

# The Voice of Eastern Skagit County Concrete Herald



Vol. 92, No. 6

October 2009

50 cents



The Minkler Mansion is one of Lyman's most important landmarks and the focal point of the town's centennial celebration on Oct. 24.

## Happy birthday, Lyman!

By Noel V. Bourasaw

Lyman will celebrate 100 years with a townwide party on Saturday, Oct. 24.

The town traces its roots to 1880, when Dr. Lorenzo Lyman came to the area from Montana for the gold rush on Ruby Creek. The gold rush turned out to be about as brief as Lyman's stay: He left after about a year.

The town really got started when Otto Klement platted it and started a trading post there in 1881.

In 1887, the Birdsey Minkler family moved to Lyman and became its most prominent family from then on.

The celebration will begin at 10 a.m. on Oct 24 and run into late afternoon, with a full line-up of fun events for all

ages. Included on the agenda are games for kids, including demonstrations from loggers, a mock jail where participants can pay to have someone incarcerated, and a time capsule that will be buried at 3 p.m. Visiting dignitaries include descendants of the Minkler family, County Commissioner Sharon Dillon, and Washington First Gentleman Mike Gregoire.

The event is also the culmination of the Lyman History Challenge, an essay, art project, and costume contest designed to help students more fully understand the history surrounding Lyman and the Minkler family.

Washington Governor Christine

**See Lyman Centennial, p. 9**



## Fall Color Festival, Ghost Walk on tap

The Concrete Chamber of Commerce, Concrete Herald and Concrete Heritage Museum are pleased to host the second annual Fall Color Festival in and around the Concrete area on Oct 10-11 and 17-18.

The goal of the Fall Color Festival is to encourage people to visit the eastern part of the county, explained event organizer Valerie Stafford, president of the Concrete Chamber of Commerce. It's a unique combination of incredible fall scenery, local wines, small-town fun and a ghostly history lesson, all in one. We hope people will travel the Magical 30 Miles and see

what we have to offer.

The Magical 30 Miles features some of the best views of the fall colors, starting at Eagle Haven Winery at 8243 Sims Rd in Sedro-Woolley. The winery offers a tasting room and apple samples.

The next stop is Challenger Ridge Vineyard & Cellars, where they will be celebrating with a Harvest & Crush Party that includes jet boat rides, a salmon barbecue, pumpkin bowling and pumpkin carving, live music by the Troy Fair Band, winery tours, wine tasting, and grape

**See Ghost Walk, p. 15**

## Baker River five-phase fish project on track

By Ben Smith

Construction work on the ongoing Puget Sound Energy fish facilities project related to the Baker River dams in and around Concrete is progressing on schedule. The work is composed of five distinct phases relating to the improved migration of higher numbers and survival of young

**See Fish Project, p. 21**



*Published the first  
Wednesday of each month*

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## Concrete businesses change hands

By the end of October, two downtown businesses and one Grassmere Village eatery will have new owners.

The Concrete Theatre, located at 45920 Main St. in downtown Concrete, was sold to Valerie Stafford and Fred West Sept. 22.

We'd been thinking about buying it all summer, said Stafford, who believes in the building's potential and currently is researching how other classic theaters are being reimaged.

**See Businesses, p. 9**

**Concrete Herald expands  
distribution, coverage.** See p. 4.





# Concrete Herald

The Voice of Eastern Skagit County

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## Editorial

I think I'll try a little Dwelley-style editorializing this issue...

The Concrete Town Council is finding out what happens when it listens only to one side while negotiating a contract with the Skagit County Sheriff's Office. It gets a contract that straps it down to the SCSO for a year after it decides to create its own police forces should that ever be the case.

Imagine Concrete the visioning initiative designed to improve Concrete during the coming years is now under way, with task forces in place to start actually making things happen. If you're on the fence about joining a task force, it's time to jump off and get involved. I'm tired of seeing the same faces come forward when there's work to be done and action to be taken, even though they are very nice faces.

See Editorial, p. 3



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# Opinion

## Letters to the editor

### Back 2 School thank you

We'd like to thank everyone who came out to watch the Back 2 School Parade for Lyman Elementary, the participants, and everyone who helped make our fifth year the best year yet! We were excited at all the new additions to the roster and so pleased with all the classes and teachers who put in a lot of thought, time and energy into their class themes. Our judges this year were Debbie Boyd, Stan Werner, and Karen Griffith, and they did a great job.

This was our first year of accepting donations and we really appreciated the generosity of our sponsors. Special thanks to: Lyman Booster Group, Casey and Debbie Boyd, Short Shot Espresso Stand, Patty Cook, and Stan and Tammie Werner. Our sponsors this year were all Red Flag donations, giving \$25 or more.

Every volunteer is crucial to the success of our parade! No job is ever too small to go unnoticed.

A BIG THANK YOU to all our workers, helpers, traffic support and drivers: Debbie Boyd, Kristi Johnson, Lynn Jonasson, Mark Kitchen, Larry and Kathy Weston, Mark Nilson, Elisha Lewis, Casey Boyd, Stan Werner, Don Ross, Charlie Ross, Lyman Fire Dept., Clear Lake Fire Dept., Joan Parker, Lyman town officials, Mark Venn, Skagit County Sheriff Office, Mike Schweigert, Michelle Kuss-Cybula, Frank Cook, Mont Heinzman, Charlie Messer, Ed Lipsey, Kathy Schmidt, Lyman Booster Group, Jacqueline Hendrickson, Mike Kerbs, Jones Creek Farms/Les and Talea Price, Jason Loope, Sonja Jackson, Jon LaCount, Chris Burke, Jim and Sharon Dillon, Brad Hendry, Klyer Brumbaugh, Concrete Herald, and all our great teachers!

Special thanks to Charlie Ross for his two convertibles in the parade and to Mack and Linda Mani for the use of their lot for set up. Our gratitude to Sedro-Woolley American Legion Honor Guard, Boy Scouts Troop #427 and Troop #4067, and Sedro-Woolley Community Troop Support for honoring our flag.

Thanks to each and every one of you! We hope to see you back next year!

*Tammie Werner, Patty Cook  
 Lyman*

### Back to School Blessing thank you

A hearty thanks to all who donated and volunteered in the Upper Skagit Back-to-School Blessing on Aug. 29, 2009! It was a wonderful day with 254 people from 88 families attending. There were 150 backpacks, school supplies, clothing, haircut coupons, and other blessings given out freely, while music and pitchburst added family entertainment.

The event was co-sponsored by Christian Ministry Network and the Shepherd's Heart Care Center with great donations and 32 volunteers from the following organizations:

Town of Concrete, Rice Bowl Ministries, Northwest Hair Academy, SeaMar, Gideons, Mount Vernon Church of the Nazarene, Bethel Assembly of God, Concrete Assembly of God, Mount Baker Presbyterian Church, Community Bible Church, North Cascade Community Church.

*Arla Mae Freeman  
 Mount Vernon*

### Opposed to Baker Lake destruction

I for one am very opposed to the Forest Service destroying the Baker Lake Camping. There is so little left with RV hookups. Not everyone likes to sleep in a tent, especially us older folks who like our mattresses. The FS is on a tangent for the entire forest to get people out of the forests. At one time you could drive to the end of FS Rd. 12 and have a wonderful view of the Twin Sisters and a day hike to Elbow and Doreen Lake. Not anymore.

*Shari Brewer  
 Darrington*

### Letters policy

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

### Corrections

A letter to the editor in our September issue referenced five Eagle Scouts produced by Boy Scouts Troop 74. That number should have been six.

**Editorial, cont. from p. 2**

Speaking of Imagine Concrete, if you own a property with ridiculous amounts of junk strewn about it, consider yourself warned: One of the most popular points of feedback was places like yours. Your neighbors aren't very pleased with the image you're putting out there. Ordinances exist to force you to clean up your act or pay hefty fines, and they're about to be enforced. Why not take the initiative and do it before the code enforcement officer comes calling? You'll be more popular than a cheerleader.

Hats off to the Concrete Lions mascot. You are the funniest dancer I've ever seen.

## Upper Skagit Gardeners announce 2009–2010 schedule

The Upper Skagit Gardeners meet the third Saturday of each month, except for their November meeting. That month's meeting will be on Nov. 14., because the group plans a Holiday Bazaar on Nov. 21 to raise money for Friends Helping Friends.

We help Santa get gifts for the kids in Concrete, said Gladys Silrus, club president. The complete schedule follows:

### Oct. 17

Dormant sprays/winter preparations for diseases and insects

### Nov. 14

Wreath making: free for members; \$15 for non-members includes all materials

### Dec. 19

Gift exchange at Adrienne Smith's house  
Bring a garden gift

### Jan. 16, 2010

Journaling:

Why should you keep a journal?

### Feb. 20

Rain barrels: How to make and use water for your gardens

### March 20

Nature walk at Vanett Sanford/Making hypertifa pots: free for members; \$15 for non-members

### April 17

Soil analysis: Why have it tested?

### May 15

Good bugs/bad bugs

All meetings will be at the old police station on Main Street. New members are welcome. For more information, call 360.826.4848.

**Concrete Herald**  
The Voice of Eastern Skagit County

## Sheriff's contract under scrutiny

In response to feedback received during the Imagine Concrete visioning workshops and Town Council meetings, the Concrete Town Council will take a closer look at its contract with the Skagit County Sheriff, while considering the feasibility of reviving its own police force.

At its Oct. 26 Council meeting, town officials will hear from law enforcement expert Camille Steigleder from Arlington, who will help the town critique its contract with the Sheriff.

Steigleder is a veteran Patrol Officer and Community Oriented Policing Specialist with a focus on Juvenile Crime Prevention. She spent 10 years with the Molalla Police Department, a municipal agency in rural Clackamas County, Oregon., where she worked as a patrol officer and later devoted her time to development of Community Oriented Policing Programs specifically geared toward the special needs and requirements of rural communities. She wrote grants for funding of these programs and amassed nearly half a million dollars for the Department in less than 5 years.

As always, the public is welcome to attend this Council meeting, scheduled for 7 p.m. on Oct. 26, at the Town Hall.

## New in town: Marblemount pastor starts on the right foot

Marblemount Chapel's new pastor, Mikel Crane, and his wife, Judy, will kick off the 11 a.m. Sunday service on Oct. 11 with live country gospel music featuring The Master's Singers from Shelton, Washington.

We haven't met a lot of people yet, said Pastor Crane. "We just felt that this would be a great opportunity to welcome the community, meet a few new folks, and make some good friends."

The Cranes moved to Marblemount from the Matlock area near Shelton. They have been missionaries with American Missionary Fellowship since 2004.

I came into the ministry rather late in life, says Crane. Like a lot of folks today, I lost my job after 17 years when my position was abruptly eliminated. It totally devastated my life and caused me to evaluate my priorities. Crane quickly added that he will finish the "rest of the story" during the Oct. 11 service.

Marblemount Chapel is located at 59762 Hwy 20 in Marblemount.

## We believe in the power of working together

Community Action appreciates the opportunity to provide nearly a half-million dollars per year of Puget Sound Energy HELP funds directly to our clients.

**Bill Henkel**  
Executive Director  
Skagit County Community Action Agency  
Mount Vernon

Thanks to Community Action for touching the lives of more than 30,000 Skagit County residents each year with its safety net services, including home heating assistance, literacy support, homeless prevention, anti-hunger programs, health access, crisis intervention, and volunteerism.

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## Commissioners Seek Applications for Planning Commission

**SKAGIT COUNTY** The Skagit County Board of Commissioners is currently seeking applicants for the Skagit County Planning Commission from County Commissioner District 3. Applicants must live within County Commissioner District 3. For District maps etc., go to the Skagit County Web site at [www.skagitcounty.net](http://www.skagitcounty.net).

The Planning Commission consists of nine members, three from each County Commissioner District. Planning Commission terms are four years. The Planning Commission assists the Planning and Development Services Department in advising the Board of County Commissioners on the direction of future growth and development in unincorporated Skagit County.

Planning Commission members attend an average of one meeting per month (more frequently during especially busy periods). Meetings last approximately three hours and are held in the evening. Additional preparation time is required.

Planning Commission service is unpaid; however, members may obtain reimbursement for travel expenses to and

from meetings.

The Board of County Commissioners expects to make an appointment in fall 2009. Interested? Send a letter of interest and a statement of qualifications to: Skagit County Board of Commissioners, Attn: Linda Hammons, Re: Planning Commission Vacancy, 1800 Continental Place, Mount Vernon, WA, 98273, no later than Friday, October 9, 2009. For help with questions please contact: Carly Ruacho, (360) 336-9410, ext. 5582, [carlyr@co.skagit.wa.us](mailto:carlyr@co.skagit.wa.us).

## SKAT adds route runs

Effective Nov. 7, Skagit Transit Saturday service for Route 8 will include new, later service times on Saturdays.

Eastbound service will depart Food Pavilion (Sedro-Woolley) at 3:40 p.m., Lyman at 4 p.m., Hamilton at 4:05 p.m., and Concrete at 4:30 p.m., and will arrive in Cape Horn at 4:45 p.m.

Westbound service will depart Cape Horn at 4:45 p.m., Concrete at 5 p.m., Hamilton at 5:20 p.m., and Lyman at 5:25 p.m., and arrive at Food Pavilion at 5:45 p.m.

These departure and arrival times are in addition to the existing Saturday schedule. For more information, call 360.757.4433.



# Celebrations

## Cloer 50th wedding anniversary

Calvin and Alean Cloer celebrated their 50th wedding anniversary on Sept. 14, 2009. Calvin is retired from a career of logging and Alean is a retired cook for the Concrete School District.

They enjoy fishing, gardening, and spending time with their two daughters, Tammy Ross and Patty



Calvin and Alean Cloer

Woolie; their grandchildren Clinton Ross, Natalie Ross, and Nicole Woolie; and their great-granddaughter Kayleigh Ross.

Calvin and Alean have lived in Concrete, Wash., for 45 years. They were married Sept. 14, 1959, in Scotts Creek Baptist Church in Beta, North Carolina.

The Cloers celebrated their milestone event by taking a Caribbean cruise with family and friends.

## Happy birthday, Maxine

Sedro-Woolley citizen Maxine Stokes celebrated her 90th birthday with family and friends on Sept. 6.

The festive affair was hosted by the Burlington Community Hall, from 1 to 4 p.m.

Maxine lived in Concrete from 1921 till 2004, when she remarried after the death of her first husband and eventually moved to Sedro-Woolley. At one point, she was one of the oldest citizens of Concrete.

Maxine's party included a song from a singer-songwriter granddaughter, as well as warm words from her son and her pastor.

There had to have been about 130 people there, said Sandra Glover, one of Maxine's daughters. It was very nice.

## Concrete Lions Club Annual Halloween Party

### Where:

Concrete Grade School

### When:

Oct. 31, 5 to 7 p.m.

Free Hot Dogs and Apple cider, free games for kids of all ages.

For booths, contact Gladys Silrus  
360.826.4848.

## THIS AND THAT

By J.K.M.

Concrete Grounds Maintenance guru **Dale Angell** (right) is awesome. The guy's been oiling the Town Center sign like a madman, making sure it looks ab fab.

On Sept. 8, Rebekah Rider, a first grader at Concrete Elementary, was notified that she was one of two winners in Fred Meyer's The Big Fantastic coloring contest. A pair of tickets to the Puyallup Fair from the Burlington store was awarded to Rebekah, 6, who used every colored marker she had in her collection to nail down the prize. The tickets also came with passes for free rides, food, and a rodeo show. Rebekah, and her mother Kirstin, dedicated an entire Sunday towards enjoying the award-winning trip to do the Puyallup.



Concrete Grounds Maintenance employee Dale Angell applied one of several coats of log oil to our Town Center sign in September.

## Concrete Herald expands distribution, coverage

Six months into its revived publishing schedule, *Concrete Herald* continues its distribution expansion into Mount Vernon, Burlington, and Sedro-Woolley.

A new round of repurposed Seattle P-I newspaper racks are being deployed in the above-named cities, along with two additional racks donated by the *Whidbey Examiner* in Coupeville. The goal is to have the new group of refurbished racks

in place by mid-October.

To learn of new *Concrete Herald* distribution points, see the list on p. 31 of this issue or become a Facebook friend of the *Herald*, where an updated Note on the subject can be found.

On the heels of expanding its coverage to include Sedro-Woolley in its August issue, *Concrete Herald* now covers Clear Lake (see p. 10).

## Hamilton Treat in Truck offers family fun

The First Baptist Church of Hamilton, located at 797 Hamilton Cemetery Road in Hamilton, will offer a night of fun for the whole family on Halloween, Oct. 31, from 68pm .

For a third year, the church will hold its Treat in the Truck event for the entire family as an alternative to traditional trick or treating for children. The event is being held in the church parking lot with many volunteers and cars around the lot with their trunks open and candy ready for the taking inside. There will be hay bales to sit around for warmth from a fire pit for families to visit and share a cup of hot chocolate or spiced cider.

Organizers said that last year's event was such a success, they wanted to do it again this year. They want to offer families a safe place for kids to come and trick or treat. Everyone is welcome to attend.

## Kids' birdhouses still needed for sign fence

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

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

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

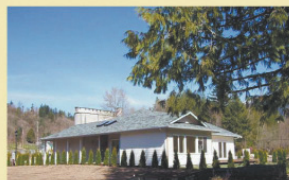
The Town Center sign project won't be complete until *you* add your personal touch, so join the fun today! So far, we have six birdhouses, so grab a hammer and get involved!

## Valleys West Realty

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## Charles Muth Dwelley: A Concrete publishing icon

By Doris Pollack

Charles Muth Dwelley was born March 8, 1908, in Mt. Vernon, Wash., the second of three children of Charles L. and Mary Elizabeth Dwelley. He attended school in Anacortes, where he was art editor of the Anacortes High School annual, and was active in school sports and activities. He graduated in 1925.

After graduation he began work as an artist-apprentice printer at the Anacortes Citizen. He had ambitions to be a commercial artist, but decided a steady job as a printer was more practical. He married Helen Lyle Grubb in Anacortes on June 13, 1927, and they moved to Sedro-Woolley, where he worked for a time as a pressman for the Courier-Times. In 1929 he was sent to Concrete to take over the ailing Concrete Herald as editor. He later bought out the interest of Frank Evans, owner of the Courier-Times, and was the publisher until 1971, when he retired.

During his years at Concrete, he developed a reputation for his editorial quips, and gained regional and national recognition with quotes in The Reader's Digest and Ladies Home Journal, and in many of the country's largest daily newspapers. The Concrete Herald also won first place in the National Newspaper Association competition for a historical edition published in 1952. He served on the Board of Directors and was elected president of the Washington State Newspaper Publishers Association in 1957. He was a charter member of the North Cross-State Highway Association and of the Concrete Lions Club, in which he was very active for many years. He was also a 32nd Degree Mason and an Elk.

Arthur Gilbert Dwelley, the only child of Charles and Helen Dwelley, was born on Feb. 6, 1930, at Anacortes. (Naturally, it was paper day.)

Charles spent a good deal of his free time in the summers exploring the Mt. Baker National Forest with Chief Ranger Hugh Ritter and with his friend, Brown Wiseman. They planted fish in the high lakes and hiked, fished and hunted all over the area from Glacier Peak north to Washington Pass. He took many movies of his trips showing the scenery and wildlife that they encountered.

During World War II, Charles served in the Navy from March 1944 to Dec. 1945, graduating from Navy schools as a Torpedoman Third Class. He was sent overseas and was stationed in Manila,

Philipine Islands, where he became a Shore Patrol detective. (He never saw another torpedo.) His service in Manila began when parts of the city were still occupied by Japanese forces. After the Japanese surrender, he shipped home in a Liberty ship to Seattle and was discharged at Bremerton.

Back in civilian life, he took up the reins of editor again after the Herald had been published by his wife Helen with the assistance of John and Helen Pemberton of the Burlington Journal. In 1947 the Dwelleys purchased the Mertz Mansion when it was put up for sale by the trustees of the estate, and moved from their modest home of 15 years on the hill behind the Catholic Church. Moving into the elegant six bedroom home was quite an experience for the whole family, especially as it was purchased fully furnished right down to the silverware.

In the 1950s the Dwelleys sold their home to the Lutheran Church and built a home on the Skagit River at Sauk (Thunderbird Lane). They lived there until they purchased the Brohmer Building in

Concrete and moved the printing plant to the lower floor and took over the second floor apartment. They were divorced in 1961 after 34 years of marriage.

Charles Dwelley married Alice Stanton Hurn on Jan. 1, 1962, and she joined him in the operation of the Herald. They built a home at Thunderbird Lane on the Skagit River near Van Horn. Alice died on May 6, 1967, of a cerebral aneurism at Virginia Mason Hospital in Seattle. She is buried in Resthaven Memorial Park in Mount Vernon.

On March 16, 1968, Charles married Helen Pemberton of LaJolla, California. She joined him in operation of The Concrete Herald until their retirement in 1971. Helen was a friend of many years when she and her first husband John had owned The Burlington Journal.

After retirement Charles and Helen lived in the home on Thunderbird Lane east of Concrete for several years before moving to Shelter Bay in La Conner in 1972. At La Conner they both were active in the Shelter Bay homeowners association and in the Skagit County Historical Society.



Chuck M. Dwelley with his wife, Helen Pemberton Dwelley, circa 1980. Photo courtesy of Doris Pollack.

They researched and published Skagit Memories for the Society in 1979. Charles wrote a column called The Bridge Tender for Channel Town Press for a number of years. They moved to Tenino, Wash., in 1990.

Charles Dwelley died at Tenino on Sept. 30, 1993. He is buried at Pleasant Ridge Cemetery in La Conner in the Dwelley family plot.

*Doris Pollack is a Concrete resident and descendant of the Joseph F. Dwelley family.*

## Upper Skagit Library news

By Aimee Hirschel

Of the 50 who signed up, 23 children successfully completed the summer reading program. The main requirement is to read 100 minutes per week for eight weeks. This year there was a program each week, ranging from making photo frames using leaves and flowers to chalk drawing to singing to drumming. The names of the successful readers are:

Thalen Campos  
Rebecca, Kimberly, and Brian Torheim  
C. J. and Georgia Greguich  
Bethany, Iona, Josiah, and Taleah Werda  
Dakota, Rebecca and Danielle Ross  
Josiah and Rebekah Rider  
Cody Carlson  
Crystal Guerrero  
Jorge Guerrero  
Mika and Jeremiah Jansen  
Juanita Castaneda  
Justin Fagan  
Krista Wahlgren

Good going!

Many of you have read about the reciprocal agreements that have been signed between several of the larger

libraries in Skagit County. These agreements allow people from one participating library to apply for a card at another participating library and, if successful, check out materials from that library. At this point, those borrowers are responsible also for returning the items to the lending library.

This works well if you work in a different city from where you live, or if you make regular trips to another city. The idea is to make more materials available to the reading public without inconveniencing a single library by burdening the staff with extra work or by unduly reducing their book collection.

The Friends of the Library have purchased a projector and screen enabling projection of webinars and other Web programs when something that would be interesting to the community is presented. If such a program is scheduled, we'll have the information posted on the Web site at [www.upperskagit.lib.wa.us](http://www.upperskagit.lib.wa.us).

NOTE: The Oct. 8 board meeting will be held at the Rockport Fire Hall at 5 p.m. Everyone is welcome.



### Library Hours

**Tuesday and Wednesday**  
11 am - 8 pm  
**Friday and Saturday**  
11 am - 5 pm

**45770-B Main Street**  
**Concrete**

**360-853-7939**

[www.upperskagit.lib.wa.us](http://www.upperskagit.lib.wa.us)





# Sports



## Concrete football starts strong

By Brooke Howell

The Concrete Lions football team blazed the trail for a great season in its first two games before faltering during its next three.

Game one saw senior Greg McIntosh run the opening kickoff back for an 83 yard touchdown which started Concrete's handling of Liberty Bell as they outscored the home team 48-6. Most of the starters gave way to the young Lions early in the 2nd quarter when the score was 48 to 0. Starting strong on the season was junior Kyler Howell, who scored four touchdowns while carrying the ball nine times for 186 yards. Sophomore Tyler Clark, starting his first game at quarterback, had 46 yards on four carries, while McIntosh and sophomore Tyler Kales scored two and one touchdown respectively. Senior James Johnson stood out on defense, making several tackles for a loss.

Next up for the Lions was the Inglesmoor JV team, which provided a much greater challenge. Traveling to Inglesmoor and playing in 90-degree weather proved to be a daunting obstacle, but the team stepped up and, led by senior James Martin, stopped a late drive by the Vikings and held them just short of the goal line for the extra point as time expired. Howell scored all three touchdowns, running 27 times for 138 yards and catching one TD from Clark for a 33-yard score. Clark finished 6 for 15 passing, for 101 yards and one touchdown. Leading the team in catches was McIntosh with 3-35. Sophomore Aidan Walsh also made a fine catch for his first varsity catch. The Lions won 22-20.

The Nooksack Valley Pioneers visited the Lions for their first home game of the season and proved to be a bit mightier than the Lions could handle. The Pioneers were able to capitalize on the size advantage they had over the hometown crew, along with using the Lions' turnovers to their advantage. Junior Uriah Kast stepped up and played a strong game on defense. The lone score for the Lions came on a Clark to Kales 13-yard pass in the fourth quarter. The final score was 55 to 6. Kyler Howell, who was injured during the Inglesmoor game, was not suited up for the game and is expected to miss the majority of the season.

Concrete had a late comeback against SeaTac league Seattle Christian Saints, but the Saints were able to hold off the Lions in the late stages of the game. Trailing 22 to 0 at the half, the difference was too much for the Lions to overcome. Kales had a fine game, scoring two touchdowns on a 10-yard run and a 46-yard pass from Clark. Clark finished the game 6-11 for 94 yards. McIntosh again led the way with three catches for 34 yards. Senior DJ Mitchell caught one for 14 yards. The Saints topped the Lions 25-12.

The Lions started out league play Oct. 2, against the Orcas Vikings at home. Down 15 to 0 at the half, the Lions came out much stronger in the second half and held the Vikings scoreless. Greg McIntosh scored the lone Lion touchdown with a 25-yard scamper into the end zone. Clark kicked the extra point to put the Lions within eight. Junior Scott Rice had a long 20-yard run after Orcas turned

the ball over late in the 4th quarter, but the Lions weren't able to capitalize and ended up with the loss, 15-7. Clark led the team rushing, with nine carries for 44 yards. Kales intercepted the Vikings, making a great catch going out of bounds,

while James Johnson put the pressure on defense, coming up with a sack and key defensive stops in the second half.

The Lions face league opponents the rest of the way out and will look to make a run for a playoff spot in the coming weeks.



Sophomore quarterback Tyler Clark keeps it for a run against Orcas Island Vikings defenders Oct. 2.



Junior running back Kyler Howell evades a tackle during the Concrete Lions' Sept. 12 game against the Inglesmoor Vikings JV squad. Photo by Jayme Peterson.

### Varsity Football schedule

Date	Opponent	Event location	Time
10. 9	La Conner	La Conner	7
10.16	Darrington	Concrete	7
10.24	Orcas	Orcas	12
10.30	La Conner	Concrete	7
11.5	Darrington	Darrington	7

### JV Football schedule

Date	Opponent	Event location	Time
10.12	La Conner	Concrete	5:30
10.19	Darrington	Darrington	5:30
10.26	Meridian	Concrete	5:30
11.2	La Conner	La Conner	5:30

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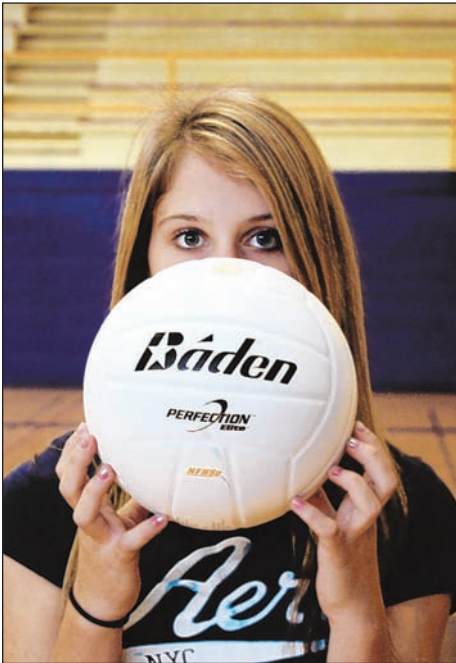
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# High school volleyball struggles with early season losses

By Billie Bjornstad, head coach

The High School Women s volleyball team lost its first 3 games. Final scores were: Mt. Baker 3-0, Friday Harbor 3-0, and La Conner 3-0. Mt. Baker was their first game; I chalk up that loss to nerves. Friday Harbor is a good team and I believe we could have played better, but our lack of experience is a challenge. La Conner is a very good team, of course, and my girls played very well. It s difficult for a team (Concrete) that starts three freshman to compete against a team that starts five Seniors. But the last game we lost was 25-14 and that is the team

See Volleyball, p. 27

Concrete High School freshman volleyballer Frankie Rohweder and her teammates hope to add some wins to their 2009 season.



Sophomore Blaze Rautanen drops and digs deep during volleyball practice on Sept. 30. The CHS women's volleyball team has struggled in its first games, but shows great promise as it gains experience.

High School Volleyball schedule			
Date	Opponent	Event location	Time
10.8	Friday Harbor	Concrete	5 / 3:30
10.13	La Conner	Concrete	5 / 6
10.15	Mt. Vernon Christian	Mt. Vernon Christian	5 / 6:30
10.20	Shoreline Christian	Shoreline Christian	5 / 6:30
10.23	Mt. Rainier Lutheran	Concrete	4 / 5:30
10.29	Orcas	Concrete	7 / 5:30
10.31	League tie-breaker		
11.13	2B State Tournament		
11.14	2B State Tournament		

High School Soccer schedule			
Date	Opponent	Event location	Time
10.8	Friday Harbor	Concrete	3:30
10.13	La Conner	Concrete	5
10.15	Mt. Vernon Christian	Mt. Vernon Christian	4
10.20	Northsound Christian	Northsound Christian	4
10.29	Orcas	Concrete	5
10.31	League tie-breaker		
11.20	2B State Tournament		

# High school soccer notches first win

By Adam Woodworth, head coach

We won! The women s High School Soccer landed its first win on Oct. 1 against North Sound Christian, 4-2. Our record is now 1-8 overall, 1-3 league. Goals for us came from Jaci Scheer, senior forward, on a long, dribbling play in the 35th minute. Senior midfielder Taylor Lee had a hat trick, scoring unassisted with some nice footwork and a left-footed shot from inside the 18 in the 44th minute, unassisted again in the 49th minute, and on a nicely passed ball from Jaci Scheer in the 58th minute.

North Sound Christian scored in the 47th and 51st minutes. Our keeper, Lonna Lloyd, played very well for us tonight. She played aggressively and, despite the slippery conditions, held on to the ball very well.

It was a pretty quick start of the second half, with the 4 goals all happening in less than 10 minutes. I think it added a lot of energy to the game. We were playing without our starting senior captain and sweeper, Kelsey Barnett or our starting stopper, Seantel Shope. We also were missing a strong freshman. The key to our win was that we maintained good posession of the ball throughout the game and finished on our goal-scoring opportunities, something we didn t do well in our Sept. 22 game against Mount Vernon Christian, which we lost in a shootout. Our defense also played very well, especially considering the lack of two key starters for us.

I m proud of our efforts and it feels

See Soccer, p. 31



Concrete High School senior striker Jaci Scheer launches one toward the Northsound Christian goalie during a soggy Oct. 1 home-field matchup. The Concrete women put one in the win column that day, defeating Northsound Christ 4-2.

**Sports writers and photographers are needed!**

Parents! Students! Want to write about—and photograph—our valiant teams?  
Concrete Herald needs YOU.

Contact Jason Miller at 360.853.8213 or editor@concrete-herald.com



# Academics

## Want to make a difference? Volunteer!

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

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

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

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

It's really that simple.

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

## School Board meeting announcement

The Concrete School Board will hold its next board work session on Monday, Oct. 26, at 6 p.m.

The regular board meeting will be held on Wednesday, Oct. 28, at 7 p.m.

## Immunizations and information updates

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

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

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

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

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

## Fuel for school keeps energy levels high

(ARA) School days are no longer just 8 a.m. to 3 p.m. Students have hectic schedules that add physically and mentally draining hours to their routines. Whether it is the swim team, a school play or a tough academic assignment, many parents face the problem of providing their children with enough energy to tackle daily activities.

Mitzi Dulan, a parent, pro sports nutritionist and co-author of the newly published All-Pro Diet, encourages students to seek out natural sources of energy to not only maintain, but enhance their busy schedules.

Natural energy foods, like fruits, whole grains and honey, energize without excessive calories, preservatives or additives, helping to keep kids of all ages active while avoiding a mid-day crash, Dulan says. "I have developed several all-natural fuel-for-school recipes, whether it is for breakfast, lunch or a quick snack during the day."

Besides giving your student an all-natural burst of energy, Dulan has other school and sports nutrition tips:

- Avoid high-calorie drinks: Use calorie-free water, organic low-fat milk, or 100 percent fruit juices.
- Pack healthy ingredients: Try making sandwiches on 100 percent whole wheat bread rather than white and use fun combinations: natural peanut butter and honey/banana, or natural deli meat loaded with veggies. Leftovers from a home-cooked meal also make excellent lunch options.
- Add color: Skip highly processed snacks. Opt for fresh fruits and vegetables and complement them with all-natural honey, hummus or whole wheat crackers. Air-popped popcorn, Greek yogurt and unsweetened applesauce provide extra variety.

## Art helps develop children's creativity

(ARA) We have all had the pleasure of observing or interacting with children when they bring their imaginations to life. Children have the ability to openly express themselves without being easily embarrassed. They often create their own ideas, theories and interests independently. One way to support and sustain a child's natural inclination toward creativity is to give them access to art education.

When a child receives quality art education, his or her ability to succeed in academic achievement is often interconnected, according to several studies.

The government is working to verify this connection, with the United States Department of Education funding a nationwide initiative called Arts in Education Model Development and Dissemination. This program allows grant recipients to examine the value of arts education in strengthening academic achievement and learning in elementary and middle school students, and to identify and assess best practices.

A research study called Thinking Through Art, completed by the Isabella Stewart Gardner Museum in Boston, was funded through the DOE's grant. This study measured the impact of its multi-visit museum arts education program on the development and use of critical thinking skills in urban elementary students in grades 3 through 5. Its findings revealed a significant positive impact of arts education on critical thinking and learning for the students who participated.

The Dana Foundation, a private philanthropic organization, concluded from its study entitled Learning, Arts, and the Brain that the arts can train children's attention, which in turn improves cognition and might even improve math and reading skills.

Unfortunately, art education is often the first thing cut during budget crises. Bob Buchsbaum, chief executive officer of Blick Art Materials states, "Without thinking of the long-run impact that the loss of art-based curriculum has on students, some schools are making cuts."

Art-based curriculum cuts often leave parents looking for options outside of their children's traditional schooling. Parents can consider alternatives that still provide valuable art instruction.

## Concrete Herald



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**Lyman Centennial, cont. from p. 1**

Gregoire and Secretary of State Sam Reed have written letters urging students to sign up for the Lyman History Challenge as soon as possible and to compete for prizes for essays, art projects or 1880s/90s costumes. Students from Sedro-Woolley and Lyman schools will be awarded prizes at a special Lyman centennial party oriented to them from 10 a.m. to 3 p.m., Oct. 24, and they will deposit items to a special time capsule.

The Lyman Minkler Mansion Committee issued the challenge to commemorate the conversion of Birdsey Minkler's home to the Lyman City Hall. The namesake of Birdsvew, Minkler built a sawmill there in 1878 and then built the mansion in Lyman in 1891. Students need to apply for the "What History Means to Me" contest by either filling out a form at the office of their schools or else they can apply online at the Skagit River Journal, <http://www.skagitriverjournal.com>, where they can also find resource materials and photographs of clothes and buildings of that period. More details and deadline information are available online, via e-mail at [minklermansion@gmail.com](mailto:minklermansion@gmail.com) or by calling Chairman Charles Meyers at 360.826.3301.

The Committee emphasizes that both essays and art projects should feature aspects of Lyman or upper Skagit River history, the significance of the town and its people in the history of the river region or feature specifically Birdsey Minkler and his mansion in Lyman. Students can request an entry form at their school office that explains many details. Prizes will be awarded in three grade categories: grades 1-5, 6-8, and high school. For essays, art projects or period costume.

This second centennial event is aimed specifically at students and their parents and grandparents. Essays should explain the theme of "What History Means to Me" and can include an interview with a family member or neighbor, a review of a history book or Web site, or other sources. Entry

forms with complete rules are available online at [www.skagitriverjournal.com](http://www.skagitriverjournal.com), as well as at participating schools.

Students are to write an essay on the computer in Microsoft Word, and attach to it copies of photographs they may find after interviewing sources; middle-school and high school will be expected to provide a brief bibliography. That package must then be submitted to the committee by noon, Oct. 10, either online or at the schools by Oct. 9. The committee asks that students include their sources and answer a few questions about the essay if they are finalists. Students and classes should wear their costume entries that day for judging.

Minkler is arguably one of the two or three most important upriver pioneers. A Missouri native, his father died when Birdsey was just a toddler. His parents joined a wagon train westward in 1852 and his father died near the Platte River. His mother continued on to California, remarried, and Birdsey and his brother were raised by their paternal grandparents. The boys joined her in northern California when they finished their schooling.

Birdsey married his first wife in California and they moved up to the Olympic Peninsula in the mid-1870s when logging there was humming 24 hours a day. There he met John Grandy and German immigrant August Kemmerich, who would also become key upriver pioneers. In 1877 someone directed Birdsey to the Skagit River even before the log jams were cleared at Mount Vernon. He immediately built the first upriver sawmill on what became known as Mill Creek on the south side of the Skagit and after Kemmerich joined him, August suggested that they call the new settlement on the north shore, Birdsvew.

In the early 1880s, Upper Skagit Indians successfully appealed to the Department of Interior to reclaim part of Birdsey's land as ancient tribal land and in 1887 he moved his young family to Lyman.



In this photo of the original downtown Lyman, taken circa 1890, a number of original downtown buildings can be seen. The Cooper House, built circa 1883, is at the rear, and was the first house in town. The business at the left rear was Otto Klement's famous original trading post, circa 1880-81; Birdsey Minkler bought it after moving to Lyman from Birdsvew, circa 1888. The building at the right is the Knights of Pythias Hall, built in 1889. The KP hall was moved to Main Street near the present Lyman Tavern sometime after the floods of 1894, 1896, and 1897, which swept away most of the original downtown blocks, including this street. Photo courtesy of Charles Meyers, restored by Bob Jepperson ([www.vintageimageresto.com](http://www.vintageimageresto.com)).

**Businesses, cont. from p. 1**

We're asking for input from people to find out what they'd like to see on the stage and on the screen, Stafford continued. We're trying to think of unique ways to use the building. Showing movies alone won't make a lot of money, although we do intend to show movies. We need to have enough different things going on so lots of different people can come there.

Stafford said she'd love to see community theater on stage at the Concrete Theatre, and would certainly entertain any ideas along those lines.

Anyone who wants to discuss the theater's possibility is encouraged to contact Stafford and West and 360.941.0403 or [info@concrete-theatre.com](mailto:info@concrete-theatre.com). The Web site is [www.concrete-theatre.com](http://www.concrete-theatre.com).

The Baker Hotel, also in downtown Concrete, recently sold to Harold and Cheryl Pitts, who live in Hamilton and Burlington. Harold and Cheryl were unavailable for an interview, but according to Town of Concrete employee Paula Mann, the Pitts plan to rename the hotel Hi Lo Country Hotel & Café and run the business as a true hotel, with nightly rates rather than weekly or monthly. Renovation plans are also in the works.

In the Grassmere Village business community, Marla Reed will sell Perks Espresso to Helen Ovenell on Oct. 18. Helen will open the doors to her new business on Oct. 19. Located at 44586 State Route 20, Perks was becoming too much of a burden for Marla, who cited

health issues and caring for two young boys as her reason for selling. She's confident she's handing off the business to a competent owner who will enjoy the experience.

"I think they'll be a really good fit; I think they'll do well and it will be good for her and the store," said Reed.

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**Schedule of events****Saturday, Oct. 24****Minkler Mansion grounds, Lyman**

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

Noon

10 a.m. - 3 p.m.

12:30 p.m.

1:30 p.m.

1:30 - 3 p.m.

3 p.m.

Games and entertainment for kids (kids should arrive by 10 a.m.)

Hot dog lunches available for purchase

Jail event

Introduction of nonagenarians and dignitaries

Prizes awarded for essays, art projects, period costumes

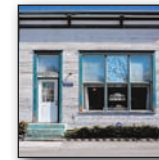
Games and entertainment continue

Time capsule ceremony, burial





# Clear Lake



## Character program steers kids in the right direction

At Clear Lake School, a unique social strategy is playing out.

The school has adopted a Character Program that helps reinforce the traits of respect, trustworthiness, responsibility, fairness, caring, and citizenship. It is the school's goal to help students make ethical decisions around the campus and in the classroom. When staff members see students showing these traits, they write the student's name on a character slip and give it to the principal. Names of students who earned a character slip are read over the school speaker system every Monday morning.

After receiving three slips in one area,

that student will be rewarded with a character bracelet (each character is represented by a certain color which the bracelets match) at a monthly awards assembly, usually the last Wednesday of the month.

Slips are posted in the hall for all to see. When students see that one student got a slip for doing something good (being helpful in the classroom for example) they often will do the same thing in hopes to get a slip from that teacher or staff person too. It has a circular effect what goes around, comes around and the result so far has been more good behavior at school.

## Pinneke appointed new District 3 Supervisor for Skagit County Public Works

SKAGIT COUNTY Skagit County Commissioner Sharon Dillon announced Sept. 14 that Brad Pinneke of Burlington has been appointed District 3 Supervisor for Skagit County Public Works. He replaces Clyde Claybo, who retired in July.

Pinneke will oversee the day-to-day operations of road crews in Eastern Skagit County. A 26-year veteran of Skagit County Public Works, Brad has a wide array of experience in equipment operation, maintenance and construction projects.

## Skagit County Planning & Development Services back in original location

SKAGIT COUNTY Skagit County Planning & Development Services closed on Fri., Sept. 25, and Mon., Sept. 28 to facilitate moving back to 1800 Continental building from 1700 East College Way. The department was temporarily moved during the recent remodel and expansion of County facilities.

All phone numbers for the department remain the same after the move. No building inspections were to occur during the two-day closure.

## Ballard to serve as acting County Engineer

SKAGIT COUNTY Skagit County Administrator Tim Holloran announced Sept. 21 that Tom Ballard, currently serving as interim Public Works Director, also will carry out the duties of Acting County Engineer.

Ballard served as County Engineer for 15 years in Pierce County and has been working under contract with Skagit County for the past month and a half, overseeing and coordinating efforts within the Public Works Department.

Paul Randal-Grutter, who has been Acting County Engineer for the past several months, will return his focus and duties on project engineering efforts currently in progress with the Design and Construction Section of Public Works.

Skagit County has begun the search for a permanent Public Works Director, according to Holloran.

## Get ready to winterize

(ARA) Each fall, the temperatures begin to drop and heating bills begin to rise, causing many homeowners to tighten their budgets. What many people do not realize is there are cost-effective ways of preparing a home for the winter, which will save money in the long run.

Autumn is a great time to begin projects that will increase the heating efficiency in the winter as well as the cooling effectiveness during the summer months. Gina Carlson, the Academic Director for the Interior Design program at The Art Institutes International Minnesota, offers these helpful and low-cost tips:

- Close off any unused areas of the home so you don't waste energy heating unused space.

- If you are sitting in a chair reading or working at a desk, use a blanket or a space heater and keep the rest of the home at a lower temperature.
  - Check the weather-stripping around the doors and windows. Leaky doors and windows are often the biggest culprits of heat loss.
  - Consider using natural ways to heat in winter and cool in summer by using shade trees to cool the house from the intense summer sun and making the most use of large, south-facing windows to capture the winter sun.
  - Add humidifiers to the living areas as it makes the air feel warmer in the winter, and dehumidifiers will make a room feel cooler in the summertime.
- More expensive tips that eventually will save money year-round include:

- Check your foundation, and insulate the rim joists around the perimeter of the house (the space where the basement wall meets the underside of the floor joists above). This will help keep the heat inside the home.
- Contact an HVAC professional to inspect your furnace and clean your heating and cooling ducts. Change your furnace filters once a month. This will help improve the efficiency of your furnace and extend its life.
- If you have a standard thermostat, consider installing a programmable one. The heat should be used only when someone is home.
- Replace leaky windows by investing in storm windows or install new thermal windows.
- Check the insulation in the attic. Add more insulation to keep the heat in the home. Homeowners also can insulate their basement.

Making improvements to the home will eventually save money and cut the costs of electricity. Currently, there are additional incentives to make these improvements to the home. In 2009, the government began offering income tax credits to homeowners who make qualified improvements or changes between Jan. 1, 2009, and Dec. 31, 2010. These changes and/or improvements can include replacing doors and windows and adding insulation, water heaters and furnace and/or fuel-efficient cooling systems. For more information about the income tax incentives, visit [www.energystar.gov](http://www.energystar.gov).

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## Volunteer correspondents are needed for Clear Lake!

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

360.853.8213  
[editor@concrete-herald.com](mailto:editor@concrete-herald.com)



# Back to the Academy

Local firefighters bolster their knowledge to keep us safe

By Jason Miller

Some citizens take volunteering to a whole new level by putting themselves in harm's way while serving their community. Members of several volunteer fire departments in eastern Skagit County took that ideal one step further this past summer by participating in targeted training that gave them Firefighter 1 status.



"We essentially did a Firefighter 101 Academy, which is a national accreditation, based on National Fire Protection Association (NFPA) standards," said Jonathan LaCount, whose company, Marysville-based Aircraft Rescue Firefighters Training Concepts Inc. (ARFF) administered the training session. LaCount also is a captain with Skagit Fire District 8 (Punkin Center Fire Station).

ARFF worked hand in hand with the International Fire Service Accreditation Congress (IFSAC) to administer the follow-up testing and ratings, based on the NFPA standards. IFSAC, according to its Web site, is a peer-driven, self-governing system that accredits both fire service certification programs and higher education fire-related degree programs."

In plain English, this means that the firefighters who help to keep the public safe just amped up their skills and knowledge. That should help you sleep better at night.

The training sessions were held at the Rockport Fire Station and ran from April

**Left:** Firefighters work through a ladder drill during their Academy training, which took place every Monday night except Memorial Day, and every other Saturday, all day, from April 13 through July 25. *Submitted photo.*



**Above:** A proud firefighter gets his certificate during the awards ceremony, which took place at the Grasmere Fire Hall on Sept. 13. *Photo by Danielle Jensen.*

13 till July 25 of this year. Training took the form of book study and hands-on work, carried out every Monday night with the exception of Memorial Day, and every other Saturday, all day. The cost of about \$1,000 per student was covered by the individual fire departments.

Almost two dozen firefighters took part in the training, representing the fire departments from Rockport, Marblemount, Darrington, Grasmere, Birdview, and Concrete. LaCount singled out the leadership within those departments for their dedication to the program.

Howard Stafford, Denton Moore, and

Mike Brondi at Fire District 19, and Rod Coffell at Grasmere were probably the most instrumental in making this happen and keeping it running smoothly, he said.

But in the end, it was the firefighters who took center stage. After an Aug. 8 test, 21 students were honored with certificates of graduation during an awards ceremony and potluck lunch at the Grasmere Fire Hall on Sept. 13. In front of the crowd of about 100, each participating fire authority was honored with a plaque to hang in their station, too. And, one special award given out to Robert Garrison from the Marblemount station.

# Soldier deals with the unknown

## Concrete private trains for danger

By Michael Tolzmann

HOHENFELS, Germany As American soldiers enter a village here, they are approached by bearded men with turbans and women with burqas covering their faces. The soldiers do not know who is friend or who is foe.

The son of a Concrete woman is serving here where fictitious Arab villages have been built with actors roaming about, giving it the look and feel of a war zone. The actors support a mission to train American, NATO and allied soldiers to deal with unknown situations they'll face if they go to Iraq or Afghanistan.

Army Pvt. Chase A. Bradford, son of Colleen Archilla of Concrete, is a member of 1st Battalion, 4th Infantry Regiment located here at the Army's Joint Multinational Readiness Center. He functions as an enemy insurgent, or known within the Army as an opposing force, or OPFOR.

We are the opposing force. We

train anyone from National Guard to Romanians," said Bradford, a 2007 graduate of Darrington High School. "My duty is as an automatic rifleman (machine gun) and to do my duty as a soldier."

With the rat-tat-tat of AK-47 assault rifles echoing through the village here, the OPFOR insurgents challenge soldiers who treat this war-gaming situation as a real-life evaluation. Allied soldiers and insurgents alike have rifles equipped with laser systems that allow for the exchange of gunfire. Everyone wears a laser receptor system that will give off a loud shrill if they are shot. The goal is for soldiers heading to the war zone to learn from potential combat pitfalls here, rather than making the mistakes on the battlefield.

It's important to train them so that they know what they're up against and what they're doing. I want them to gain knowledge of enemy tactics," said Bradford.

Some of the actors here are hired civilians who dress and play the part of Arabs living in a village, while others, such as Bradford, are American soldiers who are trained in tactics used by insurgents. Combined with villages that could typify a real town in Iraq or Afghanistan, a look and feel of being in the war zone is achieved.

It's hard, but it feels good to help other soldiers. We replicate scenarios by fighting on hills and in cars and dressing like the enemy," said Bradford.

For Bradford, serving here in support of this teaching facility is one of many experiences found with the military so far.

I've been in the Army for two years and previously had a tour of nine months in Afghanistan. I plan to retire from the Army in 18 years," said Bradford.

Although a soldier serving in the U.S. Army, Bradford understands the importance of some soldiers here wearing a uniform that appears much like what is worn by an enemy in Afghanistan or Iraq. By doing, he is helping his comrades in arms learn the difference between friend and foe.

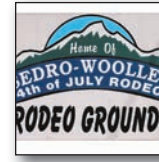


Army Pvt. Chase A. Bradford is a member of 1st Battalion, 4th Infantry Regiment located in Hohenfels, Germany, at the Army's Joint Multinational Readiness Center. He functions as an enemy insurgent, or known within the Army as an opposing force, or OPFOR. *Photo by Benjamin Faske.*





# Sedro-Woolley



## Sedro-Woolley Community Troop Support needs names, donations

By Tammie Werner

Do you have a loved one or know someone in the military stationed overseas? Would you like for him or her to receive a Boot Box from this year's community care package drive in time for the 2009 Christmas season? This year's Sedro-Woolley Community Troop Support (SWCTS) drive is under way and names of military personnel are now being accepted. Send names and complete mailing addresses to swctsgroup@gmail.com. Names need to be submitted before Veteran's Day, Wed., Nov. 11, 2009.

Want to help support this project? There are many ways that you can help by donating items and/or cash that is used for postage and phone cards. There are also cost-free ways you can help this year. Write a letter or two and drop them off at donation locations. This is something you can get the family involved in by each writing a letter, or encourage your co-workers to write letters or your children's groups such as 4H, sports, etc. These letters mean so much to a soldier who is serving overseas while they are away from their loved ones. You also can help with packaging and the Drop Off Day event. For more information, contact SWCTS president Marilyn Pineda at mpineda@janicki.com or 360.856.5143, ext. 1703.

Please be aware that items for donation for the Christmas boxes should be items that won't melt (no chocolate), DVDs, or personal care items such as deodorant, toothpaste, toothbrush, soap, etc. Volunteers will be packaging the boxes,

so smaller items are a better choice than large, bulky items. A list of suggested donation items can be obtained by contacting upriver liaison Tammie Werner at 360.826.3818 or oney\_brat@yahoo.com or Pineda. You also can become a fan on Facebook and watch for the list to be published there. Search for Sedro-Woolley Community Troop Support and become a fan for updates and pictures.

Donations can be dropped off at the Rockport (Shell) Country Store, East Skagit Resource Center (Skagit Community Action) in Concrete, Albert's Red Apple Market in Concrete, or Lyman Town Hall and Lyman Elementary School. Cash donation jars are located at Hamilton Market & Café, Lyman Town Hall, and the Old Mill Restaurant in Lyman. Checks also can be mailed to SWCTS, P.O. Box 817, Sedro-Woolley, WA 98284. All donations are tax deductible.

The Military Troop Support Christmas Boot Box Drive will run from Oct. 12 until Veteran's Day, Nov. 11. There also will be a Drop Off event on Sat., Oct. 24, from 9 a.m. to 4 p.m., at Food Pavilion in Sedro-Woolley. Face painting, free mechanical pony rides, balloons, story reading and many more children's activities will be available. Children also can explore a fire truck from Clear Lake Fire Department; a mixer truck from Skagit Ready Mix will be on hand, too. The American flag that was flown during an Iraqi mission and donated to the SWCTS will be displayed, too.



Sedro-Woolley Community Troop Support is now accepting names of military personnel such as these, shown at a training site in Hohenfels, Germany. Community Care Packages will be sent to all names on the list. Photo by Benjamin Faske.

Pineda summed up the group's effort. It is important that people understand our efforts are localized and are intended to reach people from our communities who are serving overseas in the military, so you could say that this is a Homefront Campaign! We send packages to names that have been submitted to us by people living and working in our communities and we offer the opportunity for people from the communities to join us in these campaign efforts. It is a tangible way that we can all use to give a true meaning to Troop Support. It started as a very small thing and it is still small, but it is growing!

If you are interested in participating and/or helping in this year's drive/activities or have further questions, contact either Werner or Pineda at the phone numbers and e-mails listed above.

barricades for blocking off Metcalf Street from Woodworth to Ferry for parking of motorcycles. Rhodes discussed plans for overflow of bikes. Discussion was held regarding the current detour, whether it would be open by then and the impact on traffic.

- Public comment: Dave Radosovich addressed Council to voice his opinion of the methamphetamine problem in the Valley. He also addressed vandalism, which he believes is a direct result of the drug problem. He stated that leadership needs to start with the people in the room. Radosovich requested help with trying to solve the problem and spoke of his vision of what the town

Rick Lemley

Chuck Ruhl

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## Council summary

A City Council meeting was held Sept. 9 at 7 p.m., at City Hall Council Chambers. The following major items were addressed:

- Public comment: Dave Rhodes, representing Gary B's Run Party, to be held the weekend of the Oyster Run on Sept. 27, requested use of

## Volunteer correspondents are needed for Sedro-Woolley!

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

Contact Jason Miller:

360.853.8213  
editor@concrete-herald.com



could be. He stated he respects the Council for their time and trying to lead the town, but would like to see efforts expanded.

- Max Alaways addressed the Council

regarding the lack of education for people within the jail system.

*Complete Council minutes can be downloaded at <http://www.ci.sedro-woolley.wa.us/CityCouncil/meetings.htm>.*

## Concrete Heritage Museum News

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

Now on display: Time Capsule artifacts from Superior Portland Cement opened at this year's Cascade Days, August 16. Board member John Boggs has put together a wonderful display of artifacts. The board members are very grateful to Richard Frank and Mike Patricelli of CalPortland (current incarnation of the old Superior Portland Cement and Lone Star) for the contribution to the museum.

Ghost Walk: Leatha reports that Valerie has requested our assistance for the Ghost Walks scheduled for Oct. 3, 10, 17, and 24, from 8 to 9:15 p.m. They expect 25 people per group and will only conduct one tour per evening and only one evening per week. Info is on the chamber Web site. Reservations and pre-payment will be required and will be limited to those over 18. A middle school in Lynnwood studying the War of the Worlds may request a special walk. Cheri offered that Henry and Margaret Thompson will be back. Leatha offered to dress up and pass out cookies and cider each week. John can help, as required. Cheri will put up Halloween lights around the door and

possibly a couple of pumpkins. Set-up will be Oct. 1 at 10 a.m. Cheri will bring a black drape to cover the casket stand. Leatha will check with Valerie and request she keep us posted on the date and time for the special school tour.

Quilt Blocks: Della Payne, first-place winner of the Cascade Days Historic Quilt Block Contest, notified us the quilt is still being put together and will be donated to the Museum when complete. She is also taking orders for the 2010 calendar based on the quilt, which should be available by mid-October. Cost is \$10 per calendar.

Someone ran into the northwest corner of the building, sometime before Cascade Days. Jerry has repaired the damage.

Jim Harris Memorial: In addition to Jim's name on a brass plate on the memorial board, it was suggested that credit be given to Jim for developing the displays in the museum, possibly with a sign on the wall. A thank-you to Cheri was also given for her work in publishing the Christmas Story tribute to Jim that was handed out at his memorial service.

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

D PR

## Community fundraisers

**Shepherd's Heart Care Center Coats for Kids drive** is collecting new and used coats, caps, gloves, and scarves that are clean and in excellent condition. Drop off items at Lyman Town Hall (Minkler Mansion) for distribution in early November.

**2010 Entertainment books for sale**, \$20, to help the 8th grade Cascade Middle School History Club Kids go to Washington, D.C. Contact Judy Garner, 360.826.5206; or Amber Rooks, 360.826.4039.

## COMMUNITY CALENDAR

### OCTOBER

- 3, 10,  
17, 24 Concrete Ghost Walk, 8 p.m.; register at: [concreteghostwalk@mac.com](mailto:concreteghostwalk@mac.com); more info at: [www.concrete-wa.com](http://www.concrete-wa.com)
- 9, 16,  
23, 30 Movie Night in Lyman, 6:30 p.m., Town Hall
- 10 2009 Skagit County National Down Syndrome Society Buddy Walk, 11 a.m. to 2 p.m., Bakerview Park, Mount Vernon; [www.buddywalk.org](http://www.buddywalk.org)
- 10+ 1,  
17+ 18 Fall Color Festival, Concrete; more info at: [www.concrete-wa.com](http://www.concrete-wa.com)
- 11 Imagine Concrete steering committee and task forces meet, 6 p.m., Airport Lounge
- 17 Upper Skagit Gardeners meeting, old police station, Concrete; For more information, call 360.826.4848.
- 24 Faith Noise plays at Marblemount Chapel, Marblemount, noon to 6 p.m.; \$5 at the door
- 31 Concrete Lions Club Annual Halloween Party, Concrete Grade School, 5 to 7 p.m.; for booths, contact Gladys Silrus 360.826.4848.

### NOVEMBER

- 11 Imagine Concrete steering committee and task forces meet, 6 p.m., Airport Lounge

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# Lyman



## American Country Pride on parade

By Tammie Werner

Lyman Elementary celebrated the start of a new school year with a Back 2 School parade on Sept. 22. This was the fifth annual parade and by far the biggest. Parade Organizers Tammie Werner and Patty Cook were thrilled with returning entries as they welcomed many new additions. The parade roster about tripled in size with local businesses, groups and honorees participating in the festivities. In past years there had been a maximum of two floats, but this year, ten floats were in the line up.

Residents, parents, families, and friends lined the parade route, which ran through downtown Lyman to the school. Anticipation for the parade grew as spectators brought camping chairs, sat on the sidewalks, and staked out their place in the crowded town park. Crowds began arriving earlier this year as well. In honor of this year's theme, "American Country Pride," spectators were given small flags to wave and the parade route was lined with American flags.

Grand Marshal was Lyman Postmaster Roberta Babe Melton. Roberta and her husband, Ray, have donated a flag and pole to the Hamilton Cemetery and the Lyman Post Office. They were instrumental in obtaining the municipal flag and pole for the new town hall at the Minkler Mansion. Roberta enjoys giving classes tours of the post office and supports community activities.

Judging was especially hard this year with so much thought and effort put forth by all entries. Judging the entries this year were Debbie Boyd, Stan Werner

and Karen Griffith. Capturing first place and winning a class pizza party was Kyle Swanson's third grade class, with a theme of Seeds of Tomorrow.

Coming in a very close second with just one vote separating them was Shawna Tesarik and Kellie Frye's fourth grade class with their entry, Hunting for Knowledge.

Third place went to Michele Kloke's Kindergarten class with their theme, Yankee Doodle Kindies.

Fourth place went to the Grand Marshal Float decorated by Patty Cook.

The parade was the first for Principal Mark Nilson, who rode in a theme patterned after one of his favorite hobbies: fishing. Special honorees in the parade were SWSD Superintendent Mark Venn, Skagit County Commissioner Sharon Dillon, and Lyman Elementary Employee of the Year 08/09 Kristi Johnson. Another addition that organizers hope will be a permanent entry was the Lyman Schools Alumni float, which featured many local residents who attended the former Lyman High School and Lyman Elementary.

The oldest alumni in attendance was Arretta Price, 84, who moved to Lyman with her family when she was 12. Juanita Price, a Taiwan missionary, was home for a visit and delighted to ride on the float with her mother.

Following the parade, Lyman Elementary held an Open House for students and their families. During the Open House, the Booster Group held a Book Fair to raise money to purchase items for the school library.

The Open House is something families and students look forward to each year. Students get to show off their room and work, and parents have the opportunity to tour the school, and meet teachers and staff.

The parade is something the school, students, families and community members all look forward to each year. Many of this year's new entrants have already asked to be included in next year's parade; and others have expressed a desire to be in it next year.

Organizers already have announced the parade will be back for its sixth year next year.



Jordan Cook, 16, puts Taylor Swift to shame while warming up before the start of the Back 2 School Parade. "She won a karaoke contest at the fair last year, and she sings every Sunday at Lyman Baptist Church. She loves to sing for the Lord," said Jordan's mother, Teri Cook.

## A word from the Mayor

By Mayor Debra Heinzman  
Town of Lyman

Thanks to everyone who participated and came to watch the Lyman Wildcats Back to School Parade. It was GREAT! With all the community support, it is evident that Lyman is proud of their school and community.

The Minkler Mansion Committee is getting ready for the celebration on Sat., Oct. 24. The winners of the History Challenge will be announced, and there will be fun, games, good food and activities for all. Come join us.

## Movie Nights continue

Movie Night at the Town Hall has turned into quite a success. Stacy LaCount reports they had 32 kids there one evening.

Movie Night is Fridays at 6:30 p.m. Popcorn and liquids are provided; bring your own blanket and pillow.

## Library hours

Saturday: 93 p.m.  
Tuesday: 36 p.  
Thursday: 36 p.m.

Questions? Call Elaine at 360.826.3929.

## Council summary

The following is a summary of the Lyman Town Council meeting on Sept. 8, at 7 p.m.

- Daniel Lyons from Aflac Insurance passed out information, and invited council and employees to check out what they had to offer. She said the insurance could be bought by all employees with no cost to the Town of Lyman. She said she would call later in the week to set up appointments if anyone was interested.
- Mark Young submitted a building permit application for the remodel of the upstairs of his home. Mayor Heinzman signed the application.
- Christian Ministry Network reported to council that they have served 51 families, between 25 and 28 per week. They have been getting requests for clothing. They asked Council if they could bring in Rice Bowl Ministry's clothing bus to the park on the first Thursday of the month. They also would like to have a donation box for coats at the Town Hall for their coat drive. Council agreed to let Rice Bowl Ministry's clothing bus set up at the park on the first Thursday of the month.

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# Cougar, bear sighted in Concrete

In late September a cougar and bear were sighted in the Frank Place area of Concrete.

Anyone who spots potentially dangerous animals such as these within developed areas is encouraged to call the Washington Department of Fish and Game at 360.902.2936. After hours, contact the Washington State Patrol at 360.658.1345 and advise them that you need a Fish and Game representative to respond.

## Encountering a Cougar

Relatively few people will ever catch a glimpse of a cougar, much less confront one. If you come face to face with a cougar, your actions can either help or hinder a quick retreat by the animal. Here are some things to remember:

- Stop, pick up small children immediately, and don't run. Running and rapid movements may trigger an attack. Remember, at close range, a cougar's instinct is to chase.
- Face the cougar. Talk to it firmly while slowly backing away. Always leave the animal an escape route.
- Try to appear larger than the cougar. Get above it (e.g., step up onto a rock or stump). If wearing a jacket, hold it open to further increase your apparent size. If you are in a group, stand shoulder-to-shoulder to appear intimidating.
- Do not take your eyes off the cougar or turn your back. Do not crouch down or try to hide.
- Never approach the cougar, especially if it is near a kill or with kittens, and never offer it food.
- If the cougar does not flee, be more assertive. If it shows signs of aggression (crouches with ears back, teeth bared, hissing, tail twitching, and hind feet pumping in preparation to jump), shout, wave your arms and throw anything you have available (water bottle, book, backpack). The idea is to convince the cougar that you are not prey, but a potential danger.
- If the cougar attacks, fight back. Be aggressive and try to stay on your feet. Cougars have been driven away by people who have fought back using anything within reach, including sticks, rocks, shovels, backpacks, and clothing—even bare hands. If you are aggressive enough, a cougar will flee, realizing it has made a mistake. Pepper spray in the cougar's face is also effective in the extreme unlikelihood of a close encounter with a cougar.

## Local model represents Concrete at nationals

Concrete resident Arienne Leah Fengler-Nelson was recently selected to participate in Nationals 2009 Miss Teen Seattle pageant competition on Oct. 11, 2009.

Arienne will compete for her share of thousands of dollars in scholarships and prizes that will be distributed to the contestants. She will compete in the Miss Teen division under the categories of Casual and Formal Wear. Most important, Arienne passed the first elimination based on personality, education, and her interview skills. At the pageant for Casual Wear she will be supporting her love of rock-n-roll by doing the performance dressed to impress—that is if you're a fan of Guns N' Roses, Motley Crew, Scorpions, Def Leppard, Alice Cooper, or Foreigner. Currently she is still in the process of finding sponsorship for a formal gown, and hopes for the support of her local community.

If Arienne were to win the title of Miss Teen Seattle, she would represent Seattle and the surrounding communities at the Cities of America National Competition that will take place in Orlando, Florida.

Over \$60,000.00 in prizes and awards will be presented at the National Competition while each winner enjoys this expense-paid trip of five nights and six days in Orlando.

A published poet and honor-roll fixture, Arienne also sings in the Concrete High School Choir and sells jewelry at the Saturday Market.

I survive on music, and am trying to make my dreams of changing lives with it a reality, said Nelson. I'm different, from my 1949 DeSoto that I'm working on, to my Fender guitar. I'm always trying something new. I must volunteer for practically everything I can.

Nelson needs tax-deductible donations to make her dreams come true. All businesses that sponsor Arienne will get free advertising. Sponsorship gifts can be in the form of things she needs for the competition, or help paying for entry fees. The last payment is due Oct. 10; she needs \$247.50 more. To sponsor Nelson, call 360.610.5382.



## Ghost Walk, cont. from p. 1

stomping. For reservations, please call Rachel at 425.422.6988.

The third vineyard along the way is Glacier Peak Winery, at 58575 State Route 20 in Rockport. They offer tours of the vineyard, information on the history of wine making, wine tasting, and half-price specials on three of their wines.

Other participating businesses include Annie's Pizza Station in Concrete, where you can find pastas, grinders, salads and desserts, as well as beer, wine and espresso; and Ovenell's Heritage Inn in Concrete where they offer Leaf Peeper discounts on lodging.

Special guests for this year's Fall Color Festival are the Wild Women of Woolley (And a Few Good Men), who will perform in the Historic Concrete Theatre on Sat., Oct. 17, at 3 p.m. Admission is \$7 per person, payable at the door.

This 20-member group, all of whom are over 65 years of age, except for emcee Ted Anderson, have performed to enthusiastic crowds all over Skagit County for the past 16 years. Proceeds from their appearance will benefit the Concrete Heritage Museum. The group's 2010 calendars also will be on sale at the theater the night of the performance.

For more information on the Fall Color Festival, please call the Concrete Chamber of Commerce at 360.853.8767.

## Scary stuff

We know that Concrete has been home to some hard-living, fun-loving characters during the past 100 years. Is it possible that some of them liked the town so well they decided never to leave? Could that explain the funny noise coming from that

empty building or the sinister shadow moving along the alley?

For an informative and slightly frightening look at the spirited history of Concrete, come along on the fourth annual Concrete Ghost Walk, sponsored by the Chamber of Commerce and the Concrete Heritage Museum.

The Concrete Ghost Walk takes place on Saturdays, Oct. 3, 10, 17 and 24, beginning at 8 p.m. at the East Skagit County Resource Center at 45770 Main Street. Participants must be 18 years of age or older.

The tour features visits to some of the historic buildings, as well as inexplicable phenomena reported by local residents and building owners. With luck, you might even get to meet some of Concrete's more colorful characters from its distant past. Rumor has it that a popular lady of the night still frequents a building that used to be a brothel and likes to occasionally talk to ghost walkers. You might be in the right place at the right time when a bank robber comes calling, too. Hopefully, the Town Marshal won't be far behind.

If you plan to join a Ghost Walk tour, please dress for the weather, as walks are held rain or shine. Also, choose comfortable footwear, because the tour involves walking for an hour or more.

Space is limited; therefore, reservations are required in advance. Cost per person is \$10; checks should be made payable to the Concrete Chamber of Commerce and mailed to P.O. Box 743, Concrete WA 98237 or delivered to the Resource Center.

For more information or to make reservations for the Concrete Ghost Walk, call 360.853.8767 or send an e-mail to: concreteghostwalk@mac.com.



This year's Ghost Walk includes Patty McLucas portraying Carrie Thompson Cole, a Concrete citizen during the early 1900s whose husband effectively forced her into a life of prostitution.



# September



**Above:** 1st Place entry "Seeds of Tomorrow," by the 3rd Grade Class. Teacher: Kyle Swanson. Photo by Mike Kerbs.



**Above:** 2nd Place entry "Hunting for Knowledge," by the 4th Grade Class. Teachers: Shawna Tesarik and Kellie Frye. Photo by Mike Kerbs.



**Above:** 3rd Place entry "Yankee Doodle Kindies," by the Kindergarten Class. Teacher: Michele Kloke. Photo by Mike Kerbs.

**Below:** Sedro-Woolley School District Superintendent Mark Venn grins before throwing candy to parade spectators.



## Back 2 School parade rolls through Lyman Sept. 22...



**Above:** 4th Place entry Grand Marshal Float, featuring Roberta "Babe" Melton. Float created by Patty Cook. Photo by Mike Kerbs.



**Above:** Jake Pederson with Skanska installs a security camera on the side of the building. A response to a rash of burglaries and others, the new cameras and law enforcement officials should be better to do than cram glue and tape.





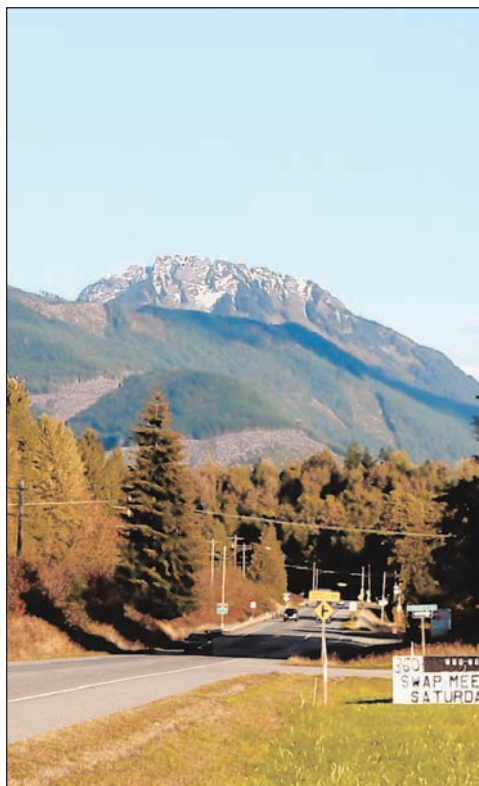
# in pictures



igit Whatcom Electronics  
Town Hall building in Concrete  
of vandalism against this  
neras will help town officials  
ag people who have nothing  
oothpicks into keyholes.



**Left:** Albert's Red Apple Market employees pose with their new check stands, which were installed during the evening of Sept. 22. Back row, from left: Tyler Massingale, Debra Lahr, Denise Newman. Front row, from left: Amanda Claybo, Tori Semro. The new check stands came on the heels of new registers, which were installed in June.



**Above:** Sauk Mountain got its first dusting of snow in late September, hopefully not a precursor of a winter like 2008-09.



**Below:** Erin Arps of Ferndale wound up to greet a pitch during a softball tournament in Concrete Sept. 12. Arps played for the "Bjorn's Thong" (yes, you're reading that right) softball team, "just a bunch of friends having some fun," according to team leader Bjorn, who declined to give his last name.

**Right:** The public restrooms on Main Street in Concrete got a thorough renovation. Upgrades included a new roof and skylights; painting inside and out; new sheetrock, insulation, and Plexiglas windows; and teak oil on the exposed logs. "I'm glad to hang my hat on this project. It looks really good," said Jack McCormick, M2 Construction owner/operator.



**Above:** Concrete Municipal Airport got a new name in September. The brainchild of airport hangar owners who wanted to honor airport advocates Jack and Doris Mears, Mears Field was formally voted into existence by the Concrete Town Council on Sept. 28. The sign was built and installed with donation funds, and appears able to withstand earthquakes, floods, and the end of the world as we know it.

**Right:** Mount Baker Presbyterian pastor and stargazing enthusiast Tom Ross adjusts his Dobsonian mount to accommodate a telescope during a stargazing outing south of Concrete Elementary School on Sept. 22. A group of 13 upward-looking joined him to view Jupiter, four of its moons, and a variety of stars, while learning more about amateur astronomy.







# Hamilton



## TeamKids running again

Beginning Wed., Oct. 7, from 6:45 to 8 p.m., Hamilton First Baptist Church's children program, TeamKids, will run through March.

TeamKids is free and open for all children from 4 years old through 6th grade. It is held at the church and is designed to be a fun time of Bible learning, games, snacks and crafts. For more information, call the church at 360.826.3307 or Shawnie Short at 360.856.4885.

## Food Bank open

Now managed by Hamilton Baptist Church, the Hamilton Community Food Bank is open on Tuesdays from 11 a.m. to 3 p.m. at 951 Pettit Street in Hamilton.

Commodities are distributed on the first Tuesday each month. The food bank accepts donations of cash, produce, and nonperishables; all are tax deductible.

Currently, the food bank has large amounts of clothing that is available free to clients; anyone needing clothing is encouraged to visit.

## Council summary

The Hamilton Town Council held a monthly meeting on Aug. 11. Major topics included:

- Margaret Fleek addressed the council regarding a short plat that was applied for last year located by the Baptist Church requested by Randy Lowe. Margaret Fleek presented pictures and stated they were trying to get access to the road in front of the church. They are now proposing to do a 20-foot easement (legal for fire access) where they are planning to build a new house on the new lot and later sell the old house on the old lot.
- The new building permit application was presented to the council. The council agreed to accept as Hamilton's building permit.
- Paul Schissler and Kari Russom with Home Trust of Skagit presented a memo regarding Community partnerships for Affordable Homeownership and a brochure from the program presently working in Whatcom County. The program presented allows affordable homeownership. Land trust owns the property and leases it to the homeowner for 99 years and payments are based on what the homeowner can afford, homeowner can build up equity of 1.5 percent profit. Homeowner needs to get a

mortgage. A follow-up meeting was requested to discuss how this would work. It was agreed that a meeting would be set up and the Town would have 5 days to notify anyone interested in attending.

- The NW Clean Air fine payments were discussed. Margaret Fleek would contact them and advise that the Town would remit.

## Hamilton Musings

By Carol Bates

We (Jim and Carol Bates) recently returned from town and decided to have a few wing-dings. Jim ate a couple and immediately had a piece stick in his throat.

After more than a day of coughing, he was rushed to United General Emergency room. They immediately started IVs to relax the opening to the stomach so the chicken would go down.

This didn't work, so Dr. Johnson and the efficient surgery crew were called. Jim was in and out of surgery in no time, and taken to the recovery room, where he had the nicest nurse from Anacortes with him.

Jim has been in hospital several times, but I want to say they were the nicest and most efficient emergency, office, and surgery people I have ever encountered.

Of course, having worked there myself in the 1960s and 1970s, I'm partial to our local hospital.

So, if you go out by ambulance, always request to be taken there and support your local hospital.

### New barbershop in Hamilton

Why go all the way downriver for a haircut or perm? We now have a shop just opened, where the liquor store used to be, next to the post office.

Operated by Mandy Bates and open on Thursday and Saturday until business picks up. Stop in and schedule an appointment if you need other times.

While you are getting that haircut in town, go across the street for coffee or a nice meal at the Hamilton Cafe. Also, the *Concrete Herald* is on sale in the cafe, too.

We hear by that long grapevine that Janicki has installed another machine. We hope the pellet mill gets going before winter so we have no pellet shortage like last year.

## Birdsview buzz

By Kris Voigt

Happy fall, everyone!

### September birthdays I missed:

Nakiah O Niel: Sept. 6  
Baby Raichel Giecek: Sept. 18  
Ed Giecek: Sept. 21  
Nicki Voigt: Sept. 23  
Jenny Babcock: Sept. 29

### Anniversaries:

Tim and Jenny Babcock: Sept. 11  
Bill and Kris Voigt: Sept. 29 (34 years!)  
And, coming up in October, happy

birthday to:

Annabelle Babcock: Oct. 6  
Rashel O Niel: Oct. 6  
Jim Fichter: Oct. 7  
Dennis Russell: Oct. 14  
Josh Fichter: Oct. 17  
Shannon Claybo: Oct. 18  
Thaylen Cambo: Oct. 26  
Riley Fichter: Oct. 26

Wow! Lots of birthdays and anniversaries. Sorry if I missed anyone.

Big news in Birdsview and for the Voigt family: It's been not quite a year since Jason Voigt suffered the cardiac arrest that almost killed him and left him with permanent brain damage. Now, he's moved back out to a place of his own!

While the family is happy that he has come this far in such a short time, we still feel very protective of him. And the Voigts closed down the end of September to try to have another vacation, after last year's one-week vacation turned into almost a month of *not* a vacation!

On Sept. 26, Cowboy Camp made Birdsview Brewery their destination ride. There were about 50-plus horses and riders, and all enjoyed the great extended sunny fall weather.

On Oct. 24, Birdsview Brewery will host Cardiac Arrest Fest. Bad Chuck and Barefeet will be playing and we hope to have the fireworks that we couldn't have on the 4th of July.

Plus, all month long in October, we will sell red ribbons for \$1, and 100 percent of the money, plus whatever donations we receive, will be donated to the cardiac center at Childrens Hospital in Seattle.

Have a great month everyone, and don't forget to stop by the brewery with any comings and goings and happenings in Birdsview...



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## Business Spotlight: Lyman Tavern

By Jason Miller

Some businesses, by virtue of their age and character, become community institutions. Lyman Tavern is one of those businesses.

Located at 8328 S. Main St. in Lyman, the popular watering hole is much more than that. We're known for our steaks, says Debra Heinzman, who bought the tavern with her husband, Mont, in January 2005. We serve food during all business hours. If our doors are open, the kitchen is open.

The food is great at Lyman Tavern, which offers a full menu that includes fresh-cut salads, deep-fried favorites, appetizers, and, of course, their famous tenderloin steaks.

Yes, it's a tavern, no mistake. The Heinzmans serve beer, wine, and hard alcohol. There are dart boards and a pool table. A live band shows up the first Saturday of every month and plays till around 1 a.m., and karaoke fills in the gaps on Friday and Saturday nights, from 9 p.m. till whenever, says Debra.

But it's the nickname that confuses some out-of-towners: The horniest tavern in the Northwest.

I know what you're thinking. But you're mostly wrong. The nickname comes from the antlers that bristle on the walls 177 sets of antlers, mostly gifted to the Tavern by locals.

But it doesn't stop there. The Heinzmans have strayed into the farthest reaches of taxonomy, giving a home to mounts of king salmon, rainbow trout, ducks, a pheasant, a buffalo, a goose, even a stuffed dungeness crab.

Oh, yeah. Plenty of ambience here. Heavy wood tables fill this place, and conversations are easy to strike up.

Drop by sometime. Bring your camera.



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## AT A GLANCE: Lyman Tavern

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# Rockport



## Illabot Creek proposed for wild and scenic

The Nature Conservancy and American Rivers applauded Representative Rick Larsen and Senator Patty Murray for introducing new legislation that will designate Illabot Creek, a key tributary of the Skagit River, as a Wild and Scenic River.

By introducing this legislation, Rep. Larsen and Sen. Murray are showing vision to protect the quality of life for people all around Puget Sound by ensuring that salmon and eagles will thrive long into the future, said Karen Anderson, Washington state director for the Conservancy.

Illabot Creek is important to the health of the Skagit River as a whole, and to the health of Puget Sound. If we are to restore salmon runs in Puget Sound, we must protect streams like Illabot Creek. We are grateful Washington's leaders recognize the outstanding qualities this amazing river has to offer, said Bonnie Rice, American Rivers Associate Director of Conservation.

Illabot Creek is a special haven for two of the Northwest's beloved icons: salmon and eagles. Flowing from Snow King Mountain at nearly 7,500 feet high in the Cascades and joining the Skagit River at 500 feet, the creek is crucial spawning habitat for wild Chinook salmon, steelhead and bull trout (all federally listed as threatened) as well as pink, coho, sockeye and chum salmon. It is home to one of the largest bull trout populations in Puget Sound.

Large numbers of wintering bald eagles roost at night in the stands of mature and old-growth forest along the creek, and the stream produces a significant percentage of the salmon that feeds the eagles that congregate in the Skagit River Bald Eagle Natural Area. The U.S. Forest Service has recommended that Illabot Creek be added to the National Wild and Scenic River System because of these outstanding fish and wildlife values.

Given the important fish and wildlife resources in the Illabot Creek watershed, it has long been the focus of voluntary land protection efforts. In fact, through these efforts, the vast majority of the stream corridor, including the entire area proposed for Wild and Scenic river designation, has been brought into public ownership.

Protection of headwater streams like Illabot that provide cold, clean water is increasingly important in the face of global warming.

The designation would also complement salmon recovery efforts in the Skagit basin. A significant portion of the Skagit River and three of its major tributaries—the Sauk, Suittale and Cascade Rivers were designated in 1978 as National Wild and Scenic Rivers.

Designation also can bring economic benefits to the surrounding region by supporting recreation and tourism and protecting the quality of life.



Congressman Rick Larsen tours Illabot Creek Aug. 29.

## Outdoor Skagit

By Bob DiLeo

It's October, fall is here, there is a chill in the air and soon probably this month—we will have our first frost, perhaps even a white blanket of snow on the high mountains. For the outdoor person, that means two things: silvers (Coho) are in the river and the modern firearms deer season.

Silvers are starting to return all the way up to the Cascade River. While the humpies are still thick, we are starting to see their numbers dwindle. This year has been amazing for the numbers of pinks in the Skagit. If you can wade your bait through the humpies, there are silvers in the Skagit. Use anything green or

chartreuse. Also, drifting eggs is a very good bet. Use an egg cluster on a single hook tied on a 2- or 3-foot leader to a three-way swivel, and a 6- to 12-inch drop with a 1/2- to 1-ounce sinker. A corky also can be added just above the hook to give a little more color and a better float of your bait. Throw your line upriver and let it drift back down. Watch for a strike and repeat until it works. If all else fails, use a black spoon with glitter.

My favorite activity of October is deer season. Every hunter can remember with incredible detail that glorious day when our aim was true and we harvested our first deer. Like a child on Christmas morning, we will jump out of bed ready to go, awake in a flash that opening morning, long before the sun even thinks of coming over the mountains.

Here, we're lucky to have three types of deer to hunt: Whitetail, Blacktail, and Mule Deer. For Blacktail, glassing or watching openings and clear cuts is the preferred method. Lots of patience is needed for this endeavor, but you can have lots of success doing so. For the other two deer you will have to go to the east side of the state. Remember: make sure of your target and what is beyond it, treat every firearm as if it was loaded, and never hurry so fast that you forget to be safe. Lastly, remember to treat all land as if it was yours: Respect it and leave it better than you found it. Make sure you check the rules before going afield this October.

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## You and your pet

By Diana Apple



Winter is coming and it is time to make sure our animal friends are cozy in the cold weather approaching. A few tips for you:

1. If your pets are outdoors, provide a draft-free shelter that is the right size for the dog or cat so they can retain their heat yet still move around. Good bedding is a must and when the temperature drops please bring them indoors.
2. Keep fresh water from freezing and provide a bit of extra food as they will need the extra calories to stay warm.
3. Never leave your friend in the car during extreme temperatures. They can get cold just like you.
4. Grooming can be a real hassle during winter months, but at the very least, make sure your friend's coat doesn't get matted. That can be painful and cause sores.
5. Keep antifreeze in a safe place; it is poisonous.
6. If you see an animal that needs help in the cold weather, please be a friend. Maybe a neighbor can't afford a good dog house; step in and offer to build or buy one.

With flood season coming, it's a good idea to have a disaster plan in place for your pets. If you have to evacuate, do you have a place your pet can go?

A good pet disaster kit should include:

- Food
- Water
- Vet records
- Carriers for travel
- Collar with identification
- Recent photo
- Medication
- First Aid kit

### Did you get a new puppy or kitten this summer?

Now is the time to spay/neuter. The WeSnip van will be in Burlington Oct. 79; in Mount Vernon Oct. 22/23. For more information, call 360.733.6549 or [www.wesnippet.org](http://www.wesnippet.org). The service is free for those with proof of public assistance.

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## Fish Project, cont. from p. 1

and spawning fish in the Baker River system, with the greatest success as can be achieved.

The five project phases:

### New Floating Surface Collector (operational spring 2008)

The new, improved Floating Surface Collector replaced the old model that collected young fish behind the Upper Baker Dam in Baker Lake, for transport downstream via fish taxi. The new collector is unique in design, larger, and more sophisticated, and already is setting records for numbers of young fish collected and the percentage of young fish captured out of the total numbers in the lake.

### New Baker River Fish Trap (begun spring 2009, complete spring 2010)

The new Fish Trap will replace the current, aged facility with a more fish-friendly and highly automated design, greatly reducing human handling of the migrating fish. The new trap will be operated as automatically as possible.

The facility should greatly improve the condition in which migrating salmon and trout are returned to the lake after being trapped, thus increasing survivability of the spawning fish, and increasing the resulting number of young fish in the next generation. The new trap will separate and segregate migrating fish by species, for better transport by the two fish taxi trucks that move the fish in specially designed water tanks around the dams to Baker Lake.

### New Hatchery (under construction, to be operational in spring 2010)

A new hatchery is being built on the western shore of Baker Lake near the Upper Baker Dam. It is being built to have greater capacity for higher production of Chinook salmon, Sockeye salmon, and trout.

### Upgraded Spawning Beaches (to be operational in spring 2011)

Close by the hatchery, upgraded spawning beaches are to be built that will closely mimic completely natural spawning conditions, and replace the current spawning beaches. Spring water will be percolated upward from pipes through the gravel beds of the swimming pool-looking spawning beaches to reproduce the types of conditions in which wild salmon prefer to spawn naturally. The salmon fry will hatch naturally and will then be released into the lake to grow naturally, before heading downstream.

### 2nd Floating Surface Collector (in design phase; to be built in 2011)

Plans are in the works to build a second



This Oct. 2 photo shows the ongoing progress of the five-phase Puget Sound Energy fish facilities project along the Baker River in Concrete.

Floating Surface Collector behind the Lower Baker Dam in Lake Shannon. By doing so, PSE hopes to increase the capacity for fish production and enable fish migration in and out of Lake Shannon in addition to Baker Lake. This additional fish collector will be of a similar design to the larger Baker Lake model.

Roger Thompson, Public Relations Manager for PSE, is enthusiastic about the fish facilities project. Thompson told Concrete Herald that the Baker River Project as a whole, and the fish facilities in particular, are contributing to provide not only continued electrical power generation, but also economic and employment benefits for the local community through the maintenance and construction activities of PSE.

Puget Sound Energy believes in good stewardship. We operate the Baker River complex and the entire utility to enhance the natural public resources we use in the production of energy to benefit customers and PSE in continued power generation, said Thompson.

The Concrete area and the region benefit from the recreational opportunities afforded to hike, fish, boat, camp, etc., around the Baker River complex.

A goal following completion of the new Baker River fish facilities, according to Corey Feldmann, the Manager of Resource Sciences for PSE, is to continually increase the fish production and capacity of the Baker River system. Feldmann said they have a goal to increase the number of released young fish by one million per year, to the full capacity of the river ecosystem and basin can support, without reaching the point of damaging the environmental food

supply for the fish. As part of this effort, the new, larger spawning beaches will be utilized and filled first by the spawning fish, and the hatchery will be used to supplement and increase the numbers of fish produced when the spawning beaches are completely at capacity. Feldmann said that all spawning fish are currently using the existing spawning beaches and natural spawning locations. The fish facilities work to be completed will dramatically increase the capacity for fish production, and greatly improve the chances for survival of those fish.

The total cost of the fish project is projected to be in the neighborhood of more than 100 million dollars, according to Roger Thompson. Approximately \$50 million went to building the new Floating Surface Collector, and the new Fish Trap and Fish Hatchery are anticipated to cost about \$25 million each, including the related spawning beaches.

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# Marblemount



## County EMS providers awarded for life-saving efforts

### Rescue team included three Marblemount firefighters

**MOUNT VERNON** The Skagit County EMS Commission recently gave its 2009 Life Saving Award to Aero-Skagit Emergency Services and Marblemount Fire Department for saving a man over the summer following a car crash.

At its annual awards barbeque Sept. 16, the Commission honored Aero-Skagit personnel Cody Watson, Matt Wienker, Crissie Wilson, and Judy Williams, and Marblemount firefighters Larry Schroder, Bob Garrison, Jeff Haven and Alan Goeret. The providers received the award for their professionalism in caring for Lyman resident Ron Spellman, who had fallen asleep at the wheel on July 14 on State Route 20 near Marblemount. Spellman's truck went out of control and crashed into a tree at the embankment of the Skagit River. Spellman suffered leg and rib fractures in the crash.

An unnamed EMT from Okanogan county first arrive on scene and stabilized Spellman before personnel from Aero-Skagit and Marblemount fire arrived to

assist and rescue Spellman.

Marblemount Volunteer Fire Department personnel had to stabilize the truck to prevent it rolling down into the river and keep from further injuring Spellman or endangering the EMS responders. Significant intrusion into the truck's cab made the extrication difficult for the crew and painful for Spellman. Crewmembers then took Spellman to the Concrete Airport, where he was then airlifted to Harborview Medical Center in Seattle.

Spellman, who attended the awards barbeque with his wife, Denise Nicholson, thanked those who saved his life, and reported that his doctors believe he will make a complete recovery.

Aero-Skagit Director Judy Coffell said that in eastern Skagit County where resources are limited, providers from many different agencies pull together during a true emergency and make a real difference in an injured or sick person's life.

## Youth community music festival planned

It will be like father, like son month at Marblemount Chapel in October.

The church's new pastor, Mikel Crane, will host a country gospel music group to kick off his church ministry at Marblemount Chapel on Oct. 11. Two

weeks later, on Sat., Oct. 24, Crane's 20-year-old son, Douglas, will host a community youth music festival featuring several rock bands from the Pacific Northwest.

Douglas Crane is preparing for a career in ministry and hoping to make some new friends through this event. The youth of today need to know someone cares,



Skagit County EMS Commission 2009 Life Saving Award recipients included, from left to right: Bob Garrison, Alan Goerd, Jeff Haven, and Larry Schroder from Marblemount Fire Department; and Crissie Wilson, Cody Watson, and Judy Williams from Aero Skagit. Not shown: paramedic Matt Wienker. Photo by Bill Craig.

Crane said. This summer I met with a teenager who tried to commit suicide. I was moved to see this tough-looking guy dripping tears simply because we visited him, not wanting anything from him, but just to be his friend."

The music will start at noon and go until 6 p.m. The event will be held under a 60x40-ft. tent at the Marblemount Community Center on State Route 20, across the street from Marblemount Chapel. The event is free; however, a suggested donation of \$5 per person will help to defray expenses.

## Community Q&A meeting held Sept. 14

By Cheri Cook-Blodgett

A community meeting was held at the Community Hall in Marblemount Sept. 14, and was attended by about 30 community residents, including local Fire Department volunteers. Stations were set up around the room for individual agencies, including Puget Sound Energy, Department of Transportation, Red Cross, and Skagit County Departments of Emergency Management, Planning, and Public Works.

At 6:15 pm, attendees were welcomed by Commissioner Sharon Dillon, who explained that they were to circulate through the room and bring their questions to the agency representatives at each station. Refreshments were provided, and conversations were lively between community members and representatives.

Use of the Community Hall as an emergency Red Cross shelter was discussed, and with the addition of a generator to the building, it will be functional during power outages. Designated community members will have access to the building, in case Red Cross workers cannot reach the site. Emergency Resource Guides for home planning and preparedness were

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# Newhalem



## One backyard at a time: Stormwater runoff and you

By Grace Popoff

When I think of stormwater, I generally think of what it does to me, not what I do to it. I'm the victim here, right? How could I possibly be part of the problem? Yet, stormwater runoff is now at the top of the list of challenges when it comes to protecting water quality, and people are the reason runoff is a problem.

For certain, stormwater runoff is an urban problem. Too many roads, roofs, and parking lots mean there's nowhere for water to soak into the ground, so most of it races untreated to nearby lakes, streams, or beaches. Along the way it collects pesticides, oils, bits of worn pavement—a host of unhealthy things that make water dangerous for living things.

But could those of us living in the boonies be part of the problem as well? Actually, we could. According to Department of Ecology information, the forests that used to cover northwest watersheds absorbed so much of our annual rainfall, that as little as 1 percent of the rain reached lakes and streams as surface water runoff. The rest evaporated or soaked into the ground, recharging aquifers and gradually making its way out to surface water. Removing as little as 10 percent of the natural forest can increase runoff, and most of us have done at least that much to our land.

So, yes, even without acres of pavement, rural development, which always involves removing trees, can change the way water behaves. We see this most clearly when rains return after a snowfall. The path of the runoff is clearly marked as it makes its way across cleared areas. Even if you're not using pesticides on your property, even if you haven't paved your driveway, just by clearing the land, you've increased surface water runoff, making life more challenging for salmon and other plants and animals that depend on clean water and stable stream flow.

We can minimize the damage we cause by changing the way we landscape individual yards and also changing the way we design and build neighborhoods. WSU Extension Service recently sponsored a webcast that showed low-impact developments in several northwest

towns. Simply by changing from mounds to swales in our landscape, we slow down the water and create opportunities for it to soak into the ground. Relying on native plants that don't need water during our summer droughts also helps. A great resource is the WSU Rain Garden Handbook for Washington Homeowners, which provides lots of tips, both do's and don'ts for landscaping to minimize runoff.

For additional information, consult the Washington State Department of Ecology Web site Environment Education Guild at <http://www.ecy.wa.gov/pubs/0710058.pdf>.

### Speaking of webcasts...

Recently, a group of people gathered at the Resource Center conference room to watch the above-mentioned webcast about Stormwater Management. They were testing a new projector, purchased for the Upper Skagit Library by Friends of the Library. With a laptop tapped into the library's WiFi Internet service, the projector showed the laptop screen on the wall, and the group could watch the program.

A webcast is like a TV program, but the source is the Internet. It's a great way for an organization to provide information that might not make it to out to the public via TV. You can watch a webcast at home if you have broadband Internet service. If the library's open, and you can snare a computer or bring your laptop, you can also watch there.

If you'd like to suggest a webcast or webinar for the library to show, contact the library staff.

*Grace Popoff is a member of the Friends of the Upper Skagit Library*

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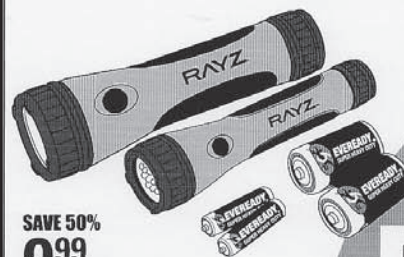
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# Seniors

## Coffee Break

Your health, your problem

By Patrick Kennedy

The air waves and newsprint these days are bursting with questionable facts, statistics from around the world, and speculations of good and bad results, and objections from all sides with no practical answers about your health. The question really should be, "Who is in charge of my health?"

The simple answer is, "You. It's your problem. You can't wait for some official from Washington to give you directions."

Back in 1948, before madness was in control of most media, the World Health Organization said,

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." And guess who is closest to all these states of being. The reality is it's you.

Socially, you possibly participate in losing money at a poker game, go to the church social, to the local bar every night, or the gossip confab at the beauty salon, and these are good and qualified social events and contribute to healthful social well-being. But what if you were to combine a social activity with something mental, like a book club where you have to read a book, think, activate the imagination, then discuss it, and socialize, with others; it's like killing two birds with one or several hours.

Mental activities to maintain the health of that gray matter between

your ears are all around you. The daily paper has a crossword puzzle and a Sudoku you can work while drinking your coffee. If you truly want to crank up the brain cells, try doing the puzzle left handed, or visa versa, to give the other side of the brain some activity, too. Learn a new word a day and use it, or better yet, learn a new language so you can order tamales in Spanish or real Chinese food.

The physical element of this health problem is a little more complicated, and sometimes it hurts. Simple exercising or stretching can go a long way to improve life and health. Don't listen to Redd Foxx, who said,

"Health nuts are going to feel stupid someday, lying in hospitals dying of nothing."

Remember the other day when you dropped a bottle cap on the kitchen floor and it took an effort just to bend down to pick it up? That is one health problem you can fix with a little time each day. It's called getting off your butt. Some people stretch their legs and back before they even get out of bed. Lie back, grab your knees, bend them back toward your belly, and put on a little pressure. Sit up and grab your knees, and next week the shins, and next week, or so, the ankles.

The key is a small routine you can do each day to maintain some physical health.

*Patrick M. Kennedy is the author of How to Have Fun with Retirement, a sneak peek for which is available online at [www.funwithretirement.com](http://www.funwithretirement.com).*

## Way Back When

### 70 years ago

October 5, 1939: Okanogan and Chelan Counties are still in favor of the Cascade pass highway, but divided upon which route the road should take, said George Sprouse of Mount Vernon, who attended the dedication of the new highway between Carleton and the Methow at Twisp, which will eventually become a line in the Cascade highway.

The Twisp residents favor the road coming by way of Twisp pass as designated by the state highway department; Winthrop residents are urging that the cross-mountain road go by way of Hart's pass, which would bring the highway out near that community.

In spite of this difference of opinion, everyone on the east side seems to want the Cascade highway in the near future.

### 60 years ago

Oct. 13, 1949: Superior Portland Cement, Inc., was honored last week at the first Governors Conference on Safety held in Olympia on Wednesday and Thursday.

The local cement plant was one of 14 concerns in the state given certificates of meritorious work in safety prevention.

Ross Zongrone, plant foreman and pioneer safety committee member, received the award for the company.

### 50 years ago

Oct. 1, 1959: The Marblemount

Community Club, still working hard to raise funds for the operation of the fire department and the building fund for their hall, will hold a Turkey Shoot at the fire hall this Sunday, Oct. 4. This will be for rifles only.

The club also recently acquired a timber sale and members have been working during weekends in felling the timber. Proceeds of this project will go toward the new community hall.

### 40 years ago

Oct. 1, 1969: Lt. Kenneth O. Snyder, son of Mr. and Mrs. John Snyder of Rockport, received his second Army commendation last month for performance with his outfit in Vietnam for the first five months of this year, specifically for action in combat in May.

A member of the 1st Special Forces, widely known as Green Berets, Lt. Snyder was awarded the First Oak Leaf Cluster for, according to his citation, "meritorious achievement while participating in sustained aerial flight in support of combat ground forces in the Republic of Vietnam."

### 30 years ago

Oct. 18, 1979: Discovery of the tusk, teeth, and upper jaw of a woolly mammoth, a prehistoric ancestor of the elephant, was announced late last week by Bill Thompson, science teacher at Concrete High School.

Remains of the mammoth were first spotted by the teacher's young son, Shawn Thompson, in a cliff on the South Skagit Highway while the family was gathering gravel near their home. The first find,



**20 years ago**

shredded portions of tusk, had the appearance of petrified wood, but further search turned up the skull and teeth.

Age of the fossil, estimated at 20,000 years, will be determined by sending samples to a laboratory.

Oct. 5, 1989: More than 180 Lions Club members and guests filled the Lake Tyee Club House last Saturday night to celebrate the Concrete Lions Club golden anniversary 50 years of service to the community.

## Concrete Senior Center October 2009 Activities

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

**Mondays**

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

**Tuesdays**

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

**Wednesdays**

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

**Thursdays**

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

**Fridays**

8:30 a.m. - 3 p.m.	Quilting
10:30 a.m.	Men's Group
11:30 a.m.	Jigsaw puzzle
Noon	Mexican Train Dominos

**Special Events**

10/7	Flu shots, 10 a.m. - noon
<b>10/12</b>	<b>Senior Center closed due to Furlough Day</b>
10/13 1 p.m.	Rebekah's Meeting
10/14 11 a.m.	Advisory Board Meeting
10/15	Foot care, by appointment
10/19 1 p.m.	Karaoke with Sandi
10/20 1 p.m.	Rebekah's Meeting
10/27 12:45 p.m.	Leap of Faith
10/28 12:30 p.m.	Birthday Lunch
10/28 1 p.m.	Bingo
10/29 12:30 p.m.	Halloween Lunch

The evening program included a review of past projects and accomplishments. Included were much of the groundwork that led to the construction of the Dalles Bridge; spearheading a community effort and doing paperwork and footwork that culminated in the formation of a cemetery district; and running the ambulance for quite some time.

Also, the club continues a long-time project of supplying \$1,000 to \$1,500 in eyeglasses annually to local people.

**Marblemount meet, cont. from p. 22**

distributed; these will also be available at the Upriver Services Office in Concrete. New volunteers are welcomed by the Red Cross. Contact their Chapter Office at 360.733.3290 (Bellingham) to sign up.

New and ongoing community issues were brought up, including the recent water assessments by the PUD #1, and the continuing quest to bring high-speed internet to the Rockport/Marblemount area. Marshall Cooper also presented

information on the North Cascades Business Association. Their Web site is [www.marblemount.com](http://www.marblemount.com) and includes community resources, as well as business information.

*Cheri Cook-Blodgett is an employee with the Skagit County Commissioners Office.*

## Imagine Concrete progressing as planned

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

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

During their first meeting on Sept. 23, task force members discussed the ideas within each initiative and began to determine which were low-hanging fruit that could be realized in a relatively short time frame.

The task forces meet in tandem with the steering committee. Everyone is invited to join these meetings, which occur on the first Wednesday of each month. The next meeting is Wed., Oct. 14 at 6 p.m., at the Airport Lounge.

## EAST COUNTY RESOURCE CENTER

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

**Scheduled programs and events:**

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

**Services and referrals:**

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



# Sunday School lesson

## God's definition of love

By Bruce Martin

In a popular culture that is constantly redefining words and rewriting definitions, it is good to find there are some definitions that cannot be changed.

The most basic and important need of the human spirit is to love and to be loved. In our search for the real thing, we have settled all too quickly for cheap imitations and disappointing substitutes.

The Bible gives us the most complete description of unconditional love we can find anywhere. In his first letter to the church congregation in the Greek city of Corinth, the Apostle Paul shares God's definition of love (1 Corinthians 13:1-7). We discover God's definition remains in clear contrast to the ones we find in popular culture today.

Let's compare them together.

- **God says love should be directed toward others (verses 13)**. Popular culture says love should be directed toward ourselves.
- **God says love is patient and kind (verse 4)**. Popular culture says love satisfies your immediate needs.

- **God says love is never jealous and envies no one (verse 4)**. Popular culture says love means that you deserve the best.
- **God says love is never boastful or proud (verse 4)**. Popular culture says love isn't necessary to make people respect you.
- **God says love is never rude (verse 5)**. Popular culture says love lets you act the way that pleases you.
- **God says love does not demand its own way (verse 5)**. Popular culture says love gets in the way of what's in it for me.
- **God says love is not easily offended and keeps no score of wrongs (verse 5)**. Popular culture says love must move over when it comes to seeking revenge.
- **God says love rejoices in justice and truth (verse 6)**. Popular culture says love understandseven tolerates evil.
- **God says love is loyal; it always protects, always trusts, always hopes, always perseveres (verse 7)**. Popular culture says love should be self-serving.
- God says love never fails.

The kind of love God puts in our hearts

and wants us to give to one another is not something that we can manufacture on our own. We could say it is a supernatural love. It comes from God Himself and is the natural overflow of His presence in our lives.

When you and I feel we are lacking in expressing God's love to those around us, we can ask the Holy Spirit to help us. As we embrace and live out this kind of love, we will find our relationship with Him and others will never be the same.

*Bruce Martin is pastor of Concrete Assembly of God.*

## Obituaries

**Mrs. Rose M. Young**, 86, a Mount Vernon resident since 1985, passed away Sept. 1, 2009, at a local long-term care facility.

She was born April 2, 1923, in Thornley, England, to John and Emily (Vaux) Philbin. Rose was educated in Thornley and following school she worked in London for a radio factory as an inspector. She was united in marriage to Jack S. Young on May 23, 1945, in London.

Following the war, Jack was discharged and settled in Seattle. In 1946 Rose came to the United States to be with her husband and after 11 years in Seattle, they moved to the upper Skagit, where she was employed by Seattle City Light in the culinary department. Following retirement the family came to Mount Vernon, where she had since resided.

The couple had traveled during their lifetime to England, Austria, Scotland, and Italy. Rose enjoyed the outdoors in gardening and also enjoyed working in ceramics and painting. She was a member of Immaculate Conception Catholic Church, the Senior Citizens, and the Mount Vernon Elks.

Rose is survived by her six children, Veronica (and husband, Wayne) Russell of Snoqualmie, WA, Dennis (and wife, Dana) Young of Tulare, CA, Catharine (and husband, Paul) Herbold of Bellingham, WA, Cecelia (and husband, Jerry) Gardner of Mount Vernon, WA, Michelle (and husband, Mark) Welch of Bakersfield, CA, and Marian Young of Kirkland, WA. She is also survived by 21 grandchildren and several great grandchildren; as well as numerous nieces, nephews and other relatives.

Rose was preceded in death by her husband, Jack, in 1987; her parents; three brothers and five sisters. A funeral service was held on Fri., Sept. 4, 2009, at 2:30 p.m. at Immaculate Conception Catholic Church, 110 S 5th St., Mount Vernon, WA. Burial followed in the family plot at Mount Vernon Cemetery.

You may share your memories of Rose, and sign her online guest register at [www.kernfuneralhome.com](http://www.kernfuneralhome.com). Arrangements were under the care of Kern Funeral Home.

**Larry T. Maloon**, age 64, a resident of Concrete, died Sept. 1, 2009.

He was born Sept. 1, 1945 in Garden City, Mich., the son of Floyd and Mildred (Harcourt) Maloon.

Larry was a computer whiz and he was an amazing Mr. Fix-it. He was a member of the Eagles Aerie #1444 of Concrete and he enjoyed a good beer. Larry was a loving brother and Uncle. He loved his family and was always the life of any party. He was a strong, loving, kind-hearted man and his spirit lives through all of us today. Larry will be dearly missed.

He is survived by his sister, Carol Jones of Concrete; brother, Mike and June Maloon of Oklahoma; four nieces, two nephews, two great-grand nieces and one great-grand nephew.

Larry was preceded in death by his brother-in-law, Jon, and niece, Debra.

Cremation arrangements are under the care of Lemley Chapel, Sedro-Woolley. Share memories of Larry and sign the online guest register at [www.lemleychapel.com](http://www.lemleychapel.com).

**Marion Calvert Warbritton** went to be with the Lord on Wed., Sept. 30, 2009.

Marion was born March 29, 1933, in Mount Ida, Kans., to Onita Mary Baum and Claude Calvert Warbritton. Growing up, Marion was involved in 4H for 10 years, raised registered Southdown sheep, and was Kansas State Sheep Champion in 1949.

Marion graduated high school in Garnett, Kans., in 1951. He joined the U.S. Marine Corp on April 20, 1953. He served 20 years, including four tours in Vietnam. He retired from the U.S. Naval Disciplinary Command, Portsmouth, N.H., as a 1st Sergeant.

After retiring from the military, Marion attended college part-time and graduated with a teaching degree from Pittsburg, Kans., Phi Theta Kappa in 1990. While in college, he did apartment maintenance and ran a doughnut shop, and upon graduation taught Vocational Tech Ed (VE) five years at Leavenworth Federal Penitentiary, took a break and became the Plant Engineer for two years for Winchester, Kans., Jefferson Co. Memorial Hospital and Geriatric Center, then taught VE again at Lansing State Prison for 10 years. When that job was discontinued, he substitute taught at three schools in rural areas in Kansas until he retired from teaching.

After his wife, Patricia, retired from her job, they traveled for eight years full-time before health problems caused them to settle down in Concrete, Wash., near family.

Marion leaves behind a loving wife, Patricia Warbritton, two sons, Michael Warbritton (Brenda) of San Diego, Calif., Mark Warbritton of Lawrence, Kans., two stepsons, Wayne Scherer (Margi) and Kevin Scherer (Charity) of Concrete, Wash., sister Claudine Dunn, brother Fred Warbritton, both of Topeka, Kans., seven grandchildren (A. J., Jacob, Lisa, Brian, Lukas, Kirsten and Geneva) and four great-grandchildren (Garrett, Darren, Preston and Peyton). Marion was preceded in death by his mother, father and son, David Wayne Warbritton.

A date for Marion's Remembrance will be forthcoming in the near future.

The family suggests memorial donations in Marion's honor to Skagit Hospice, 819 S. 13th St., Mount Vernon, WA 98274, or Cancer Care Center, P.O. Box 1376, Mt. Vernon, WA 98273-1376.

Cremation arrangements are under the care of Lemley Chapel, Sedro-Woolley. Please share your memories and sign the online guest register at [www.lemleychapel.com](http://www.lemleychapel.com).

**Keith B. Crabtree**, 81, of Lynden, was taken home to be with his Heavenly Father on Sunday, Sept. 27.

A life-time Lynden resident, Keith was the son of Benjamin and Ruth (Frost) Crabtree and was born on March 22, 1928. He graduated from Lynden High School in 1946 and married Viola Karber on May 24, 1949. Keith worked as a field sales representative for many years, starting with Washington Co-Op, which became Western Farmers and then Land-O-Lakes. A member of Word of



## Worship directory

### Assembly of God

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

### Presbyterian

Mount Baker Presbyterian Church  
45705 Main Street, Concrete  
Sunday worship: 8:45 a.m.  
Church 360.853.8585 office 360.595.0446  
[www.mtbakerpresbyterian.synodnw.org](http://www.mtbakerpresbyterian.synodnw.org)  
Tom Ross, pastor

To add your place of worship to these listings, call or e-mail  
360.853.8213 or [editor@concrete-herald.com](mailto:editor@concrete-herald.com).

### Nondenominational

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

### Lutheran

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

## Worth repeating...

Angela Dodson: Well, this has been real educational, but I don't believe in the devil.

John Constantine: You should. He believes in you.

— Constantine, 2005



Life Church in Lynden, he enjoyed fishing, camping and traveling.

Mr. Crabtree is survived at home by his wife Vi; children Loren (Vickie) Crabtree of Sumas, Brent (Marcia) Crabtree of Lynden, Candace Corcoran of Hayden, Id., and Cara (Gary) Van Etten of Lynden; nine grandchildren and nine great-grandchildren; brothers Jule Crabtree of Royal City, Wash., David (Doris) Crabtree and Vincent (Hazel) Crabtree of Lynden, sister-in-law Esther Pierson of Bellingham and numerous other relatives. He was preceded in death by his brother Ben Crabtree and sisters Ruth Miller and Elsie Englert.

Visitation was held from 9 to 9:30 a.m. on Sat., Oct. 3, at Gillies Funeral Home in Lynden.

Burial was in Lynden Cemetery on Sat., Oct. 3, at 10 a.m., and was followed by a memorial funeral service at 11 a.m. in Word of Life Church, 1986 Main Street, Lynden.

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

## Volleyball, cont. from p. 7

Concrete will play for the next three years, so there is light at the end of that tunnel.

### Bright future

We went to a tournament in Friday Harbor on Oct. 3 and won two games. The girls played great. I played mostly my JV squad. After they got over being nervous they started really playing well.

We played in Darrington on Oct. 1. We played with a short squad, being down four players because of illness. In the second game, the girls were ahead 11-5 and Darrington put their starters back in the game. I told the girls later they should note that the coach had to play his starters (five seniors and one sophomore) to beat them. When they played girls their own age they were winning.

From a coach's perspective, this is very encouraging: By the time my girls are the age of most of the girls they were playing, they will be unbeatable. They will have 3 years varsity experience.

**Concrete Herald**  
The Voice of Eastern Skagit County

## Sheriff's blotter

### September 21

A Hamilton caller reported waking up at night and finding an unidentified man sleeping on his couch in the living room. Caller said when the man woke up, he confronted him and the man walked out of the house. Visiting man smelled of intoxicants. Deputy asked homeowner why he waited until the next day to report this; man said he didn't think too much about it until now and so decided to call. He said he had seen the guy around before, but didn't know who he was.

### September 20

A Sedro-Woolley caller reported loud voices and noise. Deputies arrived, contacted a male, who admitted he'd been having a loud argument with his girlfriend. Deputies heard what sounded like kids running into the woods nearby. It appeared this was an underage drinking party. Deputies warned homeowner about the perils of getting caught hosting a minor in possession party.

### September 20

A Marblemount caller reported someone threw several eggs at his house sometime during the night. Caller would like this on record. No further follow-up made.

### September 19

A Hamilton caller reported catching a 14-year-old male siphoning gas from a vehicle parked near the Janicki Industries building. The male left prior to deputies arriving. Suspect was later contacted and booked into juvenile detention for this attempted theft, as well as other burglaries and vandalism from the same night.

### September 18

A Lyman caller reported that she suspected her 12-year-old son had stolen \$80 from her purse. She believed he may have stolen from her other times as well. Caller said she confronted her son, who admitted taking the money and buying a Sony PlayStation at school. Caller wanted advice on her options for how to deal with the boy.

### September 17

A Grasmere caller said her tenant wanted a leaky pipe fixed. She arranged to have someone do the work. Tenant refused to allow the work because the plumber was unlicensed. Landlady wanted to know if she can make entry into the house to fix the leak. Deputy advised this is a civil issue; law enforcement cannot help at this time.

### September 16

A Concrete caller reported that a rear window of her Honda had been shot out. Caller said she found the spent round in the back seat of the car. It appeared as though the window was shot by a round falling from the sky and not an intentional, direct shot. Caller heard the window break, but did not hear the shot fired. The round appears to be a 40-caliber, likely from someone shooting up into the air.

### September 15

A Sedro-Woolley caller reported three horses in a pasture that looked very skinny and neglected. An animal control officer checked the horses. One was fine; a mare and foal were underweight. Officer talked to the horses' caretaker, who said they are being seen by a vet. Officer checked with the vet; horses are on a program to address a medical condition. Officer will monitor case to insure animals are getting better.

### September 15

A Cedar Grove caller reported several juvenile boys with backpacks were loitering in the area. Caller said this is a chronic problem and thought they might be dealing drugs. Requested deputy to keep an eye on the boys. Deputy checked the area, but no boys were found. Will continue with frequent patrols.

### September 10

Discovery that overnight, someone had tried to steal the Clear Lake School lunch van. Window was pried open to gain entry, ignition was severely damaged; estimated damage at \$500. It appeared as though suspects had been trying to start the van, but were unable to do so. Nothing missing. No suspects at this time.

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# Health



## Celebrate October with a mammogram

By Valerie Stafford

October is Breast Cancer Awareness Month. One way for women to celebrate is by getting their annual screening. A mammogram can save your life by detecting cancer in its earliest stages, making treatment more effective.

Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer.

The American Cancer Society (ACS) estimates that more than 40,000 women will die from breast cancer in 2009. Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment.

Early detection of breast cancer can make the difference between life and death, said Angie Wilkerson, Director of the Breast Care Suite at United General Hospital in Sedro-Woolley. A mammogram can identify a lump that a woman's self-exam wouldn't find until approximately 18 months later. That's why regular mammograms are the only scientifically proven way to reduce breast cancer deaths.

The new digital mammography now available in Skagit County makes the exams faster, more accurate, and less likely to require retakes. Unlike film-based mammography, digital mammograms produce images that appear on the technologist's monitor in a matter of seconds. There is no waiting for film to develop and the images can be easily

stored and copied without any loss of information.

The ACS recommends that every woman over the age of 40 have an annual mammogram. However, studies show that many women skip their annual mammogram because of the discomfort. To alleviate that, the Breast Care Suite at United General Hospital has started providing a more comfortable exam through the use of a cushion on the mammogram machine. The Soft Touch mammogram has proven to be very popular with local women.

The cushion covers the cold surfaces and hard edges of the mammogram device, said Wilkerson. And, because women are more relaxed during the exam, it makes it easier to get the best possible image.

A physician's referral is not required for a screening mammogram. You can schedule your own appointment at any facility that provides the exam.

During October most facilities provide small treats or offer special hours for women who want to celebrate the month with a mammogram. If it is time for your screening, why not make an appointment right now?

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

## Depression screening helps guide individuals into treatment

On Thurs., Oct. 8, nearly 1,000 sites nationwide from colleges to community centers to military installations will offer in-person and online mental health screenings as part of National Depression Screening Day (NDSD).

Every year, this free, anonymous program helps individuals learn the symptoms of depression; educates friends and family members about what to do if a loved one is at risk; and gives anyone the opportunity to speak to a mental health professional about their own or a loved one's situation.

Unfortunately, fewer than half of those suffering from depression actually seek treatment, even though treatment is often successful. Many people avoid treatment because they believe that depression isn't serious, that they can "fix" it themselves, or that it is a personal weakness rather than a serious medical condition.

For such individuals, an anonymous screening often can be the first step in guiding them to getting the help they need. In fact, a recent study by the University of Connecticut Health Center found that more than half of those who completed the online depression screening sought treatment in the three months following their initial screening.

No NDSD sites are an easy driving distance of the upper Skagit valley; however, an online option exists for the anonymous screening process. Go to [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org).

**Break the cycle.**

**Participate in  
National Domestic Violence  
Awareness Month's**

**Purple Light Nights**

**Oct. 1-31**

**To find out more,  
go to [www.skagitdvsas.org](http://www.skagitdvsas.org)**

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### Be aware

**Breast Care Suite**  
at United General Hospital  
2000 Hospital Drive, Sedro-Woolley  
360.856.6021

**Breast Care Center**  
1320 E. Division Street, Mount Vernon  
360.424.9607

### Online Resources

American Cancer Society: [www.cancer.org](http://www.cancer.org)  
National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)  
Susan G Komen for the Cure: [ww5.komen.org](http://ww5.komen.org)



# October is Women's Health Month

## At United General Hospital



# Imagine

## A Women's Health Fair

- Workshops
- Networking
- Health Screenings
- Displays & Demos

- Walk & Talk
- Spa Center
- Resource Expo
- Catered by Coho Cafe

**Saturday, October 10**  
**8:30 a.m. – 4:00 p.m.**  
**United General Hospital**  
**Registration: \$15**  
**Call (360) 856-7245**

Plan now to attend Imagine, the 6<sup>th</sup> annual women's health fair hosted by United General Hospital in Sedro-Woolley. With special guests Liz Taylor and Graham & Treena Kerr, this is a full day of education and inspiration. Imagine living to your full potential! **For a complete schedule: [www.unitedgeneral.org](http://www.unitedgeneral.org)**

### Soft Touch Mammograms

*on Saturdays in October*

For more information, please call (360) 856-7244.

October is Breast Cancer Awareness Month. Have your annual mammogram in October and be treated like a queen in our Breast Care Suite. It's the only place you'll find the Soft Touch Mammogram, a warmer, softer, more comfortable experience. And during October, you can even schedule your screening on a Saturday.



### Free Classes

To register: (360) 856-7245.

#### How to Invest in Your Health

Tuesdays, October 20 & 27, 6:00–7:15 p.m., Free

#### Adventures in Fitness: 10 New Ways to Get in Shape

Wednesday, October 28, 6:00–7:15 p.m., Free

### Screenings

To register: (360) 856-7245.

#### Cholesterol & Diabetes Screening

Every Friday, 8:00 a.m.–Noon, \$15

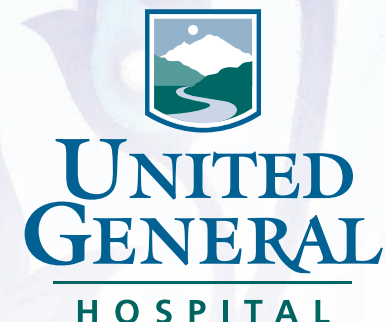
**No appointment necessary.** Check in at the Main Lobby. Includes HDL, LDL, triglycerides, and blood glucose. Requires 12-hour fast.

#### Vitamin D Screening

Every Friday, 8:00 a.m.–Noon, \$35

**No appointment necessary.** Check in at the Main Lobby.

No fasting required.



2000 Hospital Drive • Sedro-Woolley WA 98284  
 (360) 856-6021 • [www.unitedgeneral.org](http://www.unitedgeneral.org)



# Smile

## Dwelleysms Wit from the Herald's former editor

The emphasis on psychology is creating a lot of new alibis for wrongdoers. Everything from shoplifting to burning down churches is passed off as just an uncontrollable urge. A lot of it would be cured in childhood if the parents would yield to the urge to blister the pants of their offspring when they started becoming conscious of the possibilities of being a maladjusted personality."

Having an opinion takes a little courage, but stating it is getting downright dangerous. Everyone on your side will keep quiet to see if you get punched in the nose.

Shaw once made the point that marriage was a woman's trade union. When the big argument has always been who's working for whom.

Jan. 17, 1957

The upsurge of religion is always tied in with periods of search for freedoms, for no one has yet devised any cage that will stop a man from praying.

Foolishness is not exactly a weakness of youth. It just happens that as you grow older, you manage to find other names for it.

Jan. 24, 1957

"There's no place like the Pacific Northwest for weather. We get so much of it that we have to haul it away in trucks.

Some feel that with communism, it is better to let sleeping dogs lie. Much better to give the lying dogs no rest.

You can't fool all the people all the time, but there is no law to prevent you from trying.

Feb. 7, 1957

The yardstick for advertising is simple: If you can afford a sign on your door, you can afford to advertise. If you can afford a showroom or display window, you should advertise. If you can afford neither, man, you'd better advertise!

Next week we celebrate the birthday of a man who is said to never have told a lie. Of course, that was back when you didn't have to lie to get elected.

Feb. 14, 1957

Love is the anesthetic required to get the operation of marriage over before the patient's eyes are fully open to the risk involved.

Feb. 21, 1957

Fate is a manufactured word, like luck, to describe results of a situation over which we exercised no control.

Feb. 28, 1957

A critic has said that if the capital letter I was suddenly stricken from the alphabet, all columnists and editorial writers would be deprived of half of their operating vocabulary. Indeed!

Now that a silent violin has been perfected, parents may again introduce junior to culture via the fiddle and the bow. One more field of suffering has been conquered.

March 7, 1957

People are such a bother. All the problems of the universe could be solved

### Become a Concrete Herald Facebook friend!

It's easy! Just go to  
[www.facebook.com](http://www.facebook.com).  
Create an account, then search on  
Concrete Herald  
and send a friend request!

between you and I—if you would just drop a few of your silly ideas.

Concrete's main street has some new parking signs, which might be interesting to that rare breed of driver who believes in such things.

To work for a living isn't harmful in any way—it's just unpopular as a career."

March 14, 1957

If the meek are going to inherit the earth, they had better quit letting the belligerent use it as a place to dump old war machinery.

There is some disagreement about the 5th amendment. Some consider it a third strike, while others think it is a base on balls.

The reason that many are called and few are chosen is that the majority are too lazy to stand up.

March 28, 1957

## Jokes Jokes Jokes They're good for what ails you...

Two cannibals are eating a clown. Suddenly, one stops and says to the other: "Does this taste funny to you?"

## Concrete Harold

By Joyce Harris



## An Elf's Life

By Jonathan Carter



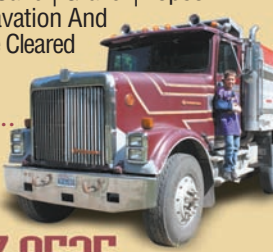
**Donald H. Moore**  
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## Concrete Herald

Concrete Herald is distributed via retailers and newspaper racks from Sedro-Woolley to Newhalem.

If you'd like to sell Concrete Herald over the counter at your business, please contact Jason Miller at editor@concrete-herald.com or 360.853.8213 to join this elite list:

### Birdsview:

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

### Burlington:

Post Office (rack)

### Concrete:

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

### Hamilton:

Hamilton Market and Cafe (OTC)

### Lyman:

Cascade Mercantile (rack)

### Lake Tyee:

Manager's office (rack)

### Marblemount:

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

### Mount Vernon:

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

### Newhalem:

Skagit General store (OTC)

### Rockport:

Rockport Country Store (OTC)  
Rockport Pub (OTC)

### Sedro-Woolley:

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

\*OTC = Sold over the counter

### Can't find a location that suits you?

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

For details on how to subscribe, see the ad on p. 27.

## Soccer, cont. from p. 7

great to get our first win of the season.

### Rough start

We've been off to a rough first half of the season, allowing a lot of goals. It's tough to win games no matter how well you play when the other team gets 4, 5, 6 or more goals on you. I think that we face one of the hardest challenges of any team in our league, in that we are an inexperienced group. We lost six seniors last year, including three all-league selections and the all-area goal keeper, so we've had a bunch of holes to fill.

I'm really proud of the way the girls have stepped up into those roles and keep working hard with their heads up despite our disappointing record so far. We've been starting at least three players nearly every game who haven't played since they were in elementary school, or not at all. We have big numbers in our sophomore and freshman classes, which bodes well for the future, but in the meantime we have to find small successes in our play this year.

One outstanding player who deserves mention is our goalie, Lonna Lloyd. She only saw a few halves last year in the net and didn't have a lot of confidence back there, but right out of the gate this year she came out with tenacity and tremendous desire to be a fantastic goal keeper. She is extremely coachable and puts in extra time outside of practice to improve her game. She's so intent on improving so many aspects of her play that I often have to reel her back in so we can focus on one skill at a time. She's already been noticed by teams in our league as an excellent goal keeper and I have no doubt that she will continue to improve over the next three seasons.

We also have our senior captains, Taylor Lee and Kelsey Barnett. They command a great deal of respect with the passion they each have for the game and for competing, and I think they are excellent role models for our younger players to look to for guidance and support. I often hear the underclassmen talking about getting good enough to kick like Kelsey or dribble like Taylor. They are motivators for our whole team.

### Injuries hamper progress

Unfortunately, Kelsey injured her knee Sept. 30 during practice. She will sit out and rest, getting a follow-up medical exam during the week of Oct. 5.

Taylor also is coming off knee surgery from an injury she sustained last winter during basketball season. Her confidence is finally coming back, but she's often frustrated with her lack of speed and power she knows she has hiding in her

recovering leg.

Our other injury on Sept. 30 was our starting stopper, Seantel Shope, a first-year Junior who plays very aggressively for us, especially considering she hasn't played soccer with us before this season. She broke her hand and is out for probably a couple of weeks. With these two injuries, it changes the way our defense looks, but I think it can only help us grow as a team and find out just how tough we are.

Looking back, we played an excellent game against Mount Vernon Christian Sept. 22 at home, scoring early and ending regulation in a 1-1 tie. We played through two scoreless overtime periods to finally lose in a shootout 7-6 in 8 rounds. It was a tough way to lose, especially considering that we had a number of good scoring opportunities during the game, but were unable to finish.

## The fundraiser continues...

The *Concrete Herald* fundraising drive stands at \$9,608.55.

A big **THANK YOU** goes to the following contributors in September and October:

Quick Lube of Sedro-Woolley

Earl Dyer

Willis & Jody Miller

Robert Stafford

Anonymous

Roger & Jo Gregory

We're closing in on our goal of \$10,000. If you'd like to donate in any amount, go to [www.concrete-herald.com](http://www.concrete-herald.com) and click on "Donate," or mail your check payable to Concrete Herald to:

Concrete Herald

P.O. Box 682

Concrete, WA 98237

**Thank you for your support!**

# Classifieds

## FOR SALE

**Antique pump organ.** Good condition, \$150. 360.378.4837.

**FARM-FRESH EGGS.** Chicken: \$2.25/doz.; Duck: \$3/doz. 360.853.7932.

## HELP WANTED

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

**Mom-sitter needed:** On call for 86-year-old, bedridden, invalid woman. Rockport area. Leave message at 360.853.7349.

## RENTAL PROPERTIES

**Rockport:** 3-bedroom, double wide, mobile home on 1 acre. \$800 deposit, \$700 a month. 360.853.7240.

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

## TO PLACE A CLASSIFIED AD...

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

## In The Service



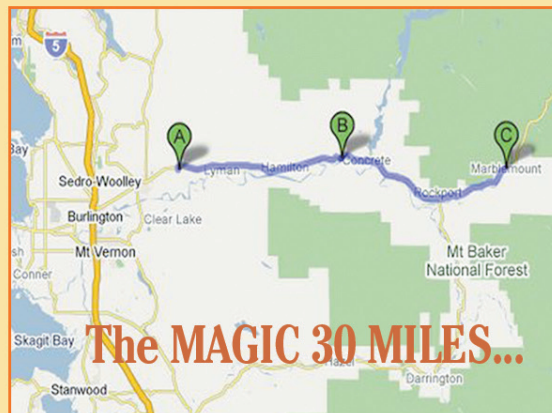
*Concrete Herald* wants to tell its readers about how eastern Skagit County citizens are serving their country. If you'd like to share updates on loved ones' service in the armed forces, please e-mail Jason Miller, editor, at [editor@concrete-herald.com](mailto:editor@concrete-herald.com), or call 360.853.8213.



# Fall Color Festival

~ October 10-11 & 17-18 ~

*Visit our participating wineries.  
Enjoy the fall colors and wonderful  
Washington wines!*



## Concrete Ghost Walk

**4th Annual Concrete Ghost Walk**  
October 3, 10, 17 & 24 at 8:00 p.m.  
Reservations: (360) 853-8767 or  
chamber@concrete-wa.com



**The Wild Women of Woolley**  
(And a Few Good Men)  
October 17 at 3:00 p.m.  
at the Historic Concrete Theatre

**A Eagle Haven Winery  
& Vineyard**  
8243 Sims Rd., Sedro-Woolley

**B Challenger Ridge  
Vineyard**  
43095 Challenger Rd., Concrete

**C Glacier Peak  
Winery**  
58575 State Route 20, Rockport



## Concrete Herald

## Concrete Heritage MUSEUM

For more information: [www.concrete-wa.com](http://www.concrete-wa.com)