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# Lake Chelan Winterfest kicks off January 12 in downtown Chelan

Ward Media / Lake Chelan Mirror

CHELAN/MANSON – The Lake Chelan Chamber of Commerce is excited to once again present Lake Chelan Winterfest, January 12-21 in Chelan and Manson. Both weekends will offer a series of exciting winter events for all ages.

Festival-goers can taste local wines at the Wine Walk or Bubble Brunch, dance to live music at the Ice Bar, glide down the Snow Slide, view intricate ice sculptures and watch two spectacular fireworks shows. There will be lots of kids, and so much more.

The Vendor Market will feature artisans from across the state.

The full schedule for the two weekends includes the following:

## Weekend #1/Chelan Friday, January 12

Daily: Winterfest Button Offers Activate  
Find Silly Scavenger Hunt Begins

- 5 p.m.: Ice Bar Opens
- 5-7 p.m.: Live Music with The Skiffs
- 5-8 p.m.: Snow Slide
- 7:30-10 p.m.: Live Music with



Elsa and Olaf from Frozen were available for photos for those who attended Winterfest 2023 in Manson. They will return this year.

Chrissy Alexander and the Fred Bauer Band

## Saturday, January 13

- 11 a.m.-5 p.m.: Kids Crafts at Main Street Gallery
- 11 a.m.-5 p.m.: Kids Games and Teen Center at Lake Chelan United Methodist

Church

- 11 a.m.-5 p.m.: Winterfest Vendor Market
- 11 a.m.-5 p.m.: Winterfest Wine Walk
- 11 a.m.-6 p.m.: Apple Bin Rides and Snow Slide
- 12 p.m.: Ice Bar Opens
- 12 p.m.-1:30 p.m.: Live Music with Scott Heuston
- 2-3:30 p.m.: Live Music with Glenn Snyder
- 4-6 p.m.: Live Music with Kevin Jones Band
- 6 p.m.: Polar Bear Plunge and Bonfire at Don Morse Park
- 6:30 p.m.: Fireworks at Don Morse Park
- 6:30-10 p.m.: Live Music with DJ Indica

## Sunday, January 14

- 10-11:30 a.m.: Bubble Brunch Session 1
- 11 a.m.: Ice Bar Opens
- 11 a.m.-12:30 p.m.: Live Music with Jacob Simms
- 11 a.m.-3 p.m.: Kid Zone (Games, Apple Bin Rides and Snow Slide)
- 11 a.m.-3 p.m.: Cocoa Crawl
- 1-2:30 p.m.: Bubble Brunch Session 2
- 1-2:30 p.m.: Live Music with Aaron Crawford

## Weekend #2/Manson Friday, January 19

- 3-6 p.m.: Kids Crafts and Cocoa at Lake Chelan Visitor Center
- 5 p.m.: Ice Bar Opens
- 5-7 p.m.: Live music with Dani Bacon
- 7:30-9:30 p.m.: Live music Whiskey Trail

## Saturday, January 20

- 11 a.m.-12:30 p.m.: Bubble Brunch Session 1
- 2 p.m.: Ice Bar Opens
- 2 p.m.-4 p.m.: Face Painting and meet Elsa & Olaf at Manson Grange
- 2-3:30 p.m.: Bubble Brunch Session 2
- 2-3:30 p.m.: Live music with Owen Barnhart
- 4-5:45 p.m.: Live music with The Skiffs
- 6:30 p.m.: Fireworks Display at Manson Bay
- 7-9:30 p.m.: Live music with Full Vinyl Jacket

## Sunday, January 21

- 1 p.m.: Viki Downey Polar Bear Plunge at Manson Bay – Fundraiser providing Free Swim Lessons
- Tickets can be purchased online at lakechelanwinterfest.



COURTESY OF NORM MANLY | FILE PHOTO  
Kim Ustanik paints the face of a Manson Winterfest 2023 attendee.



RUTH KEYS | WARD MEDIA FILE PHOTO  
A very popular activity for children of ages is the ice slide during the Chelan Winterfest weekend.



RUTH KEYS | WARD MEDIA FILE PHOTO  
Viewing the many ice sculptures on display and watching live ice carving is one of the many activities of Winterfest in the valley.

com. Tickets include Wine Walk, Bubble Brunch, and Ice Bar, or purchase an All Weekend Pass to catch all of the fun. Attendees are encouraged to plan ahead, as they will sell out.

About the Lake Chelan Chamber of Commerce: The Chamber has been in operation since 1931 and serves nearly 500 members. It exists to drive economic growth through leadership, advocacy and promotion that enhances the quality of life in Lake Chelan.

For more information: Mike Steele, Executive Director Lake Chelan Chamber of Commerce, 509-682-3503, mike@lakechelan.com

## Cascades Bank to help fund Twisp sewer system project

CHELAN – The City of Twisp has established a line of credit with North Cascades Bank to provide interim financing for its sewer system improvements project. North Cascades Bank has been working in tandem with the USDA for several years, providing interim financing for the sewer projects since 2018.

According to a release, the City worked with Municipal Loan Specialist Evan Church to structure and close the loan.

“North Cascades Bank is pleased to be working with the City to provide a reliable sewer system, reinvesting local deposits back into the local community,” the release stated.

North Cascades Bank is a division of Glacier Bank of Kalispell, Montana. Glacier Bank is a subsidiary of Glacier Bancorp, Inc. (GBCI), a publicly traded regional bank holding company headquartered in Kalispell, Montana, operating individual bank divisions including North Cascades Bank.

These bank divisions provide financial services to individuals and community-based businesses throughout the western United States.

# Local broadband carrier battles through data loss

By MIKE MALTAIS  
Ward Media Staff Reporter

WENATCHEE – A broadband internet provider that serves many customers in at least five Eastern Washington/Columbia Basin counties has been trying to resolve a data loss incident since Dec. 19, when a power loss damaged some of its equipment.

LocalTel, a high-speed fiber provider headquartered in East Wenatchee, advised customers on its Facebook site that “system outages began when a mistake was made by a vendor maintaining our power systems.”

The fiber provider assured

users that no hacking or fire occurred in its facilities.

LocalTel said that power was restored minutes later but not without consequences.

“A number of our servers were damaged when the power was restored,” LocalTel reported.

The damage caused data loss that included emails, phone service, internet, television, and more. Comments on LocalTel’s Facebook page covered a range of services lost, together with queries as to when and if some or all the data will be restored.

“Wiped out most of the saved programs on my DVR,”

wrote one user. Another noted, “Didn’t realize how many important messages we get by email.”

LocalTel counts more than 113,000 people who use its services along with the more than 37,000 households served.

As businesses rely more and more on the internet to connect with customers and process orders, the loss of that critical line of communication translates into lost revenue, particularly during the high-traffic holiday season.

The service outage also affects “those of us who have our VoIP phone system through LocalTel,” another post said.

VoIP or Voice over Internet Protocol is a technology that allows users to make voice calls using a broadband Internet connection instead of a regular – or analog – phone line.

Patient users had time to inject a note of humor in their Facebook posts. One, borrowing from the title of a popular 1993 animated movie dubbed LocalTel’s challenge “The Nightmare Before Christmas.”

Another posted a revised Christmas wish list, crossing out such big-ticket items as a new bike, and Tyco train set and replacing those with “my NWI email.”

LocalTel posted that while

its NWI email administrators have made progress and new emails are now flowing into email boxes, some issues remain.

“Emails before Dec. 19 are being removed by our mail vendor so they can be repaired and redelivered,” the LocalTel post said. “There are over 10 million emails, so that process will take days and unfortunately will be slowed further by the holidays.”

LocalTel predicts the old emails to be progressively available over the next 30 days. “New emails dated Dec. 20 and newer

SEE LOCALTEL ON PAGE A2

## Inside the Lake Chelan Mirror this week

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# Strategies to make New Year's resolutions stick

As we welcome the dawn of another year, our thoughts naturally gravitate toward setting resolutions – those promises we make to ourselves in pursuit of personal betterment. New Year's resolutions symbolize hope, ambition, and a fresh start, encapsulating our desire for positive change and growth.



Terry Ward  
From the Publisher

or simply striving for more self-care, these aspirations echo our determination to embrace the opportunities a new year presents.

While resolutions are crafted with the best intentions, statistics reveal that maintaining them can be a challenging feat. Studies suggest that only a fraction of individuals actually adhere to their resolutions throughout the year. Why is this the case?

One explanation might be the overly ambitious nature of some resolutions. Often, we set goals that are far-reaching

without breaking them down into achievable steps. For instance, vowing to exercise daily might seem admirable, but a more feasible approach could involve starting with manageable workouts and gradually building up.

The pressure of sticking to resolutions can create undue stress. Embracing change takes time, and setbacks are a natural part of the process. Instead of being disheartened by momentary lapses, it's crucial to acknowledge these as opportunities for learning and readjustment.

So, how can we transform our resolutions into tangible achievements?

The answer might lie in a shift of perspective.

**1.** Focus on setting realistic and specific goals. Outline clear, achievable milestones that contribute to the larger resolution. This approach enables us to track progress and celebrate small victories along the way.

**2.** Accountability plays a pivotal role. Sharing resolutions with friends, family, or support groups can provide encouragement and motivation. Additionally, keeping a journal or utilizing apps to monitor progress can enhance accountability and serve as a reminder of our commitments.

**3.** Cultivating resilience is key. Acknowledging setbacks as temporary hurdles rather than failures can fortify our resolve. Practicing self-compassion and flexibility allows us to bounce back and continue our pursuit of the resolution.

Finally, let's remember that resolutions need not be confined to personal goals. Embracing resolutions that foster community engagement, environmental consciousness, or philanthropy can contribute to a more profound sense of fulfillment and societal impact.

As we embark on this new chapter, let's approach our

resolutions with a sense of optimism and pragmatism. Each day offers a chance for renewal, growth, and transformation. May this year be marked not only by the resolutions we set but by the resilience and determination with which we pursue them.

Here's to a resolute and rewarding journey in 2024!

*Terry Ward is the CEO of Ward Media and the publisher of the Cashmere Valley Record, Lake Chelan Mirror, The Leavenworth Echo, Quad City Herald, and the Wenatchee Business Journal. He can be reached at terry@ward.media.*

# Crafting your brand: The importance of a consistent presence

In last month's article, we explored the transformative power of marketing as an investment rather than a cost, emphasizing the significance of a well-structured marketing plan as the cornerstone for sustainable growth.



Amy Yalley  
Marketing Matters

forms the bedrock for effective communication with your target audience.

Once you've established your identity, the spotlight turns to creating awareness around your brand and business. Awareness campaigns play a pivotal role in fostering recognition and connecting with your audience on a deeper level.

However, it's not just about being known; it's about securing a prime spot in the minds of your customers. This is where the concept of "Top of

Mind Awareness" (TOMA) comes into play.

Top of Mind Awareness refers to the ability of a brand to be the first one that comes to mind when a customer thinks about a particular product or service.

Achieving TOMA means consistently occupying a prominent space in the minds of your audience. It's not merely about having a presence; it's about being the go-to option when a need arises.

Consistency is the key to building and maintaining Top of Mind Awareness. Regularly engaging with your audience through various

channels, be it social media, email campaigns, digital or print advertising, reinforces your brand presence.

The more frequently your audience encounters your brand, the more likely they will remember and choose you when making purchasing decisions.

Imagine your brand as a familiar face in a crowded room – the more often that face appears, the more likely it is to be recognized and remembered. Consistent visibility builds trust, familiarity, and a sense of reliability among your audience.

At Ward Media, we under-

stand the importance of Top of Mind Awareness when it comes to brand building. With decades of combined experience, our team is dedicated to crafting, tailoring, and launching awareness campaigns that go beyond mere visibility.

We create awareness that resonates with your audience, ensuring that your brand not only stands out but remains at the forefront of their minds.

As you embark on your marketing journey this year,

remember that brand awareness goes beyond being recognized; it's about being remembered. Cultivate Top of Mind Awareness through consistent, strategic engagement, and let the team at Ward Media guide you in creating a customized plan that aligns with the unique identity of your business. Our expertise is your success.

*Amy Yalley is the COO of Ward Media. She can be reached at amy@ward.media.*

## LocalTel

CONTINUED FROM PAGE A1

are currently queued and being processed for delivery to your email inbox," LocalTel said.

One user inquired "is there a way to have a redundant mail service physically separated but ones that mirror each other?"

Network redundancy uses multiple paths for traffic so that data can keep flowing even in the event of a failure and there provides more reliability. The concept is that if one device fails, another can automatically take over.

"We are fully committed to learning from this incident," said LocalTel. "Measures are being taken to bolster our systems, preventing such occurrences in the future."

Serving Columbia Basin since 1982, LocalTel began as a ComputerLand franchise with

seven employees. It now numbers a staff of more than 100.

## State expands broadband

The 2021 Infrastructure Investment and Jobs Act allotted \$42.5 billion for broadband internet access as part of the Broadband Equity, Access, and Deployment Program to establish broadband access throughout the country.

The act allocates the funding to individual states. The U.S. Treasury Department announced last June that Washington State will receive \$195.7 million,

State law mandates that the State Broadband Office provide access for all Washington businesses and residences to broadband service with a minimum 150 megabits-per-second (Mbps) download and upload speeds by 2028. 11.8 million households and businesses

nationwide are considered either unserved or underserved. Unserved locations are those where providers only offer internet speeds below 25 Mbps downstream and 3 Mbps upstream. Underserved locations are those where providers offer internet speeds below 100 Mbps downstream and 20 Mbps upstream.

On the county level groups like the Broadband Action Team in Okanogan County and the Chelan County Broadband Action Team are comprised of and working with stakeholder groups to identify the unserved underserved in their

respective areas. In the City of Brewster, Okanogan County, for example, Zippy Fiber of Kirkland held a ribbon cutting last October to celebrate the completion of its high-speed fiber optic cable project begun in 2021 in its first NCW target city.

Last November the Chelan County PUD commissioners discussed that county's fiber network expansion project, also begun in 2021, which, when completed by 2026, will provide connectivity to roughly 42,000 homes and businesses.

*Mike Maltais: 360-333-8483 or michael@ward.media*

**DEAR SANTA,**

I'm very excited for Christmas this year! This is my **New and updated Christmas list:**

- A monster truck
- Tyrannosaurus Rex that roars
- A new bike
- Paw patrol headphones
- Laser tag guns and spy helmet
- A T400 train set
- My NWI email

I'll put out some milk and cookies for you on Christmas Eve!

COURTESY OF FACEBOOK

Someone wants email for Christmas this season.

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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 letters@ward.media

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Have an idea for a story? Call the Mirror at 509-682-2213

**Corrections**  
The Lake Chelan Mirror regrets any errors. If you see an error, please call 509-682-2213. We will publish a correction in the next issue.

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**SAIL Exercise Classes: Jan. 3, 4, 5**  
 CHELAN – SAIL (Stay Active & Independent for Life) fitness classes are offered at Chelan Senior Center on Monday and Wednesday at 1 p.m. and are taught by Beth Shaw and Jocelyn Rich, Occupational Therapist and Pelvic Floor Health Specialist. Evening SAIL classes are Monday and Thursday evenings at 5:30 p.m., also at the Chelan Senior Center and are taught by Ann Cooper. A SAIL class is offered to residents of Heritage Heights Assisted Living in Chelan on Mondays and Fridays at 2 p.m. taught by Gaylen Willett and Steve Davis.

**Free Blood Pressure Checks: Jan. 3, 10**  
 LAKE CHELAN VALLEY – The Chelan Valley Community Nurse program does not require insurance or a physician's orders and is available to provide blood pressure and medication checks to vulnerable seniors and others who need assistance and guidance with medical needs. They also provide referrals to additional community resources. The nurses are currently providing free, weekly blood pressure checks to the public starting at 11:15 a.m. to 12:30 p.m. on Wednesdays at the Chelan Senior Center at 534 E. Trow Avenue. The Chelan Valley Community Nurse program wishes to acknowledge the generosity of our Beautiful Valley through its people and resources. They are grateful to everyone who supported their August Summer of Love fundraiser and deeply appreciate the numerous volunteers who stepped forward to ensure its success. Funds raised will help them continue to provide free In-Home Services. As we enter this Holiday Season of Gratitude, they thank you for your continued support which allows them to serve those in need. If you have questions about their organization, please call Catharine at 509-679-9059 or email them at chelanvalleycommunitynurse@gmail.com. Donations are gratefully accepted; PO Box 2987, Chelan 98816 or at facebook@ChelanValleyCommunityNurse. They wish everyone a Safe and Happy Holiday Season.

**Latex paint now accepted - Drop off Saturday, Jan. 6**  
 WENATCHEE – Drop-off Saturday is Jan. 6 at the Chelan County Moderate Risk Waste Facility on Highway 97A. The facility is open the first Saturday of the month, from 9 a.m. to 4 p.m. Every week, they are open Tuesday through Friday

at the same hours. Drop off your household hazardous wastes and latex paint. This is a free service to Chelan County residents. For a full list of items that the facility does and does not accept, go to the facility's website: <https://www.co.chelan.wa.us/solid-waste-management/pages/household-hazardous-wastes>.

**Chelan Senior Meals: Jan. 3-5, 8-10**  
 Donation prices have changed  
 CHELAN – The Chelan Senior Center at 534 E. Trow Avenue, hosts Senior Meals Monday-Friday. Suggested donation for seniors over age 60 is now \$5. Fee for persons under age 60 is now \$12. Please call 509-888-4440 to reserve meals 24 hours in advance. For information about Home Delivered Meals call 509-470-0522. You can visit their website at [www.octn.org](http://www.octn.org) and follow them on Facebook. Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840. Jan 3: Meatloaf, Mashed Potatoes/Gravy, Buttered Corn, Green Salad, Peaches, WW Bread or Roll, Dessert; Jan. 4: Chicken Paprika, Egg Noodles, Roasted Squash, Spring Salad, Pineapple & Cherries, Dessert; Jan. 5: Baked Fish, Wild Rice, Key West Veggies, Coleslaw, Orange Quarters, WW Roll, Dessert; Jan. 8: Salisbury Steak, Mashed Potatoes/Gravy, Mixed Greens Salad, WW Roll, Peach Cobbler; Jan. 9: Oven Fried Chicken, Twice Bake Style Potato Casserole, Buttered Corn, Spiced Salad, Apple Slices, Dessert; Jan. 10: BBQ Country Ribs, Mac & Cheese, Green Beans, Carrot Raisin Salad, Pineapple, Dessert.

**Chelan Valley Hope: Jan. 3-4, 8-11**  
 Serving Bridgeport, Mansfield, Waterville, Orondo, Chelan, Manson, Chelan Falls, Entiat  
 CHELAN – There is still time to donate to the Chelan Valley Hope Coat Drive. We are accepting new and gently used coats, hats, scarves, gloves, and new socks. All sizes are needed. Donation bins can be found at the following locations; Chelan Valley Hope, Chelan Fire & Rescue, Manson Fire Department, Lake Chelan Eagles, Twisted Cork, North Shore Bible Church, Church of the Nazarene, Chelan Public Library, Cashmere Valley Bank, North Cascades Bank, CW Title Services, and Even Keel Roadhouse. If you are in need of warm winter wear please call or visit us at Chelan Valley Hope, open Monday through Thursday 9 a.m.-3 p.m. (closed Noon to 1 p.m.). Call 509-

888-2114 for more information or to schedule an appointment. Or visit our website and follow us on Facebook and Instagram to get the latest CVH news and updates [@ChelanValleyHope](http://chelanvalleyhope.org).

**Zumba Fitness: Jan. 3, 4, 5**  
 MANSON – Zumba Fitness Class, every Tuesday and Thursday morning (excluding holidays), 8:30-9:30 a.m. Join Zumba instructor, Brenda, for some Zumba fitness fun. Donation is \$5 per class. All ages welcome. It's for everyone and is so much fun. This event is a partnership between the Manson Grange and the Manson Parks and Recreation Department. Donation is \$5 per class. All donations help fund the Manson Grange building maintenance program.

**Chelan Museum: Closed January and February**  
 CHELAN – The Chelan Museum will be closed January and February. They will reopen Friday, March 1. Hours then will be Thursday-Saturday 11 a.m.-3 p.m. They will be open by appointment only in January and February by calling 509-682-5644.

**Thrive Teen Center: Jan. 4, 9, 11**  
 CHELAN – The Thrive Teen Center will be open on Tuesdays and Thursdays from October-May.

The hours are 3:30-6:30 p.m. and dinner is served each night. The Teen Center is located in the basement of the Lake Chelan United Methodist Church and is available to all middle and high school students in the valley. There are volunteers to help with homework, pool tables, board games, air hockey, craft supplies, foosball, free clothing and hygiene closets, and more. If you have any questions, email stefani@thrivechelanvalley.com.

**Food Bank food distribution: Jan. 6, 9, 13**  
 CHELAN – The Lake Chelan Food Bank food giveaway takes place each Saturday and Tuesday, 9-10 a.m. Distribution is drive-thru at 417 S. Bradley Street. Families are limited to one box per week. In November an average of 168 families with 575 individuals were served each week. A total of 29,458 pounds of food was distributed. The need is much greater in the winter months. If you are able to help please donate online at [lakechelanfoodbank.org](http://lakechelanfoodbank.org) or send to P.O. Box 2684, Chelan, 98816. Non perishable food donations may be dropped off at the Lake Chelan Mirror office, 131 Apple Blossom Drive, Suite 109 (Chelan Business Center). Thank you for helping our neighbors.

MORE EVENTS AT [WWW.LAKECHELANMIRROR.COM](http://WWW.LAKECHELANMIRROR.COM)

**Santa delivers Secret Santa gifts**



Heritage Heights Assisted Living held their Christmas party for residents on December 22, and residents got to open their Secret Santa gifts from Whaley's Department Store. Pictured is Heritage Heights Activities Director Rachel Kiesecker handing out gifts to the residents. Whaley's hosts giving tree, where area residents can pick a tag and buy a gift for one of the residents. Residents said they are grateful for the thoughtfulness of the gifts.



Activities Director Rachel Kiesecker offered numerous games and staff served holiday snacks during the Heritage Heights Assisted Living Christmas party on December 22. Pictured here is Linda T. throwing a ring, that will hopefully land on the hat worn by Bill A.

# CHURCH GUIDE

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 509-682-2025 • 210 E. Wapato Ave.  
 Pastor Mark Wilton

**CHURCH OF THE NAZARENE**  
 Sunday School 10 am  
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 Youth Group - Friday 7 pm for 13-18 years of age  
 509-682-5135 • Sanders St. & Okanogan Ave.

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*"With men this is impossible; but with God all things are possible."*

- Matthew 19:26

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**ATHLETE OF THE WEEK**

**Entiat Girls Basketball**  
**Jordan Long**  
Senior – Guard #22

Last week, during our three games at Moses Lake Christian Academy (one league game and two tournament games), Jordan exhibited outstanding performance as our leading scorer. Serving as one of our captains, she played a pivotal role in securing two victories and one loss. Across the three games, her impressive stats include 47 points, 14 rebounds, 5 assists, and 15 steals. Jordan's remarkable contributions make her a deserving candidate for Athlete of the Week.

**Dribble fast and move those feet!**

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**The Washington Outdoors Report**



COURTESY OF J. KRUSE  
**Yosemite Sam**

**A New Puppy... oh Boy!**

I freely admit it, I love dogs, always have, especially if they are bird hunting dogs. I hunted as a teen solo but once I got my own dog as an adult (a golden retriever named Gracie), I got hooked on hunting with four-legged companions who really make a difference in the quality of your hunt when it comes to finding, flushing or pointing, and then retrieving birds such as pheasant, quail, ducks and geese.

Gracie was a fine all-round, albeit fair-weather flusher and retriever. My second dog was Sage, a yellow lab who was a good hunter but had a horrible penchant for barking as loud as he could the first 30 minutes of any drive and then barking again if you slowed below 35 miles per hour (since he always assumed we were about to arrive at our hunting destination).

Both dogs lived good lives and then came along my third dog, an English springer spaniel named Georgia. She was kind of a rescue dog. I got her when she was 13-months

old and while she was house broken, she had a whole host of bad habits I was never able to break. Throw in the fact she had zero retrieving instinct and her performance as a bird hunting dog was limited to quail and pheasant in steep canyons. Give her a duck to retrieve and she would swim around the pond for 15 minutes, ignoring the duck. Give her a pheasant in open country and it was off to the races. Having said that, we did manage to bag a few birds over the years.

I lost Georgia to cancer a year and a half ago and recently decided it was time for a new dog. This time I did my homework and chose an AKC registered English springer spaniel available from a breeder in Twin Falls, Idaho. Jim, the owner of New Day Springers, told me the dog I wanted was very athletic, very driven, and like his father, would probably have a great retrieving instinct.

I picked the pup just before Thanksgiving at the tender age of eight weeks old and named him Sam, as in "Yosemite Sam". It was the youngest pup I had ever owned. I was worried about the separation between his mother and him but I shouldn't have. He took to me immediately. What I didn't anticipate (or remember) though, were the growing pains of having a new puppy. Where do I start?

I guess the potty training would be a good place because a five weeks later we still haven't quite solved that riddle. He does not go potty in his crate or at night sleeping with me but he seems to take

great pleasure in going outside, being praised for doing his business during the day, and then coming back inside to do some more business (both Number One and Number Two) within a few minutes of being in the house. It's to the point that I was literally going through a roll of paper towels a day cleaning up after his mishaps. And I'm not entirely sure he realizes they are mishaps despite my efforts to educate him otherwise. Then again, perhaps he's just mischievous!

Then there is the biting. I forgot how sharp puppy teeth are and how often they are driven to chew on things, especially hands and toes! The good news? We are starting to get this issue under control thanks to a handy spray bottle that squirts him with water whenever he begins to nibble on me.

With the biting comes the scratching. Who knew a puppy could have such sharp claws. Of course, Sam likes to be held but unfortunately, he also likes to put his paw on your face and more often than not I look like I've been in a pocket knife fight and lost.

Oh, and don't let me get started on having nice things. The first day I set up the Christmas tree he bit through the electrical cord, which meant I had no lights on my tree this year. He also takes great joy pushing the tree around the living room, as well as his water dish, food dish, bed, toys, etc. Another nice thing I no longer have is a beautiful wooden duck decoy.

Sam managed to snatch it off a shelf and turn its duck bill

**SCOREBOARD**

**GIRLS BASKETBALL**

Dec. 28	Chelan 19, Cle Elum-Roslyn 61; Loss
Dec. 30	Manson 28, Royal 65; Loss

**BOYS BASKETBALL**

Dec. 28	Chelan 59, Cle Elum-Roslyn 29; Win
Dec. 28	Manson 36, Wellpinit 78; Loss
Dec. 30	Manson 36, Royal 59; Loss

**SCHEDULE**

**GIRLS BASKETBALL**

Jan. 4	Entiat vs. Waterville-Mansfield, Away at 7:30 p.m.
Jan. 4	Manson vs. Brewster, Home at 6 p.m.
Jan. 5	Chelan vs. Cascade, Away at 5:45 p.m.
Jan. 6	Entiat vs. Riverside Christian, Home at 4:30 p.m.
Jan. 6	Manson vs. Soap Lake, Home at 4 p.m.
Jan. 8	Chelan vs. Cashmere, Home at 6 p.m.
Jan. 9	Entiat vs. Soap Lake, Away at 6 p.m.
Jan. 9	Manson vs. Bridgeport, Home at 6 p.m.

**BOYS BASKETBALL**

Jan. 4	Entiat vs. Waterville-Mansfield, Away at 6 p.m.
Jan. 4	Manson vs. Brewster, Home at 7:30 p.m.
Jan. 5	Chelan vs. Cascade, Away at 7:15 p.m.
Jan. 6	Entiat vs. Riverside Christian, Home at 6 p.m.
Jan. 8	Chelan vs. Cashmere, Home at 7:30 p.m.
Jan. 9	Entiat vs. Soap Lake, Away at 7:30 p.m.
Jan. 9	Manson vs. Bridgeport, Home at 7:30 p.m.

**BOYS WRESTLING**

Jan. 4	Chelan vs. Omak, Home at 6 p.m.
Jan. 4	Chelan vs. Quincy, Home at 7 p.m.

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**GO Teams**

**Sheriff/Fire/EMS**

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



**Chelan County Sheriff Report**

- December 21**
- 02:30 Suspicious, Us Hwy2 & River Bend Dr.
  - 05:35 Animal Problem, Sr150 & Bighorn Way
  - 08:56 Suspicious, 792 N. Bradley St
  - 14:37 Domestic Disturbance, 744 Wapato Wy #C, Manson
  - 14:43 Warrant, N Clifford St & E Johnson
  - 18:08 Suicide Threat, 80 Wapato Wy, Manson
- December 22**
- 01:10 Suspicious, 455 Wapato Lake Rd, Manson
  - 03:30 Noise, Roses Lake, Manson
  - 09:14 Parking/Abandon, 305 E Gibson Ave
  - 04:20 Assist Public, 762 Boyd Loop Rd
  - 20:06 Domestic Disturbance, 1002 E Woodin Ave; Apple I
  - 20:33 Animal Problem, Lakeshore Dr & Manson Blvd
  - 21:01 Burglary, 103 N Evergreen St

- December 23**
- 03:56 Suspicious, 108 Pyramid Pl
  - 04:37 Noise, 240 E. Johnson Ave #2
  - 09:53 Animal Problem, 383 Foggy Canyon Rd
  - 10:27, 112 E. Woodin Ave, Senor Frogs
  - 14:46 Welfare Check, 1126 Sunset Ln
  - 18:49 Domestic Disturbance, 1002 E. Woodin Ave, Apple Inn Motel
  - 22:03 Traffic Offense, 817 E. Woodin Ave, Bills Gas
  - 22:50 Weapons Violation, Manson Blvd & Barkley Rd, Manson
- December 24**
- 01:47 Animal Problem, 600 Lakeshore Dr, Manson
  - 03:50 Suicide Threat, 103 Mayer Dr
  - 06:47 911, 2711 Washington St, Manson
  - 08:22 Harass/Treat, 24888 Us Hwy97
  - 10:11 Assist Public, 500 Blk W Manson Rd
  - 16:54 Civil, 1105 S Bradley St# 9c
  - 18:47 Welfare Check, 14419 Us Hwy 97a # B, Entiat
  - 19:04 Propert, 2208 W Woodin Ave; Conoco
  - 20:03 Domestic Disturbance, 130 Fair Way

- 21:14 Dui, 100blk Orchard View Dr
  - 23:59 Disturbance, 817 E Woodin Ave; Bills Gas
- December 25**
- 00:50 Dui, 817 E Woodin Ave; Bills Gas
  - 01:17 Alarm, 207 Riviera Dr
  - 05:12 Dui, 215 W Webster Ave
  - 13:48 Juvenile Problem, 311 E Sayles St
  - 19:04 Welfare Check, 250 S Harris Ave, Manson
  - 19:07 Traffic Offense, 410 E Woodin Ave
- December 26**
- 10:02 Juvenile Probation, 744 Wapato Wy# C, Manson
  - 14:41 Runaway, 715 E Johnson Ave
  - 18:22 Extra Patrol, 222 E Woodin Ave; Wells Fargo
  - 19:37 Alarml, 222 E Woodin Ave; Wells Fargo
  - 21:58 Noise, 37 Lakeshore Dr, Manson
  - 22:09 Domestic Disturbance, 4863 Manson Blvd, Manson
  - 23:00 Noise, 320 W Highland Ave
- December 27**
- 08:38 Malicious Misch, 582 Apple Acres Rd
  - 17:29 Traffic Offense, Sr 150 Mp 2, Manson

into a well chewed on sparrow beak. Ugg!

Having said all that, I do love the pup. The obedience training is coming along well. Okay, more or less well. He does well on basic commands inside the house. Not so much yet outside the house. Sam does love to go for car rides and he literally hasn't met a person he doesn't like. Better still, he likes to retrieve the training dummies I throw for him. With any luck, I may have the beginnings of a decent hunting dog come spring. That's assuming of course I don't go crazy trying to potty train him this winter. Wish me luck!

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

# New Year FRESH START

## Tips to maintain your commitment to exercise

Ward Media / Lake Chelan Mirror

At one point or another, millions of adults across the globe have resolved to be more physically active.

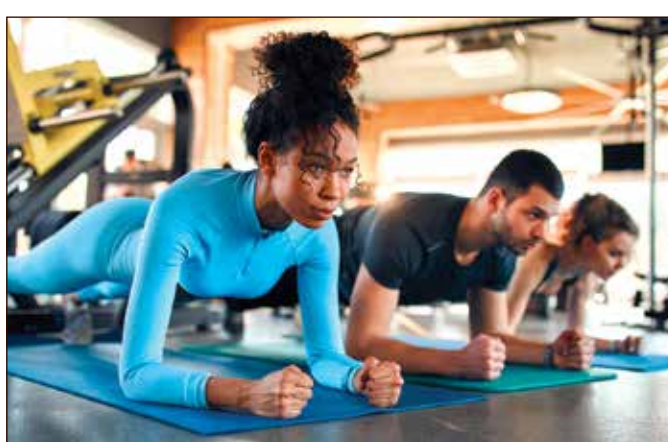
The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more.

Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution.

However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

- **Break it up.** The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.



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- **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published

in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely

to exercise with a friend than they are if they go solo.

- **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

- **Identify what progress may look like.** It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not

working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

## 5 New Year's resolutions to benefit the brain



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Ward Media / Lake Chelan Mirror

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

1. **Get moving:** Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing

and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

2. **Start a new hobby.** When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a

cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

3. **Make more time for fun.** Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

4. **Practice mindfulness more often.** Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

5. **Eat a better diet.** The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.

## Fill up on healthy eating pointers

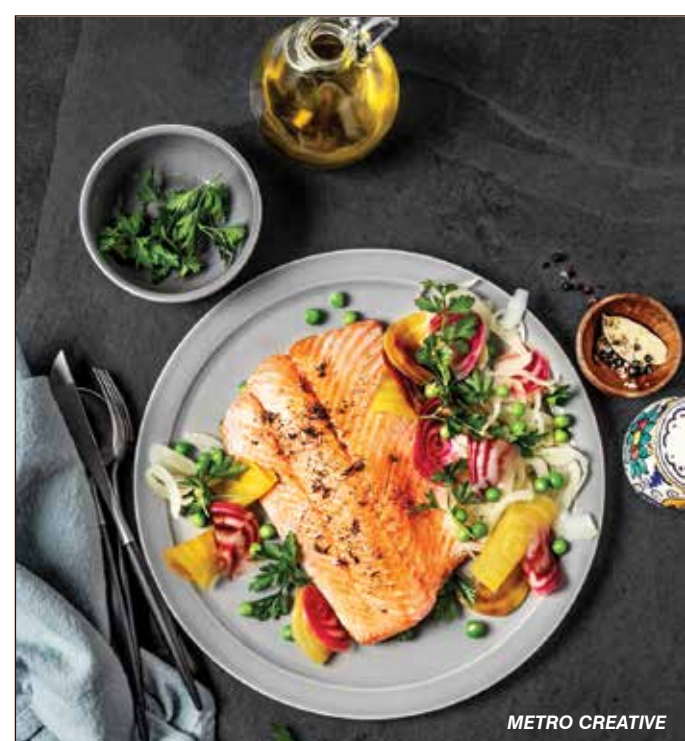
Ward Media / Lake Chelan Mirror

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being – helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- **Eat colorful, varied, nutritionally dense foods.** Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- **Choose fiber-rich foods.** Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.



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- **Note how you feel after eating.** Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- **Explore the Mediterranean diet.** While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediter-

anean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

- **Control portion sizes.** Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day.

The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

## The link between sleep and mental health

Ward Media / Lake Chelan Mirror

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health.

Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

- **Sleep and depression:** The Sleep Foundation notes that sleeping issues have

historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

- **Sleep and anxiety disorders:** Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and such feelings can make it hard to fall asleep. However, a 2013 study published in the journal Neuroscience found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be

a predisposing trait among individuals who eventually develop anxiety disorders.

- **Sleep and bipolar disorder:** A 2015 study published in the journal Sleep Medicine Clinics found a strong association between sleep disturbances and symptom worsening in bipolar disorder.

The study highlighted evidence that suggests sleeping problems worsen or induce the manic and depressive episodes that are a hallmark of bipolar disorder.

Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

- **Sleep and ADHD:** The Sleep Foundation notes that sleeping problems are common in people with ADHD.

SEE MENTAL HEALTH ON PAGE B2

## Did you know?



METRO CREATIVE

Ward Media / Lake Chelan Mirror

Scores of people insist that exercising with a partner is a great way to remain committed to a fitness regimen, and now research is beginning to support that assertion. A 2023 study from researchers in Japan published in the Archives of Gerontology and Geriatrics found that exercising both alone and with a partner two or more times a week helped to lower risk of cognitive impairment, but the risk was decreased by a more significant margin among those who exercised with others. Authors of the study found that the risk of cognitive impairment decreased by more than 29 percent among individuals who worked out with a partner, which was nearly double the percentage reduction (15 percent) among those who exercised alone.

# New Year FRESH START



## New Year's resolutions for your social life

Ward Media / Lake Chelan Mirror

New Year's resolutions tend to focus heavily on healthy aspirations. Each January, people from all walks of life express a desire to lose weight, exercise more, quit smoking, or get more sleep. However, that doesn't mean that resolutions cannot involve fun with friends.

Resolutions that focus on improving social connections might be something to consider this year. Expanding your social life can prove beneficial, as strong social connections are important to maintaining cognitive health and emotional well-being. The following are some socially-minded resolutions.

- **Volunteer.** One of the best ways to meet new people is to engage in activities that attract like-minded individuals. Volunteer activities are one avenue to explore. Volunteerism can start in schools, community centers, houses of worship, and elsewhere through the community.

- **Change your internal narrative.** Sometimes people have

a hard time making friends simply because they have preconceived notions or place judgments on those around them. Judging others can be detrimental to establishing relationships. Changing how you view others can help.

- **Join a social app.** Whether it is to meet new friends or potential romantic partners, now may be the time to put yourself out there. Apps that promote personal relationships help people vet individuals so they're not walking into situations completely unaware. Pew Research says 53 percent of people under the age of 30 report having used a dating site or app, and the popular app Meestup boasts 60 million members.

- **Try new activities.** If you've been meaning to learn how to brew your own beer or create acrylic art craft projects, now is the time to dive in. Engaging in new hobbies and activities puts you in touch with other people, which can help foster new friendships.

- **Practice active listening.** Resolving to make established

## Tips to stay the course with a new diet

Ward Media / Lake Chelan Mirror

The dawn of a new year marks a great time to turn over a new leaf. Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023. In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months. As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

- **Do not eat too close to bedtime.** A 2014 study published in the Journal of Human Nutrition and Dietetics found that eating more of a day's total energy intake in the evening is associated with a higher risk

relationships more secure time on the calendar to hang out with others. If you don't make an effort to get together, you can't expect others to want to do the same. Sometimes you have to take the lead to create social situations and gatherings.

Resolutions to revitalize your social life can make for a great start to a new year.

- **Host a gathering.** Make



of being overweight or obese. The researchers behind the study concluded that eating more of the day's energy intake at midday can lower the risk of being overweight or obese. Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinnertime.

- **Treat yourself, but only periodically.** It's unreasonable and potentially counterproductive to completely avoid foods seen as treats. Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings

of misery will prove harder to commit to than one that allows for the occasional indulgence. Moderation is the name of the game, and that should be a rule of thumb for both healthy foods and indulgences. Don't make indulgences part of your daily routine, even if you eat them in moderation. Rather, save treats for special occasions, and even then only eat them in moderation.

- **Consider eating less, but more frequently.** Data is conflicting in regard to eating smaller but more frequent meals. A 2015 study published in the Journal of the Academy of Nutrition and Dietetics found that individuals who had

six or more eating occasions in 24 hours had a lower mean body mass index than people who had four or fewer eating occasions in 24 hours.

The researchers behind the study concluded that eating a larger number of small meals throughout the day may be associated with improved diet quality and lower BMI.

This approach is commonly referred to as "grazing," and some research has indicated it has no metabolic advantage over other approaches to eating.

So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when switching to a new diet.

If hunger is no longer posing a threat that can derail your diet, then this approach might increase the chances you stay committed to eating right.

Millions of people will begin January on a quest to eat healthier in the year ahead. Some simple strategies can help them stay the course as they adjust to a new diet.

### Mental Health

CONTINUED FROM PAGE B1

Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD.

The link between sleep and mental health is noteworthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at [sleepfoundation.org](http://sleepfoundation.org).

**Lake Chelan**  
**WINTER**  
**FEST 2024**

**January 12-21**

PRESENTED BY THE LAKE CHELAN CHAMBER OF COMMERCE





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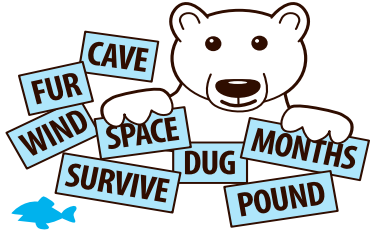


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**Kid Scoop Together**

## Life of a Polar Bear Cub

This little cub has taken some of the words out of this article. Can you find where each one belongs? Have a parent check your work.



A polar bear starts its life in a den or ice \_\_\_\_\_ that its mother \_\_\_\_\_ into the snow. The den protects the mother and the cubs from \_\_\_\_\_, cold and predators. The den stays warm inside as heat from the mother bear warms the tight \_\_\_\_\_ and the frozen walls trap the warm air.

A polar bear cub weighs only about one \_\_\_\_\_ when it is born and are about 12 to 14 inches long.

These little guys grow up to be BIG. A male polar bear can grow to be 1,200 pounds. A female about 650 pounds.

They start to get \_\_\_\_\_ at about eight weeks. They stay in the den drinking mama bear's nutritious milk for about three to four \_\_\_\_\_.

Young polar bears stay with their mothers until they are around 30 months old. By then, they have learned how to \_\_\_\_\_ in the cold and find food on their own.

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### Kid Scoop VOCABULARY BUILDERS

This week's word: **THERMAL**  
The adjective **thermal** means relating to or saving heat.

The **thermal** layer in Jane's jacket helped her stay warm while skiing.

Try to use the word **thermal** in a sentence today when talking with your friends and family members.

Photo images courtesy of Alan D. Wilson



# POLAR BEARS

**Big and white, fluffy and furry,** these are adjectives that describe a polar bear!  
Can you think of other adjectives that would describe this animal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

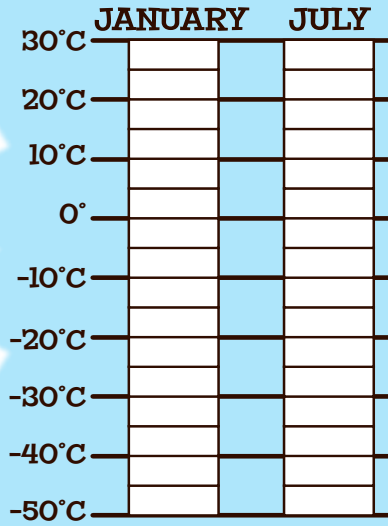
Polar bears love fish! How many fish can you catch on this page?

## Average Temperatures in the Arctic

In January, the average temperature in the Arctic ranges from a chilly 0°C to -34°C (32°F to -40°F).

In July, the average temperature range is from -10°C to 10°C (14°F to 50°F).

Color the graph to show the temperature range in each month using Celsius.



**Polar Bear Fur Is NOT White!**

Each hair shaft is transparent with a hollow core that scatters and reflects visible light, much like what happens with ice and snow, giving it a bright white appearance.

### How Polar Bears Stay Warm

Polar bears live on ice near the North Pole in the Arctic, which is covered in ice and surrounded by very cold water. But that doesn't bother a polar bear.

In each box, write the letter that comes before the letter at the bottom of each box to find a couple of cool ways these fluffy fellows stay warm.

<input type="text"/>	<b>A</b>	<input type="text"/>	<b>A</b>	<input type="text"/>	<b>D</b>
<b>G</b>	<b>B</b>	<b>U</b>	<b>B</b>	<b>O</b>	<b>E</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>G</b>	<b>V</b>	<b>S</b>			

### Polar Bear Paws

Polar bear paws can grow to be 12 inches across (31 centimeters) and help distribute weight when treading on thin ice.



When swimming, their broad forepaws act like large paddles and the hind paws serve as rudders for steering.

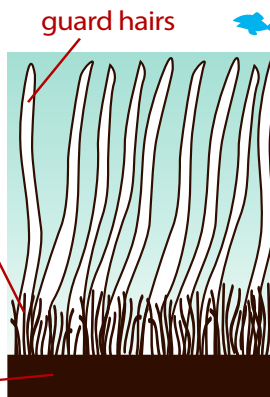
Black footpads on the bottom of each paw are covered by small, soft bumps known as **papillae**. Papillae grip the ice and keep the bear from slipping. Tufts of fur between their toes and footpads may help with purchase as well as can their claws.

### Very Special Fur

Polar bears have two types of fur: long oily guard hairs and short insulating hairs.

The long, oily guard hairs are tiny, hollow tubes that trap warmth and hold it close to the skin. Their oily surface keeps polar bears dry.

Under the guard hairs is a layer of dense, short, soft hairs that trap heat close to the skin, like thermal underwear.



**START**

What's another name for a polar bear's layer of fat? The letters along the correct ice path reveal the answer.

Write the answer here:

**Extra! Extra!**

### Verbs and Adjectives

Look through the newspaper and find five **adjectives** that describe a polar bear. Then find five **verbs** that describe how a polar bear moves. Write one or more sentences about a polar bear using your adjectives and verbs.

**Standards Link:** Research: Use the newspaper to locate information.

### Kid Scoop Puzzler

#### Polar Bear True or False

These statements are either all true or all false. Check your answers by adding up the numbers next to each of your answers. If the total is 33, you've got it right!

**Polar bear young are called cubs.**  
 TRUE (10)  
 FALSE (8)

**Polar bear cubs are born without hair and are blind and deaf.**  
 TRUE (16)  
 FALSE (7)

**A polar bear's nose can smell a seal on the ice 20 miles away!**  
 TRUE (5)  
 FALSE (9)

**Polar bear skin is black.**  
 TRUE (2)  
 FALSE (12)

**Standards Link:** Reading Comprehension: Follow simple written directions.

### Double Double Word Search

Find the words in the puzzle. How many of them can you find on this page?

- REFLECTS
- FOOTPADS
- THERMAL
- HOLLOW
- ARCTIC
- POLAR BEARS
- LAYER
- WHITE GUARD HAIRS
- DENSE TUFTS
- OILY PAWS

C	P	O	E	S	N	E	D	L	S
I	A	R	L	A	M	R	E	H	T
T	B	E	A	P	A	W	S	R	C
C	O	S	S	U	W	H	I	T	E
R	T	I	G	O	B	A	A	U	L
A	A	Y	L	E	W	I	A	F	F
R	M	L	A	Y	E	R	A	T	E
L	O	R	O	W	A	S	Y	S	R
H	S	D	A	P	T	O	O	F	S

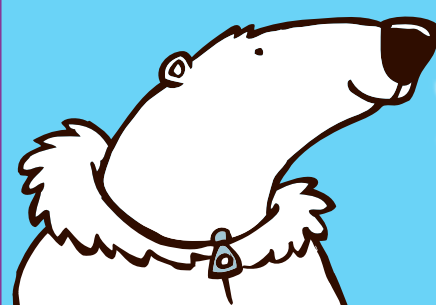
**Standards Link:** Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE LESSON LIBRARY

#### News Article Mix-Up

Cut out an article from the newspaper. Cut the article into four pieces. Give the pieces to a friend to see if he or she can put the article back together in the right order.

**Standards Link:** Research: Use the newspaper to locate information.



### Why do polar bears have white fur coats?

**ANSWER:** Because they'd look kind of silly in Hawaiian shirts!

### Write On!

#### Bears: Fact and Opinion

Write at least two facts and two opinions about bears.



## DIGITAL MARKETING AGENCY

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