

NOVEMBER 2019

CASCADE CONNECTION



Features:

New Employees

How will you measure your life?

Team Spotlight

Birthdays

Christmas Party

Recipe

Team

Please send contributions
for the Newsletter to
stacy@cascadefamily.com



Payson

Dr. Black
Allie Latu
Shebree Bulloch

Springville

Barbara Nygren
Mekell Brady (returning)
Amanda Jenkins

Did you know a Free Membership to "Dave Ramsey Financial Peace University" is provided by Cascade if team members are willing to attend?

How Will You Measure Your Life?

Clayton M. Christensen

"With every moment of your time, every decision about how you spend your energy and your money, you are making a statement about what really matters to you."

"I had thought the destination was what was important, but it turned out it was the journey."



Lynise Mason is our Springville office manager. She has been with Cascade for about four months. She is from Vernal and has lived in Utah her whole life. She is married with three sons and one daughter ranging in age from nineteen to twelve. She also has two dogs, a husky named Koda and a pug named Oscar.

Lynise enjoys playing family board and card games and outdoor activities like corn hole and nine-square. She loves to be in the mountains and mountain biking. One of her favorite places she has traveled to was Costa Rica. She loved it because of its beauty and the company she was with. A few years ago Lynise was a host along with her

Team Spotlight Lynise Mason

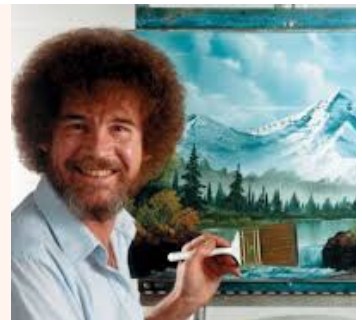
“*Comparison is the Thief of Joy*”
- Theodore Roosevelt

husband on a TV show called Living Well where they spotlighted their community. It had segments featuring things happening in their community, cooking and exercise. If you want to see an episode you can find it on YouTube. In her spare time Lynise likes to watch Netflix (romantic comedies) or listen to podcasts on crime drama or self-improvement. She has a hard time resisting Reeses Peanut Butter Cups



Team Spotlight Nikole Taylor

“*I can do all things through Christ who strengthens me*”
- Phillipians 4:13



Nikole Taylor began working at Cascade Services this past August. She currently attends Salt Lake Community College working on her pre-requisites and is planning on attending dental hygiene school. Yay! She was born and raised in Utah, is one of five kids and has a twin brother. She was born with red hair and all her siblings have red hair, but Nikole's hair is now naturally blonde.

Nikole likes reading fiction, white chocolate, country and pop music and Bear Lake. Her favorite outdoor activity is hiking and snowshoeing. Stewart Falls and Bells Canyon are some of her favorite hiking destinations. If Nikole could meet one person, living or dead, she would like to meet Bob Ross. She also thinks it would be cool to learn how fix cars.



An interesting job Nikole had in the past was a camp counselor at a Boy Scout camp. She enjoyed working with the scouts and being in nature so much. She also has had the wonderful opportunity to build houses in Mexico three years in a row with the Builders without Borders organization in Mexico. She enjoyed the service and helping people.

November Birthdays



6-Lindsey
Squire

9-Sage
Mascaro

18-Shauna
Hales

19-Devonnie
Walpole

30-Alicia
Larsen

30-Rachael
Finch

Important November Dates

2 - Dr. Townsend
Date Night

11th Veterans Day

14th Loosen Up,
Lighten Up Day

17th - Use Less Stuff
Day

28th - Thanksgiving

Cascade Christmas Party

Payson & Spanish Fork

Friday, December 6, 2019

Time TBA

The Balcony, Provo

Springville

Saturday, December 14, 2019

Time TBA

Hobble Creek Golf Club



Chocolate Pecan Pie Bars



Ingredients

2 c all-purpose flour

1/2 c packed brown sugar

1/4 t salt

1/2 t cinnamon

1 c butter, softened

3 large eggs

3/4 c corn syrup

3/4 c sugar

2 T butter, melted

1 t vanilla

1 1/2 c chocolate chips

2 c pecans, roughly chopped

Instructions

Preheat oven to 350 degrees. Line a 9x13-inch pan with foil (helps with cleanup, but isn't necessary-can also use non-stick foil). Lightly grease the foil with cooking spray. For the crust, in a medium bowl, combine the flour, brown sugar, salt and cinnamon. Cut in butter with a pastry blender or two forks until mixture is crumbly but evenly and well combined. Press the crust evenly into the prepared pan. Bake for 10 minutes or until very lightly browned around the edges. In a large bowl, whisk eggs then add corn syrup, sugar and vanilla extract. Stir to combine. Stir in melted butter, followed by pecans and chocolate chips. Stir until well combined. Pour mixture onto crust layer. Bake for approximately 25-30 minutes or until browned and set. Cool completely. Cut and serve.

Cascade Team

Doctors

*Donny Allred * Joseph Winward * Matthew Clark
Renn Flinders * Robert Baird * Cameron Black*

Hygienists

Payson

*Allie Latu
Chenylle Corbett
Devonnie Walpole
Jessica Pierce
Kristen Nowell
Kylee Johnson
Lauren Price
Lindsey Squire
McKenzie Kerecman
Melanie Lee
Suzann Whiteman
Tanna Larson*

Springville

*Barbara Nygren
Christine Jeffs
Karen Kunz
Mekell Brady
Melanie Lee
Melissa Drake
Rachael Finch
Sage Mascaro
Sharon Hansen
Lindsey Squire*

Spanish Fork

*Ali Beckstead
Lindsey Squire*

*"IF YOU CAN DREAM
IT, YOU CAN DO IT"
- WALT DISNEY*

Assistants

*Alicia Larsen
Amber Smith
Bailey Smith
Michelle Rodriguez
Paige Smith
Renee Pray
Shebree Bulloch*

*Courtney Hubenthal
Kamila Malcomson
MaKenzie Fay
Mallory Kendall
Sarah Francis*

*Keanna Castenada
Michelle Rodriguez*

Office

*Emily Reynoso
Gwen Dowse
Kiva Ramsay
Lynn Rogers
Stephanie Badders
Wendy McCarthy*

*Amanda Jenkins
Jeannie Hyde
Kathy Johnson
Lynise Mason
Sarah Holt*

Karen Martin

Cascade Services

*Erika Bedolla * Kinsey Inoke * Nikole Taylor
Olivia Stansell * Rachel Taylor * Rosa Arriola * Shauna Hales
Stacy Chapa * Suzanne Stone*