

SUNNYSIDE WEATHER

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TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
38 High 31 Low	47 High 29 Low	45 High 25 Low	40 High 24 Low	37 High 30 Low	38 High 26 Low	39 High 24 Low
Low clouds	A couple of morning showers	Mostly sunny	Mostly sunny	Cloudy	Clouds giving way to some sun	Plenty of sun
UV INDEX: 1	UV INDEX: 1	UV INDEX: 2	UV INDEX: 2	UV INDEX: 1	UV INDEX: 2	UV INDEX: 2

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BRIEFLY

Testing helps minimize spread of infection

COVID-19 testing is one of the many public health recommendations that is crucial in helping minimize the spread of COVID-19. In Sunnyside, the COVID-19 case count went up by 4.6 percent in recent data released by the Yakima Health District. The data is based from Dec. 24, 2021 to Jan. 7, 2022. Testing is available at the Community Center, 1521 S. 1st Street, Sunday through Thursday from 9 a.m. to 3 p.m. and Tuesdays from noon to 6 p.m. Community-based testing sites are available to the community, at no cost.

Larissa Leon to be special guest at United Way fundraiser

Sunnyside High School student and National winner of the "STUCK at PROM" Duct Tape scholarship contest Larissa Leon will be the special guest at the "Prom Thru the Ages" United Way fundraiser Friday, Feb. 11. This inaugural event helps support United Ways mission to end intergenerational poverty. The event includes a dinner, dance, and auction. The Prom starts at 6 p.m. at the Yakima Convention Center. Tickets are available at [www.uwcw.org](http://www.uwcw.org) for those 18 years old or older.

SUNNYSIDE SUN

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Tea remedies that are game changers

Everyone has heard that tea is good for flu season and so on, but did you know certain teas may help many more conditions? Studies have found that some teas may help with cancer, heart disease, and diabetes, encourage weight loss, lower cholesterol, and bring about mental alertness. Tea also appears to have antimicrobial qualities.

Tea also contains polyphenols, which are a type of antioxidant. These help to protect cells in your body from damage and even promote healing at a cellular level. Antioxidants may lower your odds of getting heart or blood vessel diseases.

Numerous studies have shown that a variety of teas may boost your immune system, fight off inflammation, and even ward off cancer and heart disease. While some brews provide more health advantages than others, there's plenty of evidence that regularly drinking tea can have a lasting impact on your wellness.

Steeping and brewing tea



Wellness Wednesday

Brittany Byma

are the key parts of the same process - making tea. On the other hand, steeping tea is the process that is more involved. Brewing the best tasting cup of tea includes carefully steeping tea bags or loose tea leaves in heated water.

From green tea to hibiscus, from white tea to chamomile, teas are chock full of flavonoids and other healthy goodies. Technically green tea is not an herbal tea since it is made with tea leaves. It just has a different process than standard teas.

Oolong tea is a traditional Chinese tea variety that's made from the same plant used to make green and black teas. The difference is how the tea is processed.

10 Healthy Herbal Teas You Should Try

• Chamomile Tea: May improve sleep quality, digestive health, proper digestion, protect against certain types of cancer, and improves heart health.

• Peppermint Tea: A popular herbal tea that is naturally calorie- and caffeine-free. Some research has suggested that the oils in peppermint may have a number of other health benefits, such as fresher breath, better digestion, and reduced pain from headaches. Peppermint tea also has antibacterial properties.

• Ginger Tea: A person can drink ginger tea as a complementary remedy for nausea, digestive issues, and symptoms of the common cold. Ginger tea may also help people with arthritis due to its anti-inflammatory properties.

• Hibiscus Tea: It can help boost your immune system and may help to prevent cell damage caused by free radicals in the body. This can reduce your risk of developing many significant health complications such as heart disease, diabetes, and cancer.

• Echinacea Tea: Echinacea tea is an extremely popular remedy that's said to prevent and shorten the common cold. Evidence has shown that echinacea may help boost the immune system, which could help the body fight off viruses or infections.

• Rooibos Tea: The main nutritional benefit of rooibos tea lies in its rich antioxidant content and it being a source of some unique polyphenols, including aspalathin. These protective plant compounds may help protect against the free radical damage that leads to conditions like diabetes, heart disease and potentially cancer.

• Sage Tea: sage tea has anti-inflammatory and antioxidant compounds, promotes healthy skin and wound healing. Promotes oral health, may have anticancer properties, improves blood sugar control, promotes brain health and improve mood, supports

women's health and helps heal after miscarriage, boosts heart health.

• Lemon Balm Tea: Reduces stress and anxiety. The calming effect of lemon balm tea can help lower stress levels after even the toughest days. Improves sleep and insomnia, supports brain health, alleviates digestive issues, treats infections, prevents heart disease.

• Turmeric: Curcumin in turmeric has antioxidant and anti-inflammatory effects which can be beneficial for supporting lung function. One of the most popular applications of turmeric tea is in the treatment of arthritis pain. Curcumin provides powerful anti-inflammatory properties.

Happy tea drinking!

■ **Brittany Byma** is a Licensed Massage Therapist, Certified Personal Trainer, and Wellness Coach.

Yakama Nation to receive \$1.7M COVID relief grant

YAKAMA NATION — The U.S. Department of Housing and Urban Development (HUD) announced on Tuesday, Jan. 18 the awarding of more than \$83 million in Indian Community Block Grant-Rescue Plan (ICDBG-ARP) grants to 74 Tribal communities to prevent, prepare for, and respond to the COVID-19 pandemic, including \$1,725,000 to the Confederated Tribes and Bands of the Yakama Nation.

These funds to Tribes will help protect the health and safety of their communities, particularly low- and moderate-income individuals and families, by expanding access to safe housing, a

suitable living environment, and economic opportunities.

The Confederated Tribes and Bands of the Yakama Nation will use their grant to construct nine modular homes, which will help alleviate the housing shortage and serve as a temporary shelter for families impacted by COVID-19.

"It is imperative that we continue providing Tribal communities with resources needed to protect the health and safety of their communities," said HUD Deputy Secretary Adrienne Todman. "With the funding HUD is awarding today, we remain diligent in continuing our mission to ensure that every person

has the security of a healthy home and community. HUD will continue to strengthen partnerships with Tribal communities to ensure that all communities receive equitable relief."

Tuesday's announcement follows HUD's previous awards of \$74 million in ICDBG-ARP grants to 68 Tribal communities in November and \$52 million in ICDBG-ARP grants to 49 Tribal communities in December. The American Rescue Plan included a total of \$280 million for the Indian Community Development Block Grant program; HUD will announce additional ICDBG-ARP awards on a rolling basis.



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35 High 24 Low	35 High 19 Low	33 High 21 Low	35 High 21 Low	40 High 27 Low	42 High 23 Low	39 High 23 Low
Freezing fog this morning	Freezing fog in the morning	Freezing fog in the morning	Freezing fog in the morning	Cloudy, showers of rain and snow	A bit of ice possible in the a.m.	Snow possible; ice at night
UV INDEX: 2	UV INDEX: 2	UV INDEX: 2	UV INDEX: 2	UV INDEX: 1	UV INDEX: 2	UV INDEX: 1

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Rhonda Wellner receives master's degree

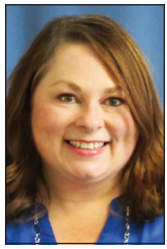
Astria Health announced that Director of Quality, Rhonda Wellner, recently received her Master of Science in Nursing Leadership and Management degree, as well as the Certified Professional in Healthcare Quality designation.

"This is an incredible achievement and we're really proud of Ms. Wellner for her dedication, diligence and drive," said Brian Gibbons, President and

Chief Executive Officer of Astria Health and Astria Sunnyside Hospital. "Both of these achievements distinguish her skillset and showcase her knowledge of healthcare quality practices and competencies, as well as, in nursing."

Wellner joined Astria Health in June 2005 as a Nurse Tech II while working toward her Bachelor of Nursing degree from Washington State University.

In 2012, she began serving



Rhonda Wellner

in Quality leadership and is currently serving as the Astria Health System Director of Quality. In

this role, she is responsible for the administrative development and management of programs and activities related to quality, risk, and infection prevention.

"I'm proud I was able to persevere while working full-time during the COVID-19 pandemic," Wellner said. "Looking back, I'm glad I registered for classes in December 2019 and started January 1, 2020, before knowing what we would endure with the SARS CoV-2019 virus."

"Nursing was a calling," Wellner said. "Becoming a nurse was a way I could give to others the amazing healthcare I received."

Employment test for marijuana use questioned

■ BROOKLYNN HILLEMANN  
Washington State Journal

Washington marijuana users won't face losing their job over a positive drug test if a proposal under consideration in the state Legislature wins approval.

SB 5517 would update the Washington law that currently allows employers to turn-away job applicants and fire employees for testing positive for marijuana use in drug screenings.

Prime sponsor of the bill, Sen. Karen Keiser, D-Des Moines, said current employment laws must be reformed to accommodate recreational legalization of the drug.

"The war on drugs has had a really negative impact on so many communities," she said. "Part of that has been almost universal approaches to drug testing."

Keiser's bill had a public hearing on Jan. 19 before the Senate Committee of Labor, Commerce & Tribal Affairs, with attendees voicing a mix of opposition and support.

Initiative 502 legalized the recreational use of marijuana for Washington adults in 2012, making Washington one of the first states to do so. However,

the state has maintained employers are allowed to base employment decisions on the results of screening tests.

Certain exceptions outlined in the bill will allow employers to retain the right to screen if they create 'drug-free workplaces.' Such workplaces must have written policies, educate employees and train supervisors on the business' drug-use tolerance. In addition, federal employees will still be subject to testing due to inconsistencies at the state and national level for legalization of the drug.

Proponents of the bill argue the change in policy is needed because drug screenings

measure exposure to the drug rather than impairment.

"If we can come up with a good way to measure impairment, that's one thing, but these sorts of pre-employment screenings are about controlling behavior when we're not at work," Micah Sherman, representative for Washington Sun and Craft Growers Association, said.

According to the CDC, urine tests can detect marijuana in the system for about 3-30 days after use. Hair tests are the most sensitive, detecting THC for up to 90 days after use.

"[Tests] only measure whether you've had exposure

to marijuana or cannabis in the last couple of weeks," Keiser said. "It does not connect directly to on-the-job performance."

Opponents of the bill argue weakening drug-screening regulations will lead to more workplace accidents, with liability falling on employers.

"We'd say until a better test is available, we should err on the side of safety, particularly in high-hazard industries of construction, agriculture, and others," said Tom Kwieciak, representing Building Industry Association of Washington.

■ The Washington State Journal is a non-profit news website operated by the WNPA Foundation.

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## SPORTS RECAP

### Knights, 'Hounds basketball teams win

#### Grandview

The Grandview High School girls varsity basketball team beat East Valley High School 57-42 on Tuesday, Jan. 25.

Natalee Trevino led all scorers with 23. She was 5-10 from 3 point range.

The Lady Hounds jumped out to an early lead and held on for their second straight league win.

The boys basketball team also won their game against the Red Devils, 59-51.

The Grandview girls basketball team went on to beat Ephrata High School, 71-43, on Thursday, Jan. 27.

On Jan. 27, the Grandview boys varsity basketball team won their home conference game against Ephrata by a score of 66-44.

#### Sunnyside Christian

Sunnyside Christian High School Lady Knights won their basketball game versus Moses Lake Christian with a final score of 37-34, on Tuesday, Jan. 25.

The Lady Knights also won their game against Touchet by a score of 64-21, Wednesday, Jan. 26.

Taylor Andringa was the top scorer for both games with 21 and 14 points, respectfully.

### Grizzly wrestling triumphs over Wenatchee

#### Sunnyside

Sunnyside High School wrestling team defeated Wenatchee, Jan. 27. The Grizzlies ended up with 55 points total, while Wenatchee garnered 22.

#### Meet Results:

Sunnyside (SUNNM) 55.0 Wenatchee (WENAM) 22.0  
 152: Trenton Miller (WENAM) over Carmelo Reyes (SUNNM) (MD 14-6) 160: Leonardo Avalos (SUNNM) over (WENAM) (M. For.) 170: Tyler Schuyleman (WENAM) over John Rendon (SUNNM) (Fall 3:56) 182: Jeydian Salazar (SUNNM) over Aspen Tschritter (WENAM) (Fall 4:09) 195: Jesus Segovia (WENAM) over Brian Nunez (SUNNM) (Fall 4:00) 220: Evan Berdan (WENAM) over Inacio Valencia (SUNNM) (Fall 3:15) 285: Mateo Armendariz (SUNNM) over (WENAM) (For.) 106: Samuel Valencia (SUNNM) over (WENAM) (For.) 113: Jayden Jasso (SUNNM) over DeAngelo Negrete (WENAM) (MD 14-0) 120: Stephen Maltos (SUNNM) over Leonardo Salgado (WENAM) (Fall 3:03) 126: Miguel Valdez (SUNNM) over Kannon Sanders (WENAM) (Fall 5:19) 132: Samuel Gonzalez (SUNNM) over Toby Hambelton (WENAM) (SV-1 8-6) 138: Alejandro Fernandez (SUNNM) over Luis Mendez (WENAM) (Fall 0:45) 145: EJ Villanueva (SUNNM) over Bryant Witherington (WENAM) (Fall 2:30)

## Grizzlies beat Rams

■ **JOB WISE**  
*General Manager*

Sunnyside High School Boys Varsity Basketball team lost only by three points, 53-56, to Wenatchee, Jan. 26.

They went on to win by three points in the game versus West Valley, Friday, Jan. 28, with the score of 48-45.

Brent Maldonado led the Grizzlies with a total of 20 points. Maldonado made seven rebounds during the game. J'Den Briones and Ricardo Salinas both made six rebounds.

"It was a great team effort vs. West Valley. We played great defense against the States 16th ranked West Valley Rams," said Bruce Siebol, Sunnyside High School Head Boys Basketball Coach.

The Grizzlies lost their game against Davis High School in overtime, 71-69.

Maldonado garnered 36 points during the game versus the Pirates. Seven of those shots were 3-pointers.

"It was a tremendous effort against the States 6th ranked team. I am very proud of our team," said Coach Siebol.

"We had two great games against the Big Nine League's two top teams. We played great defense both nights and competed at a high level on consecutive nights."



Andrew Hamil/Sunnyside Sun  
 Grizzly #21, J'Den Briones goes for a lay up against a Wenatchee defender during the boys basketball game, Jan. 26.

## LADY GRIZ WIN 2 OUT OF 3 GAMES



Andrew Hamil/Sunnyside Sun

Sunnyside High School's Mia Hernandez looks for an opening during the girls basketball game against the West Valley Rams, Friday, Jan. 28. The Lady Grizzlies won 63-40. The girls also defeated the Wenatchee Panthers 71-32, Jan. 26. The girls ended up losing their game against Davis High School, Jan. 29, with the score of 66-37.





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