

### Cascade continues winning streak with Chelan, Wenatchee games

By AL STOVER  
Echo Reporter

The Cascade softball team continued their road toward first place in the Caribou Trail League standings after a 14-7 win over Chelan on April 16.

The Lady Kodiaks opened with a 1-0 lead in the first frame on a Chelan error. Chelan took a narrow lead after three runs in the fourth inning.

Cascade drove in seven runs in the bottom of the frame, with one from Sarah Paulson's single and Renee Lambert's three-run homer, then added five insurance runs in the fifth.

Paulson led Cascade at the plate, going 3-for-5 with four RBIs, two runs and a double. Lambert was 2-for-4 with four RBIs, two runs and a homer run. Truh Merriman went 2-for-4 with an RBI and two runs. Alondra Acevedo also had two hits.

Paulson, who earned the pitching win, was also lights out on the mound, giving up only five hits and striking out 11 batters.

Head Coach Todd Gilbert said he was proud of how Cascade bounced back to retake the lead from the Lady Goats.

The Lady Kodiaks took a brief stop on their road to CTL title contention on April 17 in a nonleague game against Wenatchee.

Even with some miscues with base running and fielding errors, the Lady Kodiaks softball team picked up a 9-5 nonleague win over the



Cascade's Sarah Paulson earned two pitching wins against Chelan and Wenatchee.

Lady Panthers.

Merriman kicked off Cascade's momentum by drilling the ball past the center field fence for a home run in the first inning. Down 2-1, the Lady Panthers added two runs in the bottom of the third inning to take a narrow lead. Madison Hardy's two-RBI single in the fourth inning gave Cascade a 4-3 lead.

Kajja Lovelady's single and Renee Lambert's double added two insurance runs for the Lady Kodiaks. Merriman's single in the sixth brought in two more runs. Cascade capped their scoring with Kayla Bittle's single in the bottom of the seventh.

Lambert led Cascade at the plate after she went 3-for-4 with one RBI and two doubles. Bittle was 3-for-4 with an RBI and one run scored.

Paulson earned the pitching win, allowing three five runs on three hits.

"We played a good, solid team, they hit the ball and we had a few errors that made things difficult," Gilbert said. "To go out and beat a good team like that is a good day."

Cascade (7-1 Caribou Trail League, 12-3 overall) played Okanogan on April 23 in what will be a battle for first place in the conference standings. Both teams split a March 23 league doubleheader with the Lady Kodiaks winning game one and the Bulldogs emerging victorious in the nightcap.

Gilbert said the Wenatchee game showed him the team needs to focus on base running while drilling down on fundamentals.

"We know we're facing a good team (in Okanogan) and we have to come out and play solid defense," Gilbert added.

After an April 25 non-league game against Cle Elum on the road, the Lady Kodiaks play Omak in a CTL doubleheader.

### Cascade DECA President nominated for international president position

By KALIE DRAGO  
Echo Reporter

Participating in clubs and sports can be an integral step in getting to the top of the education process. D'Andre Vasquez has not only participated, but achieved reaching leadership positions within the organization, DECA. Vasquez has evolved from a member to doubling as the current Cascade High School DECA chapter president and a WA State DECA officer.

Vasquez isn't done racking up leadership titles. He has the opportunity to take on the position of DECA International Executive President, if elected at the International Career Development Conference in Orlando, Florida.

"I officially announced my candidacy at this year's state conference in February. Which was our largest state conference in Washington DECA's 72 year history," said D'Andre Vasquez, DECA International Executive President candidate. "So we had over 4,000 students there. It was just really, really inspiring and I'm extremely

motivated to head down there (Orlando)."

DECA is an international association that helps groom high school and college students interested in business and entrepreneurship for their future. The organization shapes students to fulfill leadership roles, which Vasquez has reflected in his own growth through the program. His consistent ability to be an impressive leader has prepared him for this next step as he climbs his personal ladder of success.

"I'm motivated by success. I'm motivated not even just to myself, but to those around me. I've seen the great impacts that DECA has been able to have in my life. I'm completely inspired to provide that opportunity, not just here locally but hopefully at a larger international level," said Vasquez.

Vasquez says his draw to DECA was at first simply finding his footing after a difficult personal time and looking for an outlet for motivation. He began his path with an Intro to Business class - as



Photo by Kalie Drago  
D'Andre Vasquez, current Cascade High School DECA president and state officer, heads to Orlando, Florida for the possibility of being elected International Executive President.

his experience and effort in the program flourished, he was propelled into much more responsibility after that pivotal moment committing to the program.

SEE DECA PRESIDENT NOMINATION ON PAGE B2



All Photos by Kalie Drago

A visual of the inside of the new Icicle Brewing Company facility.

By KALIE DRAGO  
Echo Reporter

The local, family owned brewing establishment is expanding to keep up with the constant growth and demand of the hometown hotspot - Icicle Brewing Company is opening another brewing branch off of Chumstick to keep up with its success. It's a brewery that resonates positively, both in and out of the community - locals have indulged in a Bootjack IPA paired with



a Bavarian pretzel on Front Street while those as far as northern Idaho sell the six pack cans. Icicle Brewing has hit max capacity and needs a larger location to keep up with its increasing output. The demand for Icicle Brewery products caused the company to have to construct an additional facility just up the road from their current Front Street location.

"We have really outgrown our space down on Front Street," said Chris Danforth, marketing manager for Icicle Brewing Company. "The brewery equipment was just really packed in there and the demand was really outpacing what we could do in that facility."

The trigger to the additional facility was an organic process when the company realized the demand required roomier accommodations. In the downstairs portion of Icicle Brewing there wasn't enough space to not only handle the capacity, but also give the company room to continue to grow as the company flourishes over time. The owners, Pam and Oliver Brulotte, wanted to stay in Leavenworth city limits due to the local connections, both personally (Icicle Brewing Company got its start here) and professionally (the usage of local ingredients in the beer).

SEE ICICLE BREWING ON PAGE B2

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# Community news

## Seventy Pacific Lamprey released into Wenatchee River as part of species restoration effort

By AL STOVER  
Echo Reporter

The Yakama Nation Fisheries and United States Fish and Wildlife Service (USFWS) held a release event for Pacific Lamprey on April 17 at Jolanda, Lake near the Alps Candy Store.

During the event, officials from both organizations, along with students from Beaver Valley Elementary School, released 70 adult Pacific Lamprey into the lake where they would swim up or down the Wenatchee River.

The release event is a part of an effort of Yakama Nation Fisheries to restore and bolster the number of Pacific Lamprey in the area.

The USFWS lists Pacific Lamprey, an eel-like animal, as a "species of concern." Tyler Beals, Fish Biologist I with the Yakama Nation Fisheries explained that Pacific lamprey had been absent upstream of Tumwater Dam in recent years. Through the translocation of adult Pacific Lamprey to the river upstream of the dam, larval lamprey can be found in the upper Wenatchee River and some of the tributaries.

Reasons for the decline in

the species' numbers include poor water quality, lack of passage caused by dams and other manmade structures, and reduced flows.

Before they released the Lamprey, students learned numerous facts about the species.

While holding a live Lamprey in front of a group of curious children, Dave'y Lumley, Lamprey Technician III, explained that Pacific Lamprey are more than 400 million years old.

After 6-7 years, Lamprey will grow to its full size and develop a suction disc for a mouth. The species will migrate to the ocean for 2-3 years before returning to freshwater in order to breed.

Fish biologist Barb Kelly-Ringel explained Lamprey will swim to areas with fast flows and many rocks. The species will move rocks and make a nest to lay their eggs. She added that female lamprey can lay up to 150,000 eggs during a spawning cycle.

When asked if the creature is parasitic, Lumley confirmed Lamprey use their suction disc to feed off blood and bodily fluids from salmon, whales and other species. She

added that Lamprey do not hurt the species it feeds from and the cut from suction disc will heal.

While Lamprey feed on species, it provides a pivotal role to the eco system. In its larval stage, Lamprey inhabit the bottom of rivers and feeds on organic debris, cleaning the water in the process. They also act as a shield for salmon against predators in and out of the water.

Children learned the culture significance of the species. Sean Goudy, Fish Tech III, explained the lamprey was a significant food source for native culture and traditions. Tribal fishermen would spend most of their day catching Lamprey using nets and their bare hands.

Goudy said tribal members considered the species a "super food" because it was rich in nutrients.

"Lamprey is a dense, nutritious snack, you could get full really fast on them," Goudy added.

Goudy said fishing camps would catch an abundance of Lamprey during the day. However, the construction of dams inundated the



Photo by Al Stover  
Beaver Valley School student Bailey Axelson (right) prepares to release a Pacific Lamprey into Lake Yolanda with assistance from United States Fish and Wildlife Service's Marjie Lodwick.

fishing camps. The decline in Lamprey and the disappearance of these camps has resulted in younger generations losing out on the opportunity to learn their cultural ties to the species and fishing traditions.

After learning facts of the Lamprey, students were divided into two groups and released the fish. Each of the Lamprey released in the

river was tagged and embedded with sensors in order to track their future movement. Lumley explained the organization also holds outreach events to educate students and people about lamprey and how they affect the environment.

"We want to get to the point where we can release them with a high survival rate," Lumley said.



THE LEAVENWORTH  
**ECHO**

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The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a daytime phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to echo@leavenworthecho.com.

#### Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.



Submitted photo

## Cashmere Community Concerts Presents North Country Bluegrass Band

WRITTEN BY CINDY JACKSON

Cashmere Community Concerts is launching into the summer with a rousing and toe tapping performance by North Country on Saturday, April 27th, at 7 p.m. North Country is based out of Seattle and is one of the premier traditional bluegrass bands from the Northwest.

In January 2015 North Country placed 6th overall in the prestigious SPBGMA Bluegrass band competition competing with bands from all over North America.

In October of 2015, the band was selected to showcase at the International Bluegrass Music Association's (IBMA) in Raleigh, North Carolina. Their individual experience and musical accomplishments coalesce into one traditional, driving bluegrass sound that is sure to have your toes tapping and your hands clapping.

Kent Powell, bass/vocals. Kent is a true veteran to the Northwest bluegrass scene and brings his experience to North Country. He has been a member in some of

the most popular and established Northwest bands, such as Crossfire and Runaway Train, in which he has been a member since 2005.

Kent holds down the drive and groove of the band with his rock solid bass playing and can sing any part needed. His powerful voice and harmony singing add an incredible dynamic to the band.

Will McSeveney, banjo. Will is fast becoming one of the most prominent banjo players, in the Northwest bluegrass scene today. Will's powerful command of the instrument and awareness of timing and taste have made him a valuable asset in the band's endeavors.

Will plays banjo in pursuit of one purpose... DRIVE! While well rooted in tradition, he can deliver a tastefully fresh spin on tradition.

Norm Olsen, guitar/vocals. Norm is an excellent guitar player who gets great tone out of his lead breaks and plays with dynamic rhythm. He lays down fantastic lead solos that emulate some of flatpicking guitar's finest in-

fluences, while incorporating fast, well executed licks that will make you shake your head in wonder. Norm's vocals are passionate, solid and dynamic, adding dimension to the band's vocals.

Zach Top, mandolin/guitar/vocals. Zach at the age of 5, got his first guitar and his fingers have torn up the fret board ever since. In North Country, Zach is on mandolin keeping the pulse and rhythm moving in the band. He adds to the strength of the group's vocals with his powerful classic country style voice.

Michael Kilby, dobro. Michael is a multi-instrumentalist who is equally talented on guitar, mandolin, fiddle, and dobro.

At 16, he was selected to play dobro on stage at the IBMA awards with the Youth All-star Band. He has been recognized by IBMA and Jerry Douglas as a rising talent. He has also shared the stage with other prominent musicians including John Reischman and Bryan Sutton.

## LETTER TO THE EDITOR

The publisher's April 10 commentary, "Who is going to save the Democrat (sic) party?," has little to do with the Democratic Party, other than trashing Democrats and Democratic candidates as "just plain insane," or stating as fact that "[my greenie friends] have already concluded that life on earth will end in 12 years."

At issue here is overwhelming evidence that we humans are altering the climate of our Earth by building up an excess of "greenhouse gasses," primarily carbon dioxide (CO2) in the atmosphere, trapping heat and changing weather patterns.

Fossil fuels emissions are the main source of the increase in greenhouse gasses. Climate change is a health issue, an economic issue, an equality issue since its effects hit economically vulnerable people the hardest.

We here in the Northwest see the consequences of our changing climate: increasing wildfire and accompanying smoke, ocean acidification, receding glaciers, threats to crops, megadroughts. Globally, we see extreme weather events: floods, tornadoes, storms in increasing severity.

There is growing recognition of the gravity of climate change. An overwhelming majority of climate scientists - up to 97% - agree that climate change is happening, with dire consequences if it is not addressed by reducing greenhouse gas emissions.

Recent polls show that around 70% of Americans now believe that climate change is real - a 10-point surge from previous polls.

"We've not seen anything like that in the 10 years we've been conducting the study," said Anthony Leiserowitz, a researcher at Yale.

I applaud Governor Jay Inslee for making climate change the centerpiece of his Presidential bid. In working to transition from fossil fuels to renewable energy, Washington has set goals to reduce carbon emissions, established a Clean Energy Fund, and promotes electric vehicles and renewable energy, among other initiatives. And the state legislature re-

cently passed a bill requiring 100% of Washington's electricity generation to be free of carbon emissions by 2045. As Governor Inslee points out, "Climate change is not more important than the economy; it is the economy."

The worst thing we can do is to ignore, or dispute, the fact of climate change. Climate change denial, led by right-wing propagandists and big oil magnates, is rapidly losing credibility. This is despite efforts of Donald Trump, who label climate change a hoax, withdrew from the Paris Climate Accord, rolled back fuel economy standards, and deregulated the fossil fuel industry. Perhaps in fear of losing a big part of his base, Trump has appointed a panel to "assess whether climate change poses a national security threat." Leading this panel is William Happer, a physicist with no training in climate science, and a former director of the Heartland Institute, the leading climate denier think tank. Happer, a founder and former president of the far-right funded CO2 Coalition, has stated that "the demonization of carbon dioxide is just like the demonization of the poor Jews under Hitler."

The fact of climate change and where it leads must be recognized, and we must continue to move to solutions. In the words of Collin O'Mara, President of the National Wildlife Federation: "It's an absolute disgrace to bury the truth about climate impacts in a year that saw hundreds of Americans die during devastating climate-fueled megafires, hurricanes, floods..."

Climate change denial needs to be put to rest and go the way of such notions as a flat earth. Oh wait - there really is a Flat Earth Society, whose members really believe the idea of a spherical earth to be a hoax. Now this is something the publisher might want to investigate for more of his "facts."  
**Susan G. Butruille**  
Leavenworth

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## AA Meeting Schedule

## Information numbers for AA:

509-548-1627, 548-4522, 664-6469, 425-773-7527, 1-206-719-3379

Sunday, 9 a.m., Leavenworth Senior Center, 423 Evans St.

Sunday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Tuesday, noon, First Baptist Church, 429 Evans St.

Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin

Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.

Thursday, noon, First Baptist Church, 429 Evans, Leavenworth

Friday, 7:30 p.m., Plain Community Church, 12565 Chapel Dr., Plain

Information number for Alanon: 509-548-7939

## Alanon Meeting Schedule:

Monday, 7 p.m., United Methodist Church, 418 Evans St.

## Community Calendar

## Wednesday

Peshastin Water District, 5:30 p.m., Peshastin Memorial Hall. Call Abby Bergren, 548-5266. (2nd Wed.)

Prostate Cancer Awareness &amp; Support Group, 8:30 a.m., Kristall's Restaurant. Call David McIntyre, M.D., 206-954-4166. (2nd Wed.)

Children and Youth program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 548-5292.

## Thursday

Autumn Leaf Festival Association meetings, 6 p.m. at the Icicle Village Inn, in the Lake Wenatchee Room. Hwy 2. Call President Jim, 670-3343 or Secretary, Carol 670-1723. Everyone is welcome to attend. (1st Thurs. of every month, unless notified otherwise.)

Leavenworth Chamber of Commerce, 8 a.m., Kristall's Restaurant, Bill Forhan, president. Call Chamber, 548-5807. Everyone is invited to attend as a guest. (1st &amp; 3rd Thurs.)

Leavenworth Lions Club, Kristall's Restaurant, Conrad Delury, president, (509) 387-5051. (1st Thurs. at 6:30 p.m. and 3rd Thurs. at Noon)

Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)

The Wenatchee Valley Doll Club, 11:30 a.m., call Yvonne, 509-663-7991. (2nd Thurs.)

## Friday

Chelan County Veteran Service Officer, WorkSource, and SSVF, coffee and organizational information, 10 a.m.-1 p.m., Kristall's Restaurant. Help with DD214, VA Disability Claim and more. (1st Fri.)

Leavenworth Rotary Club, 11:45 a.m. Kristall's Restaurant, Penny Carpenter, president. For more information, 509-885-0441.

## Saturday

No Events Scheduled.

## Sunday

No Events Scheduled.

## Monday

Leavenworth Mosquito District board meeting, 7 p.m., at the Chelan Co. PUD building, Jenny Mullins 548-5904 (1st and 3rd Mon.)

Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd &amp; 4th Mon.)

Upper Valley Free Clinic, 6:30 p.m., evaluates urgent health needs; dental consultation is available the 1st Mon. of the month. Contact Upper Valley MEND. Call 548-0408.

Young Life Club, 6:30 p.m. All high school age students welcome. TJ Kaapuni 509-679-3247. (2nd &amp; 4th Mon.)

Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd &amp; 4th Mon.)

## Tuesday

I.P.I.D. Meeting, 8 a.m., Anthony "Toni" Jantzer, 782-2561, meeting at Wescott Dr. in Cashmere. (2nd Tues.)

Icicle Valley Chapter of Trout Unlimited, 6:30 p.m., Icicle Village Inn, Lake Wenatchee Room. Call Dave, 548-0903. (2nd Tues.)

Cascade Medical Board Meeting, 9 a.m., at Cascade Medical, 548-5815. (4th Tues.)

Leavenworth People with Parkinson's Disease Support Group, 11 a.m. Church of Jesus Christ of Latter Day Saints, 10170 Titus Road. Call Katherine Degel, (206) 356-4288 or Judi Little (425) 870-2089. (2nd Tues.)

Upper Valley Women's Bible Study, Noon, at King Ludwig's. Call Delores Hall, 548-7803.

Buns, Book and Tea, Peshastin Book Club, 1 p.m., Peshastin Library. Call Kathy Springer, 509-433-1345. (3rd Tues.)

Cascade Education Foundation, 1 p.m., Boardroom at Cascade District office. Call Ken West, 670-1729.

LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 548-5477. (1st Tues.)

Leavenworth Masons, 7:30 p.m. Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)

Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 662-7706. (3rd Tues.)

## Ongoing events

Leavenworth Public Library: 548-7923.

Monday, Tuesday, Wednesday, open 9 a.m.-6 p.m.

Thursday, 9 a.m.-8 p.m.

Friday, 9 a.m.-6 p.m.

Closed on weekends and Holidays.

## Special events:

Tuesday, 11:30 a.m., Baby story time

Wednesday, 1:30 p.m., Preschool story time

Peshastin Public Library: 548-7821.

Monday, 2-6 p.m.

Tuesday, 1-6 p.m.

Wednesday, 9 a.m.-2 p.m. Thursday and Friday, 1-6 p.m.

## Special events:

Tuesday, 2:30-3:15 p.m. Stories and crafts in Spanish and English.

Wednesday: 10:30-11 a.m., Preschool and toddlers, Story time.

## Upper Valley Museum:

347 Division St., 548-0728.

Leavenworth Fish Hatchery, 548-7641. Open daily, 8 a.m.-3:30 p.m.

## Regional events

SCORE (small business counseling), 1-4 p.m. Wenatchee Chamber of Commerce. Call for appointment, 888-2900. (Tues. &amp; Thurs.)

Cascadia Conservation District Board Meeting, 3:30 p.m., Upstairs Conference Room, Wenatchee World Building, 14 N. Mission St., Wenatchee. 509-436-1601.

Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.

leavenworthecho.com

## Senior Center Events

## Leavenworth Senior Center, 423 Evans St., Leavenworth

Monday, Wednesday, and Friday 10:00 a.m., Gentle Exercise  
 Tuesday, 9:00 a.m., Leavenworth Area Seniors' Council Board meeting  
 Tuesday, 1:00-3:00 p.m., Crafts  
 Thursday, 1:00-3:00 p.m., Square Dancing  
 Thursday, 6:30-7:30 p.m., Bavarian Dancing  
 Friday, 6:00 p.m., Bingo  
 Saturday 6:30-9:00 p.m., Music, Public Welcome, No cover charge

## City Council Meetings

7 p.m., Leavenworth Planning Commission at City Hall  
 contact Liliith Vespiar, 549-5275. (1st Wed.)8 a.m., Leavenworth City Council study session, City Hall,  
 Joel Walinski 548-5275. (2nd Tues.)3 p.m., Design Review Board, City Hall, Sue Cragun 548-5275  
 (2nd & 4th Tues.)6:30 p.m., Leavenworth City Council meeting, City Hall,  
 Joel Walinski 548-5275 (2nd & 4th Tues.)

## Senior Center Menus

## Leavenworth Senior Center, 423 Evans St., Leavenworth

Please call 548-6666, 24 hours in advance to reserve a meal. Meals are served at noon.

April 25, Thursday: Chicken fettuccine, asparagus, spinach salad, apple slices, whole wheat roll, and dessert.

April 26, Friday: Lentil veggie soup, cottage cheese, 7-Layer salad, citrus salad, cornbread, and dessert.

April 27, Saturday &amp; April 28, Sunday: no lunch.

April 29, Monday: Chicken fried steak, potatoes and gravy, green beans, tossed green salad, whole roll and apricot crisp.

April 30, Tuesday: Pork chops, Au gratin potatoes, brussels sprouts, mixed greens salad, applesauce, biscuit with chives, and dessert.

May 1, Wednesday: Sloppy Joe sandwich, Baja vegetables, coleslaw, peaches, and dessert.

**Sheriff/Fire/EMS**

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

Leavenworth	
<b>April 12</b>	10:38 Warrant, 19475 US Hwy. 2., Lake Wenatchee.
09:48 Trespass, 8881 Josephine Ave., Dryden.	13:07 Theft, 4005 Camas Creek Rd.
09:53 Civil, 18150 Camp 12 Rd., Plain.	13:23 Parking/abandon, 1200 Blk Front St.
14:43 Fraud/forgery, 12721 Chumstick Hwy.	14:37 Assist agency, Winton Rd. & Merritt Winton.
15:21 Harass/threat, 76 Garmisch Ln.	15:07 Assist agency, 0Blk Main St., Peshastin.
16:38 Runaway, 20752 Chiwawa Loop Rd., Lake Wenatchee.	18:59 Extra patrol, 9275 E. Leavenworth.
17:42 Traffic offense, 14038 Brae Burn Rd., Lake Wenatchee.	<b>April 16</b>
17:59 Traffic offense, 0Blk Brae Burn Rd., Lake Wenatchee.	02:37 DUI, US Hwy. 2 & Chumstick Hwy.
20:26 Alarm, 12661 Shore St.	10:39 Alarm, 9922 Saunders Rd., Peshastin.
22:52 Civil, 8711 North Rd., Peshastin.	13:18 Suspicious, 13528 Chumstick Hwy.
23:10 Harass/threat, 700Blk Front St.	16:15 Liquor violation, 300 Enchantment Park Way.
<b>April 13</b>	16:31 Domestic disturbance, 300 Enchantment Park Way.
01:16 Noise, 810 US Hwy. 2, Bavarian Lodge.	18:37 Harass/threat, 817 Commercial St.
08:56 Vehicle prowl, 3470 Ingalls Ln., Peshastin.	<b>April 17</b>
12:58 Harass/threat, 8711 North Rd., Peshastin.	07:32 Hazard, Icicle Rd. Mp 3.
13:34 Civil, 8711 North Rd., Peshastin.	09:32 Theft, 415 Ash St.
16:43 Suspicious, US Hwy. 2 MP 106, Dryden.	09:59 Civil, 922 Commercial St.
19:32 Theft, 932 Front St., Twisted Couture.	10:00 Accident, no injury, US Hwy. 2 & E. Leavenworth Rd.
19:35 Malicious mischief, North and Fox Roads.	11:19 Domestic disturbance, 16437 Second Creek FS 7801.
23:00 Assist agency, US Hwy. 2 MP 100.	18:07 Assist agency, 20636 Miracle Mile, Lake Wenatchee.
23:06 Assist agency, Lake Wenatchee Hwy., MP 6.	21:12 Disturbance, 24610 Spur St., Plain.
<b>April 14</b>	<b>April 18</b>
07:41 Domestic disturbance, 116 River Bend Dr., Safeway.	06:52 Fraud/forgery, 11155 Railroad Creek Rd.
10:58 Alarm, 252 Scholze St.	11:07 Search warrant, 24110 Morgan St., Plain.
13:05 Harass/threat, 10780 North Rd.	12:41 Drugs, 10461 Stemm Road, Smallwoods.
13:36 Search and rescue, Colchuck Lake.	15:05 Public assist, 6601 US Hwy. 92.
17:27 Juvenile problem, 10Blk Merritt Winton Rd.	16:05 Trespass, 10135 Peshastin Mill Rd.
22:25 Suicide threat, 3557 Allen Ln., Peshastin.	17:28 Harass/threat, 225 Central Ave., Peshastin-Dryden Elementary.
<b>April 15</b>	19:01 Property, 810 US Hwy. 2, Bavarian Lodge.
01:21 Malicious mischief, 3557 Allen Ln., Peshastin.	
03:22 Assist agency, 516 Cedar St.	
08:42 Theft, 10195 Titus Rd.	

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This announcement sponsored by The Leavenworth Echo

## Leavenworth

## "The 1910 Wellington Disaster"

Deborah Cuyle presents stories and historical photos from the deadliest avalanche-train disaster in America's history, which occurred on Stevens Pass; now part of the Iron Goat trail. Leavenworth Library on Friday, April 26, 6:30 p.m. No cost. Call 548-7923. (e 16, 17).

## The Leavenworth Women's Exchange

The luncheon meeting is on May 8 at noon at Visconti's. The cost is \$16 per person for members and \$18 for non-members. Beverage, tax and gratuity are included. Master Gardener and former Chief of Community protection and assistance with the National Office of the Bureau of Land Management Al Murphy will present a program on "Firewise Landscaping". Reservation, contact Claire Burlingame, 548-7142 by Saturday, May 4. Election of Board of Directors and 2019-20 Officers will be held prior to the program. (e 17, 18).

## UVC Seeking Volunteers

Upper Valley Connection, a local non-profit offering recreational activities to youth and young adults with developmental disabilities, is seeking volunteers for its annual Theatre Camp. We are in need actor shadows and costume assistants for the week of June 16-22. If you are interested in this fun and fulfilling opportunity or have questions please contact Maren at uppervalleyconnection@gmail.com or at (509) 888-4181. (er 16, 17)

## Regional

## Landowner Wildfire Bootcamp

Landowners Wildfire Bootcamp classes are offered in April and May by Wenatchee Valley College Continuing Education in partnership with the Okanogan Conservation District. The series begins April 27. The bootcamp consists of four free classes for landowners of one or more acres of forest or sageland who want to be better prepared for wildfires. Register through WVC Continuing Education, 509-682-6900, visiting wvc.edu/CED or in-person with Cindie Martin at the WVC at Omak campus registration office. (er 17, 18)

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**ICICLE CREEK THIS WEEK**

**REEL ROCK 13 BRINGS HIGH-ALTITUDE FLICKS**

**JAMIE HOWELL**

It's been a big year for rock climbing films with 'Free Solo' taking home the Oscar for best documentary. But that shouldn't overshadow the fact that there are still a host of other astounding and inspiring climbing films on offer - many of them assembled for this year's **REEL ROCK 13 Film Festival**. Check out this year's offerings:

**2019 REEL ROCK 13 FILMS:**

- **AGE OF ONDRA:** Featuring Adam Ondra, the 25-year-old Czech climbing phenom, as he innovates new training methods and attempts first ascents.
- **UP TO SPEED:** Climbing is on the slate for the 2020 Olympics, but with it comes the little-known sub-discipline called Speed Climbing.
- **QUEEN MAUD LAND:** A dream team of six elite climbers mount an expedition to Antarctica. Featuring Jimmy Chin and Alex Honnold of "Free Solo" fame.
- **VALLEY OF THE MOON:** Climbing across cultural barriers comes to the fore in this film about establishing a new route in the deserts of Jordan.

For tickets or more information, please visit [icicle.org](http://icicle.org) or call the box office at (509) 548-6347, x.1.

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# Neighbors

## Anniversary

### Moyles to celebrate 50<sup>th</sup> wedding anniversary



Warren and Julie Moyles were married at the Normandy Park (Seattle) home of Julie's parents, Ed and Betty LePenske on April 24, 1969.

They were both teachers in the Shoreline School District at that time, but resigned to accept overseas assignments for the Department of Defense, where they spent the next 25 years, first in Germany, then

Italy and finally Korea.

Warren and Julie have two children, Kristin Janson, Elk, WA, and Michael Moyles, Colorado Springs, CO - and three grandchildren - Soren Janson, Annika Janson, and Elizabeth Moyles.

The Moyles retired in 1989 to the upper valley, where they opened "La Toscana," a winery and bed and breakfast.



## Green thumbed individuals rooted in Leavenworth

By KALIE DRAGO  
Echo Reporter

Those with a green thumb, appreciate the bloom of flowers and tend to find themselves knee deep in dirt - the Cascade Garden Club is an opportunity to chat with like minded gardeners, swap tips and learn give back to the community.

"(We teach) young gardeners on getting started with little plots, building general awareness and for the community members who wish to learn about gardening and harvesting food supplies," said a statement from club president Claudia Cockerham about the club.

Not only does the club offer individuals with an affinity for gardening congregate, the crew also pays it forward to the community. The club's handy work can be seen at the Francis Field Memorial Garden and the post office garden - they also fund these gardens as well. They also support financial garden related groups.

Their most recent project has been functioning as co-managers of the community garden, E. Lorene Young Community Garden, at the end of 12th Street. The garden is only three years old and the vegetables grown there are given to the food bank.

As the famous saying goes 'April flowers, brings May Flowers' and the Cascade Garden Club hosts an annual May plant sale the Saturday before Mother's Day. This is the right time to plant, according to Cockerham.

"We all get impatient about wanting to get started," said Cockerham.

Meetings are every third Tuesday of the month at 1 p.m. and span over the course of a few hours. Membership dues are \$25 with an invite to the monthly meetings, events and the Garden Harvest Celebration Dinner held in the fall and the Christmas Luncheon in December. The club is looking to grow and eager for new memberships.

"Some people like the flower gardens, others enjoy growing vegetables," said Cockerham. "People can pick interests and others do several as their time allows."



Photo contributed from the Cascade Garden Club

The ladies pose (Left to right): Carol Cade (volunteer), Ann Colley, Judy Chavez, Claudia Cockerham and Ann Shull.

## Nutcracker Day



Submitted photo

Anna Reichlin

By DEBRA WATKINS  
& ARLENE WAGNER

A grand celebration of the Annual Nutcracker Day was enjoyed by over 340 visitors and local residents on Saturday, April 13th. Those present enjoyed Nutcracker Hunts and used a wide variety of nutcrackers to crack hazel nuts. The highlight of the day was the Nutcracker Making Contest where twenty-three student-made nutcrackers were entered into the "anything that cracks hazel nut" contest.

An important mission of the Leavenworth Nutcracker Museum is to educate and engage students and the public in nutcracker design and construction. In collaboration with Amy Massey, Icicle River Middle School Library Technician, museum curator, Arlene Wagner, and her assistant gave nine presentations on the history and the scientific construction

of nut cracking devices to the students at Icicle Ridge Middle School earlier in April. Cascade High School art teacher, Ms. Dillon, then worked diligently with her students to design and submit their nutcrackers for the contest as well.

Bill Wells and Christina Zuckriegel, Leavenworth Nutcracker Museum Board Members along with Avery Epperly from Washington Federal and Loan were judges for the contest this year.

The winners are: 5th Grade - 8th Grade: 1st place Anna Reichlin, 2nd place Evan Butrulle, and 3rd place Elise Almeida. For 9th Grade - 12th Grade: 1st place Alondra Avacedo, 2nd place Avery McKenney, and 3rd place Lili Tilton.

Congratulations to the winners and to all the students who worked so hard to make their nut cracking devices. They all did a great job!

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103 Aplets Way • 782-2869  
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Bible Study, Wed., 7 p.m.  
Pastor Bob Bauer

Find us on Facebook at Cashmere Baptist Church



#### CASHMERE PRESBYTERIAN CHURCH

303 Maple Street • 782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
www.cashmerepres.org



#### CASHMERE UNITED METHODIST CHURCH

213 S. Division • 782-3811  
Worship & Sunday School at 11:00 a.m.  
Office Hours: Monday - Thursday  
10:00 a.m. - 1:00 p.m.  
Pastor Lilia Felicitas - Malana

#### CHRIST CENTER

Cashmere Assembly of God • 509-782-2825  
Worship Celebration & Sunday School 10 a.m.  
Meeting at The Conservatory, back entrance of Apple Annie's  
Underground High School Group, Sundays, 6 p.m.  
Junior High, Wednesdays, 6:30 p.m.  
Meet at - 206 Vine Street  
Lead Pastor, Steve Haney  
Children's Pastor, Andy Robinson  
Congregation Care Pastor, Joyce Williams  
Pastor Ian Ross, Director of Operations  
Steffanie Haney, High School Director  
christcentercashmere.com



#### GRACE LUTHERAN CHURCH

418 Evans Street • 860-0736  
Worship 10:30 a.m.  
Pastor Robert Gohl

#### ST. JAMES EPISCOPAL CHURCH

222 Cottage Ave. • 782-1590  
Holy Eucharist 9 a.m.  
5th Sunday Morning Prayer 9 a.m.  
Deacon Carol Forhan - 670-1723  
Vicar Rob Gohl - Cell - 860-0736

#### EVERGREEN BAPTIST CHURCH

5837 Evergreen Drive • 782-1662  
Sunday School - 9:45 a.m.  
Morning Worship - 11 a.m.  
Evening Service - 6:00 p.m.  
Pastor John Smith www.christforcashmere.org

### DRYDEN

#### DRYDEN COMMUNITY CHURCH

Hwy 2 at Dryden Ave. • 782-2935  
Sunday School 9:30 a.m. • Worship 10:45 a.m.  
Pastor Steve Bergland

#### MID-VALLEY BAPTIST CHURCH

8345 Stine Hill Rd. • 782-2616  
Worship Service, 10 a.m., Sunday School, 9 a.m.  
Pastor Mike Moore  
www.midvalley baptist.org

### LEAVENWORTH

#### CASCADE MOUNTAIN BIBLE CHURCH

'Where God's Word Remains The Pillar Of Truth'  
11025 Chumstick Hwy. • 548-4331  
Sunday School 9 a.m.  
Sunday Worship 10:30 a.m.  
AWANA (Youth Program) Weekly Bible Studies  
Wednesday 6:30 p.m. (school year)  
Pastor Todd James  
www.cmbiblechurch.org



#### COMMUNITY UNITED METHODIST

418 Evans Street • Leavenworth  
509-548-5619 • Rev. Matt Gorman  
Sunday service 10 a.m.  
www.leavenworthumc.org

#### CORNERSTONE BIBLE CHURCH

Leavenworth Grange Hall  
621 Front St. • 548-0748  
Sunday Worship 10 a.m.

#### CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

10170 Titus Rd. (across from middle school)  
Church: 548-7667  
Meetings: Sunday - 10:00 a.m.

#### FAITH LUTHERAN CHURCH - ELCA

"Reconciling Works Congregation"  
224 Benton Street • 548-7010  
Worship 9:30 a.m. w/coffee following  
www.faitheavenworth.org

#### FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC

429 Evans Street • 290-0686  
Sunday School, 9:45 a.m. • Worship, 11 a.m.  
Pastor Michael Brownell  
email: mkb3123@gmail.com

#### LEAVENWORTH CHURCH OF THE NAZARENE

111 Ski Hill Drive • 548-5292  
Sunday Worship 9:00 a.m.  
Lead Pastor: Andy Dayton  
Youth Pastor, Kent Wright  
Pastor to Children & Families: Becky Goodman  
www.LCN.org



#### SEVENTH DAY ADVENTIST CHURCH

10600 Ski Hill Drive • 548-4345  
Saturday Services  
Bible Study 9:30 a.m. • Worship 11 a.m.  
Fred Smith • 860-3997

#### SPIRIT LIFE CENTER

210 Benton Street • 548-7138  
Sunday Worship 10 a.m.  
Prayer 6 p.m.  
Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza

### MONITOR



#### MONITOR UNITED METHODIST CHURCH

3799 Fairview Canyon • 548-2601  
Church Service & Sunday School 9:00 a.m.  
Pastor Lilia Felicitas - Malana

### PESHASTIN

#### LIGHT IN THE VALLEY COMMUNITY CHURCH

8455 Main Street • 548-7517  
Sunday Worship 10 a.m.  
Pastor John Romine  
www.lightinthevalley.org

#### PESHASTIN ASSEMBLY OF GOD

School and Lake St. • 548-7523  
Sunday Worship Service 10:30 a.m.  
Bible Adventures for kids at 10 a.m. sharp  
Pastor Jorge Torres



#### NEW LIFE FOURSQUARE CHURCH

7591 Hwy. 97 • 548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: newlifeleavenworth@gmail.com  
FB page: newlifeleavenworth  
www.newlifeleavenworth.com

APRIL 24, 2019 • VOLUME 120, No. 17

UPPER VALLEY NEWS SINCE 1904



All Photos by Al Stover

Katie Boyd recorded a personal record in the discus

## Kodiak track competes in home meet

By AL STOVER

The Cascade track and field team competed in a North Central Washington meet on April 16. Several athletes placed in the top of their events and recording PRs along the way.

The Kodiak boys excelled in racing events.

Jace Seely won the men's 100 meters with a personal record of 12.10 seconds. Stephen Tveten took third with a PR of 12.33 and James Young finished fifth in 12.44.

Seely also won the 200 meters in 24.11 while Young took second with a time of 24.93, a PR for both athletes. Isaac Tveten finished fourth with a PR of 25.21.

Landon Davies clinched the top spot in the 800 meters with a PR of 2:04.86. Jacob Redman finished fourth in 2:19.66.

Stephen Tveten won the men's 110 hurdles in 17.59 while third-place Isaac Tveten came in third with a PR of 18.90.

David Ising won the 300 meter hurdles with a PR of 42.38. Isaac Tveten came in second

with 47.02.

Calvin McCauley took second in the 1,600 meters in 5:19.83 while Duncan Allen finished fourth in 5:44.16. Allen also took second in the 3,200 meters with a PR of 13:16.05.

Jacob Redman finished with in the 400 meters with a PR of 58.32.

The 4x400 relay team of Davies, Isaac Tveten, Redman and Will Cassyre clocked in a 3:59.84 to finish second.

Cassyre won the pole vault with a mark of 10 feet.

Andrew Magnaghi took fifth in the shot put with a PR of 37-08.25.

Elijah Workman (200 meters, 26.72), Parker Nunnaly (200 meters, 27.94), Florian Joa (shot put, 32-01) and Tegen Matthews (12-06.50) recorded PRs in their events.

The Cascade girls also had several athletes place in the top five of their events.

Laura Muscutt won the women's 400 meters with a PR of 1:03.83 while second-place Avery McKenny clocked in a

PR of 1:07.21.

Zoe McDevitt won the 100 meter hurdles in 17.83 while Madeline Gillespie finished second in 17.99 and Hannah Zackary took fourth in 20.75. All three athletes recorded PRs in the event.

Gillespie (50.88), McDevitt (51.58 PR) and Zackary (55.98 PR) recorded a 1-2-3 finish in the 300 meter hurdles.

Victoria Driscoll took second in the women's 100 meters in 13.94 while Kascia Muscutt took second in the 200 meters with a PR of 28.91.

Josie Brenan finished second in the 1,600 in 5:50.46 and Devan Archer took third in the 800 meters with a PR of 2:40.74.

Julia Armstrong won the pole vault with a PR of 11-03. Second-place Lauren Muscutt recorded a 7-00 while third-place Kylea Gilreath finished with 5-00. Both athletes recorded PRs.

Anna Russell finished second in the long jump with a leap of 4-02.

Kascia Muscutt finished

second in the triple jump with a mark of 30-02.50. Alexa Rodgers finished fourth with a PR of 27-00 while fifth-place Kylea Gilreath recorded a PR of 27-05.

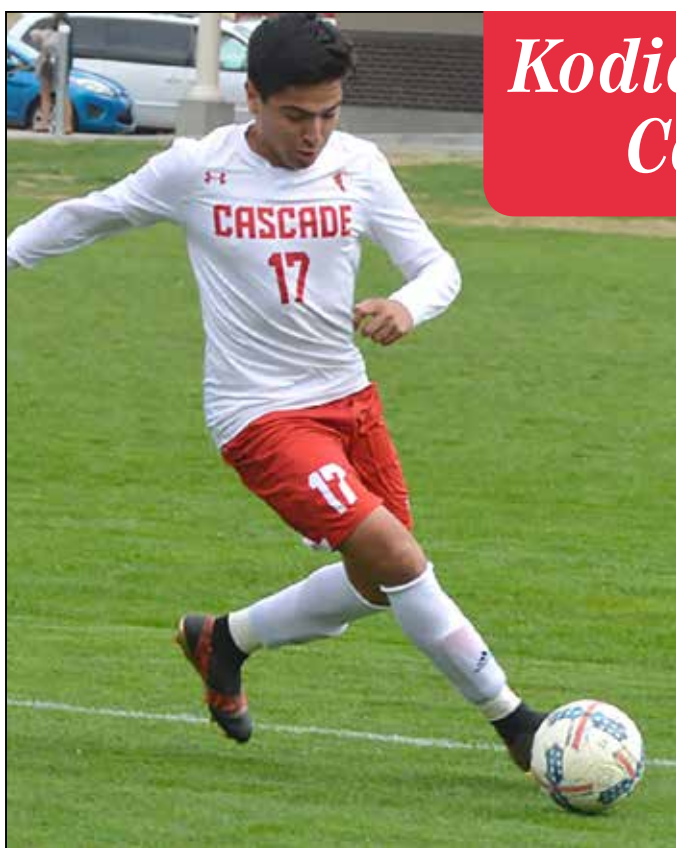
McDevitt, Kascia Muscutt, Armstrong and Porter Rayne won the 4x400 relay in 4:30.52.

The 4x100 relay team of Kylea Gilreath, McDevitt, Gillespie and Nina Brenan recorded a 57.44 to finish third. Alexa Rodgers, McKenney, Rayne and Castro finished fourth in 57.79.

Driscoll, Lauren Muscutt, Armstrong and Kascia Muscutt recorded a 1:59.57 to finish second in the 4x200 relay.

Abby Emert (100 meters, 16.32; discus, 50-04), Alma Castro (100 meters, 16.78; 200 meters, 36.67) Krisia Quintinilla (100 meters, 16.89; javelin, 45-01), Porter Rayne (200 meters, 30.93), Katie Boyd (discus, 58-04) and Nina Brenan (javelin, 54-09) recorded PRs in their events.

Cascade travels to Quincy on April 20 to compete in the Quincy Invite.



Julian Alvarez was one of the Cascade players who made a penalty kick during the Kodiaks' 1-0 overtime win over Cashmere.

## Kodiak boys soccer edges Cashmere in overtime

By AL STOVER

The Cascade High School boys soccer team climbed to first place in the Caribou Trail League standings on April 18 after a 1-0 win against Cashmere in overtime.

The rematch between the cross-town rivals was as intense and physical as their March 25 game where Cascade edged Cashmere, 3-2, in overtime.

The Kodiaks struggled to get any offensive momentum in the first half, though their defense kept the Bulldogs from breaking the scoreless tie.

"They always bring their best and every game with them is intense and emotional," Co-Head Coach Jesus Sandoval said of Cashmere. "They have quality players and know how to play a good game. In that first half, we were struggling in keeping our fullback straight."

Cascade picked up the pace in the second frame but were unable to score.

The Kodiaks had nine shots with goalkeeper Jerome Jerome making 11 saves.

After two five-minute overtime periods, the game once again came down to penalty kicks with Cascade winning 8-7.

Raul Mata, Julian Alvarez, Ricardo Barragan, Will Piers, Daniel Sandoval, D'Andre Vasquez, Adian Arceo and Jerome all made their penalty kicks.

Coach Sandoval said the team made some adjustments in the second half. Even with two players missing from the lineup, Cascade still managed to get the win.

"This is what a team does, we stay together, we win together, we lose together," Coach Sandoval said.

With the second win over Cashmere, the Kodiaks (5-0, 9-0-1) are first in the conference standings.

They host Chelan on April 23, then play Okanogan two days later.

Coach Sandoval said Cascade still has some things to fix in terms of communication from the back.

"We have a good defense, but there's still room to grow," he added.

### CASCADE SCOREBOARD

Baseball	
April 18	Cascade 2, Chelan 15
April 20	Cascade 8, Overlake 10
April 20	Cascade 9, Overlake 15
Boys Soccer	
April 18	Cascade 1, Cashmere 0
Softball	
April 16	Cascade 14, Chelan 7
April 17	Cascade 9, Wenatchee 5
Boys Tennis	
April 15	Cascade 4, Wenatchee 1
April 18	Cascade 0, Cashmere 5
April 20	Cascade 3, Royal 2
Girls Tennis	
April 15	Cascade 5, Wenatchee 0
April 18	Cascade 1, Cashmere 4
April 20	Cascade 5, Royal 0

### CASCADE SCHEDULE

Baseball	
April 25	Cascade at Liberty Bell at 4:30 p.m.
April 27	Okanogan at Cascade at 11 a.m.
April 27	Okanogan at Cascade at 1 p.m.
Boys Soccer	
April 25	Okanogan at Cascade at 4:30 p.m.
April 27	Quincy at Cascade at 1 p.m.
April 30	Cascade at Omak at 4:30 p.m.
Softball	
April 25	Cascade at Cle Elum at 4 p.m.
April 26	Omak at Cascade at 3:30 p.m.
April 26	Omak at Cascade at 5:30 p.m.
Boys Tennis	
April 25	Cascade at Okanogan at 4:00 p.m.
April 26	Cascade at Quincy at 4:00 p.m.
April 30	Cascade at Omak at 4p.m.
Girls Tennis	
April 25	Cascade at Okanogan at 4:00 p.m.
April 26	Cascade at Quincy at 4:00 p.m.
April 30	Cascade at Omak at 4p.m.
Boys Track and Field	
April 26	Reike Invitational at Peshastin-Dryden Sports Complex at 4 p.m.
April 27	59th Annual Shelton Invite at Shelton at 1 p.m.
April 30	Bridgeport Invitational at Bridgeport at 3:30 p.m.
Girls Track and Field	
April 26	Reike Invitational at Peshastin-Dryden Sports Complex at 4 p.m.
April 27	59th Annual Shelton Invite at Shelton at 1 p.m.
April 30	Bridgeport Invitational at Bridgeport at 3:30 p.m.
Boys Golf	
April 25	Omak at Cascade at 2:30 p.m.
April 26	Quincy at Cascade at 2:30 p.m.
April 30	Chelan at Cascade at 2:30 p.m.
Girls Golf	
April 25	Omak at Cascade at 2:30 p.m.
April 26	Quincy at Cascade at 2:30 p.m.
April 30	Chelan at Cascade at 2:30 p.m.

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CONTINUED FROM PAGE 1

# Icicle Brewing

“This is our community so it was important to the owners we stay here,” said Danforth.

Back in mid-September they broke ground for the new facility and in October they poured concrete. With only a few weeks stretching between the final touches of the facility, it's apparent Icicle Brewing wasted no time getting its newest addition ready for business. The building is finished, but now the company is focused on the interior work where the magic happens.

“It's actually the same brewhouse that we had at the old facility. That's not any bigger - but our fermenting capacity and ability to brew more beer is,” said Danforth.

In this facility there is no tasting room, but the mechanics of the Icicle Brewing machine is churning out products. The beer is brewed, fermented and packaged in this facility. Increasing distribution numbers was the primary focus in this location.

“What was holding us up before is that the batch size was the same but we didn't have anywhere to store and ferment it so we added a bunch more fermenters and

fermenting space that allows us to brew more beer,” explained Danforth. “We really focused on packaging so we can get more beer distributed outside of the Leavenworth area.”

When outsiders trickle into Leavenworth, many file into Icicle Brewing Company for a seat around one of the fireplaces on the patio to enjoy the cozy ambiance with a pint of local beer. After the travelers leave with a taste of the brew, they can be eager to find it after vacation. People across Washington have become quite familiar and fond of the brand, causing the brewing company to fill the need of distributing far and wide in the state.

“We're really focused on Washington state. That's where we are from and people are familiar with our brand. So we're just trying to get our beer out to our core market, Washington state,” said Danforth.

For scale, in the former brewery, the company was able to produce 6,000 barrels of beer annually. According to Danforth, in the new facility the company is estimating



Photo Kyle Drago

An image of the brewing equipment.

10,000 barrels in the first year coupled with the ability to produce up to 25,000 barrels eventually with some additional equipment.

As for the Front Street location, it isn't being neglected as the new facility gets up and running - rather the company is replacing the former brewhouse with a five barrel system (meaning it can brew 10 kegs at a time) rather than a 25 barrel brewhouse.

“We're basically going to remodel that facility so that there's more seating on the brew floor and you'll have the brewery down there. It will increase the number of people that we can fit inside the building and we'll have

this five barrel system that'll allow us to get more creative with our beer. So we can do a lot of small batch beers with that system while we do the production brewing out here for distribution,” said Danforth. “This will allow us to introduce more beers in the taproom.”

With many ties to the Leavenworth community, such as boasting that Icicle Creek water is streamed into the popular beer it produces, the company is a continuing community success story. The brewery should be completely ready to utilize all its function (brewing, packaging, etc.) by mid-May, according to Danforth.

CONTINUED FROM PAGE 1

# Cascade DECA President nominated for international president position

“Little did I know signing up for that intro to business class would lead me to now running to be the next International Executive President,” said Vasquez.

After taking 5th in his competitive event at state and undergoing an application process, he was nominated by Washington's DECA for the International Executive President position.

The official election will be far from home and Vasquez will be representing not only 11,000 members of WA State DECA, but Cascade High School in Orlando. If elected, he would be not only taking the title of ambassador but representing 219,000 members that span across 12 countries.

“One of the things we're very passionate about is generating greater accessibility to the (DECA) experience. That is one of my largest platform and main objective. Should I become the next

executive president is to provide this opportunity, that is currently offered to 219,000 students across the world in 12 different countries, generate more accessibility to it.”

Vasquez has his campaign platform crafted for the upcoming final days of the race on his side, but also a natural inclination to being a leader. His advisor, Tammy Murphy, reiterates that his consistent

effort and guidance to others are weighted attributes to why he excels within the DECA program. Murphy states that he is instrumental in training new chapter members and aiding them to place at the state level.

“He's a go getter attitude and he strives for perfection,” said Murphy. “He's got a really positive outlook which helps motivate others. He's

going to do great things.”

The conference - and his final campaigning days and the official election - will be April 27 through April 30. Vasquez remains modest and community driven as he looks forward at this next achievement.

“I've seen the effect of the community, the positivity and just the sense of family this community provides to students struggling and also students that are being very successful. One thing I really want to emphasize is that it's not about D'Andre Vasquez running for International Executive President, I think it's more about this Leavenworth community - such a small population providing a candidate for this international position.

“I think it goes to speak great levels of this community and the support that we provide. And I'm extremely grateful for the people who have contributed to this campaign and those still seeking to support it,” said Vasquez.



Photo Kyle Drago

Vasquez and DECA advisor, Tammy Murphy.

# Seattle skier rescued from Colchuck Lake

BY KALIE DRAGO  
Echo Reporter

On the afternoon of Sunday, April 14 a small avalanche caused Shanna Hovertsen, 29 year old from

Seattle, to be swept off her skies. She fell down the slope in an area near Colchuck Lake, according to a press release from Chelan County Sheriff's Office. Hovertsen twisted both of her

knees and Chelan County Sheriff's office had to assist her to safety. Coming from Wenatchee, Chelan County Sheriff's Office helicopter crew landed near the patient and transported her

to the National Fish Hatchery landing pad around at around 4:40 p.m. about three hours after the fall.

Hovertsen was then transported to Cascade Medical Center and as since been in stable condition, according to the press release.

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**ANNOUNCEMENTS**

**CHILDFIND 2019 REGISTRACION PREESCOLAR Y EVALUACION DISTRITO ESCOLAR DE LAKE CHELAN**

El Distrito Escolar de Chelan llevará a cabo Childfind, Registración Preescolar ECEAP y exámenes el 6 y 7 de mayo del 2019. Las horas serán de las 8:00 am a 6:30 pm el día 6 de mayo y de 3:15 pm a 6:30 pm el 7 de mayo y **solo con cita previa llamando al 888-8752.** La registraci3n y los exámenes de sus hijos/as preescolares se llevarán a cabo en el espacio de la escuela Preescolar de Lake Chelan, localizado en la Avenida Johnson.

Nuestro programa preescolar ECEAP está abierto a niños/as de cuatro años (quienes cumplen 4 años para el 31 de agosto, 2019), residentes del Distrito Escolar de Chelan, y quienes califican para el ECEAP (Programa de Asistencia y Educaci3n Temprana) porque tienen ingresos limitados. Si su familia vive en un alojamiento temporal. Puede contactar al distrito escolar de donde se está quedando, para que le hagan una evaluaci3n. En el Distrito de Chelan por favor de llamarle al Sr. Kelly Kronbauer al 509-682-7744.

No hay cobro para el programa de ECEAP ni para los programas de Educaci3n Especial, ofrecidos por el Distrito Escolar de Lake Chelan.

**Por favor de traer la siguiente informaci3n para su cita:**

- \* Registro de vacunaci3n
- \* Acta de nacimiento
- \* Copia de la declaraci3n de impuestos del 2018 para verificar elegibilidad para el programa de ECEAP.
- \* Prueba de residencia.

**\*\* Si tiene alguna preocupaci3n sobre el desarrollo de su hijo/a, edades de reci3n nacidos hasta la edad de 21 años, por favor p3nganse en contacto a Kelly Kronbauer al 682-7744 del Distrito Escolar de Lake Chelan.**



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**ANNOUNCEMENTS**

**CHILDFIND 2019 PRESCHOOL REGISTRATION AND SCREENING LAKE CHELAN SCHOOL DISTRICT**

Lake Chelan School District will be holding Childfind and Preschool Registration and Screening on May 6th and 7th, 2019. The hours are 8:00 a.m. to 6:30 p.m. on May 6th and 3:15 p.m. to 6:30 p.m. on May 7th and are **by appointment only by calling 888-8752.** The registration and screening of your preschooler will take place in the Lake Chelan Preschool rooms on Johnson Avenue.

Our preschool program is open to four year olds (who turn 4 by August 31, 2019), residing in the Lake Chelan School District, and who qualify for the ECEAP (Early Childhood Education and Assistance Program) because of limited income. The program is also open to 3 and 4 year old students who qualify for Special Education Services because of a disability or health condition. If your family is living in a temporary living situation, you may contact the district where you are staying to attend a screening. Homeless Liaison Kelly Kronbauer, 682-7744.

The district has limited space for children who will be three years old by August 31, 2019 and will only be able to serve those who screen for the early intervention program. Parents of three year old students who have any concerns about their child's development should register at this time.

There is no charge for the ECEAP and Special Education programs offered by the Lake Chelan School District.

**Please be sure to bring the following information when registering your child:**

- \* Immunization Records
- \* Birth Certificate
- \* Copies of 2018 tax return to verify eligibility for ECEAP program.
- \* Proof of Residency

**\*\* If you have any concerns about the development of your child, age birth - 21, please contact Kelly Kronbauer at 682-7744 at Lake Chelan School District.**

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**CASCADE SCHOOL DISTRICT**

The Cascade School District is seeking qualified applicants for the following positions:

School Nurse/ Medical Support Specialist

Cascade High School CTE STEM Teacher

Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE



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Mansfield School District is accepting applications for a 3rd/ 4th Grade Teacher.

This posting is for the 2019-2020 School Year. To view the position and download an application, access our website at <https://www.mansfield.wednet.edu/Page/403>.

We are an equal opportunity employer.

**Manson School District**

is seeking applicants for the following position:

Science Teacher for the 2019-2020 school year

Detailed job posting and online application process are available at: [www.manson.org](http://www.manson.org), EOE



The Cascade School District is seeking qualified applicants for the following position:

Icicle River Middle School CTE STEM Highly Capable Teacher

Fast Track application process and information can be found on our website at: [www.cascadesd.org](http://www.cascadesd.org) EOE

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Part-time position available at Chelan Senior Center in the office. Hours vary, and will usually be 5 to 10 hours a week, and will include most weekends. Good Spanish as well as English is very important, and the ability to use Excel, Word and the other programs in Windows Office 10. Applicant needs to be flexible, and able to solve problems.

Please call the Chelan Senior Center at 509-682-2712 and ask for Vita or email: [CSC@nwi.net](mailto:CSC@nwi.net)

**PATEROS SCHOOL DISTRICT COMBINED PERMANENT ROUTE DRIVER AND BUILDING SUPPORT WORKER**

This year-round permanent position commences immediately. 8 hour day split between route driving and general maintenance, mechanical, and grounds work. Class B CDL with "S" endorsement (passenger and air brakes), and a clean driving record mandatory. Training is available for motivated candidates. Pay \$20.23 per hour. Application deadline May 1, 2019. Position opened until filled. Classified applications are processed through Fast Track. Link available at [www.pateros.org](http://www.pateros.org) under District Office, Employment. Questions: [employment@pateros.org](mailto:employment@pateros.org) or 923-2751x4. EOE

**Full and Part-Time Breakfast Catering Staff**

The Leavenworth Enzian Inn is searching for energetic service oriented individuals to join our breakfast/ catering team. Position provides opportunities to learn and perform a variety of duties. Prepare, present and serve the daily breakfast buffet and at catered functions. Full and part-time positions requiring some weekends. Recreational amenities of hotel are available to employees including fitness center, indoor/ outdoor pool, spa and putting course.

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is growing and we are hiring at our Chelan location. We are looking for someone who enjoys helping people and being outdoors. Knowledge of building materials and forklift operation are helpful but not required. You will be assisting customers, loading and unloading materials, and cleaning and organizing the lumber yard and warehouses. If you have a positive attitude and are willing to learn and grow this could be a great fit. Please call Jerry at 509-682-1617 or stop by.

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HELP WANTED

Looking for a SEASONAL Full-Time Attendant at the Chelan Transfer Station

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Skills/ Qualifications: Excellent customer service skills. Experience with heavy equipment, backhoe minimum, keeping calm under stressful situations a must. Self starter, basic math skills working with payments and deposits. Available Monday - Friday. Pay is DOE.

If interested please contact Darby McNeil at SUNRISE DISPOSAL INC. 509-422-4530 and/or pick up an application at 330 Ferry St., Omak, WA. You can also request an application via email and/ or send your resume to [darby@sunrisedisposal.com](mailto:darby@sunrisedisposal.com)

This could potentially work into a full time position and not just seasonal.

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Looking to clean private rental homes part time in the Coles Corner/ Lake Wenatchee area Call 509-763-0355.

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PUBLIC NOTICES

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY

In the Matter of the Estate of THALYS IRENE CROCKETT, aka THALYS LAWYER CROCKETT Deceased. NO. 19-4-00104-04 PROBATE NOTICE TO CREDITORS

The Administrator named below has been appointed as administrator of this estate. Any person having a claim against the Decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Administrator or the Administrator's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the Administrator served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the Decedent's probate and nonprobate assets.

DATE OF FIRST PUBLICATION: April 10, 2019 ADMINISTRATOR: Michelle Gay Kenney ATTORNEY FOR ADMINISTRATOR: David A. Kazemba ADDRESS FOR MAILING OR SERVICE: OVERCAST LAW OFFICES, PS 23 South Wenatchee Avenue, Suite 320 Wenatchee, WA 98801

COURT OF PROBATE PROCEEDINGS AND CAUSE NUMBER: Chelan County Superior Court, No. 19-4-00104-04 OVERCAST LAW OFFICES, PS By /s/ David A. Kazemba David A. Kazemba, WSBA No. 48049 Attorney for Administrator. Published in The Leavenworth Echo/ Cashmere Valley Record on April 10, 17 and 24. #84896

**Superior Court of Washington for Chelan County** In the matter of the estate of **Dean M. Fisher, Deceased.** NO. 19-4-00113-04 **Notice To Creditors** (RCW 11.40.030) The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or his attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**Date of First Publication:** April 17, 2019. **Douglas Allen Fisher,** Personal Representative Attorney for the Personal Representative: Joseph C. Brown, Jr., WSBA #17991 Address for Mailing or Service: J.C. Brown Law Office, PLLC 200 Aplets Way, P.O. Box 384 Cashmere, WA 98815 (509)782-1111 Court of probate proceeding and cause number: Chelan County Superior Court, Cause Number: 19-4-00113-04 Published in the Cashmere Valley Record and the Leavenworth Echo on April 17, April 24, and May 1, 2019. #84919

DOWN

- Jazz singing
- Coca follower
- Comic Sandler
- Chart anew
- Lark about
- Puppy barks
- Keats' poem
- Cell phone bill item
- Frigid shipping hazard
- Butch Cassidy's home state
- Pro \_\_\_\_\_
- Big Bang's original matter
- "Blind man's target"
- Cause for food recall
- "Now or Never"
- Tom's craziness?
- \* \_\_\_\_ de Mayo
- Soft single in baseball
- Move sideways
- "Mi \_\_\_\_ es su..."
- Biscuit
- Sandwiches for dessert
- \*Zapata's collaborator
- Audiencis approval
- Long, long time
- Bone-dry
- Airy fairy
- Exercising authority
- One of peeps
- Tower of London guard
- Sealing product
- Freshwater diving bird
- \* \_\_\_\_ of events
- Red carpet purse
- Witty remark
- RIP pots
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- In neutral
- Gardener's purchase
- Crew propellers
- "Jack and the Beanstalk" exclamation

PUBLIC NOTICES

CITY OF LEAVENWORTH Notice of Determination of Non-significance

NOTICE IS HEREBY GIVEN that the City of Leavenworth has issued a Determination of Non-significance (DNS) per the State Environmental Policy Act Rules (SEPA, WAC 197-11-340) and the Leavenworth Municipal Code. The lead agency will not act on this proposal for at least 14 days from the date of issuance on April 15, 2019.

Description of proposal: Amendments to City of Leavenworth Code (1) Planned Development Chapter 18.40 Amendments; (2) Development Standards, new LMC Chapter 18.25 with amendments to LMC Chapters 18.20 Residential Low Density 6,000 District (RL6), 18.21 Residential Low Density 12,000 District (RL12), 18.22 Multifamily Residential District, 18.23 Residential Low Density 10,000 District (RL10), 18.24 Supplementary Residential Districts Regulations, 18.04 General Provisions and Section 21.90.030 Definitions; and, (3) Stacked Parking, new LMC Section 14.12.115, new definition LMC 21.90.030, new use permitted in LMC 18.28.020 General Commercial District, 18.32.020 Central Commercial District, 18.44.020 Tourist Commercial District and 18.22 Multifamily District.

Proponent: City of Leavenworth; Location of proposal: Citywide; Lead Agency: City of Leavenworth

The lead agency for this proposal has determined that the proposed amendments do not have a probable significant adverse impact on the environment. An environmental impact statement (EIS) is not required under RCW 43.21C.030(2)(C). This decision was made after review of the completed environmental checklist and other information on file with the lead agency. This information is available to the public on request. The comment period for the DNS begins April 15, 2019 and will end on April 30, 2019. Interested parties are encouraged to comment on the proposal. Written comments may be sent to Leavenworth City Hall, PO Box 287, Leavenworth, WA 98826 or email [dsmanger@cityofleavenworth.com](mailto:dsmanger@cityofleavenworth.com). Appeal of the SEPA determination must be in a form consistent with Leavenworth Municipal Code.

The materials may be reviewed during normal business hours at City Hall; a copy may be obtained by contacting Development Services at Leavenworth City Hall, 700 US Hwy 2, Leavenworth; (509) 548-5275 or viewed on the City's Public Notices webpage: <http://cityofleavenworth.com/public-notices/>. Published in The Leavenworth Echo/Cashmere Valley Record on April 24, 2019 #84954

Superior Court of Washington for Chelan County

In the matter of the estate of **Dean M. Fisher, Deceased.** NO. 19-4-00113-04 **Notice To Creditors** (RCW 11.40.030) The person named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or his attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1)(c); or (2) four months after the date of first publication of this Notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**PUBLICATION: PERSONAL REPRESENTATIVE: WE TRUST COMPANY ATTORNEY FOR PERSONAL REPRESENTATIVE: JENNIFER L. KING ADDRESS FOR MAILING OR SERVICE: Three60 Law Group PLLC** 915 118th Ave SE, #360 Bellevue, WA 98005 Published in The Leavenworth Echo/ Cashmere Valley Record on April 17, 24, and May 1, 2019 #84918

**CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING BEFORE THE PLANNING COMMISSION** NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing on **May 8, 2019 at 7:00 PM** in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington to take public testimony on Amendments to City of Leavenworth Code (1) Planned Development Chapter 18.40 Amendments; (2) Development Standards, new LMC Chapter 18.25 with amendments to LMC Chapters 18.20 Residential Low Density 6,000 District (RL6), 18.21 Residential Low Density 12,000 District (RL12), 18.22 Multifamily Residential District, 18.23 Residential Low Density 10,000 District (RL10), 18.24 Supplementary Residential Districts Regulations, 18.04 General Provisions and Section 21.90.030 Definitions; and, (3) Stacked Parking, new LMC Section 14.12.115, new definition LMC 21.90.030, new use permitted in LMC 18.28.020 General Commercial District, 18.32.020 Central Commercial District, 18.44.020 Tourist Commercial District and 18.22 Multifamily District. Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Development Services within City Hall, phone 509-548-5275 or email [dsmanger@cityofleavenworth.com](mailto:dsmanger@cityofleavenworth.com). Published in The Leavenworth Echo/Cashmere Valley Record on April 24, 2019. #84953

PUBLIC NOTICES

"Crown Castle is proposing to install a 68-foot monopole telecommunications tower at the following site: 4580 Red Apple Road, Cashmere, Chelan County, Washington 98815 Lat: 47° 29' 44.42" N Long: 120° 24' 48.65" W. Crown Castle invites comments from any interested party on the impact of the proposed action on any districts, sites, buildings, structures or objects significant in American history, archaeology, engineering or culture that are listed or determined eligible for listing in the National Register of Historic Places and/or specific reason the proposed action may have a significant impact on the quality of the human environment. Specific information regarding the project is available by calling Monica Gambino, 2000 Corporate Drive, Canonsburg, PA 15317, [Monica.Gambino@CrownCastle.com](mailto:Monica.Gambino@CrownCastle.com), 724-416-2516 within 30 days of the date of this publication." Published in The Cashmere Valley Record/The Leavenworth Echo on April 24, 2019. #84991

The City of Cashmere's 2019 Arbor Day observance and tree planting will be on April 26th at 9:00 a.m. at Riverside Park. For the 32nd year, Cashmere has been recognized by the National Arbor Day Foundation for its commitment to trees. Cashmere is the 3rd oldest Tree City USA in Washington State.

While most holidays celebrate something that has already happened and is worth remembering, Arbor Day reflects a hope for the future. The trees planted on Arbor Day show a concern for the well-being of future generations and for making the world a better place. The trees planted today will grow to provide wood products, wildlife habitat, erosion control, shelter from the wind and sun, beauty, and inspiration. Published in The Cashmere Valley Record/The Leavenworth Echo on April 24, 2019. #84990

SUPERIOR COURT OF WASHINGTON IN AND FOR KING COUNTY

Estate of **GERALD A. PARK** Deceased **No. 19-4-07628-1 SEA PROBATE NOTICE TO CREDITORS** (RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the Personal Representative or the Personal Representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court. The claim must be presented within the later of: (1) Thirty days after the Personal Representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

**PUBLICATION: PERSONAL REPRESENTATIVE: WE TRUST COMPANY ATTORNEY FOR PERSONAL REPRESENTATIVE: JENNIFER L. KING ADDRESS FOR MAILING OR SERVICE: Three60 Law Group PLLC** 915 118th Ave SE, #360 Bellevue, WA 98005 Published in The Leavenworth Echo/ Cashmere Valley Record on April 17, 24, and May 1, 2019 #84918

CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARING BEFORE THE PLANNING COMMISSION

NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing on **May 8, 2019 at 7:00 PM** in the City Hall Council Chambers, 700 Highway 2, Leavenworth, Washington to take public testimony on Amendments to City of Leavenworth Code (1) Planned Development Chapter 18.40 Amendments; (2) Development Standards, new LMC Chapter 18.25 with amendments to LMC Chapters 18.20 Residential Low Density 6,000 District (RL6), 18.21 Residential Low Density 12,000 District (RL12), 18.22 Multifamily Residential District, 18.23 Residential Low Density 10,000 District (RL10), 18.24 Supplementary Residential Districts Regulations, 18.04 General Provisions and Section 21.90.030 Definitions; and, (3) Stacked Parking, new LMC Section 14.12.115, new definition LMC 21.90.030, new use permitted in LMC 18.28.020 General Commercial District, 18.32.020 Central Commercial District, 18.44.020 Tourist Commercial District and 18.22 Multifamily District. Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Development Services within City Hall, phone 509-548-5275 or email [dsmanger@cityofleavenworth.com](mailto:dsmanger@cityofleavenworth.com). Published in The Leavenworth Echo/Cashmere Valley Record on April 24, 2019. #84953

PUZZLE SOLUTION



PUZZLE SOLUTION



Flax is an oily grain grown for its fiber, seeds

Q: My sister takes flaxseed oil because she can't stand getting "fishy burps" from the fish oil, and insists that flaxseed is just as good for you as fish oil. Is this true?

Flax is an oily grain grown for its fiber and seeds. While the fiber is used for clothing, the seeds are sold as whole seeds, partially defatted seeds, ground seeds, flaxseed meal and flaxseed oil. Flaxseed is used as a natural way to decrease your total cholesterol and "bad" LDL cholesterol levels and can relieve menopausal symptoms like night sweats and hot flashes.

Both flaxseed and fish oil have high concentrations of a type of fatty acid called Omega-3. Eating foods rich in Omega-3 fatty acids helps counteract the effect of "bad" fatty acids called Omega-6, which create inflammation in your body.

Omega-6 fatty acids contribute to arthritis and heart disease, and there are lots of them in a typical American diet. Omega-6 fatty acids are found in popular foods like popcorn, pasta, potato chips, corn chips, bread, French fries and hot dogs as well as many salad dressings, canola oil and soybean oil.

The "good" Omega-3 fatty acids EPA and DHA help counteract the inflammatory effects of a diet high in Omega-6 fatty acids. Flaxseed also contains large amount of an Omega-3 fatty acid called ALA, but ALA is inactive until it is changed into EPA or DHA, and most people can't convert it into an active form.

Although flaxseed oil CAN decrease menopausal symptoms in SOME women, this supports the fact that most people can't convert enough of the inactive Omega-3 fatty acid ALA in flaxseed into biologically active EPA or DHA to get much benefit.

Flaxseed is a very good source of fiber, especially soluble



fiber. Adding fiber to your diet with flaxseed has been shown to decrease LDL and total cholesterol. Flaxseed's fiber helps you stay regular because it works as a bulk laxative, similar to psyllium or Metamucil®. In fact, most of the documented benefits of eating flaxseed can be explained by the effect of more fiber in your diet. Flaxseed oil has not been shown to lower either LDL or total cholesterol.

The outer coating of flaxseed is a gummy layer that's very high in fiber, especially soluble fiber. Getting adequate fiber in your diet helps decrease your "bad" cholesterol (LDL) level and your total cholesterol level.

The beneficial effects of flaxseed over flaxseed oil or lignin extract on your LDL and total cholesterol can be explained by the increased fiber from its seed coat, whether from eating the whole seeds or grinding them up like flaxseed meal.

You can add whole flaxseed to your diet by adding it to cereal, granola, or smoothies. Ground flaxseed or flaxseed meal is less gritty and can be blended into smoothies or baked into breads, muffins or cookies. Whole and ground flaxseed each contain lots of fiber and act as a bulk laxative very similar to psyllium or Metamucil®. When starting them, add flaxseed to your slowly to avoid suffering intestinal distress such as gas, bloating, cramps or diarrhea and get plenty of fluids to avoid intestinal blockage.

Most sources suggest up to 40 grams flaxseed daily (4 tablespoons of whole flaxseed or 7 tablespoons of flaxseed meal) to lower LDL and total cholesterol.

Avoid taking more than 45 grams per day (4.5mg tablespoons of whole flaxseed or 8 tablespoons of flaxseed meal) to decrease your risk of intestinal problems.

Here are 5 Key Facts About Flaxseed and Omega-3 Fatty Acids:

1. The Omega-3 fatty acid ALA found in flaxseed is not active in your body.

ALA from flaxseed needs to be converted into active Omega-3 fatty acids like EPA and DHA by your body before it can benefit you. Some people can make this happen, but most cannot.

2. Fatty fish, fish oil and krill oil have high concentrations of the active Omega-3 fatty acids EPA and DHA.

The foods containing the most Omega-3 fatty acids EPA and DHA are fatty fish like salmon, herring, mackerel and sardines.

3. The soluble fiber in flaxseed lowers total cholesterol and LDL (bad) cholesterol.

Flaxseed's soluble fiber is concentrated in its seed coat. Flaxseed oil and lignin extracts do not significantly affect cholesterol levels.

4. Start slowly and limit whole or ground flaxseed to 45gm daily to avoid intestinal distress.

Add fiber to your diet gradually to minimize painful gas, bloating or cramps.

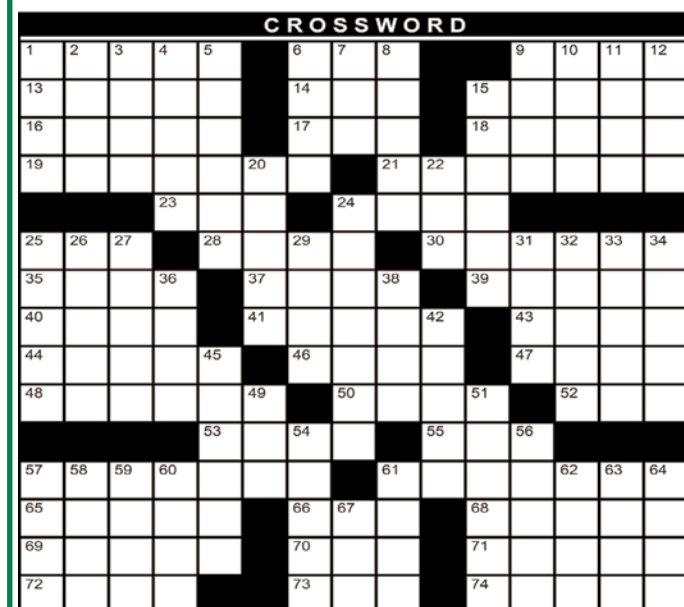
5. Avoid flaxseed while pregnant or breastfeeding. Flaxseed contains phytoestrogens and should be avoided if possible during pregnancy and while breastfeeding.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of *Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely.* Your questions and comments are always welcome at [www.AskDrLouise.com](http://www.AskDrLouise.com) ©2019 Louise Achey

THEME: SOUTH OF THE BORDER ACROSS

- Winter warmer
- \*T, north of the border
- Put six feet under
- Computer programmer
- Supermarket circulars, e.g.
- "He loves me..." flower part
- "Santa Anna's 1836 victory locale
- Pod dweller
- All worked up
- "Filling" corn dough + corn husk, pl.
- Like Dorothy Gale's dress
- Selfie, e.g.
- Cheese on Peloponnese
- Eye Network
- "Day of the Dead"-inspired Oscar-winner
- Attempted
- Between Thailand and Vietnam
- El Dorado-related
- Lymphatic swelling
- Archipelago parts
- Unload on eBay
- Hue perception
- Bald eagle's nest
- Caffeine-containing nut tree
- " \_\_\_\_ ! This is the police!"
- Bank on
- Aptitude test
- Like a doily
- Margaret, for short
- \*Made from agave
- "Popular huevos accompaniment
- Driver's 180
- Flying saucer acronym
- Mythological princess of Colchis
- Repenting
- Collagen target
- More capable
- Tiny sips
- Skeleton in a lock
- Must-haves

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WHAT'S HAPPENING

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