



Photos by Al Stover
The Cascade High School wrestling team won the District 6 Championship for the first time in the program's history.

Cascade mat squad claims first District 6 championship Fourteen Kodiak wrestlers advance to regionals

By AL STOVER

For the first time in program history, the Cascade High School wrestling team can call themselves District 6 Champions.

The Kodiaks claimed their first district title in school history during the District 6 tournament on Feb. 2 in Cashmere.

This accomplishment comes weeks after Cascade won the Caribou Trail League championship after going 6-0 in conference duals.

The top three finishers in each weight division qualified for regionals in Omak on Feb. 9. Cascade will have 14 Kodiak wrestlers in the tournament.

"It's years of hard work paying off," Head Coach Jesus Sandoval said of winning the district title and qualifying a plethora of athletes for the

regional tournament. "This is great motivation for me as a coach. We're seeing the program grow, and Cascade is now on the map."

Juan Martinez was the first Cascade wrestler to earn a district medal after he won the 106-pound bracket. After his victory over Chelan's Logan Oules, he earned a 9-4 decision over Omak's Kayden Cate in the finals.

Axel Martinez took the 113-pound bracket after he pinned Cashmere's Myles Chapman in the first period of their match.

Manuel Camarena and Jesus Sandoval took the top two spots in the 120-pound division. Camarena pinned Okanogan's Richie Myers, then earned a close 7-6 decision over Jesus Sandoval in the championship match.

Daniel Sandoval took the

126-pound crown after he earned a 3-1 decision over his Okanogan opponent, followed by an 8-4 decision over Cashmere's Aaron Guerrero.

Jace Seely pinned Chelan's JJ Mercado in the second period to win the 132-pound bracket.

Adian Arceo won the 138-pound bracket. He pinned

Chelan's Colton Funk in the semifinals, then earned a close 8-7 decision over the Goats' Carlos Venegas.

Hunter Reinhart clinched the final first-place finish for Cascade after he pinned Omak's Leighton Jensen to win the 285-pound bracket.

SEE WRESTLING ON PAGE 2



Cascade's Juan Martinez won the 106-pound bracket.

School Board discusses various future possibilities

By KALIE DRAGO
Echo Reporter

The resurrection of the conversation surrounding the Beaver Valley surplus property, noting some milestones for the Cascade athletics and a guest speaker from the Upper Valley Museum – these were just three of the many elements in the second school board meeting of 2019 on Monday, January 28.

This meeting brought forth several possibilities, not quite cemented, but could be on the horizon for the Cascade School District.

One upcoming component that may be weaved into Cascade curriculum is collaborating with the Upper Valley Museum during the course of the museum's relocation.

Upper Valley Historical Society president, Matt Cade and city council member, Margaret Neighbors, pitched their idea to incorporate the museum aspects into curriculum.

"We value the history of this town and we want to make sure our kids understand the history," said Neighbors.

Cade elaborated on providing assistance to the district with informational speakers, schools participating in walking tours and using the schools as a temporary resting place for some of the exhibits that would be in limbo during the move.

"In our plan for moving the museum, we will

probably be in a phase where we will not have the exhibit room open," said Cade.

"As we do, we will need to provide a safe environment for our exhibit pieces and talking with the superintendent (Bill Motsenbocker) just exploring the possibility of maybe introducing some of those exhibits into the school."

The exhibits would be essentially different styles of poster boards, each with different information about a different point or moment in the course of Upper Valley history – such as "The Quiet Period" right before Leavenworth transitioned into the Bavarian theme.

The ability to freeze time over the evolution of the community and share it with some of the youngest community members was the main theme of the pitch.

Motsenbocker stated that despite curriculum being pretty packed full for the students, he would try to find a way to blend certain aspects into the curriculum without shoving something else aside.

He did state that he would be happy to house the artifacts around the District office and possibly some Cascade schools.

"We would be happy to increase the number of artifacts and photographs in this hallway, so we will make that commitment to

SEE SCHOOL BOARD ON PAGE 5



Photo submitted by Linda Cleason
The 2019 Empty Bowls Glazing Days were well attended, and a wonderful way for old and new friends to connect and create.

Empty Bowls Festival kicks off its annual fundraiser for the Community Cupboard

By KALIE DRAGO
Echo Reporter

Located just a hop, jump and a skip away from downtown Leavenworth is the well known and appreciated staple in the community - the Community Cupboard, the local food bank. The annual fundraiser, Empty Bowls Festival – that's been a yearly provider for helping fund the Community Cupboard and simultaneously being an event for locals to contribute to their neighbors in need for 20 plus years - has begun.

"Empty Bowls is the largest fundraiser for the Community

Cupboard food bank," said Community Cupboard program manager, Bob Mark.

"The Empty Bowls festival is a nationwide festival, it does various forms throughout the country. In general it's a fundraiser for food banks and to bring awareness to people hungry in the community."

As of January 25, the annual Empty Bowls Festival 2019 kicked off with the first Glazing Day and the glazing continued until Tuesday, January 29 in the Woodpecker Room at the Sleeping Lady Mountain Resort. The festival stretches on from now until March 21 with the Community

Soup Supper. Upper Valley Mend sponsors the Empty Bowls Festival with an army of over 100 volunteers extending helping hands as well.

"It's really such a labor of love. There's so many volunteers that put this thing together; from the Empty Bowls committee to the potters to the restaurants to the bakeries, all the folks that come together," said Mark. "I think it just goes to show the type of support that there is in this community for feeding their community."

The benefits from the

SEE EMPTY BOWLS ON PAGE 4



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School Sports



All photos by Al Stover

Cascade's Dorothy Espinosa (left) attempts to drive around a Cashmere defender.

By AL STOVER

The Cascade High School girls basketball team wrapped up their 2018-19 campaign on Jan. 31 with an 87-18 loss to the Caribou Trail League champions Cashmere.

Before the Cashmere contest, the Lady Kodiaks en-

dured a 63-28 loss to Omak on Jan. 29.

The Lady Bulldogs' pressure and defense hindered the Lady Kodiaks' offensive effort, allowing only four points from the home team. Cascade added six points in the second quarter.

Cascade girls basketball finish season at home

In the second half, the Lady Kodiaks added five points in the third quarter and three in the final eight minutes.

Kaija Lovelady led the team with 10 points.

Head Coach Dane Lewman said the team knew they were going into a tough match against a physical Cashmere defense. He noted the second half was "less physical," and the Lady Kodiaks had plenty of looks, but they struggled to score.

Lewman commended the team's attitude and willingness to stay in the game despite the wide scoring gap against a tough opponent.

"They've always conducted themselves with high class, pushed themselves hard and never gave up," Lewman added. "Tonight was another reflection of that."

Lovelady, along with other seniors Dorothy Espinosa, Nicole Dunn and Alondra Acevedo were recognized for their contributions to the program in what would be their final game wearing Cascade jerseys

Lewman said all four seniors were great players and

leaders for the program and hopes his daughter grows up to be like them.

"This is a difficult thing for me to watch these four go," he said.

Cascade finishes the season at 1-10 CTL and 2-17 overall.

The Lady Kodiaks entered the season with strong chemistry, and a starting lineup with experienced, and battle-tested players.

Cascade picked up their first win on Dec. 28 with a 47-27 win over Central Washington B League's Manson during the Cascade Holiday tournament, snapping a 10-game losing streak.

The Lady Kodiaks succeeded in capturing their first league win on Jan. 18, after their 51-42 victory over Okanogan.

The win not only avenged Cascade's two previous losses to Okanogan, but also snapped the team's 36-game losing streak in conference play.

The last time Cascade had won a conference game was the 62-42 win over Chelan on Jan. 20, 2015.

The game also marked the

first time the Lady Kodiaks scored over 50 points in the season, which they would go on to do again in their Jan. 22 game against Warden.

Several players are expected to return next season, including a good crop of freshmen, as well as incoming eight-graders.

Lewman said will also look into recruiting more players for next year's roster.

"Hopefully what these seniors have done is show this community, this school, what a solid team together can do, and that's a testament to how hard they've worked and their leadership," Lewman said.

CASCADE SCOREBOARD

Girls Basketball	
Jan. 29	Cascade 28, Omak 63
Jan. 31	Cascade 18, Cashmere 87
Boys Basketball	
Jan. 29	Cascade 43, Omak 73
Jan. 31	Cascade 45, Cashmere 65

CASCADE SCHEDULE

Wrestling	
Feb. 9	Regionals at Omak High School at 10 a.m.

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Kodiaks end season against Bulldogs

By AL STOVER

The Cascade High School boys basketball team ended the season on Jan. 31 against the Caribou Trail League champion Cashmere Bulldogs, 65-45.

In the first quarter, the Kodiak struggled to get their offense going, scoring eight points. Cashmere's pressure in the second quarter limited Cascade to four points in the second quarter.

Head Coach Paul Fraker explained the Kodiaks struggled to get the ball inside throughout the first half. Cascade also had to play without top scorers Kurt Fraker and Isaac Cortes, who were recovering from injuries.

The Kodiaks scored double digits in both quarters of the second half with 15 in the third frame, including 11 from Hans Schlyer. Cascade ended the night with 17 in the final frame.

Schlyer led Cascade with a career high 24 points. Coach Fraker said the other Kodiak players did a good job passing the ball to Schlyer.

Before the game, seniors Kurt Fraker, Ethan Burpee and Conrad Hasse were honored for their contributions to the team.

"Kurt and Ethan have been with us since fifth-grade and Conrad came to us late. He didn't get a lot of varsity time



Kodiaks Cole Warnaca goes for two while covered by Cashmere defenders.

but he made us better," Coach Fraker said. "It will be a bitter pill to lose them but we wish them the best."

Prior to their contest against the Bulldogs, The Kodiaks endured a 73-43 loss to Omak on Jan. 29.

The Pioneers took a 21-11 lead in the first quarter. The Kodiaks offense added eight points in the second quarter to bring the scoring gap to 42-19 at the first half.

Cascade had their best offensive effort in the third quar-

ter with 14 points, and added 10 in the final frame.

The Kodiaks end the season at 0-12 in league play and 4-16 overall.

Cascade started strong the season with a 52-38 win over Quincy in their opening game on Nov. 27, 2018. After back-to-back losses, the Kodiaks added two more nonleague W's with a 51-41 victory over Cle Elum and a 38-32 win against Waterville-Mansfield.

The Kodiaks struggled during the initial round of CTL play. They earned their final win on Jan. 4 against Highland, 53-26, snapping a six-game losing streak.

Coach Fraker said being winless in league left the team with a bitter taste "in our mouths," and he is hoping players will work in the offseason to prepare for next year.

"The season is a tough one, we'll have to learn from it and get better," Fraker added. "We're hoping the guys are willing to work. We'll give them time and opportunities to do so."

While the team loses three seniors, Coach Fraker said there are several players who will be upperclassmen next year and they will bring a plethora of varsity experience to the lineup. He is also looking forward to seeing athletes from the middle school transition to the high school level.

Cascade to remain in 1A following WIAA amendments

By AL STOVER

The Washington Interscholastic Activities Association (WIAA) Representative Assembly met in Renton, Washington to approve two amendments to the WIAA's classification system on Jan. 28.

The first amendment established enrollment parameters for high school classifications. The enrollment parameters for 1A Classification, which includes Cascade High School and the other teams in the Caribou Trail League, range from 225-449.

The change will have no bearing on a school's decision to move up in classification.

The other amendment will use free and reduced lunch numbers reported to the Office of State Superintendent of Public Instruction (OSPI) to

determine adjusted enrollment for schools in 1A, 2A, 3A and 4A. Schools with a free and reduced lunch rate greater than the statewide average will be adjusted to match the statewide average, up to a maximum of 40 percent.

The amendment also states a school could drop down no more than one classification due to its adjusted enrollment. The classification changes from these amendments do not take effect until the 2020-21 school year.

Despite the classification changes, Cascade High School Athletic Director Dominique Coffin said CHS, will not move up or down in classification, or change leagues.

"We'll still stay in 1A," Coffin added. "We'll probably be in the lower bottom of 1A

Classification (enrollment parameters)."

Cashmere High School Athletic Director Jeff Carlson said Cashmere, Chelan and Omak will likely remain in 1A as well.

"Again, we just don't know what the enrollment numbers will be from schools," Carlson said. "A lot of that will be ironed out in the next 10 months."

The only current CTL school in question is Okanogan, who Coffin said may move out of 1A and the conference, depending on their free and reduced lunch percentage and enrollment adjustment. Coffin added that former CTL member Quincy may return to the conference, depending on their adjusted enrollment and whether or not they decide to drop to 1A.

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Cascade's Hunter Reinhart pinned Omak Leighton Jensen in the first period.

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COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

Who: Any non-profit 501(c)-(3) group, person(s). Must submit full name and phone number.
What: Items pertaining to local events that are free or **maximum charge of \$100 fee.**
Where: Email to: reporter@leavenworthecho.com or reporter@cashmerevalleyrecord.com
 Or fill out the online form at: LeavenworthEcho.com or CashmereValleyRecord.com

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Go to: www.NCWMARKET.COM • 24/7
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 For more information on any of these items. 509-548-5286 or classifieds@leavenworthecho.com

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, Kristalls Restaurant, 280 US-Hwy.2, 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
Prostate Cancer Awareness & 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 & 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
Peshastin Water District, 5:30 p.m., Peshastin Memorial Hall. (Sun.)

Monday
Chumstick Grange Hall, 2 p.m., Helen Kensrud, 782-4086. (2nd & 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 & 4th Mon.)
Cascade School board meetings, 7 p.m., District Office board room. Call 548-5885. (2nd & 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.)

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.**
 Closed weekends.
Upper Valley Museum:
 347 Division St., 548-0728. Thursday, Friday, Saturday 10 a.m. - 4 p.m., Sunday. 11 a.m. - 3 p.m.
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. & 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.

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, City Hall Conference Room, Nathan Pate 548-5275 (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.
February 7 Thursday: Hot beef sandwich, mashed potatoes, green beans, tossed veggie salad, peaches and pound cake.
February 8, Friday: Supreme pizza, Caesar salad, tropical fruit, garlic bread, dessert.
February 9, Saturday & February 10, Sunday: no lunch.
February 11, Monday: Chicken burger deluxe, sweet potato fries, Waldorf salad, dessert.
February 12, Tuesday: Pot roast, roasted red potatoes, roasted carrots, spinach salad, whole wheat bread, or roll, berry and pudding parfait.
February 13, Wednesday: Chicken parmesan, rice pilaf, steamed broccoli, 7 layer salad, fruit cris.

Leavenworth

Leavenworth Red Cross Blood Drive

Sponsored by the United Methodist Women and will be held at Icicle Village Resort on Thursday, Feb. 7 from 1 p.m. to 6 p.m. For information or scheduling an appointment, call 1-800-Red cross (1-800-733-2767) (e 6)

Once Upon A Mattress

Cascade School District's spring musical "Once Upon A Mattress" will be on February 7 at 7 p.m., February 8 at 7 p.m. and February 9 at 2 p.m. and 7 p.m. Tickets are \$12 for adults and senior citizens, children and students will have a discount for a \$5 ticket. The musical will take place in the new CHS auditorium. (e 6,7)

Film presentation

"Harvest of Empire: The Untold Story of Latinos in America"

This is a community viewing, Wednesday, Feb. 13, 6:30 p.m. at Faith Lutheran, 224 Benton St., Leavenworth. Eat dinner before coming and enjoy the desserts that will be provided. This critically acclaimed documentary examines the history of Latino migration into the United States. Over the last century, there have been significant waves of immigration in great part due to U.S. military, political, and corporate intervention. How have these events affected our immigration policies and attitudes? A must for individuals seeking a deeper understanding of this critical issue. (e 5,6)

Leavenworth Women's Exchange

The Leavenworth Women's Exchange monthly luncheon meeting is on Wednesday, February 13 at noon at Visconti's, 636 Front Street. The cost is \$16 per person for members and \$18 for non-members. Beverage, tax and gratuity are included. Vrushika Doshi, a Rotary exchange student, will present a program titled "India: It's Customs and Culture". For reservations call Claire Burlingame, 548-7142 by Saturday, February 9. (e 5,6)

Children's Auditions

Leavenworth Summer Theater is excited to announce auditions for the roles of the von Trapp children in our 2019 summer production of The Sound of Music. Our double-cast production has roles for 14 kids, both boys and girls, from ages 5 to 15. Tiffany Mausser will be the director and choreographer, and Bradley Stieger will be the vocal director. Auditions will be the morning of Saturday, March 2. Please call (509) 548-7324 or visit www.leavenworthsummertheater.org/auditions. (er 6,7)

Upper Valley PEO Scholarship

Application are now being accepted for this scholarship offered by P.E.O. Chapter JF for women residing in Chelan or Douglas County. The purpose of the scholarship is to assist women 30 years or older who are returning to or are currently enrolled in higher education in the state of Washington after a two-year or more absence. Deadline for applications is April 30, 2019. For more information contact Joyce Schiferl at royce.woody2@frontier.com (er 5,6).

Regional

The Community Foundation of NCW

Now accepting applications for its scholarship program: The foundation manages over 100 unique scholarships that support high school seniors, current college students, and non-traditional students from North Central Washington who are planning to attend four-year colleges and universities, community colleges, and trade schools. Each scholarship has its own criteria and eligibility - most seek to support students who have served their communities, show growth and potential, and demonstrate significant financial need. The application process is online and students can easily apply for multiple scholarships at once. The deadline is March 1. For more information, contact Jennifer Dolge, 663-7716. (er 6,7)

Firewise Day 2019

Preparation, Response, Recovery, will be on February 23 from 10 a.m.-1p.m. at Pybus Public Market. Representatives from various local organizations will share information and resources on creating defensible spaces, landscaping, disaster planning and the benefits of being a Firewise community. (er 6,7)

Pybus Market Non-profit Day

5th annual Nonprofit Day is on Sat., March 23 10 a.m.-2 p.m. and is now accepting applications from non-profits interested in participating. Space is limited to 40 non-profits and the participation fee is \$20. For more information call 888-3900 or aly.laris@pybusmarket.org (er 5, 6,7)



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

January 25

10:40 Theft, 10190 Chumstick Hwy.
 11:06 Parking/abandon, Main St. & Alice Ave., Dryden.
 11:21 Welfare check, 500 Pine St., Alpine Lakes.
 11:30 Disturbance, 9898 E. Leavenworth Rd.
 14:27 Welfare check, 10195 Titus Rd.
 14:30 Alarm, 12315 Mule Tail Flats Rd.
 14:32 Burglary, 243 Mine St.
 15:06 Civil, 9193 Icicle Rd.
 16:59 Trespass, 190 US Hwy 2.
 19:40 Trespass, 801 Front St.
 20:14 Public assist, 215 9th St.
 20:21 Accident, unknown, US Hwy 2 Mp 81., Lake Wenatchee.
 22:22 Assault, 216 8th St., Alley Cafe.
 22:54 Traffic offense, 1250 US Hwy 2, McDonalds.
January 26
 06:01 Disturbance, North & Motteler Roads.
 13:54 Animal problem, 9581 E. Leavenworth Rd.
 15:38 Suspicious, Alice Ave. & Main St., Dryden.
 16:13 Disturbance, 645 Front St.
 17:02 911, 980 US Hwy 2, Cashmere Valley Bank.
 22:22 Accident, injury, 20752 Chiwawa Loop.

January 27

01:15 911, 980 US Hwy 2, Cashmere Valley Bank.
 01:29 Traffic offense, River Bend Dr. & Ward Strasse.
 06:26 Suspicious, 8697 Alice Ave., Dryden.
 07:57 Alarm, 17400 Winton Rd.
 08:03 911, 980 US Hwy 2., CVB.
 11:12 Fraud/forgery, 16620

Lakeview Dr., Lake Wenatchee.

14:47 Malicious mischief, 3681 Old Blewett Rd., Peshastin.
 16:19 911, 980 US Hwy 2, Cashmere Valley Bank.
 17:42 911, 980 US Hwy 2, Cashmere Valley Bank.
 18:36 Court order violation, 7951 Blewett Cutoff Rd., Peshastin.
 20:37 Traffic offense, 810 US Hwy 2, Bavarian Lodge.
 20:49 Theft, 280 US Hwy 2, Kristalls.
 23:01 911, 980 US Hwy 2, Cashmere Valley Bank.

January 28

01:16 Malicious mischief, 285 US Hwy 2 #A.
 03:47 911, 980 US Hwy 2, Cashmere Valley Bank.
 08:53 Accident, no injury, 185 US Hwy 2.
 09:14 Scam, 12765 Wilson St.
 09:53 Property, 405 US Hwy 2, Howard Johnson.
 12:12 Theft, E. Leavenworth Rd.
 13:00 Assist agency, 12515 Chumstick Hwy.
 13:50 Traffic offense, US Hwy 97 Mp 185, Peshastin.
 15:37 Suspicious, 213 9th St., Post Office Saloon.
 15:44 Public assist, Leavenworth.
 17:27 DUI, US Hwy 2 MP 101.
 18:05 Disturbance, Front St. & Chumstick Hwy.
 19:02 Harass/threat, 8th & Commercial Streets.

January 29

09:06 Parking/abandon, 502 Pine St., Cascade School.
 09:14 Abuse, 19083 Gill Creek Rd., Lake Wenatchee.
 13:38 Juvenile problem, 500 Pine St., Alpine Lakes.



Summer Camp Fair coming to Pybus Market this weekend

JAMIE HOWELL

Sure there's still snow on the ground, but it's already time to start thinking about what those kiddos are going to get up to next summer with the **SUMMER CAMP FAIR at Pybus Market on Saturday, Feb. 9, from 10 a.m. to 2 p.m.**

Icicle Creek Center for the Arts started the Summer Camp Fair three years ago to offer a one-stop shop for parents and children to get a look at the broad range of activities and educational opportunities being offered by great organizations from all over NCW. The event is sponsored by Wenatchee Mom Blog.

We'll certainly be there with information about our summer symphony, film, theater and music camps, but you'll also get to browse a host of other opportunities from other great organizations such as Campfire, Wenatchee River Institute, the YMCA, Joyful Scholars Montessori camps, local parks and rec departments, and nearly a dozen more.

No chance to be bored this summer, kids! Whether it's the Arts or karate or even flyfishing camp, there's certain to be something for everyone. **Free to attend,** this Saturday, Feb. 9, at Pybus Public Market in Wenatchee from 10 a.m. to 2 p.m.

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AT

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Neighbors

Obituary

Timothy B. Lyons



Timothy Bruce Lyons, born in Wenatchee Feb 18, 1949 was killed in a helicopter accident in Medford, Oregon on January 23, 2019, while flying a training mission.

He is survived by wife Ashley Goodrich Lyons of Port Bolivar, Texas, mother Lila Lyons of Leavenworth, old brothers Joseph Michael (Ellen), Seattle, John Scott Lyons of Seattle, and younger sister Terri Lyons Warehime (Steven) of Westminster, Maryland.

He was predeceased by his father Joseph M. Lyons in 2002. Tim is also survived by Marni Moore of Bellingham and longtime friend Rich Adams of Wenatchee.

Tim attended Wenatchee Valley College and graduated from Gonzaga University, where he was in the ROTC. He joined the US Marines at Pensacola, Florida as a pilot, serving six years stationed in the Philippines.

After leaving the Marines, he was a Medevac pilot, worked with the US Forest Service as a firefighting pilot, with offshore oil companies, and as an Army Reservist. He was also a pilot for the Royal Family of Saudi Arabia. For the last 20 years he has flown as a contractor for the US Navy in the Pacific.

A celebration of Life service was held in Leavenworth at The Faith Lutheran Church.

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CONTINUED FROM PAGE 1

Empty Bowls Festival kicks off its annual fundraiser for the Community Cupboard



Photo submitted by Linda Cleason

The 2019 Empty Bowls Glazing Days were well attended, and a wonderful way for old and new friends to connect and create.

donations that are pulled from the Empty Bowls Festival are paid forward to the fellow community members and residents that are in need of a little extra help. In 2018, the Community Cupboard helped feed a total of 1,045 households and total number of individuals served was 2,586.

“It’s not an easy thing to use the food bank, it’s a humbling experience for a lot of folks. So making it as easy as possible with as much choice as possible I think is helpful and I think we’re doing a good

job of that,” said Mark. 2018 brought a lot of changes forward for the Community Cupboard; its sister entity, Das Thrift Haus, moved into its own location and the food bank made the transition into a new format for those who use its services.

According to Bob Mark, around April and May 2018 the Community Cupboard left behind the former food box style for families and started a point system. Points are allocated based on size of household and then the families or individual

are free to use their points sporadically, all at once or however they chose to distribute their points over the course of a month.

The point system gives the food bank more of a shopping feel and allows families and individuals to have a wider range of freedom for their grocery selections.

“Its (the new format) is working out great. We’re still tweaking things until we find that sweet spot, but its almost there I think. The usage for the food bank has went up considerably since we >>>

>> started using this new shopping model style. I think its much easier and more inviting experience for people to use the food bank, there’s a lot more choice and autonomy involved with the food you want to pick,” said Mark.

The appeal of being able to come and go throughout the month at one’s own leisure on the basis of how many points are left seems to have lured in more families and individuals to make use of the local food bank.

“When we did make the

switch (to the point system) in April/May, the numbers just started going up from there. We were averaging somewhere just over 200 boxes per month at the end of last year and now we’re up to 360 families served per month,” said Mark. “I think that the fact that numbers have gone up so much since we did switch over, I think it shows there’s really a demand for a food bank in this community. And its a growing need.”

Whether its a point system or a food box, the Community

Cupboard and Upper Valley Mend work hard to ensure the Upper Valley community isn’t left hungry. With the help of the Empty Bowls Festival, the Community Cupboard continues to be a pillar of paying it forward to locals.

“The Empty Bowls Festival is really important for us because it raises a lot of money for our food bank. In fact, about half of our food bank budget is raised through the Empty Bowls Festival so we’d be in really tough shape with this festival,” said Mark.

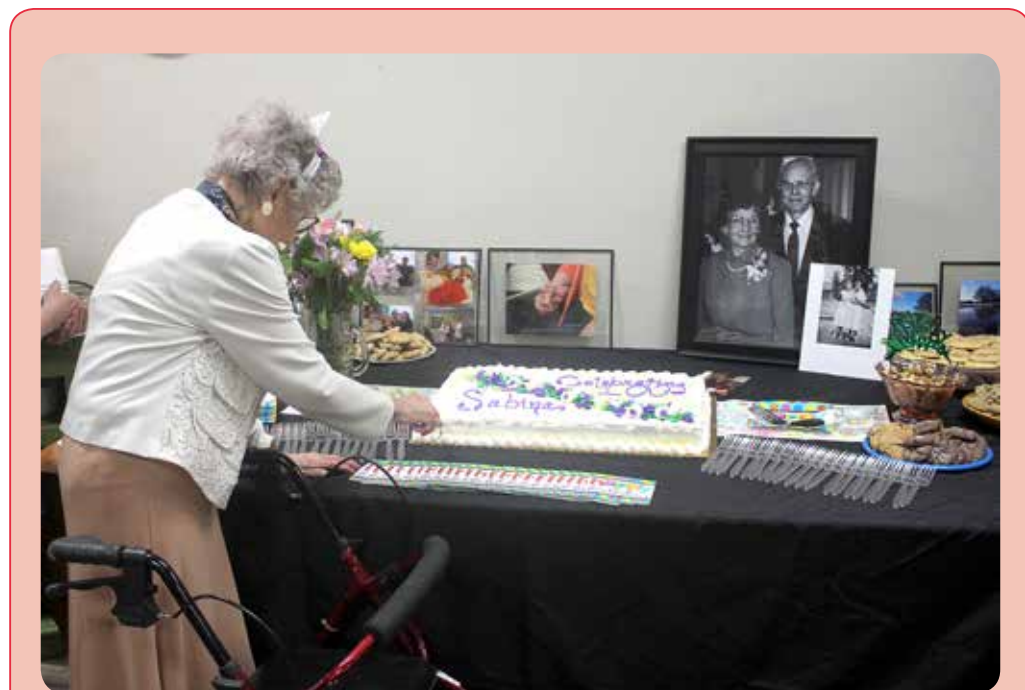


Photo by Kalie Drago

Sabina Kane celebrates her 100th birthday at an open house at the Henry Building.

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Wednesday Bible Study 6:30 p.m.
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Healthy Living

Whatever Happened to Quinine for Leg Cramps?

Q: I suffer from terrible leg cramps at night. My father always took quinine for his leg cramps, but it's not available any more without a prescription. Why is that?

First there's some heavy breathing, then rolling around under the bedcovers, moaning and panting. No, this isn't a bedroom scene from an adult movie, it's my husband Charlie waking up in the middle of the night with a viciously painful cramp in his calf.

Sometimes just stretching out his leg and pointing his toes relieves the knotted lump, but other times he rolls out of bed, hopping around trying to get his calf to relax enough so he goes back to sleep. It can be weeks between attacks or hit him several times in one night.

About half of American adults will occasionally experience a nocturnal leg cramp, and they become more common as you age.

70% of older adult's expe-

rience leg cramps at night, with powerful muscle spasms disrupting their sleep and causing leftover soreness the next day.

Years ago, your father could buy quinine capsules containing 200mg or 300mg of quinine to help him battle this scourge of getting older.

Quinine comes from the bark of the cinchona tree, which grows wild in the Andes Mountains of Peru and Ecuador.

Two prescription medicines are extracted from cinchona bark: quinine and quinidine. Quinine helps ease the fevers caused by malaria, while quinidine is a heart suppressant and used to control certain types of irregular heartbeat.

Quinine's extremely bitter taste gives the characteristic

"bite" to tonic water and vermouth, a flavored wine used in making martinis.

Today, quinine has been replaced by less toxic and more effective heart medicines.

Quinine interferes with signal conduction from your nerves to your muscles, and was sold without a prescription in drug stores for nocturnal leg cramps since the 1940s. Its safety was called into question as between 1969 and 2006 the Food and Drug Administration (FDA) received 665 reports of serious adverse reactions related to using quinine, including 93 deaths.

Quinine is responsible for a cluster of serious side effects named after it called cinchonism.

Symptoms of cinchonism include ringing in the ears, dizziness, disorientation, nausea and loss of vision or hearing.

Quinine can also cause a serious, potentially fatal irregular heartbeat called torsades de pointes. Just one dose of quinine has triggered

life-threatening reactions like kidney failure, blood disorders and permanent loss of vision or hearing.

To protect the public, the FDA decided to restrict the use of quinine and ordered all manufacturers to stop making it by February 13, 2017. A prescription version called Quaaliquin® was approved on August 12, 2005 by the FDA but only to treat malaria, not nocturnal leg cramps.

Some medicines can trigger nocturnal leg cramps, including water pills and some long acting inhalers used for asthma.

Dehydration and sudden increases in activity can also increase the likelihood of experiencing a painful, sleep-disrupting charley horse.

Here are 6 Ways to Prevent Painful Episodes of Nocturnal Leg Cramps:

1. Avoid prescription medicines that can cause leg cramps. Ask your doctor if you are on a medicine that can cause nocturnal leg cramps. All water pills and some long acting inhalers



Ask...

Dr. Louise

used for asthma can trigger leg cramps. Your doctor can taper your medicine or switch to a different one to see if helps decrease your episodes of nighttime leg cramps.

2. Stay hydrated. Many older adults cut back on fluids because they don't want to have to get up at night to urinate. Sudden increases in activity can also increase the likelihood of experiencing a painful, sleep-disrupting charley horse.

3. Avoid taking certain types of acid blocking medicines. Many people take a stomach acid blocking medicine like omeprazole (Prilosec®) or Prevacid® to prevent heartburn or stomach pain. These medicines reduce your ability to absorb vital minerals like magnesium and calcium, which may trigger leg cramps. Slowly switching from one of these medicines to ranitidine (Zantac®) or cimetidine (Tagamet®) may help.

4. Try a multivitamin with minerals. Taking either a magnesium or calcium supplement, or B vitamins have been shown to be helpful in preventing nocturnal leg cramps in some people.

5. Avoid homemade tonic water. In the United States, 8 ounces of commercial tonic water contains less than 10% of the typical quinine dose of 324mg, but making it yourself can create a much more potent and potentially dangerous product.

6. Talk to your doctor. If other interventions fail, ask your doctor about a trial of the prescription version of quinine, Quaaliquin®.

Dr. Louise Achey, Doctor of Pharmacy is a 39-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

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CONTINUED FROM PAGE 1

School Board discusses various future possibilities

you right away," said Motsenbocker.

Next up on the agenda was Athletic Director, Dominique Coffin, giving an overview of the athletics within the district (both middle and high school), upcoming changes for athletics within the state and how the honor code has unfolded since tweaking it.

Some milestones mentioned: the Cascade High School cross country coach Dayle Massey was the 1A State Coach of the Year, the Cascade High School girls basketball team got their first league win for the past four years and the Cascade High School wrestling team took home the first league championship this year since 1987.

"Our new code went in this last year, approved by the school board in the summer. We lowered it to a percentage for your first athletic code vi-

olation (rather than the previous code which if a student violated the code in the form of getting caught drinking, they would not be able to play a sport for the season), I think it was something good and something needed," said Coffin.

"It was kind of tough because kids that are getting athletic violations are kids that need that support (sports and coaches) the most."

An upcoming tweak for district athletics to take into consideration for future seasons is the amendments made by the Washington Interscholastic Activities Association.

Hard numbers was an amendment the school district was hoping for - which means that a school that is Cascade's size will not have to play a school where the enrollment is double instead of forcing 60 teams into every

division.

Socio-economic factor was something the district was not shooting for, but still came to fruition - however much the percentage of Cascade High School students receive free and reduced lunch is over the state average of students who receive free and reduced lunch will then distort the actual enrollment number (i.e. if its 10% over the average, they will then shave 10% out of the enrollment which could push the school out of 1A into a 2A division).

"It will be interesting to see how it will all unfold," said Coffin after explaining Okanogan may drop from the Caribou Trail League and Quincy may be an addition due to the amendments.

The last item also looked to the future, but was something that has come up at past school board meetings.

The Beaver Valley property will be surplus and put back on the market, but without the stipulation of the play field.

The Cascade School District has decided they will take responsibility for the play field and the buyer will just purchase the 5.3 acres of property.

Other business attended to at the meeting:

- The district Notification of juvenile defenders was a policy requested to be approved meaning that a district wide notification must be released when a student joins the district with a past criminal history.

- Interviews and interrogations of students on school premises was a policy that allows administrators the ability to end interrogations or interviews of students on school grounds if they see fitted.

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RECYCLE

NEWSPAPER

One year after the tax cut

On December 22nd, 2017, the "Tax Cut and Jobs Act of 2017" was signed into law. Exactly 12 months later, the S&P 500 was down nearly 10%.

In fairness, much of the benefit to the stock market was already baked into stock prices before the tax bill was passed.

However, even if we go back another 6 months (to June 22, 2017), the S&P 500 was essentially flat.

It's not just the stock market that hasn't been impressed with the tax cut; our economy hasn't responded much either.

In the 4th quarter of 2017, our GDP was 2.9%. However, a year later, estimates for the 4th quarter of 2018 are closer to 2.7%.

That is still a strong economy, but where's the payoff for "the biggest tax cut in history?" Indirectly related news, our annual budget deficit is up 17% over the last year. That's not a typo.

So, the stock market is down, our economy is slower, and we're going deeper into debt every day.

It's becoming clear that the tax cut was little more than a year-long party – and now it's the morning after.

Instead of cutting taxes, we should have been paying down the debt or making long-term investments. We picked exactly the wrong time to try to stimulate the economy.

All of this was predictable. Here's how I explained it last March: *When an economy is in a recession, there's slack in the "economic rope."*

That means there are plenty



BRAD BLACKBURN
Financial Opinion

of people who don't have jobs, lots of empty office buildings to fill, and lots of idle manufacturing equipment to ramp back up. At times like that, you can stimulate the economy without causing inflation and interest rates to rise. But that's not where our economy is.

At this point, our economic rope is tight – if you pull on it, the whole thing will move.

There's another aspect to this as well. Nearly everyone agrees that the tax bill and increased budget will leave us with a higher national debt.

If you go to the bank for a loan when you already have a lot of debt, and you'll want even more debt in the future – that bank is going to charge you a really high interest rate.

We are already seeing that effect here in America. Since the start of the year, the 10-year US Treasury Bond yield has risen more than 15%, which means higher interest rates for everyone.

So, although we might all be saving money on our tax bills, we're already paying more for credit cards, auto loans, and mortgages.

Similarly, if the tax bill allows your employer to give you a 3% increase in your salary, but also causes inflation to pick up to 3% – there's no net

benefit to you.

In other words – every bit the economy improves from this point will likely be matched by higher interest rates and higher inflation.

This just wasn't the right time for economic stimulus. If you are fat and happy, that's not the time to stuff your face with even more cake. Unfortunately, that's exactly what America is doing.

In fact, if we keep eating cake, we might get a stomach ache. The markets are starting to realize that.

Unfortunately, we are now in a very difficult spot. I think nearly everyone expects a recession sometime over the next few years.

Unless something dramatic happens before then, we will head into that recession with already low taxes, already low interest rates – and a massive amount of debt. That's not a good place to be.

Brad Blackburn, CFP®, is the owner of Blackburn Financial, Registered Investment Advisor. Blackburn Financial is located at 121 Cottage Ave, Cashmere. He can be reached at 509-782-2600 or email him at brad@blackburnfinancial.net

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Future kindergarteners and their families are invited to leap ahead

By KALIE DRAGO
Echo Reporter

Lunchbox? Check. Both shoes tied? Check. Butterflies in both mom, dad and child's stomach? Check.

The first day of school can be intimidating for both the eager child and the parents that wave goodbye for the first time to their eager child boarding the bus.

A kid taking on their first year of school brings a whole set of nerves that can leave parents scrambling to get their five or four year old prepared for this big milestone.

"Most of the time (a lot of school districts) focus on getting the child ready for kindergarten so I had this epiphany that it's really the families that need to get ready and they can be getting ready well in advance," said Lindsay Camp, director of Early Learning for the Cascade School District and Early Learning Fellow for the state of Washington.

Besides double checking all of the school supplies are packed away in the pencil case and reminding the little one to look both ways before crossing the street; parents also have to worry that their child is equipped and capable of keeping up with their peers in the new and foreign setting of an elementary classroom. Cascade School District is aware of this and is helping parents get all the training they need before the big day.

"The objective is going to teach them something that their kids really, really need to know to be ready for kindergarten. It's to have a successful, fun and engaging transition into kindergarten while helping them develop those skills along the way."

said Camp.

There are 5 training sessions that both parents and children are encouraged to attend. Camp said that they're working to put together such fun and engaging sessions so people will want to return to each one, but that's not required nor is any pre-sign up.

"We're developing and designing the activities to be the activities to be a lot of the time the children to be teaching their adults what the activities are. We're trying to incorporate stuff we're already doing in class with the spin on it that these are the activities we do in class, here's how you can do it at home," said Camp. "Because I think a lot of time families think the only place they can learn these things at are during preschool."

Each training session will include some take home items to maximize strengthening the future kindergartener's skills and even break them in with a form of "homework".

On Thursday, January 31, the first training session to kick off the project concentrated on early numeracy. The take home product was a math book and focuses on things like categorizing, patterns and sorting. The training session will help parents incorporate early numeracy to help their preschooler's growth at home with things such as counting the laundry as mom folds the dry clothes. "We're going to show them (the families) the concepts we're teaching at school and how they can take that and do it at home," said Camp. "We're going to have a variety of activities set up, show them how we do it in class and then give them actual practical ways that they can go home and

incorporate it into their family life."

The next training session will be on February 28 for social and emotional development that includes a take home book. A month later will be the third training session, March 28, which will focus on early literacy for the little guys and will include read out loud books. April 23 will be S.T.E.A.M. and the take home here is science, math and art kits. May 23 is the final training session that is based on physical development and the material sent home this night will be a take home outdoor activity book.

These training sessions will help ease the jitters and stress of preparing future kindergarteners for the skills needed and also a chance to intermingle outside the preschool classroom before their big day.

These sessions, as a whole, are for the entire transition into the biggest milestone the kids will have until they decide to embark onto the next chapter, college, according to Camp.

The training sessions will be held at Icicle River Middle School from 6 to 8 p.m. The project coordinators extend the invite far and wide, regardless of whether preschoolers are enrolled in the Kodiaks preschool program, Mt. Sprouts or a day care.

"So these are all things families can and should be doing at home in conjunction with the preschool program," said Camp. "Having a series of family nights might be a really great way to bridge that gap, be a great kindergarten transition and be able to address very specific academic and social and emotional topics."

56th ANNUAL

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Horticulture 2019

73rd Lake Chelan Horticulture Day Wrap Up

DuPont gives updates on Tree Fruit Extension website, welcomes Hort Day attendees



Photos by Diana Piñon
Richard Heimark and Molly Oswald of Chelan High School Future Farmer's of America (FFA) welcomed the attendees and thanked them for their attendance at the 73rd Lake Chelan Horticultural meeting. RIGHT: Tianna DuPont of WSU Research and Extension Center.

BY DIANA PIÑON
STAFF WRITER

CHELAN – Tree Fruit Extension specialist Tianna DuPont of WSU Research and Extension Center welcomed all attendees to the 73rd Annual Lake Chelan Horticultural meeting on Jan. 21 at Chelan High School's Performance

Arts Center (PAC).

DuPont, was the event's moderator and had a couple of announcements for the public, before commencing with the day's array of presentations.

She went over the updates on the Tree Fruit Extension website which now includes new information all the time. On the website growers can



access the new and updated version of the Crop Protection Guide, which DuPont is excited about. Coming up March 12 and 13, is Cherry Fruit School. "Registration is now available and ready to go," said DuPont. DuPont took a moment to thank all the event's sponsors and vendors.

Molly Oswald and Richard Heimark of Chelan High School Future Farmer's of America (FFA) also welcomed the attendees and thanked them for their attendance. Heimark also stated that all the monies raised on Hort Day would help FFA and also the scholarships they award to students. DuPont noted that Hort Day is co-sponsored by WSU Extension and Chelan FFA.

Willing to pay more

Study shows consumers prefer fruits with high content of dry matter

BY MIKE MALTAIS
STAFF WRITER

CHELAN – Consumers are willing to pay a higher price for pears containing a higher percentage of dry matter (DM) because those samples were judged significantly more flavorful by a panel of average fruit consumers. That is the conclusion of a study discussed by Sara Serra, a WSU horticulturalist, who performed the fruit analysis with six other associates.

Serra delivered her findings during a presentation at the 73rd annual Lake Chelan Horticultural meeting at Chelan High School last Jan. 21.

The study conducted by Serra, et al was titled: D'Anjou Pear Sorting by Predicting Dry Matter and its Effect on Consumer Preference.

Dry matter (DM) accumulates in fruit in the field when photosynthesis occurs in fruit tree leaves causing photoassimilates to ether the fruit as sugars. The metabolizing sugars produces dry matter that increases during fruit growth on the tree.

Using a new non-destructive method that employs a near-Infrared (NIR) spectrometer together with a device called the Felix F-750 processor that converts raw absorbance values to a single prediction



Photo by Mike Maltais
Sara Serra is a WSU horticulturalist

value, a greater number of fruit samples can be tested in the field in less time than cutting and oven-trying.

The objective was to determine the reliability of a non-destructive tool's capacity to predict dry matter and its application during harvest sorting for more consistent fruit quality categories to test for consumer preference and eating quality.

The experimental orchard where the study was conducted was one planted in Cashmere in 1998. The pear cultivar was D'Anjou from OHF 87 rootstocks planted in a density of 14 feet x 8 feet at 389 trees per acre. A central leader training system was used with pruning treatments

of fall, winter, fall+summer and winter+summer.

Dry matter analysis was conducted one month after harvest and the consumer test following five months of storage. The researchers recruited 70-120 pear consumers who each sampled one-eighth of a pear cut immediately in the presence of the panel. Panel members were asked to judge their samples in nine categories:

- Appearance
- Aroma
- Firmness
- Crunchiness
- Juiciness
- Sweetness
- Bitterness
- Pear flavor
- Overall liking

The panel's resulting willingness to pay (WTP) was a base rate: \$1.36 pound, premium bid: \$1.73 pound, discount bid: \$0.99 pound.

Among the conclusions reached from the study was that lower dry matter percentage classes tended to have smaller-sized fruit, lower soluble solids content (SSC), and higher Index of absorbance difference (IAD). These findings reflect the difference in fruit exposure to light and ripening variability in the canopy, according to a graphic Serra used to explain test results.

"Consumers' perceived juiciness, sweetness, and pear flavor increased with increasing dry matter classes," the study concluded. "Consumers were willing to pay more for higher DM pears."

Managing Little Cherry Virus

BY DIANA PIÑON
STAFF WRITER

CHELAN – The Little Cherry disease has become more prevalent in our region in the last couple of years. Due to this, Orchard Program Lead Hannah Walters of Stemilt Growers has been able to find a successful way to stop the spread in the orchards.

Walters explained that Stemilt has been looking at the Little Cherry Virus and trying to manage it for three years now.

Based on research done around the state from September 2017 to October 2018 it was determined that there are two diseases found; Little Cherry Virus (LChV-1, LChV-2) and Western X (WX).

For LChV-1 the total samples tested were 441 and only 1.12 percent of those were positive for the virus. However, 14.58 percent of the orchards tested for LChV-2 were positive, the WX virus has an even bigger positive result with 24.46 percent.

"This is an underestimate of what is actually out here ... this just gives an idea that it is out there and it is becoming a problem," said Walters.

In Okanogan, Chelan and Grant counties, LChV-2 is more common than WX, however in Yakima, Benton and Franklin counties, the majority of the virus found was WX.

Little Cherry disease causes small unripe cherries, "they are not the normal looking cherries ... you can get clusters or whole branches," described Walters.

She stated that both LCV and WX have very similar symptoms which makes it harder to tell each virus apart. With whole tree infections, the tree has small cherries or it can have single cluster batches.

"It infects all varieties, you are going to have slightly different looks between varieties. Rainier is typically small, they do not blush and they are slightly pointed," said Walters.

The best time to scout for the



Photo courtesy of Hannah Walters

Many factors and decisions go into tree removal or block removal.

virus according to Walters is usually one to two weeks before harvest. While scouting for cherries that don't size and often lack color, clusters to whole tree infections, infected cherries will also taste bland or

bitter. "If you come across a tree that is just fruit and there's no obvious reason why that fruit is small, it should be a suspect tree in your mind," Walters added.

Little Cherry Virus can be spread by the Mealy bug and infected graft wood. Western X is infected by the Leaf hopper and by graft wood. "Both of these can be infected by root grafting, it can pass the virus from one tree to another that way."

Dr. Andrea Bixby-Brosi tested several ways to control the Mealy bug, one of them included the delayed dormant sprays with Lorsban and oil. For the Leaf Hoppers it is best to target the late population during the peak after cherry harvest.

The other control is getting out there and scouting your



Photo by Diana Piñon
Hannah Walters of Stemilt Growers presented the Little Cherry Virus and Western X.

SEE CHERRY VIRUS ON PAGE B4

New FMSA and Produce Safety Rules take effect this year

BY MIKE MALTAIS
STAFF WRITER

CHELAN – The Food Safety Modernization Act (FSMA), signed into law by President Barack Obama in 2011, represents the most sweeping reform of U.S. food safety laws in more than half a century. As a result of FSMA, some on-farm inspections for produce safety will begin on Jan. 28 this year for small businesses.

Faith Critzer, WSU Food Safety Specialist was on hand at the Lake Chelan Horticultural Meeting to explain the components of FSMA and offer advice to produce growers who need to comply with the new guidelines.

Title 21, Part 112 of the Code of Federal Regulations of the Produce Safety Rule (PSR) deals with standards for growing, harvesting, packing and holding produce for human consumption with the overall goal of reducing the amount of foodborne illness from food contamination.

Compliance dates for PSR take effect on different dates for different categories. Those include General Provisions, Water-related Provisions,

Qualified Exemption Labeling Requirement, Record Retention to Support Qualified Exemption, and Written Assurances for Commercial Processing. Depending upon the size of the operation based on annual sales, compliance dates range from January 2019 (General Provisions) to January 2024 (Water-related Provisions).

There are two categories that growers may fall into if their farm does not have to comply with the full PSR requirements. Farms excluded from all requirements and farms that are exempt from certain requirements. Those excluded include all produce grown that is rarely consumed raw; annual produce sales under \$25,000; and all produce grown for personal consumption.

Exempt produce is all produce grown that receives a kill step and produce sales to qualified end users.

The FMSA includes mandatory training for applicable farm operations.

"One person from each farm has to take what we call the Produce Safety Alliance curriculum," said Critzer who recommended that farms have a second person also take the

mandatory classes to provide a backup if needed.

Critzer said Washington state has been one of the most proactive states for training with 60-plus training sessions already held. She displayed a roster of sites and dates where 2019 training courses will be held.

The 2019 subsidized eight-hour classes cost \$25 for WSTRA sessions and \$35 for those by WSU.

PSA courses are scheduled for:
Wenatchee (WSTRA) Feb. 12
Yakima (WSTRA) Feb. 13
Anacortes (WSU) Feb. 19
March 5 (WSTRA) March 6 (Spanish)
Yakima (WSTRA) March 6 (Spanish)
Richland (WSU) March 6 (Spanish)
Yakima (WSTFA) April 11 (Spanish)
Wenatchee (WSTFA) April 12 (Spanish)
Yakima (WSTRA) May 2
Wenatchee (WSTRA) May 3

The WSTRA contacts are Emily Allwardt, at 509-452-8555 or email Emily@wstra.org, and Joanne Thomas, 509-665-9641 or email joanne@wstra.org.

Critzer recommended signing up for the classes this year since there is no guarantee that future classes will be subsidized. In that event, training will jump to \$150 to \$180 per person.

Another aspect of FMSA is

SEE RULES ON PAGE B2

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Washington Tree Fruit Research Commission celebrating 50 years of service

By MIKE MALTAIS
STAFF WRITER

CHELAN – More than a half century ago in the 1960s, a pair of tree fruit industry leaders, Grady Auvil and Tom Mathison identified a need for applied research to support Washington State tree fruit production, particularly with the growth of automated harvest technology. Their efforts resulted in the creation of the Washington Tree Fruit Research Commission.

“Even 50 years ago growers were feeling the pinch that it was too expensive and costing too much to harvest their fruit,” said WTFRC staff member Tory Schmidt. “Here we are 50 years later and we’re still plugging away at it,” Schmidt said of me-

chanical harvesting advances, “and we’re pretty close to having some machines available for use in the tree fruit industry.”

Schmidt spoke at the 73rd annual Lake Chelan Horticultural meeting at Chelan High School last Jan. 21 and took his audience down memory lane with a review of some of the high points of the organizations half-century of accomplishments.

In 1969 the Washington legislature enacted RCW 15.26, the Tree Fruit Research Act and established the Washington Tree Fruit Research Commission (WTFRC) to promote research to benefit the planting, harvesting, handling, processing and shipment of tree fruit in the state.

In 1995 the WTFRC Internal Program began operations at the former Washington Department of Health

pesticide residue lab in Wenatchee. In 1999 WTFRC relocated its administration operations from Hood River, Oregon, to the Wenatchee site.

“The WTFRC has had only four leaders in its 50-year history,” Schmidt said.

The first WTFRC employee and its original commissioner was George Ing who served 30 years in his position from 1969-1999 developing the organizational structure and creating relationships with the research community.

Jim McFerson took over for Ing in 1999 and through 2016, expanded the internal program, created a strategic roadmap, and built on relationships with university and federal research efforts.

Mike Willett came on board in 2016 and for the next two years helped WT-

FRC through its transitional period, improving policy and procedures in areas of budgeting and regulatory compliance.

Ines Hanrahan took the reins in 2018 with a focus on delivering science-based solutions to issues facing the tree fruit industry. Hanrahan is supported by a staff including Schmidt, Mike Willett, Kathy Coffey (admin manager), Mackenzie Perault (research), Geraldo Garcia (spray specialist), Mano Mendoza (technician), Sandy Stone (data management), and Rob Curtis (project manager).

Current WTFRC commissioners representing nine districts are Jim Doornink, Tom Butler, Jeff Clevering, Harold Schell, Brent Milne, Dena Ybarra, Teah Smith, Jake Gutzwiller, and Sam Godwin.

The WTFRC has promoted an internship program for the past decade that has seen participation of some 70 interns from more than 20 countries.

“Most of our field labor and fruit corps working in the labor and the lab have been interns,” Schmidt said.

Key WTFRC functions include research funding toward which it has applied some \$120 million since 1969 to support more than 800 projects in apple, cherry, pear, soft fruit and technology. An arm of WTFRC research has included investment in research orchards and facilities and seed funding for scientists, fruit schools, and conferences.

WTFRC industry outreach and leadership has involved work with partners such as the WSU Endowment Advisory Committee (EAC), Washington

Apple Commission (WAC), Northwest Horticultural Council (NHC) and others to represent industry interests from a science-based perspective and provide expertise and resource to state growers and packers.

Among the benefits of WTFRC research is a \$2.1 million invested into codling moth mating disruption a treatment that now applies to 90 percent of state apple acreage. The commission invested \$2.2 million to extend the sales season for most fruit varieties, reduce scald losses, improve eating quality and facilitate shipping to distant markets.

WTFRC invested \$700,000 in the development of line Sulphur chemical bloom thinning now used on two-thirds of state apple acreage. The process reduces biennial bearing and post-bloom thinner while delivering more reliable results

Keeping psylla in check - its been around for almost 100 years

By DIANA PIÑON
STAFF WRITER

CHELAN – For all those pear growers out there, Louis Nottingham of WSU TFREC presented on the products and programs which keep pear psylla

in check with high efficiency at the 73rd annual Lake Chelan Horticultural Meeting at Chelan High School Jan. 21

Nottingham went over the background of the pest and why growers are still dealing with it after nearly a century of having

it around.

First he explained the life cycle of pear psylla. “Right now in the overwinter stage, we have overwinter adults, some of them have remained in the orchard and some of them have left,” he said.

“In the fall they all kind of mix together ... the population you have now it is not the population you are going to start with in the spring,” Nottingham added.

In February and March psylla start moving back into the orchards and this is a long recolonization period which can be hard to manage. “Once they start establishing in April, we start seeing summer generations take off ... we have three to four summer generations of psylla in this area,” he explained.

The big deal with the pear psylla is the honeydew increase.

The psylla constantly suck tree’s juices, producing the honeydew which then drips on the leaves, and the fruit and it causing injury.

“The injury can come in different forms ... it creates this sticky unpleasant working environment which is not fun to be in and we are seeing labor costs increases because of this,” said Nottingham.

The Wenatchee Valley is dealing with a monoculture of pears, this makes the perfect place for pear psylla to be present in high densities. “The way we manage these blocks is done in very small scales ... this makes it very difficult to control psylla,” he said.

Pear psylla is regulated by natural enemies, however when growers try to get rid off the high overwintering population by spraying, they kill the natural enemies. Which means that early in the season natural enemies are not present and high number of psylla are spotted. Towards the end of the season those natural enemies come back, yet at that point psylla numbers have decreased.

Nottingham was able to share with the attendees a couple of strategies for managing psylla in the early season. “We looked at quite a few early season application of adulticides and one of the examples we looked at was Bexar and Malathion,” he said. The two products kill everything and have pretty effective results on adult psylla invasion. This is known as the conventional method.

According to Nottingham, the best way to get rid of a high psylla population is by the delayed dormant sprays. He also recommends to spray two times when it comes down to Esteem. Spray at a delayed dormant and



Photo provided by L. Nottingham

Summer generations of pear psylla produce higher amounts of honeydew causing an array of injuries.

then around popcorn time. Nottingham mentioned other suppressions sprays to help with the early season management which include lime-sulfur, Cinerite and oil.

Repellents are another resource, Nottingham and the team are looking at. Surround (kaolin clay) being one of them. Such repellent is sprayed on the trees. Another repellent that has not yet been used on pears but Nottingham is looking into it is reflective plastic mulch.

Reflective plastic mulch can be effective because as, he explains psylla and other insects avoid direct contact with the light. Yet, the mulch that surrounds the plant reflects back a lot of light and gets rid of any shade.

An experiment was done to test each managing strategy, it was found that surround and reflective mulch are as effective as the conventional program. In terms of the psylla eggs they were also able to get even numbers all around.

In summary, two sprays of surround are necessary in delayed dormant or dormant.

Allwardt and Thomas are also the contact persons for the WSTFA Water Testing Workshops scheduled for May 8 in Yakima and May 10 in Wenatchee.

The WSU contact is Cathy Blood at email blood@wsu.edu or http://foodsafety.wsu.edu/training-programs/psagtanttt/.

The FDA has created topic-specific guidance documents to help firms with compliance.

The Washington State Department of Agriculture (WSDA) offers free, educational on-farm assessments personalized to your farm and practices. The reviews are no cost to the grower and will include WSDA staff and additional subject matter experts from WSU and WTFRC at the request of the grower. For more information on

Nottingham stated they will continue to look into the reflective mulch.

Moving into the mid-season things get simpler said Nottingham, “the middle of the season this is the really important time to letting out natural enemies to build.”

A good way to start is with mating disruptions for codling moth. He mentioned that growers need to reduce the need for the big guns, and start using softer sprays of oils and Intrepid, which will conserve the natural enemies.

To deal with pear psylla during mid-season, Nottingham suggests “multiple consecutive sprays based on softer materials,” such as Azadirachtin/Neemix, Diatomaceous Earth, Cinerite, oil, Rosemary, Esteem, Centaur.

In the late season, short interval sprays of soft/organic products are advised, plus tree wash. “This can be a really important part of the program ... you want at least one to three hours of leaves dripping and you do not do this until July. This helps tolerate higher numbers of psylla.” This can lead to saving money and having to spray fewer times, and also allows for more food for natural enemies. It also helps with mites and removes particle films.

“All of these things will lead to having a high natural enemy population throughout the valley, throughout the growing region which will make it easier to control year after year,” said Nottingham.

Keep up with Nottingham’s work by visiting the website www.treefruit.wsu.edu/crop-protection/insects-mite-pests/. Subscribe to the Fruit Matters newsletter or contact him directly Louis.Nottingham@wsu.edu.

how to arrange an On-Farm Readiness Review, contact Karen Ullmann at 206-714-6125, email kullmann@agr.wa.gov.

Critzer suggested that producers stay engaged with agencies that can provide guidance and updates on the new food safety regulations, workshop schedules, fact sheets and resource links.

Recommended resources include: WSDA Produce Safety Program: https://agr.wa.gov/FoodAnimal/ProduceSafety/default.aspx.

Washington State Tree Fruit Association: https://wstfa.org.

WSU Produce Safety: Footsafety.wsu.edu.

Fruit matters: http://treefruit.wsu.edu/fruit-matters/.

Critzer can be contacted at 509-786-9203 or email faith.critzer@wsu.edu.

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A preview of the Canadian cherry breeding program

By DIANA PIÑON
STAFF WRITER

CHELAN – All the way from Canada came Business Development Manager of Summerland Varieties Corp. Nick Ibuki to preview what is coming down the pipeline in the cherry industry.

“Basically what we do is we help protect the varieties for the owners and then distribute and manage them around the world,” said Ibuki as he described Summerland.

Summerland has two main

systems to commercialize and release new varieties. They are open and club varieties which collect royalty to support further research and development of new varieties.

An open variety is available to all growers around the world. “When growers purchase these trees from the nursery, they must pay a tree royalty and sign a grower agreement.”

However, when it comes to club varieties, only a select group of growers have access to it. “We are looking for those perpetual royalties that help support the breeding program, our program

is publicly founded,” the royalties then help with the long term stability of Summerland. “The varieties as they are released in the future—all of them are club,” said Ibuki.

The majority of the varieties Ibuki talked about are currently “test” varieties and are not for sale. Yet, “some of them are open varieties that have been released in the last couple of years and some I’m not familiar with,” he said.

Ibuki began talking about the Suite Note™ cherry, which was released a couple years ago. He described it as a large

size cherry, with excellent attributes. “Very crisp.” However, the Suite Note™ is non-self-fertile which can bring some challenges to the table. “You have to make sure you have good pollination,” Ibuki mentioned. This cherry variety is also “split sensitive and you tend to pick it four days before Bing time.”

The Suite Note™ is the only variety that is available commercially at the moment.

Another large cherry is the Summerland 1, which typically is ready one day before Bing timing. “This one here is

number one in self-fertile, it is very productive and this type of tree is very loaded every year,” explained Ibuki. Summerland 1 has much lower splits. “When we look at return per acre for the grower, this one has a lot of potential for us.”

Ibuki’s personal favorite cherry variety, eating wise, is the SPC342. The non-self-fertile cherry averages 12.1 grams per fruit weight. It’s texture and taste stands out from the rest. “It has really nice crunch when you bite into it,” described Ibuki. This particular cherry is also number one in terms of

stem retention.

According to Ibuki, “Summerland 2 is more of a sweet cherry... it is a high sweet/tart ratio.” The Summerland 2 is in fact very similar in taste to a Rainer cherry, however it has a few challenges for the growers. Storage being one of them. Summerland 2 is good for eating and is a large fruit.

Other varieties they are working on perfecting are: BF-9, Summerland 3, Summerland 4, Summerland 5, Sovereign™, and Summerland 6. www.summerlandvarieties.com for more information.

WTFRC invests in chemical fruit blossom thinning techniques

By MIKE MALTAIS
STAFF WRITER

CHELAN – Fruit tree bloom thinning has come a long way in the past half century, thanks in large part to the Washington Tree Fruit Research Commission (WTFRC) and its continuous quest to innovate new and better ways to maximize bloom thinning results.

WTFRC project manager Tory Schmidt discussed the latest thinning techniques during a presentation at the 73rd annual Lake Chelan Horticultural meeting. Schmidt delivered a graphic-supported history of thinning practices since the 1950s.

For 30 years, from the 1950s through the 1980s, Elgetol (DNOC) was the standard bloom thinner for the western U.S. but it was prone to phytotoxicity and overthinning when re-wetted.

“How many folks here remember the good old days of Elgetol,” asked Schmidt as many in the audience raised hands. “Hopefully you’ve got the yellow washed out of your hair and off your dog by now,” Schmidt said of the way the product turned everything yellow.

Elgetol was removed from the market by the Environmental Protection Agency (EPA) in 1990 for lack of supporting data.

Wilthin (sulfcarbamide) and Thinex (pelargonic acid) registered as bloom thinners in the early 1990s proved to be inconsistent performers and

frequently left marks on fruit.

In the mid-1990s ATS (ammonium thiosulfate) demonstrated some benefit but was not registered for thinning.

In the late 1990s the WTFRC began to invest significantly in chemical thinning research. Initial trials focused on ATS,

Wilthin, and Thinex and in 1999 initial trials with lime Sulfur and fish products began.

Lime sulfur showed promise at research focused on rates, timings, alternative oil formulations, and other materials.

In 2003 Pest Management Northwest was granted 24C

registration for thinning with Rex Line Sulfur.

In the mid to late 2000s ThinRite (endothall) proved to be mildly effective in trials and was granted registration. In the 2010s the pollen tube model improved spray timing as more effort was applied to post-bloom thinning.

Over the years WTFRC funding supported research at Penn State, WSU, and NC State in the physiology of chemical thinners; Ag Canada, Idaho, and Arkansas for screening of new thinning chemistries; Virginia Tech, UMass, and Cornell on predictive models to improve thinning;

Purdue for thinner effects on floral initiation, and Michigan State for thinner effects on gene expansion. In the past 20 years, WTFRC has replicated more than 320 thinner trials at more than 110 trial sites in the state on more than 80 bloom thinners on 13 apple cultivars.

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CHERRY VIRUS

CONTINUED FROM PAGE B1

orchard. Walters explained that there can be a delay in seeing symptoms after the infections begin for up to five years.

"What we have been doing every year is scouting on foot, all of our acres ... it's a brilliant and effective way to get out on foot and look at your trees," she said.

When scouting, the team looked for hot spots which then were marked with a flagging tape and ID numbers. The marked

trees were then pin-pointed on a GPS making it easier to revisit the tree year to year.

There are two ways to sample trees. The first method can be done during the summer time in which you just pull out leaves from the tree. "You typically find a tree you want to test, you want to pull out 10 leaves from the tree. If you see a cluster of fruit try picking out a couple leaves near it which will help to identify the infection."

Winter sampling can also be done, however Walters doesn't prefer this method because it

takes longer to process in the lab. RPA kits were used by Stemilt to test their trees, within two hours the tree results were known.

If results are positive then you must remove the tree or the whole orchard, however many factors and decision go into such decision. Walters suggested to ask yourself the following question before making a final decision;

- Is the block making money?
- Age of trees and productivity
- Market timing and fruit quality
- Are there infected orchards

around?

- Replant options (apples, pears or cherries)

To remove a single tree or whole orchard you must roundup each tree, spray, remove all roots, fumigate and try and avoid planting cherries right away, if the threat comes from surrounding blocks.

More information on Little Cherry Disease is available online at www.treefruit.wsu.edu/crop-protection/disease-management/little-cherry-disease/.



Photo courtesy of Hannah Walters

Infected tree spread by Mealy bug.



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 A complete job description and application can be obtained by calling (509) 923-2571, or email pateros@swift-stream.com
 When submitting application, please include a resume and cover letter. Position is open until filled.

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 Go online to see information on NCW Market.com

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 Submit your resume, Wapato Point Application and Background Screening forms (forms can be downloaded at www.wapatopoint.com under Contact tab) to Director of HR, Wapato Point Management Company, PO Box 426, Manson WA 98831.

HELP WANTED
 Brewster School District is accepting applications for a
Migrant/ Bilingual paraprofessional
 to work 7 hours per day with Middle School/ High School students. The successful applicant must meet the Title 1 requirements. Spanish Required. Application is available on the district's website www.brewsterbears.org or by contacting the district office at 689-3418. This position is open until filled.

THREE RIVERS HOSPITAL
 Receiving Clerk Full-Time
 Three Rivers Hospital is seeking a Receiving Clerk for the central supply area. This position is responsible for monitoring and filling all departmental supplies, checking freight and tracking inventory. High School Diploma or Equivalent required. No previous experience necessary; willing to train the right candidate. Must be able to work well under pressure and work independently.
 Interested Candidates may apply in person or by mailing their resume to:
 Three Rivers Hospital
 Anita Fisk, Director of Human Resources
 PO Box 577
 Brewster, WA 98812
 (509) 689-2517 x 3343
www.threerivershospital.net
 Or for quicker submission:
 Send resume to: afisk@trhospital.net
 EOE

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 Three Rivers Hospital is in immediate need of an OR Manager to oversee the OR nursing staff and the surgery department. Candidate must have current WA State RN license and ACLS & BLS. Must be proficient in orthopedic, general and OB/GYN surgeries. Should have 2- 3 years of progressively responsible experience in hospital nursing, including leadership assignments. Excellent communication and discretionary skills. Days and hours vary; includes some call-time.
 Interested Candidates may apply in person or by mailing their resume to:
 Interested Candidates may apply in person or by mailing their resume to:
Three Rivers Hospital
 Anita Fisk, Director of Human Resources
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 Brewster, WA 98812
 (509) 689-2517 x 3343
www.threerivershospital.net
afisk@trhospital.net
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Leavenworth Nutrition Program Cook: Prepare dietitian approved menu for large groups. Monday- Friday, 7 hours/day. Must have knowledge of all aspects of food preparation and serving, supervisory skills and experience within purchasing budget. Must be friendly and efficient. Full job description, application and background check authorization may be obtained online at octxn.org, or email request to nutrition@octxn.org. Closing deadline is February 8. OCTN is an EOE.



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 1. Indian black tea
 6. Elmer to Bugs
 9. Glorify
 13. Head of a mosque
 14. E.T. transporter
 15. This was his name-o
 16. Mental portrait
 17. Chlorofluorocarbon, abbr.
 18. French novelist Zola
 19. *Related to puzzle theme
 21. Way to absorb
 23. Lobe locale
 24. H. H. Munro's pseudonym
 25. Rap sheet abbr.
 28. Hungarian bagpipe
 30. Deeply hidden within self
 35. Initiation ceremony, e.g.
 37. Made with stitches
 39. Venus neighbor
 40. Crucifix
 41. Cerberus' domain
 43. Petri dish filler
 44. Young hooter
 46. Fraternity recruitment season
 47. Type of shark
 48. ___ Grove, MN
 50. Corset rod
 52. Animal's nose
 53. Number one
 55. Second sofa syllable, pl.
 57. *Flowery Valentine's gift
 61. *Between girlfriend and wife
 65. Liquid ruler container
 66. Planet ruler in the movies
 68. *Blast from Harry's past, movie
 69. Caterpillar hairs
 70. Easter lead-in
 71. Human social group
 72. *Tied upon marriage
 73. Kith partner
 74. Wild plums

DOWN
 1. Gulf V.I.P.
 2. Clash of heavyweights
 3. NBA action
 4. Lake scum
 5. Dionysus' follower
 6. Mussolini, with II
 7. On vacation
 8. Cuckoo for what puffs?
 9. *Romantic ride
 10. Anisette, for short
 11. Tangerine plus grapefruit
 12. *Easy ___ it
 15. *Kind of wish
 20. *Puppy love
 22. Do biathlon
 24. Woodworker's byproduct
 25. *Cupid's ammo
 26. Native of American Great Plains
 27. Circular island of coral
 29. *First word
 31. Hat-tipper's word
 32. Donated life-saver
 33. Interest in a venture
 34. *Heart
 36. *Harper Valley PTA* star
 38. Hatchling's home
 42. Harry Belafonte's daughter
 45. Tiny tube
 49. Tiger's launch point
 51. Leavening agent, pl.
 54. Smelled offensively
 56. Angry growl
 57. Lounge, like in the sun
 58. A sign
 59. ___ no good"
 60. African tea
 61. Shade-loving plant
 62. Greek muse of history
 63. River in Bohemia
 64. *Can't take my ___ off you..."
 67. Hawaiian dish

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

