

JANUARY 27, 2021 • VOLUME 130 NO. 4

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# Manson Community Council officially adds Elmira Forner to board

By Gary Bégin Managing Editor

MANSON - The Manson Community Council meeting held Jan. 19, via ZOOM discussed or heard the following topics:

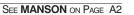
Councilman Incumbent Cindy Smith and new member Elmira Forner were both sworn in for their three-year terms after the vote was certified.

There is \$462 in the MCC treasury.

Officers for the 2021 calendar year were elected. Kari Sorenson was retained as chairman with Kathy Blum as co-chair. Elmira Forner was selected as secretary/ treasurer.

A "bylaws" meeting was scheduled at Blueberry Hills on Jan. 26.

Manson School District (MSD) Superintendent Voni Walker and two staff members were in attendance and briefly summarized the EP&O (Replacement Educational





# Chelan Fire & Rescue discuss 'ladder dilemma'

By Gary Bégin Managing Editor

CHELAN - The Chelan Fire & Rescue board of commissioners met on Wednesday, Jan. 20, at 3 p.m. via Zoom. Much of the hour-plus meeting, coming near the end, centered on repair or replacement of the ladder truck, which in either case is a costly dilemma.

The meeting began with a report from CF&R District 7 Chief Mark Donnell who stated that "it was the busiest December since incidents were recorded in 2010" noting that incidents were up 6.4 percent over 2019. He expects the same volume for 2021. A discussion was had about the need for storm fittings on fire hydrants, at about \$200 each, especially in subdivisions like The Lookout. It was mentioned that the city of Chelan may have leverage to require the developer to purchase the necessary items. Fire Commissioner Russ Jones suggested the developer of The Lookout would be willing to comply if asked. Chief Donnell also said there were many hydrants in the fire district that currently have 5 inch fittings, but the specific size needed is 4 inch and that issue may take a while to replace. The Chief said former Chief Tim Lemon was aware of the issue. In COVID-19 vaccine news, the chief stated that Confluence Health received 3,000 phone calls in one day regarding when vaccines would be available, where the vaccines were going to be given and



Elmira Forner



have stood for fairness. We have held that an individual is innocent until proven guilty. Trump was accused by the media and the House of Representatives of inciting an insur-

President Trump was im-

peached for the second time

two weeks ago. Beyond the fact

that the action was truly point-

Throughout our history we

less, it is also un-American.

rection that lead to an assault on the Capitol Building. As a 40-year veteran of the news community, I am deeply OPINION Bill Forhan Publisher Car and

America has lost its soul

IN MY

disappointed in the depth to which our Media has fallen. Their job is to help keep government honest. They are not king makers although they seem to have collectively decided that

is their role.

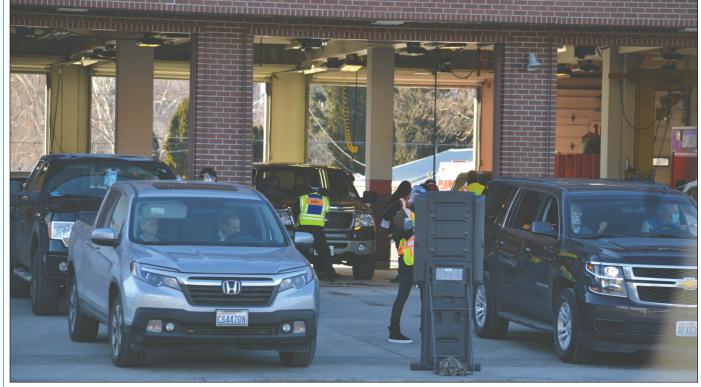
Problem number one with their story is Trump never called on the crowd, estimated to be 250,000, to be violent. In fact, his exact words were, "I know that everyone here will soon be marching over to the Capitol building to peacefully and patriotically make your voices heard."

The national press continues to run the story that Trump inspired the insurrection on the basis that he did call for his supporters to fight for the good of the country. And he outlined numerous election irregularities that Democrats and government insiders rejected as unfounded.

Problem number two is the timeline of the attack on the Capitol and the movement of Trump's supporters toward the Capitol. Depending on which media source you look at the timeline varies, but the group that was directly in front of the Capitol building was there

SEE AMERICA ON PAGE A2

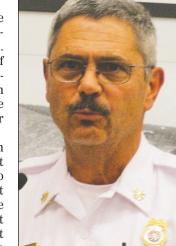
# Phase B1 vaccine clinic held



RuthEdna Keys/LCM

The first COVID-19 B1 vaccine clinic was held Saturday, Jan. 23, 9 a.m.-3 p.m., at Chelan Fire & Rescue, at the corner of Sanders and Wapato. Lake Chelan Health had available 280 first dose vaccine to give to anyone either in the 1A or B1 phase and set up a clinics and posted the registration information to their website, lakechelanhealth.com This first clinic was full within two hours if its posting. All vaccination clinics they will offering will be posted to their website first. They don't know when they will receive more vaccine, so new clinics can get scheduled at any time. They encourage those who wish to get the vaccine to check the website frequently.

# Glass recycling expert: A myriad of products for 'end users'



#### Chief Mark Donnell

who could get vaccines. The state has installed a new "211" phone hotline so people can get their vaccine questions answered.

The ladder truck was a main topic at the meeting. It has been "diagnosed" with severe corrosion problems, but it would have to be taken off-line for a year as repairs would require that the truck be sent to St. Louis and then shipped back. The repair bill could be as much as \$250,000 on the high side with an additional \$5,000 to ship the truck back to Chelan.

A discussion was had as to whether or not it would be better to incorporate the ladder truck that is currently in Entiat or Manson when needed or to physically stage the truck at the Chelan fire station.

SEE TRUCK ON PAGE A2

By Gary Bégin Managing Editor

CHELAN - Cyndy Andela, founder and President of Andela Products in Richfield Springs, New York, spoke virtually to the Lake Chelan Rotary club on Tuesday, Jan. 12 about the myriad of "end user" products for crushed, recycled glass.

Her company is known for expertise in the recycled glass markets and products as used in a variety of applications. It has also been selling machines and know how worldwide for the last 25 years.

Andela discussed the proprietary technology that produces a "friendly" crushed glass with rounded edges that is completely safe to handle. As evidence, she presented the Rotarians with a slide show that included pictures of children playing and bare feet walking in the finished material without injury.

Based on Andela's business acumen about sand and aggregate, she shared anecdotes



Courtesy photo

The Andela GP-05L System is capable of one to two tons per hour, or about 400 tons annually if used only once a week.

Inserts Safeway Manson Bay Market

about what other municipalities have done to make the glass repurposing programs successful.

Rotarians at the virtual meeting agreed that the glass recycling efforts are an exciting project and discussed various measures to bring it to reality.

Cyndy is a fellow Rotarian and the immediate Past President of the Rotary Club of Richfield Springs, New York, located north of Cooperstown. Her "Andela GP-05L System" is a popular, smaller sized machine system meant for lower volumes than large industrial applications and is perfect for small geographic areas like Lake Chelan where collections can be crushed once a week instead of daily.

Andela said that in its early stages, new bottles made from recycled glass bottles was the main use for recycled glass, but her company has been selling crushed, pulverized glass to companies worldwide for industrial uses such as sandblasting and landscaping, utility pipe bedding and as an additive for sidewalks, cement slabs, patios and site preparation.

Andela has a degree in mechanical engineering and exclaimed the better "flow rate" of her product, being "nine-10 times better" than the flow rate of other aggregates when it comes to its end use.

Her product can also be added to mulch, giving more weed control, retention of soil moisture and even improved ripening of grapes as it reflects sunlight.

She mentioned that the Lake Chelan area, with its many wineries, would benefit from not only the end product being used in its vineyards, but also as a source for the bottles to be recycled in the first place.

The Rotarians are pursuing the purchase of a \$111,000 Andela GP-05L System machine with partial funding from the

SEE GLASS ON PAGE A2



# During this difficult time support your neighbors Most local businesses offer curbside service or delivery



### **INSIDE THIS WEEK**

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Heath Care Directory A2



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# Lake Chelan Chamber of Commerce Restaurant Rally awarding \$84,000+ in grants

SUBMITTED BY LAKE CHELAN CHAMBER OF COMMERCE

CHELAN - The Lake Chelan Chamber of Commerce is proud to announce that the Restaurant Rally is awarding over \$84,000 of the allocated \$150,000 to local restaurants. The Rally started Monday, Dec. 7 and will continue

### MANSON

#### CONTINUED FROM PAGE A1

Programs & Operations) levv request scheduled for a vote in February. Manson has historically had two-year levy requests. This one covers 2020-2021. (See sidebar this edition)

Walker said the school district was doing "amazing" work mitigating the transmisthrough Feb. 28.

The Chamber has encouraged diners to enjoy a meal on the patio, or order takeout at any one of the Lake Chelan restaurants in order to adhere to social distancing guidelines. The Chamber matches all receipts before tax and excluding alcohol.

Modeled after the success-

sion of COVID-19 to the extent that other school districts in the state were requesting "best practices" from MSD. She reports no COVID-19 cases since October.

MSD is currently attending half day schedules. One group of students in the morning and another in the afternoon.

Forner said she was raised on an orchard farm near Penticton, Canada and spent 32 ful Pierce County Restaurant Rally, the Lake Chelan Chamber of Commerce has allocated \$150,000 to help the recovery of the beleaguered local restaurant industry. Matching funds will be prioritized for full-service restaurants who are currently operating and doing so within Washington's Safe

years as a Seattle resident. She was a state legislator and was also on the city of Kent planning commission before coming to Manson for retirement.

MCC is a panel of 5 elected volunteers who act as an advisory panel to the Chelan County Commissioners. Monthly meetings are held every third Tuesday of each month.

support one another has been uplifting and inspiring. This

Start guidelines.

combined effort of organizations that support our local businesses, the community that rallies behind them and the people who are employed

'Watching the way our com-

munity has come together to

### **AMERICA**

CONTINUED FROM PAGE A1

before Trump made his speech and most likely never heard it. Again the "main stream" media continues to claim the assault on the Capitol was by angry Trump supporters because they were carrying Trump flags or wearing MAGA hats. Those are pretty thin facts on which to build a case. Finally, there is new evi-

dence that the breach of the Capitol building was inspired by BLM and Antifa activists. One of the first arrests turned out to be of John Sullivan a BLM activist who was apparently encouraging the crowd to become disruptive.

If you take the time to review the endless list of available videos you can hear individuals in the crowd saying, "we don't do this s\*\*\*!" So, the problem with the media portrayal is they are painting all of the crowd as being "right wing radicals." It seems that what we have here is "systemic media bias against conservatives."

It is simply, a lie. While there were undoubtedly some radicals present that morning - both right wing and left wing. They were not all Trump supporters bent on insurrection.

GLASS

CONTINUED FROM PAGE A1

city of Chelan (\$50,000) and another \$50,000 from the Washington State Department of Ecology.

The club is getting a "fellow Rotarian discount" Andela said, because she is not charging for the installation, shipping, one week of training and accompanying "installation supervisor."

The Regional Port of Chelan and Douglas Counties Chief Executive Officer Jim Kuntz (brother of Wenatchee Mayor Frank Kuntz) will neip support the project by advocating in favor of the Rotarian's plan to the state entity. Lake Chelan Rotarian Julie McCoy is heading the project and said the recycling project fits in with the club's plans of producing a zero carbon footprint in the near future. Andela said she already gave the same presentation to the Lake Chelan Wine Alliance and she has already developed an electric-free recycled glass "machine" that can be used by third-world countries to produce clean water, a precious and rare commodity in many poor nations. That system involves a 50-gallon barrel and gravitational forces that use glass "sand" as a filter to clean fouled water into clean drinking water by merely pouring the bad water into the top and catching the filtered water when it comes out of the bottom. Lake Chelan Rotary President Tom Tochterman said

by them is powerful," said Mike Steele, Lake Chelan Chamber Executive Director.

The Restaurant Rally continues through the end of February. For more information, visit lakechelan.com/ restaurantrally.

About the Lake Chelan Chamber of Commerce: The

The entire country has been under assault by left wing radicals all summer. Today the left want us all to believe the assault on the Capitol was by out of control Trump supporters without any real investigation to pass a bill calling for the of what occurred by whom and for what reason. That is clearly Convention of States. un-American.

Seventy plus million citizens do not believe the results of this election. That is a problem. Unless something is done to address their concerns besides simply claiming they are wrong without critically examining their complaints will only result in continuing unrest.

I have heard a number of conservatives calling for an armed revolution. I do not support that.

Before we jump on the latest video showing the growing frustrations of the American people, we must find a way to get back to our roots. Roots that call for us to evaluate these emotionally charged events with objectivity and fairness.

Our Federal government is failing us, the American citizens. Their partisanship has caused them to lose sight of their primary responsibility to serve the American people.

There is, however, a process

written into our Constitution to deal with this exact problem. Article V allows the people to call for a Convention of States for the sole purpose of amending the US Constitution. It takes 34 state legislatures

Lake Chelan Chamber of Com-

merce has been in operation

since 1924 and currently has

nearly 500 members. It exists

to drive economic growth

through leadership, advocacy

and promotion that enhances

the quality of life in the Lake

Chelan Valley. Learn more at

lakechelan.com.

Once called the Convention of States gives each state one vote to approve the measures passed by the Convention. Once the Convention passes their amendments the amendments still require the approval of three fourths of the states, but the Federal Government does not get to debate the amendments. Some of the recommendations being suggested for the COS to consider are Term Limits and a balanced budget. They may also want to consider Constitutional rules governing elections.

Our system is badly broken. The result is a growing distrust among all Americans that will only continue to fester like a bad sore. We owe it to each other to make sure the World's only government of the people, by the people and for the people remains so.

If you want to know more about the Convention of States you can find it at https://conventionofstates.com/

ground areas.

The GP-05L installation would also come with technical training manuals and available Zoom meeting instructions from the installation supervisor after installation is finished. Her company also offers maintenance tips and spare parts needed after years of usage.

Chelan Mayor Bob Goedde asked about segregation of colored glass and Andela said if the desired result were to be blue or whatever, that the glass can be segregated and a run of all blue glass would generate a useful mulch product of that color for use on

### TRUCK

#### CONTINUED FROM PAGE A1

Another suggestion was to possibly sell the existing truck on the open market, which might garner \$175,000. The repair cost was so high because it requires disassembly of the truck to get at the corrosion.

The original seller of the ladder truck is not required to fix it as the truck's warranty has expired. All firefighters, including the duty crew that was on the Zoom meeting, stated they liked the "golden motor" of the 2007-built apparatus as it was considered "the last good year" of engine construction before emission controls changed the efficiencies of the motor.

No decision was made as to the fate of the popular ladder truck. Repairing it in St. Louis might allow the vehicle an additional 20 years of service.

Another topic that was talked about briefly was a request by the city of Chelan to burn down a city building located near the Pacific Pride gas terminal. All agreed that the subsequent project would be excellent training for participating firemen.

The controlled burning would probably take place around the end of February.

Fire Chief Mark Donnell told the Lake Chelan Mirror in an

exclusive interview after the meeting, about the effects of the pandemic on Chelan firefighters, "The current Covid-19 pandemic has had a significant impact not only with emergency responses, but day-to-day operations of the Fire District. With the recognition of the severity of this virus we moved to limit public access to all of our facilities, implemented even more rigid infection control measures, moved to increase our supply of personal protective equipment, and changed our emergency response protocols to limit exposure of our personnel."

"In addition, we were required to move most of our training to either a virtual or online format which is not the best format for firefighter skills performance. All open public meetings (Commissioner meetings, etc.) were also moved to virtual format which makes conducting the business of the Fire District more challenging, but we have been able to adapt," Donnell continued.

"The biggest impact has been to the budget as the cost of implementing the online training program, virtual meeting forum, and personal protective equipment (exam gloves, gowns, N-95 respirators, etc.) he said.

"On a grander scale, Chelan Fire & Rescue, along with other county fire agencies, has committed personnel to fill critical positions within the Incident Management Team operating at the Chelan-Douglas Health District," Donnell said.

Chief Donnell continued, "On the positive side, we have only had one member who tested positive and this was from a non-work related exposure and we have been able to handle the emergency call response without too much difficulty."

"Working together with Lake Chelan Health, we have been successful in delivering the first dose of vaccine to First Responders in Chelan and Douglas counties with the second dose administration starting next week," concluded Donnell.

On Monday, Jan. 25, the Washington State National Guard was expected to arrive in Chelan to help with COVID-19 vaccine duties. For more on the fire department, go to chelan.7.com. Approximately 14 persons attended the meeting virtually.

Gary Bégin can be emailed: Gary@ncwmedia.net. Comments may be used as Letters to the Editor in future NCW Media publications.

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Mon. to Fri. 9:00 a.m.-5:00 p.m.

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offers custom machines for clients.

Andela's company current-

ly has 20 employees and also

use of the Andela glass re-

cycler could "put Chelan on

the map for environmental

Courtesy photo

Cyndy Andela

leadership."

The Andela GP-05L System is capable of one to two tons per hour, or about 400 tons annually if used only once a week. It would produce a product suitable for use by the city of Chelan's Public Works Department for road paving aggregate and mulch uses as well as attracting potential purchases from area NGO's (non-governmental organizations) and other government entities.

Andela stated that the end product has no odor, other than a dirt-like smell, or unsanitary residue, because part of the recycling process involves extreme heat which kills organic materials. The recycling machine also removes plastic caps and paper labels into a separate waste container.

The finished product has no sharp edges as it is crushed and tumbled by the machine, thus allowing its use on playgrounds and other sensitive

#### Letters policy

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

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Have an idea for a story? Call the Mirror at 682-2213

#### Corrections

The Lake Chelan Mirror regrets any errors. If you see an error, please call 682-2213. We will publish a correction in the next issue

customized landscaping projects.

In regards to its use in the sandblasting industry, Andela stated her product does not contain "crystalline dust" and so is much safer for those who are applying it if accidentally inhaled.

"It's a way of taking local waste and utilizing it locally," Andela said.

Speaking by email after the Zoom Rotary meeting, Andela stated that she had really "enjoyed" talking to the Rotarians of Lake Chelan and was "looking forward" to visiting again, but in person, after the COVID-19 issue was solved.

See the Lake Chelan Mirror website for Andela's slideshow. Managing Editor Gary Bégin can be emailed at: Gary@ncwmedia.net. Comments received may be used in future Letters to the Editor articles in NCW Media publications unless otherwise requested.

Lake Chelan Mirror (USPS 101-620) is published every Wednesday by NCW Media, Inc. 310 E. Johnson Ave.. Chelan, WA Telephone: (509) 682-2213. Fax: (509) 682-4209 Periodical postage paid at Chelan, Wash. 98816 Postmaster: Send address corrections to: Lake Chelan Mirror, P.O. Box 249, Chelan, WA 98816-0249

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#### Community

# Manson Apple Blossom Royalty to be selected Jan. 30

Manson Apple Blossom Selection will be held Saturday, January 30 at 7 p.m. via Zoom or Livestream through MansonAppleBlossom Facebook page.

Candidates are Alisson Adame, Maddison Alejo, Grace Cullison, Bryanna Harris and Zoe

#### Thomas

They are maintaining their usual interviews with judges, speeches, and their dance routine. There will also be announcements regarding button winners.

They plan on audience vote by sending \$8/

vote to Manson Apple Blossom, PO Box 378, Manson, WA 98831. Or send it to Manson Apple Blossom PayPal or Venmo. Please include an email address. Then you will receive a link to place your vote that night within a specific time to be announced that evening. They will crown the 2021 royalty and pray for a better year full of celebration.

Their 100 year plans were destroyed last year so they hope to carry through with them this year. They are at 100+1 years with the theme "Rooted in Tradition Again".



Alisson Adame



Bryanna Harris

#### **Alisson Adame**

Alisson is the daughter of Estela Pineda and Raul Adame and has two brothers and one sister; 25-year-old Ulises, 22-year-old Gisele and 12-year-old Melvin.

Alisson has served her class as senior class President and was class Vice President her sophomore year and class Secretary her freshman year. She was also student Secretary for a peer support group called Manson Connect her senior year, was Co-President of the Film and Media Club her junior year and was a member of the Future Farmers of America (FFA) club where she raised and showed hogs at fair her junior and senior year. In addition, Alisson has participated in volleyball her freshmen and sophomore year, winter cheer all 4 years and was Co-Captain her junior year, fall cheer her junior and senior year, and softball her freshmen, junior, and senior year. In her spare time, Alisson enjoys CrossFit, being outdoors, and spending time with family and friends. She also enjoys volunteering and doing her internship with a local nonprofit organization called Thrive Chelan Valley where they help serve, empower, and advocate for local youth. A project Alisson took over her senior year was Thrives' Foods2School program where she packs and delivers bags of food every week to both Manson and Chelan schools. After graduation, Alisson plans to attend a four-year university to major in either physiology or psychology in hopes to become a physical therapist or a counselor one day. Alisson's favorite TV show is Gilmore Girls and her favorite novel is "The House on Mango Street" by Sandra Cisneros. Alisson believes participating in Apple Blossom will allow her to contribute by giving back to her community who has helped her not only grow as a person but also given her opportunities to show her leadership.



Madison Alejo

year and has participated with the Manson Jazz Katz since her freshman year as their percussionist. Her interest for sports has allowed her to play varsity soccer since her freshman year and varsity basketball since her sophomore year. Her passion for music has led her to volunteer at North Shore Bible Church (NSBC) as their full-time pianist/drummer since 2016.

In her spare time, Maddison enjoys listening to music, going on hiking adventures, getting involved with all events in her local church and spending time with family and friends. Some of her other hobbies include drawing, photography, practicing her musical skills and creating simple DIY's around her home. Maddison's favorite tv show is Teen Wolf and she enjoys rereading the book "Blue Moon" by Alyson Noel.

After graduation Maddison hopes to attend one of the four universities, she has been accepted to in hopes to earn her bachelors in audio productions or graphic design. Maddison feels it would be an honor to represent the community that has helped her get to where she is now. "The community has supported me like a second family with my desires for my future and no words can describe the privilege it is to represent family."

#### **Grace Cullison**

Grace is the daughter of Donald and Christine Cullison. She has a younger brother, Ben, who is currently a freshman at Manson High School.

Grace has been an honor roll student throughout her high school career, and is a member of the National Honor Society. She played in the marching band and participated in Knowledge Bowl. Grace lettered three years in Cross Country and ran Track & Field her freshman year.

In addition, Grace has been earning money for college since her sophomore year. She started her own business called Cookies for College to offer baked goods and jams at the Manson Farmer's Market. Grace also earns money for college by babysitting many of Manson's families. Both of these endeavors have not only enhanced her self-confidence, but have underscored the importance of loving what you do.

In her free time, Grace enjoys reading, playing board games with her family, taking walks with her dog, and cooking with her mom. Grace's favorite TV series is the Great British Baking Show and her favorite novels are the Hunger Games trilogy. After graduation, Grace will attend Washington State University and major in Education. Her lifelong dream has been to become an elementary school teacher and may even return to Manson someday!



Grace Cullison



Zoe Thomas

anna plans to go to a four-year university to study criminal justice with a minor in business and wants to eventually author a book that encourages young girls to follow their dreams and never give up.

Her favorite show is 'The Good Witch' and her favorite book is 'The Art of Racing in the Rain' by Garth Stein. Bryanna hopes that participating in Manson Apple Blossom will encourage others to step out of their comfort zones and reach for their dreams.

#### Madison Alejo

Maddison is the 17-year-old daughter of Efren and Artemia Alejo and is older sister to 13-year-old Emely and 8-year-old Efren Alexander Jr.

Maddison has been an honor roll student since her sophomore

As a young girl watching the crowing of past royalty, Grace has inched closer to believing she could do it too. Now, she is fully committed and truly excited for the opportunity to represent our Manson community as Apple Blossom Royalty.

**Bryanna Harris** Bryanna Harris is the 17-year-old daughter of Eric and Jennifer Harris and the 4th generation to graduate Manson High School. She is the older sister of her two freshman siblings, Isabelle and Griffin.

Bryanna has been a member of the Future Business Leaders of America for four years and is President her senior year. She has also been in Future Farmers of America for four years along with the Manson Jazz Cats and Pink Gloves Boxing for three while also helping start the Cat Club that meets once a month. She has played Volleyball and Softball all four years of high school. Has done Basketball and Cheerleading since her sophomore year. She is also involved in girls multiple church and community groups. She is most proud of her four mission trips, two of which were to Puerto Rico after hurricane Maria.

She enjoys reading, skiing, photography, watching movies with her family and playing with her chocolate lab Coco. Bry-

Zoe is the 17-year-old daughter of Celeste and Brad Hankins and Phil Thomas. She has three older brothers; 32-year-old Phillip, 28-year-old Graham, and 23-year-old Sam.

Zoe has a 3.96 GPA and is currently first in her class academically. She has been involved in many leadership and sports activities throughout her four years at Manson High School. She is serving as the activity director in ASB after two years as treasurer. She is also the secretary for National Honor Society. Zoe is involved in many clubs, including Robotics, Pink Gloves Boxing, Film, and Future Business Leaders of America. Athletics have been important part of Zoe's high school's career. She has participated in varsity track and tennis. She has also been a football and basketball cheerleader.

After graduation, Zoe plans to attend Seattle Pacific University and study either Criminal Justice or Kinesiology.

Outside of school, Zoe enjoys playing guitar, traveling, hiking with her family, and hanging with friends. One of her most meaningful experiences was serving as a campaign organizer for Adrianne Moore, candidate for Washington State Representative. Zoe was also a Page for the Washington State House of Representatives and served as a moderator for a Chelan County Commissioner forum.

Zoe's favorite television show is Shetland, a BBC mystery set in Scotland. Her favorite book is The Radium Girls, the Dark Story of America's Shining Women.

Zoe is running for Manson Apple Blosom royalty because she wants to be a role model for younger girls. She wants them to know that women can be strong, intelligent, caring, and powerful.



### **OBITUARIES**

### Robert V. **Myers**

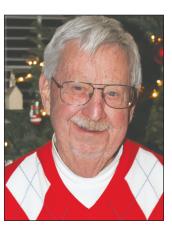
Robert V. Myers, 87, of Manson, Washington, passed away January 15, 2021, at Lake Chelan Community Hospital surrounded by family.

He was born June15, 1933, in Lincoln, Nebraska. He was the oldest of 5 brothers. On

### Harold (Harry) Douglas Clark

Harold (Harry) Douglas Clark, 77, loving husband and father of four, passed away Saturday, January 2, 2021 early in the morning peacefully in his sleep at Lake Ridge Memory Care in Moses Lake, Washington. He had resided there since Sept. 2020 with severe Parkinson's Dementia.

Harold was born on September 4, 1943 in Colbert, Oklahoma to Othanile and Doris



September 7, 1957, he married Patricia Ann Robinson, who survives.

He served in the U.S. Airforce in the1950's. After his discharge, he attended The University of Washington and graduated in 1960. After graduation he was employed by General Electric from 1960 through 1973. In 1973 he worked for Puget Power and in 1995 retired as a Senior

Vice President of Operations. He served on The Board of Trustees at Wenatchee Vallev Community College for 10 years. Robert served as President for Lake Chelan Bach Fest and was a member of Lake Chelan Rotary. He was a private pilot and was a member of the Comanche Society. He was an avid trumpet player for more than 70 years, performing in

symphonies, big bands and other local events.

He is survived by wife Patricia, his daughter and sonin-law, Laura and Kyle Peer of Kennewick, Washington.; daughter, Nancy Myers of Phoenix, Arizona; brothers Roger (Lynette) Dennis (Carolyn) and sister-in-law (Ann); 6 grandchildren, 3 great-grandchildren and numerous nieces and nephews.

Mr. Myers was preceded in death by his brothers, Harold and Rick.

In lieu of flowers donations can be made to Lake Chelan Rotary (scholarship fund) or Lake Chelan Bach Fest.

Please leave any thoughts and memories for the family at www.prechtrose.com. Services are entrusted to Precht Rose Chapel of Chelan.

in the Columbia River. He graduated from Chelan High School in 1961.

He proudly served in the Army during the Vietnam War and was a Disabled Veteran for 20 years. He was an active member of The American Legion Post 64 in Cashmere, Washington.

Harold married the love of his life Mary Kettering on July 12, 1986, each brought two children into their marriage. He two daughters Rebecca and Renee, she two sons Rick and Marcus.

Harold was a Journeyman Welder and worked at Pybus Steel until it closed in 1982, then he moved on to Far West until forced to retire due to a stroke in 2001. He loved his work and his play, gardening, fishing, and hunting. He loved each of his dogs with all of his heart. He was a gentle quiet man who dearly loved being a husband, father and grandpa. His grandchildren adored him and lovingly called him Papa Chicken.

His hunting trips with lifelong friends were something he looked forward to each year. When no longer able to drive himself, his friends were always there to take him, especially Clint Pierce and his Dad Earl Pierce. His nephew Rob Weber from Texas also traveled to Washington to hunt with Harold for the past 7 years that Harold was able to hunt.

Harold and Mary spent 42 years at their home in Cashmere raising kids, dogs, chickens, turkeys, beef and other critters. He had a passion for fishing and hunting that he shared with their children and friends. As a family, they spent many weekends camping in their motor home. Harold was known for the best gardens with plenty of vegetables to can and share.

He was preceded in death by both parents and his eldest sister Fay Weber.

He is survived by his wife Mary, his children Rebecca

Clark Johnston (Mike), Renee Clark LeBaron, Rick Kettering (David Cupach) and Marcus Kettering (Stephanie). His five grandchildren Kalanda (Cody), Amanda, Grace, Aubri and Roman and two greatgrandchildren Kaiden and Kailee. He is also survived by his brother Tom Clark and sister Grace (Junior) Hattabaugh of Chelan. Many additional family members and friends will greatly miss him.

We hope to have a gathering at our home on Airport Rd in Cashmere and a graveside service at the Wenatchee Cemetery in the summer of 2021.

# NCW Libraries has closed its 30 libraries for in-person visits until Phase 2

SUBMITTED BY NCW LIBRARY

NCW - NCW Libraries has closed its 30 libraries for inperson visits in accordance with updated state guidelines for public libraries.

While its libraries are closed, NCW Libraries will

continue to offer and expand Curbside Pickup hours at all libraries, continue operating its Mail Order Library, and continue all virtual services and programs.

Clark. He moved with his

family to Chelan, Washington

at the age of 2. He spent most

of his childhood swimming

in Lake Chelan and fishing

"Keeping our communities safe and healthy is vitally important," said Executive

# **Obituary & Memorial Policies**

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald

An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data.

Memorials are another way to let the community know about the life and memories of the person who has passed. 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 as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday.

Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited.

Director, Barbara Walters. "While I am disappointed at this closure, I am thankful that we can continue to serve our communities by expanding our curbside hours, providing continued access to wireless internet, and continuing our virtual programs and services.'

> Last week the state issued updated guidelines for public libraries that allow curbside and mail order service, but prohibit in-person library service until a region reaches Phase 2 under the state's Healthy Washington - Road-



RuthEdna Keys/LCM For Curbside Hours and more information about NCW Library services, go to NCWLibraries.org

map to Recovery plan. All ted to innovating and creatively regions in the state remain in serving the public during the pandemic. Last spring, the NCW Libraries is commitlibrary district expanded on-

line resources, allowing more checkouts of digital materials including eBooks, movies and more. They began offering a wide array of virtual services and programs for all ages including bilingual storytimes, author talks, reading programs, job-hunting help in partnership with WorkSource, and more.

"Public libraries are centered around building and supporting local communities. It is our privilege to do everything we can to support you and to continue serving our communities during this challenging time," said Ms. Walters.

### **CHELAN/MANSON SENIOR MEALS MENU**

Phase 1 at this time.

#### Chelan Senior Center

CHELAN - The Chelan Senior Center is closed. Meals are being given out on a takeout basis or delivered to those unable to drive to the Senior Center

#### Senior Meals

Call (509) 888-4440 by 9 a.m. to

Wednesday, Jan. 27 Chicken Paprika Egg Noodles **Roasted Squash** Spring Salad **Pineapple & Cherries** WW Roll Dessert

Thursday, Jan. 28

Friday, Jan. 29 No Meal Served Monday, Feb. 1 **BBQ** Chicken

Mac & Cheese Broccoli Normandv Spiced Salad Apple Crisp

Tuesday, Feb. 2

#### Wednesday, Feb. 3

Stuffed Pepper Soup **Cottage Cheese** Mixed Greens Salad Fruit Cocktail Cornbread Dessert

#### Thursday, Feb. 4

Chicken & Dumplings Spring Salad

Deadline is 4 p.m. on Friday - some exceptions may apply.

Please call 509-682-2213 for more information Or email ruthk@lakechelanmirror.com

order your meal. Meals can be picked up between 10:30 and 11:30 a.m. at the Senior Center located at 534 E. Trow Avenue.

Cabbage Patch Stew Greek Salad Waldorf Salad WW Roll Dessert

**Oriental Vegetables** Spinach Salad Mandarin Oranges Garlic Bread Dessert

Fruit Salad WW Roll Dessert

Friday, Feb. 5 No Meal Served

#### Due to the COVID19 Virus, churches have suspended Saturday and Sunday Services, Sunday School and meetings.

Please call or email your church listed below if you need more information. May you take time to pray, rest, meditate and reflect during this time. Stay well, stay strong and stay informed.



# CHURCH GUIDE

New to the area? On Vacation? These churches welcome you!

#### • ENTIAT

#### **ENTIAT FRIENDS CHURCH**

Pastor: Mark McDonald 509.784.1342 email: entiatfriends@nwi.net Sunday Morning "Open Door" 10:30 am (Summer months at 9:30 am) Sunday Morning Worship at 11 am (Summer months at 10 am) "Trailhead" Bible Class - Monday 7pm Shared Dinner - Wednesday 6 pm followed by Children/youth/and adult programs at 7 pm

"With men this is *impossible*; but with God all things <u>are possíble."</u> -Matthew 19:26



#### MANSON

MANSON UNITED METHODIST **COMMUNITY CHURCH** 9:45 am Celebration Singing 10:00 am Worship, Holy Communion the first Sunday of the month 11:00 am Coffee and Fellowship "Come as you are, all are welcome" 687-3311, at the corner of Green and Boetzkes ~~Live worship currently suspended due to Covid-19~~ Sermon-by-Phone (509) 423-7514 to hear our own Pastor Mike O'Neal deliver his weekly sermon

**NORTH SHORE BIBLE CHURCH** 

Sunday Worship 9:30 am Nurserv (birth - 3 years) 9:30 am Store Kidz Church (4 years-5th Grade) 9:30 am 687-3636 • 123 Wapato Point Parkway www.northshorebc.org Craig Rayment, Sr. Pastor

#### BREWSTER

HOPE LUTHERAN CHURCH - LCMS Sunday Worship 11 am Holy Communion 1st, 3rd, & 5th Sunday Bible Study & Sunday School 10 am 689-3106 • 1520 Sunset Drive Kevin Moore, Pastor

#### CHELAN **CHELAN CHRISTIAN CHURCH**

Morning Worship 10 am 682-2025 • 210 E. Wapato Ave. Pastor Mark Wilton

#### **C**HURCH OF THE **N**AZARENE Sunday School 10 am Worship 11 am & 6 pm Youth Group - Friday 7 pm for 13-18 years of age 682-5135 • Sanders St. & Okanogan Ave.

#### Lake Chelan Lutheran Church Please join us for Sunday Worship via Conference Call at 9:30 a.m. Dial 339-209-6617. Follow prompts.

682-9063 • 216 W. Nixon Ave.

#### LAKE CHELAN UNITED METHODIST CHURCH Worship 10 am 682-2241 Corner of Johnson & Emerson

#### CHELAN LIVING STONE CHURCH

Sunday Gathering 10:00 am 216 N Emerson (Upper Room/Chelan Library) Office location: 105 N Emerson, Suite 204 Call 509-682-5953 or visit www.lscchelan.org for more information. "Meeting together in person & online. Please join us."

#### St. Andrew's Episcopal Church

Worship 10 am via: https://us02web.zoom.us/j/84574811302 120 E. Woodin Ave., PO Box 1226, Chelan, WA 98816 682-2851 • www.standrews-chelan.org

#### ST. FRANCIS DE SALES **CATHOLIC CHURCH**

English Mass Saturday 5 pm • Spanish Mass Saturday 7 pm English Mass Sunday 9 am Spanish Mass Sunday Noon Rev. Rogelio Gutiérrez, Pastor 682-2433 • Next to Safeway

TO PLACE YOUR CHURCH IN THIS GUIDE: RUTH 682-2213 • ruthk@lakechelanmirror.com

#### **Sports & Community**

The Lake Chelan School District has had quite a few inquires about the news release from the WIAA executive board last week about the start dates for the sport seasons the 2020-2021 school year.

The WIAA has set their dates for the year, however each region has local control to alter the seasons to fit the needs of that specific region.

Therefore for the North Central Region (NCR) high schools, which the Lake Chelan School District, Manson School District and Entiat School District, along with other schools in North Central Washington are a part of, their dates are later than the dates put out by the WIAA.

# **Chelan Middle School sport seasons** revamped for this spring

SUBMITTED BY SCOTT PAINE, LAKE CHELAN SCHOOL DISTRICT ATHLETIC DIRECTOR

CHELAN - With the new guidance and requirements provided to school and nonschool athletic programs both from the WIAA's " Healthy Washington Sport and Activity Guidelines " and the WA Department of Health's "Sporting Activities Covid-19 Requirments "documents, we now have a path for how we can return to athletic based activities. As it was released yesterday, high schools in the North Central Region are joining together to provide competitive opportunities for high school aged students.

Middle school athletics in the region are offered differently within every school district. For this Covid-19 school year each district is handling their middle school athletic programs differently. Some are looking to do intramurals as they have multiple middle schools in their district while some are looking at not offering those programs this year.

With high school athletic programs being the main focal point for competitive scheduling and just simply having them happen as a priority, it poses some challenges with coordinating middle school athletic seasons. Covid-19 has already put some limitations on availability of district transportation due to hybrid learning models as well as an anticipated shortage of officials that don't feel comfortable officiating during the pandemic for this year.

Due to the size of our school district it is not feasible to put on intramural programs for our 7th and 8th grade athletic programs. Thus Chelan, Cashmere, and Cascade school districts have agreed to work together as a three team middle school league to provide middle school sport

offerings as best as we can for this school year. The proposed seasons are outlined below. It has been decided to omit the sports of basketball and wrestling for this school year only as they currently do not have a phase provided to compete in and with high school seasons being rearranged would have other potential unknown issues in scheduling.

We want to provide our middle school students with some competitive opportunities this year to look forward to. We hope our middle school students will take advantage of all programs that are offered.

Season 1 (Football, Cross Country, Volleyball) Decision Date: March 29 Season Begins April 12 Season Ends May 7 Season 2 (Track & Field, Softball) Decision Date: April 26 Season Begins May 10 Season Ends June 4

Jal .	c	2020-2021 Chelan High Sch	ool	NO			
4	A	thletics Start Da	ates				
	Sport	Start	End	Competition Requirement			
	Season 1 (Decision	Date February 1st)					
	Football	Feb-16	April-3	Phase 2			
	Cross Country	Feb-22	April-3	Phase 1			
	Volleyball	Feb-22	April-3	Phase 2			
	Girls Soccer	Feb-22	April-3	Phase 2			
	Fall Cheer	Feb-22	April-3	N/A			
	Season 2 (Decision	n Date March 22nd)					
	Baseball	Apr-5	May-15	Phase 2			
	Track & Field	Apr-5	May-15	Phase 1			
	Softball	Apr-5	May-15	Phase 2			
	Boys Soccer	Apr-5	May-15	Phase 2			
	Tennis	Apr-5	May-15	Phase 1			
	Golf	Apr-5	May-15	Phase 1			
	Season 3 (Decision Date May 3rd)						
	Boys Basketball	May-17	Jun-19	Phase Unknown			
	Girls Basketball	May-17	Jun-19	Phase Unknown			
	Wrestling	May-17	Jun-19	Phase Unknown			
	Winter Cheer	May-17	Jun-19	N/A			
:8:	r	2020-2021					
2		NCW					
And here	CI	Middle School					
	Athletics Start Dates						
	Sport	Start	End	Competition Requirement			
	Season 1 (Decision	Date March 29th)					
	Football	Apr-12	May-7	Phase 2			
	Cross Country	Apr-12	May-7	Phase 1			
	Volleyball	Apr-12	May-7	Phase 2			
	Season 2 (Decision	Date April 26th)					
	Track & Field	May-10	June-4	Phase 1			
	Softball	May-10	June-4	Phase 2			

Note 1: High school and Middle school sports start dates are all tentative and subject to change

CHELAN - Our local Riv-

erwalk Books owner, Libby

Manthey, was recently di-

second time and is currently

recovering from emergen-

this required her to be air-

lifted out of the valley to

Swedish Hospital in Seattle

during the holiday season.

She has been there since the

Dec. 26 and hopefully will

Libby has insurance but

the out of pocket expenses

are mounting up. Any fi-

return to Chelan soon.

Tracking Metrics: Here is the best resource for checking our current regional metrics; WA Department of Health Website ttps://www.doh.wa.gov/Emergencies/COVID19/DataDashboard#tabl

### GoFundMe Fund set up for Libby Manthey

SUBMITTED BY AGUSTIN BENEGAS. LAKE CHELAN HEALTH

CHELAN - Lake Chelan Health is continuing visitor restrictions and is not admitting new patients to the hospital after five inpatients tested positive for COVID-19.

Therapy services, which include physical, speech and occupational therapy have resumed with guidance from the Chelan Douglas Health District (CDHD). All other services remain open and available.

Lake Chelan Health resumes therapy services

All positive patients remain in isolation and separate from

non-infected patients. In collaboration with the CDHD, 98 staff were first tested for COVID-19 on Friday, January 15, and results were negative.

We will continue to follow the necessary safety precautions to protect our patients, staff, and community.

### Heritage Heights cleared of outbreak status

BY AMANDA BALLOU, CEO, HERITAGE HEIGHTS AT LAKE CHELAN,

CHELAN - Heritage Heights has now officially been cleared of its COVID-19 outbreak status. Chelan Douglas County Health (CDHD) requires that long term care facilities which have had an outbreak allow 28 days to elapse with no new cases to consider the outbreak concluded. Heritage Heights met this milestone as of Jan.

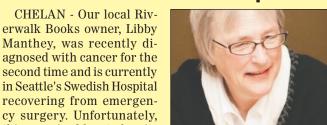
19.

terval has been accomplished and confirmed with weekly testing, people who wish to visit residents at the facility may do so, using an outdoor space.

Other conditions of the Governor's Safe Start for Long Term Care still apply. Residents are requested to practice social distancing and universal masking when out of their apartments in the facility. Entrance to the facility is restricted to essential

Non-medically necessary trips outside the building should be avoided. Communal dining is not recommended, and group activities are restricted. These conditions may change once Chelan County enters Safe Start Phase 2 or greater.

Residents and staff of Heritage Heights will receive their first vaccine dose on January 25th. Future vaccination dates are February 15th and March 8th. Immunizations will be administered by Walgreens



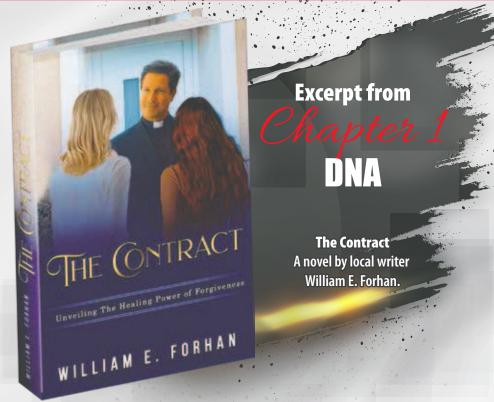
nancial support you could lend would be gratefully appreciated. The Manthey family greatly appreciates any financial support the community can lend.

https://www.gofundme. com/f/mnm43-love-for-libby/ donate

# **Polar Bear Swim raises \$26,000** for free swim lessons fund



healthcare personal only. Pharmacy Services onsite. Now that the virus-free in-



Most mothers can tell you the moment their child was born. It's not the same for fathers. But I can tell you precisely the moment I met my daughters. It was 2:46 on a Sunday afternoon in October.

I had rushed back from church and just sat down to watch the game of the week. My Denver Broncos were playing their most despised of opponents - the Oakland Raiders. My game was interrupted by a knock on my front door.

My wife had taken our two sons to help her with grocery shopping. So I had to get up from my game to respond to that irritating knock.

I opened the door to two attractive young women. They seemed surprised.

"You're a priest?" one queried.

In my rush to watch the game I had not removed my clerical collar.

"Well, yes I am," I responded. Fully expecting they were a couple of young evangelists looking to tell me about the gospel.

There was a sudden and distinctly deafening pause. "Can I help you?" I finally said.

They looked at each other. Then almost in unison burst out, "We think you're our father!"

In an instant twenty-three years of guilt and remorse overcame me. I could not help it. Tears poured out like a river. My heart began to pound and I could not hear a sound.

We looked at each other for what seemed like an eternity. None of us knowing what to say next, but I knew in my heart they were correct.

Bill's Book is now available online through Amazon.com, BarnesandNoble.com and Apple iBook The paperback is \$16.99 and the ebook is \$8.99. Or you can order the book directly from Bill at The Leavenworth Echo (509-548-5286), the Lake Chelan Mirror (509-682-2213), or by emailing your contact information to Bill.Forhan@qmail.com. Orders placed directly with the author have the added advantage of being signed including a short message if you like. Sales tax applies and if you request mail delivery add \$3.00 for postage. There is no charge if your order is picked up at the Echo or Mirror office.

Courtesy Norm Manly

Swimmer taking the plunge were top row left to right: Robin Pittman, Laura Halten, Ken Johannessen, Jeff Conwell and Nick Pittman. Front row left to right: Ryan Moody, Viki Downey, Judy Phelps, Ben Riippi. Not pictured: Deputy Nigel Hunter, Efren Alejo and Michael Tucker. More photos at lakechelanmirror.com

By NORM MANLY, COMMUNITY VOLUNTEER

MANSON - This year's annual Polar Bear Swim, held at Manson Bay was canceled by the Manson Chamber of Commerce early last year because of Covid-19. This annual event, normally held the second weekend of Winterfest is one of only two fundraising events for the Lake Chelan Swim (LCS), a local non-profit organization that provides free swimming lessons and water safety for anyone in the Lake Chelan Valley. Judy Phelps, Board President for LCS and owner Hard Row to Hoe Winery has served as president from their very beginning in 2010. "We live in such a special place with an amazing, crystal clear lake, it only makes sense to keep locals and visitors safe by providing water safety training and swimming lessons," Judy said.

So how did we go from no event to holding this very successful happening that has

raised over \$26,000. It all started when Mark Elliot, General Manager at Petersen's Water-

front called Second Cup of Coffee on the radio shortly after Christmas. Mark asked on-air host, Jeff Conwell, "If we, Lake Chelan Swim, can raise \$1,000 in pledges would you be willing to take a Polar Bear Plunge?" In only three days \$1,000 was pledged. Then Viki Downey, Manson Parks Lifeguard took over and the challenge was on. The following individuals accepted the challenge and took the plunge into the cold waters of Lake Chelan on January 17.

Ben Riippi, Principal Manson Elementary

Efren Alejo, Manson Volunteer Firefighters

Jeff Conwell, radio station Judy Phelps, Co-founder Lake Chelan Swim

Ken Johannessen, radio station

Laura Halter, fund raiser Michael Tucker, PE Teacher Chelan High School

Nigel Hunter, Chelan County

Deputy

Ryan Moody, Chelan County Deputy

Cards can be dropped

off at Riverwalk Books,

Moonpenny, or Lake Chelan

Local author to donate \$1

of book sales

Lake Chelan Mirror says,

"I will donate \$1 of the sale

of each of my books in the

next 60 days to the cost of

based on worldwide sales

through Amazon, Barnes &

Noble, and any of the 77,000

Christian Book stores that

choose to order his book.

The contribution will be

her medical care."

Bill Forhan, publisher of

Sports.

Even though this was an unofficial Polar Bear Swim there are many people to thank. Todd Link, owner WineGirl Wines was the MC for the event. The Green Dot Sub Shop provided hot chocolate and coffee for the swimmers. The Manson Chamber of Commerce provided the public address system for the event. The radio for help to promote this effort. And of course, the Challenge Team and all the wonderful folks that donated.

If you would like to learn more about Lake Chelan Swim or make a donation you can locate them online at http:// www.lakechelanswim.com/ Viki Downey swims almost every day in Manson Bay and she encourages you to join her.

We live in an amazing community and this ad-hoc event is a classic example. Mark Elliot, we thank you for getting this event off the ground.

### THE WASHINGTON OUTDOORS REPORT

#### Carp diem

By John Kruse, The Washing-TON OUTDOOR REPORT

Wondering what to do on the water this month? Due to the mild temperatures this winter many Eastern Washington lakes don't have safe ice for hardwater fishing and most anglers have their boats put away until spring. Never fear, Carpe Diem, or "seize the day", as they say and target carp in a lake or river near you!

Carp can be caught in many open bodies of water yearround. They commonly average three to five pounds in size and can reach up to 30 pounds. In Washington State no license is required to fish for the common carp, there is no minimum size requirement and no limit on how many you can keep. Why is this? Probably because they are considered a trash fish by many these days and harmful to the environment.

They grow in numbers fast and carp can take over a lake or waterway, especially shallow ones, in just a few years. As bottom feeders they often uproot shallow rooted plants and muddy up water, covering eggs and nests from more desirable game fish.

Carp didn't always have a bad reputation. In fact, they were introduced to America from Germany by the United States Fish Commission in 1876. Since that time carp have spread from coast to coast. In Europe, the common carp is still considered a fine eating fish but today in our country, most don't consider them for table fare. However, noted American angling author A.J. McClane wrote, "The carp is a good fish to eat when properly prepared. It's important to skin them and trim out the dark flesh...Carp is excellent when smoked and the roe is edible and often sold in canned form. Carp flesh is an important ingredient in making gefilte fish."



Courtesy John Kruse

Russell Johnston with a nice carp caught last winter in the Columbia Basin.

My first experience with carp was at a shallow lake near Greeley, Colorado. I was

six years old and my grandfather took me to the deserted body of water that was full of

carp. My grandpa baited my hook with canned corn, tied a couple of split-shot a couple of feet on the line above the hook, and cast it out. In short order I was wrestling with a fish far bigger than the bluegill and pumpkinseed I was used to catching and I've had a special place in my heart for carp fishing ever since.

The dead of winter is usually when I target carp, largely because there is little else going on in the fishing and hunting world during this time. My go-to offering is to use a nightcrawler on a bait hook, tie on two feet of leader to a swivel, and then put a sliding egg weight above the swivel. That way a carp can pick up the bait and swim away with it before it senses the weight attached to it, giving you time to get a good hookset into the bony mouth of these fish. Carp put on a good fight.

They don't jump, but they do pull and run and catching a few makes for a fun day on the water.

In addition to using bait like corn, nightcrawlers or bread dough (a traditional carp offering) you can also catch them from time to time on artificial lures and even with a fly rod. Large rabbit hair streamers in natural colors can be a good bet and sight fishing for carp with a fly rod became so popular in the 1990's that some anglers started guide services catering to catching carp this way and a number of articles about this were published in fishing and fly-fishing magazines around the country.

Fly fishing for what one writer called "golden tarpon" moment may have waned as a fad but casting a line for the common carp can still be a fun affair if you are looking to tangle with a sizeable fish when few other options are available.

John Kruse - www.northwesternoutdoors.com and www.americaoutdoorsradio. com

# Temporary snowmobile, snow bike closure in effect for certain forest lands near Washington Pass

#### SUBMITTED BY USFS

WINTHROP - Several areas near Washington Pass. located on State Route 20 within the Methow Valley Ranger District, will be closed to snowmobile and snow bike use January 1 through June 30, in order to provide for the safety of winter recreation users. The three areas covered by the closure are referred to as Blue Lake-SR20 Hairpin Turn, Cutthroat Creek Basin, and portions of the south side of Cutthroat Peak. State Route 20 itself will remain open to over snow motorized use, along with many backcountry areas near Washington Pass that are popular with snowmobile and snow bike users.

During the winter, State Route 20 is closed by snow and is used to access Washington Pass and the surrounding areas for backcountry skiing, snowmobiling, snow biking and other activities. The closed highway provides a unique access point to high elevation, alpine terrain. "Despite the area's popularity and it being open to both motorized and non-motorized winter use, in the past different user groups could expect some level of separation due to terrain and technology limitations. Improvements in snowmobile technology and the introduction of snow bikes, which are rapidly gaining popularity, have increased potential for interactions between user

groups." said District Ranger Chris Furr. "This past summer, like many forests, we saw unprecedented levels of use as people sought solace outdoors during the pandemic. That trend is continuing, and we expect use of the Washington Pass area this winter will far exceed what we expect in a typical year. The unusually high use combined with increased potential for user group interactions is why we are doing a temporary closure to snowmobiles and snow bikes."

**District Recreation Pro**gram Manager Rosemary Seifried adds that, "In addition to increased overall use, we are expecting an increase in new users who are less familiar with the area and may have varying levels of skill with winter recreation. We enjoy seeing new users exploring their national forest, but winter conditions aren't as forgiving if accidents occur. These are avalanche prone areas and the technical terrain, back-country setting, and mix of uses in the area can create hazardous conditions with potentially serious consequences for all user groups even under the best of circumstances. The increased levels of use we are seeing in these areas further compound the risks. Even with this closure, all users recreating in the area during the winter should be aware of and prepared for travel

through avalanche prone terrain, including on State Route 20 itself."

The closure of these areas to snowmobile and snow bike use during the 2020/21 season is a temporary solution to reduce risks for skiers and other non-motorized users at these locations while continuing to provide many opportunities for snowmobiles and snow bikes in the surrounding areas. Ranger Furr emphasized that, "We have a long history of user groups working together to resolve conflicts in the Methow Valley and we will be working with those groups to find longer term solutions."

For more information on avalanche safety, please visit the Northwest Avalanche Center website at https://support. nwac.us/education/. Washington Department of Transportation also maintains a map of the avalanche paths that cross State Route 20 online at https://www.flickr.com/ photos/wsdot/5242152043/in/ photostream/.

Please visit our website at https://www.fs.usda.gov/ alerts/okawen/alerts-notices and select 'Forest Closures' for a link to the full closure order and map. For questions or additional information on winter recreation opportunities in the area, including where to go for snowmobiling and snow biking, contact the Methow Valley Ranger District at (509) 996-4000.

# Where to find useful information on medicines, supplements



J

information about my medicines and supplements? Are you looking for infor-

Where can I get useful ing to know about which non-prescription medicine works best? Intrigued by a it can be overwhelming. And

If you look around, there is a LOT of information, but

to treat common issues, as well as vitamins, minerals, supplement or herbal prod- in today's world of "false supplements, and herbal products. The helpful advice that your local pharmacist and family doctor used to provide is now in very short supply, and you are on your own to find out what you need to know. I started Medication Insider.com to provide timely information that's useful and easy to understand. It's designed to give you a pharmacist to ask those questions that you were too nervous to ask, forgot to ask, or that your doctor didn't have time to explain to you. Medication Insider has a free newsletter, a blog with posts that answer common questions about medication safety, remedies, food supplements, and herbal products.

prescription medicines, ways should get at least one or two options, with a clear photo of each. Compare your mysterious pill to the pictures on the screen.

scription medicines? Need-

mation on one of your pre- uct, but not sure whether you should try it or not?



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news," how trustworthy is it? Where can you find "news you can use" about your medicines, over-the-counter remedies, food supplements, and herbal products?

Not that long ago, you would get helpful information about your new medicine from your family doctor at your appointment. The pharmacist at your neighborhood pharmacy would then explain a bit more about it when you picked up your new prescription. If you had questions about your medicine, they usually had the time to point out and explain the important things you needed to know.

Today? You may see two or three different doctors. They often don't know anything about your other doctors or your other medicines, just what they are treating you for.

Instead of using a local pharmacy, many people have medications mailed out to them by a mail-order pharmacy, saving money because they can get a 90-day supply for the same price as a 30-day supply at

their local pharmacy.

Pharmacists are so busy these days they don't have much time to come out from behind the counter to advise you on non-prescription products and remedies. You can get help from a clerk or pharmacy technician, but they don't have the indepth product knowledge that a pharmacist acquires with years of education and training.

For years, I have seen people flail around looking for accurate, USEFUL information to answer their questions about their prescription medications, non-

Here are some places I recommend for useful information about medicines and supplements:

1. When You Need to Identify a Pill

I find Google's search engine to be the BEST way to identify a mystery tablet or capsule. Do your pills look different than they used to? I recommend using Google to double-check whether your medications are what they are supposed to be, despite being a different color or shape.

Here's how: First, put on your reading glasses. You will probably need them (I know I do!) to decipher that teeny tiny writing on the side of the capsule or the imprint on the tablet. Enter the pill's color, shape (round, oval, square), whether it's a tablet or capsule, and any markings you find. If the medication has a slash in it that divides it in half or in quarters, you can add the word "scored" to your description. After hitting the "enter" button, you

2. General Information About Medicines and Other Treatments for Medical Conditions

I like WebMD because it is timely and comprehensive. It covers medicines, remedies for common problems, and more. WebMD also sells advertising on their website, which can be distracting.

3. Food Supplements and Vitamins

The Food and Drug Administration (FDA) website at fda.gov offers accurate and useful consumer-oriented information about food additives, food supplements, vitamins, and minerals. It's an excellent place to find out what various vitamins and minerals do for you and what foods are good sources for them.

4.Information about Infections

Both the CDC (Centers for Disease Control and Prevention) at CDC.gov and WebMD have timely, interesting, and helpful articles that explain infections like the common cold, influenza, and of course, COVID-19.

5. How Medicines Work and How to Stay Safe When Taking Them

Web MD and my blog and newsletter at TheMedicationInsider.com have articles on remedies, medicines, and supplements.

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. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. ®2021 Louise Achey



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#### Administrative

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### Announcements

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Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions. The Lake Chelan or Quad City Herald or email mirrorads@ lakechelanmirror.com For The Leavenworth Echo or Cashmere Valley Record Call 509-548-5286 or email classifieds@leavenworth echo.com Employment **Help Wanted** 

Sales Executive Join our sales team. If you enjoy helping local businesses grow. We have a job for you! We will train the right candidate. Must be outgoing, personable, honest and must be able to use a computer. Stop in The Leavenworth Echo with a resume or call for an interview. 509-548-5286.

#### Employment

#### **Help Wanted**



Northeastern University

We are looking to hire a Personal Assistant to the Director of Procurement Services of NORTHEASTERN UNIVERSITY. We are looking for a part time, work from home, PERSONAL ASSISTANT. It pays \$400 per week plus benefits and only takes a little of your time. To be considered for this position the candidate must be detailed-oriented, a problem solver, able to work independently, and have above-average organizational and troubleshooting skills. Basic computer skills are also essential to this role. This job requires 2-3 hours access to the internet weekly. The position requires excellent customer service skills orally. We will train the right person. Must be over 24 years of age, be efficient and dedicated. If you are interested and need more information contact: Mi.mcnamara87@gmail.com for more details. Text at 1-617-586-2587.

PATEROS SCHOOL DISTRICT **HIGH SCHOOL** ASSISTANT FOOTBALL COACH **HIGH SCHOOL GIRLS** ASSISTANT SOFTBALL COACH Conditional on WIAA approval of athletic season. Salary based on experience and percentage of season played. All applications processed through FAST TRACK: www.pateros.org>Our District>Employment> Assistant Coach. Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for information. more Application deadline is 2/3/2021. Position open until filled. EOE

# lakechelanmirror.com and on Facebook

#### Employment

#### Help Wanted

PATEROS SCHOOL DISTRICT SECONDARY VOC/ AG TEACHER This 1.0 FTE position commences with the start of the 2021-22 school year. CTE/ Vocational certificate with metal shop and wood shop experience preferred. Eligible for Washington State Teaching Non-Emergency Certificate is preferred. Eligible for Washington State Emergency certificate required. Must favorably pass background check. Salary is dependent on experience and education Position open until filled. All applications processed through FAST TRACK: www.pateros.org>Our District>Employment. Position descriptions available online. Contact employment@pateros.org or the district office at 509-923-2751 x 4 for more information. Application deadline is

#### For Sale

2/3/2021. EOE

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Get cold hard cash for your Antiques and Collectibles by placing them in our classifieds Place your ad with pictures online 24/7 at NCWMarket.com Just register and pay online and you are done. Your ad will appear online and in the newspaper for one low price. Deadline: Friday by Noon for all papers. Lake Chelan Mirror **Quad City Herald** 509-682-2213 or email mirrorads@lakechelan mirror.com or call The Leavenworth Echo Cashmere Vallev Record 509-548-5286 classifieds@leavenworth echo.com

#### Furniture

**Office Furniture** Items available: 2 large wood desks with side desk attachment, One metal desk, one large all wood conference table, a large counter approx. 7' x 3 1/2' tall with removable shelves, wood credenza 2 fabric room dividers with metal legs. One large framed whiteboard All items only \$10 each. Cash and carry. Call to arrange a time to examine or pick up. All items located in Cashmere. For information call 548-5286 or Bill, at 509-670-1837. Also see photos on NCWMarket.com

#### General Merchandise

**Cards for Sale** To raise funds for the Royal Ladies of Autumn Leaves. Special Leavenworth card like: Wish you were here wi me in Leavenworth. Happy Birthday from Leavenworth! and many more titles. No boxed cards. Thank you for your support. Stop in The Leavenworth Echo office 215-14th St. Open 10-5 weekdays. 509-548-5286.

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#### Legals

#### Public Notices

SUPERIOR COURT OF WASHINGTON IN AND FOR CHELAN COUNTY In Re the matter of the Estate of:

ALVIN DUANE BAYER, Deceased. NO. 20-4-00398-04 NOTICE TO CREDITORS

personal representative The named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would be by barred any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor provided under RCW as 11.40.020(1)(c); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as against both the to claims decedent's probate and nonprobate assets. DATE OF FIRST PUBLICATION: January 27, 2021 Personal Representative: Walter Jacob Bayer Personal Attorney for the Representative: /S/ CHARLES R. STEINBERG, WSBA NO. 23980 Address for Mailing or Service: N MILLER STREET. 323 WENATCHEE, WA 98801 Court of probate proceedings and cause number: CHELAN COUNTY SUPERIOR COURT CAUSE NO.: 20-4-00398-04

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509-548-5286 or email classifieds@leavenworthecho.com or Lake Chelan Mirror 509-682-2213 or Quad City Herald 509-689-2507 or email mirrorads@lakechelanmirror.com

Deadline: by Noon on Friday

Looking for a great, local employee? It is easy to place your ad online 24/7 at www.NCWMarket.com Register and pay on our secure site. Want Print only for The Lake Chelan Mirror Quad City Herald, Brewster Call 509-682-2213 or email Meg at mirrorads@lakechelan mirror.com OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to classifieds@leavenworth echo.com

Deadline: Friday by Noon for the following Wednesday issues of all newspapers.



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SEASONAL PARKS MAINTENANCE POSITIONS (closes 11:59 p.m. on 12/31/21) Openings in Chelan at Beebe Bridge Park. Full time hours, evening and weekends, April through Oct. or June to Sept. Visit our Website at chelanpud.org for complete details and to apply online. EOE, including disability/vets.

#### STAMPS

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NCW MARKET.COM CLASSIFIED ADS

Published in the Lake Chelan Mirror January 27, February 3 and10, 2021. #1514

#### **Public Notices**

#### ENTIAT IRRIGATION DISTRICT NOTICE TO CONTRACTORS SMALL WORKS ROSTER

In accordance with the RCW 39.04.155, the Entiat Irrigation District does hereby solicit applications from Contractors desiring to be placed on the District's Small Works Roster. Applicants must be licensed contractors in the State of Washington. Contractors whose names appear on the Small Works Roster may be contacted from time to time to submit proposals for contracts in the amount less than \$300.000 pursuant to RCW 87.03.436. Please submit a letter to the address below. Attention: Phyllis Griffith Entiat Irrigation District 2800 Entiat Way Entiat, Washington 98822 Published in the Lake Chelan Mirror January 20, 27 and February 3, 2021. #1468

> See MORE CLASSIFIEDS & PUBLIC NOTICES on Page B4

Check the weathercams online before traveling over the mountain passes! www.lakechelanmirror.com

click here to see

#### **Public Notices**

SUPERIOR COURT, STATE OF WASHINGTON, COUNTY OF CHELAN COURTNEY DAVIDSON Petitioner v **BENJAMIN HANNON** Respondent. NO. 20-3-00018-04 SUMMONS SERVED BY PUBLICATION To: Benjamin Hannon

I have started a court case by filing a petition. The name of the Petition is: petition for residential and child support. You must respond in writing if you want the court to consider your side. Deadline! Your response must be filed and served within 60 days of the date this Summons is published January 27, 2021. If you do not file and serve your Response or a Notice of Appearance by the deadline. No one has to notify you about other hearings in this case, and the court may approve the requests in the Petition without hearing your side (called a default judgement). Follow these steps : 1. Read the Petition and any other documents that were filed at court with this Summons. Those documents explain what the other party is asking for. 2. Fill out a Response on this form FL Parentage 332, Response to Petition for Parenting Plan, Residential Schedule and/or Child Support. You can get the Response form and other forms you may need at: The Washington State Courts' website:

> wwwcourts.wa.gov/forms, Washington

lawHelp:www.washingtonlawhelp. org, or The Superior Court Clerk's office or county law library (for a fee). 3. Serve (give) a copy of your Response to the person who filed this Summons at the address below, and to any other parties. You may use certified mail with return receipt requested. For more information on how to serve , read Superior Court Civil Rule 5. 4. File your original Response with the court clerk at this address: Superior Court Clerk, CHELAN County 350 ORONDO STRRET SUITE 501, WENATCHEE, WA. 98801. 5. Lawyer not required:

It is a good idea to talk to a lawyer, but you may file and serve your Response without one. Person filing this Summons: Courtney Davidson August 13. 2020. Petitioner agrees to accept legal papers for this case at P.O. Box 249, Manson WA. 98831. Published in the Lake Chelan Mirror January 27, February 3, 10, 17, 24 and March 3, 2021. #1510



#### **Public Notices**

#### SUPERIOR COURT OF WASHINGTON FOR CHELAN COUNTY In the Matter of the Estate of **KEVIN D. COLWELL** Deceased.

#### No. RCW 11.40.030 **PROBATE NOTICE TO** CREDITORS

The personal representative named below has been appointed as personal representative of this estate. Any person having a claim against the decedent must, before the time the claim would barred by any otherwise be applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the The claim must be Court. presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(3); or (2) four months after the date of first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and RCW 11.40.060. This bar is effective as to claims against both the decedent's probate and nonprobate assets. Date of First Publication: January 27, 2021 Personal Representative: HOLLY STEWART

the Personal Attorney for Representative: PEGGI MOXLEY WSBA No. 21680 Address for Mailing or Service Elder Law of Wenatchee, P.S. 216 S. Mission Street Wenatchee, WA 98801 Published in the Lake Chelan Mirror January 27, February 3 and 10, 2021. #1513

> lakechelanmirror. WWW. com

#### **Public Notices**

NOTICE OF STATE'S INTENT TO NEGOTIATE LEASE

Department of Natural Resources will begin negotiation of expiring lease with existing lessee on the following parcels. All leases are subject to third party bids by interested parties. Lease terms information and bidding is available by calling the Southeast Region at 1-800-527-3305 or by visiting the Region Office at 713 Road, Ellensburg. Bowers Washington 98926. The leases expire June 30, 2021 Grazing Lease 10-087897 All/Part Part

Sec 36

- Twp 26
- Rge 21.0E

Written request to lease must be received by March 1, 2021, at the Department of Natural Resources, 713 Bowers Road, Ellensburg, Washington 98926.

Each request to lease must contain a certified check or money order payable to the Department of Natural Resources for the amount of any bonus bid, plus a \$100 deposit. The envelope must be marked "Sealed Bid" and give the lease number, expiration date of lease applied for, and give the applicant's name. The applicant must be prepared to purchase any improvements that belong to the current lessee. For details and qualifications to submit a request, contact the Ellensburg office or call 509-925-8510.

HILARY FRANZ, Commissioner of Public Lands

Published in the Lake Chelan Mirror January 27, 2021. #1415



# 5 tips to protect seniors from financial scams right now

(STATEPOINT) - Social isolation among seniors is not only linked to numerous negative health consequences like depression and cardiovascular disease, but it's also a primary contributing factor in financial exploitation and scams. Estimated to affect one in 10 older adults and cost billions annually, the threat of elder financial fraud is pervasive, and especially so right now.

With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

"Scammers look for key time periods where money and private financial information are in motion. Not only is IRS fraud one of the most common and successful types of scams that exists, as a general rule, additional money equates to additional fraud," says Ron Long, head of Aging Client Services at Wells Fargo.

"Scammers are banking on the fact that many seniors are apart from families and friends due to COVID-19. When someone is alone, physically or socially, they often miss out on the added benefit of a second pair of eves and ears." Compounding the risks associated with isolation is the number of seniors who feel their chances of falling victim to a financial scam is unlikely. According to a recent Wells Fargo study conducted by The Harris Poll, 69 percent of all seniors age 60 and above believe they're not likely to be susceptible to a financial scam, despite nearly all seniors (97



PHOTO SOURCE: (c) Daisy-Daisy / iStock via Getty Images Plus

#### With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

percent) acknowledging that older people are very or somewhat susceptible to becoming a victim. When asked about their peers, the poll found that 47 percent of all seniors knew someone who had already fallen victim to a scam. "The results indicate what most of us want -- the ability to age relatively unaffected from the realities associated with aging," says Dr. Marti DeLiema, a gerontologist and consultant for Wells Fargo's Aging Client Services. "The problem is that when someone doesn't feel they're at risk, they're unlikely to take precaution."

To better protect seniors from elder financial fraud and abuse, consider these tips from Wells Fargo:

1. Don't wait for a crisis. Seniors should speak with trustworthy family members about financial plans, as well as consult them when something doesn't feel right.

2. Stay up-to-date. Seniors and families should draft and periodically update legal documents such as wills, healthcare directives and powers of attorney.

3. Automate. Seniors should consider signing up for direct deposit, automatic bill pay and large transaction alerts.

4. Prioritize security. Seniors should keep checks and credit cards locked away, and update passwords when information is compromised. They should also carefully review credit reports, account statements and bills for unusual activity or charges.

5. Be aware. Families can help seniors stay aware of the latest and most common scams, as well as help them identify potential red flags, including:

· Alleged emergency situations involving family members, often grandchildren, requiring immediate payment.

 Lottery winnings requiring upfront cash payment for taxes and other fees.

• Phone calls from alleged government agencies, such as Social Security, threatening arrest or penalties.

For more information on fraud prevention, visit wellsfargo.com.

"Aging resiliently requires planning ahead and not shying away from difficult conversations," says Long. "We have to talk with our older loved ones about the risks, the warning signs and prevention -- and we have to keep talking."

# Resolve to learn to play an instrument in the new year

(STATEPOINT) - Have you been wanting to learn to play an instrument for a long time? Let the New Year be your motivation to finally take the plunge. Here are some top tips for getting started and for sticking with it:

 Schedule practice sessions: Learning to play an instrument requires a time commitment. so actually schedule a daily practice session -- at least 30 minutes -- in your planner or calendar. Whether it's first thing in the morning or just before bed, identify a time of day when you are best able to turn off distractions and focus on the task at hand. • Check out online resources: While in-person lessons may not be available at the current moment, you might try taking a remote class or working with an online music teacher. Free tutorials are also available online, and have the added benefit of being paused or replaved again and again. • Stay motivated: When learning a new skill, fast progress can be one of the greatest motivators. Thankfully, some of the latest tools make picking up the basics easier then ever. For example, with the Casiotone Keyboards from Casio, which feature a built-in learning system, you can go from being a novice to an intermediate player in a matter of weeks. By DOWN 1. Cry like a baby 2. Canyon sound Convict's weapon 4. Conical dwellings 5. Get on juice diet, e.g. Opposite of binary 7. Like a gossipmonger 8. Exterminator's target Change for a five 10. Part of T.G.I.F. 12. Like an abridged classic 13. Tiler's paste 14. \*"I Will Always Love You" singer 19. Stupefied 22. Us, in Mexico 23. \*Cupid's mother 24. In the know 25. Common thing? 26. Smoke plus fog 27. Lay to rest 28. Rocks at mountain base 29. \*Symbol of Valentine's Day 32. Infantry's last row 33. Roulette bet 36. \*Chocolatier, pioneer of the heartshaped box 38. \_\_\_\_\_apple
40. Risk something
41. Between eggy and eggiest
44. Feeling worse than before 46. Gave away 48. Thin piece 49. Annoyed 50. Russia's alternative to caesar

connecting the instrument to the free Chordana Play app, you can learn to play your favorite songs from downloaded MIDI files. Some of the keyboard models in this series even feature light-up keys, helping new musicians quickly get the hang of proper finger placements and chords.

 Set new goals: Set concrete goals and dates by which you'd like to achieve them. This could be mastering a particular song or performing a live stream concert for your friends over social media. Always having a new goal to reach toward can stick with your New Year's resolution.

· Be compassionate with yourself: Learning to play an instrument is not easy, and some practice sessions will go more smoothly than others. Have patience with your own progress and try not to compare yourself to others, especially those who have been playing a lot longer than you!

Building your music skills is not only fun, it's good for your mental and physical wellness, making it the perfect New Year's resolution. Be sure to get started with the right mindset

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17. \*Popular Valentine's Day delivery, pl. 18. \*"Love means never having to say

12. Nevada city

15. Use a whisk

16. Greek H's

13. City in Belgium

you're sorry" movie

21. Strong adhesive 22. Greek letter N, pl.

23. Lord's subordinate 26. Given to drinking

31. Old storage medium

34. Fairy-tale beginning 35. Politician Pelosi

40. Fitted with a name tag, e.g.

52. \*Only day more popular than Valen-

57. Walk the Pacific Crest Trail, e.g.

20. Ballpark calls

30. Ovine mom

37. Tokyo, once

38. Bone hollows

42. "Ever" to a poet

43. With more seeds 45. Attic

47. Summer sandwich? 48. Fraternity letter

50. Medieval headdress

tine's for card giving

58. Samoan money

56. Like blue sky

60. Affirm

61. Give off

39. Sky bear

- 51. Aries or Taurus, e.g.
- 52. Burn to a crisp
- 53. MADD member, colloquially 59. \*Dionysus' pipe-playing companion
  - 54. Climbed down, as from a carriage 55. Fill beyond full
  - 56. Pharaoh's cobra
- 62. Plays for pay 63. \*Color of Valentine's Day
- 64. \*Lovers' reunion

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