

The Voice of Eastern Skagit County Concrete Herald

Vol. 93, No. 9

September 2010

50 cents

Now it belongs to Lyman

County signs over historic
Minkler Mansion. Page 14.

Town of Lyman officials paused with Skagit County Commissioner Sharon Dillon in front of the Minkler Mansion Aug. 10, after a signing ceremony preceding the council's regular August meeting. *Front, left to right:* Sharon Dillon, Lyman Mayor Debra Heinzman, Clerk/Treasurer Debbie Boyd. *Back, left to right:* Councilman Eddie Hills, Lyman Town Attorney Marketa Vorel, and Councilmen Ron Hodgkin and Mike Couch. Not shown: Councilwoman Jada Trammell.



Pioneer Picnic honors Ovenells

By Dan Royal

The Ovenell family of Concrete was honored as Pioneer Family of the Year at the 106th Annual Skagit County Pioneer Association (SCPA) Picnic and Meeting. The meeting was held Aug. 5 at Pioneer Park in La Conner.

Along with the Kevin and Patricia Paul family, the Ovenells were chosen for the honor because they demonstrate exactly the qualities and spirit the board of SCPA looks for every year: a spirit of looking outside oneself to build a life and future for their family, while contributing to their community and county around them.

The Ovenell family found its roots in the

See **Ovenells**, p. 19



Eleanor Ovenell chats with her granddaughter, Serena Roy, 7, during the 106th Annual Pioneer Picnic in La Conner on Aug. 5.

Can we save the Sockeye Express?

Page 4.



Concrete ponders Sheriff's contract

Page 9.

Sample of Sedro a tasty success

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Day Creek fundraiser

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*Published the first
Wednesday of each month*

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Concrete Herald

The Voice of Eastern Skagit County

Jason K. Miller, publisher and editor

360.853.8213 / editor@concrete-herald.com

Concrete Herald owes its success to volunteer contributors. **Birdsview:** Kris Voigt; **Clear Lake:** Sylvia Matterand, Kathy Schmidt; **Concrete:** John Boggs, Aimee Hirschel, Brooke Howell, Chris Jansen, Danielle Jensen, Lacy Lehr, Sara Pritchard, Dan Royal, Jeanna Smiley Squires, Bill Sullivan, Cora Thomas; **Corkindale:** Joyce Harris; **Diable:** Wayne and Judy Knopf; **Hamilton:** Carol Bates, Susan Mani, Aleaha Neimann; **Lyman:** Debbie Boyd, Kristi Johnson, Elaine Kohler, Tammie Werner; **Marblemount:** Patricia Blauvelt, Christie Fairchild, Laurie Thomas, Kathy Watson; **Newhalem:** Jim and Judy Hannigan; **Rockport:** Christie Fairchild, Elise Lewis; **Sedro-Woolley:** Bill Mueller, Benjamin Smith. **Cartoonists-at-Large:** Stig Kristensen, Jonathan Carter; **Lead Photographer:** Amber Lee; **Proofreader:** Katy Tomasulo; **Design:** Paul Wayne Rider; **Ad Production:** Lynn Jefferson. More local contributors are welcome: call or e-mail Jason Miller at 360.853.8213 or editor@concrete-herald.com.

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Letters: P.O. Box 682, Concrete, WA 98237 / letters@concrete-herald.com // **Classifieds:** P.O. Box 682, Concrete, WA 98237 / classifieds@concrete-herald.com

Concrete Herald is published the first Wednesday of each month and distributed via newspaper racks and retail businesses from Sedro-Woolley to Newhalem, Washington. A complete list of distribution points is posted online at www.concrete-herald.com/about-the-herald/distribution-points. Mail subscriptions are \$26 annually for U.S. addresses, \$38 for Canadian addresses. Physical address: 7674 Cedar Park, Concrete, WA 98237. POSTMASTER: Send address changes to Concrete Herald, P.O. Box 682, Concrete, WA 98237. Printed with pride by The Daily Herald, Everett, Wash., using soy-based inks. Contents © 2010 Concrete Herald LLC.

Editorial

I smell trouble brewing.

As Concrete takes steps to reimagine and transform itself into a sustainable community and destination, a few bad eggs seem bent on maintaining the status quo.

Witness the theft of the beds that were intended for the bed races during Cascade Days, the immediate vandalism of the community garden not 12 hours after the first fence pickets were installed, and the smashing of a kid’s—a *kid’s*—birdhouse shortly after it was installed on a Town Center sign fence post.

I call on all citizens to be vigilant for activity that stains our town’s changing reputation. If you witness illegal activity, call 9-1-1 and report it immediately, even if it’s not an emergency. Then counter bad behavior with good: Engage in your town.

—J. K. M.

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Opinion

Letters to the editor

Kudos to Adolph Nieshe

If you see Adolph Nieshe in downtown Concrete, please thank him for his hard work. Adolph spent a day hanging the American flags you see hanging in Concrete Town Center.

These flags were paid for by the Main Street Association, which over the years has made money to buy them for holidays.

A big thank you goes to Adolph. As a town, we really appreciate having the American flags flying.

Carol Rohan
Concrete

Kids deserve credit for staining

During three separate work sessions in August, a group of kids and adults demonstrated their commitment to the Concrete community by pitching in and helping to stain the back side of the Town Center sign fence and a good portion of the community garden fence—a monumental task in itself.

Three kids in particular logged hours on all three days: Maryka and Josh Gentry, and Olivia Davis, who helped to stain the Town Center sign fence and continued their work in the garden.

On the two remaining days, more kids pitched in at the community garden. Some wielded paint brushes, while others tackled the thankless task of clearing dirt and rocks away from the bases of the fence posts. Big thanks goes to Jose Torres, Michelle Yarber, Robert Jr. and Joseph DiLeo, Jessa Kershner, Sarah and Levi Newman, Kyle Jonson, and Zoe Mahn .

I was very pleased to see several adults get into the act, too, including some former Concrete residents who no longer live here but want to give back to the community. Thanks to Bob and Lillian DiLeo, Marla Reed, Lynette Gentry, Eric Jonson, Don Jonson, Denise Newman, Randy Kershner, and Jess Kershner.

Thanks for contributing to Concrete!

Jason Miller
Concrete

Marblemount Hall needs your help

Thanks to all who contributed to the salmon barbecue fundraiser for the Marblemount Community Hall. We made

\$1,547.14 and served around 100 people.

Thanks to Seattle City Light’s Skagit General Store for the food donations, and to the gals at the cook house for making the cakes. Thanks to the Upper Skagit Indian Tribe for the salmon.

A big thank you goes to the following people for all their help: our servers Merlene Buller, Helen Buller, and Delia Peterson; Richard Watson and Jim Hunter for the fire pit cooking; Sheri for her clean-up help; and Pat Buller for the firewood.

Thank you to the Marblemount Fire Department for manning the dunk tank: Larry Schroder for collecting the money and Byron DiGrazia for being the “dunkee” in the tank (he said the water was cold!).

Foremost of all importance is my gratitude and appreciation for Jim and Kathy Hunter for all their hard work and years of dedication to the Marblemount Community Hall.

The Marblemount Community Hall is very much in need of citizens to get involved, become board members, and help out at fundraisers. If the community doesn’t start helping us out, we will be forced to close the Hall because of lack of community interest and no funds to operate the building.

Please take this seriously because it is very close to happening. To help us, call Connie Clark at 360.873.4631 or Kathy Hunter at 360.873.2048.

Connie Clark
Marblemount

Poker Run thank you

Sedro-Woolley Community Troop Support expresses a profound thank you to the generous folks who contributed to the incredible success of our 1st Annual Troop Support Motorcycle Poker Run on

See Letters, p. 3

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.

www.concrete-herald.com

Letters, cont. from p. 2

Sat., July 31. Proceeds will go toward this year’s Christmas Care Package Campaign.

Sedro-Woolley Eagles provided a fantastic breakfast; Eagles in Flight in Concrete greeted bikers with homemade treats; a Game of Chance with a special prize basket was presented at the Old Mill Restaurant in Lyman; Nooksack Casino in Deming hosted a card stop, as well as fun gifts for our participants; Mt. Baker Harley in Bellingham greeted our bikers with a hearty handshake and pie and ice cream; and Skagit Harley in Burlington shared a BBQ and live band!

Cascade Mercantile and Old Mill Restaurant were among our major prize sponsors, as were Pacific NW Float Trips, Coho Liquidation in Sedro-Woolley (they always have great stuff), and Sound Harley in Arlington. Janicki Industries and radio stations KAPS and KBRC also gave their support, as well as others too many to mention! All to create bountiful care packages this Christmas for our people serving overseas in the military.

Let us know if you have a friend or loved one in the military who will be overseas during Christmas this year; it is our honor to send him/her a care package.

Make note of the last Saturday in July 2011, because you won’t want to miss our 2nd Annual Motorcycle Poker Run! Visit us on Facebook or go to our Web site at www.swcommunitytroopsupport.com.

Marilyn Pineda
Sedro-Woolley

Christmas parade needs help now

This year’s Christmas Parade, to be held Dec. 11, carries with it an urgent need for toys to be given to less fortunate kids.

In the past, most of the toys were provided by Toys 4 Tots, but Toys 4 Tots has stopped giving toys to nonprofit groups. With money from donors dwindling, event organizers are unsure where they’ll get the money to buy toys this year.

Please consider a cash donation or a donation of a new, unwrapped toy to help this event enjoy the success it’s had in the past. Without your help, the money simply won’t be there to buy toys and, in some cases, food for needy families.

In October and November, look for toy drop-off boxes at local businesses. Please help if you can, with a donation of a toy or money.

For more information or to donate money or a toy, please call Gladys Silrus at 360.826.4848 or Adrienne Smith at 360.853.8505.

Gladys Silrus
Concrete

Election 2010

Editor’s note: An e-mail technical glitch prevented the following entry from reaching Concrete Herald in time for its August issue.

State Rep. Pos. 1
Legislative District 39

Eleanor Walters (D)

Residence: Snohomish

Current position: Formerly Senior Contract Manager, Starbucks Corporation

In her words:

“Everyone knows Washington faces major challenges. With declining jobs came declining revenue, meaning everyone from local communities to state government felt the crunch. While most Washingtonians and those in the 39th LD, from Sultan to Concrete, agree that education must be protected, transportation must be improved, and jobs must be created, the pathway to get there differs; the task sometimes seems insurmountable.



Eleanor Walters

“I believe legislators must take a new approach in the next session. More focus on ideas and less focus on ideology will allow us to start working together. The ability to listen and debate in good faith, along with a willingness to abandon hardened positions, will be the key to a more productive state legislature.

“The real question is: Are legislators ready to change the culture in Olympia? There’s only one answer, and it had better be ‘YES.’ I am a new candidate ready to insist on that change.”

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Our Garden needs YOU!



The Angele Cupples
Community Garden in Concrete needs donations (in any amount) and volunteers.
If you can handle a paint brush or a shovel, YOU CAN HELP, whether you’re a teen or a senior.

Call 360.853.8213 or e-mail editor@concrete-herald.com to find out how you can help.

Can we save the Sockeye Express?

By Jason Miller

A movement is under way to repair or replace Concrete’s Sockeye Express. Brought to town and rebuilt by Herb Larsen in the late 1980s, the funny little vehicle shuttled visitors around town for about two decades. Today, however, the 1950s-era trolley needs major engine and brake work to make it road-worthy once again.

Initially, the Sockeye belonged to the Concrete Heritage Museum. But after 9/11, insurance rates skyrocketed nationwide and the museum found it couldn’t afford to insure the trolley. Board members decided to sell it to the Town of Concrete.

Unfortunately, the Sockeye’s maintenance lapsed in priority over the years, and the vehicle’s age made it difficult for the town to find suitable replacement parts when the original parts wore out. Today, the Sockeye is a shadow of its former self.



Driver John Boggs gives tourists a ride on the Sockeye Express during the Cement City Street Fair, July 2009.

A fundraising effort has begun, spearheaded by the Concrete Chamber of Commerce. The goal is to raise a minimum of \$7,500.

Donations should be sent to the Concrete Chamber of Commerce. Checks can be made payable to Concrete Chamber of Commerce and mailed to P.O. Box 743, Concrete, WA 98237. Donors also may deliver payments to Karen Ganion, Chamber Office Manager, at the Skagit

See **Sockeye**, p. 31

THIS AND THAT

By J. K. M.

Mount Baker Presbyterian Church has finished its kitchen renovation!

The project is the first of its kind in about 50 years, reports Sara McReynolds, a church elder and its volunteer secretary.

Volunteers tore out the old cabinets and replaced them with donated cabinetry. An island was added, and new paint and hardware went on the walls and ceiling. The kitchen also got a new sink and new countertops. Sara was project foreman, assisted by Frank Um and Han Keum. Tim and Tom Lindsey donated cabinets and helped with installation. Several church members assisted with other details.

All girls in grades K–12 are welcome to join **Girl Scouts**. If your daughter is interested, or if you know a girl who would like to join, contact Marina Ball, Skagit Area Manager and Whatcom New Volunteer Coordinator for Girl Scouts of Western Washington, at 360.856.4400 or MarinaTB@girlscoutswa.org. More info is online at www.girlscoutswa.org.



Hopefully by the time you read this, you’ll be able to push the button beneath the bear in Bear Square (Concrete Town Center) and hear something new.

An updated recording has replaced the outdated one, which was recorded more than a decade ago and referenced festivals and phone numbers that had long since gone the way of the dodo. (It was a brilliant effort at the time, however.)

Thanks goes to Steve Morgan of KAPS radio in Mount Vernon, who voiced the new script for free; and to David Lange of David Lange Studios in Edgewood, who transferred the MP3 file to a cassette tape, so that the town wouldn’t have to incur the expense of upgrading the sound system, which works perfectly fine. **CH**

Chamber hires new office manager

The Concrete Chamber of Commerce announced the hiring of Karen Ganion, of Concrete, as its new office manager. Ganion took over the reins from Vicki Dinkins, who is moving out of the area to be closer to family. Ganion’s first day on the job was Aug. 2.

“We’re sorry to see Vicki go,” said Chamber president Valerie Stafford. “She’s been a valuable asset to the Chamber and community. We’re lucky to have found someone with similar community spirit to carry on her work.”

Ganion moved back to Concrete in January, after living out of state for the past 10 years. She was previously the owner/operator of the Concrete Liquor Store. During the early 1990s, she was actively involved with numerous community projects, including the beginnings of the Sockeye Express and historical signage project, as well as many programs provided at the Community Resource Center.

“I am grateful to once again be helping bring Concrete to its full potential,” Ganion said of her new position. “With all that’s going on, this is a very exciting time for our community.”

Ganion will manage the Chamber office, located in the Skagit County Community Resource Center, next door to the Upper Skagit Library. One of the most important aspects of that job is to provide vehicle title and licensing services to the community, as a Department of Licensing (DOL) sub-agency of the Skagit County Auditor’s Office. Other responsibilities include managing the Chamber’s Visitors Center and assisting tourists and potential new residents or businesses who need information about the local area.

“With Karen’s background in customer service and her obvious dedication to making Concrete a better place to live, we think she’s the perfect fit for this job,” said Valerie.

For more information about DOL and Visitors Center office hours, please call 360.853.8767, go to the Chamber’s Web site (www.concrete-wa.com), or contact chamber@concrete-wa.com. **CH**

Back to School Parade returns to Lyman

By Tammie Werner

The sixth annual Lyman Elementary Back to School parade will be held Tues., Sept. 28, at 6 p.m. in Lyman.

The parade celebrates the start of the new school year and is immediately followed by an open house at the school. This is a fun event to meet the teachers and staff, see your children’s classrooms, and tour the school. The Lyman Booster group will sponsor a book fair in the gym to benefit the school library.

“Once Upon A Time…” is this year’s parade theme, celebrating the love of reading. Classes will compete for the best theme, costumes, student participation, and behavior to win a class party.

Classes are encouraged to decorate floats this year. If you have a trailer, pick-up, or flat-bed truck that a classroom could use, please contact parade organizer Tammie Werner at 360.826.3818 or oney_brat@yahoo.com.

The parade will begin on S. Main Street and travel to W. Main Street, then Lyman Avenue, ending at the school. East 2nd Street and S. Main Street between 2nd and 3rd streets will be closed at 5:15 p.m. for parade preparation. In addition, all of W. Main Street from the intersection of S. Main and E. Main to Lyman Avenue and their intersections will be closed at 5:50 p.m. for the parade and will reopen

immediately following the parade. Residents are encouraged to use alternate routes where possible.

Residents and families of Lyman Elementary students are encouraged to come out to support the school, staff, and, most importantly, the kids. Spectators are urged to line the entire parade route as much as possible. The Town Park is always full of parade watchers, but it is wonderful for the participants to see people along the entire route.

Photos and information are available on our Facebook page: Lyman Elementary Back to School Parade.



Tammie Werner

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Former Concrete citizen Karen Ganion is back in town and has been named the new office manager for the Concrete Chamber of Commerce. *Submitted photo.*

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Lyman Food Bank notches one year

On Aug. 6, the Lyman Food Bank celebrated one year of service to the community.

Housed in the Lyman Community Center, the food bank serves an average of 60 families every week, said Arla Mae Freeman, who shares the food bank’s management duties with Sharon Eldridge.

“On Aug. 12 we served 65 families—that’s the highest number we’ve had,” said Freeman, who started her tenure with the

food bank in 2003 (when it was located in Hamilton) “because I see a real need for it and I want to help meet that need.”

The food bank is stocked by Food Lifeline in Seattle, which manages a distribution lane that stretches from California to Sedro-Woolley, where the food is picked up and brought to Lyman. Several food categories are then carefully managed during open hours to ensure every family gets appropriate portions.

The Lyman Food Bank operates every Thursday from 11 a.m. to 3 p.m. year-round. On the third Thursday of each month, it’s open from 11 a.m. to 6 p.m.

For more information, call Co-director Arla Mae Freeman at 360.424.4927.



Above: Arla Mae Freeman serves the Lyman Food Bank as co-director with Sharon Eldridge.

Sauk City playwright captures another award

East county playwright Nicola Pearson has been selected as the winner of this year’s Gina Walker Outstanding Project Award by the Communal Studies Association. The award was given in recognition of her play, “Carried by the Current,” which ran from Feb. 19–28 at the Phillip Tarro Theatre at Skagit Valley College (*Concrete Herald*, February 2010).

The Communal Studies Association is “dedicated to the understanding and study of intentional, contemporary, historic, and ‘utopian’ communities,” according to its Web site. The organization has invited Pearson to attend its conference in New Harmony, Ind., from Sept. 30 to Oct. 1.

Pearson’s play dovetails with the organization’s philosophy in that it tells the story of a micro-community of Texas women in the late 1800s who left their abusive husbands and eventually founded one of the first safe houses in the U.S. **CH**

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Sports



A valiant crew of east-county athletes traveled to Seattle Aug. 15 for the Danskin Triathlon. From left to right: Becki Hoover, Kathleen Hurn, Ashleigh Howell, Leann Howell, Brooke Howell, and Kathy Howell. Also competing that day were Carrie Newby, Lisa Beazio, Barb Hawkings , and Danna Thompson. Congratulations to all for their amazing efforts in the event, which included a half-mile swim, a 12-mile bike, and a 3.1-mile run. *Submitted photo.*

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2010 Sports schedules

HS Women's Volleyball schedule			
Date	Opponent	Event location	Time
9.4	Jamboree	Mount Vernon Christian	TBD
9.7	University Prep	Concrete	6
9.9	Sedro-Woolley	Sedro-Woolley	7
9.16	Mount Vernon Christian	Concrete	5
9.21	La Conner	Concrete	5
9.23	Friday Harbor	Friday Harbor	TBD
9.30	Orcas Island	Concrete	4
10.5	Shoreline Christian	Concrete	5
10.7	La Conner	La Conner	7

MS Women's Volleyball schedule			
Date	Opponent	Event location	Time
9.7	Practice begins. Players must have 10 practices before season begins.		
9.21	Conway	Conway	4 / 5
9.23	La Conner	La Conner	4 / 5
9.28	Orcas Island	Concrete	2:30 / 3:30
9.30	Darrington	Concrete	4 / 5
10.5	Mt. Vernon Christian	Mt. Vernon Christian	4 / 5
10.7	Conway	Concrete	4 / 5
Mondays and Tuesdays: 7th graders play first			
Wednesdays and Thursdays: 8th graders play first			

Varsity Football schedule			
Date	Opponent	Event location	Time
9.3	Liberty Bell	Concrete	7
9.10	South Whidbey	South Whidbey	7
9.18	Inglesmor JV	Concrete	1
9.24	Chief Leschi	Concrete	7
10.2	Seattle Lutheran	West Seattle Stadium	7
10.8	Rainier Christian	Concrete	7

JV Football schedule			
Date	Opponent	Event location	Time
9.13	Darrington	Darrington	5:30
9.20	TBD	TBD	TBD
9.27	Orcas Island	Concrete	4:30
10.4	Lummi	Lummi	5:30

Women's Soccer schedule			
Date	Opponent	Event location	Time
9.4	Ocasta	Concrete	2
9.7	Coupeville	Coupeville	6
9.9	Meridian	Concrete	5
9.11	Liberty Bell	Liberty Bell	1
9.14	Mount Vernon Christian	Concrete	5
9.21	La Conner	Concrete	5
9.23	Friday Harbor	Friday Harbor	TBD
9.30	Orcas Island	Concrete	4
10.7	La Conner	La Conner	7

www.concrete-herald.com

Frank Castilleja Jr., shown here with his daughter, Miah, walked away with the Participants' Choice trophy for his 1955 Chevy pick-up during the Cascade Days Show and Shine car show.

Parade

Antique Cars

- 1st: Ted Hendrickson, 1928 Chevy Speedster
- 2nd: Don Ostrom and Joan Cox, 1927 Model T

Antique Trucks

- 1st: Gordon West/Meals on Wheels, 1931 Ford Model A Deluxe Coupe

Auto Classic

- 1st: Vern McCarty, 1949 Ford custom 4-door

Class Reunion

- 1st: Class of 1978
- 2nd: Class of 1985

Comic

- 1st: Snohomish Sauerkraut Band

Commercial Business

- 1st: North Cascade Lawn Maintenance
- 2nd: Albert's Red Apple Market

Farm

- 1st: 1950 John Deere

Float

- 1st: Wild Women of Woolley
- 2nd: Community Bible Church

Miscellaneous

- 1st: Concrete Lions Club

Tractor

- 1st: John Dellinger, 1953 John Deere
- 2nd: Bert Walter, 1951 John Deere

Truck

- 1st: Neils Shrine Truckers

Jams and Jellies

- 1st: Bonnie Drake, strawberry
- 2nd: Melissa Hockett, raspberry/peach
- 3rd: Karen Harrell, raspberry/rhubarb

Watermelon-eating

8-12 years old

- 1st: Sean Pratt
- 2nd: Eric Pratt
- 3rd: Brandon Pratt

13-17 years

- 1st: Justice Holgate (returned cash prize to Cascade Days!)
- 2nd: Ham Herman
- 3rd: Dylan Clark

18+ years

- 1st: Cathy Olmstead (returned cash prize to Cascade Days!)
- 2nd: James Suit
- 3rd: Barbara Hanes

Pet Pride Talent Show

Best in Show

- Trigger (Melissa Hockett)

1st Place

- Rio (Crystal)

2nd Place

- Bitzey (Hannah Haskett)

3rd Place

- Boone (Stephanie Semro)

Best Friend (tie)

- Boone (Stephanie Semro)
- Trigger (Melissa Hockett)

Best in Talent

- Bit (Lexi Denley)

Most Unique Name

- Rio (Crystal)

Duck Race

- 1st: Vicki Dinkins
- 2nd: Martin Smith
- 3rd: Bonnie Drake

Buttons* (alpha order)

- Kay Brown, Kevin Cochran, Gail Conrad, Fred Dalzell, Greg Dezarn, Gary Dickson, Vicki Dinkins, Kim Ellin, Alesia Est.

- Davina Fagan, Tracy Handyside, Darell Huff, Margaret Johnson, Dave Keppler, Al Lecuyer, Gordon Lloyd, Deena Mahn, John McArdie, Matt Mill, James Morgareidge.

- Denise Newman, James Peterson, Carole Petrocelli, Kathy Pfeiffer, Rita Rivia, Isabelle Rogers, Ed Rogge, Christopher Schatz, Donna Sessler, Gladys Silrus, Cheryl Spiker, Eva Syapin.

- Monica Theisen, Bill Thompson, James Turner, Bob Walsh, Phyllis Walter, Tony Walter, Gordon West, Lois Wolf, Troy Woodworth.

- No last names: Natasha, Dave.

* Prizes will be at Back to Basics on Main Street, Concrete, for several days, then available at Albert's Red Apple Market. A complete list of winners and what they won is available at Red Apple, Cascade Supply, and Matty's on Main.

Cascade Days winners

Car Show

Cascade Days Show-and-Shine welcomed 83 cars to this year's event. Merchant- or individual-sponsored trophies went to (alpha by last name):

Jackie Aldridge, Pam Aldridge, Diane Brown, Wayne and Chris Ceradsky, Lonnie and Dixie David, Dick and Karen Davis, Tom Dellinger, Tyler Dellinger, Art Dobban.

Paul Gagnon, Dave Hazel, Ted Hendrickson, Joe and Jamie Huden, Kevin Jarmin, Shane Johnson, Danny Jones, Mel Lang, Steve McIvor, Virgil Mellick, Art Miller, Bob Mollgaard, Monte and Jaque Nybo.

Don Payne, Arlene Petro, Bill Pinkstaff, Rod Rohweder, Zeke and Tammy Ross, Mr. and Mrs. Dave Sauvageau, John Schilstra, Hunter Shadle, Ron and Joan Shirk, Larry and Ardie Smith, Odell Trantham, Gary Wichers.

A new trophy this year, The Grand Marshall's Choice, was awarded to Rick Gejka for his stock 1929 Ford Model A 4-door sedan.

Log Show

Stock Saw

- 1st: Ryan Moore
- 2nd: David Dellinger
- 3rd: Greg Bisbey

Modified Saw, 5.0 cube and under

- 1st: Kodie Nick
- 2nd: Sammy Bisbey
- 3rd: Ryan Moore

Modified Saw, 5.1-6.0 cubes

- 1st: Lee Williamson
- 2nd: David Dellinger
- 3rd: George Nick

Unlimited Saw, 6.1 cube and up

- 1st: Lee Williamson
- 2nd: David Dellinger
- 3rd: Greg Bisbey

2-Man Crosscut Saw

- 1st: Greg Bisbey, Lee Williamson
- 2nd: Pam Garland, George Nick
- 3rd: Sammy Bisbey, David Dellinger

Axe Throw

- 1st: Lee Williamson
- 2nd: Kodie Nick
- 3rd: David Dellinger

3-Man Relay

- 1st: Greg Bisbey, Sammy Bisbey, David Dellinger
- 2nd: George Nick, Kodie Nick, Chris Evans

Kids Relay, 8-12 years old

- 1st: Madison Renzelman
- 2nd: Shane Luttrell
- 3rd: Brandon Hopkins

Kids Relay, 13-17

- 1st: Dalton Dellinger
- 2nd: Josh Rogge
- 3rd: Scott Rice

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Thank you, committee!

Cascade Days owes its success to months of planning and preparation by the dedicated Cascade Days Committee.

During the Aug. 23 Concrete Town Council meeting, Concrete Mayor Judd Wilson publicly thanked the members of the committee.

Officers

John Legg, president; Jack Mears, vice president; Ember LaBounty, treasurer; Alice Berner, secretary.

Board members

Judie Legg, Raymond and Bonnie Drake, Doug Gates, Richard and Andrea Frank, Dave Wright

General members

John Burmaster, Don and Della Payne, Peggy Hatley, Larry Mosbey, Darrell Coggins, Chris Coggins, Anita Mathis, Barb Withrow, Roger and Barb Yelinek, Karinn Kennedy, Adolph Nieshe, Janet Keller, Patti McLucas, Bob Lahr, Jack Billman, Debbie Nobe, Becky Luttrell, Andrea Fichter.

Pie-eating

8-12 years old

- 1st: Teegan Moore
- 2nd: Zachary Carpenter
- 3rd: Bernie Bates Jr.

18 + years

- 1st: Don Olmstead (returned cash prize to Cascade Days!)
- 2nd: Glenda Carpenter
- 3rd: Judie Legg

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Back to school!

Concrete School District and Sedro-Woolley School District begin classes on Sept. 1.

Concrete PTO news

By Debbie Ross, president

Concrete Elementary PTO ended the school year last year with its End of School Year Beach Party. There was a good turnout and everyone had a lot of fun.

We are looking forward to an exciting school year. The PTO hopes to have even better assemblies. The only way this can happen is for parents to get involved. The PTO is looking for officers and volunteers for the upcoming school year. I have

agreed to be president of the organization again this year, but I need your help.

Anyone interested in volunteering for the PTO, or anyone who has general questions about the PTO, can send an e-mail to concretek6pto@yahoo.com or there is a suggestion box located in the elementary school office where parents can leave their contact information.

Thank you for your past support, and we look forward to an exciting new school year. Remember to save your box tops for education, Red Apple receipts, Campbell's soup labels, and ink cartridges. See YOU at the PTO!

Early Learning Center

Concrete Early Learning Center is the result of a partnership between Concrete

School District and Skagit/Islands Head Start. It is a preschool program for children ages 3–5.

This year the children have been involved in several investigative projects such as the grocery store, post office, planting seeds, and watching the growth cycle of a butterfly. They have developed friendships and increased their language, math, and science skills.

We are especially proud of the new children's garden. It was made possible through the efforts of our children, parents, and community supporters through donations, time, and expertise.

The raised bed garden will be used year-round to teach our children about healthful food and where it comes from. They will learn about recycling and composting with a worm bin that they have made. They

will compost a part of our kitchen waste, keeping it out of the landfill.

Since the children have been learning about butterflies, we have a special plant area for butterflies to stop for a drink or to settle in. If you are interested in preschool for your child, please call 360.853.8116 or 360.853.7209 for an application.

Get involved!

Anyone who would like to volunteer in our schools (classroom, field trips, library, sporting events, etc.) may contact the elementary school, the high school, or the district office for a volunteer application and/or information.

Contact the district office at 360.853.8141, the elementary school at 360.853.8145, or the high school at 360.853.8143.

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MAKING SENSE OF INVESTING



Concrete Elementary School got a new readerboard sign on Aug. 13. The sign offers four lines and looks great.

need to meet employment hours during the school day are potential candidates.

If these programs interest you, contact the Concrete School District administrative office at 360.853.8141 or Program Director Mike Holbrook at 360.853.8071 or mholbrook@concrete.k12.wa.us.

Applications and information will be available on and after Sept. 1 for the 2010–11 school year.

Concrete ALC school schedule

Sept. 1, 2, 3, 7: School staff available.
Sept. 8 at 9 a.m.: Skagit River School House opening day and orientation
Sept. 9 at 10 a.m.: Twin Cedars High School registration and orientation.

Community ed. classes

Concrete School District is working toward offering the following community education classes during the 2010–11 school year:

- K–3 Dance Class
- 4–6 Ballet Class
- K–4 Soccer
- Adult Open Gym: Volleyball
- Scrapbooking for all ages
- Adult Open-Gym Basketball

Community education classes are available to all community members. Details regarding signing up for a class, and times and dates of these classes will be available through the school offices beginning Sept. 1. More information will be published and sent home as the classes

are finalized and scheduled to begin.

The program is looking for instructors for the 2010–11 school year in the following classes: yoga, drama, art, photography, accounting, gardening, and computers.

If you have a talent or skill that is not listed and would be beneficial to our area, please contact Lisa Fenley at lfenley@concrete.k12.wa.us or 360.853.8145.

Child Find

Child Find is a continuous process of public awareness activities, screening and evaluation designed to locate, identify, and refer young children with disabilities as early as possible.

If you know of a child who lives within the Concrete School District who is 3 to 5 years old and who might need special education services, contact Special Services Director Leilani Thomas at 360.853.8116.

School Board meeting

The Concrete School Board will hold its next regular board meeting on Wed., Sept. 29, at 7 p.m. in the high school Commons. A work session is planned for Mon., Sept. 27, at 6 p.m., also in the Commons.

Concrete Herald

Business Spotlight: Upper Skagit Pregnancy Choices

By Cora Thomas

I walked into Upper Skagit Pregnancy Choices in Concrete and was immediately greeted by the warm smile of Director Mary Bron. This satellite center of the Mount Vernon Pregnancy Choices brings resources closer to east county young people who are searching for answers to difficult life decisions.

Pregnancy Choices opened its doors in 2008 to serve Skagit County and North Snohomish residents. “Our number one goal is education,” Bron explains.

Bron and her team aim to provide clients with as much information as possible so they can make better decisions for themselves. Pregnancy Choices offers



Upper Skagit Pregnancy Choices is located at 45080 Fir St. in Concrete.



The Upper Skagit Pregnancy Choices office benefits from the efforts of (l to r) Diane Ray, receptionist; Mary Bron, director; and Judy Shepherd, volunteer.

many free services including pregnancy tests, options counseling, limited ultrasounds (at its Mount Vernon office), community resource referrals, and a program called FutureImpact, which provides healthful relationship education for public and private schools, parents, or other groups.

The center also offers an “Earn While You Learn” program, which includes parenting classes for teens, women, dads, and families. While clients seek help and

make an effort to improve their situation by attending classes, they earn “Parenting Dollars” toward the center’s store, which provides baby clothes, diapers, blankets, cribs, toys, books, personal care items, and more. Many of these items are community donations.

The building includes an upper floor that offers a comfortable space used for community educational events and group meetings, plus a kitchen for cooking classes. Bron says their business

philosophy is, “reaching the heart of the community. We want them to know and understand us so we can meet the community’s needs. Our services are based in the relationships between staff and clients. We believe in what we do, we value people and value time spent with them.”

Sometimes Bron and the staff will stay beyond business hours if a client needs more time to discuss their situation. “We’re trying to prevent people from falling through the cracks of society; we want to help them in as many ways as we can,” she says.

Unplanned pregnancy affects the woman *and* men involved. Pregnancy

See **Pregnancy**, p. 29

PREGNANCY CHOICES

Location: 45080 Fir St., Concrete
Hours: Tue.–Thu., 9 a.m. to 4 p.m.
Phone: 360.853.7700
E-mail: upperskagitpc@gmail.com
Web: www.pregnancychoices.org

are getting much service more in Town than we would get in the unincorporated areas of the county. The SCSO currently operates an East Detachment Office in the Town Hall Building and many residents have likely noticed an increase in the visibility of deputies since this change went into effect.

The price of protection

The draft contract for the three-year period beginning in 2011 includes increases in service costs each year. In 2010, Concrete paid \$220,000 for SCSO services. Beginning in 2011, the town would pay \$225,500; in 2012, the cost increases to \$231,138; and in 2013, the cost increases again to \$236,916 per year. No additional services are being proposed so far, except that the SCSO would enforce up to six Town criminal ordinances passed by the Council. This was in response to incidents in which the SCSO could not take action when state law or county ordinances did not specifically address an issue, such as discharging a firearm within town limits. The Council was advised that they needed to pass ordinances authorizing the SCSO

to enforce selected Town ordinances; the Council recently did exactly that.

Three ordinances recently adopted by the Town Council include language that authorizes the Skagit County Sheriff to enforce them in Skagit County District Court. These ordinances include:

1. Aiming or discharging firearms in the town limits. This ordinance prohibits aiming or discharging a firearm at another person or property inside the town.

2. Public noise disturbance. This amends the current public noise ordinance to allow the SCSO to enforce what is already law.
3. Park activities and hours. This ordinance sets public park hours at 6 a.m. to 11 p.m., unless a special use permit is granted by the Town Council. This ordinance also includes additional park regulations that the

See **SCSO**, p. 31

The Sedro-Woolley Museum presents

Founders’ Day 2010

Saturday, September 11th 2010
Downtown Sedro-Woolley
Founders’ Day Breakfast 8:00AM to 11:00AM
Video of the 1914 Bank Robbery 10:00AM
Bank Robbery Reenactment 12 Noon
Museum Open House 1:00PM to 4:00PM
Sunday, September 12, 2010
Riverfront Park
Open Car Show 9:00AM to 4:00PM
Community Picnic – 11:00AM to 3:00PM

Call the Museum at 360-855-2390 or Sedro-Woolley Chamber at 360-855-1841 for info



Clear Lake



Fire Safety Day comes to Clear Lake

Photos by Kathy Schmidt

The Clear Lake Volunteer Fire Dept. hosted a Fire Safety Day in Clear Lake Aug. 7.

Educational opportunities were plentiful. Visitors thrilled to a rescue helicopter landing right on the edge of Hwy 9. An accident scene was staged, too, requiring the deployment of a Jaws of Life.

Other attractions included a dunk tank and a miniature fire hose for smaller kids.

—Jason Miller



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Zach is back!

Clear Lake Boy Scout returns from trip to National Jamboree

I want to say thank you to my friends in the Clear Lake community for supporting me and helping me to attend the 2010 National Jamboree.

We had a great time. I was among the 72 boys who were selected from Skagit, Whatcom, and Snohomish Counties to join more than 45,000 other scouts from all over the country, in Fort AP Hill, Virginia.

We followed up the Jamboree with a tour of Washington, D.C., Maryland, Virginia, and Pennsylvania. I brought home more than 1,500 pictures and videos, some trinkets from my tour, and, most of all, a lifetime of memories.

The Jamboree included many exciting things to do. We had special guests such as Big Lake's own Robert Gates, Dale Earnhardt Jr., Jeff Gordon, Miss Virginia 2009 (who is now Miss America 2010), the Baltimore Ravens cheerleaders, and, best of all, our big arena show, with Mike Rowe and the band Switchfoot.

Activities included rappelling from a helicopter, a zip line, snorkeling, Indian Village, shotgun shooting, archery, fishing, and stations for every merit



Clear Lake Boy Scout Zachary Schmidt stands next to the Liberty Bell in Philadelphia, Pennsylvania. Submitted photo.

badge offered. Other high points included listening to QBSA, the radio station that was broadcast from the Jamboree during the Jamboree. My personal favorite: patch trading!

Our tour was educational, too. We visited the Liberty Bell, Gettysburg, the Boy Scout Monument, Washington Monument, Jefferson Memorial, Mount Vernon, Ford's Theatre, Vietnam Memorial, Lincoln Memorial, and many other sites. We saw the changing of the guard at the Tomb of the Unknown Soldier, too.

We spent lots of time at the Smithsonian and Holocaust Museums, as well as the

See Jamboree, p. 26

4-H kids head to the Fair

By Tonya Torheim

Led by Cheryl Werda, Concrete's local 4-H club, "Furs N' Things," participated in the 2010 Skagit County Fair.

Between 20 and 25 kids in our group participated in or entered exhibits at this year's fair. There were kids doing everything from animals to crafts.

Taleah Werda, Becca Torheim, and Thea O'Brien made it to the Round Robin competition, where they showed small animals to exhibit their overall showmanship qualities.

The kids who received a blue ribbon for their exhibits will travel to the Puyallup Fair, which runs from Sept. 10–26, and display them there.

Since some of the kids had to show their animals as early as 8:30 a.m., and some kids had to show multiple animals, most chose to camp out on the fairgrounds in either tents or trailers. That turned out to be a very fun part of the fair experience this year.



4-H kids held a car wash at Loggers Landing in Concrete on Aug. 6 to help pay for Fair-related expenses. **Top:** Brian Torheim touches up a truck's deflector. **Middle:** From left to right: Jake Massingale, Alan Smith, Brook Barned, and Kimberly Torheim gang up on a car. **Bottom:** Moriah Smith waves in customers from SR 20.



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Sample of Sedro connects candidates with citizens

By Jason Miller

Politics and mouthwatering cuisine mixed again this year at the annual Sample of Sedro event held Aug. 16 at Hammer Heritage Square in downtown Sedro-Woolley.

A Chamber-sponsored event designed to let local politicians mingle with their constituents, this year's Sample saw 10 restaurants and vendors offering their finest to a crowd of about 200.

Variety was on the menu, with offerings

from Joy's SW Bakery and Cafe, Iron Skillet, Hometown Cafe, Hottie Tottie Deli, Neapolis Restaurant, Lorenzo's Restaurant, Mestizo's Mexican Family Restaurant, Pin's Thai Cuisine, Farmer's Market, and the Culinary Arts Department at Cascades Job Corps Center. Eagle Haven Winery provided samples of their tasty libations.

The turnout was impressive, said Sedro-Woolley Chamber of Commerce Executive Director Pola Kelley. "There were nearly four times as many people this year as last year," she said. "Next year we may just open it to the public if the restaurants are up for it, or we can get more restaurants involved."

Based on the number of invitations returned, event organizers named the top restaurants. Hometown Cafe captured the "most popular" prize, followed by Iron Skillet and Neapolis Restaurant.

State and county political candidates were invited to attend and mingle with the people who would decide their futures in the primary election the next day. Candidates for the #3 Commissioner seat were in attendance, as were candidates for Assessor, county Clerk, Treasurer, Auditor, and State Rep. Pos. 1 and 2.

Assessor candidate Don Munks was overheard to say, "If I could eat like this every day, I would move to Sedro-Woolley."



Above: Lorenzo and Laura Velasco brought a sampling of flavorful Mexican cuisine from Lorenzo's Restaurant in Sedro-Woolley.

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Poker Run aces first year

By Tammie Werner

Sedro-Woolley Community Troop Support (SWCTS) hosted its first motorcycle Poker Run on Sat., July 31, and exceeded organizers' expectations by raising \$1,650, which will go toward this year's Christmas care package campaign. Organizers were told to expect between 30-50 participants for their initial Poker Run; that number rose to 82 entrants! The Poker Run is now an annual event being held each year on the last Saturday in July.

Breakfast was served at Sedro-Woolley Eagles Club, with the staff getting into the spirit by donating their tips. Mel and Gene received rave reviews for the delicious food and their generosity. The first 50 people to register received gift bags full of donated goodies assembled by volunteer Cherry Haas.

After drawing their first card at

breakfast, bikers then headed to Eagles In Flight in Concrete for another card draw and were treated to freshly baked goodies and good old-fashioned hospitality. Rob Tygret took many wonderful photos of the groups as they came in.

From there the next stop was at the Cascade Mercantile in Lyman for a Game of Chance guessing game. Owners Don and Wonona Kaaland and Troop Support volunteer Larry Weston greeted participants and recorded their best guess for how many nuts, bolts, and miscellaneous items were in a large jar with the closest guess earning a gift basket valued at \$100.

Additional card-draw locations were at the Nooksack Casino in Deming and Mount Baker Harley-Davidson in

See **Poker Run**, p.31



Above left: Students from the Culinary Arts Department at Cascades Job Corps Center served up mouthwatering treats. Above: Sedro-Woolley's Hammer Heritage Square hosted the fourth annual Sample of Sedro. Ten restaurants offered a variety of cuisines to attendees, who mingled with state and county political candidates in the lead-up to the primary election Aug. 17.



Above: Stan Werner (in white) fulfills his judging duties during the Poker Run. Below: Kay Brown (seated) assists a card-drawing rider at Eagles In Flight in Concrete.



Concrete Heritage Museum News

What a great summer it has been, but now the season is coming to an end this Labor Day for the Concrete Museum. If you haven't been to the museum in some time or have guests coming to visit during Labor Day weekend, plan a Saturday afternoon visit from noon to 4 p.m.

You can make an appointment to **visit the museum or do research** in the library outside of normal times by calling Robin Wood at 360.826.3075 or e-mailing us at concreteheritagemuseum@stumpranchonline.com.

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

Reminder: **Save those receipts** from Albert's Red Apple for the museum. The Frank family graciously donates a small

percentage of money for the total of those food receipts to the museum. You can give them to any board member you know. You can also leave them at the Concrete Liquor Store. Thank you always to the Frank family for their continued support of the museum and Concrete.

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

—Dan Royal

At the Upper Skagit Library

By Aimee Hirschel

Our **summer reading program** drew to a close with Brian Ledbetter performing his magic for a small but very appreciative audience.

More than 50 percent of the kids who signed up for the program met or exceeded their goal of reading for 800 minutes in eight weeks. Some of them read as much as *50 hours* in eight weeks! This is truly an awesome accomplishment for these young readers:

Kaitlyn Fisher, C. J. Gregush, Georgia Gregush, Thalen Morse, Savannah Pomeroy, Shanna Pomeroy, Josiah Rider, Rebekah Rider, Dakota Ross, Danielle Ross, Rebecca Ross, James Suit, Isaac Tiemens, Leah-Marie Tiemens, Noah Tiemens, Brian Torheim, Kimberly Torheim, Rebecca Torheim, Bethany Werda, Iona Werda, Josiah Werda, and Taleah Werda.

The Library will offer "Extreme Beginner" **computer classes** from 1 to 2:30 p.m. on Sept. 23. Space is limited to

five people, so call 360.853.7939 soon to sign up.

Plans are being made for programs in the **Our Upriver Home** series. If you have any suggestions, call Beverly at 360.853.7939.

The September **board meeting** will be Sept. 9 at 5 p.m. at the library. We continue the search for a new trustee; information is available at the library.

On Sept. 10 at 7 p.m., **John (Jack) de Yonge** will read from his book, *Boom Town Boy*, and sign copies at the library. Copies of his book also will be available for purchase.

If you miss de Yonge's reading, *Boom Town Boy* may be purchased at Albert's Red Apple Market. Farther west you can find it at The Tattered Page in Mount Vernon, the Next Chapter Bookstore in La Conner, and Watermark Books in Anacortes. Barnes and Noble carries *Boom Town Boy* at its stores and on the Web, as does Amazon.com.



Bob Lahr's lavishly landscaped Cascade Days Parade entry captured 1st place in the Commercial Business category. Photo by Mike Criner.

COMMUNITY CALENDAR

SEPTEMBER

- 3 Sauk Transfer Station and Clear Lake Compactor Site closed
- 4 Concrete Saturday Market: Food drive and Bake Sale for Concrete Food Bank, plus live music at 11 a.m. and open musical jam session at 1 p.m.
- 8 Imagine Concrete meeting, Mears Field Pilots Lounge, Concrete, 6 p.m., info at 360.853.8213 or editor@concrete-herald.com
- 9 Concrete Chamber of Commerce meeting, Hi. Lo. Country Bar & Grill, Concrete Town Center, 8 a.m.; info at 360.853.8767
- 10 John (Jack) de Yonge reads from his book, *Boom Town Boy*, Upper Skagit Library, Concrete, 7 p.m.
- 11 Lawn mower races, potluck, dance in Day Creek, info at 826.3581
- 11 Concrete Saturday Market: Final day! Live music at 11 a.m.
- 11 Benefit BBQ for "Punky" Whittall, Concrete American Legion, 3 to 8 p.m.
- 11 Benefit dinner, silent auction, and raffle for cancer survivor Evy Johnson; American Legion Banquet Room, Sedro-Woolley; 4 to 8 p.m.; \$6 / meal; info at 360.202.9679, 360.391.1643, or 360.840.6757
- 11-12 Founders' Day, downtown Sedro-Woolley and Riverfront Park; see ad, p. 9; info at 360.855.2390, 360.855.1841, or sedro-woolley.com
- 11-12 Great Upriver Pizza Hunt Softball Tourney, presented by Annie's Pizza, Concrete; info at 360.428.0132
- 12 Joshua Soren Memorial, Maiben Park, Burlington (time TBA)
- 15 Skagit County Fire Dist. #16 Commissioners meeting, Day Creek Fire Hall, 31693 S. Skagit Hwy, 7 p.m.; info at 360.856.6338
- 17 Grapes by the Lake (benefit to support Skagit County Community Action, Habitat for Humanity, and Seattle Children's Hospital), 18055 Bow Lake Lane, Bow Lake, 4 to 9 p.m., tickets \$40; info at 360.428.5972
- 23 Individualized Education Plan / 504 Plan Workshop, Christ the King Community Church, 2111 Riverside Dr., Mount Vernon, 9:30 to 11:30 a.m. or 6 to 8 p.m.; info at christinac@co.skagit.wa.us or 360.419.3420
- 28 Lyman Elementary Back to School Parade, Lyman, 6 p.m., open house to follow; info at 360.826.3818 or oney_brat@yahoo.com

OCTOBER

- 2 Sedro-Woolley Museum Silent Auction and Wine Tasting fundraiser, Sedro-Woolley Community Center, 3 to 6 p.m., \$10 per person (tickets available at the museum); info at 360.855.2390
- 2-3 Skagit Valley Festival of Family Farms, 10 a.m. to 4 p.m.; info at www.farmtour.com

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

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Lyman



Lyman claims Minkler Mansion

By Jason Miller

After almost three years, Lyman owns its beloved Minkler Mansion. On Aug. 2, all three Skagit County commissioners signed over to the town the historic structure's property deed. And, during a ceremony preceding the Town Council's Aug. 10 meeting, Commissioner Sharon Dillon signed the property's real estate tax affidavit.

It's been a long, often stressful process for the town and its citizens. "There were many moments when we were on pins and needles," said Town Attorney Marketa Vorel before the Aug. 10 meeting.

Built by lumber mill magnate Birdsey Minkler in 1891, the mansion had been owned by Minkler family descendants until its owner at the time, Doris Patterson, put it up for sale in January 2008.

Recognizing its iconic and functional value for the town, Mayor Debra Heinzman—who had just stepped into office—immediately engaged with the council to determine if the town could

buy it. In the town's hands, the mansion could be preserved appropriately. In the wrong hands, it might never have become part of the public trust, it might have been remodeled in a historically inconsistent fashion, or the lot on which it sits might have been subdivided into four lots.

"We could have ended up with a multifamily structure or something that would have seriously deterred from the historic value of the property," said Vorel.

The mansion's \$399,000 price tag was almost twice that of the town's annual budget, however, which put it out of reach for an outright purchase.

So the town started investigating its options. One was a grant from the Heritage Capital Projects Fund through the Washington Dept. of Archaeology. The town landed a \$200,000 grant, but it required a two-thirds match. That meant the town had to come up with \$400,000 for a project total of \$600,000, which also would cover the eventual renovation.

Still unable to cover the cost, the town turned to Skagit County Commissioner Sharon Dillon, who suggested an interlocal agreement, with the county buying the property outright and Lyman buying it back from Skagit County by July 29, 2010.

Left: Lyman Council member Mike Couch watches as Skagit County Commissioner Sharon Dillon signs the Minkler Mansion real estate tax affidavit during a ceremony preceding the Council's Aug. 10 meeting.



"It was gutsy, but the commitment from the town and the people was so strong, and their business plan so good, that I trusted them and knew they would fulfill the promises they made to the county," said Dillon.

They did. Using a \$272,000 tax-exempt municipal bond obtained through Summit Bank, the town hit its deadline and claimed the mansion as its own. It will continue to house Lyman Town Hall, with other services coming in as needed renovations are made. A new roof, heating system, and wiring top that to-do list.

Understandably, Mayor Heinzman

is relieved the first leg of the journey is complete, and congratulates the community and the council for its integral role in the project's success.

"This took a lot of people and a lot of back and forth to accomplish," said Heinzman. "The council and the community deserve the recognition for this. We all came together for three years, and it was well worth the process."

Vorel noted that "when Birdsey Minkler built the house, he intended it to become some kind of public building, something that would benefit the general populace." Looks like his dream has come true.

Lyman Library tales

By Elaine Kohler

The library has an extensive collection of sci-fi books from a range of authors. Take a few and find yourself orbiting distant planets, meeting new species, and learning new technologies.

Our teen and children collections keep growing. I have been told I am getting a set of Dr. Seuss soon. We have Dr. Who and A Series of Unfortunate Events in the teen section. The Harry Potter and Twilight books are still out, but we do have enough money now to get a new set. Give me a ring if you see them on sale.

Concrete Herald



Day Creek



Second Lone Star clean-up finishes the job—for now

By Jason Miller

A second clean-out day on Aug. 15 left the Lone Star Building in Concrete looking better than it has in decades—at least on the inside.

A volunteer work crew of 17 tackled the lower level of the building two months after a June clean-out left the main floor free of debris. The lower floor's larger area translated to more junk that needed to be removed: Workers filled one and a half 30-yard containers with trash.

The Imagine Concrete Lone Star Task Force currently is working to secure grant funds that will allow the town to construct a temporary roof on the structure, plus commission a complete feasibility study for its restoration.

The Town of Concrete and Imagine Concrete wish to thank the following for their hard work as we work to give the Lone Star Building a second life:

Allan and Carol Fabrick, John Boggs, Keith Alesse, Rick and Cam Archuleta, Willie Vandenberg, Bill Pfeifer, Jim and Lou Hillman, Andrea Fichter, Alan Wilkins, Jack Mears, Don Payne, Michael Hayes, Beverly Richmond, and Jason Miller.



Photos by Amber Lee



Above: Wearing a particle mask to protect against airborne dust and mold, Willie Vandenberg carries away rotted bookshelf boards from the Lone Star Building's vault.

Right: Carol Fabrick (left), Bill Pfeifer, and Andrea Fichter tackle one of the larger lower-level rooms.

Below: Allan Fabrick (left), John Boggs, and Carol Fabrick scrape the floor of the vault and make a plan of attack for removing the rotted bookshelves and other decades-old debris.

Bottom left: Jack Mears passes through a laboratory with ovens and a large work table.

2nd Annual Lawn Mower Races to support Day Creek Fire Hall

Mark your calendar for Sept. 11, when Day Creek will bring back its popular lawn mower races for a second year.

All proceeds from the event will go toward funding a levy lift, which will allow the community to keep its fire station in Day Creek. Organizers are asking for donations from anyone and everyone.

The fun starts at 3 p.m. with a "show-and-shine" and parade that starts at the Day Creek Fire Hall. The races follow at 3:30 p.m. at Blair's Wild Rides Race Track. If you're under 18 years old, bring your helmet.

Riding classes are available for five age groups, at \$6 per class.

At 5 p.m. a semi-potluck BBQ dinner will be served, with meat and drinks provided. Diners are asked to bring a dish to share.

A dance is planned to begin at 6:30 p.m., with an entrance price of \$6. Remember, it's for a good cause.

The day's events can be enjoyed in total by paying a package price of \$10 for individuals or \$40 for a family of four.

For more information on this fundraiser that promises plenty of fun, contact event organizers Kathy Henderson at 360.826.3581 or Donna Pulver at 360.8267.3003.

—Jason Miller



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Lyman All-School Reunion drew a crowd on Aug. 14. Photo by Amber Lee.



Above: Sedro-Woolley High School orientation on Aug. 26 included plenty of laughter. Photo by Amber Lee.

Left: A trio of hard-working kids helped Concrete Parks Committee Chair Jason Miller finish staining the north side of the Town Center sign on Aug. 17. Front to back: Olivia Davis, 15; Maryka Gentry, 16; and Josh Gentry, 12. Photo by Linda Davis.

Bottom left: Jose Torres cleared dirt and rock from the bases of the community garden fence posts Aug. 19.

Below, left to right: Lillian DiLeo, Michelle Yarber, Maryka Gentry, Josh Gentry, Olivia Davis, and Lynette Gentry took a team approach to staining the community garden fence on Aug. 19.

Time to stain



Marla Reed



Marla Reed

Right: Classic cars formed a long line into Concrete Town Center before the car show during Cascade Days, Aug. 21.



Above: The Aug. 14 Saturday Market in Concrete included a sidewalk-chalk-drawing contest for kids. Juanita Castaneda, 13, walked away with 1st place—and a \$10 bill. Photo by Amber Lee.

Right: The Hugo Helmer Accordion Band played at the Annual Skagit County Pioneer Association Picnic.



Right: Doug and Eva Gates represented Concrete Senior Center and Meals on Wheels during the Cascade Days Parade. Photo by Dick Warner.



Above: East county citizens gathered at Concrete Town Hall Aug. 18 for a FEMA Flood Study Open House to discuss its new flood maps for the area between Concrete and Sedro-Woolley. Skagit County Planner Tim DeVries (left) is shown examining maps with attendees.



Amber Lee



Above: Concrete High School cheerleaders take to the streets and whoop it up during the Cascade Days Parade. Photo by Amber Lee.



Left: Smokey the Bear fist bumps a young fan in Concrete's Town Park.



Right: Olivia Greso of Concrete relaxes with her Chihuahua, Joey, before the start of the Cascade Days Parade.



Above: Driven by fire department retiree Les Hoover, the 1936 Concrete fire engine carried Concrete retiree firemen's widows paying tribute to their husbands during the Cascade Days Parade. Riding in the back of the engine were Barbara Hoover (Chief Jack Hoover), Norma Bianchini (Chief Armond Bianchini), Alyce Mae Pope (Don Pope), Lucille Comstock (Sonny Comstock), Jackie Soloman (Rusty Soloman), and Lois Thompson (Andy Thompson). Photo by Mickey Zitkovich.

Scenes from Cascade Days



Amber Lee





Hamilton



Council Summary

The Hamilton Town Council held a regular meeting on July 13. The following is a summary of that meeting.

- Water and Wastewater Services representatives Marie and Ryan discussed Hamilton’s 2009 Water Consumption and Hamilton’s goal for water conservation. Marie passed out a record of the town’s water consumption, which showed a large loss of water. The loss was thought to be a faulty meter at the well. The town would concentrate on checking the well’s meter and, if necessary, replacing the digital meter with a regular brass meter. Tom Selin was to walk the water line again to check for main line leaks. Ryan from Water and Wastewater would review maps for the type of piping at the well. Mayor Bates stated he spoke with Wayne Prince about the cost of pulling the pump. The cost would

be approximately \$2 per foot and approximately \$400 to pull and reset another pump. Marie explained that the State of Washington requires a report on the water efficiency of each system. Mayor Bates suggested the town will continue to check the water lines for each residence for leaks. Mayor Bates stated the town had previously purchased water conservation kits for inside and outside, and distributed to all the homes in the town. The report prepared by Marie with Water and Wastewater Services will state the Town of Hamilton will reduce its water loss to 10 percent by 2013. Mayor Bates stated the town would reach that goal before 2013. City Hall will have handouts on water conservation available for the public. Council member Cromley motioned to approve the report prepared by Water and Wastewater Services to the State of Washington. Motion passed.

- Signage for the town’s businesses was discussed. It was agreed that the advertising of the town businesses should be one sign with various uniform signs for each business. Various designs and sign locations were suggested. It was decided that a sign separate from the Hamilton town sign was preferable. The sign would have to be on Hamilton property. There would be eleven businesses to place on the sign. It was suggested that the cost could be included in the \$50.00 business license paid by the businesses each year.
- Tom Selin reported that the chrome for the white fire truck was returned uncompleted.

Days in Concrete, hosting a beer garden and providing music for the day. Our next big event will be Cardiak Arrest Fest in October, when we’ll raise money for the cardiac unit at Children’s Hospital in Seattle.

Speaking of raising money for good causes, during September we will take donations and make a donation for each pink growler we sell. We will be donating to the Susan G. Komen fund.

On to other things!

In August, the Claybo clan hosted their annual reunion here in Birdsvew at “Granny” Claybo’s house. There were about 200 assorted relatives and friends. Lots of food and fun.

Darrell Weidkamp and a friend spent a day packing in supplies for a group that will be spending a week cleaning up by Shribers Meadow.

- We missed a very important birthday in August: our favorite brewery customer, Lee, who turned 85. He drives from Mt. Vernon often just to enjoy our beer.
- September birthdays**
- | | |
|----|--|
| 4 | Kendra Lafayette |
| 6 | Nakiah O’Niel |
| 8 | Amanda Steinbach |
| 11 | Anita Conard |
| 18 | Arthur Sanchez |
| 21 | Ed Giecek |
| 23 | Nicki Voigt (Happy Birthday to our big city girl!) |
| 29 | Jenny Babcock |
- Anniversaries**
- | | |
|----|--|
| 11 | Tim and Jenny Babcock |
| 14 | Darrell and Anita Weidkamp |
| 29 | Happy 35th Anniversary to my hubby Bill and me. Wow, that’s a LONG time! |
- The days are getting shorter. Enjoy . . .

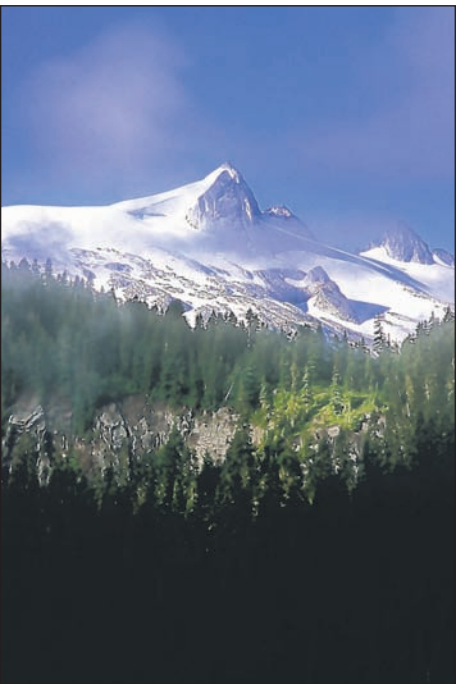


Birdsvew Brewing Company hosted another Birdstock on Aug. 7. Rain dampened the crowd somewhat—but only somewhat. The music festival enjoyed strong attendance and high spirits.

Business Spotlight: Pat Buller Photography

By Jason Miller

Marblemount photographer Pat Buller has high lakes on the brain. A maintenance worker for North Cascades National Park, Buller is better known for his remarkable



Pat Buller pauses during an August hike to Silver Lake west of Ross Lake in Whatcom County, near the Canadian border. *Photo by Sacha Johnson.*

ability to capture the beautiful lakes and mountains of Skagit County.

Buller, 45, spends his summers hiking. “I want to walk in to every high lake that drains into the Skagit River watershed. That could take a long time,” he says.

He’s making progress. Of the roughly 700 mapped high lakes and ponds in the county, he’s already made it to about 500. This year, he reached a milestone by

hiking to every high lake and pond that drains to the Skagit River within North Cascades National Park.

Buller’s fans are lucky he takes his camera with him. His photos capture nature’s vibrance, from the azure waters of a seldom-visited lake to the soaring, craggy peaks that many of us see only from a distance.

Why mountain photography? “It’s kind of like trying to catch something ephemeral and save it so it lasts longer, like the shine of a fresh-caught fish or a new flower blossom,” says Buller.

Left: Snowking Mountain, Buller’s favorite Skagit County mountain. *Photo by Pat Buller.*

Ovenells, cont. from p. 1

Pacific Northwest by arriving on Whidbey Island in 1858 and then moving to La Conner by 1876. Thomas N. Ovenell started a farm of his own in the Avon area and also tended a place near what is now Ovenell Road. He married Hattie Callahan in 1890, raising one daughter, Bertha, and four sons: James, Albert, George, and Fred.

The family made its mark as one of the best-known progressive farmers in the

county when they bought the acreage at the crossroads of Chuckanut Drive and today’s Josh Wilson Road, a place they called Clover Leaf Farm.

Their son, James T. Ovenell, continued the progressive farming tradition while serving as one of our finest county commissioners. He was later elected to the Washington State House of Representatives and served from 1950 to 1958.

Not being content with just one farm in Burlington, James and H. O. Pierson bought more property on the south side of the Skagit River across from Concrete. It has been known as the Double O Ranch for his son’s Norm and Lyle, who took over operation of both the Burlington and Concrete ranches in the mid-1950s.

By the late 1960s, Norm, his wife, Eleanor, and daughters continued the operation in Concrete. Today its fame continues as the Double O Ranch and Ovenell’s Heritage Inn.

For more information on the Ovenell family, Kevin and Patricia Paul, and their awards, visit www.skagitcounty.net.

Dan Royal is Historian of Skagit County Pioneer Association.



Left: Several Ovenell family members paused for a photo during the 106th Annual Skagit County Pioneer Association Picnic and Meeting Aug. 5.

Mountains draw Buller with their contrasts. “Mountains can feed you, but they can kill you too,” he says of the relationship between their resources and their inherent dangers.

If you’re trying to find a Pat Buller Photography storefront, don’t bother. His work—in the form of greeting cards, calendars, and enlargements—is sold only via galleries like Sauk View Gallery in Concrete and Heritage Gallery in Mount Vernon. Periodically, he’ll host a slide show at the Marblemount Community Hall as a fundraiser for that community’s venerable building. He started his photography business in 1998, so there’s plenty to see during those shows.

Buller’s approach to his high-lakes goal continues, sure and steady. Every summer he brings in the hay from the fields, then laces his hiking boots, grabs his camera, and heads out to immortalize his childhood home.

At a glance: Pat Buller Photography

Phone: 360.873.4344
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Web: www.pdbphotos.net
Galleries: Sauk View Gallery, Concrete Heritage Gallery, Mt. Vernon

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Right: The original location on the Skagit River of the ranch house now known as the Ovenell Heritage Inn circa 1920. It was moved by James and Mary Ovenell and put on a permanent foundation in 1947.

Above: The Ovenell homestead today.

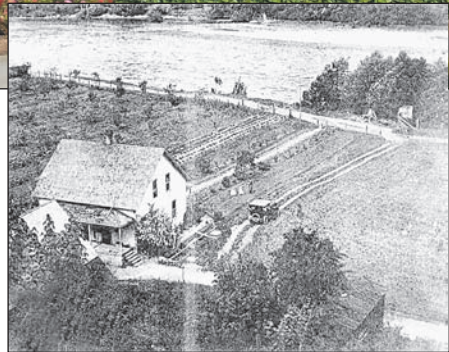


Photo courtesy of Dan Royal.



Rockport



Rockport Praisefest 2010 “glorious”

By Jason Miller

Rockport’s fledgling revival delivered quality if not quantity, according to organizer Sonja Dellinger.

“It went smoothly, and the people who attended want to have it again next year,” she said. “They were very blessed and felt the Lord’s presence.”

The Aug. 21 event filled the east end of Howard Miller Steelhead Park with music and messages of hope and praise. Eight bands and solo artists performed, sharing the stage with five pastors from Skagit County and beyond. About 10 churches got involved, bringing members of their congregations with them.

Dellinger expected upwards of 500 attendees, but saw only about half that number throughout the day, perhaps because of the Cascade Days festivities in Concrete that day.

But Praisefest was not a snoozefest. The bands kept the crowd tapping their feet, and each speaker spoke the word of spiritual revival.

“The bands and the speakers told me they would love to come again,” said Dellinger.

Rockport Christ the King Community Church covered most of the hard costs for the event, with area merchants donating certificates and food for the speakers and performers. Dellinger said next year they’ll need more financial backing, and hopes to reach out to other area churches to make Praisefest more of a combined effort.

However small the crowd, the message was heard, said Dellinger. “It was an awesome and glorious day in the Lord. So many people were blessed,” she said.

For more on the event or to offer support for next year’s Praisefest, call 360.853.8746 or 360.441.4242, or e-mail redhawaiihorse@yahoo.com.

Right: Dennis Dorgan, Jordan Cook, and Joe Kaiser performed during Rockport Praisefest 2010 at Howard Miller Steelhead Park on Aug. 21.



Rockport garage sale a great success

Rockport Fire Department thanks the following community members and businesses for their generous donations:

Susan Moore, Robin Adair, Philip and Virginia Moran, Karen and Howard Stafford, Judd Wilson, Russ and Becky Taylor, Sonny and Violet Johnson, Sandy Baird, Kim Beck, Sue Board, Russ Dalton, Margie Sorenson, Warney Johnson, Alice Berner, Paul Gagnon,

Tommy and Sally Dellinger, Clay and Melissa Norris, John and Corrina Koenig, Dan and Jennie McGuigan, Christy Fairchild, Cecily Moore and Danny Coward, Lee and Lisa Fenley, Brandon Moore and Danielle Letellier, Rockport Country Store, Don Moore Construction, Albert’s Red Apple Market, Randy and Ruth Haverfield, 3DH Aggregates, Concrete Liquor Store, and anonymous donations.

With your assistance we surpassed our initial goal and have set the stage for an annual event. We believe that continuous training, up-to-date fire and rescue equipment, and community support are essential to the success of the Rockport Volunteer Fire Department.

—Jessica Moore

Editor’s note: Rockport Fire Chief Denton Moore thanks Jessica Moore for her hard work and time spent on the garage sale.

Time to care for Camp Kirby

As Skagit County Day of Caring approaches on Sept. 10 and 11, why not give back to Camp Kirby?

Located on Samish Island, Camp Kirby is a Campfire USA camp that has served the youth of Skagit, Whatcom, Snohomish, and Island Counties, and beyond for more than 85 years.

The camp is a nonprofit venture, relying on the generosity of others to maintain the buildings and grounds.

Opportunities abound for individuals or corporations to come and lend a hand to a work party or to donate materials. This year the camp has painting and forestry that needs to be tackled, as well as trail work, carpentry, cleaning, and more. Projects are available for persons of all ages and physical limitations.

If you’d like to volunteer some time to give back to the camp that has given much to Skagit and neighboring counties, contact the Camp Kirby Site Managers at 360.982.4145.



Home & Garden



Cash for Appliances Washington offers new appliance rebates

OLYMPIA — The Cash for Appliances Washington rebate program has received almost 15,000 rebate applications and distributed nearly \$1.2 million in rebate checks. The program has delivered nearly one quarter of the available \$5.6 million in rebate funds to Washington residents. In order to make more products available to consumers, Cash for Appliances Washington is rolling out a second phase of the program this summer, offering residents even more opportunities to save energy and money through the purchase of qualified ENERGY STAR® high-efficiency appliances.

“The Federal Recovery Act investment in Cash for Appliances has already generated over \$13.5 million in retail appliance sales in Washington,” said Rogers Weed, director of the Washington State Department of Commerce. “We’re looking forward to the next, expanded phase of the program to pump more of those stimulus dollars into our economy.”

Commerce launched the first phase of Cash for Appliances Washington on March 15, 2010, offering a \$75 rebate on new ENERGY STAR refrigerators when the old unit is recycled. Phase 1 also offered a \$100 rebate on qualified high-efficiency ENERGY STAR clothes washers. This summer’s Phase 2 launch increases the clothes washer rebate to \$150, helping to further offset the purchase price and generate sales and energy savings. All customers who have submitted an eligible application and/or received a \$100 clothes washer will automatically receive an additional check for \$50. These rebates may be combined with available local utility rebates.

Phase 1 and 2 rebates available for qualifying purchases on or after March 15, 2010:

- ENERGY STAR refrigerators (greater than 9 cubic feet, with proof of decommissioning/recycling): \$75 rebate
- ENERGY STAR clothes washers (MEF greater than 2.46 and WF less than 4.0): \$150 rebate

Phase 2 Rebates available for qualifying purchases on or after June 28, 2010:

- ENERGY STAR dishwashers (less than 307 kWh/year and less than 5.0 gallons per cycle): \$75 rebate
- ENERGY STAR heat pump water heaters (EF greater than 2.0), installed by a licensed contractor: \$250 rebate
- ENERGY STAR gas storage water heaters (EF greater than 0.67): \$200 rebate
- ENERGY STAR gas tankless water heaters (EF greater than 0.90), installed by a licensed contractor: \$300 rebate
- ENERGY STAR ductless heat pumps (EER greater than 12, SEER greater than 14.5, HPSF greater than 8.2), installed by a licensed contractor trained on the NW Ductless Heat Pump Project (www.goingductless.com): \$750 rebate

All eligibility requirements in Phase 1 apply for Phase 2; Phase 2 also entails additional product-specific requirements. These requirements as well as listings of qualified products are available at www.cashforapplianceswa.com.

The Cash for Appliances program is expected to save Washingtonians more than 9,180,582 kilowatt hours of energy, 141,050,173 gallons of water, and more than 11,896,782 pounds of CO2 annually through the replacement of old appliances with new, more efficient models. This is enough energy to fuel 597 homes for one year and is equal to taking 1,341 cars off the road or planting 179,907 trees. The amount of water saved annually could fill 213 Olympic-sized swimming pools.

Cash for Appliances Washington rebates are only available until funds are exhausted. Additional information, including eligibility requirements and qualified appliances, as well as the application form and instructions, are available at retail locations or at www.cashforapplianceswa.com.

This program is funded by the U.S. Department of Energy and administered by the Washington State Department of Commerce.

Concrete Herald

New cookbook includes recipes from east county gardeners

Lovers of local food won’t want to miss Skagit Valley’s new homegrown cookbook, *Serving the Skagit Harvest*.

The book contains more than 100 recipes and tips from 50 contributors, including home vegetable growers, Community Supported Agriculture farms and restaurants, the chef at Skagit Valley Hospital, and Concrete’s own Mary Pat Larsen and Jason Miller.

Interspersed with growing, harvesting, and vegetable-storing tips, the recipes are divided by season and focus on what can be grown at home and sourced from local farmers’ markets. A harvest calendar showcases the breadth of produce available in the Skagit Valley, and the resource section lists places to explore for fresh local food.

The cookbook also introduces you to some fascinating folks. Meet a woman who gardens in a wooded area of Bow and another on the banks of the Swinomish Channel, a fellow who grows food at the base of Mount Erie, and Miller, who grows food in his sun-challenged Concrete yard.

Books can be purchased for \$20 from Albert’s Red Apple Market in Concrete, and from Eat Your Yard and selected outlets in Skagit County, including Skagit Valley Co-op in Mount Vernon, and Ace Hardware, Pelican Bay Books, and Watermark Book Company in Anacortes.

Eat Your Yard, a project of Skagit Beat the Heat, runs free workshops at the Anacortes Public Library to teach



beginning gardeners how to grow food in their own backyards. Skagit Beat the Heat, the parent organization, has created other projects such as the Anacortes Community Garden. For more information, go to www.skagitbeattheheat.org.

Serving the Skagit Harvest is the perfect gift for anyone who values the unmatched taste of fresh, local food. Profits from sales benefit Eat Your Yard to help our community achieve a more resilient food system. **CH**

Early fall grass tips

(ARA) — Rescue your late-summer lawn with these timely tactics.

- Seed it.** Apply an all-in-one seeding mix, fertilizer, and mulch
- Feed it.** Use compost, an organic fertilizer such as corn gluten meal, or a conventional lawn food; avoid all-purpose fertilizers labeled for gardening and follow the label directions to avoid over-fertilizing
- Clean it.** Leaves are not your lawn’s friend: Use your lawnmower to

mulch leaves into dime-sized pieces, then top with winter lawn food made especially to help leaves recycle back into the soil, providing food for earthworms and soil microbes

- Mow it.** Keep your mower on the highest setting to encourage root growth deep into the soil to lock out weeds; keep mowing your lawn to its summer height (about 3 or more inches) until it stops growing
- Love it.** Watering in the evening encourages mold and disease growth such as rust; instead, water in early morning to allow foliage to dry

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Marblemount



Salmon BBQ served 100+

By Jason Miller

The Aug. 1 salmon barbecue in Marblemount raised an impressive \$1,547.14 toward the maintenance and operation of Marblemount’s beloved Community Hall.

Co-organizers Connie Clark and Kathy Hunter reported about 100 people attended the event, which included a raffle and dunk tank. Food donations were provided by Seattle City Light’s Skagit General Store in Newhalem; the salmon was provided by the Upper Skagit Tribe.

More fundraisers are planned for the fall and winter months. Clark, Hunter, and the rest of the Hall board seek volunteers.

Help your Community Hall!

The Marblemount Community Hall needs local citizens to get involved, become board members, and help at fundraisers.

Want to enjoy the Halloween and Haunted House event? Help! Other coming events are the tree lighting and brunch and bazaar in December.

Don’t force the Hall to close! To volunteer, contact Connie Clark at 360.873.4631 or Kathy Hunter at 360.873.2048.

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Above: Marblemount’s venerable Community Hall hosted about 100 guests during its Aug. 1 salmon barbecue fundraiser. Event organizers report \$1,547.14 was raised to help support the hall.



Left: Pelin Dedeoglu tries her hand at the dunk tank, while a dripping and shivering Byron DiGrazia watches with apprehensive anticipation. Dedeoglu is an exchange student from Turkey who is working at Buffalo Run Restaurant this summer with a fellow student, Nurdan Gulbeyaz.



Below: Jim Hunter, who shared salmon grilling duties with Richard Watson, checks the progress of several slabs of fish. Hunter, who has served as the event’s chef for the past four years, said he grills salmon only with green alder, “because it smokes nicely and gives a good flavor.”

Postal news

Bits and pieces of postal history
By Kathy Watson

1775 – July 26, 1775
The first Postmaster General was appointed with the creation of the Post Office Department by the Continental Congress. Benjamin Franklin served in that position until Nov. 7, 1776. His salary was \$1,000 per year.

1799 – 1815
Postage was based on number of sheets of paper and the distance traveled.

1847 – March 3, 1847
Congress authorized the first postage stamps: a 5-cent stamp depicting Benjamin Franklin and a 10-cent stamp with George Washington on it.

1855
Postal rates were 3 cents for ½ ounce up to 3,000 miles and 10 cents a sheet for distances farther than 3,000.

1860
Pony Express started—and lasted only 18 months.

1863
Free City Delivery was established; Americans now had to put a street address on their letters. Prior to this, mail had to be picked up at the Post Office. Uniform postage rates also were adopted.

1902
Rural Free Delivery was established.

1916
Postal Inspectors solved the last known stagecoach robbery.

May 15, 1918
Scheduled Air Mail service between New York and Washington, D.C., began.

1950
Residential mail reduced to delivery once a day.

1963
ZIP (Zoning Improvement Plan) Code plan implemented.

1971
The Post Office Department became the United States Postal Service after the Postal Reorganization Act.

1997
The Postal Service launched a public Internet site: usps.com.

Kathy Watson is Postmaster of Marblemount, Washington.



Newhalem



Art and adventure abound in North Cascades National Park

North Cascades National Park invites you to discover art and adventure in your park.

If you enjoy unusual and creative works of art inspired by the North Cascades, then explore the works on display at the North Cascades Visitor Center. If you enjoy family-friendly adventure, then search for a letterbox or earthcache.

At the North Cascades Visitor Center near Newhalem, a large triptych of Cascade Pass by Sedro-Woolley resident Becky Fletcher is on display above the exit of the main lobby. Its grandeur may inspire you to hike the 3.8 miles to Cascade Pass, perhaps even beyond, to Sahale Glacier or into the Stehekin River Valley.

Out the back door of the Visitor Center

sits Cascading Core Stratigraphies, an art installation blending scientific inquiry, natural features and processes, and cultural history. It was created by Columbia Basin College art teacher Greg Pierce. This is an interactive sculpture that invites you to engage with the complexity and variety of rock and glacial formations found in the park.

On display in the children’s area of the Visitor Center is a watershed mural created by Artist-in-Residence Kathleen Durkin and students from Concrete Elementary School. It will remain on display through the summer and then will return to its home at the school.

These works stem from the park’s Artist-in-Residence program, which invites artists from all disciplines to immerse themselves in the North Cascades and share their interpretation of the place and its people with the public through performances, classes, and donations of works of art. The North Cascades Visitor Center has many such donations on display.

North Cascades National Park contains the easternmost of 17 “Letterboxes” placed throughout the beautiful Skagit River Watershed—with Washington Park in Anacortes hosting the westernmost one. Gather your family and learn about this watershed while exploring its varied ecosystems and recreational lands. More information about the Skagit Watershed Letterbox Trail, including clues, is available at <http://scea.homestead.com/ltrbox.html>.

The town of Newhalem, which hosts the Skagit Information Center and Skagit General Store, is also the launching point for “Goat Snare,” an easy, family-friendly virtual letterbox in which the searcher looks for clues from signs instead of looking for an actual box. You can access this challenge at www.letterboxing.org/BoxView.php?boxnum=48233&boxname=Goat_Snare.

There also are several virtual earthcaches to find in the park. Discover more about these educational opportunities at www.geocaching.com.

Any new placements, virtual or otherwise, within the park must be approved by the National Park Service. Please contact Community Outreach Specialist Cindy Bjorklund at cindy_bjorklund@nps.gov with questions or proposals.

For more information about North Cascades National Park, go to www.nps.gov/noca.

For directions to the park, go to www.nps.gov/noca/planyourvisit/directions.htm.

Larsen tours Concrete hot spots

U.S. Rep. Rick Larsen (D-Wash.) visited Concrete Aug. 3 to meet with local businesses and constituents.

His day started with the Imagine Concrete steering committee, which brought him up to speed on Concrete’s grassroots movement to transform itself into a sustainable rural community and destination. The Lone Star Building and community garden projects were discussed, and after the meeting the group walked to the garden for a site visit.

Concrete’s failing Public Safety Building came next, with Concrete Mayor Judd Wilson and Fire Chief Rich Philips explaining the urgent need for a new building. The current building’s roof has lost its integrity; in winter, heavy snows threaten to cave it in. Erosion on the building’s east slope also is an issue; already, that side of the building is unsupported.

Larsen met with area military vets, then got a tour of PSE’s recently dedicated adult fish trap on the Baker River.

Concrete town officials and Imagine Concrete members spoke enthusiastically about Larsen’s visit. With federal, state,



Above: After meeting with Imagine Concrete steering committee members, Rep. Rick Larsen toured Concrete’s fledgling community garden. From left to right are Cam Steigleder and steering committee members Barb Hawkings, Lou Hillman, (Larsen), Eric Archuletta, and Jason Miller. Photo by Adam Lemieux.

Right: Larsen inspected the deteriorating condition of Concrete’s Public Safety Building with Concrete Mayor Judd Wilson (in black t-shirt) and Fire Chief Rich Philips (in overalls).

and county purse strings tight, Larsen and his staff were able to pass along tips for securing grants and networking information for other Washington towns seeking to accomplish similar goals.

—Jason Miller



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Seniors



Coffee Break

Being a senior citizen

By Patrick Kennedy

It’s easy to be a senior citizen, right? You work all your life, save as much money as you can, then quit work. Collect your monthly Social Security check and travel the world. It’s simple. It sounds easy. But being a senior citizen isn’t as easy as it seems; there are a few other requirements.

Age. Senior means “older,” which sometimes is a negative aspect to retirement, but often a positive one, too. Following what others have done is not a totally bad thing for a senior citizen. Some paths have been beaten for so long that the next senior citizen (you) has an easier time of it. Experience comes with age, and experienced senior citizens know that some things are easier than others. Learn from others and pick the right path.

Unfortunately, the “citizen” part of “senior citizen” means responsibilities and having to deal with government red

tape, organizations and their bureaucracies, and other people. Dealing with the government can involve the Social Security Administration, as well as Medicare, Medicaid, or SSI if needed, and the VA for those who qualify. Talk to qualified people in these groups and friends who have been there before.

Organizations have layers of agendas and goals, and if you are retired, most of them don’t consider you part of their process anymore. You are out of the loop unless you own a lot of shares in their organization. Of course, if you get to the upper end of senior citizenship, you may have to deal with organizations that manage assisted-living sites and nursing homes; these may be necessities.

When it comes to dealing with people, new agendas are on the horizon. No more work, cafeteria, and water-cooler conversations are available. Now it is pinochle or poker games, knitting bees or bowling alleys.

Where to live from now on is a significant decision: cold weather or hot; north, south, east, or west; urban or rural, near friends or family, or even in a foreign country.

A senior citizen means just that, an elder and responsible person, and it isn’t just quitting work and traveling.

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

Way Back When

80 years ago

Sept. 18, 1930: One of the largest projects in the upper Skagit valley is the construction of the Baker Lake highway, but the job is so far out into the woods that it is given very little mention. There are at present 43 men employed in clearing, grading, and graveling along this road.

The road will eventually run from Concrete to Baker Lake, with the likelihood of a further extension to Mount Baker.

70 years ago

Sept. 12, 1940: The upper Skagit valley experienced one of the most severe lightning and thunderstorms of the year last week. Lightning struck like bombs throughout the valley and far into the Cascades. This morning, forest rangers at Koma Kulshan, Sauk, and Marblemount were still trying to find out how many fires had been set.

Every available man in the district has been secured for fire fighting duty by the three forest posts.

60 years ago

Sept. 21, 1950: Choosing Sept. 14, the 24th wedding anniversary of her parents, Mr. Arthur Newby and the late Mrs. Newby, Miss Ellamae Newby was united in marriage to David Wright, son of Mrs. Al Onkels and grandson of Mr. and Mrs. J. P. Brooks of this city.

The ceremony took place at the

Mount Baker Church with Rev. Richard Riffle officiating. The bride was dressed in a formal white satin gown with a fitted bodice and full skirt ending in a train.

50 years ago

Sept. 1, 1960: An ad appeared in this issue, marking the close of many years of government ownership of the old Sauk Ranger Station. The station was established in 1912 on land that was part of the old townsite of Sauk City. It was kept manned and in operation until 1933, when a CCC side camp was established there.

Several attempts were made to convert it to a youth camp, without success.

The 9-acre tract and 11 buildings are now up for sale to the highest bidder.

40 years ago

Sept. 2, 1970: This issue of *Concrete Herald* closed the 40-year term of service for Charles M. Dwelley, and opened an era for the paper’s new owners, Robert and June Fader.

In his last editorial, Dwelley wrote, “It is with regret that the Dwelleys leave the business and the memories of the birth of a new issue each week will linger long. It will be hard to suddenly drop the routine, but we hope to find that time for rest and other interests will fill the void pleasantly if not so profitably.

“We commend you to the new owners with confidence that they will become as much a part of the valley as we have over the years.

“For us, no farewell. We intend

to remain here. Just a notation of thanks for your readership, your kindness and your interest. It’s been fun.”

20 years ago

Sept. 13, 1990: Members of the Wildcast Steelhead Club and the Boy Scouts put in at the Concrete

launch early last Saturday morning to help with the annual Skagit River Clean-Up. More than 100 people took part in the clean-up, removing 5-1/2 tons of garbage from the river banks and gravel bars between Burlington and Marblemount.

Concrete Senior Center September 2010 Activities

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

Mondays

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

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

11 a.m. Men’s group
11:30 a.m. Jigsaw puzzle
Noon Mexican Train Dominoes

Special Events

9/15 11 a.m. Advisory Board meeting
9/15 1 p.m. Bingo
9/23 8 a.m. Foot Care by appointment (853.8400)
9/28 12:45 p.m. Leap of Faith
9/28 1 p.m. Bingo
9/24 12:30 p.m. Birthday Lunch
9/29 12:45 p.m. Bingo

Holiday Closures

9/3 Furlough Day: all Skagit County offices closed
9/6 Holiday



30 years ago: Skagit County and Scott Paper Company officials gathered on the shores of Grandy Lake during Sept. 10, 1980, ceremonies celebrating the county’s newest park (below). The 18-acre lakefront site was donated to the county by Scott Paper Company for public recreational use. **Above:** Marked with a cedar-log sign donated by Scott Paper Company, the new park along Baker Lake Road won approval of County Parks Advisory Board members during the Sept. 10 tour of the property. Shown from left to right are Jack Davis of the Parks Dept., Board members Hilding Hamburg, Lanche Crow, Adrienne Nelles, Elmer Richmond, Gene Johnson, Fred Vochatzer, and Parks Director Jon Aarstad. *Concrete Herald archive photo.*



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How to Have Fun with Retirement

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Sunday School lesson

Astronomy and religion

By Tom Ross

Jupiter is putting on a show this month. As autumn begins Sept. 22, Earth will have just passed the closest point to Jupiter in its orbit this year. Our proximity makes Jupiter more prominent. All month, Earth in the fast lane overtakes Jupiter in the slow lane, so Jupiter rises in evening twilight, far brighter than any other planet or star in the southeastern sky. Only Venus in the west and the moon outshine Jupiter. Astronomy and religion have always interacted. Jupiter plays a major role in their relationship. The Hebrew scriptures refer to the constellations Orion and the Bear, part of which we call the Big Dipper. Jesus did not teach astronomy, but He did mention the sun, moon, and stars, and the weather at sunrise and sunset. The Star of Bethlehem marked his birth.

In 1609 an Italian named Galileo made his first telescope. That autumn he looked at the night sky through his telescope. His discoveries changed history.

He saw that the Milky Way was composed of more stars than he could count. He found mountains, plains, and craters on the Moon. It was not a perfect heavenly body, but had features of terrain like Earth. He noticed that Venus changed phases like the moon, from crescent as it is this month to full when it is beyond the sun. These changes meant that Venus orbited the sun, not Earth. He discovered four large moons orbiting Jupiter, which today we call Galilean moons. They were



controversial back then, because they showed that there was a center of motion beyond Earth. (Jupiter has a mini-solar system.)

When Galileo published these latter two discoveries, he was placed under house arrest by the Roman Catholic Church. They were unwilling to accept Galileo's evidence that the sun was the center of the planets, because they thought it threatened their understanding of God.

This month you can repeat Galileo's discoveries. Each clear night, using a hunting scope, binoculars, or a telescope, observe Jupiter. Four little "stars" in a straight line accompany Jupiter in varying arrangements. Sometimes there are two on each side; sometimes three and one; sometimes one will disappear for a while in front of or behind the giant planet. Galileo recorded them with a big O for Jupiter and little x's for the moons. His rough notebook changed history, and later, theology.

Science changes daily. Our faith, based on the cross and resurrection of Jesus, doesn't change. This month we have an opportunity to experience the awe that the planets, stars, and Milky Way galaxy inspire. Psalms 19:1 says, "The heavens are telling the glory of God; and the firmament proclaims His handiwork."

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

Obituaries

Katherine Mabel Weckerly, age 94, passed away Wed., Aug. 18, 2010, at Alpine Ridge Retirement Apartments in Mount Vernon, Washington. She was born May 25, 1916, in Davenport, N.D., to Bernhard and Mathilda (Johnson) Dahlen.

Katherine grew up in North Dakota, later residing in Spokane and Seattle for many years. While living in Seattle during WWII, she worked at Boeing as a riveter. She was married to Philip Gordon Weckerly on March 26, 1949, in Seattle; in 1951 they moved to Newhalem, where Gordon worked for Seattle City Light. While residing in Newhalem, Katherine worked as a librarian for Seattle City Light and was superintendent at the local Sunday School. In 1968 they moved to Marblemount and resided there until moving to Mount Vernon in 1998, residing at Alpine Ridge Retirement Apartments.

Katherine was a longtime member of Shepherd of the Hills Lutheran Church in Concrete and later Salem Lutheran Church in Mount Vernon. She was active in the Friendship Circle at Salem Lutheran and she loved hats and was known as the "Hat Lady" at Salem Lutheran.

Katherine loved to travel and she had the trip of a lifetime in 2005, when she traveled on the Queen Mary to London. She enjoyed her fellowship with the residents of Alpine Ridge, but most of all she loved her family and looked forward to attending family events. She will be remembered by her family as a great baker and homemaker.

She is survived by her two sons, Joseph Weckerly and his wife Sharon of Bremerton, and Thomas Weckerly and his



www.concrete-herald.com

wife Judy of Azusa, Calif.; four daughters, Barbara Kane of Altoona, Penn., Carol Schocky of Grand Rapids, Mich., Joan Schmidt of Mount Vernon, and Leslie Bates and her husband Lawrence of Birdsview; a sister, Ione Johnson of Ocean Shores; 20 grandchildren; 39 great-grandchildren; and eight great-great-grandchildren. She was preceded in death by her parents; her husband, Gordon, in February 2004; and nine brothers and sisters.

A Celebration of Life Memorial Service will be held Sat., Sept. 11, 2010, at 1 p.m., at Salem Lutheran Church in Mount Vernon with Pastor Kevin Forquer officiating. Memorials are suggested to Salem Lutheran Church or Northwest Hospice. Arrangements and Services under the care of Lemley Chapel, Sedro-Woolley. Please share your memories of Katherine and sign the online guestbook at www.lemleychapel.com.

Jamboree, cont. from p. 10

malls. I really enjoyed the Hard Rock Café in D.C., and staying in the 5-star hotels. We also swam a lot, trying to recuperate from the heat!

The next National Jamboree will be at the new permanent site at the Bechtel Summit in Virginia. I am already making plans for my next trip!

I hope to see you out in the community as I perform my duties. I hope to be helping to clear trails at Little Mountain and holding a Scouting for Food event in Clear Lake to benefit the food bank there. You will also see some flags on Sept. 11 and again on Veterans Day.

Thank you for your continued support.
—Zachary Schmidt

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.

Catholic

St. Catherine Mission Church
45603 Limestone St., Concrete
Sunday Mass: 8:30 a.m.
Office: 360.855.0077
Weekday hours: 9:30 a.m.–1:30 p.m.
Father Martin Bourke, Pastor

Presbyterian

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

Nondenominational

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

Rockport Christ the King Community Church
11982 Martin Rd., Rockport, WA 98283
Pre-service fellowship: 9:30 a.m.
Sunday service: 10 a.m.
Sunday eve. Bible study: 5 p.m.
Church office contact: 360.853.8746

Lutheran

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

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

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Sheriff's blotter

August 7

A Cape Horn caller reported a naked female sitting on her porch. Caller did not know the woman. A deputy arrived and found a 49-year-old woman completely naked and sitting in a car in the driveway. The woman did not know how she got there or what happened to her clothes, nor did she know where she lived. Deputy determined she lived next door and took her home. Deputy confirmed that drugs or alcohol may have been consumed. The woman was left at her home.

August 7

A Sedro-Woolley caller reported her black-and-white pitbull had been missing for about one hour in the River Road area. The caller was concerned that deputies would find the dog and shoot it. The woman called back later because her dog had come home.

August 6

A Rockport caller reported two men located near the end of his driveway. The men were dressed in camouflage clothing. Caller asked them what they were doing; they said they were "taking a break." Caller believed they were poachers. A deputy checked the area; the men were gone.

August 6

A Sedro-Woolley caller reported seeing two men in a light blue car driving down the road opening mailboxes. A deputy stopped the car and determined they were delivering newspapers. No problem.

August 5

A deputy was flagged down by a man in Concrete in the early morning hours. The man said he had been in a fight and pointed to another man nearby. The first man's shirt was ripped and he had scratches on his face. Both parties involved declined to pursue the matter; the fight was over space at a gas pump. Deputy advised both men to walk away in different directions.

August 4

A Concrete caller called 9-1-1 and then hung up. A deputy responded to find a very intoxicated female who said she just wanted to say she got into an argument with her husband and he left the house. No one was hurt.

August 3

A Sedro-Woolley caller reported a Jeep parked on the caller's property. Someone had stolen all four wheels from the Jeep. No suspects. The wheels are valued at \$400 each.

August 3

A Day Creek caller reported that someone had dismantled the radiator

from a front-end loader and stolen it. (Radiators are often stolen for their scrap-metal value.) The caller had good suspect information and a deputy was to follow up and contact the potential thief.

August 2

A Grasmere caller said his dog was attacked by two neighbor dogs. The caller had to take his dog to a vet for some cuts. A deputy talked to the aggressive dogs' owner, who said the victimized dog was trespassing on his property and his dogs are territorial. This case was turned over to the animal control officer for follow-up.

August 1

A Hamilton caller reported loud music and five to six people yelling and screaming in front of a bar. A deputy arrived and determined the situation was verbal only, no physical fighting. No crime. Individuals were warned to turn down the music.

July 30

A Rockport caller said he keeps a 30-ft. extension ladder under his porch. He said that sometime in the past few days, someone had stolen it. No suspect information other than the fact that the ladder belonged to a construction company and it was possible they had come back to get it. The homeowner will check with them.

July 29

A Lyman caller reported a neighbor's goat was on his porch. It appeared the goat had been shot; it was bleeding badly. A deputy arrived to find the goat had wounds on its chin and flank. These were small punctures; the goat had not been shot. Deputy investigated and found the goat had broken through a barbed wire fence. The caller would keep the goat until the neighbor returned and could claim it.

July 25

A deputy in the Clear Lake area observed a 25-year-old Mount Vernon man staggering down the middle of Day Creek Road. The man said he had been drinking all night at a friend's house and he was headed toward Hwy 9, where his dad was going to pick him up for a ride home. The man was on probation. Deputy would call the probation officer later and advise of the man's condition.

July 19

A Marblemount caller reported finding a bone while hiking and thought it might be human. A deputy took the bone and submitted a photo of it to a forensic anthropologist in King County. The bone was determined to be a tibia belonging to a nonhuman and was disposed of.

July 19

A Clear Lake caller reported a possible drug deal between two people in a car. A deputy arrived and was unable to locate.

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Herbs for your heart

Try these top 5 for heart health
By Karl Mincin

When it comes to heart-friendly plants, some herbs are more equal than others. To keep your heart healthy, try these head-of-the-pack herbs.

Hawthorn

An outstanding heart herb, hawthorn is perhaps one of the best on the planet. It is a tonic in the truest sense, not fast-acting, but over time, through its cardio-specific flavonoid antioxidants, hawthorn strengthens and fortifies the entire cardiovascular system against even the worst forms of heart disease, including strokes and heart attacks (cardiac arrest).

While it is helpful and supportive for everything from high cholesterol and blood pressure to angina and congestive heart failure, it is specifically most effective for normalizing an irregular heartbeat, including various arrhythmias. The proper portion of the hawthorn tree that is used is vital for good results. While the berry is the most commonly available form, it is a blend of the flower, leaf, and berry that has proven most medicinal.

Garlic, cayenne

Garlic and cayenne should not go without mention. Volumes have been

published on their versatile, cardio-specific benefits. Some heart health formulas combine the above three herbs for hypertension and other heart conditions. In the food form, cooked garlic is more advantageous for the circulatory system than it is raw. Whereas raw garlic is superior for anti-infective immune support. Herbal dosing guidelines are important for therapeutic effectiveness and should be determined by a competent health professional for one’s individual need.

Willow bark

Willow Bark has been referred to as “nature’s aspirin” by many herbalists. It is the original food source from which the active ingredient of commercial aspirin—salicylic acid—is derived, and generally is without side effects such as stomach lining irritation.

Yarrow

Yarrow (flower) has cardiotonic and blood pressure-regulating effects (hypotensive). Like hawthorn, it is mild-acting, but often effective. Bonus: Yarrow also benefits the liver and gallbladder.

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

Gluten intolerant? How to know and what to do about it

(ARA) — Does the thought of a big bowl of pasta fill you with dread? Not because of the calories, but because of the digestive discomfort you might experience after eating it? If so, you may be one of the millions of Americans who unknowingly live with gluten intolerance.

Gluten intolerance is the body’s inability to digest a certain type of protein commonly found in products made from wheat, rye, and barley, such as pasta, cereal, and bread. Mild gluten intolerance can cause minor to severe symptoms, ranging from mild intestinal discomfort to fatigue, weight gain, and even depression. Severe gluten intolerance is called Celiac disease, and if left untreated can cause debilitating problems. Because people with Celiac disease cannot digest gluten, the protein sits in the intestines, often triggering an immune system reaction that damages the lining of the small intestine.

“We know that Celiac disease is more prevalent than previously thought, affecting nearly 1 percent of the U.S. population, and remains under-diagnosed,” said Dr. Griffin Rodgers, former acting director of the National Institute of Diabetes and Digestive and Kidney Disease, who was quoted in a National Institutes of Health (NIH) newsletter a few years ago.

WebMD reports that 3 million people may have the disease, and many may be unaware of it because the disease can be difficult to diagnose. Gluten intolerance and Celiac disease are on the rise, health

experts agree. And many people don’t even know they have the problem. Common symptoms include recurring, unexplained gas, diarrhea, and intestinal distress. Only a doctor can diagnose gluten intolerance for certain, so consult your healthcare provider if you suspect you have a problem. And changing your diet can help alleviate symptoms.

“Following a gluten-free diet will stop symptoms, heal existing intestinal damage, and prevent further damage for most people with (Celiac disease),” the NIH reports. “Improvements usually begin within days of eliminating gluten.”

One way to rid your diet of gluten is to give up anything made with grains that contain it. That hasn’t always been so easy to do, however, because gluten is present in many processed foods, including some that may surprise you, such as cold cuts, salad dressings, flavored potato chips, and even beer, WebMD says.

In addition to eliminating products made with grains that contain gluten, or substituting gluten-free products, those living with gluten intolerance may also increase other grains in their diets, including quinoa, buckwheat, popcorn, cornmeal, and millet. NIH recommends you work with your doctor and a dietitian experienced with Celiac disease to create a meal plan that will help you eliminate gluten from your diet.

Recently, gluten-free foods have come on the scene—and the list seems to grow every day. Today, you can find gluten-free versions of bread, pastries, biscuits, cake mix, pasta, cereals, and more. In Australia, even a gluten-free beer exists (most beers have gluten in them). Contact your state Celiac Society for recipe books, too.

“People with celiac disease need to eliminate gluten for the rest of their lives, not just until they’re healed,” NIH says. “Eating any gluten, no matter how little, can damage your small intestine again, whether or not you have noticeable symptoms. Newly diagnosed people and their families may find support groups helpful as they all learn to adjust to this new way of life. With practice, looking for gluten becomes second nature.”

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360.708.3279 / nwngardenbling@verizon.net
Gift shop featuring stained glass and mosaic.
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Sauk View Gallery

Gala Lighting Event coming Oct. 22–24!
Featuring locally crafted lighting accessories.
10 a.m. to 7:30 p.m. (till 5 p.m. on Sunday).
Sauk View Plaza, SR 20 and S. Dillard, Concrete
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All Organic Soaps * Lotions * Herbal Teas
Homeopathic Tinctures * Organic Lip Balms
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Insurance

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North Cascade Lawn Maintenance
Your dependable, full yard care specialist
Mowing, trimming, tilling, snow removal,
pressure washing, debris removal
Licensed and insured; call for free estimates
Robert Lahr, owner, 360.708.2504

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Ovenell’s Heritage Inn/Double O Ranch
Fully equipped log cabins; AAA; 580-acre
cattle ranch; all-natural, grain-fed beef;
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wildlife! See our views of Mount Baker!
360.853.8494 / www.ovenells-inn.com

Photography

Kamber Kustom Photography
Affordable custom photography for your
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E-mail: cloudjocky34@live.com
www.kamberkustomphotography.com

Pat Buller Photography

2011 North Cascades Calendar is here! Get
yours while they last at Albert’s Red Apple
and Sauk View Gallery, SR 20 & S. Dillard,
Concrete, Thurs.-Mon. 10–5.
360.873.4344 / westslope@wildblue.net

Pregnancy counseling

Pregnancy Choices
Pregnancy tests • Options counseling
Parenting classes and store
Free and confidential • Walk-ins welcome
45080 Fir St., Concrete (next to Self-Storage)
360.853.7700 • www.pregnancychoices.org

To add your business to this directory,

call 360.853.8213 or e-mail editor@concrete-herald.com

Restaurants

Buffalo Run Restaurant
Open 7 days a week, 11 a.m. to 9 p.m.
Featuring buffalo, venison, elk, ostrich,
vegetarian, and all-American favorites!
60084 State Route 20, Marblemount
360.873.2103

Cascade Burgers

45292 State Route 20, Concrete
Featuring great burgers, fries, and milkshakes
in a 1950s, family-style atmosphere!
Open 7 days a week, 11 a.m. to 8 p.m.
Ask about our daily specials! 360.853.7580

Lyman Tavern

8328 S. Main St., Lyman
360.826.4131
Full menu, including fresh burgers, fresh-cut
salads, tenderloin steaks
Find us on MySpace! Go to www.myspace.com.

Neapolis Restaurant

Authentic Mediterranean, dine-in or take out
108 W. Moore St., Sedro-Woolley
Sunday through Thursday, 11 a.m. to 9 p.m.
Friday and Saturday, 11 a.m. to 10 p.m.
360.855.1400

Towing services

Dave’s Towing

Local towing company; free clunker removal!
Lock-outs, tire changes, jump starts
Service provider for AAA, Allstate, and most
other auto clubs; we accept major credit cards
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Fast, friendly, affordable service.
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in Concrete Herald
is like winking
in the dark*

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

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Hwy 20 at Milepost 95
360.853.8927 Pit
360.239.0076 Johnny Rock



Dwelleysms

Wit from the Herald's former editor

“Hazards of this world increase. Once a dab of vaseline would keep a man’s hair reasonably neat. Now you have to try and choose the least dangerous hair grooming or risk being torn to shreds by inflamed females. A guy can’t be too careful.”

“If the country is in as bad shape as the politicians, ecologists and sociologists tell us, why doesn’t somebody in Washington consider lowering the rent?”

—Aug. 26, 1970

“Word of the Women’s Liberation Movement has reached the upper valley and some husbands report that they are ready to liberate their wives. The sticker is that they don’t think they’ll leave.”

“After the mini-skirt there was no place else for the skirt to go. It’s just too bad that the designers couldn’t make the trip down from the heights as slowly intriguing as the trip up.”

—Sept. 2, 1970

“We hear one Grandy Lake fisherman gave up angling because people laugh at the way he swims.”

—April 11, 1946

Concrete Harold



By Joyce Harris



Clockwise from above left: Teegan Moore, 12, grins during the pie-eating contest at Cascade Days, Aug. 22. Moore took first place in the 8–12 years old category.



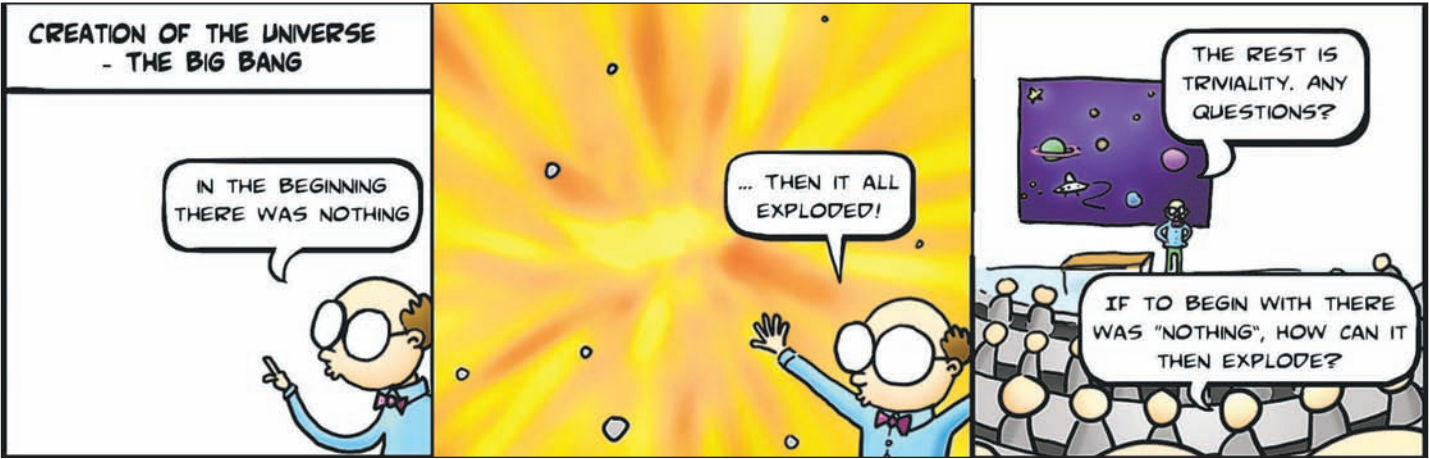
Hope Carpenter, 13, coaxes “Bit” to dance during the Pet Pride Talent Show; Bit won the “Best in Talent” category.



Sean Pratt, 11, destroys a slice of watermelon on his way to capturing first place during the watermelon-eating contest. Pratt and his brothers swept the event in the 8–12 years old category, with Eric taking second and Brandon taking third.

Melissa Hockett gets a rise out of “Trigger” during the Pet Pride Talent Show, while judges James and Whitney Bluher react.

Public Service Announcement



By Stig Kristensen

www.concrete-herald.com
SCSO, cont. from p. 9

- SCSO can now enforce:
- No motor vehicle allowed outside designated parking areas
- No possession of firearms in the park, including air rifles and pellet guns
- No destruction of vegetation and no golfing
- No unauthorized burning
- No consumption or possession of alcoholic beverages
- No unauthorized dumping of trash, litter, or garbage brought onto the public park
- All pets must be in compliance with existing leash laws, and all animal refuse must be cleaned up by the owner of the animal
- No loud noises generated by mechanical or electrical means other than as permitted by the Town
- No flying of remote control aircraft except as authorized at Mears Field
- No use of inline skates, roller skates, skateboards, or similar hard-wheeled devices except at designated areas
- No horse, mule, pony, or similar riding animal allowed in any city park

The Town Council can adopt up to three additional ordinances that the SCSO will enforce if the need arises. But many Council members believe that these three ordinances will resolve the issues that have come up so far.

Council mostly satisfied

Council member Marla Reed is happy with the SCSO and believes that they have “done a very good job, and there is very little trouble now” in town. She believes that the ordinances the Council has adopted are a good solution to the complaints that have come up. She also noted that the SCSO has excellent training programs for its deputies and has “well-trained, qualified people” in the department.

Council member Mike Criner also believes that by adopting these ordinances, the SCSO will be better able to take care of issues and respond to complaints without the Town relying on the Code Enforcement Officer for issues such as discharging a firearm in town limits. While Criner noted that the Council is weighing its options for future law enforcement services, he believes that it is far too expensive for the town to reinstate its own police department. Criner went on to emphasize that the SCSO is “doing a really good job” and that “vandalism has been way down” in town lately.

Criner also noted that the Deputies who work in the East Detachment are here because they enjoy working in this area. They are not assigned to the area,

but volunteer to be placed here, which is helping to build relationships among town residents and the Deputies.

During the Aug. 23 Council meeting, Council member Paul Rider expressed concern about the costs that the town will incur with the SCSO. He said that while he believes the performance of the SCSO is excellent, he is deeply concerned about the increasing costs to the town residents. He stated that the Town spends a lot of money on the SCSO, and that perhaps the town would be better able to take care of the citizens by looking at other options. While reinstating the Town Police Department could save costs eventually, the start-up costs to equip a force could be too expensive. Rider believes that the Council must be “good stewards of the resources the Town does have, and should use the money to build infrastructure for the town.”

That Aug. 23 meeting found Concrete Mayor Judd Wilson recommending that the Council not renew the contract, stating the cost to the town as his primary rationale.

Council member Jason Miller, who also is the publisher of *Concrete Herald*, concurred, saying that the contract itself was “flawed” in that it charged the town for 80 hours per week, but didn’t explain how it would track or report that those 80 hours were being met. The SCSO has stated that tracking those hours is a difficult—if not impossible—task. If that’s the case, maintains Miller, that language shouldn’t even be in the contract. “And if it isn’t, we’ll find ourselves paying more than \$200,000 for ‘the same level, type, and degree as what is provided in the unincorporated areas of the County,’” said Miller. “I think it’s obvious that the SCSO is a qualified vendor, but if the contract comes back without that issue addressed, I will vote no,” he said.

Concrete Town Attorney David Day will meet with SCSO officials to discuss the Council’s concerns so that discussions can continue.

While the Council considers its options, most appreciate the SCSO and praise its people and performance. The question that remains is whether the Town can afford to pay for such quality, or if it should more closely examine its other options.

Poker Run, cont. from p. 12

Bellingham; which served pie and ice cream to all participants. The event ended at the final card draw location at Skagit Harley-Davidson in Burlington with a silent auction, free barbecue, live music, 50/50 raffle, face-painting, and

much more. Participants were able to buy extra cards to improve their hands at the final draw judged by Stan Werner, which earned SWCTS an extra \$82.

Winning hands were able to choose from tables of donated prizes from local businesses, including Eagles in Flight, Cascade Mercantile, Old Mill restaurant, Birdsvie Brewery, Grooming Palace, Post Office Barber Shop, Brenda Kinzer with Avon, Concrete Theatre, Joy’s Bakery, Hometown Café, Blue Mountain Grill, Coho Liquidations, Interior Garden & Florists, Pacific NW Float Trips, and *Concrete Herald*, to name a few. The event raised enough money to cover the postage costs for this year’s Christmas care packages, giving SWCTS a jump start on this year’s campaign, organizer Marilyn Pineda said.

This year’s campaign starts in October, with donations of supplies and funds needed to fill boxes to be sent overseas. The group includes phone cards, boot socks, and other personal care items as well as goodies, food, and other care package items. There will be donation boxes placed at area businesses beginning in October and cash donations can be made via PayPal by using the donor’s e-mail address.

Packages are sent to friends and loved ones in the military serving overseas and names are currently being accepted for this year’s mailing. If you have family, friends, or loved ones serving overseas, you are encouraged to submit their full name and address to be placed on this year’s mailing list. Names can be submitted via the SWCTS Facebook page at Sedro-Woolley Community Troop Support, the Web site at www.swcommunitytroopsupport.com, or e-mail at swctsgroup@gmail.com.

Sockeye, cont. from p. 4

County Community Resource Center on Main Street, Concrete (next to the library).

For more information, contact Karen at 360.853.8767, or Chamber President Valerie Stafford at 360.856.7323 or chamber@concrete-wa.com.



Classifieds

MOVIES EVERY WEEKEND AT THE HISTORIC CONCRETE THEATRE

Fridays at 7:30 p.m.
Saturdays at 5:00 and 7:30 p.m.
Sundays at 4:00 p.m.
All ticket prices \$6 or less
24-Hour MovieLine: 360.941.0403
www.concrete-theatre.com

FOR SALE

Headstones. Traditional or one-of-a-kind. TODD’S MONUMENTS, 360.708.0403. www.toddsmonuments.com.

MUSICIAN FOR HIRE

Thinking of throwing a great party this year? Book the fun and professional **Dave Chapman Show**. **360.853.7433**.

PROPERTIES FOR RENT

Concrete: 7416 N. Superior Ave. 2-bedroom, all appliances, water, sewer, garbage. \$675/mo. **360.770.7470**.
Concrete: 2-Bed/1-Bath. 45106 Shields Court. Wa/ dryer, \$625/mo. 360.421.5261.
Birdsvie: 1-bed house, no pets, water included. \$500/mo. First/last/dep. 360.391.1418 or 360.391.0950.

PROPERTIES FOR SALE



▲ 8720 Arnold Ln., 3bed, 1.5bath, quiet neighborhood near Concrete. Views of Mt. Baker and Sauk Mtn. Call for price. 360.739.3252.



▲ **Concrete:** 7639 Cedar Park. 3bed, 2 full baths, quiet neighborhood. Beautifully landscaped. Stick-built, corner-lot ranch close to schools. \$179,900. 360.853.7919.

SERVICES

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

To place a Classified ad, contact *Concrete Herald* at 360.853.8213 or editor@concrete-herald.com. Price is \$5 per every 10 words.

I’m lost!

I was picked up by a nice lady on Aug. 26, on Gordon Road, near Concrete. Earlier, I was spotted running along Concrete-Sauk Valley Road. I’m a good boy and I want to come home! To claim me, call 360.853.7228.

Ahead of the curve.



Dawn Fucillo, Director of North Puget Cancer Center

Because we want to give you every possible advantage in the fight against cancer, we continue to invest in the most advanced cancer-fighting technology and techniques. We are pleased to announce that **RapidArc**, the next generation of radiation therapy, is now here.

RapidArc provides a precise dose of radiation that targets tumors in a way that was previously impossible. This new



technology is safer, with fewer side effects, so healthy tissue is spared. And **RapidArc** is so fast that one treatment takes less than two minutes.

North Puget Cancer Center at United General Hospital is the only facility between Vancouver, B.C., and Tacoma, WA, that can provide this level of cancer treatment. For more information, or a tour of our facility, please call us at (360) 856-6021.



NORTH PUGET
CANCER CENTER

(360) 856-6021 www.northpugetcancercenter.org

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