

DNA identifies burglar
Graffiti artist
paints self for
easier ID, arrest

By Mike Maltais
STAFF WRITER

(Compiled from a report by Brewster Police Chief Nattalie Cariker)

BREWSTER – It’s not easy to catch a graffiti artist in the act of malicious mischief, so it’s always helpful when the offender is liberal enough with his supply of spray paint to apply some to his person while in the process of creating a public masterpiece.

That’s the scenario that helped Brewster Police Officer Michael Robbins identify and arrest a suspect on April 2 who fled the scene when a citizen spotted and reported the graffiti-in-progress on a city park bathroom.

A tall male juvenile, a Brewster resident, was observed applying black spray paint to the bathroom wall and when yelled at by an alert citizen, fled in a vehicle with a second male.

“The reporting party recognized the vehicle and advised police the name of the tall male who was associated with the vehicle,” the police department report said. “A short time later Officer Robbins contacted the juvenile on foot.”

The juvenile’s clothing matched the description given to Robbins, but the real giveaway was the black spray paint on the suspect’s hands that bore a striking resemblance to the black paint on the bathroom wall.

“The juvenile was arrested for malicious mischief in the third degree and booked into Okanogan County Juvenile Detention,” the police department report said.

The Brewster Police Department received another complaint of graffiti on a building near the park with the tag “XIV FLS” for Norte 14 gang sprayed in black paint.

“The complaint was forwarded to the Okanogan County Prosecutor’s Office for review of charges against the same juvenile,” said the police department report. “The police department greatly appreciates the partnership with the community to make an arrest on gang graffiti.”

Burglar arrested

DNA left by a burglary suspect left at Apple Valley Wireless at West Main Street last September 13, led to the arrest of a 20-year-old Brewster man.

Brewster Police Lieutenant Kelly Hook investigated the complaint, obtained DNA evidence at the scene and forwarded his findings to the Washington State Crime Laboratory for processing. The Crime Lab results returned on March 25 showed that the DNA matched that of Omar Nila-Aparicio who was arrested and booked into Okanogan County Jail for burglary, malicious mischief, and theft.

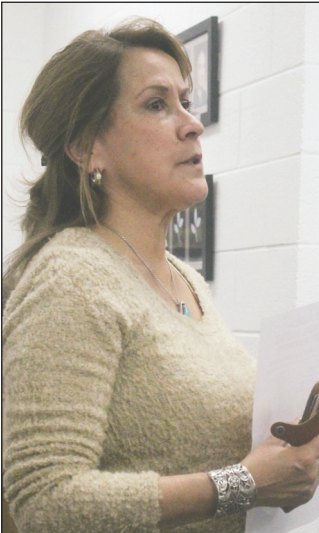
Brewster Council considers
Cherries Jubilee, Salmon
Derby applications

By Mike Maltais
STAFF WRITER

BREWSTER – Applications for the second annual Cherries Jubilee and the 14th annual Brewster Salmon Derby were taken under consideration by the Brewster City Council at its regular monthly meeting scheduled a week later than usual on Wednesday, April 17.

Brewster Chamber of Commerce President Anna Marie Dalbey briefed council members on the details of this year’s Jubilee scheduled for Saturday, June 15, from 8 a.m. to 10 p.m.

Dalbey also revisited a possible city site for the Merriweather & Culpepper Circus scheduled to make its one-day



Brewster Chamber of Commerce President Anna Marie Dalbey discussed the second annual Cherries Jubilee and Merriweather & Culpepper Circus with council members.

SEE CIRCUS ON PAGE A3

Ripe for Revitalization

City planner urges Bridgeport
to develop SR 173 corridor

By Mike Maltais
STAFF WRITER

BRIDGEPORT – City contract planner Kurt Danison addressed the Bridgeport City Council about the need to develop a revitalization plan during the group’s regular monthly meeting on Wednesday, April 17. Danison reviewed the elements of the Community Development Block Grant (CDBG) program administered by the Department of Commerce and how those funds could help the city improve its commercial base.

The objective, as Danison explained it, is to “build a resilient community with a vibrant economy, employment opportunities, strong businesses, and stable housing markets in which families and



City planner Kurt Danison discussed the advantages of using Community Development Block Grant funds to revitalize Bridgeport’s business corridor.

businesses want to invest.” He recommended that the

SEE CORRIDOR ON PAGE A3

100’s of children + 1,000s of eggs
= big Easter events



Photos by Mike Maltais

ABOVE: This young lady finds herself standing in a cache of eggs. With help from Columbia Post 97 American Legion and Hermanos del Arte Masonic Lodge No. 314, the Brewster Boys and Girls Club distributed more than 2,000 colored plastic eggs filled with candy and prizes on Saturday, April 20.

RIGHT: Martin Cerda, 5 of Bridgeport with aunt Margarita Alvarez was one of the four luck prize basket winners at the Pateros Easter Egg Hunt held at Memorial Park on Easter morning, Sunday, April 21.

See more photos on A2 and A3 and at www.qcherald.com



Pateros Senior Project kicks off Community Roots observance

By Mike Maltais
STAFF WRITER

PATEROS – The first official event to kick off five days of activities in observance of Earth/Arbor Day in Pateros was a Senior Project inspired by Pateros High School seniors Jahaira Hernandez and classmate Alondra Hernandez (no relation).

To celebrate Community Roots, the week-long schedule of beautification, planting, and cleaning projects in town and at Alta Lake State Park, the senior duo decided to organize the Community Clean-Up to get the ball rolling.

The girls had to first submit their idea in a project packet that had to get the approval of a school coun-

selor before proceeding. They also posted a sign-up sheet calling for volunteers and enlisted Pateros City Administrator Jord Wilson as their project mentor. If anyone knows where and what needs cleaning in Pateros, it’s Wilson.

Following the actual clean-up activities, the girls will write a report about everything that went into the organization, preparation, supervision and completion of the undertaking for final approval by school advisors.

Earth/Arbor Day will conclude with an afternoon observance starting at 3:30 p.m. Friday, April 26, in Memorial Park. Pateros is one of 90 designated Tree Cities in the state.



Photo by Mike Maltais

Pateros senior, Jahaira Hernandez, left front, and classmate Alondra Hernandez, right, assemble with a team of volunteers in front of Pateros High School before setting off for an afternoon of community clean-up last Monday. The first official event of the five-day Community Roots Earth/Arbor Day celebration is the pair’s Senior Project.

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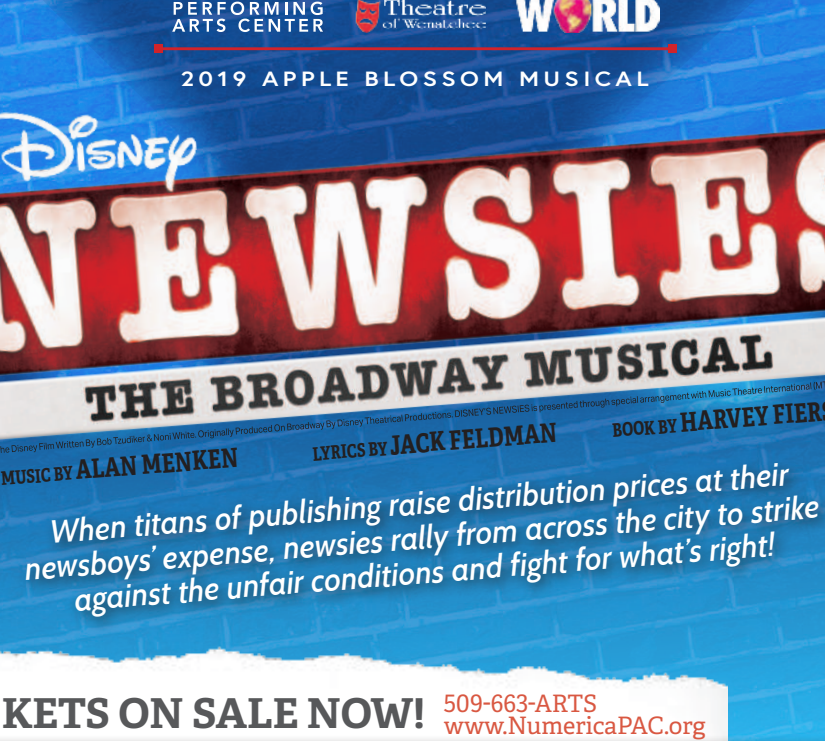
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eggs entitled the finders to trade them in for special prize buckets.

Following five consecutive swarms of youngsters swept the field, it was all over until next year.



A photograph of two woven baskets filled with stuffed animals. The basket on the left is green and contains a black and white cow, a red and white striped animal, and an orange animal. The basket on the right is green and pink and contains a grey animal and a brown animal. They are sitting on a concrete sidewalk.



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Pateros hosts happy youngsters Sunday Easter Egg Hunt

By Mike Maltais
STAFF WRITER

PATEROS – Memorial Park was warm and sunny on Easter morning, Sunday, April 21, and it was perfect weather for a modest group of young egg hunters who gathered to find colored plastic eggs hidden in the grass and among

the Memorial to the Methow display.

Howard’s on the River once again sponsored the event and sweetened the occasion with four special prize baskets to go along with the toys and treats the eggs contained. Youngsters from Pateros, Bridgeport, Brewster and even Chelan comprised the

numbers who showed up for the 10 a.m. start time.

An ample supply of plastic eggs was secreted in the park grass and among the memorial sculptures, rockery, logs and other hideaways. When the scramble was over, everyone went home with toys and treats to celebrate the special day.

Okanogan Fairgrounds racetrack renovation underway



Photo by Mike Maltais

A maintenance worker maneuvers a tractor equipped with front forks to pick up metal posts recently unearthed at the Okanogan Fairgrounds racetrack. The old posts were unearthed to make way for installation of a new inside rail. New posts, railings and track bed will be part of the racetrack restoration that will host horse races during the annual Fair in September. The Horse Nations Indian Relay races will include the Okanogan County Fair as one of the stops on its circuit this year.

CORRIDOR

CONTINUED FROM PAGE A1

Highway 173 corridor that runs through the center of downtown Bridgeport be the target area.

Danison recommended that city officials adopt a strategy that:

- Assesses the existing physical structures and infrastructure of the focus area.
- Develops goals and policies with respect to economic redevelopment, rehabilitation or development of housing (including multi-family rental housing), and the improvement or expansion of infrastructure.
- Prioritizes objectives and develops a timetable for implementing the goals.

In his assessment of the city’s current condition, Danison explained that Bridgeport has changed dramatically since the completion of Chief Joseph Dam in 1979.

CIRCUS

CONTINUED FROM PAGE A1

stop in Brewster on June 6. The initial site under consideration along Sunset Drive next to the school soccer field turned out to be more of a job to clear and landscape and will involve more expense than earlier thought.

City Public Works Director Lee Webster said he walked the site with a heavy equipment contractor who advised him that the old orchard stumps and other debris will require a caterpillar and dump truck to clear before a grader can be brought in. The extra work and expense rules the site out of consideration for circus use.

Chamber officers have other sites under consideration as alternative locations.

Though the most recent news for returning chinook salmon numbers is dismal and the upper Columbia season closed, the Salmon Derby plans to proceed as usual in hopes that either numbers will improve or a limited season will be allowed at derby time during the first week of August.

City clerk Misty Ruiz said none of the out-of-town derby regulars have cancelled their reservations so most appear committed to be on site at derby time.

“Many of these changes have resulted in a legacy of shuttered businesses, abandoned commercial structures, and deteriorating housing stock.”

Danison said the city’s primary economic base is connected to tree fruit production, processing and storage, accounting for 56 percent of the workforce and the Bridgeport School District with 11 percent of the workforce.

The 2010 census indicated that 77 percent of residents identify as Hispanic or Latino, 69 percent speak a language other than English at home, and median household income is \$36,563 “well below the \$51,908 reported for Douglas County,” Danison said.

Danison proposed the drafting of a Community Revitalization Plan that would:

- Focus on the State Route (SR) 173 corridor.
- Complete a detailed inventory and assessment of existing structures, uses and infrastructure for the SR 173 corridor.

• Follow a community involvement process to identify community needs and desires for the corridor.

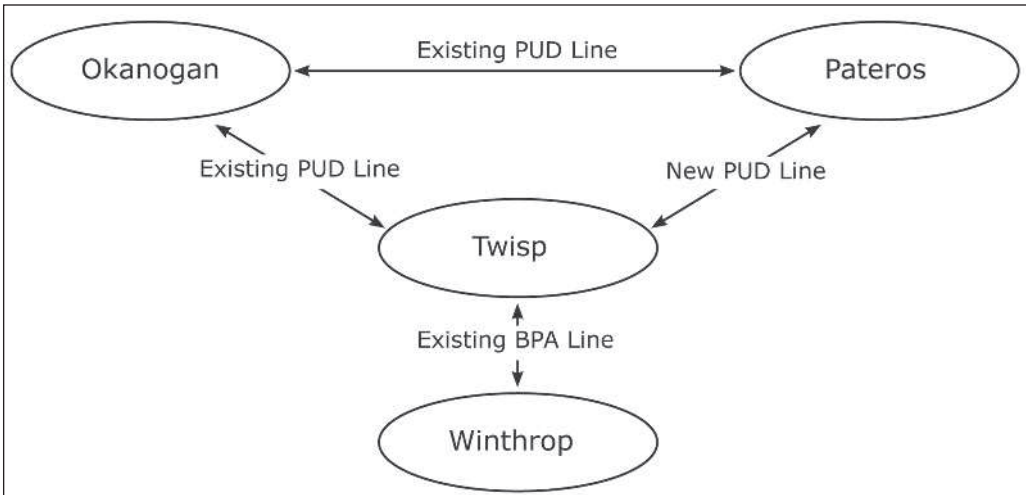
• Develop specific goals and policies to guide revitalization.

• List objectives and priorities for implementation of the plan.

In other council business, Mayor Janet Conklin said the Hooked on Kids Fishing Derby is scheduled for Saturday, June 8, to coincide with the Washington Department of Fish and Wildlife’s Free Fishing Weekend.

The council scheduled the Atomic Way Street Vacation for its next regular monthly meeting on Wednesday, May 15.

There remains a need for lifeguards to staff the Bridgeport Public Pool this year. Conklin reported that so far just one individual has been hired and several more are needed to meet pool safety requirements. Interested candidates are urged to contact city hall at (509) 686-4041.



Courtesy of Okanogan County Electrical Co-op newsletter

When the new Pateros-to-Twisp transmission line is connected to the Twisp and Winthrop electrical substations later this year, it will close the loop on a three-line system that will provide more consistent service to the area.

Okanogan PUD to link Pateros-Twisp line to Twisp substation

By Mike Maltais
STAFF WRITER

OKANOGAN – PUD crews installed a temporary shoo-fly connection between the Loup Loup transmission line and the Winthrop substation during a brief power outage earlier this month to serve the Okanogan County Electric Co-op, a PUD media release said.

The PUD continues to work on the new Pateros-to-Twisp transmission line and anticipates completion of that power source to the Twisp and Winthrop substations early in August so the Okanogan Co-op can also be served by that route. Once all the connections are completed the power loop will provide dual sources

of power from the Loup Loup line and the Pateros-Twisp line. The redundant system will mean that users will have alternate power sources available during periods of maintenance or an outage.

At their board meeting April 8, the PUD commissioners authorized Michels Corp., a nationwide contractor with five Washington offices including Tumwater to perform the re-route for the 115 kilovolt (kV) Twisp-Winthrop project.

“The work will rebuild a half-mile of single circuit transmission line between the Twisp and Winthrop substations to increase reliability for both Okanogan PUD and the Okanogan County Electric Co-op,” the media release said.

The 27-mile Pateros-to-Twisp line was completed and energized last October.

The Okanogan PUD serves some 20,000 customers spread over more than 5,000 square miles in the largest county in the state.

“In addition, two electric co-ops and one municipal system also provide service in the county,” according to the PUD website, www.okanogan-pud.org. “Our electric system consists of approximately 1,365 miles of overhead and 382 miles of underground distribution lines.”

The PUD also owns a 115-kV transmission system comprised of approximately 104 miles of line and 16 major substations.

World War I veterans photos, stories wanted

BREWSTER - NCW Media Inc. (publisher of the Quad City Herald, Lake Chelan Mirror, Cashmere Valley Record, The Leavenworth Echo and Wenatchee Business Journal) will be recognizing area veterans who served in World War I and recognizing the American Legion’s 100th anniversary in our publications in the month of May.

If you have a relative that served during World War I, please send their photo, along



with their name, branch of service, how long they served, and where, along with your contact information to Ruth at ruthk@lakechelanmirror.com. Subject line: World War I Vet. Short stories up to 200 about the veterans can also be submitted.

Deadline is May 15. They will go in the Quad City Herald the issue of May 23.

If you have any questions call Ruth at the Quad City Herald at 682-2213.

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Saturday, May 11, 10 ^{AM}-12 ^{PM}

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Saturday, May 11, 1-3 ^{PM} OR
Wednesday, May 15, 6-8 ^{PM}

Fire Ready Home & Landscape
Saturday, May 18, 9-11 ^{AM} OR
Wednesday, May 22, 6-8 ^{PM} OR
Monday, June 3*, 6-8 ^{PM} (*Winthrop)

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DEATH NOTICES

Ralph A. Dobson

A Celebration of Life Service for Ralph A. Dobson, 87, of Brewster, Wash., who passed away on Jan. 13, 2019, will be at the Pateros Methodist Church, Sat., April 27, 2019, at 2 p.m. Please come to share whether serious or funny. Fellowship and desserts to follow.

Alexander Alexis Bravo Marroquin

Alexander Alexis Bravo Marroquin, 20, of Bridgeport, Wash. passed away on April 16, 2019. A viewing was held April 20, at Brewster Hispanic Seventh-Day Adventist Church. Graveside Service was held April 23, 2019, at Bridgeport City Cemetery. Please leave any thoughts and memories for the family at www.barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Services for Abe Windle, of Okanogan, Wash., formerly of Brewster, Wash., who was born Sept. 25, 1947 and died Dec. 11, 2018; will be held Saturday, May 11, 2019 at 2 p.m. at the Methow Cemetery. Please join family and friends for gathering and light refreshments at Methow Community Building (Old School House) at town of Methow directly following the service.

DOUGLAS COUNTY SHERIFF

- April 17**
Extra patrol at Fisk Avenue and 17th Street in Bridgeport.
911 at Bridgeport Middle School, 1300 Douglas Ave. in Bridgeport.
911 At Bridgeport Middle School, 1300 Douglas Ave. in Bridgeport.

April 19
Traffic offense at 19th Street and Columbia Avenue in Bridgeport.
Traffic offense at 10 Block East and Second Avenue in Mansfield.

April 20
Alarm at 417 Columbia Ave. in Bridgeport.
Animal problem at Bridgeport Marina RV Park, 811 Jefferson Ave. in Bridgeport.
Traffic offense at Arden Avenue and Diagonal Street on Bridgeport Bar.
Noise at the 1514 Fairview Ave. area in Bridgeport.
- April 21**
Driving under influence at Columbia Avenue and 22nd Street in Bridgeport.
Alarm at 2310 Highland Drive in Bridgeport.
Welfare check at 32 Wilmot St. in Mansfield.
Parking/abandoned vehicle at 75 Buckingham Alley on Bridgeport Bar.
Animal problem at 2904 Rd. L N.E. on Bridgeport Bar.
Traffic info at Coulee Dam Federal Credit Union, 1130 Columbia Ave. in Bridgeport.

April 22
Suspicious incident at 88 Washburn Ave. on Bridgeport Bar.
Miscellaneous at Bridgeport Middle School, 1300 Douglas Ave. in Bridgeport.
Extra patrol at the Bridgeport RV Park, 801 Jefferson Ave. in Bridgeport.
Parking/abandoned vehicle at Bridgeport Hill Road, milepost 7 in Mansfield.

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Tuesday and Thursday

S.A.I.L classes

BREWSTER - S.A.I.L (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Tuesday, Wednesday, Thursday

Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Tuesday, Wednesday, Thursday

Brewster Senior Center Rummage Room

BREWSTER – Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items.
- April 26**

School retirees to meet

TONASKET - Okanogan County School Retirees' Association meets 11 a.m., Friday, April 26 for a general meeting and no-host luncheon at Whistler's Restaurant, 616 Whitcomb Ave, Tonasket. A tour of Tonasket School Garden and a musical program at Tonasket Elementary School featuring boomwhackers will follow the meeting. To ride-share: meet 10:15 a.m., Cornerstone Church, Riverside & Locust, Omak. Information: Jennie Hedington: (509) 422-2954.

April 27

Pancakes and Politics

OMAK - The Okanogan County Democrats are gathering at Magoo's Restaurant (back room) in Omak on Saturday, April 27, 9 – 10 a.m. to have respectful, meaningful, and informal political discussions. Please join us for this casual "no host" breakfast, open to anyone interested in chatting about Democratic views. Contact Marlene Firth at (509) 997-9707 with any questions.

April 29

Study Group for Citizenship / Grupo de estudio para la ciudadanía

BRIDGEPORT - Join us at the library as we study materials and practice answering citizenship test questions on Mondays, at 1-2 p.m. at the Bridgeport Public Library. / Los Lunes únase a nosotros en la biblioteca de Bridgeport de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 686-7281 or email atrejo@ncrl.org.

April 29

TOPS meeting

BREWSTER – TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., Brewster Boys and Girls Club, 601 Cliff Ave W. Pre-teens, teens, adults – male, female welcome. First meeting is free. TOPS Club, Inc. © is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

April 30

Citizenship Study Group/ Grupo de estudio para la ciudadanía

BREWSTER - Join us at the library as we study materials and practice answering citizenship test questions on Tuesdays, at 1-2 p.m. at

- the Brewster Public Library./ Los Martes, únase a nosotros en la biblioteca de Brewster de 1-2 p.m. para repasar materiales y practicar a contestar las preguntas del examen de la ciudadanía. For additional information about this event, contact Ana Trejo at (509) 689-4046 or email atrejo@ncrl.org.
- April 30**
- Adult Coloring Night**
- BREWSTER – Looking for a calming way to unwind after your busy day? Stop by and relax while you express your creativity through coloring at the Brewster Public Library with the Adult Coloring Night, every Tuesday in April, 5:30-6:30 p.m. All supplies will be provided. For additional information: Rebecca Zion at (509) 689-4046 or email: brewster@ncrl.org.
- May 1**
- Toddlers & Waddlers Storytime for Little Ones**
- BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org
- May 1**
- Brewster Chamber to meet**
- BREWSTER - The regular Brewster Chamber of Commerce meeting will be held Wednesday, May 1, 9-10 a.m. at the Columbia Post 97 American Legion building at 102 N. Third Street in Brewster. All are welcome to join them for community updates, lively discussions and business education opportunities. For information: Mike Mauk, (509) 593-0771.
- Cancer Support Group, yoga class**
- May 1/yoga**
- Wellness/Restorative yoga, a guided practice of gentle yoga postures and movement designed for cancer survivors, individuals living with acute or chronic illnesses, and caregivers is available at no charge. This class is held each Wednesday at 3:45 p.m. at Yogachelan. Contact Yogachelan for more information.
- May 14/meeting**
- CHELAN - The Women's Wellness Group, cancer support group, meets the second Tuesday of each month with lunch provided by the Wenatchee Wellness Place, at the Lake Chelan Community Hospital Board Room at 11:45 a.m. For more information, contact Anne at 682-8718.
- May 1**
- North Cascades Sportsman's Club**
- CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.
- May 7**
- VFW Post #6853 to meet**
- CHELAN - VFW Post #6853 will meet at the Apple Cup Cafe at 6:30 p.m. They meet the first Tuesday of the month. To join the VFW call Post Commander Steve Palmbush at (509) 670-3346 or email: chelanvfw@gmail.com
- May 10**
- VFW Auxiliary to meet at Chelan Library**
- CHELAN - VFW Post #6853 Auxiliary meets the second Friday of the month at the Chelan Public Library, on Emerson Street, at 2 p.m. Anyone interested in joining can call Carol Palmbush at (509) 682-5624.
- May 10, 17**
- Brewster area monthly bus trips to Omak and Wenatchee**
- BREWSTER - OCTN takes Brewster area residents to Wenatchee, second Friday of the month. Next trip is May 10. The bus starts picking folks up at their homes at 7:30 a.m. Riders may request destination(s); medical appointments etc.
- On the third Friday of each month, April 19, riders will be taken to Omak for the day. Riders request their destination(s). Wenatchee: \$12/boarding for General Public, \$6 suggested donation/day for Seniors (60 plus). Omak: \$5.50/General Public, \$2.75 suggested donation Seniors (60 plus). (509) 826-4391 to reserve your seat.

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Who: Any non-profit 501 (c)3 group. Person(s) must submit full name and contact phone number. What: Items pertaining to local events, meetings etc., that are free or a minimum charge. Where: email to: ruthk@lakechelanmirror.com, subject line QCH Bulletin. Deadline: Monday at 5 p.m. Be sure and include Date, time, place and cost if any.

OBITUARY & MEMORIAL POLICIES
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An **obituary** is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.

Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.

Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.

Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.

Obituaries are priced per word while Memorial ads are per column-inch.

For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

QUAD CITY CHURCH GUIDE

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www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Ryan Kilgore

CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

COMMUNITY LOG CHURCH
Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

HOPE LUTHERAN CHURCH
Sunday Worship 11:00 a.m.
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.
Pastor Kevin Moore

NEW TESTAMENT BAPTIST
Sunday 10 a.m., 11 a.m. & 6 p.m.
Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson

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“With men this is impossible; but with God all things are possible.”
- Matthew 19:26



Bridgeport second baseman Enrique Morales awaits the ball in an attempted pick-off of a Manson baserunner caught leading off the bag.

Mustangs baseball team working to corral first league win

By Mike Maltais
Staff Writer

BRIDGEPORT – The Mustangs varsity baseball team is still chasing its first win in the Central Washington 2B league after losing its first six games against some tough opponents early this season.

Bridgeport hosted Manson for a pair of games last Saturday, April 20, but was unable to match the depth and experience of the Trojans. Manson scored early and often to take both games, 16-1, and 25-0.

With half of their 16-player lineup comprised of freshmen and eighth graders, the Mustangs are young and building for the future. They opened their season against the CW2B's league champion Brewster Bears who placed second at state last year. In their March 26 meeting the Bears only allowed the Mustangs one run as Brewster swept the series.



Mustangs' pitcher J.J. Flores covers home plate as a Trojan runner crosses the bag for a run.

Bridgeport next took on Waterville-Mansfield at home, April 9, and on the road, April 16, but lost both games to the Shockers, 16-0, and 12-2.

The Mustangs were scheduled to travel to Oroville last Tuesday, April 23, to play the winless Hornets. Bridgeport will host unbeaten Tonasket for a doubleheader at home starting at 11 a.m. Saturday, April 27.



Mustangs' freshman Yair Diaz, left, heads the ball during a 4-0 home win over Tonasket last Thursday. Diaz scored one of Bridgeport's four goals on the day.

Mustangs kick Tigers off top run of CW2B ladder

By Mike Maltais
Staff Writer

BRIDGEPORT – The Mustangs' varsity soccer team literally kicked its way to the top of the Central Washington 2B league with a 4-0 win over the previous leading Tonasket Tigers last Thursday, April 18. It's the second time this season that Bridgeport has defeated Tonasket, the first win a 2-0 season opener on Tigers' turf on March 26.

Bridgeport has been the only team that has beaten Tonasket this year but was still chasing the Tigers for the top spot in the CW2B because Bridgeport had a loss of its own.

"It's been a crazy season so far," said Bridgeport Athletic Director Scott Darwood, noting who has defeated who to this point:



Bridgeport senior Christian Aguilar, right, works the ball against a Tonasket rival. Aguilar scored three of his teams' four goals against the top-ranked Tigers.

| | |
|-----------------------------------|-----------------------------------|
| Bridgeport, 6-1, beat Tonasket. | Oroville, 2-5, beat Liberty Bell. |
| Brewster, 3-4, beat Bridgeport. | Manson, 3-3, beat Oroville. |
| Liberty Bell, 1-5, beat Brewster. | |

SEE **MUSTANGS** ON PAGE B2

Fillies split softball doubleheader with Manson



Jacqueline Lombera-Aguilar beats the throw at home plate to score a run for the Fillies.

By Mike Maltais
Staff Writer

BRIDGEPORT – The Fillies varsity softball team got partially back on the winning track with a split-decision

doubleheader against Manson last Saturday, April 20. In a battle between two well-matched teams, Bridgeport won the first game, 16-9, but the Lady Trojans rebounded to take the second game,

17-5.

Bridgeport was looking for its second win since defeating the Soap Lake Eagles, 29-22, in one game of a DH on March 30. Bridgeport fell to a powerful Pateros team, 24-2, and 25-1, in an April 13 DH, and lost to Waterville-Mansfield on the road, 11-0, on April 16.

The Fillies face some of the better teams in the Central Washington 2B league in



Maria Santana races the ball to first base during a doubleheader against Manson.



Bridgeport's Maria Santana, left, catches a Manson base runner approaching second base while teammate Jacqueline Lombera-Aguilar backs up the play.

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Ruth Keys
509-682-2213
ruthk@lakechelanmirror.com

Pateros sixth graders load up for a week at Alta Lake



Photo by Mike Maltais
Pateros sixth graders load camping gear aboard a school bus last Monday, April 22, before departing to spend the week at Alta Lake State Park. The annual event is part of the school's Outdoor Education curriculum. The students will return on Friday, April 26.



Photos by Mike Maltais
Mustangs' goalkeeper Carlos Ruiz, right, gets in position to stop a shot attempt by an approaching Tonasket Tiger (white).

MUSTANGS

CONTINUED FROM PAGE B1

Bridgeport beat Manson. Mustangs senior Christian Aguilar led the Bridgeport attack against Tonasket with three goals, two of those off assists from Jesus Valdovinos and Yair Diaz. Diaz scored the fourth goal unassisted. "The defense played extremely well and did not allow Tonasket many opportunities to get close to the goal," team spokesman Chris Gonzales said. Two days earlier the Mustangs shut out visiting Liberty Bell, 5-0, on Tuesday, April 16. "Yair Diaz scored three goals for the Mustangs with three assists by Alexis Valdovinos," said Gonzalez. "Valdovinos scored one goal and the final goal was scored by Jesus Valdovinos." Carlos Ruiz was the first half goalkeeper and Edgar Meza took over in the second half. "The Mustangs played very well making good passes and



A Tonasket player attempts a goal shot past Bridgeport's Sergio Penaloza, 12, and Diego Martinez. The shot was high and one of few the Mustangs' defense allowed.

creating many fast breaks to goal," Gonzales said. Bridgeport blanked Okanogan, 3-0, in a non-league game on Saturday, April 13. Bridgeport junior Santiago Moreno scored two goals and Aguilar added a third. Edgar Meza manned the goal for both halves.

The Mustangs were scheduled to host Manson on Tuesday, April 23, followed by Oroville at home on Thursday, April 25. Omak will be in town for a game at 11 a.m. on Saturday, April 27. Bridgeport will travel to Brewster for its final regular season game at 4:30 p.m. Tuesday, April 30.

Bears split with 2A Othello, beat Liberty Bell by 12

By Mike Maltais
Staff Writer

BREWSTER – The Bears varsity baseball team gave the 2A Othello Huskies a workout in a split doubleheader on the road last Saturday, April 20, and left league rival Liberty Bell with a 12-run deficit on Tuesday, April 16. The Bears jumped out to a one-run lead in the first inning in game one against the Huskies who trailed from that point to through the final inning and an 8-4 loss. Corey Jarrell got on base with a walk and went to third base on Mason Kelly's single. Quincy Vassar doubled to score both runners in the first inning. Joe Taylor scored in the third to put the Bears up, 3-1. "Our big inning was the fourth," said head coach Todd Phillips of the three-run effort. Both Cade Gebbers and Logan McGuire singled. Kade Kelpman walked to load the bases. Taylor singled to score a run, Jarrell drove in a run on a fielder's choice and Kelpman scored on an error. With the score 6-3 going into the sixth inning, Kelpman, Taylor and Jarrell singled on the way to the Bears' final two runs. Pitcher Connor Ashworth was credited with the win and Vassar with the save.

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The Huskies found their range in game two and scored three runs in the first inning. "We gave away too much free offense," said Phillips. "Too many errors." In the fourth inning Vassar slammed his first home run of the year to put Brewster's first run on the board. The Bears took the lead in the fifth inning when Ashworth singled to drive in both Jarrell and Kelly. Then Vassar singled and Gebbers reached base on an error, scoring pinch runner Jorge Ramirez. Kelpman singled home pinch runner Jeff Sonneman to give Brewster a 5-4 lead. Othello closed the gap in the fifth and Brewster regained the lead in the sixth when Jarrell singled and Vassar singled to score Jarrell. The Huskies added two runs of their own and took a one-run lead into the seventh. Vassar took the loss on the mound for the Bears.

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | R | H | E |
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| Brewster: | 0 | 0 | 0 | 1 | 4 | 1 | 0 | 6 | 11 | 1 |
| Othello: | 3 | 0 | 1 | 0 | 1 | 2 | X | 7 | 13 | 3 |

GPA of 3.0 or higher needed

Quad city students qualify college winter quarter honor rolls



Ashton Steggall
Photos courtesy of Facebook

By Mike Maltais
Staff Writer

QUAD CITIES – Five students from the quad cities of Brewster, Pateros, and Mansfield have qualified for the winter quarter honor rolls at two Spokane community colleges. Ashton Steggall of Pateros and Felix Nava and Carlos Najera of Brewster are among 1,800 students named to the 2019 Winter Quarter Honor Roll that ended last March at Spokane Community College (SCC). Of the 2,200 honored, 1,350 made the President's Honor Roll by maintaining a grade point average (GPA) of 3.5 or higher. The remaining 870 students qualified for the Vice President's Honor Roll with a minimum GPA of 3.0.



Carlos Najera



Felix Nava

Esmeralda Barboza of Brewster and Mikki Mills-Larmar of Mansfield were among 1,800 students named to the Winter Quarter Honor Roll at Spokane Falls Community College (SFCC). Of the 1,800 SFCC students honored, 1,194 made the President's Honor Roll with a GPA of 3.5 or higher while 624 qualified for the Vice President's Honor Roll with a minimum GAA of 3.0. Spokane Community College and Spokane Falls Community College are both within the Community Colleges of Spokane (CCS) district. SCC is known for its career, technical training, and apprenticeship programs, it also offers transfer-ready associates degrees for students going on to universities. SCC serves

some 21,000 students with a 148-acre central campus in east Spokane and five rural locations at Colville, Inchelium, Republic, Ione, and Newport. SFCC serves about 8,400 students at campuses in west Spokane, Fairchild Air Force Base, and Pullman. It is known for its theater, music, fine arts and STEM (Science, Technology, Engineering and Math). About 60 percent of SFCC graduates transfer to four-year colleges and universities. CCS is a 12,300-square-mile community college district enrolling some 34,000 students annually and serving Pend Oreille, Stevens, Whitman, Ferry, and part of Lincoln counties. To learn more about CCS visit www.ccs.spokane.edu online.



Photos by Mike Maltais
Brewster eighth grader Eric Ramirez, covering third base, sets up to catch a hard line drive off the bat of a Pateros player.

Pateros struggles in double-header loss to Brewster JV

By Mike Maltais
Staff Writer

BREWSTER – The Pateros varsity baseball team ran into some stiff resistance last Thursday, April 18, when it met the Bears' junior varsity team in a non-league doubleheader. It took the Billygoats a 13-0 loss in the first game to get zeroed in for some hits and runs in the second game that ended Brewster's way, 16-6. The Billygoats have some solid wins under their belts against Central Washington 2B league teams this season. After losing the first game of a doubleheader to Manson in their season opener, March 23, the Pateros men surprised the



The Billygoats' Max Ewing delivers a pitch from the mound.

Trojans with a 12-5 win in the second game. Pateros won both ends of a doubleheader at Oroville, 21-11, and 13-12, on March 30. The Billygoats were scheduled to host Riverside Christian for a doubleheader on Tuesday, April 23. In an earlier meeting

on the road at Riverside Christian, April 12, Pateros managed a single run as the Crusaders swept the first game, 19-0, and won the second, 14-1. Pateros will be at Waterville-Mansfield for a doubleheader on Saturday, April 27.

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| LBHS: | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 3 | 3 |

The Bears were scheduled to host undefeated Tonasket on Tuesday, April 23. Brewster will be on the road for a non-league game against Chelan on Thursday, April 25, before hosting Manson at 11 a.m. Saturday, April 27 for a league doubleheader.

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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 prescolares se llevarán a cabo en el espacio de la escuela Prescolar 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 vacuaci3n
- * 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.**

ANNOUNCEMENTS

CHILDFIND 2019 PRESCHOOL REGISTRACION 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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1. Jazz singing

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4. Chart anew

5. Lark about

6. Puppy barks

7. Keats' poem

8. Cell phone bill item

9. Frigid shipping hazard

10. Butch Cassidy's home state

11. Pro

12. Big Bang's original matter

15. "Blind man's target

20. Cause for food recall

22. "Now or Never"

24. Tom's craziness?

25. * de Mayo

26. Soft single in baseball

27. Move sideways

29. **Mi es su...

31. Biscuit

32. Sandwiches for dessert

33. "Zapata's collaborator

34. Audiencis approval

36. Long, long time

38. Bone-dry

42. Airy fairy

45. Exercising authority

49. One of peeps

51. Tower of London guard

54. Sealing product

56. Freshwater diving bird

57. of events

58. Red carpet purse

59. Witty remark

60. RIP pots

61. "that" on walkie-talkie

62. In neutral

63. Gardener's purchase

64. Crew propellers

67. "Jack and the Beanstalk" exclamation

1. Winter warmer

6. "T", north of the border

9. Put six feet under

13. Computer programmer

14. Supermarket circulars, e.g.

15. "He loves me..." flower part

16. "Santa Anna's 1836 victory locale

17. Pod dweller

18. All worked up

19. "Filling+corn dough+corn husk, pl.

21. Like Dorothy Gale's dress

23. Selfie, e.g.

24. Cheese on Peloponnese

25. Eye Network

28. "Day of the Dead-inspired Oscar-winner

30. Attempted

35. Hipbones

37. Between Thailand and Vietnam

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52. Aptitude test

53. Like a doily

55. Margaret, for short

57. "Made from agave

61. "Popular huevos accompaniment

65. Driver's 180

66. Flying saucer acronym

68. Mythological princess of Colchis

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HELP WANTED

Marson and Marson Lumber

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.

Full and Part-Time Bed Maker, Laundry and Housekeeping

Leavenworth Enzian Inn, is hiring for full and part-time Housekeeping / Laundry / Bed Makers. Enjoy a competitive wage and positive working environment. Shifts typically begin at 9:00 and end between 2:00 - 4:00 daily. Hotel amenities such as fitness room, indoor pool and jacuzzi are available to employees and their immediate family to enjoy in the winter months.

Apply in person
Enzian Inn
590 US Hwy. 2
Leavenworth

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

**CASCADE**
SCHOOL DISTRICT

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
EOE

Find the Best Qualified Local Employee in our Classifieds Ads.

Place your ad 24/7 at www.NCWMarket.com

Deadline Monday at noon for the paper **Lake Chelan Mirror Leavenworth/ Cashmere**
Deadline Tuesday at noon **Quad City Herald**

Your ad will appear online and in the newspaper for one low price.

HELP WANTED

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

Attendant is responsible for attending to customers, managing incoming solid waste and maintaining a safe environment.

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

WORK WANTED

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

PUZZLE SOLUTION

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APPLIANCES

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GENERAL MERCHANDISE

SPECIAL Fundraiser for Autumn Leaf Festival
Leavenworth Cards
With sayings like Happy Birthday! I Miss You---- Wish You Were Here (in Leavenworth.) and many others. Regular cost \$3.99 Selling for \$1.50
Pick up one or more and donate to a family/friendly festival organization.
Stop by The Leavenworth Echo 215-14th Street. Open 9-5 weekdays.

Have a Community Story idea?
Contact QCH reporter Mike Maltais at 360-333-8483 or qchreporter@gmail.com

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

Ask...

**Dr. Louise**

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 @2019 Louise Achey

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