

SDA to Open Façade Grant Applications January 20th

The Selah Downtown Association annual Façade Grant cycle is set to open the application process for 2020 funding on Monday, January 20th. The deadline to apply is leap year day, February 29th by 5 pm.

The non-profit association created the Façade Grant program four years ago to help businesses transform Selah’s commercial building frontage, in effort to beautify, modernize and vitalize the city’s downtown corridor of commerce.

By visually enhancing the exterior appearance of buildings, businesses increase their property values, maintain marketability, and demonstrate confidence in their enterprise. The SDA Façade Grant facilitates reinvestment, strengthens Selah's commercial activity and enhances cross-sectional economic viability in the city's core.

The total dollar amount of funding available through the facade grant program is determined on an annual basis by the SDA and fluctuates year to year. Funding may be



divided among several applicants who are eligible to receive up to 50% of the total cost of the façade improvement, not to exceed \$10 thousand dollars.

Approved applicants will have 90 days from the date of acceptance of the grant award to commence work with an additional 90 allowed for completion, a total of 180 days, start to

finish.

For more details about the SDA Façade Grant process, or about design ideas for your building, please contact Tiffany Hein at Selahdowntownassociation@gmail.com or by tele at 901-6060.

Applications can be found on the association website at www.selahdowntown.org.

New Overtime Rules A Burden To Rural Washington Employers



By Rep. Jeremie Dufault

Washington State’s new overtime rules, on top of recent minimum wage increases, will cause many small businesses and nonprofits to close their doors.

Created by the state Department of Labor & Industries at the direction of Gov. Jay Inslee, the regulations determine how much salaried workers must be paid in order to exempt them from overtime requirements. The current

amount is \$13,000, which we all would probably agree is too low. Inslee’s plan raises that to \$35,100 this year and increases it annually until the figure reaches \$83,356 in 2028. That’s absurd.

Not every community in our state is downtown Seattle, where every other person makes \$200,000 a year. Many Central Washington businesses and nonprofits do not have a single employee making \$83,000 a year — including the owner or the

executive director.

In a recent Seattle Times op-ed, L&I Director Joel Sacks wrote that the eight-year phase-in of the new rates “gives employers time to consider their options and make adjustments that best fit their business.” Business owners and nonprofits in the 15th Legislative District like Selah, Yakima, Toppenish and Sunnyside don’t need eight

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‘Make A Splash’ Fundraiser To Assist Aquatic Center 2020 M&O Budget

Nearly 400 people are expected to join host members of the Selah Parks Foundation and Selah Downtown Association at the Civic Center Saturday evening, January 18th for the second annual “Make a Splash” banquet and auction.

Proceeds from the event will fund the Maintenance and Operation budget at the Selah Aquatic Center for the second straight year.

Doors will open at 5:30 for a social hour in tandem with displays of silent and live auction items. Dinner buffet service will get underway at 6:30 prior to well-known valley auctioneer Paul Newman taking up his gavel to begin calling an impressive list of donated merchandise and services for the bid.

The list includes a Guided Fly-Fishing trip, Lake Chelan accommodations for 8, Golf Day

Getaways, Little Hopper passes, Salmon Fishing junkets, wine tours, spa treatments and Bite Club passes among many other donations from community members and businesses.

A kids’ group is donating their muscles for manual labor, snow removal, leaf raking or other chores for the bid.

Dinner fare provided by Nana Kate’s will be Beef Bourguignon served with Duchess Potatoes, loaded mac and cheese, Caesar salad, sourdough rolls, and “plush pippin” apple pie. A vegetarian option will also be available.

Although Voters in 2015 passed a \$6.2 million-dollar bond to construct the new swimming pool at Wixson Park, two subsequent ballot measures to fund the Maintenance and

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Downtown Association Extends Community Invite To Attend Board and Committee Meetings

Have you wanted to know more about the Selah Downtown Association, thought about getting involved in the progress of downtown or just want to be ‘in the know’ about what the SDA does to help improve the Selah community? Well, if you are interested, 2020 is a great time to start!

Our board meetings are open to attend so you can learn what’s going on and get plugged in!

Early this year we will be discussing how

our organization is structured, how we function, and ideas for upcoming projects like the placement of flower pots this spring to help beautify downtown.

You may also attend any of our committee meetings. We have four committees that each work on different projects.

Our Design Committee meets on the 3rd Tuesday of the month, next January 21st at 12 pm at the SDA office located at 8 N. 1st Street.

The Organization Committee will meet at noon in early February at Magics Pizza, so plan to stop by for lunch to get committee updates. Please contact Tiffany Hein at the SDA for specific date.

The Economic Vitality/Promotions Committee meets the 3rd Thursday of the month at 3:30 pm at Nana Kate’s in North Park Centre on N. Wenas Road. We would LOVE to have you join us!

By Tiffany Hein
– SDA Executive Director

It's hard to believe another year has come and gone, and a new decade is beginning! A lot of great things happened in our ever-growing community over the past year. Let's revisit a few of the wonderful activities of 2019, the year the City of Selah celebrated its 100th year of incorporation!

The business Easter Egg Hunt in early Spring was an initial success of 2019 that helped warm things up for the year to come! Always fun to see kids’ eyes light up when they find the "Egg."

In the second quarter we had the SDA Façade Grant program

and The Beautification Grant Program open for applicants. And, what a year it was for improvements all around Selah! When out and about, take a moment to notice the beauty of our growing city.

Fremont Ave's Crave Coffee building owned by the Torkelsons was a great improvement that demonstrates what the SDA Façade Grant is all about. Let's give them another great shout for the beautiful new façade they constructed. How



about the Farmers Insurance building on North Wenas? The structure was almost unnoticeable to passers-by until owner Christina Williams made some eye-catching improvements with fresh, bright paint and a new roof. Let's travel a bit farther into the heart of Selah to congratulate our Beautification Grant award winner Dr. David Lemmon who placed new signage to match the façade of his chiropractic clinic. Wahooooo!!! Congratulations

to all of you for your hard work and dedication to beautifying Selah! In May, as always, Community Days was a wonderful celebration themed with the City’s Centennial Celebration!

Moving through 2019 to the third quarter, let’s remember the accomplishment of the grand opening of the Selah Aquatic Center in Wixson Park. Congratulations to the Selah Parks Foundation and all of the wonderful community members that made the new pool a reality for Selah! We all look forward to another great swimming year when the sun returns to our wonderful valley.

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SELAH DOWNTOWN ASSOCIATION'S 4TH ANNUAL
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509-901-6060

Selah High FFA Group Seeks To Refurbish Campus Greenhouse

By Kylee Watkins
Selah High School FFA Member

Wilco Farm Stores recently awarded an annual grant for FFA chapters in Washington and Oregon for new and ongoing projects. In October last year, Selah FFA Advisor Brad Watkins successfully applied for a portion of the grant in hopes of raising funds for the Selah High School greenhouse.

Jesse Taylor, Executive Director for the Washington State FFA Foundation, wrote a \$4,000 check to the Selah FFA to refurbish the greenhouse which is the most given during his tenure.

The SHS greenhouse, located near the football field, is an outdated structure that needs to be reconstructed.

The plastic used to build the greenhouse was estimated to last fifteen years, and that was thirty-one years ago. The walls have been up for over double the amount of time they were supposed to last and could cause significant problems in coming years.

In addition to the walls, the greenhouse also needs a new heating/cooling system, exhaust fans, upgraded plumbing and automated environmental controls. The environmental control is the most critical improvement needed for the



greenhouse building because the students can't be there outside of school hours to watch the plants and make sure they are doing well.

Recently, there has been more and more activity in the greenhouse. In October of 2019, the local McDonald's donated all of their unused Geraniums from their landscape. The Agriculture students have been taking care of



these flowers and will continue to do so until May when they hold their annual Spring Plant Sale. This sale has been going on since the greenhouse was built thirty years ago and the funds go towards getting assisting the chapter

attend seasonal competitions. The funding to date will also go towards purchasing new plants and additions to the greenhouse.

However, the plant sales have been consistently low and the funds have barely been enough to repair the greenhouse. There is more to be done to make it an effective and worthwhile program.

The agriculture students and FFA members are very grateful for this amazing grant. However, the price for new walls is around fifty-five hundred including delivery.

Selah School District has offered to pay the rest of the cost so we are able to get new walls. These new walls will not only help us with a foundation to start from, but they will also help with temperature control. The walls currently don't protect the plants as well as necessary and may cause weather damage if not replaced.


The reason this greenhouse is so important is because it gives students the opportunity to learn more about plants and how they help sustain life. It can lead to careers. The refurbished greenhouse will also create a better source of income for the FFA program and improve more items in our shop.

The Selah Chapter of FFA is currently looking for more sources of funding so we can completely rebuild our greenhouse for future students to use.

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Stone Church Of Selah Opens To New Congregants



KELLY AND MATT ALEXANDER
CAMPUS PASTORS AT STONE CHURCH OF SELAH

By Molly Allen

Selah community members now have a new church to go to. Stone Church of Yakima officially opened its Selah campus, located at 497 N. Wenas Road November 17, and has been hosting full capacity Sunday services ever since.

According to Selah Campus Pastor, Matt Alexander, Stone Church has been operating in Yakima Valley for over 90 years, so its presence is certainly not new to the area.

“We established a goal of wanting to plant churches around the valley, calling it our Vision for the Valley,” he said. “We want to establish churches within 10 minutes of everyone in the valley.” And the first step to expanding accessibility for worship was building in Selah. “We will be in the lower valley at some point as well, but after talking to a consultant, we were told it’s better to stay closer to the main campus at first.”

But, despite efforts to find an existing space to take over, members

of the Stone Church leadership group decided new construction would better suit the needs of the Selah community, with a 6,000-square-foot building to allow for a variety of activities among its cross section of parishioners.

The new church features ample space, tall ceilings and a large access door that separates the lobby and worship center, which came in handy from the very first service. According to Pastor Alexander, the worship center seats close to 200 people, but the church welcomed over 600 people to its inaugural Sunday service.

“Our first Sunday we had more people than we could fit and seat, and we needed the overflow space,” he said. “It’s been an amazing response from the Selah community.”

Alexander, a Yakima native who spent 16 years as a barber before becoming a full-time pastor, leads services at the Selah Campus, assisted by his wife Kelly. The services, worship songs and overall feel between the Yakima and Selah campuses are the same — the only difference attendees will find is the location and the pastors.

“We just want people to know we don’t care about their background or past. We only care to be a part of their future,” Alexander said. “We love to have people come to worship at our services.”

Stone Church holds two one-hour services every Sunday at 9:00 a.m. and 10:30 a.m. The church features a kid’s wing, fondly referred to as “Kid’s World” with brightly colored checkered floors to make kids feel like they’re stepping into their own space. According to Alexander, there are four different rooms for a variety of age groups, with each offering time for play and crafts on Sunday, in service to kids from babies to fifth graders.

“It’s closer for people in Selah, but we’re getting people from other communities as well,” he said. “We’ve had people coming from Moxee, West Valley, even Wapato. It’s been great.”

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‘My Little Restaurant’ Opens Big Doors In The Selah Community

FORMER TORO TACO
PURVEYOR POISED
FOR SUCCESS, FINDS
HER NICHE

My Little Restaurant, a new Mexican food establishment located at 101 S. 1st Street in Selah, opened its doors at their signature grand opening event on October 19, 2019. More than 40 patrons joining the festivities were welcomed to enjoy complimentary tacos made by business owner Nereyda Capi.

Capi, well known to many in the Selah community for serving her excellent Mexican food at Toro Taco from 2012-2019, had dreamed of owning her own restaurant since immigrating in 1994.

“My mom has shared the American dream of becoming her own boss and establishing her brand,” her son Alex states. “She has worked in the service industry for over 22 years doing all types of jobs – cook, cleaner, cashier and even as a laborer in the fields.”

She co-launched Selah Chevron’s Toro Taco in 2012, an in-store joint that was ranked 3rd place in the ‘Best Mexican Food’ category of the Yakima Herald-Republic’s



At left, The Family of My Little Restaurant and at right, a delicious plate of their food!

2017 Readers’ Choice Awards.

Originally from the Mexican state of Jalisco, Nereyda learned English at Yakima’s Migrant Alternative School during her first year in the United States. 17 years later, she attained US citizenship and is furthering her community efforts by joining membership with the Selah Chamber of Commerce. She is a mother of two daughters and a son who is a Naches Valley

High School alumnus and recently a first-generation University of Washington graduate.

My Little Restaurant offers a breakfast menu, salads, soups appetizers, combination dinners large Taco Boxes and Fiesta Platters. During the winter, the business is open Monday thru Saturday from 6 am – 6 pm and Sundays 8 am until 5 pm. The seating and atmosphere are

comfortable and parking is easy. The storefront is directly across the street from the Burger Ranch drive-thru window.

Orders may be placed in advance by calling: 509-697-2075. My Little Restaurant often posts daily specials on their Facebook and Instagram pages (@mylittlerestaurantofficial), as well as a full menu at www.mylittlerestaurant.net.



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Successful Hunting Season Measured By ‘No Limit’ On Enjoyment

By Rob Phillips
It is hard to believe another hunting season is winding down. By the last week of January, all the upland and waterfowl hunting seasons will be closed until next fall. Man did the season go by quickly.

Every season is a good one if you look at it as more than just filling limits. As a younger man, getting my limit of pheasants or ducks was always the goal. Now that I am older, it has become way more important to me to just enjoy every day out in the field as it comes. Yes, I still enjoy watching a flock of mallards circle the decoys and cup their wings to come in for a landing. And the raucous flush of a rooster pheasant about puts me into cardiac arrest every single time it happens.

But, to me the most enjoyable part of spending a day outdoors hunting birds is watching the dogs work. To see a dog out searching for bird, or retrieving a duck from the water, is so much fun. It is what they were born and bred to do, and when they are out there doing what they obviously love so much, it makes each and every day so much more rewarding, whether you get a bird or not.

Over the years I have had a number of hunting dogs. And all of them have been good dogs in their own way. Some were stronger retrievers, while others seemed to have better noses.

And they have all been good family dogs.

Most of my dogs have been Labrador retrievers, including my two current pups. My old yellow Lab, Tessa, is going on 12-years-old, and has been retired from hunting for a few years due to some bad arthritis



The author and his black Lab Bailey were successful on a late December hunt in the Yakima Valley. The bird seasons close in January, giving plenty of time to remember the good and bad days of the season.

in her back legs. And my black Lab, Bailey, is just 4-years-old, and has turned into a pretty good

little hunter.

This has been Bailey’s best hunting year so far. She has

figured out that if she hunts closer to me there will be a better chance to retrieve a bird when it flushes. Now, don’t get me wrong. A crafty old rooster pheasant will run just about every chance it gets, and when Bailey gets a snoot full of pheasant scent, there is nothing that will slow her down. I’ve watched her run for 500 yards tracking a running rooster, leaving me in the dust.

But, those are rarities.

This was not a great year to be an upland hunter in the Yakima Valley. It seems there were even fewer pheasants than ever. Which is kind of sad really. Bailey works so hard to try to find a bird, and if there aren’t any to be found it can be pretty discouraging. But she plows ahead.

It’s a good attitude to have really.

On our last outing of the year, it was just Bailey and me. We hunted two or three of our favorite spots and only saw a few hens. I was definitely getting discouraged. But watching Bailey continue to work hard, seeing the joy in her face as she ran through weeds that were almost all over her head, kept me

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A New Decade For All – A New Century For Selah

By Ellen Overby
2020, and the start of another decade has arrived!
A new beginning, we hope for good health, wealth and happiness throughout the new year. Resolutions are made and often broken before the end of January, but there’s always hope for change.
New Years is also a time for reflection on events of the past.
Selah has entered its one-hundred

and first year as a city. During the Centennial celebration over the entire 2019, people talked a lot about historic Selah. In those 100 years, we’ve come from a very tiny community that required waiting until harvest in order to count the migrant labor as residents in order to qualify for incorporation, to the bustling community we have today.
Settlers actually came to the area as early as the 1860’s, homesteading

farms and ranches around the Wenas Valley. Selah was very small, but businesses grew to serve the outlying population. Schools were scattered throughout the Wenas Valley. Most people were farmers and, for many, the need for a city was not important.
As the population grew, little Selah began to grow to meet the increased need for services and supplies. By 1910 schools began to consolidate when the Central school was built for

grades 1-12. A high school followed in the twenties. Consolidation of the schools was a major impetus for the development of Selah. It brought more people to the City to teach and support the school system and provide other services.
When incorporated in 1919, Selah had grocery stores, feed stores and others merchants. Two years later Harold Pingrey opened a Ford dealership. The river had been bridged and trolleys connected Selah to Yakima by the early 1920’s. Selah was on its way to becoming the city it is now.
Our little city is safe, clean and growing. We should all be proud of it. My hope during 2020 is that citizens will take time to get to know their city. Attend a few council meetings or watch them on YPAC. Learn the names of council members. Keep on top of current issues. Get acquainted with the various city departments and the services they offer.
Most of all, 2020 is a general election year. Of the 4000+ registered voters in Selah, less than 40% voted in the last election. Ballots are mailed to us a month before the election with return postage included. All that is required is that we vote and mail it in. Every vote counts. This year, let’s resolve that we will become informed citizens and cast our votes.
Let’s all have a part in making a new history for Selah.

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Overtime Rules
Continued from page 1

years. They already know their options. They can raise prices, cut employee hours or close their doors. And — if these regulations remain in place — many will have to choose the third option.

I’m proposing a bill in the Legislature that will soften the blow by linking state overtime rules to the median hourly wage earned in each individual county – with King County the highest at \$33.26 and Okanogan County the lowest at \$16.50. It just doesn’t make sense to use a one-size-fits-all approach when wages and cost of living vary so dramatically across our state.

Under my bill, King County will stay on the current scale — up to \$83,356 in 2028. But in the counties with the lowest average wages —Okanogan, Adams and Yakima counties — the 2028 number will be closer to \$43,000. That’s still several thousand dollars above the recently updated federal requirement, and a three-fold increase over the current state level.

Such a change to Gov. Inslee’s plan will allow more nonprofits and businesses to survive, and it will save thousands of jobs. It will also provide more opportunity for management trainees to begin a career and for mid-level managers to work their way up the ladder.

Many of our state’s businesses and nonprofits, especially those without backing from large, national organizations, won’t survive without these adjustments.

(Jeremie Dufault is a Republican from Selah. He represents the 15th Legislative District in the Washington State House of Representatives.)

Hunting Dog
Continued from page 7

going.

We hunted up a long creek drainage without so much as a sparrow to be found, let alone a pheasant, but still she hunted on. Finally, when I felt we needed to turn around to be able to get back to the truck before dark, I whistled for Bailey to come around.

Now, I have hunted with dogs pretty much all my life. And you would think that in all that time I would now be smart enough to believe my dog when she starts to tell me a bird is around. But because we hadn’t seen a thing, I kept walking the other direction.

Sure as shooting, the second I did, a big rooster flushed just ahead of Bailey. By the time I got turned

around for the shot, the bird was out of range.

The look I got from Bailey when she came running back by me told the whole story. She was not happy about me not shooting that bird.

Luckily, like all dogs, she doesn’t hold a grudge, and within seconds she was happily checking out the brush on the other side of the creek on our way back to the truck.

Even though it was an off year for birds, I still have many great memories of the season just ending. The successes were few, but luckily the flub-ups, like the one I pulled on the last day we hunted pheasants were even fewer.

Here’s hoping to a better year in 2020, but birds or not, Bailey and I will have a great time out there trying.

Make A Splash
Continued from page 1

Operations budget failed to win voter approval in 2018 and 2019.

A supermajority of 60 percent was required to fund the M&O but initially failed in 2018 by a mere 15 votes. The 2019 vote was basically identical. An average of 59.1 percent of the electorate in the Selah Parks and Rec taxing district have twice voted to approve the levy.

In conjunction with the Selah Parks Foundation, a grass roots effort beginning in the fall of 2018 ensured the financial resources needed for the 2019 inaugural, 12-week season. By all measures, the shortened 2019 season was successful.

The cost to effectively open, maintain and operate the pool for a full season next summer is approximated to exceed to more than \$200 thousand dollars.

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Look For New Changes In Retirement Plans In 2020

It may not have made the headlines, but a recently passed piece of legislation could affect the IRAs and 401(k)s of millions of Americans beginning in 2020. So, if you have either of these accounts, or if you run a business, you'll want to learn more.

The new laws, collectively called the Setting Every Community Up for Retirement Enhancement (SECURE) Act, include these noteworthy changes:

- **Higher age for RMDs** – Under current law, you must start taking withdrawals – known as required minimum distributions, or RMDs – from your traditional IRA and 401(k) or similar employer-sponsored plan once you turn 70 ½. The new law pushes the date to start RMDs to 72, which means you can hold on to your retirement savings a bit longer.
- **No age limit for traditional IRA contributions** – Previously, you could only contribute to your traditional IRA until you were 70 ½, but under the SECURE Act, you can now fund your traditional IRA for as long as you have taxable earned income.
- **Limitation of “Stretch IRA”**



provisions – Under the old rules, beneficiaries were able to stretch taxable RMDs from a retirement account over his or her lifetime. Under the SECURE Act while spouse beneficiaries can still take advantage of this "stretch" distribution, most non-spouse beneficiaries will have to take all the RMDs by the end of the tenth year after the account owner passes away. Consequently, non-spouse beneficiaries who inherit an IRA or other retirement plan could have tax implications due to the need to take larger distributions in a shorter timeframe.

- **No early withdrawal penalty for IRAs and 401(k)s when new child arrives.** Typically, you must pay a 10% penalty when you



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Selah Edward Jones
Financial Advisor

withdraw funds from your IRA or 401(k) before you reach 59 ½. But now, with the new rules, you can withdraw up to \$5,000 from your retirement plan without paying the early withdrawal penalty, as long as you take the money within one year of a child being born or an adoption becoming final.

SOME PROVISIONS OF THE SECURE ACT PRIMARILY AFFECT BUSINESS OWNERS:

- **Multi-employer retirement plans** – Unrelated companies can now work together to offer employees a 401(k) plan with less administrative work, lower costs and fewer fiduciary responsibilities than individual employers now encounter when offering their own

retirement plans.

- **Tax credit for automatic enrollment** – The new law provides a tax credit of \$500 for some smaller employers who set up automatic enrollment in their retirement plans. And a tax credit for establishing a retirement plan has been increased from \$500 to \$5,000.
- **Use of annuities in 401(k) plans** – It will now be easier for employers to consider including annuities as an investment option within 401(k) plans. Previously, many businesses avoided offering annuities in these plans due to liability concerns related to the annuity provider, but the new rules should help reduce these concerns.

The SECURE Act is the most significant change to our retirement savings system in over a decade. We encourage you to contact your financial advisor, tax professional and estate planning attorney to assess the potential impact on your investment strategies and determine any possible tax and estate planning implications of the SECURE Act.

(This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.)



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Focus On Positive Human Relationships In 2020

By John Clark

At the advent of 2020 you may have new year's resolutions or goals to fulfill. There are probably many things you want to accomplish. Apart from whatever one decides to make a priority, there is one important aspect of everything we do, and that is human relationships. So, as we enter a new decade let's talk about how we can relate to others, both as individuals and as a nation.

According to a study conducted by Cigna Insurance, "only around half of Americans (53 percent) carry on meaningful, in-person social interactions, such as extended conversation with a friend or spending quality time with family on a daily basis."

Not having a true friend who cares, with whom meaningful dialogue can occur, often results in loneliness. "Loneliness and emotional well-being are serious public health concerns," according to former Surgeon General Viveck Murthy. He adds that there is a "loneliness epidemic."

Not having caring relationships can also contribute to addictions and depression. Statistically, America today has the highest rate



of addiction, depression, and suicide than any other generation in history. This underscores the need and value of each person to have someone else who cares enough, in the words of author Kelly Needham, "to drag a friend away from the tracks when

the train is careening forward, even when they kick and scream." This won't happen with "friendships" through social media or texting. Psychologist Maggie Mulqueen says "text messages can't provide the human contact and

perspective that come from true dialogue, but do encourage laziness and passive-aggressive behavior." She refers to this as "emotional illiteracy." Writer Mike Cosper call this "making relationships more transactional and less intimate than ever before."

We as people and a nation must come together in person-to-person interaction if we are going to counteract loneliness and depression. If we are going to survive as a republic by and for the people, hatred and divisiveness must be replaced by caring relationships that communicate acceptance and understanding.

Understanding and seeking common ground would prove to be even more important in this election year. Authors Chris and Kerry Shook emphasize that to "accept others means we stop trying to change them and we start trying to understand them."

Building caring and positive relationships in 2020 must go beyond simply creating a new year's resolution. There must be a willingness to talk face-to-face regardless of race, religion, moral issues, or political views.



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Science Matters

Best plants for a growing dinosaur

The long-necked sauropod dinosaurs, among the largest animals that ever lived, ate only plants – but what plants could nourish such a monster, particularly when young and growing fast?

Researchers compared different plants that lived in Age of Dinosaurs for their nutritional value and digestibility for immature, growing sauropods

Top rated food: Horsetails

Equisetum, a spore-bearing plant; popular names: “scouring rush” and “horsetail”

Highly digestible, nutritious; low-growing, easily reached by young dinosaurs

Horsetail leaves

Horsetail stems

No. 2: Gingko

Fruit-bearing leafy tree with edible nuts; used today as an ornamental

No. 3: Conifers

No. 4: Ferns

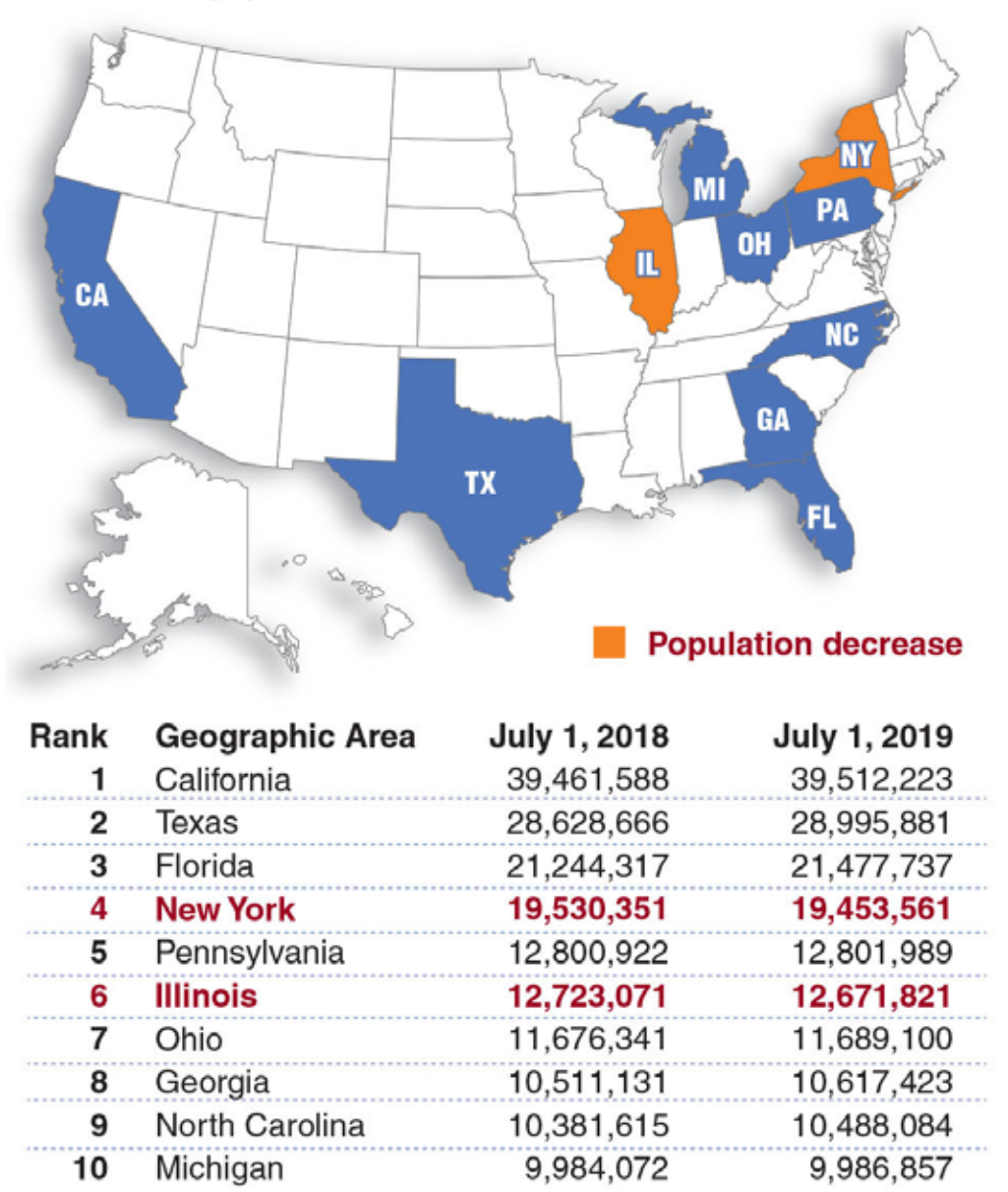
No. 5: Cycads

Source: Carolee Gee, University of Bonn; sauropod illustration by Jon Hoad; TNS Photos; US Navy Graphic; Helen Lee McComas, Tribune News Service

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Top 10 most populous states: 2019

Twenty-seven states and the District of Columbia lost population through net domestic migration between 2018 and 2019. Nine states had a population of over 10 million in 2019.



5		8			9		7	
		3						
7			3					9
4				6	2		5	
		7				2		
	2		5	1				
2					3			8
						9		
	1		6	8		7		5

SCRABBLE

G₂R₁A₁M₃S₁

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A₁

I₁

Y₄

F₄

L₁

R₁

C₃

1st Letter Triple

RACK 1

A₁

E₁

U₁

U₁

L₁

N₁

Q₁₀

RACK 2

A₁

E₁

U₁

D₂

D₂

R₁

F₄

RACK 3

A₁

I₁

O₁

L₁

C₃

T₁

X₈

Double Word Score

RACK 4

A₁

E₁

O₁

D₂

D₂

G₂

H₄

RACK 5

PAR SCORE 275-285

BEST SCORE 344

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. SOLUTION TOMORROW

For more information on tournaments and clubs, email NASPA - North American SCRABBLE Players Association info@scrabbleplayers.org. Visit our website - www.scrabbleplayers.org. For puzzle inquiries contact scrgrams@gmail.com

10-20

FIVE RACK TOTAL

TIME LIMIT: 25 MIN

SCRABBLE

G₂R₁A₁M₃S₁

SOLUTION

C₃

L₁

A₁

R₁

I₁

F₄

Y₄

RACK 1 = 71

U₁

N₁

E₁

Q₁₀

U₁

A₁

L₁

RACK 2 = 66

D₂

E₁

F₄

R₁

A₁

U₁

D₂

RACK 3 = 62

T₁

O₁

X₈

I₁

C₃

A₁

L₁

RACK 4 = 82

G₂

O₁

D₂

H₄

E₁

A₁

D₂

RACK 5 = 63

PAR SCORE 275-285

TOTAL 344

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**SOLUTIONS TO PUZZLES
ON PAGE 23**

Carole E. Peet Selected New CEO Of Virginia Mason Memorial

After an extensive national search, Carole E. Peet has been named the new CEO of Virginia Mason Memorial. Peet, who succeeds Russ Myers, will join the VMM team Feb. 3.

Carole has an extensive background in improving the patient experience while increasing both staff and patient satisfaction. She comes to Virginia Mason Memorial from Arizona, where she served as executive vice president of Northern Arizona Healthcare and chief administrative officer of Verde Valley Medical Center.

Prior to joining NAH, Carole served as president and CEO of St. Anthony North Health Campus, part of Centura Health and Catholic Health Initiatives,

in Westminster, Colorado. Following her passion for providing health care access to the underserved, she partnered with a community provider to lead the transformation of a stand-alone acute care facility into an organization providing comprehensive behavioral health services.

“I am excited and honored to be joining Virginia Mason Memorial as the next CEO,” Carole said. “I look forward to working with the Virginia Mason Memorial Board, team members, physicians and community in



continuing to grow and strengthen health care across the Yakima Valley.”

Carole is no stranger to Washington state. She served as president of St. Anthony Hospital in Gig Harbor, where she led the opening of the hospital,

including facility project management, hiring of staff and perhaps most importantly, building an organizational culture from the ground up.

She began her executive leadership experience as chief nursing officer and assistant administrator of patient care services at Sutter Coast Hospital

in Crescent City, California. Carole earned a master’s degree in business administration with honors from the University of Phoenix, a master’s degree in nursing administration with honors from the University of New Mexico in Albuquerque, and a Bachelor of Science degree in nursing from Seton Hall University in South Orange, New Jersey, graduating magna cum laude. She is a fellow of the American College of Healthcare Executives.

Carole is not new to Yakima, having spent time here with family as a young girl. She is an avid hiker and chamber orchestra musician.

Virginia Mason Memorial To Offer Elective Angioplasty Services Beginning January 2020

Virginia Mason Memorial recently announced that the Washington State Department of Health has granted VMM a certificate of elective PCI,

(percutaneous coronary intervention). VMM expects to begin offering this service in January 2020.

PCI is a non-surgical

procedure that uses a catheter to place a small structure, (a stent), to open blood vessels in the heart that have been narrowed by the buildup of plaque, a condition known as atherosclerosis. PCI improves blood flow and decreases heart-related chest pain, generally makes the patient feel better and increases their ability to be active.

The certification enables Virginia Mason Memorial to now offer more comprehensive cardiac services to the community.

“This decision by the state Department of Health offers patients in Central Washington high-quality care by an award-winning heart services provider that can now offer a full scope of services,” said Russ Myers, Virginia Mason Memorial President and CEO. “We look forward to serving our community through this expansion of specialty care,”

The certificate of need for elective PCI is an important expansion of heart care in the Yakima Valley that will help address the health needs of the community:



STATISTICALLY:

- Yakima County ranks fourth in the state of Washington for coronary heart disease.
- Yakima County has among the highest mortality rates due to cardiac disease in Washington state.
- Almost a third of adults in the county are obese.
- Over a fourth of adults in the county have high blood pressure.
- Over a third of adults in the county have high cholesterol.

In July this year Virginia Mason Memorial achieved the American Heart Association’s “Get with the Guidelines – Heart Failure Gold Quality Achievement Award” for adhering to high standards of speeding recovery and reducing hospital readmissions for heart-failure patients.



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Regional Hospital Closes As Astria Health Emerges Chapter 11

Astria Health is preparing to emerge from Chapter 11 in early 2020 as lenders and investors have indicated interest in supporting the organization’s ongoing mission to sustain healthcare for the entire Yakima Valley.

Astria Health received indications of interest from investors who acknowledged that Astria Sunnyside Hospital and Astria Toppenish Hospital are both valuable community and financial assets and are willing to refinance the debt associated with those hospitals. However, Astria Regional Medical Center (ARMC) early in January received authorization from the United States Bankruptcy Court for the Eastern District of Washington to begin the process of closing ARMC.

“It is with deep regret that we have to make this announcement,” said John M. Gallagher, President and CEO. “We have worked diligently to sustain the Astria Regional Medical Center hospital and to avoid closing it, but healthcare industry delivery models continue to shift from inpatient care to outpatient models and due to its continued operating losses, lenders have no interest in refinancing the debt associated with Astria Regional Medical Center. Closure is, therefore, necessary as no other feasible option is available.”

Inpatient services at Astria Regional Medical Center will begin winding down immediately, and it is anticipated that within approximately the next two weeks patient services at the hospital will cease entirely.

Astria Health has continued to fund substantial ongoing financial losses, but ultimately the hospital’s continued financial losses proved unsustainable.

Since purchasing the Astria Regional Medical Center in late August 2017, ARMC has lost over \$40 million dollars. Struggling hospital finances are not unique to ARMC, due in part to the nationwide shift in the healthcare delivery models from inpatient care to outpatient care.



Astria sought lenders that would provide additional liquidity to ARMC, but were ultimately unsuccessful.

Similarly, Astria Health sought to sell ARMC or partner with nearby hospitals, all in an effort to continue providing healthcare to the community, but those paths were also not successful.

While Astria Health’s other hospitals collectively generate significant positive cash flow, funding ARMC’s continuing financial losses was placing too significant a financial drain on the overall organization.

Astria Health will now adapt its healthcare delivery model in the Upper Valley to an ambulatory care model and will continue to provide outpatient care to the Yakima area. As such, patients in the Upper Valley will be able to continue to access care in the Astria Health network through its ambulatory surgical center locations and Astria Health Centers.

Both Primary Care and Specialty Care will be available and delivered through the Astria Ambulatory Surgical Center and Astria Health Medical Plaza in Yakima, along with other outpatient ambulatory services including Laboratory Services, Therapy Services, and Advanced Imaging Services.

Astria Health locations in Yakima include: Astria Ambulatory Surgical Center Astria Health Centers Astria Plastic Surgery Center on Creekside Loop Astria Home Health & Hospice Astria Hearing & Speech Center Astria Health will ensure Astria Regional Medical Center hospital patients are transitioned smoothly to either other Astria Health Hospitals or other facilities as deemed medically necessary.

Astria Regional Medical Center patients’ medical records will be made available by calling 509.576.3749, or faxing a request to 509.575-5244 or, over the next 30 days, through the Medical Records Department at the hospital located at 110 S. 9th Avenue in Yakima.

Selah In Review

Continued from page 2

Fourth quarter was FULL of excitement with school starting and the always fun Viking Spirit Week. So many fantastic businesses participated this year. Our winner for most spirited was River Canyon Coffee on North Wenas Rd! Who will it be for 2020? We are hoping many more will show their Viking Spirit this year with seasonal décor and costumes! Downtown Trick or Treat had a GREAT turn out again this year! Thank you to ALL the Businesses that handed out candy to so many children and parents! I LOVED seeing so many families in Downtown Selah! What a magnificent job by the Selah Chamber of Commerce!

Last but not least was the Selah Lighted Parade that kicked off the holidays! WOW, what a night filled with joy, lights, and community spirit. A big THANK YOU to all the wonderful people and organizations that made the night so spectacular including City of Selah employees, Selah Lions Club members, Selah Police and Fire Departments, Treasa Morales, Barb Petrea and Mike Murri among others! December wouldn't have been the same without any one of you!

What a year for Selah. I can't even imagine what 2020 will bring with so many exciting activities to come!

Wishing the best for Selah this year, and for the new decade ahead!

Tiffany Hein
Executive Director
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YVFWC Achieves ‘Gold Standard’ Of Excellence Through AMA Blood Pressure Control Initiative

One in three American adults live with high blood pressure, placing them at increased risk for heart disease, heart attacks, stroke, kidney failure and other related health problems.

To address the issue, Yakima Valley Farm Workers Clinic has become a member of the American Heart Association (AHA) and the American Medical Association (AMA) “Target BP Initiative.”

Target BP objectives assist healthcare providers and patients achieve effective blood pressure control at ideal and sustainable levels to improve overall health. Through the initiative, healthcare providers pledge their commitment to improve blood pressure control



Yakima Valley Farm Workers Clinic



in their specific patient populations. AHA and AMA provide up to date research data, tools, and resources to help meet these goals.

A total of 16 Yakima Valley

Farm Workers Clinic sites were recognized by the American Heart Association’s Target BP program, with four being awarded gold-level recognition. Gold-level recognition

identified clinics that demonstrate a 70 percent or greater blood pressure control rate among adult patients.

“Our goal is to create a culture 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 said 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.

The Power Of Positivity: Simple Tips To Change Your Life

Work demands paired with family demands make modern life extremely busy. Meetings, deadlines, housework, kids’ homework, practice and much more all vie for your time. What’s the secret to keeping on top of it all? Research shows the power of positivity can work wonders in managing stress, staying productive and boosting happiness.

Four out of five people agree positive thinking can help improve their lives and start the morning off on a positive note, according to a recent survey of American workers to gain insight into the impact of positivity in the workplace conducted by The Original Donut Shop Coffee. The good news is that a resounding 88% of Americans consider themselves positive people, but they think there is room for improvement. In fact, 69% wish they could be even more positive!

“Positive individuals are three times more creative, 31% more productive, and 23% less fatigued,” says Amy Blankson, CEO of Fearless Positivity and author of “The Future of Happiness.” “No matter where your baseline for happiness is today, you can always increase your overall happiness level.”

Blankson offers some insight into simple ways you can inject positivity into your day:

SET INTENTIONS EARLY

Take a moment to shift your focus in the morning. What do you want to get out of your day? It’s so easy to fall prey to the tyranny of urgency. Hold the emails, texts, calls and messages and spend just 2 minutes grounding yourself in a positive practice like meditating or journaling. You’ll set yourself up for greater happiness in the long run.

GET CREATIVE

If you feel like you don’t have the time or discipline to keep a gratitude journal, try looking for a “gratitude trigger.” For instance, every time you stop at a red light, say one thing you are



grateful for. This habit is great to pass time on commutes and is also a good practice to share with your children when they are in the car with you.

THINK TO THE FUTURE

Try saying “future-forward gratitudes” in the morning. These are the things you are excited about for the day ahead, such as a meeting, lunch or special project. This practice helps prime you for positivity during the day and gives you an anchor point for reflection at the end of the day.

CONNECT REMOTELY

While more people are working from home, 45% of them consider themselves a positive person versus 75% of people who work in the office, according to the survey. One way to stay connected and spread positivity with coworkers when you’re not in the office is by taking a few minutes each day to text, email or call a coworker to thank them

for something they did.

MOVE BEYOND OFF DAYS

Don’t get hung up when you have a negative day. The most important part of creating a new habit is having the courage to restart when you have an off day. Happiness is not a state of mind; it’s a mindset that develops over time. The best way to elevate your mindset is by training your brain to look for positive information in the world around you that you might have missed.

PAY IT FORWARD

Individuals who pay it forward through praise and recognition express that they have greater feelings of happiness, satisfaction and relatedness. However, even more importantly, both givers and receivers inspire others to want to give, which creates a powerful network effect.



Prioritize Your Health In The New Year

Now is the time of year when people typically take inventory of their lives and set new goals. Relationships, finances, careers and health are all important aspects that impact overall well-being. For this New Year, consider making your health a top priority.

According to the recent America’s Health Rankings Annual Report, the nation’s obesity rate continues to rise, with one in three adults now experiencing obesity. This alarming statistic may have serious health consequences such as diabetes, which now impacts approximately 30 million adults and is the No. 1 cause of kidney failure, lower-limb amputations and adult blindness, according to the Centers for Disease Control and Prevention.

There are many factors that play a role in your health, but one that you can control is making a commitment to start living a healthier lifestyle. Sure, there will be some bumps during your well-being journey, but your goal can be achievable and you deserve to reap the benefits.

Ann Marie O’Brien, national director of health strategies at

UnitedHealthcare, offers the following tips for achieving a healthier you in 2020.

STAY ACTIVE

Regular exercise may help you live longer and may reduce your risks for a host of diseases. Try to aim for at least 2.5 hours of moderate aerobic activity a week, but if that’s too challenging then start off with 15 minutes here and 15 minutes there. Every little bit counts. To be successful, your fitness program should become a part of your daily life.

Also, check with your health plan and employer to see if they offer wellness incentives. For example, UnitedHealthcare’s Gym Check-In program enables participating employers to provide employees and their spouses the opportunity to each

earn hundreds of dollars a year for visiting a fitness facility 12 days or more per month.

EAT HEALTHIER

Sure, it’s easier said than done, but good nutrition is a vital part of a healthier lifestyle.

Experts say the healthiest diets are rich in fruits and vegetables, because these foods are full of healthful nutrients and fiber. Here are three simple tips to eating healthier: Go for more fruits and veggies; choose less meat and fat; and keep an eye on the size of your food portions. Just

saying “no” to the buffet can do wonders.

REDUCE YOUR STRESS

If you’re feeling stressed, it’s important to unwind and relax by doing something you enjoy.

Maybe it’s watching a movie, reading a book or volunteering to give you time to recharge. Also, make time to connect with others. Maybe that’s friends, family, a faith group or a hobby club. It’s important that you don’t isolate yourself after a stressful event. Remember, if you cannot get a handle on your stress, talk to your doctor. She or he may recommend a counselor who could help you find other ways to help reduce or manage the unhealthy stress in your life.

TEAM UP WITH YOUR DOCTOR

Take time today to make an appointment with your doctor for your annual wellness visit and be sure to ask about preventive services such as health screenings and vaccines. Check with your health plan as many preventive services have no additional cost, as long they are delivered by care providers in your plan’s network. Your doctor will help you create a treatment plan to help manage any chronic conditions, such as asthma, diabetes and high blood pressure.

“Regular exercise may help you live longer and may reduce your risks for a host of diseases.”



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JOIN OUR MONTHLY MEETINGS

For the months of August and September, applicants will get their application fee waived!

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

Zonta International is celebrating their **100th anniversary** this year. Our local club has a monthly program meeting featuring speakers from community organizations. We engage in local service projects, our largest being the Young Women in Public Affairs scholarship for college bound high school seniors. We also support Zonta International projects, the current focus to eliminate child marriage.



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

Selah Girls Defy Predictions To Stay In Playoff Hunt



Senior Ashlynn Hall dribbles past a Wapato defender during the Vikings’ 64-56 win on Jan. 4



Freshman post Kylie Sherman has provided a major boost for Selah this season, leading the team with 19 points per game.

By Dave Leder
The coaches who picked the Selah girls basketball team to finish eighth in the CWAC before the season were obviously unaware of freshman sensation Kylie Sherman.
Through the first half of the league season, the 6-foot post has been leading the Vikings in scoring (19 ppg) and rebounding, providing a much-needed inside presence for a team that graduated seven players from last year’s conference championship squad.
“I had seen Kylie play in AAU and I knew she would help us when she got to high school,” head coach Rick Hartman said. “But she has surprised us a bit. I don’t think we’re even close to seeing her full potential.”
The play of Sherman and two other freshmen, guards Jaisha Gibb and Kieryann Mattson, have helped Selah to a 6-4 record at the midpoint of the league season, good for a fourth-place tie with East Valley and Toppenish.
Gibb is the team leader in

assists and steals, while Mattson has given the Vikings an offensive spark off the bench. With just two returning varsity players — seniors Ashlynn Hall and Roni Rasmussen — and an early-season injury to sophomore starter Jayden Horton, Hartman is more than happy to be in the playoff mix despite being picked eighth in the preseason poll.
“To be sitting tied for fourth halfway through the league season, I’m ecstatic,” he said. “We’ve played every team tough, and we feel like we’re right there.”
After starting 4-0 in league play, Selah dropped three straight games to East Valley, Grandview and Prosser by a combined 11 points. The Viks rebounded to defeat Wapato on Jan. 4 — behind a career-high 31 points from Sherman — and then split last weekend’s games against first-place Ellensburg and Quincy.
Selah stands at 6-6 overall heading into Tuesday’s home game against last-place Othello, and will travel to Toppenish on

Friday — a team they defeated by nine points in their first meeting.
“I’m really proud of this group. They’ve been working their tails off,” Hartman said. “They’re a great group of kids who are very coachable and who want to get better. That’s been energizing for me and the rest of the coaching staff.”
Hartman praised the leadership of Hall and Rasmussen, who have been thrust into key roles

this season after the spate of graduations and the decision of two other varsity players not to return.
“Ashlynn always plays hard and sets a great example with her effort,” the coach said. “Roni has also stepped up this year, and she’s been a great leader for the younger kids. She’s been like a big sister to them, and that has

CONTINUED ON PAGE 19 >



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Selah Boys Basketball Team Hitting Stride At Midseason



Sophomore guard Cooper Quigley, center, is one of only two players with varsity experience in this year’s rotation. The other is Noah Pepper (22). Also pictured is senior Malachi Kinlow (33).

By Dave Leder

The Selah boys basketball team hasn’t been at full strength all season, but that hasn’t seemed to matter much as the Vikings find themselves tied for second place in the CWAC through 10 league games.

Despite some inexperience and two early-season injuries to junior Shad Smith and freshman Levi Pepper, Selah has been in every game, losing only to undefeated Toppenish and fourth-place Prosser. After beating Quincy last Saturday, the Viks sit at 8-2 in league and 8-4 overall.

“Our biggest concern coming into the season was our lack of experience, but we’ve been building confidence with every game and our guys are starting to feel more relaxed,” said head coach Tim Garza, who returned only three players with varsity experience from last year’s 2A state runner-up squad — one who broke his wrist in the first game (Smith).

A big reason for the Vikings’ strong start has been the play of junior Noah Pepper, last year’s CWAC Player of the Year. Garza said he has been impressed with Pepper’s play on the court, but also his ability to lead.

“Noah has done a great job of including his teammates and trusting them,” the coach said. “He knows we need some other guys to score

if we’re going to be successful, and they are starting to knock down more shots when he gets them the ball.”

The Vikings appear to be finding their offensive stride over the past two weeks, putting up a season high 100 points against Wapato on Jan. 4 and 81 points against Quincy on Jan. 11.

Helping Pepper shoulder the scoring load have been senior Malachi Kinlow, junior John Zambito and sophomore Cooper Quigley — the only other player with previous varsity experience.

Also playing important roles for the Vikings over the first two months have been senior Abyll Requena, and juniors Teegan Garza (the coach’s son) and Matt Quincy. Senior Jon Watkins and sophomore Ryker Wilburn have also provided a lift for the Viks, whose starting lineup is all underclassmen.

“We have nine new faces on the roster this year and we’re fairly young,” coach Garza said. “It’s been a process for us to keep getting better every game, and I believe we have. We’re a much different team now than when we lost to Toppenish (on Dec. 13).”

While the Vikings’ offense has slowly been coming around, their defense has been a hallmark over the first 12 games. Even when shots aren’t falling, Garza’s troops have managed



Junior forward Noah Pepper has been a leader on and off the court for the Vikings this season.

to slow down their opponents.

“Defense has been our strong point so far,” he said. “Even when we’re not shooting the ball very well, our defense has kept us in games.”

While most of the roster hadn’t played at the varsity level before this season, the players had excelled on the JV team. The coach pointed to players like Zambito, Quincy, Requena and Teegan Garza who are making the most of their opportunities after paying their dues at JV.

“These guys have come a long way, and it’s been fun to see their growth,” coach Garza said. “We’re slowly increasing our offensive production, and we will continue to get better as we get ready for the playoffs.”

Garza added that everyone on the roster has been pushing themselves in practice as they look to maintain the program’s lofty accomplishments of the past four seasons.

“One thing I can say about this group is that they have a great work ethic,” said Garza, whose team also reached the 2A championship game in 2017. “We’ve built something here, and it’s really important to our guys to continue that tradition.”



Girls Basketball Team

Continued from page 18

really helped their development.”

Three more seniors — Kaleigh Dalrymple, Madysen Muir and Jade Wold — are also seeing consistent minutes — while juniors Jaicene Carpenter and Karly Raap round out the roster.

Hartman said he doesn’t expect his second-leading scorer, Horton (11 ppg), to return from a broken foot she suffered in late December, but he remains confident in the Vikings’ chances with eight league games to go.

“Nobody thought we’d beat anyone, but we finished the first half of the season with a winning record,” the coach said. “We’re a team that doesn’t quit, and we have been able to grind out some close games. That’s been our theme all year, and I expect it to continue.”

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Selah Wrestlers Undefeated In CWAC, Ranked Fifth In State

The Selah High wrestling team is off to a 6-0 start in CWAC dual meets, most recently defeating Wapato on Jan. 9. The No. 5-ranked Vikings won eight straight matches between 126 and 182 pounds to win the match 50-21.

Coming out on top were Evan Anderson (126), Jesse Salinas (132), Judah Yates (138), Jerry Schmidt (145), Ethan Garza (152), Alonzo Lopez (160) and Mo Singh (195). Winning by forfeit were Marcos Gonzales (106), Jackson Yates (182),

Franky Ceja (170) and Amadeo Flores Pimentel (220).

Two other CWAC teams are currently ranked ahead of Selah, with defending state champion Toppenish on top and Othello ranked fourth. The Vikings defeated the Huskies, 43-33, earlier this season and will face Toppenish on Jan. 23. Another test will come Jan. 21 against 11th-ranked Ellensburg.

Other CWAC teams among the top 20 are Prosser (ninth), Wapato (17th) and

Ephrata (19th).

Selah wrestlers currently ranked in Class 2A include Gonzales (fourth, 106), Anderson (eighth, 126), Salinas (second, 132), Garza (eighth, 145), Lopez (eighth, 152), Jackson Yates (sixth, 170), Donny Schmidt (fourth, 182), Flores Pimentel (first, 220) and Michael Ray (eighth, 285).

Flores Pimentel, a senior, is a two-time defending state champion at 220 pounds. Salinas, a sophomore, placed third at 126 pounds at state last season.

4 Common Fitness Myths Debunked

Weight-loss tips, fad diets and more - these days, they're everywhere you look. And most of it is false information. In fact, the average American wrongly assumes a daily workout must be 95 minutes or more to be impactful, according to a new study conducted by Planet Fitness.

Americans express growing frustration with fad fitness, social media "fitspiration" and the many myths believed to be true about health and wellness. Here are some commonly-held misconceptions about fitness and the real truth behind them:

1) Myth: You have to put in a lot of time to get results

On average, Americans believe they need to work out for 95 minutes for it to even be beneficial. And those who don't currently belong to a gym think a single, solid workout requires two full hours of exercise to be effective. However, recent guidelines from



the U.S. Department of Health and Human Services note that just 10 minutes of exercise will help raise your heart rate and maintain fitness levels.

2) Myth: Working out is like a five-day work week

Nearly half of Americans believe you need to work out more than five times a week in

order for it to be effective - and that's just not true. Every single episode of physical activity can provide temporary improvements in cognitive function and levels of anxiety. "You don't have to work out seven days a week, two hours a day, to get healthy," says Chris Rondeau, chief executive officer of Planet Fitness. "The truth is that fitness can be fun, affordable, non-intimidating and not all consuming. The key is

to just get started and know that every minute truly matters, and over time, can have a significant positive impact."

3) Myth: Fitness needs to be a competition

Studies show that head-to-head challenges are demotivating to the majority of Americans who don't currently belong to a gym. In fact, 68 percent find leaderboards specifically demotivating. When it comes to individual health, all activity counts, not just your position on a scoreboard. Find physical activity that is motivating and fun for you.

4) Myth: Social media helps spread the message of health and wellness

Quite the opposite. Common "fitspo" phrases such as, "no pain, no gain" or "nothing tastes as good as skinny feels" are ineffective, according to most Americans. On the flip side, 65 percent say that inspirational messaging like "investing in yourself" and "a year from now, you'll be glad you started today," is motivating.

"People can work out on their own terms and live healthy, happy lives, versus perpetuating certain myths that you should be 'living to work out'," says Rondeau. "It's this mentality that has kept the majority of Americans from believing that they, too, can take that first step toward better health."



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Injured Seahawks Limp Through Playoffs, Fall Just Short Against Packers

By Michael Samson

After a grueling season that saw the Seahawks climb their way to an 11-5 record and edge out the Philadelphia Eagles in the wildcard round, the team has met their end in the divisional round on the road at Lambeau Field.

The Green Bay Packers made their presence known early on Sunday, using a balanced combination of passing and the running game to march down the field in increments of 10 to 15 yards. While a tackle behind the line of scrimmage by Jadaveon Clowney on Packers running back Aaron Jones finally slowed down their onslaught, the Packers answered with a 20-yard touchdown pass to Davante Adams on third down to give them the lead early in the opening minutes of the first quarter.

Seattle's first possession of the game began disastrously, with a pass to Jacob Hollister that he immediately fumbled as he hit the ground. Although it was deemed there was no clear recovery by Green Bay's defense, it ultimately set the tone for what would end up being a lackluster first half for the Seahawks. Seattle would end their drive by punting the ball, pinning the Packers deep within their own territory and making a defensive stop to force a quick 3-and-out.

While Seattle eventually ended up scoring a field goal to cut the lead to 4, Aaron Rodgers continued where he had left off, completing mostly uncontested passes to his leading wide receiver Davante Adams, who was able to gain separation against Seattle's secondary. After a pass interference call against Seattle cornerback Shaquill Griffin allowed Green Bay to set up first and goal, the Packers capitalized on the opportunity with a touchdown run by Aaron Jones, increasing their lead 21-3.

In a second half that at times was eerily reminiscent of the 2014 NFC championship game, Russell Wilson and the rest of the offense stepped up to dig themselves out of a 21 point deficit with key stops by Seattle's defense to help keep the game from growing out of hand.

Russell Wilson ended the game with 277 yards and a touchdown to Tyler Lockett, while Marshawn Lynch stepped up to become the team's leading scorer for one last game, bulldozing into the endzone from the goal



line on two separate occasions to help cut into Packer leads.

While Seattle ended up falling short in the 28-23 loss, the 2019 season was one of great promise for a young team still finding its identity.

Rookie receiver D.K Metcalf ended the regular season with 900 yards and 7 touchdown catches, while breaking the record for the most receiving yards in a rookie playoff debut.

Fifth-year player Tyer Lockett recorded his first 1000-yard season, with 1057 total yards and 8 touchdowns. Russell Wilson received his

first All-Pro honors of his career after throwing for 4,110 yards, 31 touchdowns, and only 5 interceptions.

To reach 11-5 in a season riddled with players on the IR was a solid accomplishment, perhaps indicative of a team that is close to competing in Super Bowls.

With a projected 12 picks in the upcoming 2020 NFL Draft, the Seahawks will be in prime position to add to their existing playoff-caliber roster, a team that could possibly bring another Lombardi Trophy to the city of Seattle in the next couple of seasons.



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Student Ambassadors Make Community Connections To Keep “The Viking Promise”

As the District rolls-out “The Viking Promise,” its strategic priorities for the next five years, a team of student ambassadors are working to make community connections to ensure the promise is kept.

Developed last summer following a multi-month collaboration process, The Viking Promise is designed to meet the needs of the whole child and will serve as a “blueprint” to guide the District’s planning, work and focus. It reflects input from the Selah School community on what it sees as the most essential educational priorities.

The mission of the student team known as Viking Promise Ambassadors, comprised of fifth through tenth graders, is to deepen community



The Viking Promise – Student Ambassadors recently visited Tree Top to learn about the importance of education among its employees.

connections through site visits to local businesses and organizations. The goal of the

student contingent and District officials is to create open dialogue with Selah business

leaders to learn the traits and skills they expect from Selah High School graduates, and how that information can be used to ultimately achieve The Viking Promise.

The idea of an ambassador team originated from Selah Middle School leadership teacher and District Culture Coordinator, Susie Bennett. Knowing community partnerships are valuable to the educational process, as Bennett brainstormed ways to connect with local businesses and organizations. She came up with the idea of a reverse Viking Way Tour, a concept the District initiated two years ago. Originally the Viking Tours invited community leaders into each school to get a hands-on perspective of education. This time, Bennett wanted to direct students to visit businesses to learn what skills employers look for and what expectations they have for successful students and employees.

So far this school year the ambassador team has visited the Selah Chamber of Commerce and Tree Top. During the Tree Top visit, students toured the facility and collaborated with a panel of employees representing a cross-section of career paths who described their various work responsibilities, and educational requirements.



A Winter Weather Watch




Where to Look for Selah School District Inclement Weather Operating Decisions


When Ole’ Man Winter pays his annual visit to Central Washington, there are often early morning operating decisions that must be made in local school districts. In Selah, student and staff safety is the top priority and many factors are considered in the operating process, where decisions are primarily based on Selah’s specific weather, road conditions and forecast.

IF the Selah School District alters its regular operation schedule with a delay or cancelation, look for a post on these seven platforms:


- 1




DISTRICT and SCHOOL WEBSITES
www.selahschools.org
- 2






DISTRICT and SCHOOL FACEBOOK PAGES
www.facebook.com/Selah-School-District-203485209718519
- 3




DISTRICT TWITTER
www.twitter.com/The_VikingWay
- 4




SSD MOBILE APP
Download in the:  
- 5



WEATHER HOTLINE
Call the Weather Hotline at **698-8080**
- 6



TEXT MESSAGE
To the cell number listed in parent records.
- 7



LOCAL NEWS MEDIA
Local television and radio stations and Yakima Herald Online

Where to Tune In...	
Tune into these local stations if you suspect school delays or cancellations:	
KIMA TV	Channel 29/6
KAPP TV	Channel 35/2
KNDO TV	Channel 23/4
KDBL	92.9 FM
KATS	94.5 FM
KQMY	99.3 FM
HOT FM	99.7 FM
Oldies FM	100.9 FM
KXDD	104.1 FM
BOB FM	105.7 FM
KFFM	107.3 FM
KIT	1280 AM
KUTI	1460 AM

Two-Hour Delay Start Times	
Selah High School	9:40 a.m.
Selah Academy/BPL	9:40 a.m.
Selah Middle School	9:45 a.m.
Selah Intermediate	10:30 a.m.
Early Learning Center	Varies
John Campbell	10:40 a.m.

In the rare event the District has a three-hour delay, start times begin three hours after the normal bell schedule.

Other Information...

School bus snow routes can be found at www.selahschools.org/Page/87.

During the winter, make sure to dress your student in appropriate clothing including, coats, boots, hats and gloves.

Be prepared for winter driving and allow extra time to travel to your destination.



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Selah School District operating decisions are made by 5:30 a.m.

“Big Picture Learning” Students Take On Internships, Get Real World Experience

In the big picture, It’s all about the kids. That’s what teacher Brad Smith relates when describing the Big Picture Learning Program at Selah Academy.

In its inaugural year, Big Picture Learning (BPL) is a hands-on, innovative educational program, where the mission is to put students at the center of their own learning through obtaining work experience.

As part of the curriculum, students perform as interns under the guidance of mentors and are not assessed solely on standardized educational requirements, but evaluated on achievement of "real world" vocational standards.

Last year, District officials and Academy Principal, Joe Coscarart, researched BPL, a system that includes over 65 schools in the United States. The decision was made to launch the program in Selah to meet specific needs for certain learners. Research shows every student has different learning styles, and education often loses students when their needs are not met and learning is not relevant to them.

This year, 19 students are enrolled in Selah's Big Picture Program. They are part of a small learning community supported by Smith, teacher, Reggie Hull, and counselor, Jennifer Sarett. The trio of educators work with students as they investigate career interests, and develop personalized learning plans.

As career interests are identified Smith, Hull, and Sarett, help arrange job shadow opportunities and internships. So far, students have established relationships with engineers, mechanics, a newspaper publisher, the Selah Downtown Association, and the District’s pre-school program, to name a few.

Once signed on as interns, students gain insight into the working world by participating in “Leaving to Learn” excursions. To date, students have visited



Big Picture Learning Students meet as a “small learning community” to discuss “real world” employment opportunities. At right, BPL students tour Matson Fruit.

Tree Top, Monson Fruit, Matson Fruit and met with other local employers.

During these outings, students receive a “real” look at work environments. At Monson Fruit students visited the packing lines, and at Matson Fruit saw the robotics storage facility. Learning has also extended to resume building with the District's Human Resources Office.

Additionally, each student in the program has a First Aid Card and food handler's permit.

Complementing their field work, students spend class time acquiring English, math and science competencies specific to their specific learning plan, as well as enhancing their knowledge for state assessments. Students must also meet extra criteria, including community service, completing a project outside of school, and participating in



end-of-term exhibitions. In a unique setting where learning extends beyond a desk, students have benefited from the Big Picture environment.

As Selah Academy nears the mid-way mark in its first year of the Big Picture Program, Smith said the concept works because students have ownership in their education and see it as being authentic, with real world relevance.

"Sitting in a classroom all day isn't for everyone," Smith said. "Everyone knows that eventually they are going to work to support themselves. This environment allows students to learn the skills of a profession that interests them, challenges them to grow, and prepares them for success in the real world."

SOLUTIONS TO PUZZLE PAGE

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JOURNAL

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Selah Educator Kathy Lambert Retired From District Board Of Directors



After a tenure of more than 40 years of service in the Selah School District, including the past 12 as a Director, Selah educator Kathy Lambert has retired from her board position.

During Lambert's tenure with the Board she also served as the district's Legislative Representative. A former elementary teacher with Selah Schools, she retired in 2007 after 33 years in the classroom.

Students and education have always been a priority of Lambert.

Selah Superintendent, Shane Backlund, said Lambert's service and commitment to Selah Schools is admired throughout the district.

"I want to thank Kathy for her service to Selah Schools and for her work as a member of the Board," said Backlund. "Kathy's commitment to student learning has always been her priority. Her passion for students and her hard work to ensure they succeed and experience quality educational opportunities is admired and respected."

Lambert began her tenure with the Selah School Board in 2007, and December 12th marked the last meeting she would serve as a member after she elected not to run for her seat last fall.

HOW PLAY CAN BUILD A STEM MINDSET

1. Get messy. Your kitchen is the perfect setting for an epic science experiment, be it bubbling slime, erupting volcanoes or fireproof balloons. Virtually everything you might need for a homemade science day is likely lurking in your cupboards. Find the ingredients for a fun color experiment that teaches chemical reactions in your kitchen. Use recycled materials and tea bags to make your own rocket. A quick Google search will yield hundreds of easy-to-do science experiments at home. Plus, there's the added life lesson on cleaning up!

2. Take a hike! A hike in nature or even a walk in your own neighborhood can be a great way to observe the world around you. Put together a scavenger hunt to inspire your child to notice animals, trees, tracks, acorns and more. Hypothesize which animals might live in the trees and what they eat. Count the bunnies. While building observation skills (key for any scientist), watch your child light up as he/she is inspired by a wonder of nature.

4. Brake for screen time. The struggle with screen time is real but made easier when you find shows that are equal parts smart and entertaining. There are so many great STEM options on YouTube like SciShow Kids for the younger kids or Because Science for the tween/teen crowd. After a few episodes, you might even find yourself explaining the physics of Thor's hammer or what's inside a camel's hump during the next dinner party.

5. Ask questions. When you hear your child exclaim "I didn't know you could do that!" or better yet, "Did you know?" you can rest assured that in between playful moments, you're also growing a scientist. At the heart of open-ended play and collaboration, parents can inspire a growth mindset nurtured by asking lots of "why" and "how come" questions.

Most experts agree that kids need more play - more unscheduled time to imagine the possibilities and think about the "why" of things. You can turn any playful moment into a STEM-inspired mindset for your child. So get out there, have fun with your kids and inspire their curious side. It's easier than you think to find little moments to inspire your future scientist, programmer or engineer through everyday play.

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