



No. 61, April, 1991

Everett Mountaineers, P.O. Box 1848, Everett, WA 98206

CALENDAR OF EVENTS

April

- 20-21 Basic Field Trip, Rock II
- 22nd Folkdance Class
- 23rd Basic Climbing Class
- 27th Scramblers Field Trip
- 27-28 Intermediate, Rock II
- 28th Scramblers Class
- 29th Folkdance Class
- 30th Scramblers Class
- Basic Climbing Class

May

- 3rd Business Meeting, Southwest National Parks. Newsletter Deadline
- 4th Folkdance Class
- 4-5th Scramblers Snow Practice Climbing Basic-Snow I
- 7th Basic Climbing Class
- 9th Conservation Meeting
- 11th Folkdance Class
- 12th Folkdance
- 14th Basic Climbing Class
- 18th Scramble Practice Singles Dance- Seattle
- 18-19th Climbing Basic Snow II
- 20th July Bulliten deadline
- 21st Basic Climbing Final Exam
- 28th Basic Class Potluck

PUBLICATION DEADLINES

Submission deadline for the July Bulletin is May 20. Please send these to the P.O. Box, Attn. Jeane Nindel-Edwards, Bulletin Coordinator. Submissions for the May Newsletter are due May 1st, 1991. Send these to the P.O. Box or give them to Wayne at the business meeting.

BUSINESS MEETING

May 1st, 1991

The next business meeting will be Wednesday, May 1st, 1991, at the Everett Congregational Church in downtown Everett, 2624 Rockefeller at 7:30 P.M.. All members and guests are encouraged to attend.

CLASSES AND SEMINARS

June 4 and 11, Tuesday, Backpacking Class. The Everett Branch will hold its annual backpacking course on two Tuesday evenings, June 4 and 11th, at the Swallow's Nest in Everett. The field trip will be July 6-7 weekend. Cost is \$3.00 for members and \$5.00 for non-members. Classes are from 7:30 to 9:00 P.M. learn about minimum impact camping and equipment needed for overnight backpacking trips. Instructors: Mike and Dorothy Beeman 668-8475.

July 6-7, Weekend, Backpacking Class Field Trip. (USGS Monte Cristo), Easy, 8 miles, min. elev. gain. Leader Dorothy Beeman 668-8475, 101 Hikes, pages 128-131.

June 1, Saturday, Map and Compass Class: Blue Mountain (USGS Index) Easy, 5 miles, 1200 foot elevation gain. learn how to use your map and compass on an easy day hike! Learn the basics of map reading, how to identify geographic features, and how to find out where you are. This class is tailored for day hikers and backpackers unskilled in the use of a map and compass. Leader: Seth Kelsey 783-4260. Footsore2, pg 171

MAY'S PROGRAM

May's slide show presentation will be a "Sojourn through Several of the National Parks in the Southwest" by Wayne Cunningham. Visit Big Bend and Guadalupe N.P. in Texas; Mesa Verde N.P. in Colorado; Arches, Bryce Canyon, Canyonlands, and Zion N.P.'s in Utah; and the Grand Canyon in Arizona. If you are tired of the rain and snow, or just want to see, visit or hike in another part of our National Park system, this show may be for you.

JUNE'S PROGRAM

The slide program for June is entitled "Kenya Safari." Margo Young, a semi professional photographer, spent a month in Kenya visiting six different wildlife preserves, including Moasai Mara and Samburu. The show will focus on on wildlife, the culture of the native people and the preservation activities being implemented. Margo will share with us some of the tragedies and triumphs of the preservation movement. You will see slides of Rhino's, elephants, lions and all the other animals native to the area, as well as some interesting and beautiful landscapes.

Margo has presented this show to several area groups, schools and has had many of her works published locally. Margo has also instructed travel classes at the Washington Vo-tech school

MEMBERSHIP

Please welcome the following new members to the Everett Branch.

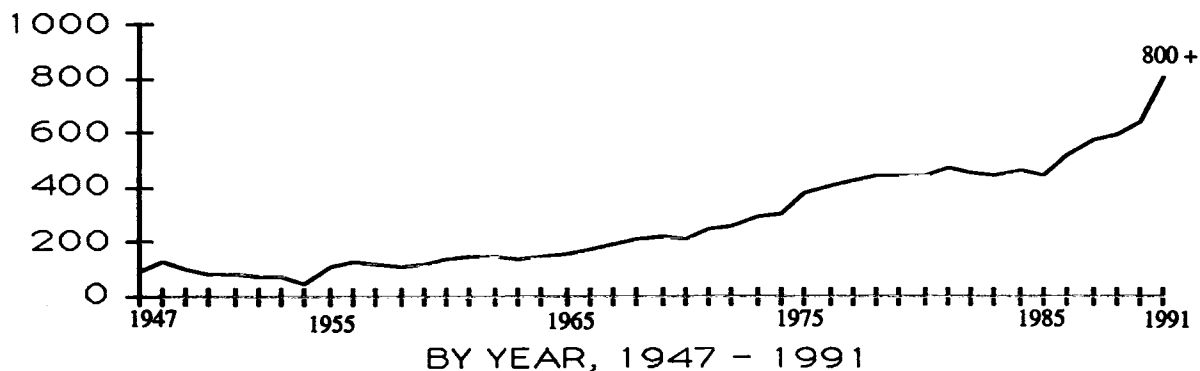
LOOKOUT PEAKS AWARD

The Lookout Peak Award is presented to Mountaineers who climb any 12 of the following 20 peaks. In order to receive the award the applicant must petition the Hiking Awards Committee listing 1) Peaks climbed, 2) Dates, and 3) Members of party (party should be minimum of 3, at least one other a Mountaineer). Any previous Lookout Peaks climbed before October 1987 can be counted. Those peaks are: Mt. Pilchuck, trail route before September 1978, Mt. Pilchuck via Pinnacle Lake and Mt. Lichtenberg before October 1987.

The original list comprised of peaks which offered wide vistas and the summits were reached by a trail or no technical climbing equipment was needed. The extended list includes peaks which have or have had lookouts and are reached by a trail. In expanding the list, participants have a wider selection of peaks. At the same time the wider choice should lessen our impact on wilderness areas.

PEAK	FEET HIGH	MILES	ELEV GAIN	USGS MAP
Anderson Butte	5420	8	1800	Lake Shannon
Church Mtn.	6315	8.5	5400	Mt Baker
Mt. David	7431	16	5200	Wenatchee Lake
Mt Dickerman	5732	8.5	3800	Bedal
Green Mt	6500	8	3000	Downey Mt
Hidden Lake Peak	6890	8	3500	"Eldorado Peak, Sonny Boy Lakes"
Mt Higgins	5142	10.5	3200	Oso
Huckleberry Mt	5355	7	4800	Huckleberry
Mt Pilchuck	5324	4	2100	Granite Falls
Rock Mt	6852	8	3400	Wenatchee Lake
Sauk Mt	5537	4	1138	"Lake Shannon, Rockport"
Mt Si	4167	8	3200	"Mt Si, North Bend, Bandera"
Sourdough Mt	5985	7	3900	"Diablo Lake, Ross Dam"
Park Butte	5450	7	2250	"Mt Baker, Hamilton"
Dock Butte	5210	4	1700	Hamilton
Winchester Mt	6521	9	3000	Mt Shuskan
Alpine Lookout	6200	10.5	1700	"Wenatchee, Labyrinth Mt"
Lookout Mt	5719	8.5	4500	Marblemoun
Mt Townsend	6280	11	3500	Tyler Peak
Surprise Mt	6330	15	4100	Scenic

EVERETT MOUNTAINEERS MEMBERSHIP GROWTH



HEAD FIRST-ON THE STOMACH ICE AXE ARREST EVALUATION

On February 23, 1991, five Mountaineers spent one day at Stevens Pass evaluating the head first on the stomach ice axe arrest. Participants were Andy Boos, Lee Bruch, Alan Frees, Neil Johnson and Teri Kane. The following material is our observations on techniques for performing this arrest.

We do not claim that the information listed here is necessarily the correct way for instructors to teach this arrest. Our hope is that Mountaineer members will utilize this information to make their own observations during class field trips and on summer climbs, especially those with hard snow conditions. We request that any observations that result in significant input on evaluating this arrest be passed on to us. (Contact Neil Johnson, 258 4181, 3523 Wetmore #3, Everett 98201) After a full season of observing the use of the head first on the stomach arrest under all conditions, we hope to make definitive recommendations on the best way to teach and perform the arrest. This should result in improved safety, and greater consistency in what our instructor's teach.

LIMITATIONS OF OUR EVALUATION

1. All the participants at Stevens Pass came in with a similar basic technique on how to do this arrest. None of the individuals who told me other techniques for performing this arrest were able or willing to participate in this evaluation. Unsurprisingly, we all agreed that our normal technique was a good and comfortable way to perform the arrest. Many of the other unfamiliar techniques we tried felt awkward, and we had technique problems utilizing them.

2. We could not perform the arrest in a wide variety of snow conditions. Our field evaluation occurred on snow of moderate hardness. The arrest needs to

be evaluated under many conditions, especially hard snow/ice conditions.

GENERAL OBSERVATIONS

The key element for effectively performing this arrest appeared to be that the pick needs to be set well away from the fall line. If the pick is placed near the fall line, it is difficult to start the body turning and there is potential for sliding over the ice axe. The pick needs to be set well outside of the body's fall line, which will automatically start the body penduluming around the axe



DIRECTION OF TURN

When the ice axe is held in the right hand, we all felt the pick should be set on the right side of the body and the body should pendulum left around the axe. Our observations were that this resulted in a fairly comfortable position where it was easy to place the pick away from the fall line. The principle concern involved with turning in this direction is that the spike of the axe is originally going to be directly in the body's fall line. This concern makes it essential to get a strong grip on the spike end of the axe, to prevent the possibility of sliding over the spike.

Some experienced mountaineers turn the other direction. With the axe in their right hand, they will reach across and

set the pick to the left of the body's fall line, and pendulum right around the ice axe. A primary reason stated for using this technique was to avoid having the spike or any other part of the axe directly in the fall line. Our observations included the following:

1. Reaching across the body, we couldn't place the axe as far away from the fall line. As a result, the pendulum turn was significantly slower turning this direction.
2. Reaching across the body was relatively awkward.
3. Using a normal wrist angle when setting the pick resulted in the pick going in at an angle, not perpendicular to the snow. In the snow conditions we experienced, a pick that was not set nearly perpendicular to the snow was kicked out of the snow. Based on these observations, we did not like the reaching across the body method. The awkwardness, relative slowness of the pendulum turn, nearness to the fall line, and the problem in placing the pick made this a less effective and more dangerous method of arresting. There was one circumstance where reaching across the body was the best method, which is discussed next.

BODY ANGLED AWAY FROM THE FALL LINE

We normally practice with falls directly down the fall line. For this evaluation, we looked at falls that were angled slightly away from the fall line, with the following observations:

1. The body didn't automatically realign itself with the fall line, but continued to slide at the original angle until an arrest was attempted.
2. To effectively arrest, you needed to place the pick away from the fall line.
3. Setting the pick in the same way as you would if the body fell directly in the fall line can result in setting the pick directly in the fall line.

Based on our observations, we should sometimes adjust our arrest technique for an angled fall. If a fall is angled more than approximately 25 degrees from the fall line, the pick needs to be placed to the side of the body that is angled outwards (see diagram). Setting the pick on the inward angled side results in considerable potential for sliding over the axe.



MORE DETAILED OBSERVATIONS

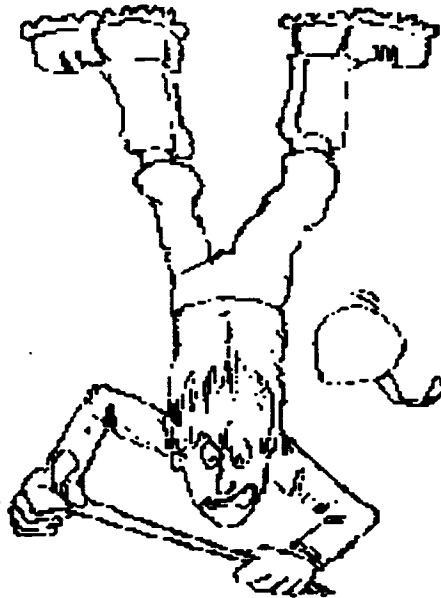
WHERE THE PICK IS SET HORIZONTALLY

PICK SET AT FURTHEST REACH OF ARM. Our observations were that this resulted in the quickest pendulum turn. The principle concern was that it is more difficult to control the ice axe when it is placed at full arm extension. One observation was that it was difficult to hold on to the spike end of the axe if both arms were fully extended. The hand holding the spike end needed to be fairly close to the body to maintain a good grip on spike.

PICK SET CLOSE TO THE BODY. This results in a relatively slow turn as the pick is close to the fall line. It is easy to maintain good control over the axe in this position.

PICK SET AT AN INBETWEEN POINT

This results in a fairly quick pendulum turn, while maintaining fairly good control over the axe.



Consensus: We all thought that close to body was not very effective. We disagreed about whether the fully extended in between distance was best. Upper body strength seems to be a factor in determining what was preferred. Stronger individuals felt they could keep control of the axe while placing it further away from body. Type of snow is also a factor. Opinion was that on hard snow/ice, you wouldn't want to place pick far from body, as the jerk when the axe caught would likely cause you to lose the axe.

WHERE THE PICK IS SET VERTICALLY

PICK SET WELL ABOVE HEAD We did not like this position. Our opinion was that the distance the pick is above the head costs some of your control over the axe, while not helping with the goal of keeping the axe away from the fall line. In our observations, placing the pick well above the head resulted in a slower pendulum turn.

PICK SET AT HEAD HEIGHT. This is the position we liked best with the snow condition we had. Not awkward.

Good control over axe and good turning properties.

PICK SET BELOW SHOULDER LEVEL (Spike end remaining above the head). This position results in quite a fast pendulum turn and arrest. Some participants found this position to be a little awkward. There was some concern that this position was not as stable, as you tend to twist the body to get the axe in position. We generally felt more comfortable setting the pick at head level, but we speculate this might be best in hard snow conditions, as discussed next.



HARD SNOW / ICE

Hard snow brings the following special factors to the arrest:

1. The pick tends to catch with a sudden jerk, making it difficult to hold on to the axe.
2. On ice, it is difficult to get the pick to penetrate the surface to start the arrest.

As a result, we felt a couple special things needed to be considered on hard snow. It seems important that you keep the axe in a position that allows for a

CONSERVATION CORNER

REITER PIT CLEAN-UP

(Near Gold Bar)

Your help is needed to clean-up Reiter Pit on Sunday May 5, 1991.. Several outdoor groups have joined together in cleaning up this area. Trash bags will be supplied by Millstone Coffee and American Honda.

Family Weekend and Bar-B-Que

Hamburgers provided courtesy of representatives of the Outdoor Recreation Industry.

Directions: 1 mile East of Gold Bar on Hwy 2, North at Reiter Road (Mile Post 30), straight at gravel road.

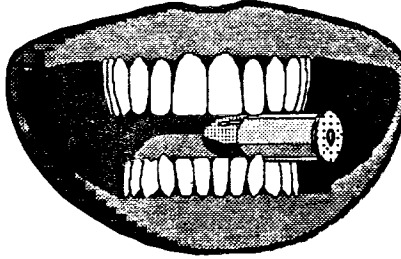
Be sure to sign in and state you are a Mountaineer.

SNOHOMISH-ARLINGTON TRAIL COALITION TRAIL CLEANUP AND POTLUCK PICNIC IN CELEBRATION OF EARTH DAY 1991

Festivities are scheduled for Saturday, April 20th at the Lake Cassidy Trail Head. Meet at the trail head at 10:00 am to form work parties and to carpool to work sites. Meet back at the trail head at 1:00 pm for a potluck picnic. Bring your own utensils, chairs and something good to eat and share with everyone else and the Coalition will provide the beverages and cups. If you can't get out to the trail with us in the morning please stop in for the picnic and celebration of Earth Day and the success of our trail.

For more information and directions call Dolores Wagner at 568-3828. Hope to see you there.

BITE THE BULLIT !



GET INVOLVED,
VOLUNTEER.

YOU CAN MAKE A
DIFFERENCE.

GREATER USE OF WIND, SOLAR URGED

By John Dillin, a writer for the Christian Science Monitor.

Solar, wind and other renewable energy sources are "feasible today," and could soon compete head-on against oil, coal, natural gas, and nuclear power, says a leading public utility official.

Greg Rueger, general manager of the nation's largest investor-owned utility, Pacific Gas and Electric says that the newest generation of wind-power turbines already can match fossil fuel facilities on price.

Mr. Rueger, whose firm buys electricity from independent suppliers of wind, solar and geo-thermal power says the Bush White House shortchanged renewable fuels in its recently released National energy Strategy. Federal officials gave only "lip service" to renewable energy, Rueger says.

"They seem to have a belief... that renewables are not going to be cost-effective in this country for several years." But "many renewable-generation operations are technically feasible today, and with encouragement can prove to be fully cost competitivewithin 10 years.'

Rueger says quick action on renewables is essential. By the year 2000, hundreds of power plants built in the 1940s, 1950s, and 1960s will be wearing out. Companies will replace them with power plants using coal, oil, gas, nuclear, or renewables.

Rueger says demonstration projects are urgently needed during the next several years to prove that renewables are a viable option. Otherwise, power company officials will shy away from renewables, and their firms will be wedded to fossil fuels for another 40-year period.

AN ARMY OF WINDMILLS

Unlike most utilities, renewable energy is nothing new to Pacific Gas and Electric Company. Already PG&E generates 47 percent of its electricity from renewable sources, including 22 percent from hydropower, 10 percent from geothermal steam, and the rest from wind, solar, and biomass such as municipal trash.

Some 7,300 windmills, half the world's total for electrical generation, are located in PG&E's service area at the Altamont Pass east of San Francisco. U.S. Windpower Inc., which owns 4,000 of those mills, sold PG&E 760 million kilowatt-hours of electricity last year, or enough to power 125,000 homes.

Rueger argues that renewable energies like wind and solar need a "technology push" and a "market pull" during the next 10 years to reach widespread use.

The technology push would come from research - privately funded and government funded. Already, research projects are lowering the costs of renewable energy. But that effort needs to be followed up with demonstration projects which prove that wind and solar energy are cost-effective and dependable.

The pull would come from a growing market for the machines, perhaps with federal subsidies. "Renewable technologies [unlike fossil power plants]

depend much more on the economies of mass production," Rueger explains. In other words, the more windmills that are built, the cheaper they get, just like cars or TV sets.

Rueger estimates that the newest, third-generation windmills, if mass produced, could make electricity at a lifetime cost of 5.5 to 6.5 cents per kilowatt-hour in good wind areas. That compares with 7 cents an hour for a new gas/oil-fired plant in the PG&E service area.

Solar generation, however, still costs around 10 cents per kilowatt hour, although that is dropping. A recent project may have produced equipment that lowers the cost to 8 cents.

"Most casual observers assume that renewable technologies are exotic, performing with limited reliability only when the sun is shining or the wind blowing," Rueger notes.

WEDDED TO OIL AND COAL

PG&E is learning how to integrate different power sources so they supplement one another. Its solar sources, for example, hit their peak just as electrical demand crests around 4 p.m. Windmills take the load as solar tapers off.

The biggest problem for renewable energy sources may be government officials who are wedded to other technologies, like oil and coal.

"Federal and state agencies and regulators have not generally endorsed renewables as a significant part of their energy policy objectives," Rueger says.

"This has created a self-fulfilling prophecy in terms of the role of renewables."

**PLEASE REFER TO THE
MOUNTAINEER FOR MORE
INFORMATION REGARDING
FOLKDANCING, COURSES
AND OUTDOOR ACTIVITIES.**

SEATTLE SINGLES DANCE

Saturday May 18, 8:00 p.m. to 12:30 a.m. in the Seattle Clubhouse Rhododendron Room. Rock and roll music from the 50's, 60's, 70's, 80's and 90's. Come on out, shake it up and meet new friends! Bring the following 1)\$4.00 at the door, 2) a snack/desert, 3) your own beverage. If you have questions call Pat 483-6832 or Dave 641-9444.

FOLKDANCING

Live music and dance, Friday, May 8, 1991 at Floral Hall in Forest Park, Everett. Sponsored by the Everett Mountaineers and the Everett Parks Department. Art Hare, MC will teach various dances from 8:00 to 9:00 pm. Allspice and Speldosan will provide live music for dances from 9:00 to 11:30. Singles welcome. Wear flat shoes and comfortable clothes. \$3.00 to 4.00 donation appreciated.

Directions to Forest Park: From Northbound I-5 take left lane Broadway Exit 192. Then stay to far right and follow signs to 41st Street. Go west on 41st 0.8 miles to left-turn entrance to Forest Park. Park at top of hill. Floral Hall is to the left of the covered swimming pool. From Southbound I-5, take the 41st Street exit turn right and follow 41st west as above.

CLIMBING SCHEDULE CHANGE

The Climbing Committee sponsored BBQ on Saturday April 20th for instructors will be at Johnney Creek Campground (the next one beyond Bridge creek), instead of Eight Mile because another group has already reserved Eight Mile Campground.

We would encourage all instructors to camp at Johnney Creek, and Basic Course students are welcome there too!

HIKING - CAR CAMP

August 9-11 Extended Weekend, Mt. St. Helens, Moderate.

The hiking committee has again made arrangements with the Cispus Learning Center at Randall for a house to be used as a base camp for a Mt. St. Helens outing.

The center is located in Southeastern Lewis County, 23 miles from the crater of Mt. St. Helens. We have accommodations for 14 adults. This includes sleeping quarters, kitchen, and a bathroom with shower.

If you went with us in 1989 and would like to return, or if you weren't able to go before and want to now, please sign up early. Everett Mountaineers will have priority sign up until July 1. A ten dollar deposit will secure your place. For more information and sign up, call Dolores Wagner, 568-3828.

LOOKOUT AND TRAIL MAINTENANCE

The next committee meeting will take place June 3, 1991 at Jerry Thompson's home. Contact Jerry Thompson for directions to at 653-7390.

The following dates have been set for lookout maintenance projects:

Three Fingers - Contact Leader, Carol Jacobson, via Jerry Thompson.
August 3-4. Pack in shutter boards and paint.
August 10-11. Painting and additional hauling.

Pilchuck - Contact Leader, Ron Smith, 347-0763, .
June 2. Wash windows, assess state of building
August 17-18. Paint floor and repair shutters. Need additional leader for this trip.

strong and stable grip on the ice axe. Our observations were that a position where the arms were fully extended did not correspond with a stable grip. A better arrest position on hard snow should be one where the arms and axe remain relatively close to the body.

Secondly, we speculate that you need the sharp point of the pick to be aligned partially down the slope to get penetration. Having a sharp pick point on the axe should not matter much if the sharp part of the pick is pointed across the hill, or even uphill. On the other type of arrests we align the pick at least partially down the fall line. Normal technique on this arrest, aligns the sharp pick at least 90 degrees away from the fall line. The only arrest technique we've discussed that puts the pick pointed partially down the fall line are those where the pick is placed below shoulder level.

We also discussed whether the pick should be aggressively place into hard snow. By slamming the pick in, you improve the odds of the pick penetrating ice, but you greatly increase the potential for having the axe pulled from your grip. We suspect it is probably safer to avoid aggressively slamming the pick into hard snow.

We tried an extreme version of the below shoulder arrest, where the spike was placed near the right shoulder, and the pick was set near the right lower ribs with axe kept fairly close to body. Our reviews of this were mixed. Some of us found it difficult to get into this position. It goes against the instincts we have previously acquired for this arrest. You needed to get up on the opposite side elbow in order to get in the position. When individuals did get in the position, effectiveness seemed reasonable. It didn't seem as quick of an arrest on moderate snow as the head height arrest. It does keep the axe near the body for control, and keeps sharp end of pick down fall line.

We didn't have the conditions to fairly evaluate the use of this arrest on hard snow. There does seem to be reasons to

check further on the use of some variety of this arrest where the pick is set below shoulder level.

OTHER QUESTIONS, WITH NO ANSWERS YET.

1. Is it best to twist the body into the turn before setting the pick? Our observations were that twisting the body helped to make this arrest quicker, but we were concerned about both the instability and awkwardness of the position.

2. Should we be trained to perform the arrest differently on hard vs. moderate snow?

3. Is there a best position to hold the spike end of the axe during this arrest? The only significant observation we made was that it was a problem to hold the spike at the full extension of the arm, as you were more likely to lose your handhold.

ADDITIONAL COMMENTS

1. It is best to perform this arrest out of any established glissade trough. Established troughs make it more difficult to place the axe away from the fall line, more difficult to start the turn, and there are potential problems when the axe is set in the established trough and the penduluming body is in the soft slow snow outside of trough. Slightly off the subject, what happens on the head first on the back arrest when the body is not aligned with the fall line?

EDITORS NOTES

CHANGES

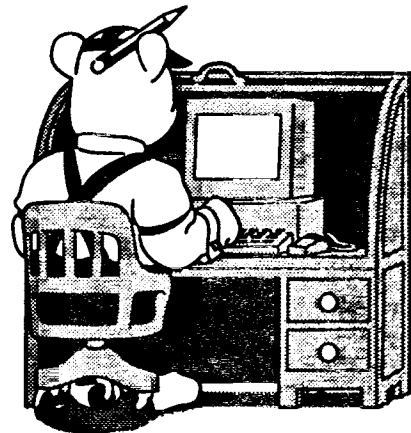
After serving as Bulletin coordinator for the "Mountaineers Bulletin" for close to three years, Virginia Lachmann has decided to take a break and spend some time with her growing family. Virginia and family are expecting a new addition in the near future and fears she will not have time to keep up with the bulletin. Virginia has done an excellent job, quietly working behind the scenes getting your information to the bulletin for publication. We will miss her involvement and wish her and baby the very best!

I am pleased to announce, that Jean Nendell-Edwards has volunteered to be our new "Bulletin Coordinator". Jean offers a lot of enthusiasm and I am sure we will be hearing more from her in the future. She and Virginia will work together for a month or two on coordinating the activities necessary for submitting articles to Seattle. Please continue sending articles to the Post Office box on the newsletter, attention "Bulletin Coordinator."

Speaking of the bulletin, your help is needed in submitting articles as early as possible and as many as possible. Recognizing that all who submit articles are volunteers (and not paid staff) offering their time and energies for the benefit of the membership, it is important to get your articles for the newsletter and the bulletin in as soon as possible. The deadline printed in the newsletter is important! When it is missed, and the article arrives late, the coordinator has to go to a lot of extra effort to see that the article makes the deadline. When it doesn't, the membership pays the price of late or missing activities. Please give all the assistance you can, and we will do our best to see that the information is printed in a timely manner. Your continued support is appreciated.

THANKS

A special thank you is in order for Judy Heine, a Boeing employee, who volunteered to stay late one evening and help convert a MS-Dos file (the ice axe article) over to a Macintosh format. This saved several hours of typing on my part. Thanks Judy!



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