 45770 Main Street, Concrete.

The new location also houses Concrete Licensing, the Department of Licensing (DOL) Sub-Agency operated by the Chamber, as well as a myriad of existing services provided by Skagit County and Skagit County Community Action Agency.

See Chamber, p. 21

Concrete Herald reaches its fundraising goal

Less than nine months after announcing a drive to raise startup capital to bring back Concrete's historic newspaper, *Concrete Herald* publisher and editor Jason Miller announced Oct. 29 that the goal of \$10,000 had been reached.

Stepping in to drive home the campaign was the Lincoln Theatre in Mount Vernon, which arrived at the decision soon after contacting Miller about advertising, said Executive Director Thomas Mayes.

See Fundraiser, p. 31



*Published the first
Wednesday of each month*

Inside:

Opinion	2
Sports	6
Clear Lake	10
Sedro-Woolley	12
Community calendar	11
Lyman	14
Hamilton	18
Business directory	19
Rockport	20
Marblemount	22
Newhalem/Diablo	23
Seniors	24
Way back when	24
Sunday School lesson	26
Sheriff's blotter	27
Health	28
Smile	30

Contracting for law and order: Is Concrete getting its money's worth? See p. 11.

Concrete Herald

The Voice of Eastern Skagit County

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Designer Paul Wayne Rider

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 design@concrete-herald.com

Concrete Herald owes its success to volunteer contributors. **Birdsview:** Kris Voigt; **Cape Horn:** Launi Harrell; **Clear Lake:** Sylvia Matterand; **Concrete:** Diana Apple, John Boggs, Linnaea Groh, Aimee Hirschel, Brooke Howell, Danielle Jensen, Lacy Lahr, Grace Popoff, Sara Pritchard, Dan Royal, Jeanna Smiley Squires, Bill Sullivan, Cora Thomas; **Corkindale:** Joyce Harris; **Diablo:** Wayne and Judy Knopf; **Hamilton:** Carol Bates, Amber Lee, Aleaha Neimann; **Lyman:** Kristi Johnson, Elaine Kohler, Tammie Werner; **Marblemount:** Patricia Blauvelt, Christie Fairchild, Laurie Thomas, Kathy Watson; **Newhalem:** Jim and Judy Hannigan; **Rockport:** Christie Fairchild, Elise Lewis; **Sedro-Woolley:** Bill Mueller, Benjamin Smith. **Cartoonists-at-Large:** Stig Andersen, Jonathan Carter. *More local contributors are welcome;* call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

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Editorial

There are so many things wrong with WDOT's recent enforcement action against several Marblemount businesses' roadside signs, it's hard to know where to begin.

First, let me state that I get it already. It's the law. It's the "book." I grew up in Lynden; believe me, I know all about doing things by the book. In its four-page, glossy handout, "Advertising Sign Control on Washington State Highways" (Aug. 2009), WSDOT clearly states, "State law regulates advertising signs erected on private property and visible to most state highways..." So there it is.

The problems with the law are numerous and begin with the complexity of the regulations. By its own admission, the WSDOT regulations are "rather complex." Translation: We can't even figure them out, so good luck to you.

See Editorial, p. 29



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Opinion

Commentary

Ten solutions for a healthier Washington

By Rep. Dan Kristiansen

When it comes to health care reform, most of us want the same thing. We want to make sure everyone has access to affordable, quality health care. The question is: "How do we get there?"

While the national debate centers around health care proposals in Congress, many of affordability and accessibility problems in our state could be addressed by our Legislature.

For the past two months, Washington House Republicans have traveled throughout the state, holding public forums on a 10-point health care reform plan that could be implemented by the Legislature in the coming session. The first forum was held Aug. 31 in Bellingham. The most recent was conducted Oct. 5 in Burlington.

Our solutions seek to protect what is working, fix what is broken, repair the safety net for the truly needy, and remove government barriers that prevent affordable, accessible health care. They include:

1. **House Bill 1871:** Allow purchase of health care plans in other states. This gives consumers more options to choose from a competitive, affordable menu of coverage.
2. **House Bill 1868:** New choices for small employers. Our proposal would allow small businesses and their employees to choose affordable, customized health insurance plans that meets their individual needs.
3. **House Bill 1866:** Young adult plans. Young adults ages 19 to 34 are generally healthy and have lower medical bills. They should be allowed to purchase cost-effective plans that meet their needs and budgets.
4. **House Bill 1870:** Allow Health Savings Accounts (HSAs) for state employees. This would allow medical expenses to be paid with pre-tax dollars, providing cost coverage for state employees and substantial savings for taxpayers.
5. **House Bill 1867:** Eliminate Certificate of Need (CoN). CoN restricts health care providers

from expanding services without state approval. Repealing it would encourage innovation, options and choices.

6. **House Bill 1865:** Allow choices in benefit plans. One size does not fit all. You should have the option of getting coverage most appropriate for your individual needs, and the ability to pay more or less, depending on the options you choose.
7. **House Bill 1872:** Cut taxes on health care plans. We would repeal the 2 percent insurance premium tax for HSAs. Small employers and self-employed individuals would receive a tax credit for providing health insurance.
8. **House Bill 2169:** Reform the state's Basic Health Plan. This would restore the original intent of this program of providing a safety net for the uninsured and vulnerable citizens who truly need, but cannot afford, health care coverage.
9. **(Legislation being drafted):** Protecting the rights of patients to make their own health care choices. This would ensure personal health care decisions are left between you and your doctor, not government bureaucrats or a pencil-pushing accountant looking out for an insurance carrier's bottom line.

See Kristiansen, p. 27

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.

Corrections

The article on Charles M. Dwelley in the October issue was inadvertently attributed to Doris Pollack. The article was actually written by Dwelley's son, Art.

Commentary

Serial domestic abusers must get the punishment they deserve

By Rep. Kirk Pearson

It may seem that I am always writing these brief columns on public safety issues, but I assure you I am also working on legislation to curb excessive credit card interest rates, address chronic flood mitigation and ensure our employers can keep their doors open in this tough economy. However, I continue to believe that if citizens do not feel safe in their homes, schools and communities, everything else we do seems less meaningful.

That's why I continue to work to make our criminal justice system responsive and responsible for protecting citizens in the way they expect. One area of public safety in need of updating is penalties for repeat domestic violence offenders.

Domestic violence is one of the most heinous crimes because it has a psychological element that can paralyze victims. Often times domestic abusers live in, or have keys to, their victims' homes. The abuser may also have close relationships with family, friends and co-workers of their victim, which can leave the victim fearful and with nowhere to turn. Repeat batterers can escalate with each reporting of abuse to law enforcement and become even more dangerous.

That is why I am sponsoring legislation along with Attorney General Rob McKenna to make the penalties for repeat domestic abusers tougher. The bill, if passed in the 2010 legislative session, would:

- Represent the most significant updates to our domestic violence protections since the Domestic Violence Prevention Act first became law some 25 years ago;
- Give chronic domestic abusers the sentences they truly deserve by ramping up the consequences of being a repeat abuser;
- Require judges to factor in the lower-level prior domestic violence histories of the worst batterers; and
- Count prior domestic violence offenses more heavily when it comes to sentencing.

When serial abusers stand before a judge to be sentenced for felony domestic violence offenses and have a prior misdemeanor or history of domestic violence, the law shouldn't treat them as if it is their first time in court. We don't

do that for car thieves or drunk drivers who hurt or kill someone. Prior DUIs and other criminal convictions count against them at sentencing. We should treat felony domestic violence just as seriously.

Longer sentences that reflect the terrible nature of serial domestic abuse would send a strong message to those who would repeatedly terrorize, stalk and physically harm their partners or spouses. These longer sentences would serve another critically important role: give the victims of abuse peace of mind and allow them time to rebuild their lives, relocate if needed or seek the necessary help for them and their children to recover.

Let's not wait for another tragedy to update our state's laws and sentences that deal with repeat domestic abusers. I hope you will join me in supporting this legislation to create greater protections for families around Washington.

Rep. Kirk Pearson is the Republican leader on the House Public Safety and Emergency Preparedness Committee. He represents Western Washington's 39th Legislative District. He can be reached at pearson.kirk@leg.wa.gov.

QUITE A QUILT!



On Oct. 22, Friends of the Upper Skagit Library drew Michael Hayes' name, making him the lucky raffle winner of this beautiful quilt crafted by Betty Knopes. The quilt raffle pulled in \$892 for the organization, which supports the Upper Skagit Library. Shown displaying the quilt are Nancy Sparkowich (left) and Betty Seguin. The library will celebrate its 5-year anniversary in January 2010.

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Bill Henkel
Executive Director
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Celebrations

Haight/Wilken reception/farewell

A wedding reception/farewell party will be held Sat., Nov. 14, at 7 p.m., at the Legion Hall in Concrete for Tammy Haight (former owner of the Country Corral Feed Store in Concrete) and Jim Wilken of Riverside, Washington. The couple will make their home in Riverside.

Drop by for a visit, say goodbye and congrats to Tammy and Jim, and feel free to leave a card or cash on the money tree. Call 360.826.6013 with questions.

Town of Concrete sued for breach of contract

BOSS Construction, Inc., the Bellingham-based general contractor that was responsible for construction of the Town of Concrete's wastewater treatment plant (WWTP), has sued the Town for breach of contract.

The lawsuit, filed with the Skagit County Superior Court on Aug. 27, 2009, but served to the Town of Concrete on Oct. 16, 2009, alleges breach of contract on the part of the Town. Among the allegations in the lawsuit are:

- Failure to provide a full-time engineer for the project

- Furnishing an inadequate design for the project
- Failure to provide timely information, decisions, and direction on work issues
- Failure to make timely punch list inspections
- Failure to make proper and timely payment to BOSS for additional costs incurred

In an executive session held during its regular meeting Oct. 26, the Concrete Town Council were given copies of the lawsuit and, on the advice of Town Attorney David Day of Fairhaven Legal Associates, Inc., in Burlington, voted to terminate BOSS as its general contractor for the WWTP. The letter of termination was sent to BOSS on Nov. 2.

Day told *Concrete Herald* the termination was a necessary first step. "[BOSS] consistently failed to perform certain tasks that they were to do under the terms of the agreement, and they failed to perform them after repeated requests. We wanted them to wrap up so that [the Town] could take legal possession of the project, and pay off all outstanding bills to BOSS and subcontractors," said Day.

Nor did BOSS control Enviroquip, one of its subcontractors, which has refused to do necessary warranty work and repairs that will urgently be needed in the near future, said Day.

Day called the lawsuit "anticipatory repudiation," saying it its filing sends the message that BOSS doesn't intend to finish the job—additional grounds for termination.

Along with the termination letter, Day is preparing a letter informing the project's bond company, Hartford Casualty and Indemnity, of the lawsuit and the BOSS termination. Since BOSS has a payment bond and a performance bond through Hartford, that company may take a position on how the dispute should be resolved and how the subcontractors are going to be paid.

For now, Day is working on the mechanics of the lawsuit. The Town's engineer, HDR, will likely be brought into the fray since BOSS is claiming the Town is responsible for HDR's actions—and, in some cases, inaction—during the project's construction.

"What this is going to come down to is what [BOSS'] people say in depositions—and that's months away," said Day. "That's what will turn the tide on this."

"Everyone knows what the facts are in this case. They will have to explain to the judge why they went 11 months without finishing this project and without paying the subcontractors," said Day.



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**Robert Hornbeck,
owner, L.B. & R. Logging**

THIS AND THAT

By J.K.M.

No word yet on who is going to replace **Naomi Rumpff** as postmaster in Concrete. That makes sense; it should take a while to fill those particular shoes.

The **Cascade Days committee** hopes you can help them track down a photo of the Concrete High School from 1952 or shortly thereafter, so they can develop their logo for the 2010 event. We're talking about the building that straddles Superior, here, not the older high school building north of the Town Park. If you have a photo, contact John Legg at 360.853.7867 or judielegg@yahoo.com.

Imagine Concrete task forces need YOU

Imagine Concrete task forces have formed to actively address the five initiatives that were identified during the two visioning workshops earlier this year. New members are welcome.

The goal of the task forces is transform the initiatives from ideas into action. Their intentions will be reported to the steering committee, which will in turn report to the Concrete Town Council once per month.

Steering committee chair Jason Miller and Antioch University graduate student Eric Archuletta presented the steering committee's work thus far, plus feedback from the workshops, to the Concrete Town Council on Oct. 26.

The task forces meet in tandem with the steering committee. Everyone is invited to join these meetings, which occur on the second Wednesday of each month. The next meeting is Wed., Nov. 18, at 6 p.m., at the Airport Lounge. Call 360.853.8213.

Fledgling KSVU to benefit from grant funding

Skagit Valley College has received a \$110,528 federal grant from the Public Telecommunications Facilities Program and will use the funds to establish a new public radio station in downtown Concrete, KSVU on 90.1 FM. The new radio station will enhance local communication and bring educational programs to currently underserved areas in eastern Skagit County.

KSVU General Manager Rip Robbins said, "I look forward to developing new radio programs with the residents of the

Happy birthday to **Hope Martin**, 90 years young on Oct. 12. Her family had a small party for her on Oct. 10, with approximately 80 people in attendance, including her four children, grandchildren, great grandchildren, and other family and close friends.

The **Third Annual Ghost Walk** was frighteningly good. Val Stafford tells me we had 110 guests, with 90 percent of them coming from out of town, including one visitor from Norway, several from Bellingham, quite a few from Mount Vernon, Conway, and elsewhere. We even had a small group of students from the Seattle area.

Anne Schwartz of Rockport was inducted into WSU's College of Agricultural, Human, and Natural Resource Sciences Hall of Honored Alumni and Friends on Sat., Oct. 10. Congratulations, Anne!

Kids' birdhouses still needed for sign fence

Kids! The Concrete Parks Committee still needs birdhouses to top the fence posts behind the Town Center sign, and they want *you* to build them.

There are 13 posts, so 13 birdhouses are needed. Birdhouse floors should be 1 in. thick. This offer is open to any Concrete kid up to and including age 15, and posts will be reserved on a first-come, first-served basis. To get your name on the list, contact Jason Miller at 360.853.8213 or editor@concrete-herald.com.

The *Concrete Herald* will pay for a small (1 inch x 2 inch) brass plate to be made for the front of your birdhouse, engraved with your name and the date on which the birdhouse is mounted.

The Town Center sign project won't be complete until *you* add your personal touch, so join the fun today! So far, we have six birdhouses, so grab a hammer and get involved!

upriver valley, who have expressed great interest in having a radio station in their community."

Public Telecommunications Facilities Program (PTFP) is a grant program directed by an agency within U.S. Department of Commerce. PTFP designates a portion of its funding to provide financial support to public radio stations to help bring educational and cultural broadcasts. The PTFP grant to Skagit Valley College will supplement the purchase of equipment for the new radio station.

Postal news

By Kathy Watson

With the economy the way it is, it is good news to know that the price of a First Class stamp will not increase in 2010.

According to Jack Potter, the Postmaster General, "The Postal Service will not increase prices for market dominant products in calendar year 2010. Simply stated, there will not be a price increase for market dominant products including First-Class Mail, Standard Mail, periodicals and single-piece Parcel Post. There will be no exigent price increase for these products."

Potter stated, however, that the pricing for USPS competitive products are under consideration for price changes and should be announced in November. This would be Priority Mail, Express Mail, and most International products.

The Holidays are fast approaching. For those of you who plan to send packages to family and friends who are in the military or reside overseas, shipping deadlines are listed on the following online pages:

International:

www.usps.com/communications/newsroom/2008/pr08_116.htm

Military:

www.usps.com/communications/newsroom/2008/pr08_102.htm

Kathy Watson is Postmaster of Marblemount, Washington.

Skagit Fisheries Enhancement Group fall planting events

The Skagit Fisheries Enhancement Group (SFEG) is planning fall planting events to restore salmon habitat.

Nov. 14: Howard Miller Steelhead Park, Rockport, 10 a.m. to 1 p.m.

Directions: SR 20 to Rockport. South on Hwy 530. Just before the Skagit River bridge, turn right into Howard Miller Steelhead Park. Follow parking signs at the west end of the park in the campground (www.skagitparksfoundation.org/howardmiller.htm).

Nov. 21: Elysian Meadows, Cape Horn, 10 a.m. to 1 p.m.

Directions: From SR 20, 1.64 miles east of Baker Lake Road, turn south onto Cape Horn Road NE (the easternmost end of Cape Horn Road). Drive .57 miles to Elysian Meadows Court on the left. Drive past gate; follow signs for parking.

Event attendees should dress

appropriately: Bring knee boots and gloves, or feel free to borrow those belonging to SFEG.

Snacks are provided, but attendees may wish to bring a lunch. Consider carpooling, since parking is limited.

Attendees should arrive on site by 10 a.m. for a safety orientation.

For more information, contact Lucy DeGrace, outreach coordinator for SFEG, at ldegrace@skagitfisheries.org or 360.336.0172.

Concrete Elementary PTO Fall Festival Nov. 7

The Concrete Elementary PTO Fall Festival will be held Sat., Nov. 7, in the Concrete Elementary School lunch room and gym, from 4 to 7 p.m.

The evening's festivities include bingo, a prize walk, a wheel of fortune game, a hoop shoot, crafts, face painting, and more. The dinner menu is a hot dog, chili, a cookie and chips, and soda or water for \$2.50 per person.

"Come support the PTO, volunteers are always appreciated," says PTO President Debbie Ross.

To volunteer or for more information, call Ross at 360.826.3135.

In The Service



Concrete Town Councilman and Staff Sergeant Paul Rider, a photojournalist with the 194 MSG (Mission Support Group) of the Washington Air National Guard, has been selected as the Air National Guard nominee for the 2009 Geico Military Service Awards.

The prestigious award was established to recognize military enlisted members from each of the military services for their contributions to military or private communities in three categories: drug and alcohol abuse prevention, fire prevention and fire safety, and traffic safety and traffic accident prevention. Rider also serves as a volunteer with the Concrete Fire Department.

"The competition was extremely keen, and [Rider] is commended for having been selected..." wrote Lieutenant General Harry M. Wyatt III, director of the Air National Guard in a letter dated Sept. 18, 2009.

Rider will learn how he fared in the competition in early 2010.



Staff Sergeant Paul W. Rider of Concrete is the Air National Guard nominee for the 2009 Geico Military Service Awards. Submitted photo.

Concrete Herald wants to tell its readers about how eastern Skagit County citizens are serving their country. If you'd like to share updates on loved ones' service in the armed forces, please e-mail Jason Miller, editor, at editor@concrete-herald.com, or call 360.853.8213.

And they ask us
why we live here...



In late October, fall color exploded on the hillsides north of this Challenger Road property near Concrete.

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Sports



2B Playoffs within reach of Lions football team

By Brooke Howell

The Lions football players are one game away from heading to the State 2B Playoffs. If they can nab the win against Darrington this coming Thurs., Nov. 5, Concrete will secure the number two seed from the Northwest 2B League and go in as the number four seed from Districts 1/2/3.

With the win, Concrete will travel to Willapa Valley and play either on Nov. 13 or 14 against the number one seed from District four. With a loss, the Lions would tie with Darrington and play them again on Tues., Nov. 10, in a play-in game.

The Lions started October with a loss to Orcas in their first league game. Orcas was without their starting quarterback and the Lions were missing leading rusher Kyler Howell. This proved to be an evenly matched contest, with Orcas pulling out the win in the end 15-7. Quarterback Tyler Clark led the Lions in rushing with nine carries for 45 yards, while Scott Rice added 43 yards on seven carries. Tyler Kales also had a key interception. The only scoring in the game for the Lions was on a 25-yard run by senior Greg McIntosh. James Martin and James Johnson played well defensively as Martin had a couple of tackles for loss, while Johnson recorded a sack.

Traveling to La Conner on October 9, the Lions took advantage of many Brave miscues and were able to secure a tough win 14-13. After falling behind 7-0 in the first quarter, the Lions marched down the field, largely behind sophomore Tyler

Clark's running, and scored on his 13-yard scamper. The Lions ensured they would enter the locker room at halftime ahead as Clark found senior Greg McIntosh in the end zone for the 2-point conversion. The third quarter found both teams scoring six points with the Lions finding a lucky charm as McIntosh picked up a fumble and scampered 50 yards for the go-ahead score. Neither team was able to convert their extra point, and the Lions were able to squeak out their first league win. Clark led the team in rushing with 15 carries for 116 yards; he also completed one pass to Dalton Dellinger in the game. Sophomore Tyler Kales was the next leading rusher with 44 yards on three carries.

Although it proved to benefit the Lions to have Kyler Howell back after a four-week injury, the Lions had to work hard to earn their second league win, knocking out the Darrington Logger's 35-27 in a great rain-soaked Homecoming win.

Concrete jumped on the Loggers right away when Clark hooked up with Howell for a 31-yard score, only to see Darrington tack on six points soon after. The Lions continued trading touchdowns with the Loggers throughout the game as McIntosh



At their Oct. 30 game against La Conner, Concrete football players wore these gray wristbands to honor Andy Thompsen, a "fan supreme" who passed away Oct. 20 from pancreatic cancer. He was 88.

Athletes of the Month



September Athletes of the Month are Greg McIntosh and Kelsey Barnett.

McIntosh is a senior football player who plays in the offensive and defensive backfields. Senior Kelsey Barnett is a defensive sweeper for the women's soccer team. Both Greg and Kelsey were selected based on their leadership, being team players, and demonstrating sportsmanship and character. Student Athletes are selected by Concrete Lions Booster Club Members.



The Lions line up during an away game at Orcas Oct. 24. Photo by Brooke Howell.

See Football, p. 29

90.1 KSVU-FM

88 News, Talk, and Music 108

Skagit Valley Upriver Community

To volunteer for KSVU call 416-7001
To sponsor KSVU call 416-7711

Varsity Football schedule

Date	Opponent	Event location	Time
11.5	Darrington	Darrington	7

Sports writers and photographers are needed!

Parents! Students! Want to write about—and photograph—our valiant teams?
Contact Jason Miller at 360.853.8213 or editor@concrete-herald.com

Middle School volleyballers find keys to success

By Bill Mueller

One doesn't have to look outside our town to find greatness. The Concrete girl's Middle School volleyball team is a true success. Rob Thomas has been the assistant coach of the team for the past 7 years. Along with head coach Cari Dellinger, he has done a wonderful job with this team over the years. Two years ago they coached the 7th grade team to an undefeated season.

Coach Thomas stated that they stressed three basic concepts with the team. 1. The fundamentals of the game, in knowing how to play volleyball as it was meant to be played. 2. Learning to work together as a team. To be able to move on the court with a common goal. 3. To have fun. This may be the key to the team's positive perspective. As Rob says, "If they do these three things, the wins will take care

of themselves." The coaches' slogan, which they continue to share with the team is, "Trust your teammates." To emphasize this, every game has a different starting line-up. The girls rotate in order so that all get a chance to contribute. With 17 players on the 7th grade team, it is a challenge to get everyone in the game. The 8th grade team has 8 players, so they all get a workout during a match.

When he is not working with the team, Thomas is the pastor of Concrete Community Church. He has been serving there for 17 years. He truly enjoys the opportunity to coach the 25 girls on the two teams and considers it a privilege to work with Coach Dellinger. It seems that success can be found right here at the Concrete Middle School.



Middle School Volleyball coach Rob Thomas counsels his charges during their Oct. 22 game against Darrington. Both the 7th and 8th grade teams posted 2-7 records this season after 10 games, with one game against Orcas Island playing both grades combined.



Seventh-grader Ashlee Kisner serves it up against Darrington Oct. 22.

Wrestling schedule

Date	Opponent	Event location	Time
11.16	---	FIRST DAY PRACTICE	---
12.3	Lakewood	Lakewood	6
12.5	P.I.T. Tournament	Omak	10
12.10	Darrington/La Conner	Darrington	5
12.12	Bellevue Christian	Bellevue Christian	10
12.14	Nooksack	Concrete	6
12.18	Tacoma Baptist/Chief Les	Tacoma	5
12.19	Wahkiakum Tournament	Wahkiakum	TBD
1.2.10	Castle Rock	Castle Rock	10
1.7	Friday Harbor	Friday Harbor	5
1.9	Nooksack-King of the Valley	Nooksack	10

High school volleyball wraps up season

The Concrete Lions Women's Volleyball team ended its 2009 season with a home-court loss to Orcas on Oct. 29, bringing its record to 1-15 overall, and 0-12 in league play.

Matthew Williams, the interim head coach who stepped into the position Oct. 22, told *Concrete Herald* the team's inexperience likely played a role as it struggled through its season—a situation he hopes to remedy if he is chosen as the team's head coach next season.

"I fully intend to apply for the position next summer," he said.

The season had its bright spots, though, including an Oct. 23 contest at home against the Mount Rainier Lutheran Hawks. "We beat them 3 out of 5, winning 3-2," said Williams. "They made errors and we capitalized on them."

An Oct. 27 home game against Darrington found the women volleyballers losing that league game 0-3.

Boys' Basketball schedule

Date	Opponent	Event location	Time (JV/V)
11.16	---	FIRST DAY PRACTICE	---
12.1	Blaine	Concrete	5 / 7
12.3	Meridian	Meridian	5 / 7
12.5	Kings West	Concrete	3 / 1
12.8	Nooksack	Concrete	5:30 / 7
12.15	Orcas	Orcas	5 / 3:30
12.18	Darrington	Concrete	4:30 / 7:30
12.19	University Prep	Concrete	1 / 3
12.28	South Bend	Willapa	TBD
12.29	Willapa Valley Tournament	Willapa	TBD
1.5.10	Mt. Vernon Sophomores	Concrete	6

Girls' Basketball schedule

Date	Opponent	Event location	Time (JV/V)
11.16	---	FIRST DAY PRACTICE	---
12.1	Coupeville	Concrete	7 / 5
12.3	Meridian	Concrete	5 / 7
12.5	Kings West	Concrete	-- / 3
12.9	Blaine	Blaine	5:15 / 7
12.10	Highland Christian	Highland Christian	TBD
12.15	Orcas	Orcas	3:30 / 5
12.18	Darrington	Concrete	4:30 / 6
12.19	University Prep	Concrete	3 / 1
12.28	South Bend	Willapa	TBD
12.29	Willapa Valley Tourney	Willapa	TBD
1.8.10	La Conner	La Conner	4:30 / 7
1.12	Mount Vernon Christian	Mount Vernon Christian	TBD / 5:30
1.15	Friday Harbor	Concrete	5 / 3
1.19	Shoreline Christian	Shoreline Christian	-- / 6:30

Academics

Want to make a difference? Volunteer!

Few actions carry more meaning than volunteering. If you would like to show your support for your local school district, considering giving your time to the cause. In these times of tight budgets, your willingness will be greatly appreciated.

How to get started? School districts may vary on their requirements, but in Concrete the process is relatively straightforward.

First, you complete a volunteer application packet, available in the office.

Once your application is approved, you can speak with your child's teacher(s) to schedule times to volunteer in the classroom.

It's really that simple.

Volunteering is rewarding students, teachers, and parents. Consider pitching in to help lighten the load, today.

Concrete Herald
The Voice of Eastern Skagit County

School Board meeting announcement

The Concrete School Board will hold its next board work session on Monday, Nov. 23, at 6 p.m.

The regular board meeting will be held on Tuesday, Nov. 24, at 7 p.m.

Immunizations and information updates

Keep your child—and others' children—safe and healthy this school year.

Consult with your child's health care provider for administration of any recommended or required immunizations before the first day of school.

For a list of vaccines required for school attendance, grades K–12, for the 2009–10 school year, go to www.doh.wa.gov/cfh/Immunize/schools/vaccine.htm, then go to the "kindergarten–12th grade attendance" link and click on "2009–10 vaccines required for school attendance."

Also, please contact your child's school office with any updated phone numbers

or emergency contacts so administrators can promptly contact families in case of emergency.

Nurse Jenn with the Sedro-Woolley School District adds:

Remember the best line of defense to guard you and your family from illness is to practice good hand washing.

Please keep sick children at home for at least 24 hours after they no longer have a fever, or do not have signs of fever without using fever-reducing medicine, such as Tylenol or Ibuprofen.

This will not only help reduce the number of people who may become infected, but will also help your child recover fully.

Lyman Elementary School November calendar

- 4 Early Release K–6, 12:30
- Conferences, grades 1–6
- 5 Early Release 1–6, 12:30
- Kindergarten, no school
- Conferences, grades 1–6
- 6 No School
- Kindergarten conferences
- 9 School Board meeting, SSB, 7:00
- 10 Veterans Day Assembly, 9:35
- 11 No School
- 12 Booster Group-sponsored
- Skate Night, 6:30–8:30 p.m.
- 13 Picture Retakes
- 18 Early Release K–6, 12:30
- 19 Fall Program, 6:30
- 20 End of Trimester
- Coffee with Mr. Nilson, 8:15–9
- 23 School Board meeting, Cent., 7
- 25 Early Release 1–6, 12:30
- Kindergarten: no school
- 26–27 No school

Survey: Parents say online safety is top concern, but not taking action

(ARA) - Parents worry about protecting their children from online predators. But some just aren't worried enough, it seems.

That's one conclusion online safety experts say can be drawn from a recent survey of parents by Panda Security, a security software maker. While more than half the parents polled rank online predators, pornography, and violence as the biggest online threats to children, a quarter of those surveyed still never monitor their children's online activities.

"You could interpret these numbers to indicate that while generally parents are concerned about online threats to their children, they're not yet doing enough about it," said Sean-Paul Correll, a threat analyst with Panda.

Several highly publicized surveys have made online risks to children appear significant, while other studies seem to downplay the threats. Panda's survey found that just 7 percent of respondents reported they or their children have been a victim of an online attack. "But if it's your child viewing the inappropriate material or being approached by an online predator, all the statistics in the world are meaningless," Correll said. "If your child is the one at risk, that's one too many."

While security software and parental controls can help protect children online, "safety is not just all about technology," Correll said. For example, antivirus suites help parents monitor access to inappropriate Web pages, but parents still need to be aware of—and involved with—their children's online activity.

Correll offered advice for parents seeking to pair security measures with practical parenting:

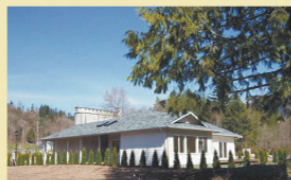
- Don't take a "command and control" approach or micromanage children's online behavior. Instead, emphasize communication and trust, and talk to your children about how to stay safe online.
- Educate yourself and share your knowledge with your children. It's not at all unusual for kids to know more about the Internet than their parents. For this reason, it's important for parents to be aware of the tools that the Internet offers children, to know what the risks are, and how to avoid them.
- Set firm and clear rules about computer and Internet use. Establish a maximum online time and permissible uses of the Internet. Instead of setting up PCs in children's bedrooms, where they might be tempted to stray from the rules at night, put it in the family room.
- Forbid children from giving out personal information such as their real name, address, phone number or photos. Help them create screen names and secure passwords to prevent malicious users from accessing their e-mail or messaging accounts.

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Control Act, in Chapter 47.42 of the Revised Code of Washington (RCW), Highway Advertising Control Act, and Chapter 468-66 of the Washington Administrative Code (WAC), governs advertising signage.

Local backlash

The owners of the Marblemount Diner, Alan and Lori Goerdts, made the letter they received available to *Concrete Herald*. Lori Goerdts said that in the five years her business has been open, they were never informed of these advertising regulations by the State of Washington.

"When we applied for and received the Diner's master business license five years ago, I asked various State of Washington offices and officials, including WSDOT, about all applicable laws and regulations concerning running a restaurant and related advertising. Off-premises advertising on a Scenic Highway such as Highway 20 being prohibited was never mentioned," said Goerdts.

The Diner's two signs along SR 20, about which the Goerdts received the letter, were on private land, outside of the SR 20 right of way on commercial land they own, and on a second, residential, property. One of their signs had been up for more than two years, while the other was erected one year ago.

"Our advertising signage cost us thousands of dollars to put up, and we consider this method of advertising vital to our viability as a seasonal business," said Goerdts.

The Goerdts promptly called and spoke with O'Leary regarding their signs. Lori said that O'Leary reiterated the demands and warnings made in the letter as part of the WSDOT's "focused review" on signs in the general area of Marblemount, and stated that if her signs were not taken down voluntarily within 15 days, then WSDOT would have to ask the Skagit County Sheriff to post notice on the signs. WSDOT would then destroy and remove the signs, despite their presence on private land not in the right of way.

Goerdts and her husband took down their Marblemount Diner off-premises signs within the 15-day period, but she said she knows of many signs in the area that are still in place, even though their owners presumably would have been targeted by Mr. O'Leary's office.

"We're against WSDOT spending tax dollars on this enforcement in our current economic conditions. It does nothing more than hurt small businesses offering safe, enjoyable and pertinent services to travelers," Goerdts said.

Lori Goerdts spoke with the Code Reviser's Office of the State of Washington, where she said a staff member there was shocked to hear of the content of the letter the Marblemount Diner received, and advised her that off-premises advertising is allowed within 12 miles of businesses, even along Scenic Highways. Goerdts says that they also told her that as a seasonal business, the Diner would probably be exempted from any such regulations.

Questionable WSDOT strategy

Marshall Cooper, owner of the Buffalo Run Inn and Restaurant, told *Concrete Herald* he also received two certified letters from WSDOT. He refused to sign for them, as have many business owners who received the same letters, he said. His two off-premises signs are on his own property, well out of the SR 20 right of way.

"Why is WSDOT targeting professional signage in support of seasonal businesses that are trying to make it? It is questionable," said Cooper. He said that removing off-premises signs would affect business somewhat, potentially losing business from people driving in from out of town.

"Any sign removal by WSDOT would waste many thousands of dollars in taxpayer money," said Cooper.

Cooper has filed a Freedom of Information Act request in a certified letter to WSDOT's O'Leary and sent a copy to the Washington State Secretary of Transportation, which oversees WSDOT. The letter asks for information on any other complaint letters that WSDOT sent out in its focused review of off-premises signage, plus information on any complaints sent to WSDOT about the presence of off-premises signs that might have been made to trigger this enforcement action. Cooper said the information request also asks for the locations of all signs inspected and the identification and position held by the WSDOT employee who inspected them.

Pat O'Leary of the WSDOT Highway Advertising Control Program office did not respond before press time to multiple requests for information regarding this issue.

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Create an account, then search on
"Concrete Herald"
and send a friend request!

SRBEAT, cont. from p. 1

cancelling the Festival, which ran for a few days, and retaining the Interpretive Center, which will stay open three days a week for 11 weeks, from mid-December till Presidents Day in February.

Past sponsors of the event are feeling the pinch of the country's economic recession and are decreasing or reallocating their charitable donations, said Hemenway. Where thousands of dollars once came in from each sponsor, now hundreds are promised, and the numbers simply don't add up.

Two bright spots remain. A no-interest "floater" loan of \$3,000 voted on by Concrete's Cascade Days committee on Oct. 28 will allow the Interpretive Center to begin operations before grant funds become available in 2010.

Second, the U.S. Forest Service and North Cascades Institute will staff viewing stations at three sites along the Skagit River. The program will run for six weekends, beginning Dec. 26 (see sidebar, below).

Hemenway praises the volunteers who kept the Festival going for more than two decades. "Our volunteers were supreme. It's amazing how many hours were given to support that event. And my board feels it can eventually bring it back."

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Eagle-watching opportunities still available

Even though the Bald Eagle Festival has been cancelled, another option for viewing eagles remains.

The U.S. Forest Service and North Cascades Institute are gearing up for their 17th season of helping visitors enjoy viewing the wintering Bald Eagles on the Upper Skagit. Volunteer educators will staff viewing stations set up at three sites along the Skagit River.

Each viewing site will have spotting scopes and binoculars for visitors to use, as well as informational materials. The educational program will run for six weekends, beginning Dec. 26 and ending Jan. 31. Viewing sites include Howard Miller Steelhead Park, Sutter Creek Rest area (Milepost 100) and the Marblemount Fish Hatchery.

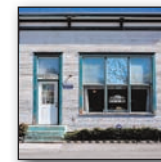
A map of the viewing sites is available here:

www.fs.fed.us/r6/mbs/skagit-wsr/overview/wildilfe.shtml

More information about the program is available by calling 360.856.5700.



Clear Lake



How well do you know the Clear Lake Community Connection?

Story and photo by Sylvia Matterand

The Clear Lake Community Connection exists to foster community in Clear Lake through:

- Positive relationships
- Community events and activities
- Safety and well-being
- Education

Volunteers involved are from the Clear Lake Fire Department, Clear Lake Historical Association, Clear Lake Elementary, First Baptist Church of Clear Lake, Clear Lake Community Covenant Church, Clear Lake Food Bank, and local businesses such as IRI, Jansma Construction, Inc., and Clear Lake Market.

Clear Lake Community Connection has provided three Community Progressive Dinners, serving 300 to 500 Clear Lake neighbors.

We have had two Clean-up Days (hauling away more than 5,000 pounds of trash during each one), one each in 2008 and 2009.

We held two street fairs, in August of 2008 and 2009 (see photo below), and

we'll do it again next summer.

We hold regular meetings regarding appropriate action we can take to make our community safer, through a citizens patrol. We are still seeking community support to help make this a reality.

This group also is responsible for the new street light on Highway 9, on the corner at Post Street.

The 2007 and 2008 Swim Safety Program was funded by the hard work and dedication of the following service clubs and business:

- The Beta Club
- Alpha Omega of Sedro-Woolley
- Sedro-Woolley Rotary International
- Kiwanis Club of Sedro-Woolley
- Kiwanis Club of Burlington - Edison
- Skagit County Mount Vernon Walmart

The Swim Safety Program provided swim passes and lessons for area children when the Clear Lake Beach was still a pay-to-use park facility. This helped local children to have access without the expense.



Above: Heidi Maddox, an employee at Clear Lake Market, welcomes *Concrete Herald* to the store's sale shelves. Photo by Amber Lee.

Volunteer correspondents are needed for Clear Lake!

Want to write short updates, or simply provide news tips about Clear Lake for *Concrete Herald*?

Contact publisher and editor
Jason Miller:

360.853.8213
editor@concrete-herald.com



Above and left: Spooky stuff spotted in Clear Lake, as its citizens dress up their homes and businesses for Halloween. Photos by Amber Lee.

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The price of law and order

Concrete Town Council revisits enforcement options

By Lacy Lahr



During the “Imagine Concrete” visioning workshops earlier this year, law enforcement, particularly enforcement of local ordinances, was brought up repeatedly as an issue to address. The Concrete Town Council has begun to weigh its options with regard to law enforcement services for the community.

At its Oct. 26 meeting, the Council heard a presentation from Cam Steigleder, a former police officer from Oregon who now works as a private consultant for community-oriented policing projects. Steigleder helps smaller communities identify their public safety needs and develop programs for law enforcement.

A hefty price tag

Steigleder began by discussing that the Town’s current law enforcement service provider, the Skagit County Sheriff’s Office, is an outstanding agency with absolutely competent, high-quality personnel. The question, as she put it, is not of the quality of service, but whether it fully meets the Town’s needs. The Town currently is under contract with the Sheriff’s Office for police protection until the end of 2010, at which point the 3-year contract can be extended or terminated. By that time, the Town will have paid \$630,000 for the years 2008, 2009, and 2010 combined.

A review of the contract states that the base level of service the Town is getting is at “the same level, type, and degree” as what is provided in the unincorporated areas of the County. The Town gets 80 hours of law enforcement service per week within a 10-minute response time for its money. This has caused some to question whether or not we are getting much more in Town than we would already be getting in the unincorporated areas of the county.

One concern that has been consistently discussed is that the Sheriff’s Office is unable to enforce Town ordinances. They are only able to enforce County or State laws. Councilmember Jack Mears noted that this issue has been his “beef” with the Sheriff’s Office because local ordinances oftentimes determine the quality of life in a small community.

Steigleder explained that the Town could establish a Violations Bureau for the sole purpose of prosecuting local ordinances.

Some issues with the Town’s prior law enforcement were brought up as a concern if the Council considers reinstating its own police department. In the past,

the Town experienced a “revolving door” situation, with new recruits sent to the mandatory and costly academy training, then leaving after a short time for higher-paying jobs elsewhere. In addition, the level of training that a small police department can afford is minimal compared to what the Sheriff’s Office is able to provide its deputies. The problems that accompanied the Town’s own department aren’t likely to be easily addressed, which makes the Sheriff’s Department an attractive option for some.

In addition, many in Town will remember the emotional divide in the community after longtime Police Chief Ed Rogge retired and the Town tried to find a replacement. As Robin Feetham noted, the Sheriff’s Office is acting as arbiter as the Town “heals wounds that run very deep.”

Steigleder suggested that if the Town decides to reinstate its own department, it should focus on hiring “lateral” (veteran) officers who have experience and who choose to and would enjoy living in a rural area.

“Never seen it so good”

Audience member and local business owner Don Payne stated that while he doesn’t understand why the Town would pay for something that the rest of the county is getting without the additional costs, he has noticed an improvement in town. Payne said he has “never seen it so good” in Town, and that it hasn’t always been that way in the past. While he is bothered that Lyman and Hamilton are getting basically the same services without a contract, the Sheriff’s Office was able to recover more than \$2,000 worth of tools stolen from him last winter.

But are we getting everything we need? Would a Violations Bureau help address our issues? Or should we consider reinstating the Concrete Police Department? Steigleder offered three primary options for the Town:

Option 1:

Renew the current contract for the same level of services. The upside to this option is that nothing needs to be done. The Town would continue to receive high-quality law enforcement service at a similar level as in the past. The downside to this option is that the contract is costly for the Town and there is no mechanism for enforcement of local ordinances.

Option 2:

Don’t renew the contract at the end and the Town will have the same level

COMMUNITY CALENDAR

NOVEMBER

- 7 Concrete Elementary PTO Fall Festival, Elementary School lunch room and gym, 4 to 7 p.m., contact Debbie Ross at 360.826.3135
- 11 Veterans Day
- 14–15 “Treasures of the Earth” gem, mineral, fossil, and jewelry show, Sedro-Woolley Community Center, Sat. 9–5, Sun. 10–5, free admission
- 17 Rockport State Park area long-term planning meeting, Concrete High School, 6:30 to 8 p.m.
- 18 Imagine Concrete steering committee and task forces meet, Airport Lounge, 6 p.m.
- 19 Lyman Elementary Fall Program, Lyman Elementary gym, 6:30 p.m.
- 21 Holiday Bazaar, Concrete High School, 9 a.m. to 5 p.m.; contact Gladys Silrus at 360.826.4848 or gsilrus@verizon.net
- 21 Bare Feet at Birdsview Brewing Co., 38302 State Route 20, Birdsview, 6 p.m.; more info at 360.826.3406
- 26 Thanksgiving Day
- 26 Community Thanksgiving Dinner, Cascade Middle School, Sedro-Woolley, 12:30 to 3 p.m.; free (donations accepted); more info or volunteer inquiries, contact Stephanie Lokkebo at 360.855.0231 or slokkebo@yahoo.com

DECEMBER

- 12 Christmas Parade, Concrete; contact Gladys Silrus at 360.826.4848 or gsilrus@verizon.net
- 25 Christmas Day

of service as the unincorporated areas of the county. The upside to this option is that the Town would save a significant amount of money. The down side of this option is that there would no longer be the guaranteed 80 hours per week in the 10-minute response time area. There also would be no mechanism for enforcement of local ordinances.

Option 3:

Utilize funding allocated for the current contract and create a violations bureau and reinstate the Police Department. The upside of this option is that establishing a court of limited jurisdiction would allow the town to have a mechanism for prosecuting local ordinances. The Town also would have its own police force in place once again.

Steigleder believes that the amount of money currently dedicated to the public safety contract would be adequate to support a local department. The downside to this option is that there are only 14 months remaining in the current contract to assemble a police department with qualified personnel. There also would be significant start-up costs, such as equipment purchasing, training, etc. The Town could consider a special public

safety levy to cover start-up costs if the citizens were willing to make a financial commitment to reinstate the Concrete Police Department.

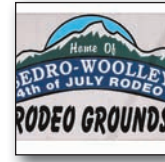
The Council must decide which option to pursue. What do you think? Bring your opinions to the Council on the second and fourth Mondays of each month, at 7 p.m., at the Concrete Town Hall.



The Skagit County Sheriff has a Main Street presence with its East Precinct office, located in the Concrete Town Hall building. Several citizens have said they noticed a decrease in criminal activity “since the Sheriff came to town.”



Sedro-Woolley



United General to hold car raffle

For a third year, United General Hospital will hold its annual car raffle. This year's raffle vehicle is a 2009 Honda CRV EX 4x4.

Funds from the Raffle and other activities are being used to pay for the digital mammography equipment in United's Breast Care Suite.

Raffle tickets are available for \$10 each, and can be purchased at the United General Hospital Gift Shop, Doe's Lobby Shotz, the main admitting desk in the United General Hospital lobby, or from any United General Hospital Foundation Board member.

The drawing will be held Nov. 19, 2009, at the Scotch and Wine Tasting Event that will be held in combination with the tabletop Christmas tree sale at Chuckanut Manor.

For more information on cancer prevention or the fundraising campaign, contact Ellen Johnson at 360.856.7315 or ellen.johnson@unitedgeneral.org.

Women's opportunity award

Soroptimists of Sedro-Woolley are accepting applications for grants. To qualify, women must be "head of a household; i.e., provide the primary financial support for the family, and must be enrolled or have been accepted to a vocational/skills training program or an undergraduate degree program.

The deadline to apply is Dec. 1, 2009. For more information and an application, e-mail Jill Reid at jreid@bgcskagit.org.

Benefit Concert planned for troop support

By Tammie Werner

A Benefit Concert for Sedro-Woolley Community Troop Support (SWCTS) will be performed Fri., Nov. 20, at 7:30 p.m. at Common Ground, 351 Pease Road in Burlington. The evening's playlist includes local bands Inner Octave, Twiddy and the Argonauts, Say Never, and Deluxe Goodness.

The bands are donating their time and talent for the concert. Proceeds will be used to buy treats and essentials for the Christmas care packages being sent out to local servicemen and women who are serving overseas.

The concert is appropriate for all ages. Admission is just \$5 per person at the door.

Organizers are looking for volunteers who would like to help set up, chaperone, supervise and clean up at the concert. If you would like to volunteer, please contact Upriver Liaison Tammie Werner at swctsgroup@gmail.com or 360.826.3818 or Coordinator Marilyn Pineda at mpineda@janicki.com.

SWCTS is still accepting donations of items and cash for this year's care packages through Nov. 11. Donations can be dropped off at Rockport Country Store, Red Apple Market and East Skagit Community Resource Center in Concrete, or Lyman Town Hall. Cash donations can be sent to SWCTS, P.O. Box 817, Sedro-Woolley, WA 98284 or via PayPal at www.paypal.com using e-mail address swctsgroup@gmail.com. All donations are tax deductible.

Names of loved ones serving overseas can still be submitted by sending their full name and address, plus your name and contact number.

Free Thanksgiving dinner

The annual Sedro-Woolley Community Thanksgiving Dinner will be held at Cascade Middle School in Sedro-Woolley on Thurs., Nov. 26, from 12:30 p.m. to 3 p.m.

The dinner is free to all members of the community. More than 400 meals were served at last year's dinner. Donations accepted. For more information or to volunteer, please contact Stephanie Lokkebo at 360.855.0231 or slokkebo@yahoo.com.

Organizers are also taking orders for free home delivery. Call the senior center at 360.855.1531 or the Sedro-Woolley Chamber of Commerce at 360.855.1841.

From the Mayor's desk

By Mayor Mike Anderson

I am glad to see a new, local paper serving the east county. I appreciate the opportunity to comment on news from Sedro-Woolley and would like to make my first comment on our summer of road construction.

First, let me thank the east valley communities for your patience all summer as we closed streets, devised detours and generally made a mess of traffic and your commute! Now that our new roundabout is open to traffic on SR 20, I understand some people are wondering what it is all about. For us, it is about economic development and arterial connectivity.

This project was first started about 10 years ago. The initial plan called for a stop light in approximately the location of today's roundabout. Then a revised plan called for a new intersection at F&S Grade Road, which was not successful because of the proximity of that intersection to the Bendix Curve. Building a new intersection at F&S Grade Road would have required the City to rebuild SR 20 and eliminate much of the Bendix Curve, necessitating taking property that was not for sale.

A light at the current location could not be permitted because of the limited sight distance caused by the BNSF railroad trestle. With all the rules and regulations of the state highway at play, plus a need



The Wild Women of Woolley entertained a laughing crowd at the Concrete Theatre Oct. 17. The comedy troupe's brand of musical comedy—a frenetic blend of air-instruments, lip-synching, and snappy one-liners—engaged the audience by encouraging them to abandon their inhibitions and join the fun.

to provide arterial access to 60 acres of commercial and industrial land that had no highway access, the roundabout intersection was selected and permitted.

Now that it is built, you can see that it provides access to the Skagit Plant from its south leg and connects to the soon-to-be-paved Patrick Road to the north. Patrick provides access to nearly 20 acres of undeveloped industrial land (we want new jobs) as well as Les Schwab and the Helping Hands Food Bank. In the future, Patrick will connect to Jones Road, providing safe SR 20 access to that part of town.

So, next time you come to town for hunting gear at Morgan Creek Outfitters or your fall clothes at Oliver and Hammer or maybe dinner at our many restaurants,

See Mayor Anderson, p. 29

Volunteer correspondents are needed for Sedro-Woolley!

Want to write short updates, or simply provide news tips about Sedro-Woolley for *Concrete Herald*?

Contact Jason Miller:

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Concrete Heritage Museum News

The Concrete Heritage Museum is closed for the season. Until next Memorial Day weekend you can make an appointment to visit the museum or do research in our library; just give call Robin a call at 360.826.3075 or e-mail us at concreteheritagemuseum@stumpranchonline.com. Monthly meetings are held year-round on the second Thursday of each month, at 7 p.m., at the museum. Everyone is welcome.

Photographs were donated to the museum from the Vivian Bates Estate via Neil Williams, a son-in-law of the Bates family; we thank the family for the great addition of local pictures.

With the new ownership of the Concrete Theatre firmly in the hands of Valerie Stafford and her husband, Fred West, the Concrete Museum was pleased to partner with them and the Concrete Chamber of Commerce to host the Wild Women of

Woolley show October 17 during the Fall Color Festival. The performance came off without a hitch and was received by a very enthusiastic audience.

Quilt blocks: Della Payne was the first-place winner of the Cascade Days Historic Quilt Block Contest. She's also taking orders for the 2010 calendar based on the quilt, which should be available soon. Cost is \$10 per calendar.

The Centennial reprint of *So They Called the Town Concrete* is still available. The new edition features enhanced photographs and a more readable type font. New cover graphics were done by Philip Johnson. Copies are available at Albert's Red Apple Market or the museum; an order form can be printed at our Web site at www.stumpranchonline.com/concreteheritagemuseum.

—DPR

Community fundraisers

Sedro-Woolley Community Troop Support benefit concert, Common Ground, 351 Pease Rd., Burlington, Nov. 20, 7:30 p.m.; those interested in volunteering for the event should contact coordinator Marilyn Pineda at mpineda@janicki.com or Tammie Werner at swctsgroup@gmail.com or 360.826.3818.

Holiday Bazaar, Concrete High School, Nov. 21, 9 a.m. to 5 p.m. Wrestling team serving breakfast and lunch. Many items for sale. If you would like a space to sell items, contact Gladys Silrus at 360.826.4848 or gsilrus@verizon.net.

Thanksgiving Day Food Drive, Lyman Town Hall or Shepherd's Heart Care Center/Food Bank, Lyman. Suggested food items: frozen turkeys, canned pumpkin or pumpkin pie mix, cranberries, cranberry sauce, boxed dressing, etc. For details, contact Arla Mae Freeman at 360.424.4927 or Sharon Eldridge at 360.424.0658.

Coats for Kids, dropoff box at Lyman Town Hall. Needed: new or used coats, caps and mittens (clean and in good condition), to be given out in early November. Contact Arla Mae Freeman at 360.424.4927.

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Arla Mae Freeman, 360.424.4927
Sharon Eldridge, 360.424.0658.**



Lyman



Lyman celebrates 100 years

The Town of Lyman marked its 100th birthday Oct. 24 with a townwide celebration that brought together citizens, state and local dignitaries, and visitors from as far away as Washington, D.C.

The celebration began at 10 a.m. and ran into the late afternoon, with a full line-up of fun events for all ages. Games for kids included pumpkin bowling, butter churning, demonstrations from loggers, a "straw scramble," and races. Adults browsed a variety of display tables and kiosks. A mock jail where participants could pay to have someone "incarcerated" drew laughs and generated funds for the Minkler mansion. Local historian Noel Bourasaw led lively and informative tours of the Minkler Mansion and selected sites in town.

During the festivities, a variety of speakers took the podium, including Lyman Mayor Debra Heinzman; First Gentleman Mike Gregoire, on behalf of Governor Chris Gregoire; State Representative Kirk Pearson; County Commissioner Sharon Dillon; and P.U.D. Commissioner Jim Cook.

Of special note were a group of individuals with deep roots in Lyman. They included Eleanor Aiken, 92, a direct descendant of the original Minkler family;

Armand Welch, 90, who flew in from Washington, D.C.; Harold Trueman, 84, the longest continuous Lyman resident; Pat Healey Nicholson, 88; Hope McConnell Fisher, 88; Jessie Koops, 88; Thomas Meyers, 88; Bernice Shellhamer Millar, 88; and Areta Brawley Price, 84.

Lyman History Challenge

Center stage during the day's events was a contest developed by the Lyman Minkler Mansion Committee. Designed to encourage kids to internalize the history of their home town, the Lyman History Challenge was open to all students, with prizes awarded in three grade categories: grades 1–5, 6–8, and high school, for essays, art projects or period costume (see "winners" sidebar, this page).

Time capsule ingredients sought

One event was bumped from the Oct. 24 schedule: the time capsule. Lyman will wait till late November to inter its time capsule, said organizer Noel Bourasaw. Anyone wishing to donate an item for the capsule may fill out a short form at Lyman Town Hall. Already, Gov. Chris Gregoire has donated a pen.

Lyman's successful centennial celebration was the culmination of many groups and individuals working together to honor its past and preserve its future.

Lyman History Challenge winners

Grand Prizes

Arianah Robinson, 6th grade, essay
Miss Claybo's Reading Group, 1st grade, pictorial

First Prize

Savanah Lisherness, 9th grade, art
Kiah Rose, 9th grade, essay
Ryan Garner, 6th grade, essay
Evan Henderson, 5th grade, essay
Amanda Hubbard, 5th grade, essay
Hazel LaCount, 1st grade, costume

Second Prize

Aidyn Hull, 6th grade, essay
Devon Rexroth, 6th grade, essay
Jessica Boots, 5th grade, essay

Third Prize

Bryer Johnson, 6th grade, essay
Carter Needham, 6th grade, essay
Dillen Inkster, 5th grade, essay

Honorable Mention (Wendy's certificate award)

Logan Sorby	Brittney Needham	Shyanne Edson	Michael Gant
Andrew Backstrom	Reid Trammel	Hailey Lee	Dale Johnson
Laryssa Thompson	Sydne Hill	Dalton Aldridge	Paige Brisson
Corbin LaCount	Hallie Stiles	Dreau Thrans	Gene Bacus
Patrick Johnson	Kaitlyn Dorsey	Beth Melton	
Katelyn Baumert	Amanda Martinson		

Gift certificate award

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Cascade Mercantile
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Papa Murphy's Pizza
Papa Murphy's Pizza
Food Pavilion

Old Mill Restaurant
Old Mill Restaurant
Domino's Pizza

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Lyman Library tales

By Elaine Kohler

The Lyman Library is a free library run by volunteers, using the honor system. We are located in the old Town Hall behind the fire house and we are here to serve the smaller towns in the upper valley.

Our hours are Tuesday and Thursday from 3 to 6 p.m. We are available during the food bank times and we also are open on Saturday from 9 a.m. to 3 p.m. Look for the big yellow sign on the corner.

During the rain storm in late October, Lynn Jonasson arrived to discover water running into the library and forming some rather large puddles.

She quickly rescued 4 shelves of books that were in danger of getting wet and called for help. Thanks to Mike Swanson, Debbie Boyd, and Casey Boyd, sandbagging was done and the standing water mopped up quickly. They are my

heroes of the day!

With the money from our book sale this year, Lynn and her husband Jim found a great deal on two bookcases; now the children and teen books each have their own place. I was able to take advantage of the price war on books going on to get the Twilight set that all the young people are talking about. One was being read one day after I put them up.

We also have all but book five of the Harry Potter series. If anyone has it and would like to donate it, we would greatly appreciate it.

With the new book shelves, we also will have a shelf for a limited number of magazines. We will go through them each month and keep the latest ones. If you have questions about donations, call 360.826.3929.

One last note: The jigsaw puzzles are once again available at the library.

Till next month, enjoy a book.



Alyssa Boots, 12, paints a pumpkin during Lyman's Centennial celebration Oct. 24. For more photos of the event, see p. 16.

Area businesses sell, move, and transform

By Jason Miller

Three new businesses are breathing new life into the Concrete economy, with a fourth slated to open in February 2010.

In Grassmere Village, **Perks Espresso** changed hands October 19, with new owner Helen Ovenell of Concrete stepping in to take over the popular eatery.

Ovenell already has made some changes to Perks, but nothing too drastic, she said.

"I changed the décor and painted, and I've changed the menu a little—added soups and baked goods," she said.

Ovenell will focus on Perks' more popular offerings, such as sandwiches and breakfasts. She'll offer brown bag lunches for school trips and is considering adding pies and meat-and-cheese platters as the holiday season approaches.

Perks Espresso is now open Monday through Friday from 5 a.m. to 2 p.m., and Saturday and Sunday from 7 a.m. to 2 p.m. The phone number remains 853.9006.



Celebrating its 5-year anniversary in November, **Main Street Movies** has moved east: from the Rogge Building into Concrete's Town Center, at 45948 Main Street, between the Legion Hall and the Food Bank.

Owner and Birdview citizen Judy Perkins said her core business remains unchanged, with more than 3,000 movie titles available for rent in virtually every genre, available in VHS or DVD formats. Perkins doesn't charge late fees, either.

"I'm well stocked, and offer new releases every Tuesday," she said.

Perkins plans to branch out a bit, too, offering a variety of goods not typically found in rental stores. You'll find the

usual movie fare such as candy, popcorn, and pop, but Main Street Movies also will carry toys, kitchen gadgets, and



Located in Grassmere Village, Perks Espresso has a new owner and a few new ideas. Helen Ovenell says to watch for baked goods and more.



Judy Perkins has a new home for Main Street Movies, and will mark five years in business this month. Find her at 45948 Main St., Concrete.

artwork, said Perkins.

"It will be more like a 50-cent store," she said.

Main Street Movies is open Sunday through Thursday from 2 to 8 p.m., and Friday and Saturday from 2 to 10 p.m. The phone number is 853.7131.

Across the street in downtown Concrete, the **Baker Hotel** will get a new lease on life, thanks to Harold and Cheryl Pitts of Hamilton.

Already successful business owners of the Hi-Lo RV Park in Hamilton and a daycare facility in Sedro-Woolley, the Pittses plan a major renovation of the hotel, transforming it into a nightly stay lodging facility.

But the Pittses don't intend to stop there.

A name change is in the works, too: Hi-Lo Country Hotel & Café already is outfitted to serve food, so the leap to that offering is a short one.

Finally, if you noticed a telltale shade of orange on the trim of the former NAPA Auto Parts building, you guessed right. John Tygret of Birdview and his son, Rob, of Concrete, plan to convert the building into a destination point for motorcycle enthusiasts—hence the bright orange Harley Davidson paint.

"We'll probably open in February 2010, as the riding season starts," said John.

With the closing of the Ponderosa Restaurant Sept. 21, these entrepreneurs are a positive force in Concrete's often struggling economy.



The Baker Hotel in downtown Concrete will be transformed back into a nightly stay lodging facility, say new owners Harold and Cheryl Pitts.

Christmas Angel Tree

By Tammie Werner

An Angel Tree will be set up inside Lyman Town Hall (Minkler Mansion) beginning the week of Thanksgiving through December 19. Anyone wishing to help those in the Lyman School District area (Lyman, Hamilton and parts of Birdview) can stop by during regular office hours of Monday through Friday, 8 a.m. to 4 p.m., and pick an angel tag from the tree.

You can pick any tag that you wish to buy for this Christmas. Tags will give nonidentifying information on children whose families could use help this year with the added expense of Christmas.

Tags will include as much information as we can provide. Choose the boy or girl of your choice and then return the tag with your unwrapped, unopened gifts by December 19. There are no rules for what to purchase. Donations of cash/checks and single items also will be accepted. Checks need to be made payable to Tammie Werner and can be dropped off at Town Hall or mailed to P.O. Box 1372, Lyman, WA 98263. Tags also can be obtained through Angel Tree organizer Tammie Werner at oney_brat@yahoo.com or

360.826.3818.

Nomination forms are now available at Town Hall or can be obtained by contacting Tammie to submit names of

local children to be placed on the Angel Tree. Names and information are kept strictly confidential. Contact Tammie Werner with further questions.



Last year's Angel Tree (above) was a popular opportunity for those wishing to provide a gift for a less-fortunate family. This year's tree will be set up inside Lyman Town Hall from the week of Thanksgiving through December 19. Photo by Tammie Werner.

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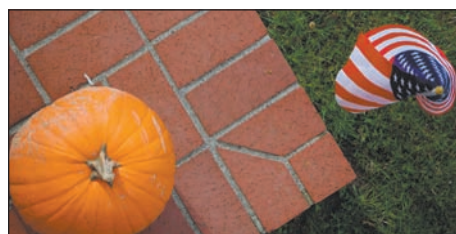
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Above: First-grader Hazel LaCount took home a First Place award for her costume.



Above: Fifth-grade teacher Julie Mayor gets tossed the mock jail.



October in



Above: Jordan Cook, 17, from Sedro-Woolley, sang the National Anthem before the speeches and awards ceremony began.



Above: Eleanor Aiken, right, 92, a direct descendant of the B... relaxes before a Q&A session with all the "old-timers" inside the...



Left: Butter churning!

Lyman turns 100!



Above: First Gentleman Mike Gregoire poses with Lyman History Challenge winners Kalin Adkerson, Katie Backstrom, Hazel LaCount, and Laura Kester.

Below: Local historian Noel Bourasaw leads a tour of the town and its rich history.



Above: A group of octogenarians and nonagenarians graced the festivities, some coming from as far away as Washington, D.C. (See article, p. 14, for a complete list of their names.) Photo by Jason Miller.

Meanwhile, elsewhere

Below: Kids' games included pumpkin bowling.



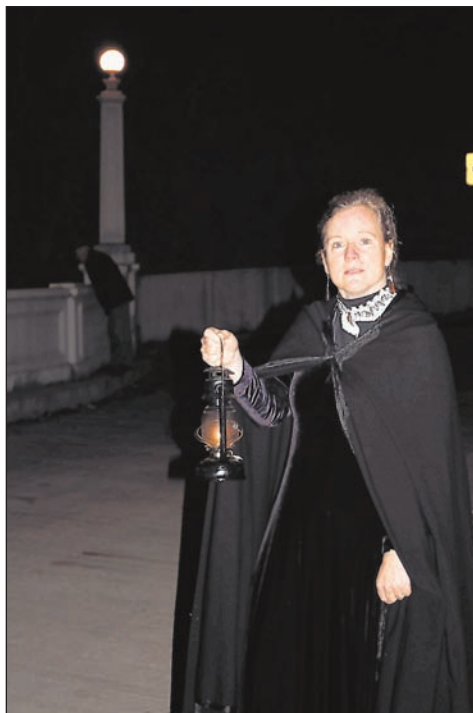
n pictures



birdsey Minkler family,
the Minkler Mansion.



Above: Oct. 2 found former Concrete Postmaster Naomi Rumpff retiring after 31 years in the U.S. Postal Service. Husband Rick—and a sinfully rich chocolate cake—were on hand to help her celebrate in style.



Above: Playwright Nicola Pearson strikes a pose during Concrete's Third Annual Ghost Walk as Margaret Thompson, who came to the Skagit Valley from northern England in 1891. Beyond, Pearson's husband, Stephen Murray of Sauk Mountain Pottery, "inspects" his namesake bridge as Thompson's husband, Henry.

Below: Don Payne assumes the spectral form of a long-dead town marshal.



Below: Concrete enthusiast Eric Archuleta gets jiggy wid it during the Wild Women of Woolley show at the Concrete Theatre, Oct. 17. (Sorry, Eric. Couldn't resist. I mean, look at you.)



Above: Young Lions got a practice session in Oct. 1.



Right: Josh Lundquist (in backhoe) and Steve Lundquist (in truck) of JS&S Excavation tear up an old section of sidewalk on Main Street in Concrete Oct. 28, in preparation for a brand-new one.

Below: A construction crew gets to work on Metcalf Street in Sedro-Woolley on Oct. 7.



here in the Upper Valley...

Below: The Farmers' Market in Sedro-Woolley did what it did best Oct. 7.





Hamilton



Hamilton Musings

By Carol Bates

Hamilton saw its share of activity in October. We got a used Incident Command Rescue Vehicle donated from District 6. We purchased a dump truck with snow plow from Skagit County that had been in use over at the Skagit County Fairgrounds. It probably won't snow on us this winter like it did last year, now that we're prepared for it!

Did you see the new sidewalk on the 500 block of Cumberland? No more kids wrecking their bikes there! They plan to continue around town, making new sidewalks with the help of Skagit Ready Mix and the city crew, plus the volunteer help of Shawn Smith and Nick Bates, who is our fire chief. Thanks for the help, boys.

The parking lot in front of the Hamilton Fire Hall has fresh blacktop, as does the Hamilton Shop and the current food bank.

We can tell fall is here by the looks of all the leaves along the streets. Winter is just around the corner. Don't forget to take your flu shots; it really cuts down on the flu going around, plus the sick days taken

off work—if you have a job, that is.

Did you notice the mess created in the Northern State fields? I understand they spent \$3,900,000 to make that mess and now it is nearly covered with water and potted plants have washed up against the fence. None of the trees look like they could stand a 10-mile-hour wind. A few more heavy rains and most of them will probably be out on Highway 20.

What a waste, when the county and seemingly every business in it are laying off people. That \$3,000,000+ might well have put a lot of people back to work, instead of "cats" pushing dirt across a field, then plowing it and pushing it the other way. Many of those logs designed for who knows what are already partly washed out.

Lots of people are unhappy about this mess and the water it can put on some of the farmers' fields. Maybe the farmers who grow the produce to feed the world don't count, so they can protect those poor few fish that are left.

Concrete Herald

Council summary

The Hamilton Town Council held a monthly meeting on Sept. 8. Major topics included:

- Mayor Bates stated that water and capital facility funds look good, but the street and current expense funds need help. Mayor Bates stated money can be moved to whatever accounts need the necessary funds.
- Mayor Bates asked for approval from the Council to sign a one-year contract with Waste and Wastewater Services for \$2,550. Council Pitts made a motion to sign the contract; Council Bonner seconded. Four yeas votes.
- Water Department reported several water breaks. A major break was found and a temporary repair was done. The old water line on Skagit Street will be abandoned and five homes will be hooked to new lines.
- Skagit County Health Department is taking care of the sewage problem caused by trailer houses on Chris Adams' property.

Birdsview buzz

By Kris Voigt

Happy November, everyone! A few things forgotten last month...

Happy anniversary to Rudy and Rhonda Giecek. Happy birthday to Sarah.

November birthdays:

Andy Cambo (Nov. 2)

Kris Voigt (Nov. 15)

Bill Voigt (Nov. 18)

Adam Lafayette (Nov. 21)

Kathy Lemon (Nov. 22)

Seth Shields (Nov. 30)

Elaine Fichter (Nov. 30)

Anniversary: Jan & Sue Deboer

The brewery hosted Cardiac Arrest Fest to celebrate one year since Jason had his cardiac arrest. Thanks to the bands that rocked the house and everyone who attended and donated to the fund. Nicki came home from Boston and got to be here for almost a week. We all enjoyed the visit. Jessie and Jack came home from Spokane for that weekend, and Jessie brought another third-year law student home with her as well. Gilly Boardman, too: She fit right in with this crazy family.

Happy Thanksgiving to everyone. Stop by the Brewery sometime and give me some Birdsview news!

Cardiac Arrest Fest serves up good times for a great cause

One year ago, Jason Voigt of Birdsview suffered a cardiac arrest caused by Wolff-Parkinson-White syndrome. Today, he's alive, and the Voigt family of Birdsview Brewing Co. fame decided to mark the occasion with a little gathering they call the Cardiac Arrest Fest, celebrated this year on Oct. 24.

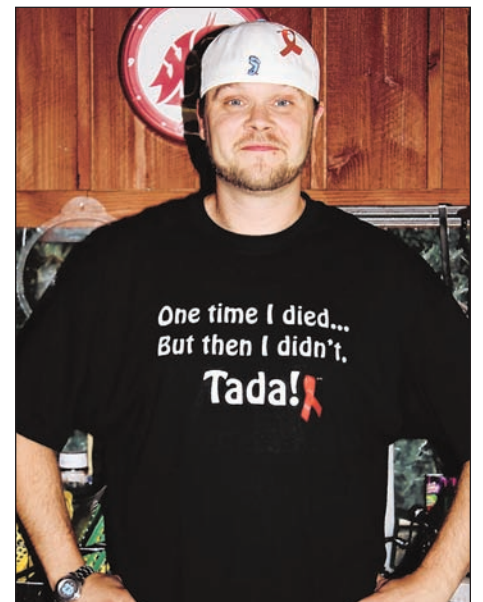
"During October we sold red ribbons for \$1 and took donations for Seattle Childrens Hospital, for cardiac research," said Kris Voigt, Jason's mother. "We raised about \$400."

The fundraising celebration hit a sweet note at the Fest, when local bands donated their time and talent to entertain a spaghetti-eating crowd at the Brewery. Good to have you with us, still, Jason.



Jason Voigt poses with his sisters and a friend who donned matching t-shirts for Cardiac Arrest Fest. From left to right: Gilbretta Boardman, Julie Voigt, Jason, Jessie Voigt, Nicki Voigt, Sara Voigt.

Concrete Herald



Man of the hour: Jason Voigt dodged death last year after an episode of cardiac arrest that took everyone by surprise—including him.

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Business Spotlight: Albert's Red Apple

By Cora Thomas

Albert's Red Apple Market is not just a typical grocery store. It has a long history in the Upper Skagit Valley, located in the community of Grasmere, one mile west of the town of Concrete on SR 20.

The largest grocer in eastern Skagit County started with Albert Frank and his idea to open a grocery store in his home town. Coming from an Italian immigrant background, Albert logged in the local forests with his father before he decided on a different path of owning his own business in the grocery industry.

In 1948 Albert Frank bought the Van Horn Service Station and Grocery, located in a small community east of Concrete. His sons, Richard and Mike, who have been working with their parents in the store since the 1980s and 1960s respectively, said Albert would rather get to work at 8 a.m. at the store instead of 4 a.m. in the woods!

Albert didn't fear work. He didn't miss many days of work in his 60 years in the business, working 14-hour days, seven days a week. His wife, Harriette, worked right beside him for all those years. "I never heard those two argue," said Richard.

In 1958 Albert decided to build a larger structure in the community of Grasmere, where the store currently is located,

See Red Apple, p. 29



Albert's Red Apple owners Michael and Richard Frank stand outside the store named for their father, Albert Frank.

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Pat Buller Photography

2010 North Cascades scenic calendar in production. Look for it locally in mid-November.
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See ad, p. 27.



Rockport



Final long-term planning meeting scheduled for Rockport State Park area

By Kara Symonds

The Washington State Parks and Recreation Commission is concluding a process that will lead to a long-term plan for the Rockport State Park area, including the Sauk Mountain, O'Brien-Riggs, Everett, and Cascade Island properties. The public is invited to a meeting from 6:30 to 8 p.m. on Tues., Nov. 17, at Concrete High School, 7830 S. Superior Ave., Concrete.

The purpose of this meeting is to present the preliminary staff-recommended land classifications and long-term boundaries for park properties in the area.

More information about the planning process is available online at www.parks.wa.gov/plans/rockport/. If you would like to be added to the mailing list, have copies of planning documents mailed to you, submit public comment, or require special accommodations in order to attend the workshop, please contact Derek Gustafson, Parks Planner, at 360.755.5262.

Rockport State Park is a 670-acre day-use park with old-growth forest near Rockport. It offers many day-use features, including a picnic area and shelter, two comfort stations, 74 parking sites and five miles of hiking trails, including an ADA-accessible trail. The park closed camping in spring 2007 because of the structural instability of the old-growth forest, which posed an unacceptable level of risk to campers.

The Washington State Parks and Recreation Commission is committed

to creating land-use plans in all 121 state parks in the system. Land-use plans will help State Parks preserve and protect lands while offering recreation opportunities for the public. So far, 63 parks have complete plans in place.

The commitment to land-use plans for parks is part of the Commission's Centennial 2013 Plan, an initiative to prepare the park system for its 100th birthday and a second century of service to citizens. Information about park plans in development is available online at www.parks.wa.gov/plans.

The Washington State Parks and Recreation Commission thanks the public for supporting state parks. Donations made to State Parks through the vehicle license tab renewal program will keep state parks open in the 2009–2011 budget cycle, provided adequate revenues are collected. The Commission manages a diverse system of more than 100 state parks and recreation programs, including long-distance trails, boating safety and winter recreation. The 96-year-old park system will celebrate its 100th anniversary in 2013.

Kara Symonds is an environmental specialist the Washington State Parks Department, Northwest Region Office



These "before" and "after" photos of the Cromarty property in Rockport demonstrate how "defensible space" can be created around a structure to protect it from fire. *Photos by Richard Dodd.*

Wise to fire, Rockport residents embark on Fuels Reduction Project

By Jeanna Smiley Squires

Half a dozen residents who live on Jenkins Lane in Rockport own forested land. For them, this benefit comes with a downside: the potential for fires that could devastate the forest and their homes.

Working with the Skagit Conservation District (SCD), the Jenkins Lane community assessed their forest and discovered a fire risk. The forest had advanced close to their structures, with no defensible space. They decided to embark on a Fuels Reduction Project, working with the SCD and the Washington State Department of Resources to mitigate the threat of fire on their combined 14 acres.

John and Auburn Parent own a tree farm on Jenkins Lane and decided to get involved with the project. They're glad they did.

"I think this has been really successful," said John Parent. "It's made our place less liable to be damaged by a forest fire, and it's helped us increase our fire protection not just for our immediate area, but for all of our land, eventually. It was good to get started in the project that was not only supervised, but professionally advised. It turned out to be quite useful."

A Department of Corrections inmate crew from Monroe Correctional Facility, who worked for the Department of Natural Resources, helped to remove the flammable brush and slash in the Jenkins Lane project. It took them a month.

"The inmates were supervised and did a good job," said Parent.

Plenty of precedent

The Fuels Reduction Project on Jenkins Lane is not the only project in the Skagit

County. Five have been completed across the county, including Shelter Bay and Chuckanut Ridge. A project on Fidalgo Island also is being pursued, and Cascade River Park in Marblemount has chosen to become a Firewise community, too.

"The Firewise USA program is a nationwide program," said Richard Dodd, a fire protection coordinator for the Department of Natural Resources. "It's an accepted and empowering program that helps people take care of themselves. If they can reduce their risk and protect their structures, this would also be easier for the firefighters."

The communities who have enrolled in the Firewise USA Communities program have a high success rate with regard to fire incidents, because they have contacts with the SCD and the DNR. Those contacts help them identify what successful wildfire mitigation does for them as forest owners. Homeowners can apply this knowledge to their own properties.

If you live in eastern Skagit County, where annual rainfalls are greater even than Mount Vernon, don't think a fire in your forest is unthinkable.

"People assume the west side of Washington is not prone to fires, and that is not necessarily the case as there is a huge fuel build up in most areas," said Jenny Hinderman of the Skagit Conservation District. "Wherever you have people building in forested areas, you are going to have more of a risk for fire."

See Firewise, p. 31

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You and your pet

By Diana Apple



Will you help your community animals in need?

I am the owner of Rainy Day Books, but I'm also an HSUS Certified Humane Educator, a trained veterinary assistant, and have experience working in animal rescue.

I am in the process of collecting material donations and information to provide assistance to the companion animals and their humans in our community. It is my goal to assist in getting our companions spayed, neutered, and vaccinated. I would also like to provide food, blankets, collars, etc., for animals in need.

I have or am locating information on training, low cost spay/neuter, and other related information. It is my intention to help people keep their animals rather than giving them up to the humane society, since they have their hands full already.

I am not in a position to take in homeless animals, but I can help you help them. It will take a while to get everything together, which is why I am starting to collect material donations now. Thank you for supporting our animal community.

The following is a wish list of what I would like to provide. Donations are appreciated:

- Dog Collars (new or washable)
- Martingale Dog Collars (training collars)
- Breakaway Cat Collars (new or washable)
- Leashes (new or washable)
- Tie out cables/Dog Runs (trolley system)
- Food/Water Dishes
- Blankets/small rugs (washable)
- Dog/Cat Beds (washable)
- Crates/Cages
- Cat Litter
- Cat Litter Pans
- Unopened Animal Food (please NO Old Roy)
- Doghouses (I have plans if you can build, or plastic igloo style is great, sorry can't take used wood ones)
- New Cat Scratching Posts (sorry, can't take used ones)
- New or washable toys
- Copy paper

Donations can be left at Rainy Day Books (45968 Main St., Concrete) during business hours Wed. through Sat. from 10-6 or by appointment. Please don't leave donations on the sidewalk.

For more information, call Diana at 360.941.0606.

Chamber, cont. from p. 1

"We're very excited about this move, because it offers more convenience to our customers, visitors, and Chamber members," said Valerie Stafford, president of the Concrete Chamber of Commerce. "The Resource Center is a hub of information, referrals, and services for the whole community. Being part of that will increase the visibility of our services as well."

The Chamber provides information to tourists and visitors, as well as potential new businesses or residents, with a display of brochures, business cards, maps, and directories. It also maintains a Web site at www.concrete-wa.com.

Concrete Licensing is the only facility east of Sedro-Woolley that offers vehicle and boat registration and license tabs. By coming to the Resource Center, customers can renew their tabs, change the name or address on their vehicle registration, report the sale of a vehicle and acquire a copy of a title.

Chamber Office Manager Vicki Dinkins is a trained DOL clerk who works closely with the Skagit County Auditors Office to provide these services to east Skagit County residents. The Concrete Licensing office is open Tues. through Fri., 9 a.m. to 3 p.m. The phone number is 360.853.8767.

Open House set for Nov. 19

To celebrate the new location of the Chamber and Concrete Licensing, an open house is scheduled for Thurs., Nov. 19, from 1 to 3 p.m. The event is an opportunity for the community to visit the East County Resource Center and see first-hand all the services and resources that are available at the facility, including those offered by Skagit County, the Concrete Chamber of Commerce, Concrete Licensing, and Skagit County Community Action Agency.

The open house also is a way to recognize those who helped with the Chamber's move to its new location.

"We couldn't have managed this without the support of so many people," said Stafford, "The Chamber is especially grateful to Lou Hillman, coordinator of the Resource Center, for helping with the logistics and making this new collaboration possible."

Chamber meeting Nov. 12

All Chamber members and potential members are invited to the monthly meeting of the Concrete Chamber of Commerce on Thurs., Nov. 12, at 8 a.m., at the Concrete Theatre on Main Street. Refreshments are available by donation, with coffee provided by the Concrete



Vicki Dinkins, the new Concrete Chamber of Commerce office manager, stands outside the Chamber's new quarters in the East Skagit County Community Resource Center in Concrete.

Theatre and breakfast pastries provided by Helen Ovenell, the new owner of Perks Espresso.

The meeting is an opportunity to network with other businesses and share information about services, resources, activities, and events.

For more information about the Chamber of Commerce or Concrete Licensing, please call the Resource Center at 360.853.8767 or send an e-mail to chamber@concrete-wa.com.

Concrete Chamber of Commerce and Concrete Licensing

New location:

East Skagit County
Community Resource Center
45770 Main St., Concrete

Hours:

Tues. – Fri., 9 a.m. – 3 p.m.

Phone:

360.853.8767

Online:

www.concrete-wa.gov

EDASC offers business seminar in Concrete

The Economic Development Association of Skagit County (EDASC) has offered to present a free business seminar in Concrete if enough business owners indicate an interest.

Topics could range from the basics of writing a business plan, to how to manage finances or develop a marketing strategy. For more information, please contact the Concrete Chamber of Commerce at chamber@concrete-wa.com.

Other EDASC workshops offered at the Mount Vernon facility:

The Economic Development Association of Skagit County presents many educational opportunities for the business owner each month. Sessions are designed to engage both well-seasoned owners and budding entrepreneurs. Details and registration information are available at www.skagit.org.

Advance registration is required for all workshops.

Nov. 10: Planning and Financing a Business. A 3.5-hour examination of what it takes to start and maintain a high-performing business. From financing to business plans, this is a must for anyone who has recently started or is considering to launch a business. Free admission.

Nov. 12: Social Media Lab. A 3-hour, hands-on crash course in using Social Media. Participants will learn skills and application of blogging, Facebook, Twitter and more with the guidance of a Social Media Guru. \$25 member, \$35 nonmember.

Nov. 17: QuickBooks Users Group. Join forces with other users to share tips, tricks, frustrations, and successes. Sessions are moderated by a QuickBooks ProAdvisor. \$10 member, \$15 nonmember.

Nov. 18: How to Leverage Being a Women and Minority Owned Business. In this 2-hour-plus session, hear first-hand from experts on how to become certified, what your advantages are, and how to make great contacts that may take your business to the next level. \$15 member, \$20 nonmember.

Nov. 19: Marketing in a New Economy. Hear from industry experts in this 90-minute panel discussion and take practical applications back to your company that afternoon. \$10 member, \$20 nonmember.

Workshops are presented in the EDASC offices located at 204 West Montgomery in Mount Vernon. Advanced registration is required online at www.skagit.org or by calling 360.336.6114.



Marblemount



Outdoor Skagit

By Bob DiLeo

Ah, November in northwest Washington. For the outdoor person, it's the month of "so much to do, so little time."

The silvers are just starting to run after a slow start, given the low river levels we had.

We also have late deer season this month for the people who were not successful during the regular season.

My two favorite November activities, however, are elk hunting and steelhead fishing.

Steelhead strategies

Steelhead—a.k.a. ocean-run rainbow trout—have already been caught on the Cascade River. I suggest drifting eggs, preferably Coho eggs, and use a small cluster. Try a smaller hook and a lighter leader, too, such as 8-lb. test. An orange or yellow corky often can make all the

difference with these fish.

Fish slow and try using a float (bobber) three to six feet above your egg cluster. And be careful! These are very wary fish; you'll need to be very sneaky with your presentation.

If you're using a flyrod, try a Montana fly, which works well on Skagit River silvers.

Elk season is here

It's time for the general elk season statewide. I get a chill of excitement down my spine just thinking about the majestic Wapiti. There are few sounds in the wild that are more awe-inspiring than the bull elk's bugle (call). You will have to do some traveling to hunt them, but for those lucky, successful hunts, it will be worth the trip.

Remember, safety first, and make sure you know the rules and regulations pertaining to your sport.

Have a great November.



It's that time of year again: Elk, silvers, and steelhead might all on the outdoor person's agenda.

House passes Illabot Creek wild and scenic

SEATTLE — The Nature Conservancy congratulated Representative Rick Larsen Oct. 13 on passage by the House of Representatives of a bill to designate Illabot Creek, a key tributary to the Skagit River, as a Wild and Scenic River.

The House voted on Oct. 13 to pass the bill, introduced in March by Larsen. A similar measure must pass the Senate for the creek to be included in the National Wild and Scenic River System. It has been introduced by Sen. Patty Murray and co-sponsored by Sen. Maria Cantwell, both of whom are working to ensure its passage.

"Illabot Creek is a haven for two of the Northwest's beloved icons—salmon and eagles," said Karen Anderson, Washington director for the Conservancy. "This vote by the House is a significant milestone in protecting this treasure. Rep. Larsen has shown tremendous leadership and vision to ensure salmon runs for the future and quality of life for all the people of Puget Sound."

Illabot Creek, which flows for more than 14 miles through Skagit County, provides important spawning habitat for Chinook salmon, steelhead and bull trout, all threatened species.

Further, the area around Illabot Creek is home to several other species including bald eagles, elk, and spotted owls. Wintering bald eagles roost at night in stands of old-growth forest along the creek and feast on the salmon.

Designating the creek as Wild and Scenic will prohibit dams and other water projects that impair the free-flowing nature of a river, while establishing a protected corridor extending one-quarter mile from the ordinary high-water mark on both sides of the river.

Illabot Creek has long been the focus of voluntary land protection efforts. Through many of these efforts, the majority of

the stream corridor, including the entire area proposed for Wild and Scenic river designation, has been brought into public ownership.

Wood is looking good this winter

(ARA) — With winter rapidly on its way, the government is asking you to think about cost-effective and environmentally responsible ways to heat your home. In fact, it is encouraging eco- and cost-conscious families to consider efficient wood stoves or inserts by offering a 30 percent tax credit, up to \$1,500, for the purchase of a 75 percent efficient biomass-burning stove in 2009 and 2010.

With the government behind this national movement from foreign oil to renewable and domestically produced fuel, it's time to consider the advantages both to the environment and to your wallet of owning a new, efficient wood-burning stove or insert.

"This tax credit comes at the perfect time, when people are trying to make their homes more energy efficient and less reliant on foreign oil, but are having difficulty making the transition due to the economy," said Bret Watson, president of leading cast iron wood-stove and

insert maker, Jotul North America. "This credit essentially gives 30 percent off the purchase price of the stove or insert—up to \$1,500—making them much more approachable to everyone. Not only will taxpayers save money now through the tax credit, but they will save money on their heating bills in the years to come by buying an energy efficient wood stove or insert."

The tax credit makes it easy for people to purchase new, efficient wood stoves or inserts. In fact, www.smartmoney.com recently calculated that by using a wood stove to heat a home, a homeowner could recoup the cost of the stove within two to three years with the tax credit.

Once a new wood stove is installed, homeowners will reap the cost-benefits of heating with wood for years to come. To help compare the cost of various home heating fuels, free fuel cost calculators are available online for consumers. Visitors can see how much they would save by using wood instead of oil, gas, coal, or electric.

Homeowners save money with new, clean-burning wood stoves or inserts because of the efficacy of the stoves to heat homes with the least amount of fuel. New wood stoves or inserts have been



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Newhalem



Seattle City Light launches Home Energy Reports project

SEATTLE — Starting Oct. 7, Seattle City Light began providing 20,000 randomly selected homeowners with bi-monthly home energy reports as part of a pilot program to help them reduce their energy consumption and save money.

“Energy conservation is one of the best ways people can save money and reduce their impact on the environment,” Superintendent Jorge Carrasco said. “Tools like home energy reports put the power over electricity bills in the customer’s hands.”

The reports, which will be prepared by the energy efficiency software company OPOWER, track a home’s

energy consumption, then compare it to surrounding homes and the most efficient neighboring homes. Comparisons are provided in energy use and the extra cost or savings for the customer.

The reports provide suggestions on how a customer can reduce his or her energy consumption, including rebates available from City Light.

Customers will receive the reports every two months for a year. They are scheduled to arrive a few days after the customers receive their electricity bills. Customers can opt out of the program by calling 1.866.352.2246.

Wood, cont. from p. 22

built to optimize the heat of the wood. Older stoves let gases go up the chimney unburned and leave large amounts of ash. Gases and unburned particles can represent 60 percent of the potential heat of the wood. To avoid this, new, efficient stoves have designs that bring secondary air to the combustion chamber to burn gases and particles that would normally go up the chimney unburned. This is normally called clean-burning technology and will increase the efficiency by almost 40 percent.

Cast iron has long been the preferred wood stove material, because it is extremely durable, excellent at radiating heat; i.e., heat is stored and distributed more evenly and for a considerably longer period than any other material.

Another way wood stoves help lower costs is by directing the heat where it is used most. According to the Hearth, Patio, and Barbecue Association, people regularly use less than 40 percent of their home. If a family uses a wood stove to warm the rooms used most, they can heat more efficiently by turning down their central thermostat, and save money — potentially 20 to 40 percent of their fuel bill.

In addition to the cost savings of wood stoves or inserts, the new efficient models also are much better for the environment. The fuel is renewable and supports American businesses, and the stoves

release far fewer greenhouse gases into the atmosphere than ever before.

Many wood stove and insert dealers will make it easy for taxpayers to receive the 30 percent credit on their new efficient wood stoves by providing a certification statement at the time of sale. This statement is all that is needed to receive the tax credit at tax time.

With the government encouraging everyone to make the move, now may be the time to consider warming your home and office with energy efficient wood stoves or inserts.

Skagit General Store announces winter hours

The Skagit General Store in Newhalem has adjusted its hours of operation to accommodate the slower winter season.

The store is open 7 days a week all winter:

Monday – Friday, 7:30 a.m. to 5 p.m.

Saturday – Sunday, 10 a.m. to 5 p.m.

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Seniors

Coffee Break

Then and now

By Patrick Kennedy

Remember when you could do 100 sit-ups during your morning exercise regimen? Now, you can't sit up from the easy chair without a grunt. That was then, and this is now.

The body is a waning thing as time marches through town. But don't forget, like wine and cheese, people get better with age.

These days, of course, there are small events that ease the task of getting through the day. Things like getting good at opening child-proof caps with a hammer and chisel; going for at least an hour without your aspirin, Absorbine Jr., Beano, and antacid; being totally aware that you are grinning all the time because you can't understand a word anyone is saying, and knowing for a fact that everything you can't find today will be someplace tomorrow.

People are sure you are not cantankerous just because you are a senior, it's just that there are some things you don't like, such as traffic, waiting, crowds, small children, politicians, loud music, romantic music, more politicians, etc. And you know they are making adults much younger these days and you do your best to avoid as many as possible. It's just that you have such a long list of things that will make you happier, like the alleviation of an enduring pain, a wrinkle cream that works, and truth in advertising. And, of course, by this time you are wondering, "If

I'm only as old as I feel, how can I still be alive at 150?"

There are things that can be done to make senior life much better. You can get a pet, learn to fish, find a hobby, locate your enemies and avoid them, determine who your friends are and get closer to them, and for gosh sake, learn how to dress. Ditch the granny dresses and overalls and comb your hair once in a while. Venture into unknown territory and shop for new rags at the mall.

Fords, Chevys, and Plymouths were the cars to drive back then, and nobody had heard of a Honda Motorcycle or Moped—the bikers in the good old days all rode a Hog or pedaled a bike. Things are different now and it does no good to be anti-everything, like anti-fat, anti-smoke, anti-noise, and anti-cleaning up after others. Of course you are a walking storeroom of facts from those good old days—and you've lost the key to that storeroom—but you have to find the key to that memory bank and store some new stuff.

The past is gone and all you can do with it is remember it and relate the stories and lies to your friends and relatives. The present, and this minute, is a whole new beginning that has to be created and enjoyed with your paramount whims and outlandish desires. Go crazy and have fun.

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

70 years ago

Nov. 2, 1939: A series of five "Amateur Nights," concluding with a sixth performance at which all winners will compete for a grand prize, is the latest idea of the Birdsvew Grange Auxiliary.

The first of the series of shows will be held Saturday evening, Nov. 11, at the Birdsvew Gymnasium. Amateur performers of all ages are welcomed to compete during the series. Anyone in the upper valley is eligible.

The series will continue throughout the winter with performances held on the second Saturday of each month. Prizes will be given to the winners of each monthly performance in addition to being selected to try for the grand prize.

The proceeds from the shows will go toward the hot lunch fund for the schoolchildren. Dancing will follow each show, and a small admission charge will cover the entire evening's entertainment.

60 years ago

Nov. 3, 1949: The "best Hallowe'en party yet" was the unanimous verdict Monday evening when several hundred tired but happy youngsters trooped off the school grounds at the close of an exciting evening of fun and entertainment. The annual party, sponsored by the Lions Club and American Legion, and financed by the local businessmen, brought out a record crowd.

The program opened with a costume parade, with 243 children in dress-up attire. After the parade, a movie was shown and then the youngsters were all treated to hot dogs, doughnuts, and cider.

50 years ago

Nov. 5, 1959: Specialist Fourth Class William C. Newby, a star high school athlete at Concrete who makes his home in Marblemount, and who enlisted in the U.S. Army in October 1957, and is now home again with his discharge, closed his Army duty by becoming an outstanding member of his command's pistol team.

After only three months of intensive training, he performed at the National Pistol Matches at Camp Perry, Ohio, and not only took six individual awards, but finished second in the nation with the .38 caliber pistol.

40 years ago

Nov. 12, 1969: The Upper Skagit Valley now has its own earthquake. The first sign of this phenomenon came at about 11:40 Sunday night, when a growing rumble turned into a real, house-shaking, 4.5-Richter-scale earthquake that lasted for several seconds. In a few minutes came another shock of lesser intensity, and more of these, varying from mere rumbles to definite and disturbing tremors continued through the night until past 3:00 in the morning.

Reports of damage from the quake consisted mostly of things toppled from walls or shelves. Strongest shocks were in Rockport, where Benton's Store had its aisles filled with merchandise spilled

from the shelves.

Baker Lake was the epicenter of the earth shift.

30 years ago

Nov. 15, 1979: A two-year "moratorium" on plans for a nuclear power plant at Bacus Hill

near Hamilton was announced this week by Puget Power President John Ellis.

Speaking at a Monday luncheon meeting in Seattle, Ellis said the company will minimize nuclear investments and reduce its commitment to nuclear power.

Concrete Senior Center November 2009 Activities

Lunch is served Monday through Thursday, 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
10:30 a.m.	Men's Group
11:30 a.m.	Jigsaw puzzle
Noon	Mexican Train Dominos

Special Events

11/2	1 – 5 p.m.	CPR/First Aid
11/3	1 – 5 p.m.	CPR/First Aid
11/10	11 a.m.	Advisory Board meeting
11/10	1 p.m.	Bingo
11/10	1 p.m.	Rebekah's Meeting
11/24	12:45 p.m.	Leap of Faith
11/24	1 p.m.	Rebekah's Meeting
11/25	Call for appt.	Energy Assistance

Holiday Closures

Veterans Day: **11/11**; Thanksgiving Day: **11/26**; Holiday: **11/27**

Don Noel, Puget's Director of Public Relations, told the Concrete Herald the action followed the Nuclear Regulatory Commission's recent "moratorium" on licensing nuclear power plants and the results of last week's advisory vote in Skagit County.

The ballot issue "Do you favor construction and operation of two nuclear power generation plants on Bacus Hill?" brought 15,775 "no" votes to 6,245 "yes."

Questioned about possible alternate use of the site, Noel said Puget Power is trying to keep the options open and still provide power for the growing demand.

20 years ago

Nov. 9, 1989: The very real possibility of county services being made available in the Upper Valley through a satellite office is the subject of a meeting in Concrete this week and a hearing

with the Skagit County Board of Commissioners next week.

Promoters of the satellite office, which would make county services available locally rather than having to travel to Mount Vernon to conduct most county business, will meet at 12:30 p.m., Thursday.

Expected to attend the meeting with the local people are Kim Walberg, former Skagit County Commissioner and proponent of the satellite office concept; and Mary Margaret Haugen, state representative for this area.

The meeting agenda will include a discussion of economic alternatives for the Upper Valley, such as making the area a destination point, rather than a place to travel through.

Representative Haugen has been working on economic alternatives for the Upper Valley.

EAST COUNTY RESOURCE CENTER

Hours: Mon. through Fri., 9 a.m. to 3 p.m.
45770 Main Street, Concrete, WA 98237
phone 360.853.7009 // fax 360.853.7555

Scheduled programs and events:

Adult Literacy	Mon. & Fri., 9 to noon	Drop in
Commissioner Dillon	Fri., 9 to noon	Call for appt.
GED testing & classes	Weekly	Call for appt.
DC probation	1st Fri.	spring, summer
DSHS Representative	1st & 3rd Tues.	Call for appt.
Legal Clinic	2nd & 4th Fri.	Call for appt.
NAMI Adult Craft Classes	Every other Thurs.	1:30–3:30 drop in
Needle Exchange Program	1st Wed.	2–4:30
Teen Clinic (no appt. required)	1st Wed. & 4th Tues.	2–4:30
Veterans Representative	2nd & 4th Mon.	Call for appt.
WIC (call 336.9392 for appt.)	2nd & 3rd Tues.	9:30–3
Women's AA	Wed. nights	6 p.m.

Services and referrals:

SOCFA & Skagit County Satellite office	Energy Assistance program info
Salvation Army Service Extension Partner	Weekly courier service to County
Copy, FAX and Notary services	Voter & Election information
Tax Payments & property record search	Food Handler permits
Water Sample testing	Community Voice Mail
East County event publicity/community info	Meeting space available

Sunday School lesson

Thank you power

By Rob Thomas

How does one survive the public humiliation of being unceremoniously dumped as co-anchor from television's number-one-rated morning show? By uttering the two most important words in the English language. Not, "I'm sorry," but, "Thank you." In 2007, Deborah Norville reflected upon that most public event in her life as she penned the best-selling book, *Thank You Power*. In doing so, she reminded all of us of the magic of two simple words. Two words that, unfortunately, have been lost from the vocabulary of young and old alike. Why is that?

When I was being raised as a child, birthdays and Christmas were always greeted with gifts. But with every gift came the responsibility of sending a "Thank You" note to the giver. In fact,

it was understood in our household that Christmas "Thank You" notes had better be postmarked before New Year's Day. Still, all-in-all, a follow-up card for a gift wasn't a bad trade-off. (Though, some of those cards were tougher to write than others. Especially when the gift was a sweater that didn't fit and you wouldn't be caught dead wearing it on even the coldest days.)

As November begins, most of us already are looking forward to the Thanksgiving holiday. A time for family and friends to gather. A time for kids away at college to come home and visit. (Written as I think about my own daughter, Beka, coming home from George Fox University in Oregon.) A time to pause and give thanks during the only holiday that has yet to be truly commercialized. (That is until the stroke of midnight and the beginning of Black Friday.)

The Bible says in 1 Thessalonians 5:18, "In every thing give thanks; for this is the will of God in Christ Jesus concerning

you." We do well to understand that the Apostle Paul is literally saying, "In the midst of everything give thanks . . ." Not necessarily *for* everything, but *in the midst of* everything. There is a world of difference between the two. When we give thanks in the midst of everything, we can be assured of three things: (1) We are being obedient to the command of God; (2) We are remaining in the will of God; and (3) We are affirming the work of God (Romans 8:28–29) in our lives.

Why wait until you are gathered around the dinner table on Thanksgiving Day to express what you are thankful for? Why not begin the daily habit of being thankful? Begin by saying thank you to God for each and every day. Continue by saying thank you to others for even the smallest things. Trust me; it will make a difference in your life and theirs. And, *thank you* for taking the time to read this.

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

Worship directory

Assembly of God

Concrete Assembly of God
45734 Main St., Concrete; 360.853.8042
Sunday worship, 10 a.m.
Tuesday: Men's meeting, 8:30 a.m.
Wednesday: Adult Bible Study, 6 p.m.
Thursday: Women's Bible Study, 6:30 p.m.

Presbyterian

Mount Baker Presbyterian Church
45705 Main Street, Concrete
Sunday worship: 8 a.m.; Wednesday: 7 p.m.
Church 360.853.8585 office 360.595.0446
www.mtbakerpresbyterian.synodnw.org
Tom Ross, pastor

To add your place of worship to these listings, call or e-mail
360.853.8213 or editor@concrete-herald.com.

Nondenominational

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

Lutheran

Shepherd of the Hills Lutheran Church
46372 Main St., Concrete
360.853.8814
Sunday Worship 10 a.m.
Marcus Stroud, pastor

Obituaries

Danny Ray Singleton, 54, departed this life Oct. 28, at 8 a.m., at the Providence Hospital in Everett, Wash., as a result of complications of heart bypass surgery.

Danny was born May 5, 1955, in Avery County, N.C., the son of Ray Dant Singleton and his wife, Janice Marline Young-Singleton. He came to Hamilton, Wash., with his parents and three siblings at a very young age. Their first home was in the Soren Cabins on the west side of Hamilton. Later, Danny moved to Sedro-Woolley, where he attended school until joining the U. S. Navy at the age of seventeen.

While in the Navy, he attained his high School diploma, along with electrical training, while being stationed on the Kitty Hawk. Danny was discharged in 1977, returning home where he met and married Marilyn Rose Bates on July 8, 1977, in Hamilton.

Danny soon went to work in the powerhouse at what is now known as Northern State Multi-Service Center, the former Northern State Hospital, eventually rising to the position of General Manager, and was employed there for 30 years this month.

Danny was an expert body and paint man. He had restored many antique cars in the valley. He was also a former Hamilton councilman and volunteer fireman for the town of Hamilton in the '80s.

Danny is survived by his wife, Marilyn, of the family home north of Sedro-Woolley; his daughter, Kimberley Singleton of Sedro-Woolley; two stepsons, Shawn Ray Smith of Hamilton and Jerry Earl Smith of Everett; his stepfather, Francis Cousins of Iowa; and sisters Cindy Rust of Kent, Wash., Trina Jean Matteson of Mount Vernon, and Michelle Cousins-Williams of Clear Lake, Washington. He is survived also by his mother-in-law and father-in-law, Jim and Carol Bates of Hamilton; his brothers-in-law and sisters-in-law, Tim Bates and Nicholis (Marge) Bates of Hamilton, and Dennis (Karen) Allison of Sedro-Woolley, Wash.; one granddaughter, Sheyanne Singleton of Sedro-Woolley; and four stepgrandchildren, Cody and Jordan Smith of Hamilton, Draven Smith of Concrete, and Skye Smith of Mount Vernon.

Danny also is survived by two half-brothers and one half-sister in North Carolina, and his stepbrothers, Don and Glen Latting of Sedro-Woolley, Wash., in addition to numerous nieces and nephews in Skagit County.

He was preceded in death by his father, Ray Dant Singleton; his mother, Janice Cousins; and two brothers, Grant and Michael Singleton.

Danny will be greatly missed by his family and many friends. Services are pending through Lemley Chapel in Sedro-Woolley.

Lois Eunice Aalmo, age 67, passed away Tues., Oct. 27, 2009, at Island Hospital in Anacortes, Washington. She was born October 4, 1942, in Spear, N.C., to Rev. Fred and Mary (Willis) Dellinger.

Lois grew up in Rockport attending school and for many years worked at the Rockport Store as a sales clerk. She was married to John Aalmo on Dec.

31, 1986, on Camano Island and resided there until 11 years ago when they moved to Anacortes.

Lois was a member of the Eagles and an avid Mariners fan, and she enjoyed traveling, boating, crocheting, knitting, and making sweaters and blankets for her family and friends. She loved people and had a huge heart for everyone. Lois will be remembered for always being instrumental in getting family together to celebrate special occasions, and for always calling family members on their birthdays and singing "Happy Birthday" to them.

Lois is survived by her husband, John Aalmo, of the family home in Anacortes; two daughters, Erva Dominguez and her husband, Manuel, of Concrete, and Patty Chandler and her husband, Eric, of Sedro-Woolley; a son, Mark Cress and his wife, Lisa, of Rockport; a stepson, Bruce Aalmo and his wife, Shannon, of Arlington; a stepdaughter, LeAnne Aalmo of Lake Tahoe, Calif.; seven grandchildren, Jeremy and his wife Wendy, Jesse and Jacob Eldridge, Erica Chandler, Tiffany, Wesley, and Wayne Cress; a great-granddaughter, Jesschelle Eldridge; stepgrandchildren Lauren and Cody Aalmo; stepgreat-grandchildren Justine, Jayme, and Parker; a brother, Samuel Dellinger and his wife, Linda, of White Center, and a sister, Texie Pressler of Anacortes; and numerous nieces and nephews. She was preceded in death by her parents and a brother, Daniel "Boone" Dellinger.

Funeral services were Sat., Oct. 31, 2009, at 11 a.m., at Lemley Chapel, Sedro-Woolley, with Pastor Wendy Tingley of Trinity United Presbyterian Church officiating. Interment followed at the Forest Park Cemetery in Concrete. A reception followed the services at the CCD Center in Concrete.

Share memories of Lois and sign the online guestbook at www.lemleychapel.com.

To view a live webcast of the funeral service, go to www.lemleychapel.com, click on Lois' obituary, go to bottom of the obituary, and click on "view webcast."

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"Concrete Herald"
and send a friend request!



Worth repeating...

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us most. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and famous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And when we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

—Nelson Mandela, in his 1994 inaugural speech
(Thanks, Ashley Hurn)

Sheriff's blotter

October 12

A Rockport caller who works for the County Park discovered a nailer was missing after conducting an audit for assigned property. It was unknown when the nailer was stolen. Nailer is valued at \$380; no suspects.

October 11

A Lyman caller reported that he was splitting up with his girlfriend. She had his truck keys and would not return them. This is a civil issue, not a crime.

October 10

A Day Creek caller reported getting threatening phone calls from her friend's ex-husband. She said the caller was calling her obscene names. A deputy contacted the suspect; he was told to make no further phone contact or he may be arrested for phone harassment.

October 9

A Grasmere caller reported getting into an argument with her boyfriend. She said the 45-year-old Concrete man punched her several times in the face. Victim tried to leave; boyfriend refused to allow her to do so and threatened more harm if she reported it. The caller managed to get away. Charges of assault and unlawful imprisonment are pending on the suspect.

October 8

A Hamilton caller reported a 48-year-old Bow man stealing Trex decking from a residence. The witness was familiar with the suspect. Witness confronted the suspect, who claimed he had permission from the owner. Later, a deputy contacted the owner, who said no permission was given to take the decking. Investigation continues.

October 8

A Clear Lake store clerk reported that a man known to him had written seven checks totaling more than \$300. All the checks were returned as insufficient funds. Deputy contacted the check writer, who acknowledged he had no money.

Arrangements were made to pay the store; case closed.

October 7

A Concrete caller reported a 5-year-old child being kicked in the head and groin by an 8-year-old child. The incident occurred at school. Deputy talked to the 8-year-old and that child's parents; the school will monitor the child's behavior.

October 6

A Marblemount caller reported jogging by a house when a chocolate Labrador bit her on the leg. An Animal Control Officer checked the scene and found two other people who also had been threatened by this dog recently. Owner was contacted. The dog may be declared dangerous; investigation continues.

October 5

A Marblemount area caller said he told a friend they could not borrow his car. The friend took the car anyway. Prior to a deputy's arrival, the friend returned the car and left on foot. Caller then declined to pursue the stolen car report.

October 4

A Hamilton caller complained about loud party noise and a large fire that looked like burning garbage and plastic. Hamilton Fire Department arrived and put out the fire. No deputy response needed.

October 4

A Clear Lake caller reported 25 brown and white cows blocking the road. A deputy responded, thinking he knew who the cows belonged to. The owner responded; the cows were put back in the corral.

October 3

A Big Lake caller reported seeing a man and a woman parked in the middle of the road and having sex in the vehicle. Caller said this was a nuisance. The vehicle had just left, but caller wanted to report the incident to a deputy.

October 2

A Marblemount caller wanted to know if it was okay to own a potbellied pig. Deputy told caller it's okay. Caller said his

neighbor told him it was against the law and that he (the neighbor) would call the Sheriff if the caller got one. Deputy again assured the caller it is legal.

October 1

A Lyman caller reported a dead elk lying in the middle of a road. It appeared to have been hit by a car; vehicles were swerving to miss it. Deputy contacted public works to have the animal removed.

September 27

A Hamilton caller reported car noises. Next morning, she discovered cans, rocks, and a dead possum in her front yard.

Kristiansen, cont. from p. 2

10. (Legislation being drafted):

Comprehensive medical malpractice reform. Rising settlements and awards mean higher medical malpractice insurance rates and force doctors to practice defensive medicine (such as ordering unnecessary tests to prevent lawsuits). Those costs are passed on to patients. Tort reform would reduce providers' costs.

Access to affordable health care for all of Washington's residents is complicated, but not impossible. These 10 solutions include specific bills that provide an achievable plan that would lower costs, provide more options, and reduce regulations that serve as barriers to health care.

I invite you to track these bills at www.leg.wa.gov and become part of the discussion. Together, we can ensure affordable, accessible health care will no longer be a missed opportunity for Washington's citizens.

State Rep. Dan Kristiansen, R-Snohomish, represents the 39th Legislative District, and also serves as chairman of the Washington House Republican Caucus. He can be contacted at 360.786.7967 or through his Web site at: www.housepublicans.wa.gov/Kristiansen.

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Health



Are you SAD?

Seasonal Affective Disorder can bring disabling depression

By Jeanna Smiley Squires

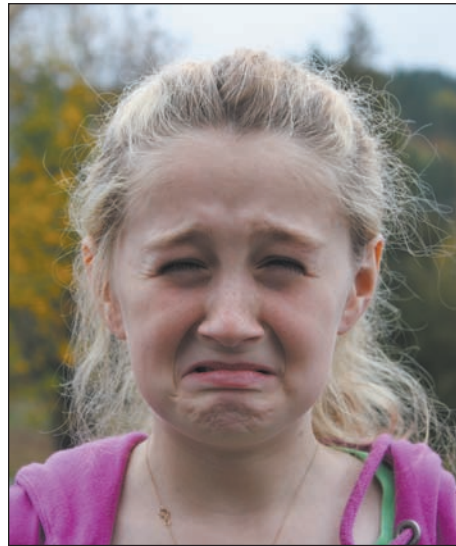
The communities of eastern Skagit County get more than their fair share of cloudy skies and rain every winter. It's said that for every mile you travel east of Sedro-Woolley, another inch of rain falls annually. All that cloudy weather can make a person's mood a little gray, too, sometimes developing into Seasonal Affective Disorder (SAD).

SAD is a depressed mood that often manifests during the fall and winter months, when the sun is not as prevalent as it is during the spring and summer months. This seasonal pattern repeats itself year after year.

According to the Mayo Clinic Web site, symptoms of SAD include depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in once-enjoyable activities, appetite changes (especially a craving for foods high in carbohydrates), weight gain, and difficulty concentrating and processing information. Although more women than men are affected by SAD, anyone of any age can suffer from it.

Many who suffer from SAD believe they are only going through the "winter blues"; however, SAD and its symptoms are real and should be checked by a physician.

SAD's attendant depression brings with it a loss of ambition, difficulty making decisions, and difficulty with family relationships, said Dan Garcia, M.D., a



If you live in eastern Skagit County, where gray skies are the norm during fall and winter days, you may suffer from Seasonal Affective Disorder (SAD), a form of depression that repeats itself every year. Treatment may involve medical prescriptions or altering your environment.

family-practice physician at East Valley Medical and Pharmacy in Concrete.

"Someone who is depressed cannot relate to their environment as well as they should. This can be disabling to people around them and in their workplace," said Dr. Garcia, who estimates he's diagnosed SAD in 10 percent of his patients.

According to Dr. Garcia, Vitamin D does not play a role in alleviating the effects of SAD. Rather, the brain's chemistry is lacking and in need of medications to bring in back into balance.

"SAD can be treated with medical prescriptions or by altering the environment," said Dr. Garcia.

Get serious about diabetes

By Valerie Stafford

November is American Diabetes Month, a time to shine a spotlight on a disease that can lead to heart attack, stroke, kidney disease, blindness, and amputation.

Diabetes is an incurable but controllable disease that affects the way your body uses food. Type 2 diabetes, the most common form, occurs when your body does not make enough insulin, or doesn't use insulin as it should.

According to the American Diabetes Association, nearly 24 million children and adults have diabetes. Another five million have it but are unaware of it. It is clearly time to get serious about this disease.

Diabetes risk factors include:

- Excess weight, because the more fatty tissue you have, the more resistant your cells are to insulin
- Inactivity, because the less active you are, the more fatty tissue you have
- Age, since your risk increases as you age
- Family history, because your risk is higher if a parent or sibling has type 2 diabetes

Before people develop type 2 diabetes, they almost always have pre-diabetes, a condition in which blood glucose levels are higher than normal, but not yet high enough for a diagnosis of diabetes.

The good news is that recent studies show that if you have pre-diabetes you can prevent the development of type 2 diabetes by making small changes in your

lifestyle, primarily diet and exercise. Just 30 minutes a day of moderate physical activity, along with a 5–10 percent reduction in body weight, reduces by 58 percent the likelihood you will be diagnosed with type 2 diabetes. It is even possible to return blood glucose levels to the normal range. In essence, you can still turn back the clock.

Do not ignore the signs of diabetes. If you have any of the following symptoms, contact your health care provider:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue/irritability
- Blurry vision

A simple blood test will tell if your blood glucose levels are too high. The test is offered at United General Hospital in Sedro-Woolley every Friday from 8 a.m. to noon, in conjunction with cholesterol testing. No appointments are necessary; simply go to the main lobby to check in. The cost for both the cholesterol and glucose test is \$15; a 12-hour fast is required for accuracy. Test results are mailed to you and/or your health care provider.

For more information, call 360.856.7662.

Valerie Stafford is director of communications for United General Hospital in Sedro-Woolley.

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Flu prevention 101

(ARA) — With the emergence of the 2009 H1N1 virus and the presence of annual seasonal flu, health experts are concerned that this flu season could be more confusing than ever for families. Recent studies point to misunderstandings about what families should do to help prevent the spread of these viruses.

"It's no secret that this year's flu season is complicated. With multiple vaccines, we want to help families easily understand the right steps to help prevent the spread of the flu," said Heather McKenzie, RN, Visiting Nurse Associations of America's

Senior Director of Clinical Education and Quality Initiatives.

Vaccination is the first step in flu prevention, but it's important to practice these other simple steps to help prevent the spread of the seasonal and H1N1 flu viruses in the home:

1. **Wash hands frequently:** Wash hands with warm water and soap for at least 20 seconds
2. **Disinfect germ hot spots:** Disinfect the surfaces kids touch most frequently, such as doorknobs, faucets or plastic toys
3. **Do the elbow cough:** Cough and

sneeze into your elbow instead of your hands to help prevent the spread of germs from touch

4. **Follow good health guidelines:** Eat right, exercise and get plenty of sleep to help boost your body's ability to fight the effects of colds and the flu

For information on Skagit County's H1N1 vaccine supply, go to www.skagitcounty.net.

Mayor Anderson, cont. from p. 12

try the new roundabout and remember that you need only yield to cars in the intersection which means that most of the time, you need not stop your car as you must at a light. Here in Sedro-Woolley, we appreciate our neighbors to the east.

Red Apple, cont. from p. 19

renamed Albert's Serve-U. Even though the name has evolved over the years, it has always been owned and operated by the Frank family.

"Our name changes with the different advertising groups through the Unified Grocers organization (previously known as Associated Grocers). The Red Apple Markets are independently owned and have the freedom to set their own prices," said Richard.

In 1987 it was renamed Albert's Family Grocer and then finally Albert's Red Apple Market.

The store's business philosophy is to be involved in the community and keep people in the area employed. It's a place where friends can meet and catch up. Albert's Red Apple is happy to give to local community groups that ask for donations. The tradition of community involvement started with Albert and Harriette. "Mom and Dad always said, 'do what you can for your community, we're here to serve them,'" Richard said with a smile. "We (Albert's Red Apple) do a lot of things for the community people don't even know about."

Indeed, Richard and Mike are heavily involved in the community. Mike is retired from the Grasmere Volunteer Fire Department. Richard is active in the Volunteer Fire Department, Ambulance team, Cascade Days, Lions Club, and the Concrete Museum, just to name a few. "Richard is our PR person," Mike said with a chuckle.

"We try to keep up with new technology," Richard said. "Most of the profit goes back into improving the store. We upgrade the store every two to three years. We continually want to improve the store to better the community and become a higher-level facility," said Richard.

New check stands and registers were installed within the last few months to make it easier for customers and employees to operate. When asked about their short- and long-term plans for the store, Richard said, "We'll keep doing what we are doing, until we can't do it anymore." Sounds like a remark straight from Albert!

The recession is also affecting this local grocer. "When the economy slows down,

we slow down," said Richard.

Their competition is fierce. "Whenever a new Walmart opens up, it decreases our business. We have to compete with big chains downriver, like Walmart, Haggen, and Costco. We hope people understand that our store is an asset to the community and continue to support our local establishment despite the superstores," said Mike.

The Franks did something right to be in business for more than 60 years. Albert and Harriette Frank were the "pillars of the community" in Richard's words. They did everything they could to help the Upper Skagit Valley. Albert was the "Cal Ripken of the grocery industry. I think he missed fewer days than Cal did," joked Richard.

Albert died in December 2007 at home with his family at his side. Harriette is still in good health but you won't find her working at the store anymore.

Albert and Harriette Frank built a strong foundation which grew over the years to become a success and the Frank family proudly continues their vision of providing the community with quality goods, home town values, and a compassionate business philosophy.

Locals may agree that the theme song chorus from the TV sitcom Cheers, 'Where Everybody Knows Your Name,' perfectly describes the feel of the store when you walk in the door, employees greet you with bright smiles, the owners will stop and joke with you, and time seems to slip by when you run into old friends. And, if you're not from the area there's always staff available to happily answer your question, whether it be about an item on your list or directions to your next destination.

Next time you're passing through Eastern Skagit County, stop at Albert's Red Apple, for everything you need and much more.

AT A GLANCE:
Albert's Red Apple Market

Where:

44546 State Route 20, Concrete

Winter hours:

Mon. – Sat. 9 a.m. – 8 p.m.

Sun. 10 a.m. – 6 p.m.

Summer hours:

Mon. – Sat. 9 a.m. – 9 p.m.

Sun. 10 a.m. – 6 p.m.

Phone:

360.853.8540

Football, cont. from p. 6

benefited from a dandy pass from Dellinger with a Howell run to follow, along with a Clark 26-yard run followed by a James Johnson kick. That put the Lions up 21–12 at the half.

In the second half, after watching the Loggers score 15 unanswered points, the Lions' emotions took over: They decided they were going to win one way or another. Clark hooked up with McIntosh, who made a dandy catch for 52 yards. DJ Mitchell had a beautiful block that allowed McIntosh to dance into the end zone. Howell finished out the scoring with a 37-yard run with a minute to go with Johnson kicking the PAT on the last two TDs to seal the win. Howell played sparingly on defense because of an injury, but he was able to muster 127 yards on the ground on 16 carries. Clark finished with 56 yards on seven carries and was three for four through the air with 94 yards and two TD passes. Dellinger finished with a 14-yard TD pass, while McIntosh (2–66) and Howell (2–39) were on the receiving end of all four completions. With the win, the Lions brought their league record to 2–1 and overall record to 4–3.

On Oct. 24 the Lions traveled to Orcas to battle the Vikings to decide who would take over the driver's seat in the NW 2B race. The Vikings got the better of the Lions as they pulled together a 20–0 win. The Lions, without Tyler Kales' speed, couldn't contain the Vikings, who were able to get around the outside of the Lions' defense numerous times. Although the Lions marched down the field on the Vikings numerous times, they were never able to put it across the goal line. Clark completed three passes in eight attempts for 25 yards. Howell led the Lions in rushing with 83 yards on 16 carries.

The end of October saw the Lions finish on a high note as they beat the Braves for the second time this season 33–20. It was a great night for the six seniors, DJ Mitchell, Greg McIntosh, Will Stidman, Jacob White, James Martin, and James Johnson. McIntosh and Johnson had big nights for the Lions on numerous key plays. McIntosh put the first points on the board with a 12-yard TD run, while Johnson had a key interception, reception, and three PATs.

Juniors Dalton Dellinger and Scott Rice proved to be difference makers, running hard many times to put the Lions in good field position. Rice finished the night with his first two varsity touchdowns and ran the ball four times for 31 yards. Dellinger averaged more than 19 yards per carry as he carried it three times for 58 yards. Howell finished the night leading all

rushers with 171 yards on 20 carries and two touchdowns. Dellinger and Johnson both hauled in 23-yard catches from Clark, who finished two for five with 46 yards. The Lions record stands at 3–2 in league and 5–4 overall.

At their last home game, the Lions were without one of their staunchest supporters during the past 58 years. That game was dedicated to the memory of Andy Thompson. Andy passed away Oct. 20, succumbing to pancreatic cancer at age 88.

Andy and his wife Lois' lives were committed to their family, the Washington State Cougars and Lion athletes. One of Andy's greatest joys was attending Friday night football at Concrete High School. The Concrete Lions football team remembered Andy and paid tribute to a dear fan by wearing gray wristbands with a Cougar on them at the game. Thompson family members were there in full force to pay tribute to a man that will not soon be forgotten.

We love you, Andy.

Editorial, cont. from p. 2

Second, with all their complexity, the law is a stunningly blunt instrument, lumping small businesses' small-scale signs in with the monstrous billboards that most reasonable people would agree do not belong along State Route 20, a scenic highway. The regulations are complex, but in the wrong way.

Third, they're apparently blind to location, since the Marblemount businesses' signs were all located in proximity to Marblemount itself, not stranded far from the community.

Fourth, their enforcement feels random, with similar signs nearby seemingly ignored by the enforcement officer(s).

I don't know why I'm surprised by a state law adopting a "one size fits all" approach, but I am. It's shameful.

—J.K.M.

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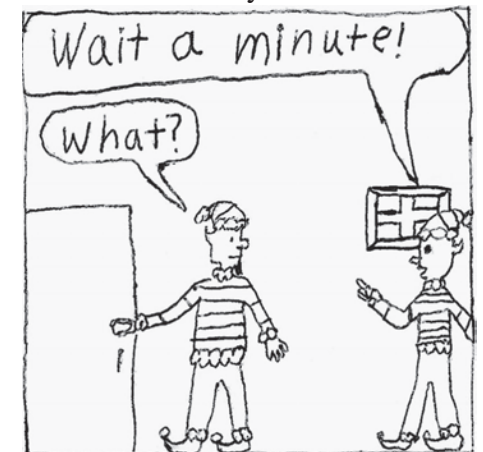
Concrete Harold

By Joyce Harris



An Elf's Life

By Jonathan Carter



Dwelleysms

Wit from the *Herald's* former editor

"Honesty may be the best policy, but where can you find an agent who will write one at a low price?"

"Diogenes, living in this day and age, would not start out with a lantern to find an honest man. He would more likely try the more difficult task of finding a completely happy one."

"Discussion of a new car always boils down to the long and the short of it. Long car, short mileage."

—Feb. 19, 1959

"We've had our say many times on curfews. Such rules are worthless unless enforced, unpopular if enforced, and of prime annoyance mostly to those who do not need the surveillance."

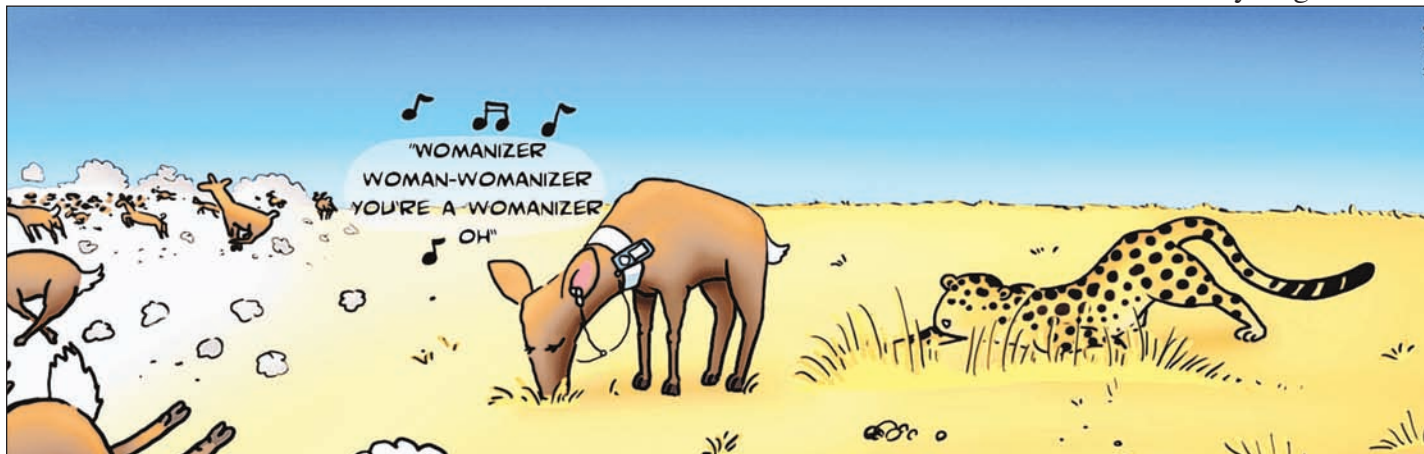
—March 5, 1959

"If money doesn't really talk, how come those who have plenty always seem to get the right answers?"

—March 12, 1959

Public Service Announcement

By Stig Andersen



Where in the world is Concrete Herald?

Concrete Herald is distributed via retailers and newspaper racks from Mount Vernon to Newhalem.

Birdsview:

Baker Lake Grocery (rack)
Birdsview Brewing Co. (OTC*)

Burlington:

Post Office (rack)

Clear Lake:

Clearlake Market (OTC)

Concrete:

Albert's Red Apple Market (OTC)
Annie's Pizza Station (OTC)
Concrete Chamber of Commerce (OTC)
Concrete Herald Building (rack)
Concrete Post Office (rack)
Concrete Saturday Market (OTC)
Loggers Landing (rack)
Northwest Garden Bling (OTC)
Sauk View Gallery (OTC)

Hamilton:

Hamilton Market and Cafe (OTC)

Lyman:

Cascade Mercantile (rack)

Lake Tyee:

Manager's office (rack)

Marblemount:

Chom's Chevron station (OTC)
Marblemount Diner (OTC)
Shell station (OTC)

Mount Vernon:

Big Rock Cafe & Grocery (OTC)
Post Office (rack)

Newhalem:

Skagit General store (OTC)

Rockport:

Rockport Country Store (OTC)
Rockport Pub (OTC)

Sedro-Woolley:

Mailbox Depot/Speedee Tax (rack)
Post Office (rack)
Quick Lube (OTC)
United General Hospital (rack)
Walgreens (OTC)

*OTC = Sold over the counter

Can't find a location that suits you?

Subscribe to the Concrete Herald and get the voice of eastern Skagit County delivered to your mailbox every month!

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Firewise, cont. from p. 20

That's why the Firewise program exists, said Hinderman. "There isn't always someone who can be there to defend every home, so the best thing you can do for yourself and your property is to mitigate for that. It actually helps the firefighter who is facing the fire," said Hinderman. Everybody wins

The Jenkins Lane project cost around \$14,000, according to Hinderman, and was paid for by the Conservation District, using grant money. Title Three funding flowed from the U.S. Forest Service through Skagit County, too, to help cover the Firewise project.

"The project was beneficial for everybody," said Dodd. "The homeowners had their fuels reduced, the fire hazard was down, the forest's health was improved, and there was the opportunity to put inmates to work. This was a win-win situation for everybody involved."

Costs were held down in other ways, too. "We never use a private contractor," said Hinderman. "We tend to use the Department of Natural Resources when we do these projects."

The Fuels Reduction Project was started on Jenkins Lane in December of 2008, but delayed because of weather conditions. The project was finished in April 2009. A plaque and a sign that will label the group a "Firewise Community" soon will be presented to the homeowners of Jenkins Lane.

To get involved in a Fuels Reduction Project in your area, contact Jenny Hinderman with the Skagit Conservation District at 360.428.4313.

Become a Concrete Herald Facebook friend!

Go to www.facebook.com.
Create an account, then search on "Concrete Herald" and send a friend request!

Fundraiser, cont. from p. 1

"The Lincoln is proud to help the Concrete Herald wrap up its fundraising effort," said Mayes. "We know that challenging financial times like these are when community connections, like newspapers and nonprofit theaters, are most needed. We look forward to working with the Concrete Herald going forward, to benefit both organizations and all the Skagit County residents we proudly serve."

With its check for \$365.45, the Lincoln will be given an advertising presence on www.concrete-herald.com for one year, a fundraising strategy the Herald had adopted to encourage area businesses to support the effort of bringing back the local, independent newspaper, said Miller.

"More than 150 individuals and businesses from all over Skagit County and the U.S. contributed," he said.

Fundraiser succeeds!

The Concrete Herald fundraising drive reached its goal of \$10,000 on Oct. 29!

A big **THANK YOU** goes to the following contributors who made this possible, especially Lincoln Theatre, which donated the balance needed of \$365.45:

Richard and Barbara Riehl
Lincoln Theatre

Donations will still be accepted after this fundraising period; all funds will be used to line Concrete Herald's pockets (not Jason Miller's). To donate in any amount, go to www.concrete-herald.com and click on "Donate," or mail your check payable to Concrete Herald to:

Concrete Herald
P.O. Box 682
Concrete, WA 98237

Thank you for your support!

Classifieds

EMPLOYMENT

Education Coordinator sought by Skagit River Bald Eagle Awareness Team (SRBEAT) for the Skagit River Interpretive Center in Rockport. Position runs Dec. 11, 2009, to Feb. 15, 2010. Hours are 9 a.m. to 4 p.m. Fri. through Sun., plus holidays, for a total of 520-560 hours.

Applicants must be organized and able to work independently, yet willing to follow direction from Board of Directors. Applicants should be knowledgeable and comfortable with outdoors and wildlife. Ability to interact with and interpret to all age groups from children to seniors is a must. Proficiency in Office Suite required. Should be familiar with grant writing.

Salary DOE. Closing date Nov. 15, 2009. Send resume to:

SRBEAT
P.O. Box 571
Concrete, WA 98237

For more information, phone **360.853.7626** or e-mail srbeatic@fidalgo.net.

FOR SALE

1947 Indian Chief motorcycle in a box. Asking \$8,000, but open to negotiation and/or possible trade. **360.826.3849**.

FREE GOODS/SERVICES

FREE fitness classes, Sat., Nov. 14 and 21, 9 a.m., at the Concrete Theatre. Act out your dream of being in shape! No experience required. **360.941.0403**, info@concrete-theatre.com.

HELP WANTED

Furnished room and board in exchange for preparing a noon and evening meal for elderly man. Attractive setting in rural area. **360.853.8267**.

MUSICIAN FOR HIRE

Dave Chapman's entertaining 1-man band wants to play for your special occasions and parties, including holidays. Dance music for all ages, including classic rock, blues, country, and more. **360.853.7433**.

RENTAL PROPERTIES

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

REWARD OFFERED

Do you know who's been stealing our "Dave's Towing" signs? Call us and we'll give you money. **Call 360.853.7433**. Thanks!

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.

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Have Diabetes? We Can Help.

Free Overview

THE ABCs OF DIABETES
Monday, December 7
6:00 to 7:15 p.m. Free

To register, call (360) 707-4454.

Find out if you are at risk, learn about prevention, and hear how the Diabetes Education Program at United General Hospital can help people with diabetes manage the disease and reduce the risk of complications.

FACTS ABOUT DIABETES

- Diabetes is a leading cause of kidney failure, blindness and amputations, and a major cause of heart disease and stroke.
- Nearly 24 million Americans have diabetes.
- Many do not know they have the disease.
- Millions are at risk of developing diabetes.

Diabetes affects many parts of your life, but it can be managed and controlled. The Diabetes Education Program at United General Hospital can show you how to:

- Choose foods wisely.
- Be physically active.
- Manage diabetes medication.
- Monitor blood sugar.

Learn About Food

Our Educators will show you how to choose foods wisely through interesting classes, lively discussions and helpful demonstrations.

Learn About Exercise

In our program, you'll learn how exercise can keep your weight down, and protect your heart and lungs.

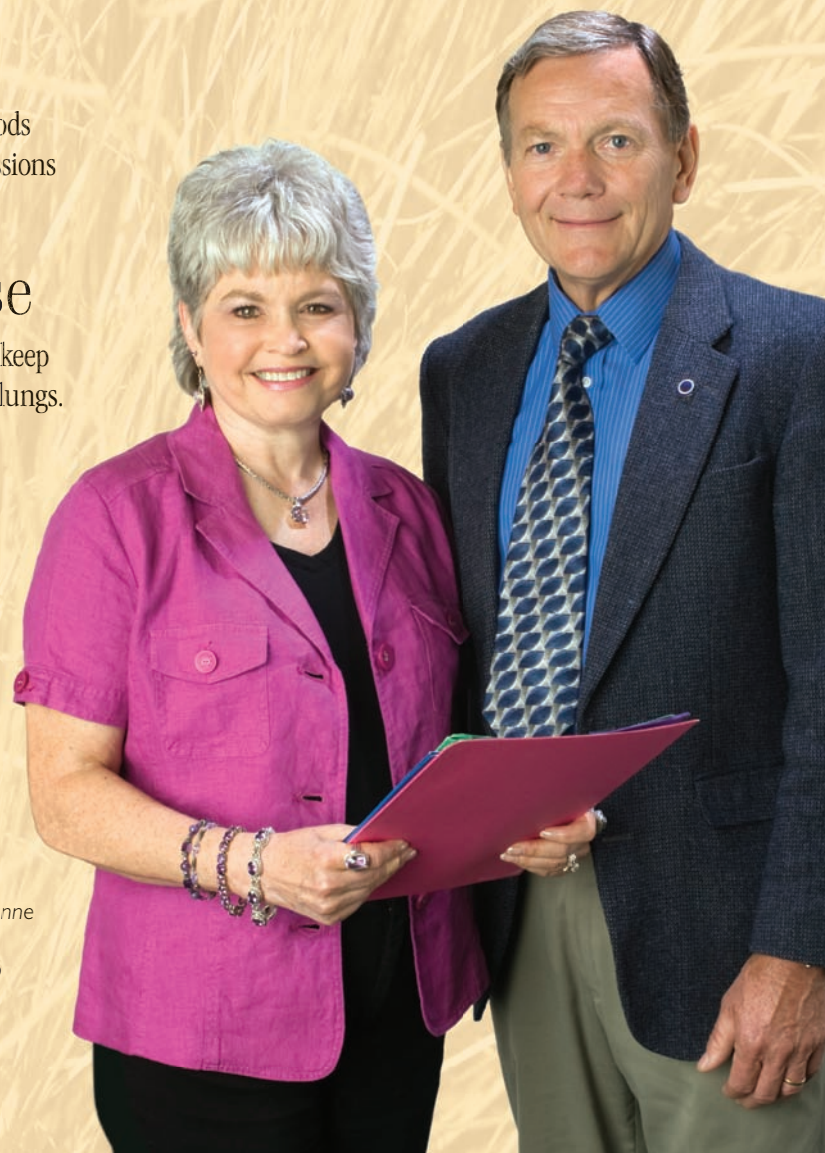
Learn About Diabetes Medication

If you are using diabetes medications, we can help you manage and monitor them.

Learn to Check Your Blood Sugar

You'll want to know how well you're taking care of your diabetes. Our Educators will show you how to use a blood glucose meter.

For information on how to enroll in the Diabetes Education Program, please call (360) 707-4454 or send an email to: diabetesed@unitedgeneral.org.



Doctors depend on our Diabetes Educators, too. Vanoy Smith, MD, of Physicians Care Family Medicine, and Jeanne McMillan-Olson, Director of the Diabetes Education Program at United General Hospital, work as a team to help people with diabetes.



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