

Best Practices Healthcare Opens Urgent Care Services At New Selah Clinic

Hours For Urgent Care
7:30 AM – 7:30 PM
In North Park Centre
Family Clinic 8 AM - 5:30 PM

Selah has gone from having no medical services in town this fall to introducing two specialty clinics over the past six weeks.

Best Practices Healthcare Center opened its family practice clinic on Nov. 2, offering Selah residents basic medical services that hadn't been available since early 2020, when Astria Health closed its practice at the same location. But that was only the beginning.

On Dec. 1, Best Practices opened an urgent care clinic on the other side of the building



at 715 N. Park Drive. And in the spring, they will introduce a behavioral health clinic. All three services are intended to make life easier for members of the Selah community.

Urgent Care extended hours in North Park Centre are 7:30am – 7:30pm. The clinic can be reached by phone at 698-2624.

“We just want to provide more of a small-town, individual

care feel,” said Janis Swart, who owns Best Practices with her husband, Greg, and business partners Sunny and Sheeba Bhaskaran. “We care for people as individuals instead of taking the whole corporate medicine approach.”

The Swarts have owned Best Practices Medical Clinic in Yakima since 2009. Janis has been a registered nurse for more than 30 years, while Greg has been a family nurse practitioner for about 25. When Astria closed its clinic in February due to ongoing financial struggles, the Swarts decided they wanted to do something to help their neighbors.

CONTINUED ON PAGE 3 >

Chervenell Construction - A Mainstay for School Building Projects Across Region

Leading Contractor At Halfway Point Of John Campbell Intermediate Construction

The past nine months have been a major drag on Washington's overall economy, but that doesn't mean every business sector in the state has slowed down.

Despite some temporary slowdowns due to COVID-19 safety restrictions, many construction companies across the region continue to stay as busy as they've always been.

Count Chervenell Construction among the lucky ones. The Kennewick-based construction outfit continues to maintain a full portfolio of active jobs, with many of its current projects taking place in the



Yakima Valley, including Selah.

This fall and winter, Chervenell is simultaneously working on five school-related projects from Selah

to Prosser, not to mention a full slate of builds in the Tri-Cities and other Eastern Washington locales. The company also maintains a small office

in Walla Walla.

“We have done a lot of projects in the Yakima Valley over the years — it's sort of in our blood,” said Kyle Clark, a senior project manager for Chervenell who hails from West Valley. “We do projects all over Eastern Washington, but our comfort zone is from Naches to Moses Lake, the Tri-Cities, Walla Walla, and Pendleton (Oregon).”

One of Chervenell's ongoing K-12 jobs is the John Campbell Intermediate School project in Selah. Construction of the 86,000-square-foot, two-story building started in August and is slated for completion in November 2021.

The new structure will replace

CONTINUED ON PAGE 4 >

Longtime Selah Insurance Company Owner Steadily Building Travel Agency Business

By Dave Leder

This time last year, Tammy Allan was looking forward to a busy travel season. After enjoying a successful start to her discount travel service nearly three years ago, the owner of TE Allan Inc. was expecting to see bookings remain steady for 2020.

But with the travel industry still on pause after nine months of COVID-19-related setbacks, Allan and her team are now looking ahead to mid-next year and beyond.

“We were doing very well on the travel side for the first 18 months, but unfortunately, this

year got completely wiped out by COVID,” said Allan, who has owned Allan Insurance Agency for 30 years — 25 of them in Selah. She and her husband, Ken, opened the travel service in February 2018, marketing the business as Allan Insurance Agency and Discount Travel Adventures.

Despite some recent challenges, they remain optimistic about the future of the travel agency.

“Even though 2020 has seen a lot of travel restrictions, we've still



TAMMY ALLAN

been able to keep close to 75% of our customers for re-bookings in 2021-22,” Tammy Allan said.

She and travel agent Ashley Burmaster are continuing to plan a Spring Break trip to the Caribbean in 2022. As of early December, they have 43 people signed up for the cruise that will feature stops in Jamaica and Grand Cayman.

Burmaster said she's always shopping for better deals for her clients, and she has managed to find additional discounts for 13 of

the passengers, who will set sail April 2-9, 2022. She's also trying to line up a second group vacation that year.

“Every time a new promotion shows up, I start shopping around for a better rate,” she said. “Anyone who books with me knows that I shop their cruise choices all the time, and that helps me find a lot of good discounts.”

Providing that personal touch when planning a vacation is what gives customers of Discount Travel Adventures an advantage over the many travel websites out there.

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DECEMBER NEWSLETTER



SELAH DOWNTOWN ASSOCIATION



HAPPY HOLIDAYS FROM OUR FAMILIES TO YOURS!

The Selah Downtown Association would like to wish the happiest and warmest holiday wishes from our families to yours. Please be remember to mask up, support our small businesses and avoid gatherings so that we can slow the spread of COVID-19 and our businesses can open back up!



THANK YOU SPONSORS, WE COULDN'T DO IT WITH OUT YOU!

Seriously, our sponsors are the best! They contribute through the Washington Main Street Tax Credit Program.

Who are our sponsors? Currently, they are The City of Selah, Selah Vision Clinic, Zillah Vision Clinic, Banner Bank, Allan Insurance, Natural Accent Flooring, and 4C Construction.

How does the Washington Main Street Tax Credit Program work you ask? Well, we are happy to share!

The Main Street tax credit incentive program provides a Business & Occupation (B&O) or Public Utility tax (PUT) credit for private contributions given to eligible downtown organizations. Once your business' donation request is approved by the Department of Revenue, you are eligible for a tax credit worth 75% of the contribution to your downtown revitalization organization. Designated Washington Main Street Communities (that's us) are eligible to receive contributions through this state tax credit program.

How can you get in on this great deal?

Businesses can apply for the tax incentive program anytime between the 2nd Monday in January (January 11th, 2021) and March 31st. There's a step by step guide that can be found at https://dahp.wa.gov/sites/default/files/Applying%20for%20Credits-StepbyStep_0.pdf The funds are due payable directly to the Selah Downtown Association by November 15th. We then let the state know you have fulfilled your pledge so the funds are counted towards your B&O contributions.

What's in it for you besides the tax credit?

We share your logo in all newsletters, on the signs posted near our Beautification and Façade Grant Recipient's projects, and on a banner that can always be found in the window of the SDA office and at all of our events! Yes, that's right, you get tons of publicity! We love our sponsors so we share them at every opportunity!



JOIN US FOR COFFEE CHAT!

Join Selah Downtown Association Executive Director Katrina Henkle as she is available to chat about what's going on at the SDA and learn how you can get involved. Katrina welcomes ideas or feedback for the SDA every Wednesday from 8 am to 10 am on Zoom. To join, follow this link: <https://zoom.us/j/92693983274>



THERE ARE STILL PLENTY OF FREE MASKS TO BE HAD!

The SDA was able to restock on masks through the Yakima County Emergency Management, so if you're ready for round two, let us know!



WE WANT YOU!

Did you know that we can sign off on community service hours for a variety of requirements? Help us keep Selah beautiful while meeting community service requirements.

CHRISTMAS IS COMING, LET'S SHOP OUR SMALL BUSINESSES!

We have all felt the impact of COVID-19 this year. Shopping small insures our neighbors jobs and businesses are sustainable so they too can enjoy the holidays. Let's Shop Small, Shop Selah this Holiday Season!

SELAH STRONG GNOMINATIONS

THE PURPOSE: To ensure we recognize businesses and members in the community that demonstrate we are "Selah Strong".



OUR MISSION: Selah Downtown Association, in partnership with Selah Chamber of Commerce, Selah businesses and members of the Selah community, cultivates a culture of strong community.

WHAT WE VALUE: Strong character is at the heart of what we value in a community deserving of being "Selah Strong".

Every business and member of the community is worthy and capable of making meaningful contributions to his or her community.

HOW IT WORKS: The first two weeks of each month, the Selah Community is invited to gnominate another community member or business that has demonstrated excellence in character or shown community support through volunteering or making a difference in the Selah Community. Gnominations can be submitted to the SDA through email at selahdowntownassociation@gmail.com or by messaging us on our Facebook page telling us what business or individual you would like to gnominate and why.

The last two weeks of each month, the gnominated businesses and individuals will be put up for a vote on our Facebook page (if you don't follow us, you should!).

Winners will be announced the first week of the next month.

At the end of each quarter, the monthly winners will be put to a vote to determine a quarterly winner. At the end of the year, all quarterly winners will be put to a vote to determine an annual winner.

Businesses and individuals are only eligible to receive a monthly gnomination one time a year.

... And the drumroll for August Gnominations

Citizens Of The Month: BECCA THOMPSON

Becca's work in the schools has left a lasting impression on the community through her interactions with parents, and helping struggling students. In these crazy times, we appreciate Becca's work to support the kiddos and families.

Business Of The Month: HK PHOTOGRAPHY

The owner of HK Photography, Heather, expanded her storefront to allow space as an incubator for new businesses to get up and running. Way to support new businesses Heather!

Thanks to Becca Thompson and HK Photography for showing what it is to be SELAH STRONG.



Best Practices

Continued from page 1

“We have a huge heart for Selah, so we wanted to give the people here something that was both locally owned and accessible,” Janis Swart said.

The response from the community so far has been extremely positive, and the staff says it already feels right at home.

“We’re all excited to have the opportunity to serve the community and offer people urgent care services that they weren’t able to get here before,” said Tina Roberts, who manages the family practice and urgent care offices, along with Rhonda Beecroft. “We’ve been getting a lot of great feedback on both sides. We just need more people to know we’re here.”

Roberts said one service that has picked up a lot over the past month is COVID-19 testing. With case numbers rising significantly across Yakima County and the state since mid-November, a growing number of residents are needing tests.

Those who believe they may have been infected are asked to call the nurse practitioner at 509-698-2624 before coming to the clinic. If a test is recommended,



patients are instructed to park in one of four designated spots outside the clinic, and staff will come out to meet them.

“We come out and get their vitals and do the swab from inside their car,” Roberts said, adding that you don’t need to be an established Best Practices patient to receive a COVID test. “It’s super-easy, but we do ask that people call ahead if they want to get tested.”

Those suffering serious COVID-related symptoms, such as shortness of breath, are directed to the emergency room at Virginia Mason Memorial hospital in Yakima.

Another much-needed service being offered at the Best Practices urgent care clinic is X-ray. Instead of having to make an appointment at the only imaging lab in Yakima, patients can now come to urgent care and be evaluated immediately.

Kaylee Vantrease, one of three family

nurse practitioners currently at the clinic, said having X-ray technology has saved both time and resources.

“Being able to do X-rays in-house has been a lot more time-efficient, and people can also get their results back more quickly,” she said. “Having X-ray and the on-site lab have been really nice for us and our patients.”

The urgent care clinic also treats minor lacerations, burns and fractures, performs blood work and other laboratory functions, and offers remedies and referrals for people who just don’t feel well.

Vantrease is joined by nurse practitioners Stacie Olson and Jody Gray (who spends most of her time on the family practice side), while nurse practitioner Tim Ausink will join the team next month. The two newly hired X-ray technicians are Felicia Briones and John Gonzalez.

Vantrease said the clinic has already taken enormous strides since opening in early November.

“We have a great staff and things are going great so far,” she said. “We’re getting busier every week, but we’re still trying to get the word out.”

To learn more about both clinics, visit bestpracticesselah.com.



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Chervenell

Continued from page 1

John Campbell Elementary, which closed in 2016. Once the new \$25 million structural steel facility is complete, crews will raze the former school building and build a parking lot in that location.

“We’re about halfway through erecting the structural steel, and the roofer just got started last week (Dec. 1),” Clark said, adding that the metal walls are also being framed this month.

Another local project that started in August was the Toppenish High School gym addition. At a price tag of \$8 million, the 30,000-square-foot competition gymnasium will allow the school to host conference, regional and state events for basketball, volleyball and wrestling. The target date for completion is June 2021.

Chervenell also completed the Top-Hi campus remodel in 2007, so the gym expansion represents a homecoming, of sorts.

“It’s been kind of cool to go back there and add on to what we did a few years ago,” Clark said.

Just 30 miles to the east, Chervenell is building the new 170,000-square-foot, \$55 million Prosser High School. That enormous



undertaking started in August 2019 and is expected to be done by mid-2021.

Meanwhile, Chervenell is putting the finishing touches on two West Valley School District remodels at Apple Valley and Summitview elementary schools. Both projects started in the spring and should be ready for students next fall.

They’re also working on an 18,000-square-foot geriatric psychological health facility in Kennewick; a 30,000-square-foot private school for the Jubilee Foundation; and an 18,000-square-



Kyle Clark
Chervenell Senior
Project Manager

foot winery and production facility in Richland.

In recent years, the company built Terrace Heights Elementary School, completed the Selah Intermediate School remodel, and oversaw a gym addition and classroom add-on for the East Valley School District.

One reason Chervenell has been successful, Clark says, is that they work with as many local subcontractors as possible.

“We involve the community wherever we work,” he said. “We understand that’s where the money

comes from, and we want to be able to feed our subcontractors jobs and keep them involved. We try to give everyone a fair shake (during the bidding process), but at the end of the day, we believe that the communities we serve deserve to get their money’s worth.”

Chervenell prides itself on being able to deliver results on time and on budget with every contract. An exhaustive planning process, an experienced staff, and an emphasis on clear communication have helped the company earn a reputation as one of the most dependable general contractors east of the Cascades since it opened in 1975.

“Staying on schedule and under budget is the goal,” Clark said. “There are a lot of ways to get there, but we always want to be the best in terms of quality and pace. We want the owners to enjoy building with us.”

A lot of that comes down to Chervenell Construction’s well-rounded approach to serving its clients.

“With proper planning and a high level of communication, we try to make it look easy,” Clark said. “And that helps eliminate the owners’ concerns.”

For more information about Chervenell Construction, visit chervenell.com or call 509-735-3377.

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E-mail: AMLEGION.post88@yahoo.com

Selah's Playland Riverside Park – A Great Getaway, Close To Home

The Yakima River has always had an important place in Selah's history. Aside from offering a source of water and food from earliest time, it has also provided us a place for recreation.

As Selah grew and people had more time to recreate, they gravitated towards the Yakima River banks as places to play, fish and relax. Recreation areas sprung up around the bridge and low water areas taking advantage of the native cottonwoods and grassy areas on the river's edge to gather and socialize. One of the earliest recreation areas was located where the old Harrison Bridge once crossed the river where Highway 823 enters the city today.

However, in 1910, Riverside Park replaced the Harrison recreation area when the Upper Selah Bridge connecting Yakima and Selah was completed. Providing access to the river, cottonwood groves, and a grassy area, it was perfect destination for picnicking and swimming. Selah area residents loved the site and took full advantage.

Art Fullbright in the 1930's bought a portion of Riverside Park and renamed it Playland. Offering a place to camp, many who were looking for housing and work basically lived there throughout much of the year.



In 1933, Fullbright took advantage of the dance club craze and built the Playland Hippodrome. Built in the round, it was a unique venue that drew people from Yakima and other surrounding communities.

Precursors to night clubs, dance pavilions had become popular in the late 19th century providing respectable places for ballroom dancing for everyone. Bars and restaurants of the day usually didn't offer dance floors, so dancing, other than square dancing, was mostly

unavailable. Eloquent Ball Rooms catered exclusively to the elite. As far as dance pavilions went, Playland was one of the best.

In 1943, Bob Paradis purchased the facility, making it into one of the most famous dance venues in the Northwest, attracting many of the best touring bands. Famous names such as Harry James, Louie Armstrong, Gene Krupa, the Dorsey brothers, and Lawrence Welk were just some of the big bands that came to Selah and attracted huge crowds.

When a law passed in 1951 allowing alcohol to be served in night clubs and hotels with dance floors, people had more choices for dancing and many night clubs arose. Big bands gradually stopped travelling and the dance pavilions faded from history. In 1958, Paradis closed Playland forever.

As children growing up around Selah and the park, we often looked at the pavilion and wondered about it. It was quite a sight, but inside its doors wasn't really a place for kids.

Over the years, lacking maintenance and being flooded often, the building deteriorated. According to Bob Lince's, "Selah Story," it was still there in 1984 when the book was published. It was finally razed, in the early 1990's.

Today, the old cottonwoods are mostly gone. River Ridge and the Elks Golf courses are located at the site of the old Riverside park. The city of Selah's Playland Park now sits on the margin of the courses.

It seems as though Selah has come full circle. The Park and golf courses still provide recreational opportunities for families to enjoy the river for rest and play – in a lovely setting in the heart of our community.

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Selah Library Update: Not Quite Open For Folks To Come Inside, Yet

By Michael Martin
– Selah Librarian

The Selah Library is still open for folks to request items, then pick them up at no-contact holds stations set-up outside the library.

Books can be returned to the book drop out by 2nd Street

(looks like a post office drop), even if they were checked out last March. We can bring in books, DVDs, audio books from all the other Yakima Valley Library branches. You can place a request online thru our catalog at YVL.org, or you can call us and we'll do it for you. Call at



698-7354.

If you aren't sure what specific titles you want, but you need Readers for your

elementary school kids, or Spanish Easy Chapter books, or a binge-worthy set of classic Western movies, or Louis L'Amour in large print, call us. We'll put a bag together for you.

And, you can always download Kindle books and e-audio books through our website at no cost. Please phone us if you need help setting that up. We are here to serve you!

Yakima Valley Libraries has partnered with local school districts, including Selah School District, who is including SORA, a new student reading app, on the Chromebooks kids are provided by the schools. With SORA, kids can download and read books, set up bookmarks so they can return to their last reading spot, and highlight text for reports – all this is free and does not require a library card to access.

The Yakima Valley Libraries have started test runs for partially opening selected branches for people coming inside, with limited numbers, limited time, and masks required – at West Valley, Wapato, and Sunnyside branches. Selah hopes to be in the next wave, but with the fact that COVID cases are spiking up, it may be a way off. Early in 2021, we hope.

Like everyone else, we are doing what we can so people can access resources as much as possible in this changing landscape of restrictions.

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(6,000+ Businesses in Yakima County) Source: YCDA | (255,950 Population) Source: WA Office of Financial Management 2019 Est.



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State Fair Park Extends "Holiday Light Fest" Through December 20th

First Ever Drive-Through Event Proves Popular Family Occasion And Successful Fundraiser – With 20 Miles Of Lights On Display

State Fair Park has announced "Holiday Light Fest" has been extended an additional four days, Thursday, December 17th – Sunday, December 20th.

The drive-thru experience features 12 festive holiday-themed scenes with nearly 20 miles of lights illuminating buildings and trees. Some of the scenes include Candyland, the North Pole with reindeer Dasher and Comet, a mailbox for letters to Santa, and Ol' St. Nick himself.

"It's a thrill to see the community's excitement and joy for our very first Holiday Light Fest," said State Fair Park President and CEO Kathy Kramer. "The staff, our Board and volunteers at State Fair Park have worked hard to make this event something special we will build upon for years to come."

During the initial 9-day event, two evenings were used to host community give-back nights. A portion of the gate admission collected on November 30th will enable the State Fair Park to donate over \$1,700 to Wags to Riches and Yakima Humane Society.

On Tuesday, December 1st, the Salvation Army collected 177 toys, and a check for \$1,902 will be presented. All 3 organizations have been significantly impacted because of the pandemic. "We were honored to use the Holiday Light Fest event to help these organizations, and we truly thank the community for their generosity and participation in these two community give-back nights," Kramer said.

To enter the event, turn North on 18th Street from Nob Hill Blvd and enter at Gate 15, which is located on Pacific Ave (by the Yakima County Baseball Stadium). Gates will open at 4:30 pm with the drive-thru hours from 5 pm – 9 pm each night. Admission is \$10 per vehicle and \$20 for limos and buses. Group discount tickets are available; see our website fairfun.com for additional details. A drive-up concession area will be available. Food items will include traditional concession items and special holiday offerings like hot chocolate and spiced cider. Credit or debit cards are preferred, but cash will be accepted as well.

Guests will be provided a map showcasing each scene



once they enter. To enhance the festival experience, guests will be encouraged to tune to radio station 100.9 Cherry FM,

the Stephen's Media Group station provides round-the-clock Christmas music until New Year's Day.

This event would not be possible without the generous support of Yakima Federal Savings and Loan, presenting sponsor, and additional businesses in our community who have sponsored each holiday-themed scene.

Other sponsors include Tree Top, Burrows Tractor, State Farm Insurance: Agents Eric Silvers, Joel Goesch, Linda Roth, Bruce Sears, and Ava Grajeda-Allard, Banner Bank, NW Farm Credit Services, Coca-Cola, American Rock Products - a CRH company, YAKIMA CO-OP, G.S. Long, HDI - Horizon Distribution, Inc. Pacific Power and Kapuza Lighty, PLLC Accident Injury Lawyers.

My Little Restaurant Celebrates First Year In Business

Mexican Eatery Grows Customer Base In 2020 Serving Great Mexican Fare

My Little Restaurant, an established Mexican food restaurant located at 101 S. 1st Street, celebrated its first year in operation by organizing an anniversary event last month.

More than 50 patrons were welcomed to join the festivities under current COVID-19 restrictions. They entered the popular establishment to enjoy complimentary tacos prepared by owner Nereyda Capi.

A few days prior, MLR reached 1,000 Facebook likes and 100 Instagram followers on their social media accounts (@mylittlerestaurantofficial). As a token of appreciation, the staff organized a fiesta box giveaway that included a dozen tacos, two California burritos, and Asada fries to one lucky winner at the one-year anniversary.

By the end of the contest, the restaurant added several prizes to raffle participants such as menu items, t-shirts, and a \$20 e-gift card.

“I don’t define success as the number of people that order my food,” Capi said. “My business adds value by the satisfaction of each customer experience, and it warms my heart whenever the community dines in or brings a meal home to their families.”

In a challenging year, the owner and her



son Alex saw an opportunity to continue promoting their business by collaborating with the Selah Downtown Association at various events, including a fundraiser for a family that lost their home in the Evans Canyon Wildfire.

Started only a year ago, My Little Restaurant offers a wide variety of traditional Mexican cuisine: breakfast burritos, soups, salads, combination dinners, fiesta platters,

and more.

They are open Monday through Saturday from 9 a.m. to 6 p.m. and Sunday from 9 a.m. to 3 p.m.

To place an order, please call at (509) 697-2075 or visit in-person on 101 S. 1st Street. For more information, be sure to visit their website (mylittlerestaurant.net) and follow them on Facebook and Instagram.



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Thank You

to the Selah Community and our Valley neighbors for donating to this year's **Toys for Tots** and **Coats for Kids** at Pingrey Ford - our best year ever for the kids!

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The Meaning Of The Season Endures

By Ellen Overby

Big Black Friday crowds, Christmas parties, Lighted Parades, family gatherings... All things of the past, at least for this year. Has COVID 19 changed Christmas' to come?

The essence of the season is still here. The messages of peace, joy in giving, and loving our neighbors still shine brightly. Maybe this year brings an opportunity to reflect and appreciate what the holiday season is all about.

Trees will still be put up and decorated. Gifts will still be under the tree, although perhaps brought by Fed Ex instead of Santa. Children will still dream of St. Nick coming down the fireplace. But Selah will have no community Christmas party. Christmas dinners will still be cooked, but likely for household members only.

It will be an understated holiday, but so

was the original Christmas. It will not be a "Hallmark" Christmas, but it will still be Christmas.

Yearly family gatherings may not happen, but technology will help us keep in touch. There may be a bright side to this. Christmas will be more peaceful, giving us giving us respite from the tumultuous year we've had.

And, we will have more to really focus on why we celebrate Christmas to begin with – the birth of Jesus. Children can hear the Nativity story and be taught the old, time tested carols. Those who are not Christian can still enjoy the music though, and the message of the holidays, whether Hanukkah or the end of Ramadan will endure.

Let us not forget the elderly and the lonely. Taking a minute to call, leaving a Christmas dinner plate or gift for a senior, or sending a card can mean a lot to people

without family. Get acquainted.

Contribute gifts to Toys for Tots in one of several boxes around Selah or bring a new or lightly used coat for the Coats for Kids giving at Pingrey Ford. These activities and others give opportunities to heighten the enjoyment of Christmas.

Involving children in the act of giving takes the emphasis off receiving.

Yes, Christmas will certainly look different this year, but so has the whole year. We will still celebrate but should also remember our veterans and those who have left us due to COVID-19 and the many that remain ill from the virus.

Perhaps a low-key celebration is just what we need!

Merry Christmas and Happy Holidays to one and all!



509-697-6090

406 S. 1st Street, Suite 1
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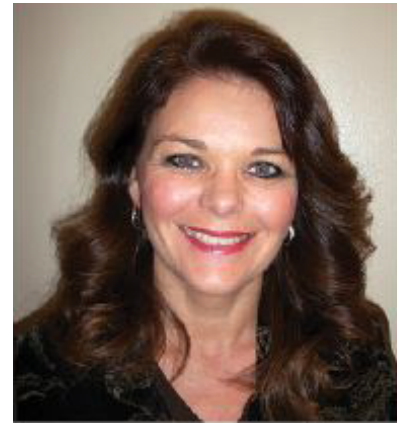


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Travel Agency

Continued from page 1

“We do the looking for you, so you don’t have to spend a lot of time on it yourself,” Allan said. “Our rates are usually a little better, but what really sets us apart is our group rates. There are a lot of extra benefits out there when you book as a group.”

Burmester has earned Allan’s praise for helping build clientele for the travel service.

“Ashley really enjoys doing this, and she’s got a lot of connections

around the community,” Allan said. “She’s been causing quite a buzz around Selah.”

Burmester’s success on the travel side has allowed Allan to focus most of her time on running the insurance agency.

As an independent agent, she works with nearly two dozen different companies to find the best policy rates for her clients. The company offers all types of insurance, from property and casualty, to home, auto, business, liability, farm and commercial.

Since she opened in 1990, Allan

has built relationships with customers from all over the Yakima Valley. She and her staff of three also write policies for customers in Arizona, Oregon and Utah.

“Since we are independent, we have the flexibility to work with about 20 different companies to find the policies that are right for each customer,” Allan said.

When Allan isn’t managing her businesses — she also does home rentals — she is usually doing something to help out in the community. She has belonged to the Selah Chamber of Commerce for 25

years and is also a longtime member of the Selah Downtown Association and the Lions Club.

“I’ve always been a proponent of supporting the community — and this is a great community,” said Allan, also a Selah resident. “These are the people who support you and keep you in business, so I like to do everything I can to support them, too.”

TE Allan Inc. is located at 312 S. First St. in Selah. Visit them at allaninsuranceagency.com. Their phone is 697-5383.

Regional Experts To Address Impacts Of Opioid Epidemic In Yakima County

Zoom Forum December 22nd From 10-11:30 AM Invites Public Comment And Questions Via Chat Network

by Debra Yergen
– Executive Director Safe Yakima Valley

Nonprofit organization Safe Yakima Valley is partnering with the Safe Yakima Drug Free Action Team Youth Coalition to host a public forum zoom with regionally- and nationally-recognized experts on the impact of opioids on the Yakima Valley.

The Zoom webinar will be held Tuesday, December 22nd from 10-11:30am, for the community to listen to and submit questions via chat.

The link will be available on the Safe Yakima Valley Facebook page and at SafeYakimaValley.org.

“Research indicates that messages are most powerful in the first 72 hours of being delivered,” according to Nick Udell, a panelist and board member of Safe Yakima Valley. “The panel wants to deliver this message close to the holidays so it’s front

of mind before opioids get into the wrong hands this season.”

According to a New York Times column listing the states with the highest number of opioid-related deaths in the nation during the 2020 pandemic, Washington state came in second, only behind Delaware, just ahead of Wisconsin.

Within the state, Yakima County ranks second highest among the 14 counties that reported to the Washington State Department of Health.

“Being called to a scene where evidence of an opioid overdose is present is increasingly frequent in Yakima County,” said Yakima County Coroner Jim Curtice. “The patient is not the only victim. The impact of opioid misuse reverberates through families and communities.”

Curtice is joining the panel that will include Dr. Edward Bilsky, Provost, Professor, and Chief Academic Officer at Pacific Northwest University of Health Sciences who is a nationally-recognized expert in opioid treatment, Dr. Raul Garcia, an emergency

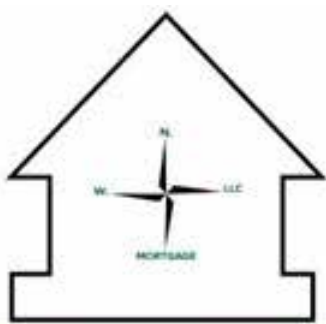
physician and former Dean at Pacific Northwest University of Health Sciences, Yakima County Sheriff Robert Udell, Yakima County Prosecutor Joseph Brusich, Nick Udell, a community advocate and businessman who has been impacted by opioids, and Anna Stephenson, a senior at Davis High School, and member of the Safe Yakima Drug Free Action Team Youth Coalition. Michelle Roberts, a veteran substance abuse counselor with Triumph Treatment, will serve as the moderator.

“People need to know there is help and that’s why we’re bringing

together leaders in this fight against opioids,” Curtice said. “Our ultimate goal is for families to be safe this holiday season.”

Safe Yakima Valley also administers a mentoring program for youths aged 11-17 who have been adversely impacted by opioid misuse. They are actively receiving applications for both youths seeking to be mentored and caring adults willing to encourage youth mentees. Mentors are required to undergo a background check.

For more information, please call 509-248-2021 x114 or email SafeMentoring@yakima.org.



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Charitable Gifting Strategies For The Season Of Giving

Presented by Kathy Miller Parrish
– Financial Advisor

For many, the holidays are a time for giving back—whether by donating to a favorite charity or helping out a family member. Before you make a donation or gift, however, it's important to choose the right strategy, paying close attention to potential tax and legal implications.

Charitable Giving

If there's a charitable organization you'd like to donate to, be sure to take the time to consider the charitable giving vehicle you'll use to make your gift. Let's look briefly at some of the options.

Outright gifts.

Outright gifts of cash or property provide charities with immediate resources. Be sure to keep your receipts or bank records to validate any income tax deductions you wish to claim. Keep in mind that you may need a professional appraisal to qualify for a tax deduction on certain noncash contributions.

Donor-advised funds.

A donor-advised fund is a charitable giving vehicle managed by a public charity for the purpose of distributing funds to other charities. When you contribute to a donor-advised fund, you can advise the charity on the grants it makes, as well as take advantage of possible tax deductions. Be aware, however, that there may be a minimum donation amount, and administrative fees may cut into the funds available for grants.

Charitable remainder trusts.

With this type of trust, the donor receives income from the trust for his or her lifetime, the lifetime of another person, or a period of up to 20 years. At the end of the specified term, the remaining trust assets are distributed to a charitable beneficiary.

The greatest benefit of a charitable remainder trust is that you can take advantage of immediate tax benefits while continuing to utilize the assets, as you may deduct the present value of the charitable remainder



interest. On the downside, charitable trusts tend to be complex to set up and usually require legal and administrative support.

Charitable gift annuities

A charitable gift annuity is a split-interest gift made directly to a charity that provides you, your spouse, or a family member with fixed income payments for life. The charity typically ends up with about half of your donation, while you get an immediate tax deduction and some guaranteed income. Keep in mind that an annuity is a contract between you and the charity, and your return isn't guaranteed by the government.

Private foundations.

A private foundation is a charity established by an individual, family, or corporation. Although it offers donors a great deal of control over their gifts, a private foundation can be costly to administer, and it must adhere to a strict set of rules designed to ensure that it carries out its charitable purpose.

Bequests

If you wish to give to charity posthumously, you may make bequests by way of your will, trust provisions, or beneficiary designations. Although bequests offer simplicity and are easy to set up, they are not income tax deductible during your lifetime.

Gifts to Family Members

Giving back doesn't always mean giving to charity. Gifting to family members can be just as rewarding, and it can be an effective way to transfer wealth while reducing or avoiding taxes. Here are several common strategies for gifting to family members:

- Making an outright cash gift. For tax year 2019, you may gift up to \$15,000 to any individual without tax consequences. (This amount increases to \$30,000 for married

couples). This limit will remain the same for tax year 2020. If you're sharing gifts with your spouse, or you'd like to gift more than this amount to one person, you'll need to file a gift tax return using IRS Form 709.

- Paying college tuition or medical bills directly. If you'd like to pay a family member's expenses directly to a school or health care provider, the \$15,000 limit does not apply. Plus, you're still free to give the individual a separate tax-free gift of up to \$15,000.

- Contributing to a 529 plan. With this strategy, you can contribute to a relative's qualified education expenses while paring down your own estate. Contributions to 529 plans grow tax deferred, and withdrawals for the beneficiary's education are tax free at the federal level (and usually at the state level, too). Additionally, 529 plans are eligible for a special exemption that allows you to gift up to five years' worth of annual exclusion contributions (i.e., up to five times \$15,000, or \$75,000, per person per year) without using any estate and gift tax exemption. You will need to file IRS Form 709 to document the transaction.

With all the options available, choosing the best way to give to charity or family members can seem overwhelming. Don't hesitate to reach out to your financial advisor to discuss various strategies and select an option that makes sense for you, your family, and your financial situation.

This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Although we go to great lengths to make sure our information is accurate and useful, we recommend you consult a tax preparer, professional tax advisor, or lawyer.

Kathy Miller Parrish is a Financial Advisor with Ascend Financial Group LLC at 6 S 2nd St, Ste 702, Yakima, WA 98901. She offers securities and advisory services as a Registered Representative and Investment Adviser Representative of Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser.

Kathy can be reached at 509-248-4589 or at KathyP@Ascend-FinancialGroup.com.



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THROUGH SERVICE & ADVOCACY

ZONTA Club of Yakima is a member of Zonta International.

Our mission is to empower women, locally and globally, through service and advocacy.

JOIN OUR MONTHLY MEETINGS

WHEN	WHERE	TIME
First Wednesday of the month	North Town Coffeehouse in Yakima	12 PM — 1 PM

OBJECTIVES OF ZONTA INTERNATIONAL

- To improve the legal, political, economic, educational, health and professional status of women at the global and local level.
- To work for the advancement of understanding, goodwill and peace through a world fellowship of executives in business and the professions.
- To promote justice and universal respect for human rights and fundamental freedoms.
- To be united internationally to foster high ethical standards, to implement service programs, and to provide mutual support and fellowship for members who serve their communities, their nations, and the world.

FOR MORE INFORMATION, VISIT OUR WEBSITE AT [HTTPS://ZONTAYAKIMA.ORG](https://zontayakima.org) AND EMAIL US THROUGH OUR CONTACT PAGE.

TREE TIME

PICK A FRESH ONE *It's that time of year again. If you decided to go real instead of artificial, there are a few things you need to know.*

All trees will lose some needles. Shake tree firmly. If large amounts fall off, the tree might not be that fresh. On fir, the branches should be flexible.

MAKE A FRESH CUT *Remove bottom branches and cut at least one inch off base of trunk.*

GET IT IN WATER *Get the tree in water as soon as possible before the trunk seals over. Add nothing to the water.*

POPULAR VARIETIES OF CHRISTMAS TREES

DOUGLAS FIR

These soft needles are dark-green or blue-green in color and are approximately 1 - 1 1/2 inches in length. The douglas fir needles radiate in all directions from the branch. When crushed, these needles have a sweet fragrance. They are one of the top Christmas tree choices in the U.S.

BALSAM FIR

This tree exhibits a relatively dense, dark-green, pyramidal crown with a slender spire-like tip. On lower branches needles generally occur as two-ranked (two rows along sides of the branch), 3/4 - 1 1/2 inches long, spreading and not crowded. The needles tend to be shorter and curved upward.

NORDMANN FIR

This tree has a unique appearance from other Christmas tree species. With their thick, symmetrically arranged branches Nordmann fir are perfect for displaying heavy ornaments. The dark green needles are short and smooth, and are covered in a waxy cuticle that prevents water loss.

FRASER FIR

Fraser fir is a uniform, pyramid-shaped tree. Strong branches are turned slightly upward, which gives the tree a compact appearance. Needles are flattened and dark-green with a medial groove on the upper side and two broad silvery-white bands on the lower surface.

Top toys on Santa's list

While the classics remain popular, toys that feature a big reveal like LOL Surprise Dolls and Hatchimals continue to be at the top of the list for girls this year.

GIRLS

1. Barbie
2. Dolls
3. LOL Surprise Dolls
4. LEGO
5. Frozen-related
6. Beauty products
7. Apparel/accessories
8. Baby dolls
9. PlayStation
10. American Girl

BOYS

1. LEGO
2. Cars & trucks
3. Hot Wheels
4. PlayStation
5. Video games
6. Xbox
7. Nerf
8. Nintendo Switch
9. Marvel figures/toys
10. Paw Patrol

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64						65								
66						67								

ACROSS

- 1 Island top
- 11 Beaver young
- 15 Dreamer of Greek myth
- 16 Short race, briefly
- 17 Celebrated 1981 bride
- 18 Kyrgyzstan range
- 19 Italian sonnet closing
- 20 One may be mounted close to a grille
- 22 Never encountered before
- 25 Sleeper's path
- 26 Didn't lose at all
- 30 Athlete's best effort
- 32 "Breaking Bad" org.
- 33 City on the Arno
- 34 Hardly the best smoke
- 35 Filing aid
- 36 Item on many a diner check
- 38 Jazz piano style
- 40 Greek letter
- 41 White water
- 45 Early philosophical hot spot
- 46 Columbo, for one: Abbr.
- 47 Point of view
- 48 Sidestep
- 49 Formal wear
- 51 One way to think
- 53 Experiment with Zener cards
- 55 Tree with green-skinned fruit
- 60 Opposite of bueno
- 61 United Nations goal
- 64 King Harald's father
- 65 Obsolescent media
- 66 Flier over Hawaii
- 67 Island bottom

DOWN

- 4 Follow the game?
- 5 Trip up
- 6 Address
- 7 Dines on
- 8 Part of TGIF
- 9 Sign of trouble
- 10 Beaux Arts __: longtime chamber music group
- 11 Arboreal marsupial
- 12 Countertop option
- 13 Captain, say
- 14 Stops pumping momentarily?
- 21 Receive with a shake, maybe
- 23 Brewery fixture
- 24 Narcissist's issue
- 26 One flying without a plane?
- 27 January clearance
- 28 Where there's a will, usually
- 29 Equal footing
- 31 Hit opposite
- 34 Bean of "Game of Thrones"
- 37 Make room on a drive
- 39 Gun in neutral
- 42 Org. that runs the FedEx Cup Playoffs
- 43 Misfortune
- 44 __ volente
- 48 Makes adjustments
- 50 Hot spot
- 52 Beehives, e.g.
- 54 Promotional handouts
- 56 Watered down
- 57 Longtime MLB star Big __
- 58 HP rival
- 59 Old U.S. region?
- 62 Nutritional abbr.
- 63 Fleur-de-__

- ### DOWN
- 1 Jungfrau setting
 - 2 Stuff of legends
 - 3 Name you might see while listening to Muzak

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Popular plants of the season

Facts about plants that have long been part of Christmas and winter solstice; all have some level of toxicity:

Poinsettia	Christmas Rose	Mistletoe	Holly
			
<ul style="list-style-type: none"> • Native of Mexico; introduced to U.S. in 1825 by Joel Poinsett • Flowers are actually modified leaves called bracts • In nature, poinsettias are perennial flowering shrubs that can grow as high as 10 ft. (3 m) 	<ul style="list-style-type: none"> • Also called Snow or Winter Rose; evergreen plant, blooms from late fall to early spring • Native to southern Alps of Europe • Favorite German Christmas song depicts Jesus as the "Christmas Rose" 	<ul style="list-style-type: none"> • Parasite; grows attached to branches of host trees; evergreen • Considered a mystical and sacred plant in ancient Greece, pre-Christian Europe • Kissing under mistletoe at Christmas first documented in 16th century England 	<ul style="list-style-type: none"> • Most hollies are an evergreen shrub or tree; only female trees produce red berries • Trees can grow up to 50 ft. (15 m) high; boughs sold for holiday decoration • Ancient cultures saw green leaves, red berries as sign of life in winter

COMPREHENSIVE HEALTHCARE COMMUNITY REPORT FALL 2020



A Time to Lead with Compassion

Jodi Daly, Ph.D. President and CEO, Comprehensive Healthcare

To someone who is struggling right now, please know that you are not alone, and that it is possible to move past the pain that you are feeling and to once again feel joy. That is the beauty of behavioral health recovery – there is hope. Courage is critical, but we, your community, your family, your neighbor and all of us at Comprehensive Healthcare urge you to be cognizant of your emotions and to reach out for support.

We are ready and able to help you work through what you are experiencing. *Comprehensive Healthcare is currently accepting new clients, and offering appointments via telehealth, over the phone, or safely in person.* It is also important to remember that our crisis services are free and available 24/7.

We stand with you in this challenging time, and together we will create resilient, more vibrant communities.

**To schedule an appointment:
(509) 575-4084**

**24/7 CRISIS LINE
(509) 575-4200**

**Whatever you're going through,
you are not alone.**

Comprehensive Healthcare

School-Based Services in 2020

Helpful Tips for Parents and Families

It is important to note that during the past few months, our school-based therapists and our crisis response teams have noticed that calls for crisis services from teachers and educators have been decreasing, but crisis calls from parents are increasing.

As the pandemic continues and school instruction continues at home, parents are likely to see the types of concerning behaviors that are typically noticed by teachers. It is important for parents and guardians to communicate with their children about how they are feeling, and come up with ways they can practice self-care, or how to manage stress and create a family wellness plan.

If a parent is interested in school-based behavioral health services for their child, they are encouraged to contact their child's school regarding any concerns, and ask about what behavioral health services are available.

We know the more the family can be included in the treatment services, the better the outcome. Our school-based therapists encourage their families participating in services to:

- Ask to be involved in treatment, in nearly all cases, your involvement in therapy provides the best chance for your child's recovery.



- Ask about and research the evidence-based practices that are being utilized. Evidenced-based practice allows for effective and well-researched interventions to be provided appropriately. Nearly all evidence-based practices have a family component.
- Explore options for where and how the services can be provided such as telehealth, at home, at the school or in our offices.

Mentally healthy students are more likely to:

- Go to school ready to learn
- Actively engage in activities
- Have supportive and caring connections with peers and adults
- Use appropriate problem-solving skills
- Exhibit non-aggressive behaviors
- Create a positive school culture

NEW! Suboxone program in Yakima

We are expanding behavioral health services to improve care and meet the needs of our community! Suboxone services will be offered in Yakima starting October 15. Walk-ins are welcome for services at 9:30 a.m. on Mondays and Tuesdays. For more information regarding Suboxone services, please call (509) 317-2622, or visit comphc.org.

Comprehensive
HEALTHCARE

Healthy mind, healthy body, vibrant community.

Yakima Valley Farm Workers Clinic Recognized For Excellence In Blood Pressure Control Protocols

Local Clinics Earn Target: BP™ Initiative Gold-level Recognition

One in three American adults lives with high blood pressure, putting them at increased risk for heart attack, heart failure, stroke, kidney failure, and other health problems.

Yakima Valley Farm Workers Clinic joined the American Heart Association (AHA) and the American Medical Association (AMA) Target: BP™ initiative. Target: BP™ aims to help healthcare providers and patients achieve better blood pressure control at the best levels to improve health.

Through the initiative, healthcare providers pledged



their commitment to improving blood pressure control in their patient population. AHA and AMA provided information, tools, and resources to help meet these goals.

A total of 12 Yakima Valley Farm Workers Clinic sites were recognized in the American

Heart Association's Target: BP™ program, with 10 being awarded gold-level recognition. Gold-level recognition goes to clinics that showed 70 percent or greater blood pressure control rate throughout its adult patients.

"Our goal is to create a culture



Yakima Valley Farm Workers Clinic
we are family

of health where every person has the opportunity to live a healthier life," Yakima Valley Farm Workers Clinic Senior Director of Quality Lori Kelley said. "To achieve this goal, we consistently seek to help patients improve their overall health and this includes blood pressure control."

Kelley says the key to being successful is patient engagement and collaboration with a multidisciplinary care team. Yakima Valley Farm Workers Clinic patient centered model of care focuses on offering services to the patient, all under one roof.

Washington's Beef Community Delivering Nutritious Beef to Second Harvest's Mobile Markets

It's estimated that 2.2 million Washingtonians are currently facing food insecurity, which is more than double what was reported at the start of the pandemic.

This December Second Harvest is partnering with Washington's Beef Community to address the increased need by providing holiday roasts at mobile drive-through markets around the Yakima Valley.

The "Beef Counts" – Washington's Beef Community United Against Hunger program – is celebrating its 10th anniversary of providing nutritious beef to hungry families.

"For a decade, Washington's Beef Community has been an

integral part of feeding the folks who are most in need," said Jason Clark, president and CEO of Second Harvest. "The top-quality roasts they provide are especially important this year as we all navigate the pandemic."

Funding for the program, provided through Second Harvest's Mobile Markets, are raised throughout the year by Washington's beef farmers and ranchers and the Agri Beef Company.

The donated beef is specially cut, packaged and shipped in-kind from Agri-Beef's Washington Beef processing plant in Toppenish.

"Our Beef Counts program has provided more than 2.5



CONTINUED ON PAGE 16 >



Get your flu shot this fall at Howard's Pharmacy in Selah. Offering convenient in-store and curbside options. Curbside flu shots available by appointment only. In-Store shots available daily, 10:30 am to 4:30 pm.

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Saturday 9 AM - 5 PM
Sundays Closed

COVID-19 Community Testing Site at Yakima State Fair Open Through December

COVID-19 community testing site is available at the Yakima State Fair Park throughout the end of the year.

Organized by the Yakima Health District and several community partners, this drive-through site is designed to test up to 500 people per day. The hours of operation will be Tuesday to Saturday from 9:00am to 3:00pm except on Thursdays, when it will open from 1:00pm to 7:00pm. All



visitors will be required to wear a face mask and remain in their car while they are at the site.

Testing is free and available to anyone regardless of insurance or immigration status. Those with insurance will be asked to provide their information but will not be billed for testing. Multilingual staff members will also be available at the site. Residents are encouraged to preregister for a test online at wacovid19.org/Yakima testing or by calling 211. However, drop-ins are also welcome. Results will be notified by phone within 24-72 hours.

Community partners for this testing site include Signal Health, Virginia Mason Memorial Hospital, Health Commons Project, Washington State Department of Health, and the University of Washington.



Mobile Markets

Continued from page 15

million beef servings to hungry families since it began in 2010. We are pleased to provide Second Harvest with much needed high-quality beef protein,” Yakima area rancher Darrell Winters said. “In the past 10 years, our Beef Community has donated nearly \$2 million worth of beef for the dinner tables of our neighbors in need.”

In addition to the beef – a two-and-half-pound roast – Mobile Market clients will receive fresh food items such as potatoes, apples, onions, and

bread products. The beef donation adds a nutrient-dense protein item to the mix of foods distributed to provide a complete, nutritious holiday meal box.

Distributions are open to the public. Free beef, produce and other perishable groceries will be provided to anyone in need, while supplies last. These will be drive-through distributions with volunteers putting food into participants’ cars. There will be walk-up options available as well.

To learn more about the Beef Counts program, or to donate visit: wabeef.org/beef-counts. To learn more about Second Harvest, visit 2-harvest.org.



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Home for the Holidays?

This holiday season is going to be different. It just is. It's not what we want — but this is the pandemic we've been handed, so we're going to have to celebrate differently. COVID doesn't care that it's a holiday, and unfortunately, it's on the rise, both here in Washington and across the nation.

The coronavirus pandemic numbers have been going the wrong direction for more than a month. Now is not the time to let our guard down and say "It's the holiday and let's be merry."

The scientists are not telling people to cancel their holiday plans necessarily, but they are urging people to think of alternative ways to celebrate. This is not a cold. This is not the flu.

There's no easy answer here, it's not about safe or unsafe. It's about figuring out how to balance various risks and how to keep risk as low as possible.

This is not a one-size-fits-all issue. People have to estimate their vulnerabilities, and that of friends and relatives, based on age, underlying health conditions, occupational

Behind every small business is a family. When you shop small, you provide holidays for not only your family, but theirs...

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Seahawks Lay Egg At Home, Wilson Continues Worrying Trend

By Michael Samson

In a game that was the epitome of the old adage “any given Sunday,” the Seattle Seahawks suffered their first home loss of the season against the 4-8 New York Giants, leaving them with an 8-4 record and second place in the NFC West behind the Los Angeles Rams.

Having been on an upward trend since the beginning of the season, the Giants defense had what was perhaps their most impressive performance of the year so far against Seattle, limiting Russell Wilson to just 27 completions on 43 attempts, 263 yards, one touchdown, a fumble, and an interception.

The Giants defensive line also netted a total of 5 sacks on the day. With Wilson facing consistent pressure, and Metcalf covered expertly by cornerback James Bradberry, New York was able to make Seattle’s offense one-dimensional in limiting their run game to just 111 yards.

While the Giants defense did play well, much of Seattle’s offensive woes could be attributed to the continuing struggles of quarterback Russell Wilson, whose performance over the last 7 weeks has regressed into one of the lowest stretches of his professional career.

While having to overcome the burden of a fourth-string right tackle substituting for Brandon Shell, many of the struggles Wilson had on Sunday night were a result of his own mistakes, such as holding the ball too long,



committing what amounted to an intentional grounding, or attempting to scramble backward and getting sacked for an even bigger loss than he would have suffered if he would have simply stayed still or stepped up into the pocket.

In addition, there were multiple times throughout the game that Wilson ignored easy check downs and completions across the middle of the field, instead opting for dangerous passes deep into double coverage

that were more often than not incomplete. This has been a common trend over the last several games, leading to increasingly narrow victories over what are objectively less talented NFL teams, before finally culminating into a bad loss.

Despite Seattle’s defense limiting quarterback Colt McCoy to just 105 yards, a touchdown and an interception,

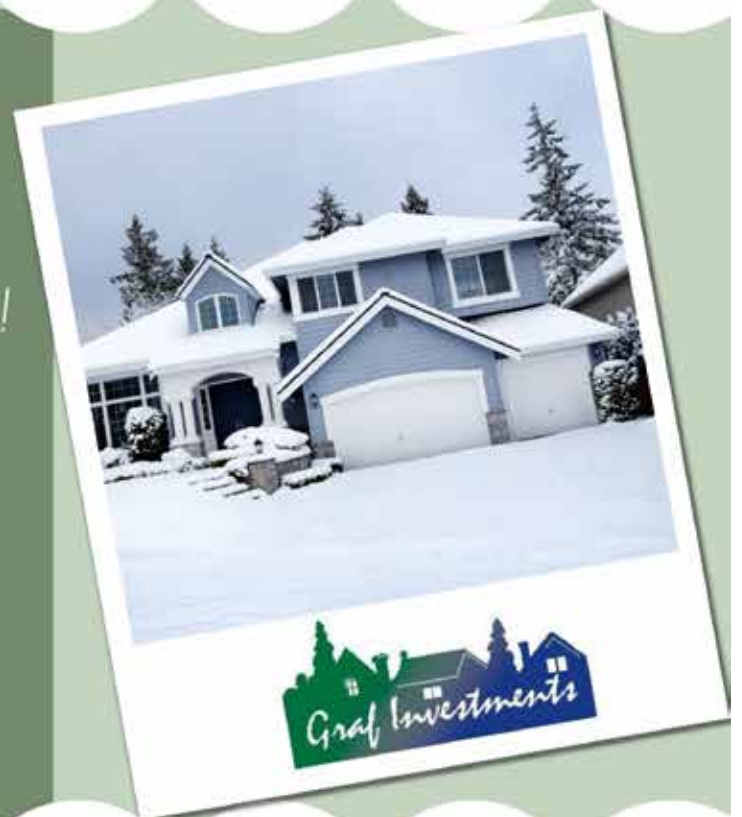
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Hunting Ducks – Enjoyable Excitement for Shooters ... And Wet Dogs

By Rob Phillips

“Ducks out front,” someone will hiss.

A duck call blares....”quaaack, quaack, quaack, quaack.”

“Greenheads only,” another voice whispers, a more-than-gentle reminder that the need is to concentrate on mallard drakes when and if the shooting starts.

Eyeballs rotate in their sockets to keep track of the small flock of ducks. Turning your head will make motion. Possibly too much motion this time of year. After two months of education about hunters and blinds, ducks see even the slightest of movement that is out of place, and they are gone like last week’s paycheck.

This group of mallards is definitely looking for a place to land. The decoys must look inviting enough because the birds, the live birds, the birds we are after, lock their wings and turn into the wind for their final approach.

“Take ‘em,” comes the call from the end of the blind.

The next ten seconds it is total mayhem. Hunters are standing to shoot. Pieces of tumbleweeds are falling all around. A wet, black dog rockets out the side of the blind. Shotguns are booming.

In a split second the ducks have transformed from landing gear down, to afterburners on. In the blink of an eye, it seems they have gone from being in shotgun range to already in the next county.



Bailey, the pheasant hunting black Lab, got to retrieve some ducks on a recent hunt with her human partner. It made her very happy.

The retriever is now in the water, splashing around like it’s the 4th of July. In reality it is 17 degrees. Funny thing is, he doesn’t seem to notice.

When the dog returns with one of the two drakes that weren’t quite fast enough to escape the barrage, ice crystals begin immediately forming on the black pooch.

“Back,” comes the call from the dog’s owner after the dog delivers the fat mallard.

With two quick jumps, the Lab is right back in the frigid water, swimming out for another retrieve.

From the other end of the blind, muffled cursing can be heard.

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Seahawks

Continued from page 18

the Seahawks front 7 was consistently manhandled by the Giants offensive line, which allowed New York's diverse combination of runners to rack up 190 yards and a touchdown in their 17-12 victory over the Seahawks.

At the post-game press conference, cornerback Shaquill Griffin was quoted as saying that the team's loss may have stemmed in part from the fact the Seahawks "took that team lightly."

Embarrassing loss at home aside, the Seahawks defense still showed some semblance of progress, with rookie

linebacker Jordyn Brooks recording the best game of his young career, accruing 11 tackles and a near-interception. Free safety Quandre Diggs also had his third interception of the year, picking off Colt McCoy for a 32-yard return. Strong safety Jamal Adams, finally healed from a rib injury, netted another sack, putting him at 7.5 on the season and on track to break the record for most sacks by a safety in a single season.

With the 0-12 New York Jets coming up next, Seattle has an opportunity to get back on track. With one of the worst ranked defenses in the league, an impotent offense, and a coaching staff that leaves much to be desired, the 2020 New York Jets are as close to a no-victory season as any team

is going to get – but only if Seattle does not underestimate them, as corner Shaquill Griffin alluded to following the Seahawks loss to the Giants.

Regardless of how the rest of the season goes, fans can rest assured that Wilson's struggles are unlikely to last long. As one of the most mentally tough players in the NFL, Wilson has overcome adversity before – whether it was after his 4 interceptions against Green Bay in the 2014 NFC Championship game, the game-losing interception in Super Bowl 49, or the myriad of injuries he suffered throughout the 2016 season. Wilson has a proven track record of bouncing back eventually, and there is little reason to doubt it will happen again.

Hunting Ducks

Continued from page 19

"Damn gun froze up," says the disgruntled gunner.

Seems the dog decided to wander down and shake the remains of an earlier retrieve right onto the action of his fancy autoloader shotgun, and now it won't work.

From that point on the dog is

asked to remain outside of the blind until it shakes at least three times.

When he finally is allowed in, the dog sits and shivers. Are the shivers from the cold water and even colder air, or from the sheer excitement of the anticipation of the next retrieve? Hard to tell, but the shakes are more likely from the expectancy rather than the temperatures. Because most

retrievers shake with excitement in the blind whether it is 16 or 60 degrees.

Guns are reloaded, quick barbs and boasts are exchanged as the hunters determine who bagged the two birds. The gunner with the froze-up shotgun remains silent as he fiddles with the action, trying to get the gun back in working order before the next ducks arrive.

Someone decides it is time for another cup of coffee. The black brew is not quite as hot as it was when it was dumped into the Thermos at 4:30 this morning. But it is still warm enough to help stave the cold for a few more minutes.

Half frozen donuts get passed around for the second time. Maybe not the best fuel for stoking the inner heater, but at least the fritters are tasty.

Begging brown eyes from

a shivering black face ensure that the only one of us doing any work at all gets a bite of the baked goodies too. The piece of donut is swallowed, without chewing or tasting, and the big brown eyes bore in on the next possible tidbit.

In the midst of the quick break, nobody is paying much attention to the world outside the pile of brush that is our blind. When finally, someone takes a peek, more birds are spotted.

"Ducks out front," comes the words we all want to hear.

Duck calls blare. Eyeballs rotate. A black dog shivers. Here we go again.

Not everyone enjoys hunting ducks. But for those of us who do, there may be nothing prettier in the outdoors than a flock of mallards, sun shining off of their feathers, locked onto the decoys.

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National Principals Month: Thank A Principal

The month of October was recognized across the US as National Principals Month. Here is a rundown of principals in the Selah School District. Next month the Selah Journal will feature Assistant Principal profiles.

Joe Coscarart, Selah Academy Principal

Entering his 30th year of education, Joe Coscarart always knew he wanted to serve young people. Luckily, Joe’s career path led to Selah.



The current Selah Academy Big Picture Learning and Online principal, Joe, or “Mr. C” as he is warmly called by students, is in his ninth year with the District.

Joe pursued a career in education because of his positive school experiences throughout elementary, junior high and high school, including classroom, extracurricular and youth activities.

As early as tenth grade, citing strong influences in his life, like his mother, youth leaders, assistant principals, teachers and coaches, Joe knew he wanted to work with kids as either an educator or youth minister. Working with Selah students, one of Joe’s rewarding moments has been connecting with those learners whose needs don’t necessarily fit within the traditional educational box. With this, Joe says he appreciates the reward in the journey of becoming a more flexible and adaptable person in order to meet the needs of students and families. Whether guiding students toward building strong character, feeling worthy and capable of making home and community contributions, and preparing them for college and career opportunities, Joe says every day is an adventure, and working with Selah teens makes the job fulfilling. Thank you to Joe Coscarart! We celebrate Your contributions to education and applaud your commitment to Selah learners!

Melissa Singletary, Robert Lince Kindergarten Principal



Easily spotted with her colorful Viking helmet, every day is the best day of Melissa Singletary’s life as she works with some of the District’s littlest learners at the Robert Lince Kindergarten campus in her role as principal.

It was in high school that Melissa discovered that a career in education was her calling after a leadership class requirement made it necessary for her to volunteer at a local elementary school.

From that moment, Melissa knew she wanted to serve others and make the world a better place.

Melissa sees her role in education as a definite calling and values the time she is able to invest in the lives of others. Although all of her interactions within the school community have been special in working with Selah’s learners, opening the new kindergarten complex has been Melissa’s most rewarding experience yet.

Melissa explains that seeing the joy in students’ eyes and feeling their excitement as they enter school fills her heart. Melissa says as kindergarteners arrived on campus on the first day transitioning back-to-school, she greeted their arrival with the song Best Day of My Life. Melissa said in that moment, she knew it was a special day for families and staff. Now that the little learners are on campus, Melissa can’t wait to work with students as they learn and grow in a school surrounded by amazing staff members. Thank you to Melissa Singletary!

Amanda Scribner, John Campbell Primary Principal



With a heart for kids, John Campbell Primary principal, Amanda Scribner, always knew her career would entail working with children. Now, in her 19th year of education, Amanda’s work choice was a perfect match.

Even at a young age, Amanda realized that education was her mission as she had a natural passion and enjoyment in working with children. So, with a heart for kids, when college bound, Amanda followed a career path that would lead her on the journey of becoming a teacher.

Although she knew the work would be challenging, Amanda wanted to make a difference for young people.

Throughout her educational pathways, which have included being a special education teacher, first grade teacher, instructional coach and building administrator, Amanda says the rewards have been countless. Specifically, Amanda says that one of the special highlights of being a teacher was knowing each day how happy kids were to see her when they entered the classroom.

Amanda also describes the pure joy in seeing students light-up when they realized they learned something new. Now, as an administrator, Amanda says it is inspiring to see how much teachers care for students as they work hard to build and foster relationships with them and their families. Thank you to Amanda Scribner! We celebrate your role as principal of John Campbell Primary School.

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Thank A Principal

Continued from page 21

Hunter Sissom, Selah Intermediate School Principal



In a positive sense, Selah Intermediate School principal, Hunter Sissom, knows he has an important IOU to settle. And, his reimbursement plan is working with kids to pay it forward.

Hunter pursued the profession of education because of the positive investments that were made in his life when he was young. Wanting to repay those efforts with the idea of paying it forward for future generations inspired Hunter's career with young people. Hunter realized he wanted to go to work every day with an altruistic purpose, because if he did not have purpose in his career, he would

just be a doing a job with little meaning.

Throughout his work in education, Hunter has made it a priority to focus on the creation of relationships, and during his time in Selah, he has cherished the connections he has been able to form with students and staff.

Hunter values the impact that strong relationships have in education and on student success and believes that developing connections is the foundation of learning. Hunter knows that if kids think their teachers, principals, and support staff care about them they will be willing and wanting to learn. Thank you to Hunter Sissom! We applaud your commitment to Selah students.

Marc Gallaway, Selah Middle School Principal F or Selah Middle School Principal

Marc Gallaway says his decision to pursue a career in education was in part, a choice that was close to home. Luckily, with his long tenure in Selah, he is a big part of the Viking family!



While a student himself, Marc says he enjoyed a positive schooling experience where he realized he had a passion for connecting with people and building relationships.

So, when in college and considering potential professions, Marc knew education would be a perfect match where he could have a career involving people and an opportunity to impact young adults. When pursuing teaching, Marc was influenced by his uncle with downs syndrome.

He decided he would pursue a degree in special education so he could impact students with disabilities. Over his career, many special experiences have filled Marc's moments. However, it is one memory during his first year at the junior high that confirmed for him the impact of simple gestures.

On the last day of school, a student stopped Marc and said, "This was the best year I have had in nine years of school." As Marc inquired further the student explained, "This is the first year I didn't feel like a number because you called me by my name every day." In that moment, Marc said he knew the value of simple gestures and their lasting impact. Thank you to Marc Gallaway!

Colton Monti, Selah High School Principal



With a stockpile of energy, Selah High School Principal, Colton Monti, does nothing in a small way. In fact, quite the opposite as he always works to "Dominate the Day."

Luckily, for the future of Selah students, he challenges them to do the same. Colton realized his career path led to education during his time at Central Washington University when he frequently volunteered at local schools and with the city's youth program.

It was then he recognized working with

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To be eligible for the program, students and their families must not have had internet connection in the home prior to August 2020 and be able to demonstrate they are low-income and eligible for free or

reduced-price meals

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Please contact Sasha Washut, Family Services Coordinator at (509) 698-8309 or sashawashut@selahschools.org if you are interested in accessing these federally funded services. Once approved, each family will receive information, including a promo-offer code for the internet services through the district.



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Thank A Principal

Continued from page 22

kids was a profession he could be passionate about.

Moving forward, Colton was committed to inspire, value, and support young people. In his words, "I love it."

Colton also knew working with kids was a calling he needed to follow as he had incredible mentors and coaches in high school and college that helped him find his purpose. Colton says their influence inspired him to do the same for others.

The rewards in Colton's career have been many. As a people person, he says the incredible staff across the District and the amazing Viking students energize him every day.

For Colton, being a high school administrator is rewarding when he helps a student that is struggling find his or her purpose and then "it clicks." As he describes education as one of the most rewarding professions, Colton also enjoys seeing former students thrive as they enter their next journey in life. Thank you to Colton Monti for your amazing commitment to Selah learners.



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