

# SUNNYSIDE WEATHER

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TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
<b>98</b> High <b>63</b> Low	<b>97</b> High <b>67</b> Low	<b>87</b> High <b>58</b> Low	<b>85</b> High <b>64</b> Low	<b>85</b> High <b>55</b> Low	<b>86</b> High <b>59</b> Low	<b>88</b> High <b>63</b> Low
Partly sunny and hot	Hot with times of clouds and sun	Not as hot; breezy in the p.m.	Partly sunny and pleasant	Partly sunny, a shower possible	Pleasant with some sun	Abundant sunshine
UV INDEX: <b>8</b>	UV INDEX: <b>8</b>	UV INDEX: <b>7</b>	UV INDEX: <b>8</b>	UV INDEX: <b>4</b>	UV INDEX: <b>7</b>	UV INDEX: <b>7</b>

The higher the AccuWeather.com UV Index™ number, the greater the need for eye and skin protection. 0-2 Low; 3-5 Moderate; 6-7 High; 8-10 Very High; 11+ Extreme. Shown are the highest values for each day.

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## BRIEFLY

### Fall sports registration now open

Registration for fall sports is now open to seventh and eighth grade students at Harrison Middle School. Students need to have a current physical exam on file at the middle school to participate in the athletics program. Another requirement is to create an ID with www.familyid.com, if they do not already have one.

## ALEX

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wrote, "As a family man, he's devoted and as a friend he's easy going and fun to be around." In another letter, Eric Gonzalez of Kennewick stated, "As I came to know this exceptional man, I also began to realize that there are still good people in this world." A celebration of life for friends and family is being planned for a future time and date.

## POLICE

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"Any law enforcement agency in possession of military equipment must return the equipment to the federal agency from which it was acquired, if applicable, or destroy the equipment by December 31, 2022."  
"We have some fully automatic weapons that were given to us by the military that would have to be returned," Escalera added.  
If any of the house bill laws are broken, officers face decertification, which could come with major consequences.  
To help prepare for the changes, the Police Department has been training officers to help differ from their past habits of reasonable suspicion to probable cause.  
"There are some things that are just not going to be a problem. There are some things that are going to be difficult in making the adjustment from," Escalera said.  
Since the bill has passed, one officer has resigned, leaving 29 total police officers on the force.

## Grandview's Wreaths Across America named a top fundraiser

GRANDVIEW — Grandview American Legion officials were recently surprised to learn their Wreaths Across America program has been named as a top fundraiser in Washington State. The Wreaths Across America Headquarters Office is acknowledging Sponsor Groups and highlighting how these groups give back to local communities. Sally Van Horn, Grandview's coordinator for the annual program each December, recently learned of the designation. "The local Legion Post has been involved with Wreaths Across America in Grandview since our effort started in 2011. We have been extraordinarily blessed to have a strong community response to this program," said Van Horn, who is a retired Navy Commander and a member of the American Legion in Grandview. "This has allowed us to support a wide array of local, regional and national programs supporting veterans, military and youth." A portion of the sale of each wreath is returned to Sponsor Groups to support various programs and charities. With the funds received, the Post has supported up to 25 different



Sunnyside Sun file photo

VETS SERVE VETS — Dusty Santee of Legion Riders Post 130 from Zillah, positions the living evergreen wreath with the red bow on top during the Wreaths Across America Day at Grandview Cemetery on Saturday, Dec. 19, 2020.

programs each year. Locally, funds are donated to support youth programs, including schools and Scouts, the Extra Mile Center, Life Options Aware and the Grandview Community Center. Regional programs include the Yakima Valley Veterans Coalition, USO Northwest and Gold Star Mothers of Washington. National programs include a variety of Legion charities.

"We're a small Post with a big footprint. We have great Legionnaires and a wonderful community supporting us," Van Horn noted. "We cover each of the 524 veteran graves in Grandview, as well as provide wreaths for designated veteran graves in Sunnyside, Mabton, Prosser, Bickleton and Patterson. That is impressive for a small rural town," Van Horn added.

## Kindergarten Round Up begins next week

■ TREVOR BRADFORD  
Reporter

The Sun Valley Elementary School is hosting its first kindergarten round up for incoming students next week. The event will be held from Monday, August 9, until Thursday, August 12 at the elementary school. Hours of operation are from 8:30 a.m. to 11 a.m. The round up is only intended for students who have registered for this school year and submitted

all documents needed for registration. The documents needed include a birth certificate, proof of address, and immunization records of the attending student/s. Jeri Paulakis, the principal at Sun Valley elementary stated, "Sun Valley encourages parents to complete registration as soon as possible for student placement." At the event, students and parents will be able to play games, meet teachers

and fellow students, and get a firsthand experience in a classroom environment. "It's a time to start building relationships and introducing the children to a kindergarten classroom," Paulakis said. If you have any questions concerning the event, please contact the Sun Valley Elementary School office at 509-836-7520. Hours of operation are 7:30 a.m. to 4 p.m.

## Creating power habits

Not only are habits important, but they also grow stronger and stronger over time and become more and more automatic. So, make sure you have the right ones. "Power habits" are powerful because they create positive neurological cravings. A certain behavior is rewarded by the release of "pleasure" chemicals in the brain. Power habits consist of three elements: a cue, a routine, and a reward. Understanding these components can help in understanding how to change bad habits or form good ones. The habit loop is always started with a cue – a trigger that transfers the brain into a mode that automatically determines which habit to use. The cue can be a workday morning – waking up and getting out of bed to your alarm first time it goes off will be the cue, making your bed will be the trigger, and then transfers you into your routine. Start building these simple yet essential habits for a happier and more productive life:

- Create a morning ritual. Including these 4 important tasks: make your bed, journal, meditate, and exercise.
- Follow the 80/20 rule regarding nutrition.
- Read, read, read.
- Learn to single-task and execute each task one



Wellness Wednesday  
Brittany Byma

by one.

- Appreciate more.
- Surround yourself with positive people.
- Make time for self-care.
- Master the art of listening.
- Affirmations which include saying, writing, and believing positive statements. Examples such as: "I believe in my dreams," "I am doing my best every day," "I love myself for who I am," "I am in charge of my own happiness," "I accept 100% responsibility for my own life," "The best is yet to come," and "I am grateful for every day."

Think of your life as a business – you're the boss, and bosses don't call in! It may keep you accountable when it comes to these things. Investing in yourself is one of the most important things you can do, and the most important tasks like these are free!

■ Brittany Byma is a Licensed Massage Therapist, Certified Personal Trainer, and Wellness Coach. Brittany can be reached at 509-830-7326.

## Need a massage? Call for an appointment today!

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600 S. Sixth St., P.O. Box 878  
Sunnyside, WA 98944  
NEWS/ADVERTISING: 509-837-4500  
CIRCULATION: 509-837-3701  
FAX: 509-837-6397  
NEWS: News@sunnysidesun.com  
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