

The Voice of the Upper Skagit Valley

Concrete Herald

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50 cents

Clear Lake • Sedro-Woolley • Lyman • Day Creek • Punkin Center • Hamilton • Birdview • Grasmere • Concrete • Cape Horn • Sauk City • Sauk Valley • Rockport • Van Horn • Darrington • Corkindale • Marblemount • Bullerville • Newhalem • Diablo

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Community Troop Support announces dissolution

Dedicated to organizing and sending care packages to overseas U.S. troops, Sedro-Woolley Community Troop Support (SWCTS) announced in October that the organization would dissolve. *Page 16.*

Interpretive Center celebrates 18 years

The Skagit River Bald Eagle Interpretive Center in Rockport will celebrate 18 years this winter season. *Page 23.*

Crime Watch groups form after criminal activity spikes

Burglaries, drug activity, and squatting are driving citizens in Marblemount and Darrington to form citizen watch groups in an effort to curb a rise in crime. Residents of Darrington and the surrounding area are "mad as hell" and "not going to take it anymore." Darrington: *Page 24.* Marblemount: *Page 26.*

Small clinic, big service



Sea Mar Concrete Medical Clinic Manager Philip Goritsas has added several new services during his first year at the helm and plans more offerings in the future. *Page 11.*

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Concrete Herald

The Voice of the Upper Skagit Valley

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Guest editorial

War, sacrifice, and America's veterans

By Dale Barnett

While we can all rejoice this Veterans Day that the steady flow of U.S. casualties in Iraq and Afghanistan has slowed to a trickle, we must never forget the incredible sacrifice that America's defenders continue to make on our behalf.

Such is the case of Master Sergeant Joshua Wheeler, who died leading a Delta Force rescue mission of ISIS hostages held in Iraq on Oct. 22. A veteran of 14 combat deployments, his sacrifice is shared by four boys who are now fatherless and his wife, who became a widow far too early. But another important part of his legacy



See Editorial, p. 3

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Opinion

Letters to the editor

Library "yes" vote is wise

Voters in the town of Concrete: Voting "Yes" for the library annexation is a wise move and here is why:

- Looking ahead, a new library building would be beneficial in enhancing our beautiful area and community.
- The library offers much more than books. An improved library can offer more services and resources for every walk of life. It will have area to provide additional cultural, fun, and educational programs like computer skills, art/music/theater activities, and writing seminars.
- Having a beautiful new building at the entrance to our charming town will add to our already awesome community.

*Mike Criner
Concrete*

Helicopter training would damage North Cascades

For those of you who have not heard the news, the military (Joint Base Lewis-

See Letters, p. 27

Corrections

In the October issue, it was incorrectly stated that Hamilton mayoral candidate Mathew Coker had served as a former member of the Hamilton Town Council. Coker did not make that statement; it was inadvertently included by editor Jason Miller, who regrets the error.

Letters policy

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


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Message from the mayor

By Jason Miller

As I prepared the November issue of *Concrete Herald* and bounced on and off Facebook to check name spellings and communicate with folks, I was struck once again by people who choose to air their complaints or grievances about any number of issues, instead of going directly to the source of the problem and dealing with it.

One of my goals as mayor is to make our town government even more transparent and accountable. If you have a concern or a suggestion, I want to know about it. You can shout about it on Facebook all you want, too, if it makes you feel any better, but include me in the loop to see if I can help to actually solve or address it. Thank you!



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

Editorial, cont. from p. 2

are the 70 hostages who were spared brutal executions by an enemy that is as ruthless as any that America has faced.

The willingness to face pain and death so others can be spared isn't unique to just the fallen. Consider the case of two American veterans and their longtime friend when they bravely stopped a terrorist attack aboard a train bound for Paris this summer.

Airman First Class Spencer Stone, Army Specialist Alek Skarlatos, and Anthony Salder could have run from the danger when a heavily armed gunman boarded the train.

Instead, Specialist Skarlatos said, "Let's go," as the men ran toward a future that could have easily meant instant death or maiming for them and all of the other innocent people within range.

Fortunately, this story is remembered not for the horrific tragedy that nearly happened, but for the heroism that did. Even after enduring serious stab wounds that were inflicted as he disarmed the gunman, Airman Stone administered life-saving first aid to a passenger who was shot.

The terrorist was carrying 270 rounds of

ammunition. But because of the actions of these three young Americans and two Europeans who assisted them, the death toll aboard the train was zero.

There is also the incredible story of Chris Mintz. As others were understandably fleeing from a mass shooting at Oregon's Umpqua Community College on Oct. 1, the 30-year-old former Army infantryman bravely confronted the gunman at a classroom door, as he attempted to save others who were inside. Mintz survived the attack and continues to recover after being shot five times.

These stories are inspiring, but certainly not surprising to me. As national commander of the American Legion, I meet veterans all the time who have demonstrated tremendous heroism yet blend into our communities without fanfare.

There are many ways to thank the men and women who have served in our Armed Forces, but I cannot think of a better method of showing gratitude than to hire one. Employers who make this smart decision will usually benefit from the discipline, skills, and loyalty that are found abundantly in today's military.

Isn't it likely that people who have survived firefights in Afghanistan can handle whatever tasks are thrown their way at the office without too much stress? My old classmate, C. Hughes Clark, summed up the humble nature of most veterans: "I can say without regret that I wouldn't have done anything different through it all, simply because it has given me a sense of accomplishment that I couldn't have accomplished any other way."

Dale Barnett is the national commander of the 2.3-million-member American Legion.

Veterans Day Honor Walk and ceremony

Nov. 11, 9:30 a.m.

Silo Park silos, Concrete
See notice, p. 6, this issue

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Utility rates will rise again in 2016

By Haley McNealey

Edited by Katy Tomasulo

During the Sept. 28 and Oct. 13 budget workshops, the Town Council discussed, and ultimately decided on, continuing utility rate increases, both for the water and sewer, for a number of reasons.

"Nobody is happy about it, including me and the council," Mayor Jason Miller said. "But we see no other option at this time."

In 2016, town residents can expect two rate increases in the amount of \$2.50 each for the sewer utility. These regular, semiannual rises began in January 2013, and there is currently no timeline for when the rate increases will freeze. The town is attempting to repay substantial outstanding loans used to build its wastewater treatment plant, and there are still extensive improvements that urgently need completion. As a result, the town must continue to collect as much as required until the fund supports itself.

There will also be an annual \$1.50 increase for the water utility.

For residents wondering how the rate compares to the those of similar municipalities, there is no set answer, and it can vary greatly depending on conditions specific to each city. Among other factors, some influences on rate include the number of residents contributing to the fund, funding approaches for projects, and the scope and cost of current projects. According to Mayor Miller, past consultants have advised the town that its water and sewer rates were below the average required to properly maintain utilities.

Another challenge associated with the water and sewer utilities is their classification as enterprise funds. This means they are required by state law to operate independently and cannot be supported with capital from any other fund. While the town is exploring funding opportunities from a variety of sources, it is possible that securing funding could

raise the rate even more: Many of the options available are loans (rather than grants) that will require payments.

Rainfall a factor

One of the most pressing issues the town is facing is the infiltration and inflow (I&I) and sewer quandary. The I&I problem the town is currently facing deals with the high amount of rainfall that occurs each year, and how much of that rainfall leaks into the wastewater infrastructure during the winter months.

Public Works Director Alan Wilkins reports the average amount of water flowing into the plant is 60,000 to 65,000 gallons per day; however, in the winter months, that increases to between 100,000 and 250,000 gallons, and sometimes even up to 300,000 gallons in just one day.

Wilkins describes the matter as very urgent: The massive amounts of rainfall increase the amount of water being processed at the plant. Addressing this problem is challenging; an in-place clean requires the plant to be shut down in order to inject chlorine to manually clean the plant, which in turn requires incoming wastewater be diverted to the lagoon next to the plant. Eventually, the long-term solution will involve replacing the filtering membranes in the plant, and sealing problem areas of pipe that feed the plant by means of a liner forced into the old sewer lines, then sealing the pipes with steam. The town is hopeful grant funding will be secured to finance the project; one potential funding source will notify recipients around March.

Water revenues down

Another issue the town is struggling

with is a sharp decrease in revenues received from Niagara, the water bottling company to whom the town is currently selling. Annual proceeds totaled \$120,456.81 in 2014 (before Niagara bought its predecessor, Advanced H2O), but are a mere \$33,500 as of October 2015. To compensate for that reduction through rate increases, the town would need to raise its water rate a whopping \$17 per month per customer; this is not a change the town is currently pursuing.

The Town Council discussed opening a town-owned water bottling facility in the future. Mayor Miller supports the idea and would like to see the town consider bottles made from hemp or other biodegradable "natural" plastic, rather than petroleum-based plastic, to minimize pollution and limit the amount of refuse accumulating in landfills. Bottles made from this material should break down within a decade. In the short-term, Mayor Miller believes it is in the town's best interest to find an additional company to sell to.

After the park-and-ride project is completed, the town anticipates the construction of a water spray park. At this time, another option for increasing water sales may be available: Individual stations for visitors and out-of-town residents to fill up their own containers with clean drinking water. Other municipalities have been able to market water to become a destination point, and Mayor Miller is hoping to see Concrete do the same.

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

Trails workshop to gather citizen input

Town of Concrete will host a Community Trails Workshop focusing on nonmotorized trails in and around Concrete.

On Sat., Nov. 14, Concrete and East County residents are invited to participate in a community workshop focusing on developing and expanding nonmotorized trails in Concrete.

Earlier this year, a Trail System Committee was formed to lay the groundwork for ongoing efforts to plan, build, and maintain trails that would meet the needs of residents and visitors alike. Partners on this committee include Town of Concrete, North Cascades National Park, and United General District 304 Community Health Outreach Programs. The National Park Service Rivers, Trails and Conservation Assistance division has provided guidance and support for the Trail System Committee during this first year of planning. To date, the group has:

1. Examined existing formal and informal trail systems
2. Surveyed more than 100 residents and visitors
3. Developed a base map of existing trails
4. Reviewed the Imagine Concrete efforts for Silo Park and how that project could align with an expanded trail system
5. Drafted a trail system concept plan.

Youth from Concrete High School's Varsity in Volunteerism club have created maps showing potential trails that would meet young people's needs for recreation, transportation, and wellness.

The workshop will give local residents and stakeholders a chance to learn about Trail System Committee efforts to date through a brief presentation by Mayor Jason Miller. Local youth will then share the trails map they created, and participants will have an opportunity to provide feedback and share their ideas on trails, trail connections, and trail uses while reviewing maps and related documents.

The workshop will be held on Sat., Nov. 14, from 9:30 a.m. to noon at the Concrete High School Commons Room. Snacks and door prizes will be provided.

A well-developed system of trails for recreation, transportation, and wellness will be an asset to Concrete and the East County community. Nonmotorized trails promote tourism and economic development, provide opportunities for residents and visitors to safely walk and bike to local destinations, and promote physical activity.

For more information, contact Concrete Mayor Jason Miller at goodwords@frontier.com or 360.853.8213.

—Marjie Bell

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For sale at participating businesses or from any Imagine Concrete Foundation board member: Stephanie Morgareidge, Em Beals, Jason Miller, Val Stafford.

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Attention Crofoot and Mill Addition residents!

Town of Concrete wants to add a pocket park to your neighborhood and wants to hear your ideas. Come to the Parks Committee meeting on Nov. 9 at 5 p.m., at Town Hall, and share your thoughts.

Questions? Call Parks Committee Chair Marla Reed at 360.391.2589.

Feeling grateful? Share your gratitude!

A 40-day journey began in Concrete on Oct. 26, and it's all about intentional gratitude.

Organized by Concrete Deputy Clerk Corrina Hart, The Gratitude Graffiti Project (GGP) aims to develop favorable results in people who take the time to be

grateful. The benefits of gratitude touch on every human's physical, psychological, and social well-being.

Gratitude blocks toxins and negative emotions. Grateful people are more stress-resistant and have a higher sense of self-worth. The benefits are numerous.

Town staff are following a more regimented program during the project, which runs through Dec. 4, but everyone is encouraged to participate in some of the exercises that are designed to encourage gratitude:

- Write a note at a "Gratitude Stop" — look for participating businesses in Concrete who have grateful messages written on their windows. Ask for a special pen and do your thing.
- Make a grateful journal entry.
- Write a grateful letter.
- Pay a gratitude visit.
- Go for a "savoring walk."
- Do three good things daily.

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Surgeon

Michal Whiton, MD
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Life-saver, ladder-climber in October news

Two Concrete citizens made for an interesting October.

Judd Wilson, a Washington Department of Transportation (WSDOT) employee, Aero-Skagit Emergency Services EMT, and District 10 (Grasmere) volunteer firefighter, was recognized at the 64th Governor's Industrial Safety & Health Conference, Oct. 7-8, for helping to save the life of a co-worker.

While attending a WSDOT crew safety meeting this spring, Wilson witnessed his co-worker collapse, recognized the signs of sudden cardiac arrest, and began CPR. He then applied an automatic external defibrillator (AED) and worked with others trained in CPR to continue chest



Wilson

compressions until emergency responders arrived.

Wilson's quick thinking and effective CPR helped ensure a successful outcome for his co-worker, who is back on the job.

In the calmer waters of Concrete Town Center, **Lynette Gentry** was promoted from branch supervisor to branch manager of the Columbia Bank Concrete branch effective Oct. 16.

Gentry, 45, took over the position exactly one year and one day after longtime branch manager Philip Moran retired. She replaces Kari Kennedy, who plans to focus her attention in Burlington and a consolidation of the Mount Vernon branch.



Gentry

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In The Service



Rebecca "Becca" Torheim graduated from Navy boot camp on Oct. 2, in Great Lakes, Ill. She graduated June 7 from WAVA (Washington Virtual Academy).

Torheim will stay in Great Lakes to complete "A" school, which is Advanced Electronics. Her parents are Art and Tonya Torheim of Marblemount.

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Pola Kelley, candidate Port Commissioner Dist. 3



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Legion to lead Veterans Day events in Concrete

American Legion Post 132 in Concrete will host Veterans Day events in Concrete on Wed., Nov. 11.

The day begins with an Honor Walk at 9:30 a.m., beginning at the silos in Silo Park and following the Cascade Trail to Douglas M. Vose Way, where walkers will turn north and end at Veterans Memorial Park.

Families are encouraged to "sponsor" a veteran to be honored during the walk. For example, they can place a pair of boots, a photo, or any other memorabilia along the route. They also can ask the Legion to create something.

Legion members will place American flags into 4x4 wooden posts and write service members' names on the posts. The Legion is asking for donations for this service, but they will not turn anyone away who cannot make a donation. The flags, boots, and photos will be placed along Cascade Trail between the silos and Douglas Vose Way.

A Veterans Day ceremony is planned for 10 a.m. and will include a short presentation about the history of Veterans Day, guest speakers, and a flag-folding ceremony. The folds and steps will be explained.

After the ceremony, everyone is invited to join Legion members at the Legion Hall toward the east end of Concrete Town Center. Light refreshments will be served, kids crafts will be available, and historical tours will be offered to let veterans and the community learn more about Post 132.

For more information, contact Stephanie Morgareidge at 360.770.2836.

—J. K. M.

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

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

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THIS AND THAT

By J. K. M.

If you enjoyed the Christmas decorations in Concrete Town Center last year, why not volunteer a little time this year to make it happen again?

Volunteers are very much needed to decorate our Town Center this year. Gladys and Adrienne have bad knees and can't be climbing around on ladders, so help them out, won't you?

The fun begins on Sun., Nov. 29, around noon to 12:30 p.m. There will be hot drinks and some kind of munchies. If you have decorations you'd like to donate to the cause, bring them.

For more information, call Gladys Silrus at 360.826.4848 or Adrienne Smith at 360.853.8505.

The Skagit County Board of Commissioners is seeking interested persons to serve on the **Agricultural Advisory Board (AAB)**.

The three-year term begins Jan. 1, 2016, or shortly thereafter, upon approval by the Board of Commissioners. Current vacancies are in commissioner districts one and three, but applicants need not reside in these districts.

The AAB meets to discuss agriculture-related issues with specific interests in drainage, flooding, land use, agriculture economics, sustainability, and critical areas. The AAB's role is to inform and make recommendations to the County Commissioners on these and other topics that affect local agriculture.

The AAB meets monthly for two hours on the second Wednesday of the month at 7 p.m. during spring/summer, and at 6 p.m. in the fall/winter.

Individuals interested in serving on this advisory board should send a letter of interest to Linda Christensen, Skagit County, 1800 Continental Place, Mount Vernon, WA 98273 or e-mail the letter to lindac@co.skagit.wa.us.

Concrete Town Council met for regular meetings on Oct. 13 and 26. Both meetings were preceded by 2016 budget workshops. The following is a summary of those two meetings and two workshops. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

Oct. 13 budget workshop

Council reviewed known 2015 revenues and expenditures. Clerk-Treasurer Andrea Fichter stated the overall budget looks good, but revenue from bulk water sales was down sharply in 2015. The water fund itself is supporting itself sufficiently, but very little money is available to put into reserve funds.

Oct. 13 regular meeting

Public Safety: Councilmember Marla Reed stated that she had not heard of any specific incidents occurring at the intersection of SR 20 and Superior Ave., but that the school crossing guard is still not comfortable with the new crosswalk system.

Deputy Sonnabend reported on the theft that occurred at the food bank, and that the laptop and some food items had been recovered. He reported that they have a suspect they are still trying to track down.

Superior Bldg.: Fichter reported on the small works roster notifications that were sent out for the hazardous material survey and abatement quote requests. She stated that she did not receive any responses back. Mayor Jason Miller requested the contact information for those companies that received a notice, as well as those that have performed this type of work for the town on previous projects.

Parks: Reed reported that Public Works is putting together the Silo Park playground equipment. She also reported they already installed the new tire swing and replaced the swing seats with new ones. Reed also reported they discussed moving the bouncy toys from the Silo Park playground and installing them in the Knott Hill Park area so they can begin building that park up.

Council discussed ideas for managing the Swap Meet site so that vendors and neighboring residents can be comfortable.

Oct. 26 budget workshop

Council discussed 2016 salaries and benefits, and decided to propose 3 percent raises for all staff members except Jimmy Luttrell, for whom they proposed a raise to \$15 per hour (more than a 3 percent raise). Council also began to discuss the mayor's compensation, but ran short on time and bumped that discussion to the Nov. 9 budget workshop.

Oct. 26 regular meeting

Public Safety: Sgt. Chris Kading reported on an incident that had occurred at The Hub, where the bartender had to use pepper spray. He stated he would rather the deputies were called prior to an incident getting to the point where the bartender has to use pepper spray. He also reported the Liquor Control Board may be getting involved because of the possibility of over-serving occurring at this establishment.

Sgt. Kading also reported there are still ongoing issues with the new crosswalk system at SR 20 and Superior Ave., and they will continue to monitor this area. Mayor Miller stated that he would like anyone who witnesses any incidents at the crosswalk to please let the town and law enforcement know so we can keep track. He stated there needs to be a paper trail on this for possible future funding to make any additional improvements.

Mayor Miller also reported the air fresheners at the public restrooms need to be replaced. He stated that one was stolen and one was vandalized. He stated these need to be replaced and placed higher on the wall to avoid future theft or vandalism.

Public Works: Dir. Alan Wilkins discussed the need to install a heater in the public restrooms. He stated that he would like to get quotes on a forced heat system. Mayor Miller stated that he is thinking about closing the restrooms at night to stop the vandalism and theft.

Keep track of your council

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

2nd Annual

Community Bazaar and Children's Craft Fair

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Saturday December 12

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Sports



Football draws down

By Ron Rood, coach

Volleyball season ends

By Kevik Rensink, coach

All good things must come to an end. This volleyball season was a good one for the Concrete High School team, and I will remember it for a long time.

Three years ago, as the new coach, the girls on the team said their goal was not to finish last in league again. That had been a humbling experience. So I did something I said I would never do: I promised them we would not finish last.

Not only did we not finish last, we made the playoffs. It was a fun season, with the girls adjusting to a new coach, a new system, and a new set of standards. Our stay in the playoffs that year was short-lived, but I could tell the girls were just happy they got there.

Last season we not only earned a bid to the post-season once again, but now

the girls wanted to stick around a while longer. Even though we were eliminated on the first day of the District Tournament, there was a different attitude. They were not okay with losing anymore. They were upset they lost, and expected more of themselves than they previously had.

The rest of the league took notice as well. We became relevant and respected by players, coaches, and our own community. It was pretty special to see, and I couldn't wait to see what the 2015 season had in store.

This year we accomplished everything we did last year and more. The girls made some lofty goals and had some high expectations at the beginning of the season, and it was fun to watch them meet those goals. Concrete defeated Orcas at

home and away, an accomplishment that dates back beyond any of the players' lifetimes. We wouldn't need to worry about Orcas knocking us out of the playoffs again because they weren't going to be there.

An even bigger accomplishment, and a memory that will last a lifetime, was going into Darrington and beating a ranked Loggers team on their home floor for the first time in 17 years. The game came down to the final two points of the final set, and it was an atmosphere and a moment the players will cherish forever.

The Concrete volleyball team finished with more wins, and went into the 2015 District Tournament ranked as the No. 3 seed. The team was not satisfied with just making the playoffs anymore. The girls expected to win. They expected to move on to the next round. It was a great feeling, and a great moment as the girls fought hard to advance to the next round, only to lose a close match to Darrington.

Darrington was the better team on Thursday night, and they deserved to advance, but I couldn't help but think how much our team had advanced in the last three years. Nobody respected us. Nobody gave us a chance. In one coach's words, we were a "poison" to the rest of the league. Since then we have won back-to-back league sportsmanship awards and are hoping for our third straight this year. This is a testimony to the players in this program. They work very hard, they listen, and they want to be better in volleyball and in life.

I am so proud of this group of young ladies, and I thank them for the opportunity to once again be their coach.



Ellie Grass (left) and Jaycelyn Kuipers gang up on a Mount Vernon Christian player, sending the ball back into Hurricane territory during an Oct. 12 match on the Concrete court.



Right: Hannah Rensink goes up for a block during the Lady Lions' game against the Mount Vernon Christian Hurricanes on Oct. 12.

Concrete's football Lions battled tough in October, but did not reach their goal of returning to state for the fourth year in a row. They finished 5-3, playing only eight games because of Darrington not playing their league games this season.

Concrete started its key matchup with La Conner in style when Dylan Clark scored a 49-yard touchdown on the first play from scrimmage. The Lions answered two Brave touchdowns with an opening second half drive to cut the lead to 14-12, but the rest of the game was a story of missed opportunities. Only a Clark pass to Tyler Labrousse and a pitch back to Blaine Storms that covered 59 yards reached pay dirt. The Braves prevailed 35-18.

Concrete bounced back with a 40-0 whitewash of Friday Harbor in its next league game. A strong defensive effort held the Wolverines to 166 yards, much of that against reserves. Senior Donnie Olmstead led the scoring parade with two short touchdown runs and a 30-yard return of a fumble. Clark rushed for 118 yards and two touchdowns, and also hit on six of nine passes for 101 more. Randall Beacham added a 30-yard touchdown run.

Concrete's trip to the islands to play the combined Orcas-Lopez proved frustrating, with the Lions coming away with a 32-21 loss. The Lions held touted Lopez transfer running back Vinny Cramer to just 31 yards rushing, but as in the previous matchup, which the Lions won, Concrete was riddled by five Orcas-Lopez touchdown passes. There were numerous lead changes in the game, but the Lion's demise was sealed by failing



to score three times after driving inside the Vikings' 10-yard line. Clark again led the offense with 87 yards rushing and 104 passing. Storms scored on a 35-yard run and a 51-yard pass from Clark. The loss eliminated Concrete from any chance at the single playoff berth given the league this year.

Concrete played its last game at Coupeville and thrashed the class 1A Wolves 65-17 in a game shortened by the state's running clock mercy rule in the second half. The Lions took out some of their frustration on the home team by piling up more than 500 yards rushing, most of that in the first half. Swift Storms scored the Lions' first two touchdowns on runs of 25 and 29 yards. Clark led the rushing attack that racked up 58 first-half points and hit three of four passes, all to Labrousse for 82 yards and a touchdown. Beacham ran for a touchdown, scored a PAT, and kicked five more on the night. Freshman Marshall Fichter tallied the only second-half touchdown as the Lion cubs saw most of the action in the shortened second half. Defensive standouts included linebacker Olmstead and linemen Robert Nevin and Trevor Lerma.

Concrete's seniors end their career averaging more than seven wins per season, three state playoff appearances, and the NWB league title last season. They will be missed.



Far left: Senior Dylan Clark runs for yardage during an Oct. 16 home game against Friday Harbor.

Left: This year's seniors gathered for a photo after the Oct. 16 game. The group ended their high school careers averaging more than seven wins per season, three state playoff appearances, and the NWB league title last season.

Athletes of the Month



Athletes of the Month are Cassidy Cargile and Robert Nevin

Senior Cassidy Cargile is a three-year Varsity starter on the Concrete Lions volleyball team, and led the team in assists with 137 this season, as well as perfect pass percentage (45 percent) for the third year in a row. "Cassidy's done a great job of running our setter 2 position during her career," said Head Coach Kevik Rensink. "She is one of our team captains and works very hard every day." Rensink noted that this is Cargile's first Athlete of the Month award, and said, "after an excellent athletic career, it is much deserved."

Senior lineman Robert Nevin knows how to throw his weight around on the football field. Head Coach Ron Rood called Nevin "one of the best linemen in the NWB League." A four-year Varsity starter, Nevin is "especially adept at blowing open holes in the opposition's line for our backs to follow," said Rood.

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

You're invited to attend a Trail System Workshop

Learn more about efforts to develop a trail system in Concrete!

WHEN:

Sat., Nov. 14, 9:30 a.m. to noon

WHERE:

Concrete High School commons room

WHAT:

Presentation by Concrete Trail System Committee

Concept maps and plan, lots of chances to provide feedback to the team. Refreshments provided.

If you'd like to improve Concrete's trail system, you're invited!

For more information, contact Jason Miller at goodwords@frontier.com or 360.853.8213.

Soccer: October a wild ride

By Adam Woodworth, head coach

October continued to be a wild and exciting ride for the Concrete Lady Lions.

An exceptional offensive showing in a nonleague match with Seattle Lutheran saw the Lions score their highest single-game total in team history, winning 7-3. Later in the month, the Lions had one of their best defensive games of the year, holding Friday Harbor to a single goal in regulation and two overtime periods, the best a Concrete team has ever played against the Wolverines. Unfortunately, the Lady Lions lost 2-1 in the shootout, but it was nothing to hang heads about, as Friday Harbor finished second in league, losing games only to No. 1 seed La Conner.

For the team to experience a game like that and get within a shot of winning—it's a big deal for these girls. When this team looks their best, they are the true definition of teamwork. They defend cohesively as a group. They pass like a machine. They work as a unit, and it's a physical, passionate, chaotic masterpiece of expression that this team has branded as 2015 Concrete Lions Soccer. It's a brand that has what it takes to compete with the best the league has to offer, but it's also one that can fracture and implode at a

moment's notice.

This season has been in many ways exactly what this group required to prepare for the next couple seasons. The officiating has been questionable, the physicality has been unequaled, and the schedule demands have been similar to those of the post season: many games in a single week, with a lot of traveling. There have been internal struggles and distractions. There have been countless learning opportunities and challenges every day, coming in many different forms. This team has a clearer picture than ever before what is required to be post-season contenders, and how important every game and every half can be to reaching the playoffs.

They've proven they have what it takes to compete with the best. The next hurdle will be finding consistency and cohesiveness, something only time and leadership can deliver. Fortunately, most of these girls play together in multiple sports and have the time to reach those goals if they can stay focused and work together. Without a single senior on the roster, this year's team is poised for the best season Concrete Soccer has ever seen. It could be one for the record books.



Freshman Nora Towner sneaks a shot on goal past an Orcas Island defender during an Oct. 15 home-field match. Towner scored the Lions' lone goal earlier, and it was all Concrete needed to take home a 1-0 victory.

Sports schedules: nw1a2athletics.com

Middle school volleyballers end season strong

The 2015 edition of Concrete Middle School volleyball ended Oct. 27 with some very competitive games against rival Darrington. With only 13 girls for most of the season (five 8th graders, nine 7th graders), the girls remained competitive throughout the season as they faced Mount Vernon Christian, Orcas, La Conner, Friday Harbor, and Darrington. Concrete played home and away matches against each school with the ferry trips to both Orcas and Friday Harbor high points of the season.

Highlights of the season for the 8th grade team included defeating Orcas, Friday Harbor, and Mount Vernon on their home courts. The 7th grade team enjoyed game victories against Orcas and Friday

Harbor, while saving their best games against La Conner at La Conner.

The season started Sept. 9 with the girls committing themselves to working together as a team to accomplish their stated goals:

1. Learn the fundamentals of the game.
2. Learn to work together as a team.
3. Improve each and every week.
4. Have fun.

With the difference in numbers, one or more 7th graders moved up to play on the 8th grade team for each match. Also, with some eligibility issues during the season, many times each team only had six players, which prevented any substitutions but it gave all the girls substantial playing time as well as the opportunity to play every position on the court.

The keys to each victory for Autumn (7th), Chaya (8th), Ebby (8th), Haley (8th), Kassidy (7th), Lexi (8th), Mckenzie (7th), Michelle (7th), Mikayla (7th),

Rebekah (7th), Sam (8th), Sierra (7th), and Tasha (7th) were relatively simple: The higher the serving percentage, along with the greater the energy and enthusiasm on the court, the better the team played and the more points they scored.

The girls go into the off-season with a clear understanding of what they need to focus on to help improve their individual games and to be prepared for the next season. I wish the 8th graders well as they move on to play either volleyball or soccer next year in high school. I look forward to coaching the 7th graders next year, as well as a great group of 6th graders moving up to the middle school.

—Rob Thomas, coach

Right: 7th grader Mckenzie Wilson sends the ball back over the net as the middle school team tangled with the Friday Harbor Tigers on the Concrete court Oct. 19.



Small clinic, big service

Sea Mar Concrete Medical in Concrete hasn't grown in stature, but its lineup of services has increased significantly during its first year.

When PeaceHealth aligned with United General Hospital, it took the clinic—then named East Valley Medical Clinic—under its wing for a short time, but the PeaceHealth business model couldn't accommodate the needs of the small clinic or its clientele. Sea Mar assumed operations and renamed the clinic on Oct. 1, 2014.

Little more than a year has passed, and Clinic Manager Philip Goritsas hasn't wasted a moment bringing new services to town.

A behavioral health component was introduced in September of this year. A therapist is on site two days per week and will move to full-time as soon as demand warrants it.

A care coordinator is now on staff to serve people with complex, chronic conditions that aren't always health-related. For example, a person may be struggling with homelessness and diabetes simultaneously. The coordinator oversees care managers who perform in-home visits to help ensure patients don't have episodes—a diabetic coma, for example. "The more we can help at that end, the better it is for the recipient," said Goritsas. "It also lowers the overall cost."

The clinic plans to hire more care managers as part of a strategy to focus more on preventive care than acute care; that is, episodes that already are happening and must be treated rather than prevented.

Certified Physician Assistant Pamela Hassler joined the clinic in late August and already is helping to relieve some of the patient-load pressure from Daniel Garcia, M.D., the clinic's longtime primary doctor.

Rocky start

The switchover in management hasn't been without its challenges. The pharmacy in particular closed for inventory after Sea Mar took over its management, "then wasn't ready to go full speed when we reopened," said Goritsas. "It took us four to six weeks to feel like we were up and running."

That's because the Concrete pharmacy is Sea Mar's first pharmacy; the Sea Mar system typically arranges for internal referrals and prescriptions, not external. The Sea Mar pharmacy also doesn't carry every single medicine in every single dosage, so some people had to transfer their prescriptions to a downriver source.

But the future looks bright for the clinic. Goritsas is pushing preventive care, so that incidents where a person requires EMS services are fewer. The clinic offers diabetic foot exams every one to two months. On Jan. 1 the Teen Clinic at the county Resource Center will move to the Sea Mar clinic. A Nurse Line (866.418.1002) allows patients to access answers outside of business hours for free. And Goritsas intends to change the former business office to a meeting area for different groups, such as chemical dependency or group counseling, as well as three behavioral health offices.

"I'm trying to pull more services in,"



Pamela Hassler, PA-C, and Daniel Garcia, M.D., provide patients at Sea Mar Concrete Medical two friendly faces after Dr. Garcia spent years managing the patient load all by himself. Hassler joined the longtime Concrete doctor in late August of this year.

said Goritsas. "My goal is to partner with other organizations in the community. I think the sky's the limit for what we can bring in."

—J. K. M.

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Academics



Concrete Elementary School students gathered for an Oct. 29 Recognition Breakfast in honor of their special academic efforts. Front row, from left, Madden Cochran improved his reading by five months since school started; Lila Farnsworth, for being a Pax leader; Isabella Middlemist is performing above her grade level; Kaylee Nieshe, for always giving 100 percent and working hard to improve; Kimi Ward, for making great progress in reading. Back row, from left, Hope Danner makes good choices every day; Prudence Star, an enthusiastic and excited learner who inspires the same in others; RJ Lamkin, excellence in math and reading; Mason Stevenson, for achievement in math; Orion Edge, who finishes his work and then helps others and makes sure they understand what they are doing; Devon Howard, who works hard on her studies, asks great questions, and is a classroom leader; Myah Cyr, for her math multiplication skills.



Above: Lucas Pressley gives two thumbs up to his lunch during Taste Washington Day at Concrete Elementary School on Oct. 7.

Opposite, top: Washington State Senator Kirk Pearson asks elementary school students for their opinion on lunch during Taste Washington Day.

Opposite, middle: From left, Cassidy Cargile, Diane Bergsma, and Tyler Hunter load up on local food during Taste Washington Day.

Opposite, bottom: School district staff and United General Dist. 304 reps serve up goodness on Taste Washington Day. *Photos by Denise DuVarney/Copperbear Photography.*

Local food, local goodness

Concrete students got something different on their lunch trays Oct. 7.

Taste Washington Day found mostly locally sourced food on students' plates in the elementary, middle, and high schools. The menus included organic grass-fed ground beef from Ovenell's Double O Ranch near Concrete, carrots and kale from Blue Heron Farm in Rockport, Asian pears and dill from Forest Farmstead near Concrete, and 'Red Chieftain' potatoes from Double N Potato Shed in Burlington.

The event marches in lockstep with the school district's Farm to School program, which has brought fresh produce from Skagit County farms into its lunchrooms. Food Service Manager Marla Reed said that last year, after she ran out of carrots from Blue Heron Farm, students noticed the difference. "They kept asking me for the 'good' carrots," she said.



Concrete Elementary students were honored Oct. 30 at a "Character Assembly" that celebrated the ways they demonstrated compassion. Front row, from left, Kelsy Martin, Oblio Thorn, Riley Moore, Abigail Evans, Maddy Norris, Makayla Williams. Back row, from left, Genalynn Beazer, Anja Roozen, Matthew Denny, Kallie Dull, Natalie Lahr. *Not pictured: Riley Nieshe.*



Foam-fighting fanatics



Photo by Western Groh

If you think the medieval times are over, think again. The Concrete Boffing Field is a handful of kids and adults (our youngest player is 6 and our oldest player is 49) fighting each other using foam medieval weapons (swords, daggers, axes, and spears).

The Concrete Boffing League is anchored by Hephaestus. Hephaestus, the Greek weaponsmith god, is the field name for Alden Meyer, 13, who brings water and often healthful snacks from his farm to the field, along with an assortment of spare weapons that anyone can use.

The Concrete Boffing League was founded by a supportive dad and a group of homeschool kids who wanted to have something to do with their Fridays that counted as a workout. Each day's battle inspired new weapons, and both weapons and new players began to accumulate.

Now there are enough weapons to supply a small army, and plenty of other players to kill. All of the founding members now have field names, a nickname given to them by the other players. "You can't pick your own field name, but you can veto one you don't like," said Saber, the youngest founding member.

"Kids just walking by after school pick up a sword, someone lets them know the rules, and they start playing," said Vader, father of Hephaestus and usual chaperone. "Many of these kids are not the type to be attracted to conventional sports. Here they are playing with the same themes from

their video games, but are actually getting exercise and socializing."

Bowen Beals of Concrete (now Leaf Ninja) said, "I started because I needed a hobby, plus what kid wouldn't want to beat their friends with giant Nerf swords?"

"The making of weapons is the most complicated part of the process," said Hephaestus. All weapons must be checked by at least two master smiths to ensure safety. "I can say from experience that being hit with a bad weapon is not fun," said the original mythical master smith.

The rules of boffing are very simple: if someone is hit in the arm, they can't use that arm. The same goes for legs. A hit in the torso means "death." Death has different penalties in each game, from being out the rest of the game to various ways to regain life. A hit in the head, neck, or groin don't count, to encourage safety.

"One must remember that boffing is a game of tag, not beating other people up," said Dragonfly, named for his darting style with the great-sword, "and 'power shots' are not allowed."

The field meets every Friday at Silo Park from 2:30 to 5 p.m. There is no official leadership and anyone who is willing to follow the rules can join. It is free and fun.

For more information, contact alden.hephaestussmith24@gmail.com.

—Alden (Hephaestus) Meyer
Lukas (Saber) Sahlin
Kai (Dragonfly) Sahlin

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Clear Lake



Community Calendar



NOVEMBER

- 3 General Election. Ballots must be postmarked by today or placed in a drop box by 8 p.m. today
- 7 Sedro-Woolley Senior Center 18th Annual Holiday Bazaar, 715 Pacific St., Sedro-Woolley, 9 a.m. to 3 p.m.; see notice, p. 17; info at 360.855.1531
- 7 Holiday Bazaar, Mansford Grange, Darrington, 9 a.m. to 5 p.m.; see notice, p. 25; info at 360.436.1491
- 7 Skagit County Veterans Day Parade, Burlington, 11 a.m.; info at 360.540.2920
- 11 Veterans Day
- 11 Veterans Day Honor Walk begins at Silo Park silos, Concrete, 9:30 a.m.; see notice, p. 6; info at 360.770.2836
- 11 State Parks Free Day (no Discover Pass required)
- 12 "The Brothers Grimm Spectaculathon!" plays at Darrington High School, 5 p.m.; free admission; see notice, p. 25
- 14 Trail System Workshop presented by Concrete Trail System Committee, Concrete High School Commons Room, 9 a.m. to noon; see article, p. 5, and ad, p. 8
- 14 Skagit Fisheries Enhancement Group planting party at Dalles Bridge near Concrete (site off Gordon Rd.); RSVP to 360.336.0172 ext. 304 or education@skagitfisheries.org; info at www.skagitfisheries.org
- 14 Writers-in-Progress meeting, Upper Skagit Library, Concrete, 3:30 to 4:30 p.m.; info at 360.853.7939
- 14 Upper Skagit Library Winter Food & Book Drive begins, runs through Dec. 15; info at 360.853.7939
- 14 Darrington Community Dance; see notice, p. 25
- 19, 20–21 "Hope Soars" Women's Conference presented by WOMEN HAND in Hand, Darrington and Sedro-Woolley locations; see ad, p. 20
- 21 Darrington High School 2015 Hall of Fame Induction Ceremony, DHS auditorium; meet and greet at 5:30 p.m., ceremony at 6:30 p.m.; see notice, p. 25
- 26 Sedro-Woolley Community Thanksgiving Dinner, Cascade Middle School, 905 McGarigle Rd., Sedro-Woolley, 12:30 to 3 p.m.; see notice, p. 17; info at 360.855.0231 or slokkebo@yahoo.com
- 29 Christmas decorating in Concrete Town Center, 12:30 p.m.; volunteers needed; info at 360.826.4848 or 360.853.8505

DECEMBER

- 3 Upper Skagit Writes Open Mic, Upper Skagit Library, Concrete, 5 to 6 p.m.; info at 360.853.7939
- 5 Clear Lake Annual Arts and Crafts Fair, Clear Lake Elementary School, 9 a.m. to 3 p.m.; info at 360.855.0042
- 5 Christmas Bazaar, Mansford Grange, Darrington, see notice, p. 25
- 5–6 Concrete Lions Club Christmas Tree Sales, Swap Meet lot west of Loggers Landing, Concrete, and at Albert's Red Apple, Grasmere
- 6 Marblemount Community Hall Christmas Bazaar, 10 a.m. to 3 p.m.; Santa at noon
- 10 SRSC Presentation and Community Meeting regarding Barnaby Reach proposal, Howard Miller Steelhead Park clubhouse, time TBD
- 12 Christmas in Concrete Parade (participants needed!), 6 p.m., Concrete Town Center; Santa at American Legion building after parade
- 12–13 Concrete Lions Club Christmas Tree Sales, Swap Meet lot west of Loggers Landing, Concrete, and at Albert's Red Apple, Grasmere

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



HISTORY CORNER

In this circa 1910 photo taken near Clear Lake by J. E. Asplund of Arlington, we see a steam donkey being used to load a flatcar. Five loggers can be seen in the photograph. The logger third from the left is John Turner, Jack Turner's grandfather, a lifelong Clear Lake resident. At the same time steam locomotives

began working in the logging industry, steam donkeys also appeared, replacing horse and oxen teams. Steam donkeys were mounted on log skids to enable them to tie onto a tree or stump and winch themselves from place to place as the logging progressed. After the introduction of the steam donkey, huge amounts of timber

were cut compared with the quantity harvested with horse and oxen teams. *Photo courtesy of Clear Lake Historical Association.*

If you have old photos of Clear Lake and/or Day Creek, please contact historian Deanna Ammons at 360.856.6798.

—Deanna Ammons, historian

Community meetings

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

Community Chat, an informal conversation about projects in Darrington, meets the second Fri. of each month at 8 a.m., at Mountain Loop Books and Coffee, 1085 Darrington St., Darrington. 360.436.2167

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

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

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

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

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

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

Concrete School Board will hold its next work session on Dec. 14, at 6 p.m. in the high school Commons. The board will hold its next regular monthly meeting on Dec. 17, at 6 p.m., in the Commons. 360.853.8141.

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

Darrington Area Business Assn (DABA) meets the third Wed. of each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

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

Forest Park Cemetery District No. 5 meets the second Wed. of each month at the cemetery

office on Compton Lane in Concrete, at 8 a.m. 360.708.3656.

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

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

KSVU station info and host training, second Wed. of each month at Portable B behind Concrete K-8 School, 4 p.m., open to public. Call 360.416.7001 to confirm appointment.

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

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

Marblemount Community Hall board and staff meet the second Wed. of each month at the hall, at 6:30 p.m. 360.873.2048 or 360.853.8388.

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

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

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

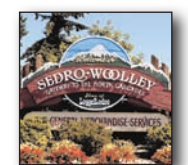
Sedro-Woolley School District Board will meet for a regular meetings on Nov. 9 at 7 p.m. at the Support Services Bldg., and on Nov. 23 at 7 p.m., at Big Lake Elementary. 360.855.3500 or kcargile@swsd.k12.wa.us.

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

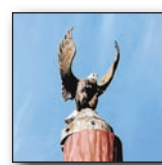
Upper Skagit Library District (USLD) Board meets the second Thurs. of each month at 5 p.m., at the library. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.

Parents! Get involved in your PTO!

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



Sedro-Woolley



Community Troop Support dissolves

Sedro-Woolley Community Troop Support (SWCTS) announced in October that the organization would dissolve, according to a press release from founder Marilyn Pineda.

The organization was dedicated to organizing and sending care packages to community members who were serving in U.S. military branches overseas.

"Individuals from Skagit, Whatcom, and Island Counties have been volunteering, donating, and providing support to Sedro-Woolley Community Troop Support since 2004 enabling its mission statement, 'People in our community sending care packages to people from our community serving overseas in the U.S. Military,'"

wrote Pineda in the release. "Literally tons of care packages have made their way all over the globe, and thousands of military lives have been touched."

The organization had four American flags that had been flown in combat by troops overseas in honor of the people on the home front who have stood with them in action and in spirit. These combat flags will be distributed on or around Veterans Day for permanent safekeeping and viewing to Sedro-Woolley High School, Anacortes Middle School, Sedro-Woolley Eagles FOE 2069, and Janicki Industries in Sedro-Woolley.

Care package items held to date by SWCTS have been donated to American Legion Memorial Post 91 in Burlington to be used in their services to local Veterans in need.

All fundraiser earnings held to date by SWCTS will be forwarded to Operation Gratitude, a national organization that ships more than 150,000 care packages each year in support of U.S. Troops serving overseas. Information on supporting overseas troops or submitting a name to receive a care package can be found at www.operationgratitude.com.

S-W family practice group to join Skagit Regional Clinics

Physicians Care Family Medicine in Sedro-Woolley integrated with Skagit Regional Clinics on Sept. 28. At that time Drs. H. Edwin Stickle, Gilson Giroto, and Robert Jacobsen along with physician assistants Kimm Layland and Tiffany Johns became employed by Skagit Regional Health.

"We are pleased to add the providers of



American Legion Memorial Post 91 in Burlington provided flag folding services for the four combat flags held by Sedro-Woolley Community Troop Support. Shown left to right are Lonnie Shere, Post Commander; Pete Sill, Volunteer Service Officer; Christopher Brock, Vice Dept. Commander Area 1; and Matt Irons, Sons of American Legions. *Submitted photo.*

Sedro-Woolley merchants bring you Concrete Herald each month. Please support them!

Physicians Care Family Medicine to the Skagit Regional Health team," said Jane Root, Chief Administrative Officer of Skagit Regional Clinics. "These well-established healthcare providers will help support the continued needs of primary care for a growing community."

"Over the past six months, United General District 304 worked closely with Skagit Regional Health, PeaceHealth, and Physicians Care to ensure adequate primary care remained within District 304. United General District 304 is pleased the residents of our district will continue to receive care close to home," said Ted Brockmann, Superintendent of United General District 304.

The Physicians Care Family Medicine providers will remain at the same clinic in Sedro-Woolley, located at 1990 Hospital Drive, adjacent to PeaceHealth United General Medical Center.

Physicians Care Family Medicine's Burlington office closed on Sept. 25. Dr. Jacobsen will relocate his practice to Skagit Regional Clinics Mount Vernon, where he will join SRC's established family medicine team.

Physicians Care Family Medicine was established in 1971. The group has served the primary care needs of patients in Burlington and Sedro-Woolley under the name Physicians Care Family Medicine since 2005.

Skagit Regional Clinics is a multi-specialty medical group formed in 2010 when Skagit Valley Medical Center integrated with Skagit Valley Hospital. Skagit Regional Clinics cares for patients in Skagit, Island, and north Snohomish counties.

For information about Skagit Regional Clinics, go to www.srclinics.org.



Members of Girl Scout Troop 44066 in Sedro-Woolley show off their mismatched socks and signs supporting their anti-bullying initiative in honor of the organization's Million Misfit Sock March that took place on Oct. 23 and 24. The girls made a video of their efforts, which can be viewed on YouTube at <https://youtu.be/KzRfUkz7mJA>. *Photo by Tammy Roberts.*

Briefly ...

The Sedro-Woolley Senior Center will host its **18th Annual Holiday Bazaar** on Sat., Nov. 7. The event will run from 9 a.m. to 3 p.m. at the center, located at 715 Pacific St. (by the library) in Sedro-Woolley. Local craftspeople from the area will be there with an excellent selection of crafts and homemade items.

For more information, call the center at 360.855.1531.

Soroptimist International of Sedro-Woolley is seeking applicants for its **"Live Your Dream Award."** The award is a \$1,000 grant for women who are working to better their lives through additional schooling and skills training. Eligible applicants are women with primary financial responsibility for themselves and dependents, if they are attending an undergraduate program or a vocational skills program, and have a financial need.

To apply, download the application from Soroptimist International (<https://www.soroptimist.org/members/program/programdocs/lyd-awards/english/application.pdf>). Mail the completed application to:

SIS-W
P.O. Box 249
Sedro-Woolley, WA 98284

Deadline for applications is Nov. 15.

Beginning in November, Soroptimist International of Sedro-Woolley will add an **additional day for shopping** at its Walnut Tree Thrift Shop in Sedro-Woolley. The store will be open on Wednesdays from noon to 6 p.m., adding to the current schedule of Mondays and Thursdays from noon to 6 p.m., and Fridays from noon to 4 p.m.

The annual **Sedro-Woolley Community Thanksgiving Dinner** will be held at Cascade Middle School, 905 McGarigle Rd., Sedro-Woolley. Dinner will be served on Thanksgiving Day, Thur., Nov. 26, from 12:30 to 3 p.m.

The traditional feast is free to all members of the community. Donations are accepted. For more information or to volunteer, contact Stephanie at 360.855.0231 or slokkebo@yahoo.com.

Dinner organizers also are taking orders for free home delivery. Call or sign up at the Sedro-Woolley Senior Center, 360.855.1531; or the Sedro-Woolley Chamber of Commerce at 360.855.1841.

Orders will be accepted through Wed., Nov. 18.

PeaceHealth United General Auxiliary is selling raffle tickets for \$1 each. Up for grabs is a locally made quilt measuring 72 x 80 inches. Tickets may be purchased from an Auxiliary member or at the hospital's Gift Nook. The drawing will be held on Nov. 19, ticket holders need not be present to win. All proceeds benefit patients and programs at PeaceHealth.



Sedro-Woolley High School Homecoming Royalty traveled the Homecoming parade course in high style on Oct. 2. *Photo by Judy Johnson.*

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Day Creek



Lyman charity preps for Christmas Angel Tree

The Heart to Heart Christmas Angel Tree is seeking people to help those Upper Valley families in need by shopping for children of low-income families.

Those wishing to help can choose angel tags online at the charity's Facebook page, www.facebook.com/h2hangeltree.

All information regarding the program is listed on that page, including rules and guidelines. Charity members will help as many families and children as they can.

Families are available for adoption as well, for those people and/or businesses wishing to adopt a family. Families of all sizes are available.

It is again the charity's goal to provide each child with a hat, scarf, mittens, pajamas, socks, and a blanket this year, in addition to their gifts. The charity also would like to provide personal hygiene

items such as shampoo, body wash, soap, etc. Donations of these items are greatly appreciated.

Questions should be directed to president Tammie Werner at hearttoheartcharity@gmail.com. Donations of cash/checks are used to purchase additional needed items. Checks need to be made payable to Heart to Heart Charity and can be mailed to:

Heart to Heart Charity
P.O. Box 1372
Lyman, WA 98263

The charity also has set up a GoFundMe page, which accepts debit/credit cards and PayPal. For information about donating via GoFundMe, send an e-mail to hearttoheartcharity@gmail.com.

Scarf donations sought

The charity is seeking donations of scarves. These can be new or used if still in great shape. The scarves will be donated around Upper Valley communities. The idea is a Give Back project for the charity's KIDS Club children. The charity also is seeking donations of yarn and volunteers to make scarves. Anyone who wants to help in this way should contact Werner.

Giving back

The charity also is having a Thanksgiving Give Back Project, which is open to all children and their parents/guardians who want to do something for others this holiday season. Join the charity and kids on Wed., Nov. 25, at

Cascade Middle School in Sedro-Woolley from 2 to 3 p.m. to help with prepping for the free Community Thanksgiving Dinner happening the following day (Thanksgiving). This is a great way for kids to help others. A wide range of people will be helped. Tammy Roberts will chaperone the kids and help out. Parents are welcome to stay and help, but if you drop your kids off, you need to check in with Tammy and confirm a pick-up time.

This event is for everyone, even those who have never participated in KIDS Club.

For more information about these and other Heart to Heart Charity events and fundraisers, contact President Tammie Werner at hearttoheartcharity@gmail.com.
—Tammie Werner

Community notes

Day Creek Chapel Chatter

This year's annual Christmas Play practice will begin in November. If you need transportation for your kids, call Sue at 360.391.1709. Performances will be in December at the monthly Community Potluck (Dec. 15) and during church service on Dec. 20.

This month's Community Movie Night is on Sat., Nov. 14, at 6:30 p.m. For movie choices and information, call Kristine at 360.826.3522.

November potluck

This month's potluck dinner will be held on Tue., Nov. 17, at 6:30 p.m. Bring your questions, concerns, and input to a Q&A session with Chief Patrolman Chad Clark. Be a part of making Day Creek a safe and desirable place to live.

Kingdom Builders

Donna Pulver and Kathy Henderson, co-directors of Kingdom Builders, are reaching out to those in the Day Creek community who need help with trips to the doctor, hospital visits, store runs, and more. If you would like to become available to be a community helper, call 360.826.3003, 360.826.3581, or 360.826.3822.

WOMEN HAND in hand

WOMEN HAND in hand will welcome Sarah Hill Nov. 19–21. On Nov. 19 at 6:30 p.m., she'll be at Darrington High

School. Hill will be at Sedro-Woolley High School Nov. 20–21. Tickets are \$15 for Thur., Fri., or Sat., or \$20 for two days. For ticket information, go to www.womenhandinhand.com and follow the Eventbrite link, or call 360.853.3066. See the ad on p. 20 of this issue for more details.

WOMEN HAND in hand can be followed on its Facebook page or on its Web site.

To join WOMEN HAND in hand, call 360.826.3067.

Garden dirt

Fall is a great time for garden work!

- Spread compost.
- Divide iris, peony, sweet woodruff, poppy, hostas, phlox, and pulmonarice.
- Plant garlic. Harvest all carrots and beets now.
- Plant all spring bulbs at their recommended depths.

News and tips should be sent via e-mail to winningcircularanch@gmail.com.

—Compiled by Kathy Henderson

2015 Community Potluck dates

November 17, 6:30 p.m.
December 15, 6:30 p.m.

Fire Dist. 16 garners award

On Oct. 20, the Dr. Ron Richeson Life Saving Award was presented to Day Creek Skagit County Fire District 16 for the efforts and excellent procedures they used to save a local resident, Mike Pulver.

This was the first Skagit County Fire Department to receive this award. We are very proud of the fire personnel who serve our community and give of their personal time in emergency events!



Find the cure for cabin fever at the North Cascades Vintage Aircraft Museum



Get out and take a self-guided tour of our amazing collection of vintage aircraft. Our winter hours are Tuesdays & Thursdays from 10:00am-3:00pm or weekends by appointment only. See you there!

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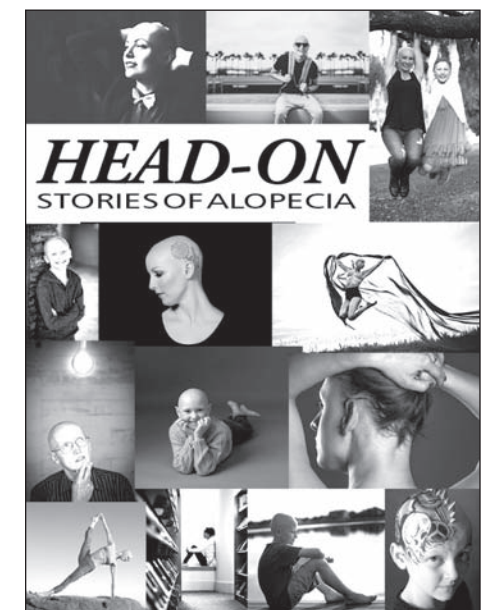
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*Source: 2013 National Newspaper Association Survey



Nov. 19, at 7 p.m.

The book can be purchased directly from Graham on www.headonpublishing.com, on Amazon.com, at Skagit Valley Food Co-op Mercantile, and at Village Books in Bellingham, or checked out at the Upper Skagit Library in Concrete.

—J. K. M.

Continue the cycle

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October in pictures



Above: Sauk City playwright and novelist Nicola Pearson reads a passage from her serialized crime novella, *The Man in the Mud Room*, during an Oct. 3 fundraiser for the Upper Skagit Library's building project. Donations and sales of Pearson's works raised \$312 in one hour. "We thought that was pretty good for a smaller fundraiser," said Library Associate Cora Thomas.



Above: Ghost Walk performer John Boggs channels the ghost of "Jim" the bank robber who, along with two others, robbed the bank in Concrete on April 15, 1931. Jim was the robbery's mastermind, but unlike his cohorts, he was never captured and his real name was never known. "The reason I call him 'Jim' is because the first person who was willing to play that character was Jim Hillman," said Boggs. *Photo by Bill Pfeifer.*



Left: Prudence Star, 8, from Concrete, digs into a very big pumpkin during the Pumpkin Run event at Concrete Elementary School on Oct. 29. The event drew dozens of kids and family members, with almost as many pumpkins receiving some very artistic cuts.



Right: Concrete High School Homecoming royalty paused for a photo before the dance on Oct. 17. Back row, from left, sophomore princess Becky Azure, junior princess Iris Nevin, senior princess Erika Holm, senior prince Tavish Beals, junior prince Blaine Storms, sophomore prince Cole Meacham. Front row, from left, freshman princess Nora Towner, senior Queen Cassidy Cargile, senior King Josh Gentry, freshman prince Marshall Fichter.

Women's Conference
Hope Soars

Nov. 19th, 6:30 pm
Darrington High School
Auditorium &
November 20th - 21st
6:30 pm / 9 am - 12 pm
Sedro-Woolley High School
Auditorium

Ravaged by past pain and abuse, Sarah now exemplifies strength and peace as her HOPE SOARS!
Now a youth worker in Hawaii, she was featured in the film *Soul Surfer*

Sarah Hill

TICKET INFO:
Go to our website
womenhandinhand.com
& follow the
Eventbrite
link to purchase
your tickets!

Cost:
\$15 for Thurs., Fri. or Sat.
or \$20 for 2 days!
(Thurs./Sat. or Fri./Sat.)

For further Info
Call Deborah at
360-853-3066



Above: Morgan Rowe, 10, of Concrete, turned the tables on this cougar near Winthrop on Oct. 21. The cougar was approximately 25 yards from Rowe and getting ready to pounce on the boy, who stayed calm and killed the predator with a head shot. Rowe and his father, Justin Rowe, were hunting deer in the area and came home with a unique story to tell. The cougar was tagged at the ranger station and judged to be 2 to 3 years old and about 100 lbs. *Photo by Justin Rowe.*

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Hamilton



Rockport



From the Mayor

I cringe when I hear, "That's the way it's always been around here."

People accept, or even worse, expect certain situations in our area, either in the appearances or actions of people that live here. It's like many are stuck in a way of life, and even though they don't like it, they won't do anything to change it.

When you ask someone why they are staying in a relationship with somebody who is constantly, endlessly hurting them, the person will often say, "Because I can't imagine my life without them." The human imagination is literally limitless, and you can't summon up a picture of a future that might be better than this? You can't even IMAGINE it? Why can you not imagine something better for your life? Why can you not imagine that the universe might have something else in store for you and the people you love besides more misery, stagnation, and suffering?

You have to be able to imagine something good for yourself before you can have it. You must create within your imagination an idea of what your life could look like, in a better way, or else you can't change anything for the better or seek anything good for yourself.

Can you imagine your yard without the clutter, garbage, or blackberries



where you can relax in the sun? Can you imagine learning something new that helps you take a step to earn more money? Can you imagine not being dependent on chemicals to get through the day? Can you imagine helping a neighbor, so both of you have a nicer place? Once you can imagine it, you can start thinking of ways to get there. You have to imagine it first, actually have the picture of what you can be, before you can start moving out of the place you are now.

Imagine something bigger, better than what you are now. I can imagine the landscaping at Town Hall trimmed and part of a nice park, and slowly I keep working on it, hoping I don't find more bee nests. It gets the area closer to what I imagine it could be.

We're working on imagining a whole system of parks that will make each neighborhood proud. That's part of the Comprehensive Plan that we're working on, imagining Hamilton 20 years from now, and what we want it to look like.

In many ways we're trying to imagine bigger. What would your life, your home, your community look like if you imagined bigger? Once you have the picture, you can start finding ways to work toward it.

Imagine what would happen if we all worked toward the same goals, each doing what we can to make the future better, bigger.

—Mayor Joan Cromley
(inspired by Elizabeth Gilbert,
"Imagine Bigger")



Whiskey Fever band members (from left) Dennis Dorgan, Andy Brown, Jack Mattingly, and Dylan Dalgarn perform during the Cardiac Arrest Fest at Birdview Brewing Co. on Oct. 24. Photo by Ed Giecek.

Birdview Buzz

Happy November! Birthdays this month:

- 3 Bradyn (our little friend from Canada)
- 10 Erin Haven, Kathy Hurn
- 13 Debby Riehl
- 15 Cory Badding
- 17 Justin El-Smeirat
- 18 Brewmaster Bill
- 21 Adam Lafayette
- 22 Kathy Lemon

For most people, October is pink ribbon month, but ever since our son Jason had a cardiac arrest in 2008, it has been red month and raising money for cardiac units (previously Children's Hospital in Seattle).

Last month, through donations from a portion of our seasonal Cardiac Arrest beer and what we raised during Cardiac Arrest Fest through silent auctions, a 50/50 raffle, and a portion of clam chowder served that day, we managed

to raise more than \$1,700 for the new Heather Schols Cardiac Care Center at Skagit Valley Hospital.

During Cardiac Arrest Fest, we were honored to have Kelly Schols (the late Heather Schols' husband) talk. Since Heather's sudden death three years ago, he has started a fundraising foundation called SLISH (Seven Lakes in Seven Hours), which has become an annual hike. Their goal was to raise \$100,000. They are at \$90,000. We feel good that we were able to contribute to this very worthy place.

Also, Team Leadership (and Keep a Heart Beating Skagit) dedicated our AED unit that we were given by them. They raised enough money to place seven units throughout the Upper Valley, which also included training for employees on how to use the units.

We appreciate all the community support we get whenever we have fundraisers. We live in a great place with lots of generous, caring people.

Happy Thanksgiving, everyone.

—Kris Voigt

Interpretive Center celebrates 18 years

By Cora Thomas, Interpretive Center president

The Skagit River Bald Eagle Interpretive Center will celebrate 18 years this 2015–2016 winter season. The Interpretive Center offers opportunities to better understand the wildlife of the Skagit River watershed, with an emphasis on the winter migration of bald eagles, salmon, and the vital role each play in our ecosystem.

The small nonprofit has been devoted to environmental stewardship and public education of Skagit River ecology for close to two decades. Located along the wild and scenic Skagit River at Howard Miller Steelhead Park in Rockport, the Interpretive Center is prime territory for eagle watching.

The dedicated team at the Interpretive Center is busily preparing for this season's eagle watchers to arrive. Last season, the Interpretive Center welcomed 9,700 visitors from across the region, nation, and other countries, who participated in activities such as guided nature walks, environmental and cultural presentations, interpretive displays, and a unique School Program tailored to curriculum needs.

This year an expanded Nature Store will host more local artists' wares for display and purchase.

Visitors can dart out of the cold and warm up with hot beverages, while finding information on the best eagle-watching spots along State Route 20 in Eastern Skagit County. Guests also can attend presentations by regional experts on numerous environmental topics. This season the Interpretive Center will feature additional speakers who can address the increased stress of dry climate and low water levels in rivers and lakes, which affect native fish species.

The Interpretive Center is seeking volunteers. If you're passionate about conservation education or want to learn more about the center's focus, consider volunteering. The center has a wonderful

team that is knowledgeable, and the center promotes a culture of learning and curiosity for all ages that is extremely infectious.

The Skagit River Bald Eagle Interpretive Center is open weekends from Dec. 5 through Jan. 31, from 10 a.m. to 4 p.m. An events schedule is posted on its Web site, www.skagiteagle.org. Presentations begin in mid-December.

For general questions, volunteer opportunities, and School Program scheduling, contact Executive Director Laura Busby at 360.853.7626 or srbeatic@frontier.com. More details are posted at www.skagiteagle.org.

Interpretive Center seeks volunteers

Are you searching for a new volunteer opportunity? Join the team at the Skagit River Interpretive Center (IC) for the 2015–16 winter season.

Located at Howard Miller Steelhead Park in Rockport, the IC provides education about bald eagles during the peak of eagle migration on the Skagit River in the form of guided nature walks, local eagle-watching information, presentations by experts, interpretive displays, and school programs.

If you're passionate about environmental stewardship and working with the public, the IC is the perfect place to donate your time. Volunteers work in a variety of areas: welcome guests from across the region and the country, provide information for prime eagle-watching spots, work in the Nature Shop, assist guided nature walks, and more. Volunteers are needed weekends December through January. Volunteer Training is Sat., Nov. 14, from 1 to 4 p.m. at the IC. For more information, contact IC Executive Director Laura Busby at srbeatic@frontier.com, 360.853.7626. Details at www.skagiteagle.org.



Naturalist Teri Wilde and Senior Park Aide Don Smith ham it up with a cauliflower mushroom during the Native Plants & Mushroom Adventure event at Rockport State Park on Oct. 11. Submitted photo.

Ditch an old fridge or freezer, help feed a family in need

BELLEVUE — Puget Sound Energy is teaming up with Food Lifeline to help feed families this holiday season, and its electric customers can help in an unusual way: by getting rid of their old, working refrigerators or freezers that are probably using way too much energy.

Customers can schedule a free pick-up of their old fridge or freezer by going online to www.pse.com/donate or by calling 877.577.0510, Monday

through Friday, 8 a.m. to 5 p.m. They'll earn a \$25 rebate from PSE once it has removed the appliance. They'll be asked if they want to donate their rebate to Food Lifeline. If they do, PSE will match it for a total of \$50, which is enough to help feed a family of four for two weeks.

The campaign lasts until Dec. 15. The fridges and freezers must be clean, empty, defrosted, in working condition, and between 10 and 30 cubic feet in size. Those taking advantage of the program must be a current PSE residential electric customer.

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Darrington



Crime Watch group forms after criminal activity spikes

Story and photo by Marla Skaglund

Residents of Darrington and the surrounding area are “mad as hell” and “not going to take it anymore.”

Crime in the form of rising drug activity, theft, and squatting has become a real problem for folks in Darrington, so several residents have joined to form a Crime Watch group that will work with the Sheriff’s Office to legally make the problems go away. The group includes Swede Heaven, the Prairie, and folks who live in the Skagit County area.

On Oct. 19 Sgt. Ian Huri, Snohomish County Sheriff, spoke to a group at the Darrington Fire Department about ways the public can communicate with law enforcement. He recommended calling 911 to initiate an incident report, which would be on file. Keep notes on suspicious activity and report it to the local sheriff, especially if the activity happens continuously over an extended period. This alerts law enforcement on patrol to keep watch for the activity. He gave examples of individuals who knock on doors, look in windows, or enter backyards, which could be assessed as suspicious. The quality of information is important for law enforcement to do its job.

First steps

On Oct. 24 members of the community met at the Mansford Grange to hear Lynda Zambrano, Crime Watch Facilitator, speak on the ways to establish a successful Neighborhood Crime Watch Group, hosted by Community Crime Watch Coordinator Rhonda Cook. Zambrano has 20 years of experience in establishing crime watch groups. After serving as Lead Citizen Coordinator for the Block Watch Program for Snohomish County for two years, she had brought the program to 25,000 homes in Snohomish County. In 2006 Darrington Fire Chief Denny Fenstermaker worked with Zambrano,

teaching a class for Community Emergency Response Team (CERT) training. Fenstermaker and Zambrano have taught more than 140 CERT classes in the years since. Block Watch is an offshoot of CERT.

During the Oct. 24 meeting, Zambrano recalled the story of how a burglary in her garage made her decide to walk the neighborhood and meet her neighbors. She organized the first Block Watch meeting with help from the Snohomish County Sheriffs. In six months the group grew from six initial volunteers to 60 members.

Early on, the Sheriff suggested keeping a notebook with the types of crime and number of occurrences. Zambrano acquired a plat map of the neighborhood, divided it into four sections, and held a weekly meeting in each. Everyone had a job and none was too small. Being part of a phone tree, attending meetings, going to barbecues, and staying informed were important.

After one and a half years, the Sheriff told her that her neighborhood had the lowest crime rate in Snohomish County. Volunteers fixed fences, filled holes dug by dogs, painted over graffiti, and put out informational fliers on containing noisy dogs. She spoke on the importance of unity in a group in alleviating retaliation. She suggested getting landlords who own houses that are being used for criminal activity to be involved. Most landlords don’t want that kind of activity in their houses.

Several local community members stood and gave the locations where they will be organizing groups.

Zambrano suggested everyone involved should have a notebook with maps of the entire area, with smaller maps with a volunteer’s assigned area. Coordinators will be assigned an area to supervise. A different Block Watch captain will be

assigned for every block in town and every area out of town. It will be their responsibility to gather information on suspicious activity in the area and share it with law enforcement. Monthly meetings will teach community members how to be good witnesses and observe what goes on in an area to help deputies do their job.

A white board is an excellent way to make a list of all the problems the community faces. The group will prioritize the crimes observed and develop action plans to help alleviate the problems.

Many times, crimes remain unsolved. Without a report of the crime, watchful eyes have no meaning. Educating the public in the importance of reporting crime, with fliers, is a nonconfrontational way to spread the word that that kind of activity will no longer be tolerated.

Guarding against crime

At night, it’s important to have lights on that illuminate the area, which will deter criminal activity. During the day, when most crime happens, it’s important to be vigilant about noticing suspicious activity. Never confront a would-be burglar. Greet strangers with pleasant conversation. Someone who has just moved into the neighborhood will be friendlier than a robber. Although residential burglaries seem random in nature, there is a simple selection process. Unoccupied homes with easy or concealed access and quick escape routes are targets. Burglars look for small, expensive items that are easily traded for cash. Favorite items include cash, jewelry, laptops, CD/DVD players, game consoles, watches, guns, small electronic devices, and prescription drugs.

With regard to drug activity, the possibility of code violations can be assessed. Issues of power theft, too many nonrunning vehicles, and sewer overload can be a reason to declare a house



Lynda Zambrano (left) and Rhonda Cook are the facilitator and coordinator, respectively, for a new Community Crime Watch group that formed recently in the Darrington area.

unlivable and dealt with by Snohomish County Code Enforcers.

Crime Prevention Through Environmental Design (CPTED) is a crime-prevention concept used to evaluate the physical security of structures. When implemented, CPTED can lead to a reduction of fear and incidence of crime while improving quality of life. Using basic CPTED principles, your security can be evaluated and vulnerable areas managed. Trimming bushes away from the house, keeping buildings maintained, and managing entrances to defined areas such as backyards are ways to prevent crime.

Vehicle prowls are crimes of opportunity through unlocked doors and open windows, where victims usually encounter expensive vehicle damage—especially to their windows, doors, and locks. Large parking locations like shopping centers, housing communities, parks, and schools are prime targets for a prowler, since multiple vehicles can be hit in a short time span. Also, prowlers know the odds are good that someone will leave a door unlocked, a window down, or keys in the ignition. Remove all the items from the vehicle that might lure a prowler, such as cell phones, checkbooks, computers, and wallets. Lock the doors and roll up windows.

See **Crime Watch**, p. 25

Crime Watch, cont. from p. 24

Safety for the 90 percent

One important aspect of community block watch is walking the areas, which draws curious neighbors from both sides of the law and promotes a feeling of unity.

Zambrano said that in future meetings, guidelines for developing a successful program will be provided. She has dealt with every type of community crime possible and compiled information in individual binders, which will be given to volunteers. Meetings will include maps of the area and the division of jobs and protocol. Creating solutions and problem-solving will be addressed. The group will learn who to contact about different offenses and issues. Getting the youth of the area involved with the program is another topic covered.

Less than 10 percent of any community often commit 90 percent of the crime in an area. Even 10 percent of the community who volunteer for block watch can make a huge difference.

“I really feel safe in my neighborhood. I live next door to a County Sheriff, retired, whose son is also a County Sheriff,” said John Farmer, president, Whitehorse Musicians Guild, during the Oct. 24 meeting. “His daughter called me and was concerned about crime, and that’s how I got involved because of a social responsibility to my neighbors; not because I don’t feel safe. In order for another person to feel safe, they need to know someone else is looking out for them.”

“This is your program. It’s not my program, it’s not the Sheriffs’ program,” said Zambrano. “I’m here to help with policy, procedure, and organization. Good organization will help this program to become institutionalized and a part of Darrington’s programs. Your community will become what you allow it to be.”

Snohomish County Sheriff’s Report

Oct. 6

A 12-year-old Granite Falls Middle School student brought an inoperable gun to school today. After school was dismissed, he displayed the gun to a group of students off campus around 4:30 p.m. One of the students managed to take the gun away from the suspect. That student then ran to get help from adults nearby. The suspect, a Granite Falls resident, was taken into custody and booked into the Denny Youth Center for possession of firearm on school grounds. No one was injured in the incident.

Oct. 14

The body of a 24-year-old Snohomish man was recovered from Mt. Pilchuck today by Search and Rescue teams. It is believed the man had fallen approximately 400 feet from an area near the lookout tower at the mountain’s summit.

Other people in the area report that the man had hiked to the summit on Oct. 13 and left the group he was hiking with, and they lost contact with him just before dark. On the morning of Oct. 14, a call

came in to 911 by someone who had been up at the summit and saw a man below the north side of the lookout, but stated that it was too dangerous to hike down and check his condition. The helicopter rescue team arrived in SnoHAWK10 just before 10 a.m. and verified that the man was deceased. They transported him to Taylor’s Landing (the SAR facility) around 11 a.m., where the Snohomish County Medical Examiner (ME) took custody of the body. Identification of the victim, as well as cause and manner of death, will be determined by the ME’s office.

Oct. 28

A 21-year-old Arlington man died this morning following a vehicle collision at the 30700 block of Swede Heaven Rd. The incident was reported around 2 a.m. and involved two passenger vehicles. The decedent is believed to be the cause of the accident, and speed was a contributing factor. The driver of the other vehicle was not injured. This incident is under investigation by the Collision Investigation Unit.

—Compiled from Snohomish County Sheriff’s Office reports

County launches new countywide dispatch system

After a vote among public safety leaders from across Snohomish County, a new countywide public safety dispatch and records management system was launched on Oct. 27 for all of the county’s 50-plus first responder agencies.

New World Systems (NWS) will allow first responders to share information across Snohomish County jurisdictional

boundaries. For example, an officer in Lynnwood would know a suspect had recently been arrested for a violent crime in Marysville. The previous technology developed by Northrop Grumman in the early 1990s does not support seamless sharing of information, which created “silos” of information in each jurisdiction.

It has been more than 20 years since the county’s last overhaul of the CAD/RMS system (computer-aided dispatch/records management system).

—Submitted by

Snohomish County Sheriff’s Office

Holiday calendar

Nov. 7

Mansford Grange will host a **Holiday Bazaar** on Sat., Nov. 7, from 9 a.m. to 5 p.m. The grange is located at 1265 Railroad Ave., Darrington. For more information, call 360.436.1491.

Nov. 12

The Darrington Middle-High School Drama Club presents “**The Brothers Grimm Spectaculathon!**” on Thur., Nov. 12, at 5 p.m. at Darrington High School, 1085 Fir St. Admission is free.

Nov. 14

This month’s **Darrington Community Dance** is scheduled for Sat., Nov. 14, at the Mansford Grange. Organizers of the family-friendly event encourage even nondancers to attend. The evening begins with a potluck at 5:30 p.m., with the dance following from 7 to 9:30 p.m.

Midnight Chicken will provide music for the dance, with calling by Joe Michaels. Whitehorse Musician’s Guild handles the sound. Admission is a suggested donation of \$7. For more information, call 206.402.8646.

Dec. 5

The Mansford Grange will again be party central during a **Christmas Bazaar** planned for Dec. 5, from 9 a.m. to 5 p.m. For more information, call 360.436.1491.

Dec. 12

Whitehorse Farmers Market will host a **Hometown Holiday Celebration** on Sat., Dec. 12, from 3:30 to 7:30 p.m. There will be a bonfire, caroling, cocoa, cider, roast marshmallows, and hot dogs. Bring your own roasting stick. Santa will also make a visit.

—Marla Skaglund

Hall of Fame induction ceremony

The 2015 Darrington High School Hall of Fame Induction Ceremony will be held on Sat., Nov. 21, at 6:30 p.m., in the high school auditorium. The event will be preceded by a meet-and-greet period beginning at 5:30 p.m.

Event organizers have confirmed a special guest speaker at this year’s ceremony: former Seattle Seahawk running back Kerry Carter.

This year’s inductees are:

- Becky Nations
- Mandy Powell
- Walt Robinson
- Reed Oliver
- Hayes Nations
- Terry Cloer
- Coach Clarence Caspers
- 1939 Football team
- 1980 Girls Softball team



“Hometown Proud”

Locally
owned by people
you can trust!

Darrington IGA

Randy Ashe, Kevin and Sheila Ashe, owners.

1090 Seeman St. • Darrington

Mon. - Sat.: 7 a.m. to 8 p.m. • Sun. 9 a.m. to 6 p.m.

360.436.0141

d.iga@frontier.com



Marblemount



Marblemount residents form Community Watch group after hall burglary

In mid- to late-September, an unknown person or persons broke into the Marblemount Community Hall and stole numerous items while damaging property. "We have a key-coded lock, but apparently a few nonboard community members discovered the number," said hall Vice President Christie Fairchild. The key code has since been changed. After accessing the building, the thieves broke open a locked filing cabinet and rifled through years of paperwork and

records, and stole some furniture and also a Honda generator. It is likely other items also were stolen.

The hall board and Skagit County Sheriff are investigating and are asking anyone with information about the break-in to contact East County Detachment Deputy Brian Morgan at 360.428.3211. The hall also may be reached at 360.873.2323 (leave a message).

The hall break-in is one of many crimes in the Upper Valley area, which has seen

a sharp increase in unlawful behavior—especially burglaries and thefts—during the past several months. Because of these crimes, area residents formed an Upriver Community Watch group on Oct. 4. For more information on getting involved or attending the next Community Watch meeting for Rockport and Marblemount, contact organizer Cheryl Cunningham at 360.333.1998.

—Christie Fairchild

The good news is ...

By Sasa and Starwalker

Our world paradigm is shifting and somewhere there will be a tipping point. "When a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind," said Ken Keyes. In 1948, studies began on a group of wild monkeys on Koshima Island in Japan. Scientists dropped sweet potatoes in the sand for them. One young female figured out how to wash her potatoes so they tasted better. She taught this to her family until they got to the 100th monkey, then something amazing happened. Through a joint consciousness, other monkeys from other islands that had no physical contact with the first island began washing their potatoes, thus reaching that tipping point for change.

Humans are experiencing this right now on a universal level. Within our bodies we hold the cellular memory of the cosmos. This shift comes as we remember who we are and why we are here.

We see changes in the consumer world. As consumers start making different choices, the stores and manufacturers need to make different choices to meet the needs of the people if they wish to stay in business. The law of supply and demand empowers you to make new choices and watch the universe respond.

We are responding. We see zoos closing down and releasing animals. We even see the U.S. running out of "organic" food temporarily as we make this shift.

Human beings will return as guardians of Pacha Mama (Mother Earth) and all life. We see people making different choices—healthier, more mindful—then we see corporations and stores change their behavior to follow the majority.

"Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one," said Marianne Williamson.

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

Letters, cont. from p. 2

McChord) is proposing an enormous and aggressive ongoing helicopter training program in the North Cascades.

This would include low-elevation flights (down to 25 feet!) and landings occurring any time of day or night, 24 hours a day, 365 days a year, up to 75 per month, with most of the exercises happening at night.

These exercises could last up to four hours each and include air traffic from as many as seven Apache, Chinook, or Blackhawk ships at one time.

Their proposed training area spans a huge area of protected wilderness, basically from near Leavenworth to the Canadian border, including the Alpine Lakes, northward over the Pacific Crest Trail, along the east side of North Cascades National Park, Lake Chelan Recreation Area, and the Sawtooth and

Pasayten Wildernesses, to list a few.

The intensive misuse of our federally protected wild areas has the potential to kill, disrupt, and displace imperiled wildlife (many of which are endangered species), or render their habitat inhospitable. In addition, the plan would negatively impact outdoor recreation, something that is vital for our local economies, as well as our Northwest heritage.

Imagine backpacking to a remote high mountain lake and being awakened by seven huge helicopters landing in the middle of the night. It would be frightening and dangerous for people as well as wildlife. In addition, it is a normal routine for military ships to dump surplus fuel when hovering, landing, and taking off. What a nightmare.

What is the Army's justification for such an egregious proposal? They claim to need more "high altitude" training

(over 10,000 feet) to prepare pilots for Afghanistan, although they are already doing this in Colorado. It is important to know that there are no sites—or even mountains—anywhere near that height in their proposed North Cascades training area; most of their LZs are 4,000–6,000 feet.

While we empathize with the need to adequately train our military, the wilderness and wildlands of the North Cascades are not the appropriate, nor legal, place to do it (the Wilderness Act isn't even mentioned in their scoping document). Our National Park and U.S. Forest Service lands are not an annex of the Defense Department to do with what they want. If you agree, please submit your comment SOON: the extended deadline is now Nov. 3. Send an e-mail to usarmy.jblm.imcom.list.dpw-eis@mail.mil or send a snail mail to:

Dept. of the Army
Directorate of Public Works
ATTN: Environmental Division (NEPA)
2012 Liggett Ave., Box 339500 MS 17
Joint Base Lewis-McChord, WA
98433-9500

Or, go through the Conservation North West Web site: www.conservationnw.org/news/updates/aggressive-helicopter-training-proposed-for-north-cascades-wilderness, and use their direct comment form.

Art Olson, Christie Fairchild
Rockport

Transfer of development rights in Skagit County

After watching the recent Skagit County Planning Commission hearing on this topic, it appears that a small group of

See Letters, p. 35

50's Bakery

Dedicated Gluten Free
Great Food For Every Body

- Variety of morning baked goods including cinnamon rolls, french toast and waffles
- Panini sandwiches, hearty salads, and soups made from scratch daily
- Daily specials include lasagna, pot pies or baked macaroni & 5 cheese



A 1940s-style bakery in Concrete serving espresso, old-fashioned sodas, handcrafted pies and artisan breads!

SERVING
Breakfast ~ Lunch ~ Early Supper

360.853.8700
45597 Main St., Concrete

7-5 Daily • Closed Tuesday

Find the cure for cabin fever at the North Cascades Vintage Aircraft Museum



Get out and take a self-guided tour of our amazing collection of vintage aircraft. Our winter hours are Tuesdays & Thursdays from 10:00am-3:00pm or weekends by appointment only. See you there!

info@vintageaircraftmuseum.org



THE AMERICAN LEGION and

Concrete Herald

join in saluting our military veterans of all wars and periods
this November 11 - and every day. Thank you for serving
America with honor, courage and commitment.

VETERANS DAY 2015

THE AMERICAN LEGION - AMERICA'S VETERANS SERVICE ORGANIZATION

www.legion.org



Seniors

Coffee Break

Filling the free time

By Patrick M. Kennedy

You are retired now and you have to make a plan to occupy your free time. The first thing that comes to your mind is why not just do nothing? But that would be boring. Time must be spent, not wasted.

Where to start ... why not at the top? Of course, you have to live within your means; you don't want to outlive your nest egg. Some dreams are doable and some are out of the picture.

You could travel the world. There are no time limitations; you can go for as long as you want, maybe even live in a foreign country for a while, learn the language, eat the food, experience a different time zone and diverse weather. What a dream!

What were you thinking? That's out of your price range. Just sell your home in the city and move to the coast or into the mountains.

Or remodel your home, sell it, and purchase an RV and make the U.S. your foreign country by going places you've never seen.

Visit each national park or every major league baseball stadium. In this case you can take your own bed with you on your travels; that makes it seem less like you are pushing aside your past life for a new one. Along the way you can visit all those relatives you haven't seen for a while, and park in their driveway to save hookup fees.

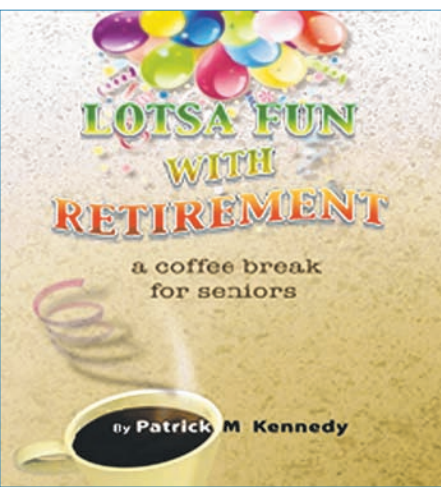
While thinking about moving, you might want to pull up stakes and move to another city or another environment, where doing nothing can be a real pleasure. You can walk the beach or the mountain trails or the city streets of a new place or set up territory at a new bar stool or café booth with new friends.

If you decide to stay the course in your home, you can find many new things to do with that free time. What about that list of books you've always wanted to read, and that chair on the back porch you've wanted to wear out with use? Better yet, why not write that book that's been rattling around upstairs for a while. Maybe it will get published and you can sell a few copies for extra money.

There are so many other things that can be done to fill your free time. Volunteering for a local charity, taking up a new hobby or sport, or learning to play a musical instrument ... and if you have friends who have the need, maybe you can babysit or provide daycare.

These all could fill that free time, but there is always going back to first base and doing absolutely nothing.

Patrick M. Kennedy is the author of Lotsa Fun with Retirement. Find it at Amazon.com.



Way Back When

80 years ago

Nov. 28, 1935: The plant that will mix more than 11 million cubic yards of concrete for the Grand Coulee Dam power and irrigation project was tested Monday of this week at the dam site.

Engineers of the Mason-Walsh-Atkinson-Kier Company, builders of the dam, watched the test to determine how the plant would function. Reclamation Bureau engineers also were on hand to determine the quality of the concrete it mixed.

The concrete mixed this week was poured in small forms on the downstream foundation. Engineers emphasized that the long pouring program has not started. This operation awaits the completion of tests of sand and gravel and the mixed concrete.

O. G. F. Markhus of the Reclamation Bureau said the major pouring program would be started possibly by the end of this month, but the engineers declined to predict the date.

The date pouring starts is of much interest to Concrete, as the local cement plant is awaiting this operation so that they may again commence full operation of the mill here.

60 years ago

Nov. 24, 1955: Action toward setting up a Community Betterment Program for the Town of Concrete was taken last night at a meeting of 15 citizens of the

town in response to an appeal issued by Joe Finden, who has been carrying the ball for the project since the first visit of John King, KIRO executive, to this community on the subject.

Finden will contact the University of Washington and ask that Concrete be scheduled for the program as soon as their experts are available.

The Bureau of Community Development at the university will assist the people of the town in a self study, inventory, and evaluation of all aspects of the town and its resources. The group to do the study work should be as representative of the entire community as possible and should have the active backing of all local institutions and organizations.

The group will meet once a week for 20 weeks to talk over and study the various phases of the local study. Special committees will be designated to search out the facts in each category, and the UW will furnish experts to help the members when problems are beyond normal grasp of information.

An expert consultant also will be assigned to guide the study group through a carefully conceived plan of action.

The outline of the study includes numerous subjects, such as the character of the community, the people of the town, the churches, the social agencies, the town government, the appearance of the town, the educational system, the economy, the history, the future, and where its citizens wish to go from here.

—Compiled from archives

Concrete Center

November 2015

Activities

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

Mondays

10 a.m.
10:30 a.m.

Jigsaw puzzles
Advisory Board mtg., 11/9
Soup & Salad Bar
Skip Bo
Bingo, 11/9
Needle exchange bus on site, 11/16 (first and third Mondays, every month)

Tuesdays

10 a.m.
Noon
12:30 p.m.
12:30 p.m.

Jigsaw puzzles
Lunch
Skip Bo
Veterans Day program, 11/10

Wednesdays

10 a.m.
Noon
12:30 p.m.

Jigsaw puzzles
Lunch
Skip Bo

Thursdays

10 a.m.
Noon
Noon
12:30 p.m.

Jigsaw puzzles
Lunch
Thanksgiving Lunch, 11/19
Skip Bo

Fridays

10 a.m.
Noon
12:30 p.m.
12:30 p.m.

Jigsaw puzzles
Lunch
Dominoes, Skip Bo
Coffee with Commissioner Janicki, 11/6
Watercolor painting

Closures

11/11, 11/26, 11/27



Concrete Center Coordinator Sara Pritchard shows off the Seahawks raffle basket that will be awarded to one ticket holder in early December. Items include a handmade lap quilt, socks, bracelets, pot holders, travel mugs, and a Thermos. Raffle tickets are \$1 each at the center, Mon. through Fri., 10 a.m. to 3 p.m. Photo by Bill Pfeifer.



30 years ago: Neighbors look at damage done by a sudden and forceful mudslide at Cascade River Park in November 1985. The slide completely buried and destroyed the trailer home of Bill and Alice Bower, killing them and a friend, Betty Wilson, and trapping Clair Wilson under tons of debris for nearly 12 hours. Archive photo by Anne Bussiere.

Verna's Kitchen

By Verna McClure



Dorothy Campbell gave me this recipe many years ago.

Zucchini patties

1. 2 cups grated zucchini
2. 1/3 cup Bisquick baking mix
3. 1/4 cup grated parmesan cheese
4. 2 eggs, slightly beaten
5. Salt and pepper to taste

Beat everything together and drop by flattened spoonfuls into a heated, buttered fry pan. Fry until a golden brown. Serve with syrup. Works well for any meal.

Read

The Voice of the Upper Skagit Valley

Obituaries

Lyle McClure

The tragic news of the passing of Lyle McClure remained to be digested at the time this publication went to the printers. The official notices have yet to be written and will come later, but this much is for certain, the absence of his smile and willing, helpful nature leaves a gaping hole in the collective heart of this community.

Lyle was a one of those dependable keystones of every activity here, whether it was the Chamber of Commerce, the Concrete Heritage Museum, or the Concrete Center. We have all heard it said many times that humans aren't perfect and Lyle would have agreed with that statement. But one of Lyle's greatest traits was his honest humility. He set standards of behavior that we should all strive to emulate. Those who knew him will remember Lyle as closer to perfect than any of the rest of us, and that it was an honor and privilege to have known him.



Obituaries published in Concrete Herald

from May 2009 to present are posted online at:

www.concrete-herald.com/obituaries
For more information, call 360.853.8213 or e-mail editor@concrete-herald.com.

Sunday School lesson

Feeling like an outcast?

By Matt Del Bosque

Have you ever felt rejected and unwanted? We live in a society where many people feel that way every day. Deep down inside of every person is a longing to be loved, to belong, to be accepted.

But sadly, many of us go through our lives feeling like an outcast or as if we aren't good enough. Parents demean their kids and the children grow up feeling uncared for. Children bully other children in school, so those being bullied feel as if they are unpopular and unaccepted. Even adults have tendencies to make other adults feel unwanted.

It's a shame, but sadly this is reality for many. I myself have been there in my life. Feeling unloved, uncared for, unimportant. But the amazing thing is, there is someone who cares for us and accepts us just as we are, issues and all.

In Matthew 8 in the Bible, we see a story of Jesus healing a man with leprosy. What's so significant about that? Well, lepers in those days were rejected and outcasts. They were not allowed to live in town with the others. Society looked down upon them for being diseased. Nobody dared touch them or even go near them. To make their hurt and shame even more humiliating, they had to go around shouting "Unclean! Unclean!" whenever they were near others, so that people knew

to get as far away from them as possible. Talk about ultimate rejection.

But in Matthew 8, Jesus did something that shocked everyone! First this leprosy man went against his being banned from town and walked right through the crowds to Jesus. Imagine the horror of those witnessing this take place. Then Jesus reached out and touched the man. This diseased, unwanted, uncared for individual. Jesus touched him and healed him. This man who was rejected by others and cast out was accepted by Jesus.

If you have ever felt like an outcast, felt unloved, felt unwanted, or have felt absolutely rejected, Jesus wants to accept you, love you, and heal you of all of your hurts and heartaches. He will accept you for who you are, as you are, exactly where you are.

Matt Del Bosque is pastor of Citipoint Church North Cascade in Marblemount.

Worth repeating

The Screwtape Letters, written by C. S. Lewis in 1942, is a classic work of Christian apologetics and inspiration. The book is a series of letters from an experienced tempter named Screwtape to an apprentice tempter named Wormwood. In the letters, Screwtape advises Wormwood about how to pull a certain human "patient" away from God and toward the depths of Hell.

Here are the five passages in *The Screwtape Letters* that are highlighted most often by readers on Kindle:

1. *The safe road to Hell*: "Indeed the safest road to Hell is the gradual one—the gentle slope, soft underfoot, without sudden turnings, without milestones, without signposts."
2. *Keeping things out*: "It is funny how mortals always picture us as putting things into their minds: In reality our best work is done by keeping things out."
3. *What will happen to me?*: "There is nothing like suspense and anxiety for barricading a human's mind against the Enemy (God). He wants men to be concerned with what they do; our business is to keep them thinking about what will happen to them."
4. *Forsaken, yet obedient*: "Our cause is never more in danger than when a human, no longer desiring, but still intending, to do our Enemy's will, looks round upon a universe from which every trace of Him seems to have vanished, and asks why he has been forsaken, and still obeys."
5. *Emotional dryness*: "If once they get through this initial dryness successfully, they become much less dependent on emotion and therefore much harder to tempt."

More quotes from The Screwtape Letters

"She's the sort of woman who lives for others—you can tell the others by their hunted expression."

"For the Present is the point at which time touches eternity."

—SetonMagazine.com

Skagit County Sheriff's Office Blotter

Sept. 26

A caller from the 57000 block of SR 20 near Concrete reported a burglary. A crook broke into his shop and stole several items, the largest one being a Ford two-wheel-drive tractor with a bucket and mower deck. Deputies have suspects in mind and are following up on leads.

Oct. 6

Residents in the area of Magnus Place in Concrete had reported seeing a pair of black bear cubs. One was darted and removed from the area by the bear police. The other hasn't been seen since. Please call 911 if you see a bear in town; they need to stay in their yard, out of town.

Oct. 7

Several scarecrows have been placed around Main St. in Concrete for a contest and in anticipation of Halloween. A

Level 3 Sex Offender NOTIFICATION

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

Cole, Jason Carl

Age: 29

Race: W

Sex: M

Height: 5' 10"

Weight: 165

Hair: Brown

Eyes: Blue

Address: 5xx Sapp Rd., Sedro-Woolley

Cole was convicted of third-degree rape of a child and second-degree child molestation in Skagit County in June 2007. His victims were females between the ages of 12 and 14 who were known to him.

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

Source: Skagit County Sheriff



woman decided to steal the sheet off one of the scarecrows one evening. The problem is she did it right in front of the "bakery detective," who is orchestrating the scarecrow contest. The woman was confronted; she claimed she only wanted to read the writing on the sheet. It was discovered she had also stolen shoes and a shirt from other scarecrows. All the items were returned to their rightful owners. I didn't know there was a Grinch on Halloween.

Oct. 8

Speaking of nice people, a bakery owner in Concrete was nearly a victim of a rather elaborate scam. The business received a call from subjects representing themselves as PSE. They said the business was behind on its payments and gave them directions on how to remedy the issue. The plan fell apart when the business owner was directed to put the payment on a prepaid card, which seemed very unusual. The business owner called the real PSE and spoke to a real account manager, who advised this was an elaborate scam. The account was never in jeopardy. I think I'll have a spot in our detective division if the bakery owner ever needs one. (Hint) what these crooks tried to do was BBBBBad.

A property owner in the 48000 block of SR 530 near Rockport reported a burglary. Someone entered a house being remodeled and stole 10 bags of concrete, along with several sheets of plywood. Deputies have little evidence to follow up on.

Oct. 10

A Hamilton caller reported an aggressive dog in town. The black lab was growling at children and was not very friendly to the deputy. The dog owner has been warned about possible action if the dog is too aggressive. The town and SCSO animal control will look into sanctions if this dog is not contained.

Oct. 12

A caller from Robinson Rd. in Lyman found a pitbull dog under their house. The dog had some leg injuries and was taken to the Humane Society. If you are missing your brown-and-white pitbull from the area, please contact Animal Control Officer Diaz.

Oct. 13

A caller from South Main St. in Lyman reported a possible prowler. They said someone was trying to get into their upstairs window. When the deputy arrived, they discovered it was the wind causing the noise, and no crooks were located anywhere nearby.

Oct. 14

A Hamilton man reported his pickup truck window may have been shot out

Sergeant's corner

Fall safety tips

By Chris Kading



Change smoke alarm batteries

As we turn back our clocks for Daylight Saving Time, now is the time to change the batteries in your smoke alarms and carbon monoxide detectors. Carbon Monoxide is a silent killer, and these detectors are vital to home safety. CO2 detectors are usually sold alongside of smoke detectors. Make sure to test the alarms after installing the new batteries to ensure they actually do work. Check and replace any home fire extinguishers that have expired.

Check your furnace and chimney

Have your furnace inspected annually by a professional. Most furnaces vent into the chimney, so it must be free of debris to allow products of combustion to vent to the outside atmosphere. Also have your chimney inspected to make sure it is unobstructed. If you will be burning wood in a fireplace, have the chimney inspected to make sure it is in good condition and free of creosote buildup. Chimney fires are common and are generally caused because of creosote buildup. Never leave a burning fire unattended, and make sure a fire in a fireplace is completely out before going to bed.

Clear the area around your heat source

Make sure the area is clear for good air circulation. Keep all flammable materials, such as clothing, cardboard

boxes, paint thinners, fuels, and solvents, far away from the heat source. It's tempting to put items near or even on top of the heat source to dry out, but this is very unsafe.

Be cautious with space heaters

Be cautious with portable heaters or space heaters, making sure to follow manufacturer instructions for safe venting and use. Place them at least 3 feet away from any combustibles, such as wallpaper, bedding, draperies, clothing, and furniture. Never leave them operating when you are away from the room or asleep. Don't leave children or pets unattended with space heaters, and never use them to dry clothing, shoes, or mittens.

Look up

When cleaning gutters, trimming trees, or installing storm windows, be sure to avoid overhead power lines. Before you work, look up from your work area to inspect for overhead power lines. Then make sure to stay clear of electrical lines when working with ladders, pruning poles, tractors, grain augers, equipment with antennas, etc.

Lights on

As the days grow shorter, make sure outdoor lighting is in good working order. Good lighting can protect you against crime and falls or accidents caused by darkness. Inspect fixtures and outlets for weather damage and replace burnt-out bulbs. Motion detectors are cheap and easy to install. Crooks don't like to be seen in the light.

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

Worship directory

Assembly of God

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

North Cascade Community Church

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

Baptist

First Baptist Church
12732 Hemlock St., Clear Lake
360.856.2767
Sunday School: 9:45 a.m.
Sun. worship: 11 a.m. and 6 p.m.

Wed.: 7 p.m.
E-mail: pastorjohn@firstbaptistclearlake.com

Hamilton First Baptist Church

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

Lyman Church

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

Catholic

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

Covenant

Community Covenant Church
12605 Highway 9, Clear Lake

360.856.1023 // covenant@wavecable.com
www.clearlakecov.org
Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.
Call for weekly youth group/Bible studies

Episcopal

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

Free Methodist

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

Methodist

Central United Methodist Church
1013 Polke Rd., Sedro-Woolley
360.856.6412 / centralumcsw@yahoo.com

<http://centralumcsw.org>
Adult Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.

Presbyterian

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

Lutheran

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

Nondenominational

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

Community Bible Church

45672 Limestone, Concrete; 360.853.8511
E-mail: cbcofconcrete@earthlink.net
Sun. School: 9 a.m.; Worship Svc: 10 a.m.

Childcare/Children's Ministries at both
Contact church for other ministries

The RIVER Gathering

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

Rockport Christ the King Comm. Church

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

Wildwood Chapel

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

CONCRETE HERITAGE MUSEUM NEWS

This October we wrapped up the 10th annual **Concrete Ghost Walk**. This year we conducted the walk on all five Saturday nights and included an indoor performance in the Concrete Theatre on the last Thursday of the month. The Museum Association and the Concrete Chamber of Commerce continue to welcome crowds to Concrete from all over the Puget Sound area. Next year we'd like to develop some new characters and get some fresh blood involved, so if you're interested in having a little fun during October in an activity that brings people to Concrete, please let us know.

Our newest publication is a **cookbook**, which will go on sale in mid-November at Albert's Red Apple Market and on our Web site, concreteheritagemuseum.org. It will make a great Christmas gift or

stocking stuffer. If your personal favorites aren't in this one, maybe it's time to find some new ones.

Keep an eye out for the upcoming February presentation at the Concrete Theatre by Dave Tucker on **Mount Baker** and the local volcanic history.

For more information about the museum, contact John Lloyd, president, at 484.575.6374, or John Boggs at 360.853.8347. Our Web site is www.concreteheritagemuseum.org; it has archived *Concrete Herald* issues dating to before the 1920s.

Monthly meetings are held on the third Wednesday of every month, starting at 7 p.m. at the museum, always open to the public. We encourage everyone to join us.

—John Boggs

November at the Darrington Library

Children and family programs

- Read-A-Loud: *Little Wolf's Book of Badness*, Ian Whybrow, Nov. 9, 16, 23, 30; 3 to 3:30 p.m.
- Family Storytime, Nov. 4, 18, 25; 11 to 11:45 a.m.
- LEGO Club: Robotics, Nov. 4, 1 to 2 p.m.
- LEGO Club: Free play, Nov. 18, 1 to 2 p.m.
- International Games Day: Drop-in gaming, Nov. 21, all day
- International Games Day: Live Clue in the Library, Nov. 21, 10 to 11:30 a.m.
- Catapult Battles, Nov. 25, 1 to 2 p.m.

- Mockingjay, Part 1," Nov. 16, 5 to 7 p.m.
- Catapult Battles, Nov. 25, 1 to 2 p.m.

Adult programs

- Darrington Friends of the Library meeting, Nov. 4, 5:30 to 6:30 p.m.
- TEDx Sno-Isle Libraries Simulcast, Nov. 6, 9 a.m. to 5:30 p.m.
- Darrington Rural Partial County Library Board meeting, Nov. 13, 4 to 5 p.m.

Closures

- Closed on Nov. 11 and 26.

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

—Asheley Bryson, branch manager

Teen programs

- Hunger Games Movie Series: "Catching Fire," Nov. 9, 5 to 7 p.m.
- Hunger Games Movie Series:

At the Upper Skagit Library

Get. Set. Write! Join us for **Upper Skagit Writes**, a 30-day writing challenge. Beginning Nov. 1, write every day for 30 days in any genre or writing style. Throughout the month, participants will be able to reflect on their writing and share their work during two events (see Community Calendar on p. 15). All skill levels and ages are encouraged to participate. View Program Guidelines on our Web site, www.upperskagit.lib.wa.us, or pick up hard copies at the library.

The library will host a **Winter Food and Book Drive** again this winter season. From Nov. 14 through Dec. 15, the library will accept nonperishable, nonexpired food items and gently used children's/teens' books. Drop off items at the library during open hours. The items will be donated to the Concrete Food Bank and the Bread of Life Food Bank (Marblemount) in time for the Christmas holiday.

We would like to give a big thank-you

to the **Join the Library Committee** for coordinating efforts in the Town of Concrete annexation campaign.

Join us for **Sasquatch Storytime** on Nov. 7 at 11 a.m. Miss Brooke will read *Are We There, Yeti?* Help us sing songs and participate in a Bigfoot craft.

New arrivals

In adult fiction, the newest Jack Reacher novel, *Make Me*, by Lee Child.

In adult nonfiction, *The Pen and the Bell: Mindful Writing in a Busy World* by Brenda Miller and Holly J. Hughes.

In children's, *Frozen: A Sister More Like Me*.

The library will be closed on Nov. 11 in honor of Veteran's Day.

Upper Skagit Library Public Budget Hearing will occur on Nov. 12 at 5 p.m., with regular Board of Trustees meeting to follow.

—Cora Thomas, library associate



Our **next meeting** will be held on Nov. 4 at Annie's Pizza Station. The meeting starts at 6:30 p.m.; however, there is always a group that gathers around 6 p.m. to eat and socialize before the meeting starts. All existing members mark your calendar. For those interested in becoming a member, submitting a request, or just wanting to see what we are about, please feel free to stop in.

There will be only one meeting this month so that the Lions Club members and their families can enjoy a Thanksgiving meal together on Nov. 18.

Upcoming events are the Sight and Hearing Van and Christmas tree sales. The Sight and Hearing van will be at Concrete Elementary School on Nov. 10. Christmas tree sales will be on Dec. 5-6, 12-13, and the 19th. Trees will be sold in the lot west of Loggers Landing and at Albert's Red Apple.

The Lions Club has access to **medical equipment**, such as wheelchairs, walkers, shower chairs, and commodes, that can be loaned out to help those in need. Please contact any Lions Club member and we will do our best to help you.

As fall begins and winter waits around the corner, it is the time to think about our commitment to ourselves and to others. I encourage members of our community to think about and **join your local Lions Club**. Our club is your club. We are a club to serve you and our community. Our hope for 2015 is to increase our membership numbers times two. We all have friends and family who have seen the outreach of your local Lions Club, so now is the time to give great thought about being a member!

We are happy to announce there are **three new members** who have joined the Lions Club so far this year and another one ready to join. We cannot thank you enough for wanting to be part of this wonderful organization.

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

—Connie Smithhart

Sheriff's Blotter, cont. from p. 31

The nicest lady was a victim of a crook's lack of conscience: jewelry, a generator, several coolers worth of steaks, and numerous baseball cards were stolen. Deputies have a couple suspects in mind and are looking for them.

Oct. 18

An unruly patron at The Hub tavern in Concrete was ejected from the bar. It appears he had shown up already intoxicated and was causing a commotion, asking others to fight. The bartender and others removed him, and then he was pepper-sprayed for good measure. He was ultimately trespassed from the bar for one month. We'll be chatting about the pepper spray issue.

A caller from a diner in Marblemount reported a possible kidnapping. They said they saw a woman trying to get a young child to remain calm inside the

restaurant. The child seemed quite unruly and actually climbed under the table to avoid the woman. The woman hastily took the child out to the car and left without restraining the child or paying for the meal. In an overabundance of caution, the reporting party felt this may be related to a recent Amber Alert. A deputy stopped the car just outside of Concrete and observed the youngster was still unbuckled in the back seat. The child was not kidnapped and was with his mother. Mom was issued a ticket for the unsecured child in her care.

Oct. 19

It appears someone broke into Marblemount Community Hall and stole a generator. This may have occurred sometime since the end of September. The generator was not in running condition, but don't tell the crooks that. Deputies have little information to follow up on.

Oct. 20

A concerned Lyman mother reported

her 29-year-old daughter overdue. A short time later, the mother called back to report her daughter had been seeking treatment in Burlington and was OK.

Oct. 25

A Hamilton caller from SR 20 reported a theft of his welder. The welder was listed for sale and chained to a pole, along with many welding accessories. It appears someone backed up the vehicle and lifted the heavy welder into a vehicle. The welder is an older Montgomery Ward brand.

Oct. 26

Two residents on Main St. in Lyman received fraudulent phone calls. The female caller said she was from the IRS and a lawsuit had been started against them. This is a common theme lately and is 100 percent false.

Oct. 28

An older white Ford pickup truck with wood racks was seen in the area of Martin

Rd. near Rockport attempting to get into mailboxes. No entry was gained, but heads up, this is likely a crook's truck and may be associated with recent burglaries in the area. Thanks to the person calling. Please continue to be vigilant.

—Compiled by Sgt. Chris Kading

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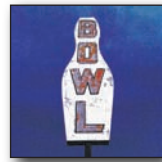
Pick up the Concrete Heritage Museum Cookbook!

Find it Albert's Red Apple Market
or www.concreteheritagemuseum.org

To add your business to this directory, call 360.853.8213

or e-mail

editor@concrete-herald.com



Out & About



Letters, cont. from p. 27

individuals is desperately trying to bend the intent of Washington State statutes, which govern the transfer of development rights (TDR).

TDR is a device that eliminates the property's development potential, thereby allowing the development rights to be transferred to another location. The transfer tool is commonly used to promote farmland preservation, but enterprising marketers have found other uses as well.

Based on the Revised Code of Washington, Skagit County does not meet the criteria for adopting a TDR program. RCW 39.108.010 states: "Eligible county means any county that borders Puget Sound, that has a population of six hundred thousand or more, and that has an established program for transfer of development rights."

In 2014 Skagit County, which does not border Puget Sound, was home to approximately 125,000 residents. So, in order to pacify TDR promoters who are eager to carve up the area's rural communities—along with the economic drivers that support them—traditional TDR rules may never apply in Skagit County.

Welcome to the Skagit County "Development Priority Areas" program. For whatever greedy purposes local government officials are attempting to conceal, the scaled-down TDR program proposed by the Planning Department appears to be little more than a scheme designed to promote unregulated marketing of local resource lands. No matter what they call this slop, a pig is still a pig. Perhaps that explains the TDR promoters' inability to garner more than 60 percent support from a committee largely made up of legendary TDR junkies.

Hopefully the County Board of Commissioners will set this elitist jobs program aside and allow the Planning Department to concentrate on completing the seven-year Comprehensive Plan Update.

*Diane Freethy
Sedro-Woolley*

To all Concrete ghosts and ghost tourists

The 10th Annual Concrete Ghost Walk was a big success during the five Saturday night and one Thursday night performances. Concrete Chamber of Commerce and Concrete Museum wish

to thank everyone involved. Many people rearranged their schedules to play a part and many more came from all over the Puget Sound to attend, which is always remarkable.

*Concrete Chamber of Commerce
Concrete Museum*

Thanks for attending Merv's party

I want to thank the many good friends and relatives who came to the Open House at the Marblemount Community Hall on Oct. 11 to help me celebrate my 90th birthday. The count must have been upwards of 100 attending.

The hall was decorated by my family, my daughters, their kids, and spouses. My granddaughter, Kris, was the main overseer of this massive project.

The hall never looked so good. A great big thanks goes out to all of them for their special effort to make this all happen just for me.

Special thanks to Jim Hunter and his crew for the wonderful barbecue salmon. Also thanks to the gals of the Community Club who helped make this happen. And another special thanks to Vicki Frank for the cupcakes and even a cake just for me.

Relatives from four other states and many friends from many areas made this a

day that I will never forget.

Again, thank you all for the work and to those who attended to make this a great day for me.

*Merv Peterson
Marblemount*

Thanks to Dave Pfeiffer

The Board and staff of the Upper Skagit Library thanks Town Council member Dave Pfeiffer for the role he played as liaison between the library and the Town of Concrete.

His efforts were immensely helpful to the library in moving both the annexation vote and the new building project forward. Dave's support and advice were particularly valuable as they came during a strategically important time in the library's development.

*Ingeborg Hightower, Keith Alesse,
Bill Pfeiffer, Em Beals, Cora Thomas,
Carol McCormick, Brooke Pederson,
Nancy Sparkowich, Slav Kislyanka*

Thanks to Concrete

Whether Concrete joins the library has yet to be revealed, but there are plenty of reasons to be thankful for all the support

See Letters, p. 39

Skagit County

Skagit County launches defibrillator location campaign

SKAGIT COUNTY — Citing a "Chain of Survival" study by the American Heart Association, Skagit County Emergency Medical Services (EMS) in late October launched a campaign to locate and register all automatic external defibrillators (AEDs) in the county.

EMS Director Mark Raaka described establishment of a free Skagit AED Registry as a win-win for emergency response organizations and those in the community who have opted to place AEDs in gathering places ranging from offices and stores to schools and churches.

"With this registry," said Raaka, "we will dramatically increase the likelihood of making AEDs available in life-threatening situations. Our 911 dispatchers will have detailed information about the location of AEDs in cardiac arrest events where every second counts, putting responders together with victims and the closest defibrillator in the area."

In addition, said Raaka, the registry system features a maintenance element that notifies AED owners when vital equipment such as batteries and electrodes are due to be replaced. Once registered with the county, AEDs will be located on a Google map, and data specific to each piece of equipment will be monitored.

"It is gratifying to know many businesses and organizations have invested in life-saving AEDs," said Raaka. "It is our hope that they will now take the important next step of letting us know they have the equipment so they can boost our area system of emergency response."

For more information or to register an AED, go to www.skagitcounty.net or call 360.416.1830.

Property values certified, change notices to be mailed

SKAGIT COUNTY — Skagit County Assessor Dave Thomas reported Oct. 9 that 2015 assessed values had been certified and notices were to be mailed for any property that had a change in assessed value from the previous year.

Property owners are invited to review their property information in the "Property Search" area of the Assessor's Web page at www.skagitcounty.net. Available on the site is the improvement and land information determining the value for the 2015 assessment year. There is also a sales comparison tool for finding similar properties that have sold.

Questions about any property's new assessed value should be directed to the Assessor's Office at 360.416.1780.

Appeals of the assessed value to the Board of Equalization will be accepted for a 30-day period ending Nov. 9. Owners of property with no value change and therefore no notice mailed also are eligible to appeal during this 30-day period.

Thomas noted that appraisers have started property inspections on all properties in the Burlington-Edison School District for the 2016 assessment year.

Snohomish County

Master Gardener program recruiting new volunteers

The Snohomish County Master Gardener program is looking for dedicated volunteers to share good gardening and environmental stewardship practices with county residents by becoming a Washington State University Master Gardener Volunteer Community Educator.

Applications are being accepted for the 2016 Master Gardener training class, which starts Jan. 7 and continues daytime Thursdays through March at the WSU-Snohomish County Extension Offices in South Everett. Class size is limited and applications are processed in the order received.

Training includes approximately 80 hours of classroom instruction and focuses on familiarization and learning how to use resources to research, educate, mentor, and answer horticulture questions for the general public in a collaborative environment. All training is open book, and no memorization is required.

Tuition for this extensive horticulture training program is \$275 plus a volunteer commitment of 40 hours each year for two years working, learning, and having fun with other like-minded Master Gardeners on a variety of horticultural and environmental educational projects. Without the volunteer commitment, tuition is \$775.

For more information and an application, go to the Extension Web site, www.snohomish.wsu.edu, and look under "News and Announcements," call the Extension Office at 425.338.2400, or visit the office at the south end of McCollum Park, 600 - 128th St. SE, Everett.

Bellingham

Geology researcher to discuss guidebook

BELLINGHAM — Western Washington University will host geology research associate Dave Tucker for a discussion titled "Writing a Peoples' Natural History Guidebook: Geology Underfoot in Western Washington" on Thur., Nov. 5, from 4 to 5:30 p.m. in the Map Collection area in Wilson Library.

The Event is free and open to the public. Tucker's presentation will discuss how he wrote a geology guide designed for people who are interested in geology, but who may have little experience or training in the topic.

For more information, call 360.650.3272 or e-mail dennis.matthews@wwu.edu.

AREA FOOD BANKS

Clear Lake

Community Covenant Food Bank

Next to church at 12605 Hwy 9, Clear Lake
For a referral, call Love Inc. at 360.419.7061
between 9:30 a.m.–3 p.m.

Concrete

Concrete Food Bank

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

Darrington

Darrington Food Bank

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

Hamilton

Hamilton Community Food Bank

951 Petit St., Hamilton
Every Tue., 11–noon and 1–3 p.m.

360.826.4090

Lyman

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8334 S. Main St., Lyman
Every Thur. 10:30 a.m.–1 p.m.
Self-help classes after food bank closes; call
for subjects: 360.853.3765

Marblemount

Bread of Life Food Bank

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11 a.m.–4 p.m.
360.873.2504

Sedro-Woolley

Helping Hands Food Bank

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*Changes? Call 360.853.8213.



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Noon - 5 p.m.

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Smile



Dwelleysms

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

"It's not that a lot of busy people would rather work than eat, it's just that they feel they would rather eat food they have earned."

"Pre-election proverb: Undo others before they can undo you."

—May 19, 1955

"Washington and British Columbia met at the Blaine Peace Arch last week to again observe the long period of friendly relations. So far as we have observed, the only friction between us lies in the way one drives a car on the other's highways."

"Life is a series of frustrations. The lawn that was so stubborn in showing green now can't be stopped from becoming a hayfield."

"Nobody has yet advanced a better way to end a speech than closing the mouth before eyes start to."

—May 26, 1955

"This is the week when mothers begin to wonder why they were so pleased that the children were given a vacation from school."

"Ever notice there are two kinds of suspicion: One you get when you try to borrow money, and the other when you offer to lend some."

"In spite of all the emphasis on sex these days, we can still enjoy breakfast without worrying about the gender of a boiled egg."

—June 2, 1955

"Just about the time some educator finishes his point of higher education being the key to success, some doll with more subject matter on the surface than inside picks the lock with a bobby pin."

"Counterfeiting continues to hold a fatal attraction for artistically inclined crooks. Here is one place where perfect copy is regarded more highly than the original."

"There is joy in the streets this week and happiness in the hearts. The flutter of excitement was due to the long-anticipated return of our prodigal sun."

"June is traditionally the month of mating. The period when the surge of urges refutes knowledge of the sage of ages."

—June 9, 1955

"With most people the main objective in life is keeping up with their neighbors at home—and passing them on the highways."

—June 16, 1955

"A million and a half people quit smoking during the past year, presumably because of the lung cancer findings. Rabid smokers insist that if the next breath be their last, let it be a long, deep drag on the weed."

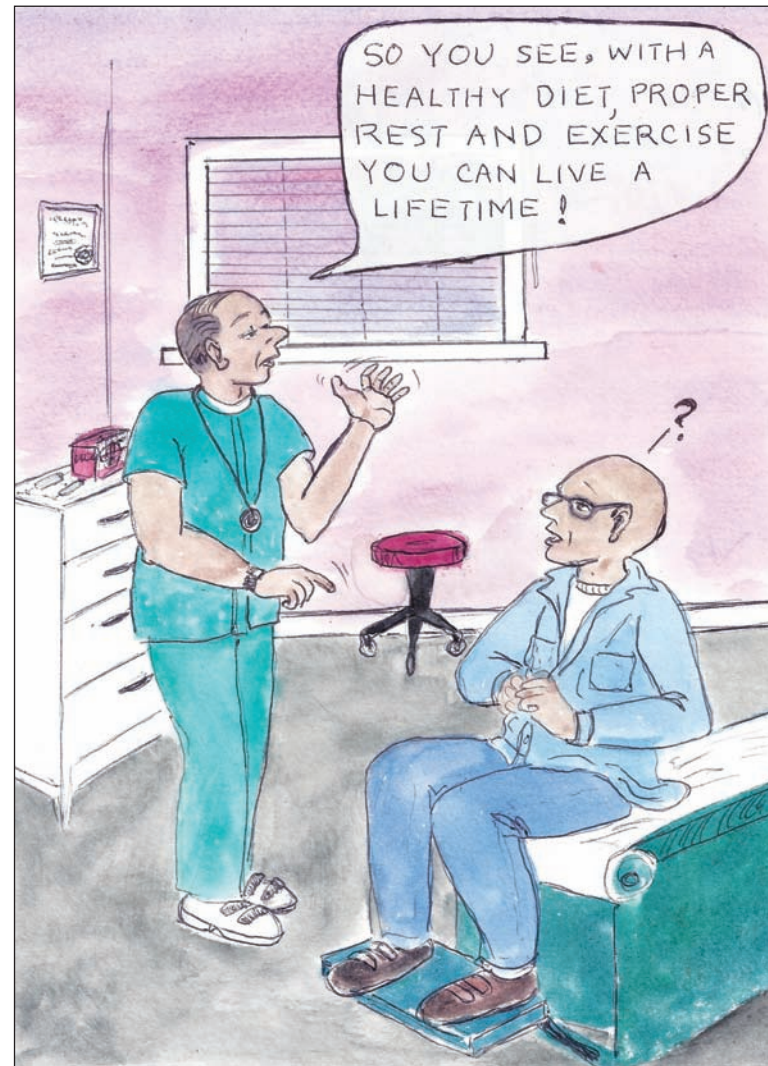
"Think of it this way: If everybody in the world behaved according to your own principles, it would be so dull you'd probably get out and raise heck yourself."

"Thinking is one of the most neglected pastimes. It's so much easier to just buy a copy of what somebody else thought."

—June 16, 1955

Concrete Harold

By Joyce Harris



Public Service Announcement

By Stig Kristensen



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18042 Highway 20, Burlington, WA 98233

Crossword: "Rhymes"

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

Across

- White rice's lack
- Balancing pro
- Put in a nutshell
- Pervasive quality
- Fruitless
- Develop
- Follow a recipe directive
- Figure in Maori mythology
- Corset tightener
- Be a generous trapper
- Diaper cream ingredient
- ___ Day
- Mathematical function
- Epitome of simplicity
- Car with a bar
- Divination deck
- It may be bid
- Center of a ball?
- Buy a beachfront boutique
- Night of poetry
- Katzbalger, e.g.
- Undulating
- Environs
- Belgium village
- Climbing herbs
- Perceive
- Superciliousness

- Savory aroma at a clambake
- Stand for something
- Eukaryotic organism
- Hip bones
- Very, in music
- Flock member
- Abdicator of 1917
- Noah's son, and namesakes
- Armageddon
- Round up

Down

- It may be striped
- Gordon or Ginsburg
- "Mi chiamano Mimi," e.g.
- Role in "Arrested Development"
- Black band of mourning
- Falafel bread
- Jewish month
- Hot stuff
- ___ nitrate
- Flexible mineral
- End ___
- Title for some priests
- Bad lighting?
- Lifts up
- Run the show

- Muddleheaded
- Speed demon
- Grimalkin
- Dig, so to speak
- Shuttlecock
- Some reality show winners
- Actress Oberon
- Doesn't ignore
- Call to a mate
- Bridal party members
- Takes out a fly
- Metal worker
- Radiant
- Air freshener option
- ___ Island National Monument
- Cold
- Wet septet
- No gain, no loss
- Actual being
- Actor Alan
- Brio
- Alternatively
- Carrey vehicle
- Enrich, in a way

Sudoku

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

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

*Solutions to both puzzles are on p. 39.

Funny as Facebook

- The following funnies were pulled verbatim from Facebook status updates in August.
- "Note to self: New crop rice + the usual amount of water = unintentional porridge. Good thing I like risotto, because that's what I'll be fashioning this mush into!"
 - "My approach this week to the 'feed a cold' adage is being explored entirely through the medium of Tabasco Cheez-Its. I'm pretty sure that's what the old wives had in mind, yeah?"
 - "Mary just told me my precious Tublet kitty walks about the house wielding knives and speaking Russian in my absence, but I don't believe her. He is far too sweet and innocent."

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The Man in the Mud Room

By Nicola Pearson

Editor's note: This is the 11th installment of a monthly serialized story by award-winning author and playwright Nicola Pearson of Sauk City. Future installments will appear on this page each month during 2015 until the story is complete. Previous installments are posted at www.concrete-herald.com.

"What time does Albert's open?" Lange rapped out as soon as they cleared McCracken's driveway.

"Nine."

"And what time is it now?"

"Nine-ten." Suleka tuned left on Rockport-Cascade Rd., heading for Hwy. 530.

"We'd better get a move on. That took a lot longer than I thought it would. Who was on the phone?"

"Charlotte. She owns the Inn on the South Skagit, just east of Concrete. Well, she and her girls own it. Anyway, she told me that one of her guests had a hand-painted gourd with wolves on it and she wondered if it was one of the ones Margi painted."

"Was it?" The news had Lange on the edge of his seat, looking directly at Suleka.

"Well, she didn't know. That's why she called us, so we'd come and look at it."

"It's still there."

"I guess. Yes. Well I'm not sure but ..."

"How did she know about Margi's wildlife gourds?"

"I told her." Suleka thought about this.

"No, maybe I didn't tell her exactly, but I'm pretty sure I told Kathy, who either told Charlotte or Liz. And Liz would have told Charlotte."

"I hope you're not gossiping about our cases."

"I wouldn't call it gossiping ..."

"But you tell locals information pertinent to the investigation?" Lange could feel himself getting more and more irate. They passed the Breckenridge place on the left, Search and Rescue vehicles plugging the driveway, and continued on, without getting distracted, to Highway 530.

Suleka was unapologetic. "If I think they need to know it, then yes, sure I do."

"They don't need to know anything," Lange said emphatically. "Only I need to know it until the case is solved."

"Then why did you send me off to find out who'd been burglarized?" Suleka reasoned. "I can't get that information without talking to people and talking means answering their questions so they can determine if they want to help or not."

"Why wouldn't they want to help?"

"The Upper Valley is a small community, Cal. Nobody's going to tell you anything they don't want you to know. Anyway, I don't know what you're getting so worked up about. My telling Liz or Charlotte—or maybe it was Nancy, I don't remember—but my telling somebody about Margi's artwork led to Charlotte calling us."

"Which may not be of any help!" Lange stressed.

"That's true. But what if it is one of Margi's gourds? Whoever has it must have bought it from Margi, which means Margi took those gourds somewhere to sell. Which is why we couldn't find them on her property. And presumably she took them somewhere on Saturday morning, without telling anyone where she was going, and maybe she's still there."

"Where?!"

"Wherever she sold the gourd!"

Suleka hesitated, as if waiting for him to comment, but when he didn't, she went on with her theorizing. "Or maybe she made enough money to buy a bus ticket to Vegas and she's on her way to have some fun."

"Did she ever talk about going to Vegas?"

"No, I don't mean Vegas exactly. I mean ... well, she could have gone to ..." She had her right hand up in the air and Lange waited for her to name the place that would appeal to Margi. But nothing came. Instead she grabbed the steering wheel again and snapped, "Well, you know what I mean."

"No, I don't—because if Margi ran off to kick up her heels, she would have taken Coco with her."

"Well that's just one theory. I'm not saying it actually happened. I'm just saying it's a good job I mentioned these gourds in the phone tree because it made Charlotte call us when she saw one."

"And I'm saying you should keep your mouth shut when we're working on a case."

"Hah!"

"Hah?"

"You'll be saying that out of the other side of your mouth when you see where this gourd leads us!"

Lange chomped down on his irritation and thought about her statement as they crossed the narrow bridge over the Skagit River. Suleka's idea might have some validity, but still she needed to know when to hold her tongue. Or maybe just when to stop acting like a friend to the locals he was questioning and start acting more like a detective's assistant.

He snorted as they pulled up to the intersection with Hwy. 20; what in the world was he thinking? He wasn't a detective out here on Sauk Mountain and Suleka had never agreed to be any kind of detective's assistant. A little shopping and the occasional cleaning of his yurt, that's what she'd agreed to when they'd met. It was just bad luck that she'd ended up driving him to a couple of crime scenes. Bad luck for her, that is, because he'd found her pretty helpful. Detective Deller, the only real detective in this whole set-up, must have thought so too, because Suleka was the one she called when she needed Lange's help.

The Nissan turned left onto the highway. Deller hadn't called him with the lab results yet, and it was what?—he slipped his cell phone out of his jacket pocket and looked—9:16 a.m. He focused on Suleka again, curious. "Did Deller tell you whether those items we found at the Breckenridge place revealed anything significant?" They came around a bend in the road and he saw the big trees of Rockport State Park. Suleka said nothing. "Did she?" Lange prodded. But again she was silent. Two small deer were browsing under the trees at the edge of the highway, but Lange couldn't see them through the cloud of hostility fogging up the inside of the truck. "Oh what? You're not talking to me now?" he groused.

Suleka pounced. "No, I'm keeping my mouth shut. Just like you said."

"I didn't mean when talking to me!"

"Well how am I supposed to know the difference?" The words were innocent enough but Lange saw sarcasm in the curl of her lip. "Best I keep my mouth shut at all times."

They were at the gates to the state park and Lange glanced right, to check on his Prius parked at the Ranger's house, when he was distracted by the sight of some people coming out of the end of Sauk Mountain Road. Three people on foot, one markedly smaller than the other two, pulling a Red Rider Wagon full of—

"Firewood!" he yelled, pointing ahead

at the boys now walking west on Hwy. 20.

Mud Room, cont. from p. 38

"That's my firewood!"

"What do you want me to—"

"Pull over! Pull over!"

Suleka stomped on the brakes and jerked the truck over to the hard shoulder. Lange tumbled out before the Nissan came to a complete stop. "Freeze!" he yelled and three heads spun in his direction.

That's when he realized he knew these kids. Liked them even. And had helped them more than once. His surprise that they were stealing from him must have hit at the same moment as their surprise that he'd caught them because they suddenly dumped the red wagon and hightailed it away from him. Lange immediately gave chase; they might be young and fast, but he was practiced and he wasn't going to let them escape without an explanation. The world around him narrowed to the sound of his breath, huffing in and out of his nose, and the beat of his feet on the asphalt pulsing in his ears.

And then an explosion—BAM!—and his left shoulder kicked back so violently his feet came out from under him and slammed him to the ground. A searing pain burned through his collarbone and he groaned, snatching at it with his right hand to try to make it stop. Somewhere through the thick fog inside his head he heard a voice, frantic, beside him. "Cal, are you okay? Are you okay?"

"Go! Go!" Lange whispered, waving down the street with his right hand. That's when he saw the blood. He looked down to find a dark stain creeping across his shirt from the fire in his chest. He flopped back, writhing in agony.

"Are you okay?" the voice said again.

"I told you to go," Lange insisted.

"I'm not chasing after those boys! I know exactly who they are and where they live, I don't need to give myself a stroke trying to catch them."

The fog began to lift at the matter-of-factness in the voice and Lange opened his eyes to see Suleka, kindly Suleka, leaning over him. Suleka, not Jimmy Vonortas.

"Are you okay?" she asked again.

"I don't know," he said, confused. "Am I?"

"You fell down but I don't know that you're hurt." Her eyes were searching up and down his body and he suddenly felt exposed and embarrassed. He knew he was on the ground for no reason other than memory. Something had thrown him back to the streets of New York.

"I heard an explosion," he offered sheepishly, sitting up and brushing himself

See Mud Room, p. 39

Mud Room, cont. from p. 38

off.

"A car backfired ..."

"That must have been it." He stood up and looked down the highway. The boys were gone. But he also knew where they lived, and he felt foolish for running after them. Even more foolish for thinking he'd been shot.

"Why did you fall down?" Suleka asked, as they walked back toward the Nissan.

"I just," Lange started, then realized he'd have to listen to a million questions and maybe he wasn't ready for that. Not yet. Not without a whiskey in his hand. "I tripped," he said.

Suleka looked at him. She knew he was lying but she also sensed this wasn't the time to push it. "Well, get in," she said. "Charlotte has other things to do than wait on us."

"Can we stop at the boys' house first?"

"We'd better. Because I have some questions for them!"

Continued next month ...

Letters, cont. from p. 35

this drive received from the community. During the six-month campaign and as many bake sales, the community supported this endeavor by donating money, baked goods, and effort to get the truth out regarding this important proposition.

Concrete Joins the Library Committee

Cheerleaders thankful for community support

Wow! We want to say a big THANK YOU to this amazing community!

This year, as coaches for the Concrete Youth Cheerleaders, we had 16 girls sign up for cheerleading, and so we were able to form two cheer squads. We also needed to purchase uniforms for these girls, and cheer uniforms can get quite expensive: almost \$200 per uniform! We began fundraising at the Fourth of July parade, we held a yard sale at the Swap Meet, and we held a bake sale during Cascade Days with a raffle drawing. We were able to purchase all 16 complete uniforms using just the money that we raised in fundraising: more than \$3,200!

Many, many people helped and contributed to the fundraising effort, including several local businesses such as Albert's Red Apple, Cascade Supply, and Annie's Pizza. Thank you so much

Classifieds

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NOTICES

NOTICE OF TOWN COUNCIL 2016 BUDGET WORKSHOPS

NOTICE IS HEREBY GIVEN that the Concrete Town Council will hold workshops on the following dates in preparation for the 2016 Budget:



for your support; we are amazed at the generosity of this community!

Concrete Youth Cheerleaders Coaches Sheena Daniels, Lacy Lahr, Desiree Bauer

Nov. 9 6:00 p.m. Review 2016 Proposed Budget

Nov. 23 6:00 p.m. 2016 Budget (IF NEEDED)

The Concrete Town Council chambers are handicap accessible. Arrangements to reasonably accommodate the needs of special classes of citizens, including handicap accessibility or interpreter, will be made upon receiving twenty-four (24) hour advance notice. Contact Andrea Fichter at the Concrete Town Hall (360) 853-8401.

Published in the September, October and November 2015 editions of *Concrete Herald*.

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that a public hearing will be held by the Town Council of the Town of Concrete at its regular Council Meeting in the Town Hall at 45672 Main Street, Concrete, Washington, on Monday, November 9, 2015 at 7:00 PM or as soon as possible thereafter.

The purpose of the public hearing is to review the proposed 2016 Property Tax. Action may be taken at this meeting.

The public is encouraged to attend and give written or oral testimony.

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The purpose of the public hearing is to review the proposed 2016 Budget. Action may be taken at these meetings.

The public is encouraged to attend and give written or oral testimony.

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Crossword solution, from p. 37

	B	R	A	N			C	P	A			S	U	M	U								
13	A	U	R	A	N		A	R	I	D			A	R	I	S	E						
16	S	T	I	R			R	A	T	A				L	A	C	E	R					
19	S	H	A	R	E	S	P	A	R	E			S	N	A	R	E						
							A	L	O	E				M	A	Y							
24	A	R	C	T	A	N				A	B	C											
33	T	A	R	O	T			A	D	I	E												
37	S	C	O	R	E	S		S	H	O	R	E	S		T	O	R	E					
40	E	E	N				S	W	O	R	D				H	I	L	L					
43	A	R	E				A	Y	E						L	E	N	S	E				
							G	E	T				A	I	R	S							
50	S	W	E	L	L	S																	
58	E	A	S	E	L																		
61	A	S	S	A	I																		
64	S	H	E	M	S																		

Sudoku solution, from p. 37

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

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munchies

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Flu season lasts nearly six months. That's about 200 days when you could be exposed. This year, stick it to the flu by getting your flu shot today.

Get your flu shot.

peacehealth.org/Skagit/FamilyMedicine



PeaceHealth

The Spirit of Health