

# Women In Business 2009



**Randi Becker**, senator representing the Second Legislative District, is focusing on business needs in the Nisqually Valley.

**See story on page 2**

## Ronda's Coffee House

Ronda's Coffee House was established in 2002 by Ronda Schaffner. With the help of family and friends, Ronda's quickly became a favorite in Yelm. Now, daughters Sarah and Jolynn own the business and take pride in operating it with the same fast, friendly service Ronda offered the community years ago. We'd like to thank all of our loyal customers for their continued support and for voting us Best of Nisqually in 2005, 2007 and 2008.

**702 Yelm Ave. W. • Yelm, WA**  
**360-400-3322**



L-R, back: Missy, Jolynn, Brandi, Jenny, Denise; front: BreLena, Sarah, Britnee



## Sallie A. Stewart

Sallie Stewart of Envoy Mortgage Bank has been in the lending business for 15 years, with 4-1/2 in real estate previously. She has always loved helping people and has a great understanding for business and numbers. Sallie also has great respect for people who work hard and earn every dollar in their wallet. That is why Sallie makes it her priority to keep as much money in her customers' pockets as possible. Sallie attributes much of her success to the mentorship of her grandfather and the wisdom of author Og Mandino. Sallie advises anyone in business to serve other people's needs to the best of their ability. If you do this, she believes you will be rewarded for it in the long run.

**4160 6th Ave. S.E. Ste 207 • Lacey, WA**  
**cell 253-468-1101 • 360-455-1200 • [www.envoymtg.com](http://www.envoymtg.com)**



Sallie Stewart



## Tenino Denture Center

Great looking teeth and a great smile are important, and nobody knows that more than MaeNell Sullivan, DPD at Tenino Denture Center. "I specialize in recreating the natural character of your smile with dentures, partials, immediate dentures and flippers. I also have an in-house lab for same-day relines and repairs." The majority of the work at Tenino Denture Center is done in-house, meaning there's no 'middle man.' MaeNell Sullivan is who the patient sees, from start to finish. "The patient is receiving a personable, professional, caring denturist who is providing them with quality dentures at an affordable price with first-hand experience." MaeNell is now providing implant supported dentures for optimum comfort and stability. Visit MaeNell Sullivan today. It will leave you with a smile.

**296 Sussex Ave. W. • Tenino, WA**  
**360-264-5500**



MaeNell Sullivan

**Tenino Denture  
Center**

## Tenino Physical Therapy

Daniel Coleman, owner of Tenino Physical Therapy, says he couldn't run his business without office manager Aileen Zimmerman. Aileen took a big risk 11 years ago and decided to switch professions. Daniel was willing to take a chance on Aileen and hired her as his office manager; Aileen has been there ever since. Aileen loves helping people. She praises the talents of Dan. Especially a method of therapy he uses called Strain/Counter Strain, which works wonders for patients when nothing else has worked. Aileen's mentor was her grandmother who taught her how to have strength along with tenderness. She advises women to be strong and positive out in today's job market. She believes if you want to make a career change, like she did 11 years ago, you should go for it if it feels right.

**397 E. Sussex Ave. • Tenino, WA  
360-264-6622**



**TENINO PHYSICAL THERAPY**

## Today's Dental Center

As one of the two talented doctors at Today's Dental Center, Sarah Sherman is proud to own a business in Yelm. With two children and a busy dental practice, Dr. Sherman is fast becoming a recognizable member of our community. As the practice continues to grow, they realize how much they appreciate the wonderful patients that come to their office.

They work hard to create a friendly environment in which their patients can bring their families for years to come. Their staff members follow the lead of Dr. Sarah Sherman and provide all patients in their practice with an extraordinary customer service experience. Whether they are seeing a child for their first visit or treating an emergency patient, the warm environment all the women on the staff help to create will help ease any anxiety. Today's Dental Center hopes to create patients for life.



**Dr. Sarah Sherman**



L-R, back: Lisa, Shanna, Melissa, Dr. Sarah, Dr. Judd, Kristen, Sonya; front: Dani, Selene, Jasmine, Kelsy, Frankie

**502 Yelm Ave. W. • Yelm, WA  
360-458-1976**



# Meet Yelm's friendliest bankers!



Kelli, Allison, Barb, Mercy, Ashley, Theresa, Amy, Kelsey

We are proud to salute these important women in business. They serve you with the solid financial decisions that have made Timberland Bank safe, secure and trusted since 1915.



**360.458.2221**



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Full service *community* banking.

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# TwinStar Credit Union



Rebecca, Kathleen, Janna, Jami, Laine, Sandi, Stacey, Amanda, Bonnie, Kris

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**360.357.9917**  
[www.TwinStarCU.com](http://www.TwinStarCU.com)

**Yelm Branch**  
**1105 Yelm Ave. W.**  
**Yelm, WA**

TwinStar Credit Union is proud to support "Women in Business."

Voted Best Bank/Credit Union for the past seven consecutive years, TwinStar Credit Union takes pride in their unparalleled member service. TwinStar offers a wide range of financial services including home loans, retirement planning, business and personal checking accounts, consumer loans and much, much more. If you work, reside, worship or attend school in the state of Washington you are eligible to become a member of TwinStar Credit Union.

Along with convenient hours, TwinStar offers two locations in Yelm. The Yelm Safeway Branch is open Monday through Friday, 8:30 a.m. to 5:30 p.m. and 9:30 a.m. to 2:30 p.m. on

Saturdays. The branch at 1105 Yelm Avenue is open Monday through Friday, 7:00 a.m. to 5:30 p.m.

Branch managers Sherri Jeske and Kris McCarthy have a combined 40 years of experience in the financial services industry. Both branch managers reside in the Yelm community and are pleased to serve its citizens.



**Safeway Branch**  
**1109 Yelm Ave. E.**  
**Yelm, WA**



Debbie, Sherri, Candace, Melissa

## Walt's Tire Factory

These women who are in my life are a blessing from God. Life is so much more enjoyable having them in my world. Keep the growing going.

Thanks so much ladies! Walt (Dad)

Next to NAPA Auto Parts • Yelm, WA  
360-400-WALT (9258)



Jennifer Franczyk-Palmer, Sherri Franczyk and Melanie Franczyk-Medlock



## Windermere

The building process may seem daunting to some, but having professionals like Linda Roberson and Christy Gerrish on your side can take away the anxiety. As the experts at Windermere Builder Services in Yelm, the sisters have 38 years of combined experience in working with land owners, builders, developers and investors. Linda is a Certified New Home Sales Professional and Christy has an Accredited Homebuyers Designation. "We are people lovers," said Linda and Christy. "There's nothing more rewarding for us than seeing someone get into a home or business for the first time." Place yourself in good hands ... call Linda and Christy.

709 Yelm Ave. E. • Yelm, WA  
360-458-2537 • [www.LindaandChristy.com](http://www.LindaandChristy.com)



Linda Roberson  
360-791-0070

Christy Gerrish  
253-307-0227



## Yelm Glass Company

Family-owned and operated, Yelm Glass has been your choice for expert glass repair and replacements since 1972. Jennifer Sabrowsky, with her brother, Dan Nielsen, are carrying on the family tradition of providing top-level friendly service into the next generation. Yelm Glass provides full auto glass repair and replacement, residential window repair, window conversions featuring Ply-Gem brand premium vinyl windows and doors, and specializes in shower doors, mirrors and screens of all types. Stop by or call today!

16601 Hwy. 507 • Yelm, WA  
360-458-5115



Jennifer Sabrowsky



# Yelm Prairie Dental

The goal at Yelm Prairie Dental is to provide every patient with the knowledge and skill to preserve their smiles for a lifetime. Esthetics are designed and tailored to each individual. Restoring function and health contribute to the longevity of the smile. The friendly and caring professionals at Yelm Prairie Dental provide a comfortable and nurturing environment. Yelm Prairie Dental performs cosmetic dentistry, oral surgery, restorative prosthodontics, oral cancer screening, preventive care and referrals to other health care experts. "I became interested in dentistry at an early age when I visited an orthodontist as a child and fell in love with the care he gave me as a patient," said Dr. Lee Anne Campbell. "I wanted to emulate his concern and the affection he demonstrated. My office staff (all women) and I display a caring attitude and make each patient comfortable. We strive every day to meet my office philosophy of 'Creating Dental Excellence, one smile at a time.' When starting Yelm Prairie Dental, it was a challenge convincing decision-makers that I was prepared to run a small business, provide good service and meet the financial obligations imposed on a loan. I was successful because I knew I could flourish in Yelm and meet the needs of the community. I encourage other women to have big dreams and seek advice from those they trust. Don't give up, and be willing to pursue those dreams."

**202 First St. S. • Yelm, WA**  
**360-458-SMIL(7645) • [YelmPrairieDental.com](http://YelmPrairieDental.com)**



The beautiful ladies of Yelm Prairie Dental  
**YELM PRAIRIE DENTAL**  
**& ASSOCIATES**

# Yelm Family Medicine

While the practice of medicine has traditionally been the province of men, the women of Yelm Family Medicine have proven to be exceptional clinicians as well as astute business people.

Their professionalism has earned them a regional reputation for providing quality care while maintaining humane, personal relationships with their patients.

Because of Yelm Family Medicine's success, they are expanding into a new, two-story medical facility to be built in Yelm in 2010. In partnership with Providence St. Peter's Hospital, they are building a 36,000-square-foot complex that will offer state-of-the-art technology and services. Patients will no longer need to travel out of town as the new Yelm Medical Plaza will be a one-stop shop for all their medical needs.

**202 Cullens St. N.W. • Yelm, WA**  
**360-458-7761 • [yelmfamilymedicine.com](http://yelmfamilymedicine.com)**



Dr. Laura Lindsay, Dr. Cheri Dorhauer,  
 Kathy May, FNP, Dr. Tamara Bunn

These women and their new building will continue to personify "The Pride of the Prairie."



# Jami Alexander

**I'm Jami, I'm #1, I sell more cars and I have more fun!**



09-419920R

My name is Jami Alexander. I moved to Yelm five years ago with my husband Jerry, a retired CW4 from the U.S. Army, son Austin, 8, and daughter Jodi, 11. And of course my two dogs, Lucy and Gizmo. I feel blessed to be part of such a wonderful community.

I was an operations manager for years and decided to take a couple years off to be a stay-at-home mom. Just recently, I decided to go back to work. I chose Baydo Chevrolet because I was a customer for years and I knew they were voted #1 in the Valley for a reason.

I approach sales a lot differently than most. I am very energetic, fun, outgoing and truly believe in making friends for life. I am known for high trade-in values, monthly promotions and superb customer service, not to mention the lowest tax rate in the state.

Mention this ad and I will pay your first car payment on any used car or truck you purchase from me, up to \$300. Give me a call for the details.

**35108 92nd Ave. S. • McKenna, WA  
360-480-5612**





Photo by Megan Hansen/Nisqually Valley News

Randi Becker discusses a survey she's conducting with business owner Narciso Mendez, Tacos Gaby

# New senator big on business

For freshman state Sen. Randi Becker, business in the Second Legislative District could be better.

"I think there are a lot of businesses suffering right now," Becker said.

As a representative for the Nisqually Valley, Becker is focusing on getting to know the people and businesses she represents and learning more about what their needs are.

Business and government go hand in hand since decisions made at the Capital ultimately affect them.

As someone who worked in the administrative field, she knows first hand how rules and regulations can make a business struggle.

Becker said she thinks the state needs to look at unemployment insurance and how those guidelines help or hurt a business.

"We need to take a good look at the rating system," she said.

In the Yelm area, Becker thinks industrial serv-

ices are vital to the business growth in the area.

"There is an industrial park here that's not being utilized," Becker said.

By bringing industrial into Yelm, the area opens and with it brings more jobs.

People are leaving Seattle to find affordable housing here, she said. If the area can bridge the gap between Seattle and Yelm, it could really open up the area.

"The key is to keep people closer to home," Becker said.

Becker is currently conducting her own survey of local businesses on what they want out of the proposed state health care plan.

By learning what business owners want, Becker said she can take her constituents' wants and needs to the floor and represent them accurately.

"I get their take and how they want to be represented," Becker said.

**On the cover: Sen. Randi Becker goes over a business survey with Michelle Jones, owner of Blue Bottle Espresso**

## Community One Financial

Community One Financial is dedicated to providing you with exemplary service. Our purpose is to make the purchase or refinance of your home a smooth one. We offer complete home financing services with a wide variety of programs.

Whether you are purchasing or refinancing, a first-time home buyer or seasoned real estate investor, Community One Financial has just what you need. We take the time to learn about you and your individual needs. We translate that information into the mortgage program that is best suited for you and your family.

I have literally handled the financing needs for hundreds of real estate transactions over my career in mortgage banking and have had the pleasure of developing expert relationships within the real estate industry, resulting in professional and trouble-free closings.

My business is largely built on referrals that come to me because of my knowledge, commitment and dedication to serving my clients. I wish to thank all my clients, business associates, friends and family for their continued support. You are truly the foundation to my continued success!

If you would like to apply online, please visit [www.CommunityOneOnline.com/kimharmon](http://www.CommunityOneOnline.com/kimharmon)

**Kim Harmon, Senior Loan Officer** 510-LO-52527  
360-970-9808 • [Kharmon@CommunityOneOnline.com](mailto:Kharmon@CommunityOneOnline.com)



Kim Harmon

**Community One**  
FINANCIAL™

## Re/Max Realty South

Brandi Rademacher with Re/Max Realty South is the Professional Realtor who other Realtors come to for advice. With the experience of hundreds of successful transactions to her name, she has the knowledge and experience to make even the most difficult transactions appear to her clients as typical.

Brandi has been a Realtor since October, 2004, and has since expanded her expertise by successfully completing her ABR (Accredited Buyers Representative), ASR (Accredited Seller Representative) and CDPE (Certified Distressed Property Expert). These designations mean that Brandi can expertly represent both buyers and sellers. The CDPE designation means Brandi is one of a select few in the state who has trained extensively to understand the options, solutions and effective methods for dealing with homeowners with hardships, short sales and foreclosures.

Brandi has a full team of professionals to serve all her clients' needs in both residential and commercial transactions. She has both listing and closing coordinators, an office manager, financial lender, property inspector and virtual assistant, all of whom provide the client with a "one stop shopping" experience.

"My team and I are responsible for our clients and their needs. They place a huge trust in my team, so I strive diligently for perfection on a daily basis."

**Brandi Rademacher**  
360-894-7368 • [www.servingwa.com](http://www.servingwa.com)



Brandi Rademacher

**RE/MAX**  
Realty South

# Allstate – Ronelle Funk

Ronelle and her licensed sales associates, Jan Yaudas and Amy Brewer, have more than 23 years combined experience in keeping customers in good hands. They love being a part of the Yelm community and creating long-lasting relationships with their customers. Allstate offers full-service insurance programs such as home, auto, motorcycle/boat, renters, business and life insurance. Free financial, retirement and investment planning is also available. Ronelle's office is located in the Prairie Plaza on Creek Street next to the Yelm Post Office. Come by for a free, friendly quote and see how much Ronelle's office can save you on your insurance!



Ronelle Funk

**10501 Creek Street, Suite 3 • Yelm, WA • 360-458-6061**  
**[www.allstate.com/ronellefunk](http://www.allstate.com/ronellefunk) • [ronellefunk@allstate.com](mailto:ronellefunk@allstate.com)**

# Baydo Chevrolet



**Carrie Mucklow**, the face and voice of Baydo Chevrolet. Carrie is the first person you see when you come into the store. She also directs all of our phone traffic; you can always hear the smile through the phone! She is very compassionate with all our customers

and makes everyone feel right at home.



**Austin Rody** is the Finance Manager at our Baydo Auto Outlet Store in Spanaway. She is very responsible and has a very impressive

performance record in getting customers approved and financed no matter the circumstances. She is very dedicated and an amazing team player. Plus, she always greets everyone.

**35108 92nd Ave. S. • McKenna, WA**  
**360-400-2438 • [www.baydo.com](http://www.baydo.com)**



# Blue Bottle Espresso

The Blue Bottle Espresso is an enchanting oasis in the heart of Yelm. This quaint, homey environment provides classic customer service and free WiFi. "The Bottle" proudly serves fresh, healthy foods and organic coffee; all are made-to-order and microwave free! Delectable menus are created especially for brunches and dinner events, and a variety of beer and wine is always available. The Blue Bottle is home to Writer's Night Out, Toastmasters and the Rose-and-Acorn Puppet Theater. On Friday and Saturday nights the Bottle is transformed, featuring live music and gourmet dinners. No need to drive to Seattle or Tacoma – The Bottle is the happening spot! Check out [bluebottlerocks.com](http://bluebottlerocks.com) to see menus and venues, moments, pictures and so much more. Call to book your holiday events now. The Bottle appreciates you and looks forward to serving you in the future. Come in and "Enjoy the Experience!"



Michelle Fry, Michelle Jones

**309 Yelm Ave. E. • Yelm, WA**  
**360-458-4611 • [bluebottlerocks.com](http://bluebottlerocks.com)**



# Bon Jon's Legacy

If you want the deluxe package in beauty essentials, Bon Jon's Legacy is the place to go. From hair and nails to specialty services, such as waxing, lash extensions and paraffin treatments, Bon Jon's has it all. Precision haircuts and nails buffed to perfection refine your look. Sugaring hair removal offers a sweet treat while permanent makeup offers a lasting effect. Each lady at Bon Jon's has her own specialty. Call today to schedule your appointment for a deluxe day of beauty at this full-service salon. Walk-ins are always welcome.

**715 Yelm Ave. E. • Yelm, WA**  
**360-458-3342**



L-R, back: Bonnie, Christy, Nancy, Amber, Traci; front: Sherry, Corrie (not pictured: Raeven, Olivia)

# Country Storage

I came to work at Country Storage in April of 1997. My job is very enjoyable because I get to help people with their storage needs and I like helping people. I feel like many of the long-time tenants have become old friends and I get to see them often. We have the greatest tenants in town and I work with a great team of people. Working here is very rewarding.

**10535 Grove Rd. S.E. • Yelm, WA**  
**360-458-9225**



Jerry Mallory, Manager

**COUNTRY STORAGE**



# Easthaven Villa

At Easthaven Villa, our families love us because we treat their family like our family. We built a reputation for outstanding assisted living and memory care services in Yelm. Our community has everything on one floor, and the design of the apartments, with bay windows and French doors, makes us a wonderful place to live. Our community offers a variety of assisted living apartments with private bathrooms, roll-in showers and kitchenettes. Common areas include our spacious dining room, our residents enjoy movies on our flat-screen TV in our lounge, and they enjoy sitting around our fireplace chatting the day away. We have caring staff 24 hours a day that assist our residents with ambulation, getting dressed, bathing and management of their medications, just to name a few of our services. Please call us to schedule a tour and enjoy a complimentary lunch!

**311 Cullens Rd. N.W. • Yelm, WA**  
**360-458-2800 • www.acaringplace.net**



L-R, back: Dora; middle: Karisa, Brenda, Disa, Annie; front: Lynn, Andrea



## Lisa Franklin

Lisa Franklin is a new John L. Scott agent. Even though Lisa is new to real estate, she brings with her more than 20 years of business experience. Lisa was born and raised in Yelm and enjoys working with the community. Lisa and her staff pride themselves on excellent service, offering property management, full-service Realtors, consulting services for home staging and in-house mortgage lender. Stop in the John L. Scott office and Lisa will be glad to help you with all your real estate needs. Open Monday through Friday 9 a.m. to 6 p.m., Saturday 9 a.m. to 5 p.m. and Sunday 11 a.m. to 3 p.m.

**1202 Yelm Ave. E. Ste C • Yelm, WA**  
**360-458-4200 • [www.johnlscott.com](http://www.johnlscott.com)**



Lisa Franklin



## Terry Kaminski

Terry Kaminski will put you in the home of your dreams. She has 22 years of experience in real estate and knows the Nisqually Valley like no one else. With an additional 10 years of experience as a guest services manager, concierge, VIP coordinator and front office representative in the hospitality and tourism industry in her native town of Toronto, Canada, Terry's experience is not limited to real estate. In Toronto, Canada's biggest tourist destination, Terry dealt with people from all over the world. This gives her a unique set of people skills and a lifelong sales and service orientation. She uses these skills every day and that shows with her being voted "Best Real Estate Agent in the Nisqually Valley" from 2004 to 2008. She is also the first woman to head the City of Yelm Planning Commission. Terry may lead a busy life shaping Yelm by putting new families in homes and her work on the planning commission, but she also finds time for recreation. She enjoys tennis, her German shepherds, calligraphy and playing the piano.

**360-701-2711**



Terry Kaminski



## LawnPros

When it comes to being a woman in business, people are key for LawnPros Landscaping co-owner Cristina Keeslar. Being able to interact with members of the community while beautifying the environment is one of her favorite aspects of the business. Keeslar moved to the area in 1999 from Romania and became involved with her husband's landscaping business. Working together, the couple expanded the business to include specialty landscape installation services. They pride themselves on offering customers quality, consistency and reliability through their services. Cristina's advice to other women going into business is: "Get ready for a roller-coaster ride, but do not give up! Perseverance is the key."

**P.O. Box 741 • Yelm, WA**  
**360-894-6336**



Cristina Keeslar



## Leavitt Orthodontics

There's a good reason you find the brightest — and healthiest — smiles at Leavitt Orthodontics in Yelm. Since January 2000, Dr. Andrew Leavitt and his excellent staff have been providing orthodontics for children, teenagers and adults. These ladies enjoy meeting people and visiting with return patients, all while helping to give them the beautiful smiles they've dreamed of. The reward is seeing the increased self-esteem and confidence that a beautiful smile brings. Visit [www.leavittortho.com](http://www.leavittortho.com) today, or call the office for an evaluation. Come in to check out our monthly theme days!

**718 Yelm Ave. W. • Yelm, WA**  
**360-458-7333 • [www.leavittortho.com](http://www.leavittortho.com)**



Dressed for Halloween are: L-R, back: Kat Leavitt, Danae Leavitt, Jessica Kinsley, Susan DeRenzo, Jenna Taylor; front: Jennifer Wilson, Janet Krasorec

**LEAVITT**  
**ORTHODONTICS**

## Living Well Chiropractic & Massage

Lori M. Uhler, LMT operated her own massage business from 1994 to 2006 in Spanaway. In 2006 she brought her talents to the team of Dr. Wells at Living Well Chiropractic & Massage. Lori specializes in relaxation and injury treatment massage. She discovered massage therapy was her calling when she took a summer course in 1992, and graduated from Ashmead College with a degree in massage therapy in 1993. The assistance of office manager Sandra Isom and office assistant Mariah Warner also make Dr. Wells' office a success. With hundreds of patients to juggle, walk-ins, phone calls to answer, appointments to schedule and stacks of paperwork to get through, these ladies keep the office running smoothly, giving Dr. Wells the opportunity to focus his attention on helping his patients.

**1304 Yelm Ave. E., Suite A109**  
**Yelm, WA • 360-458-7533**



Lori M. Uhler, LMT



Sandra Isom &  
 Mariah Warner



**Living Well Chiropractic**  
**& Massage**

**LORI M. UHLER, LMT**  
**DR. ERIK M. WELLS**

## Mountain Meadow Lavender

Barbara Hulscher, owner of Mountain Meadow Lavender, loves lavender. This love started in 2000 when she visited the Sequim Lavender Festival. Afterward, Barbara planted 60 lavender plants on her 10-acre farm. Nine years later, her garden contained more than 800 plants and evolved into a successful business. This summer, Barbara would like to give back to her community by hosting the first annual Mountain Meadow Lavender Festival. The festival will be held July 9-10 on the farm. The gift shop will feature a new look and be full of new products, such as lavender topiaries, lavender dryer bags and a natural waterless hand sanitizer. Attendees will enjoy U-pick lavender, live music, delicious food, crafting activities, military discounts and local craft vendors. Many children's activities are planned, so bring the whole family. If you own or are involved in a local business that would like to get involved in this community event, please give her a call.

**919 304th St. S. • Roy, WA**  
**253-843-4109 • [mountainmeadowlavender.com](http://mountainmeadowlavender.com)**



Barbara Hulscher, Owner

*Mountain Meadow*  
*Lavender*

# Nisqually Valley News



L-R, back: Rae Maddox, production manager; Kerri Baltzell, advertising representative; Angie Evans, advertising manager; Megan Hansen, assistant editor; front: Kathy Lord, advertising assistant; René Casad, customer service; Janice Graves, customer service; Kelly Stonum, reporter

The women of the *Nisqually Valley News* help to put the “community” in “community newspaper.” In addition to producing an award-winning publication each week, many of the staff are actively involved in local public service organizations, among them the Yelm Lions Club, Yelm Area Chamber of Commerce and organizations devoted to animals.

Whether it’s providing effective advertising, helping place that garage sale ad or reporting local events, the

women of the *Nisqually Valley News* strive to provide the best service possible for readers and advertisers. That’s one reason why the *Nisqually Valley News* is regularly named one of Washington’s top newspapers, winning the Better Newspapers Contest in 2004, 2006 and 2008.

**Nisqually**  
**VALLEY NEWS**

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Since 1922

**118 Prairie Park St. • Yelm, WA**  
**360-458-2681 • 360-458-5741 fax**  
**[www.yelmonline.com](http://www.yelmonline.com)**

## Natural Healthworks

There's a new doctor in town. After 20 years of practice in Lacey and Olympia, Dr. Jennifer Booker, Naturopathic Physician, moved to Tenino. Dr. Booker graduated in 1989 from Bastyr University, an accredited naturopathic medical college in Seattle. In naturopathic medicine the doctor focuses on teaching the patient how to improve and rebuild their health and prevent future illness. The Naturopath teaches health-building lifestyle habits, how to work with herbal medicines, nutrition, vitamins and minerals to solve health problems. Drugs and surgery are the last resort but used when necessary for urgent problems. Dr. Booker is well known in the Olympia, Lacey and Tumwater medical communities and works with many different specialists. Her office accepts many insurance plans, provides discounts for uninsured through Simple Care Plan and is open to new patients. The office is located in Tenino at Dr. Coulson's office building.

**448 Sussex Ave. E. Ste 2 • Tenino, WA**  
**360-264-4567**



Dr. Jennifer L. Booker, N.D.



DR. JENNIFER L. BOOKER, N.D.  
NATURAL HEALTHWORKS

## Katherine Nelson, LMP, NTP

Katherine is a Licensed Massage Practitioner, Nutritional Therapy Practitioner, NESTA Certified Boot Camp Trainer and owner of Resonance Fitness Consulting. She is certified through the American Council on Exercise (ACE) and holds several other certifications relating to therapeutic massage, treatment, fitness and nutrition. She is also certified by the American Red Cross in first aid and CPR. Katherine is the mother of two boys, Tyler and Logan, and understands firsthand the challenges we face juggling family, career, daily activities and outside interests. She enjoys spending time outdoors hiking, snowshoeing, kayaking, backpacking, biking and camping with her friends and family. Katherine believes in working with individuals who want to take an active role in empowering themselves and their families with tools to make health and wellness a part of everyday life. She embraces a whole health model of proper nutrition, exercise, massage and relaxation techniques.

**715 Yelm Ave. E., Ste 5 • Yelm, WA**  
**360-259-3368 • [www.ResonanceFitnessConsulting.com](http://www.ResonanceFitnessConsulting.com)**



Katherine Nelson, LMP, NTP

*Nisqually Valley*  
*Chiropractic Clinic*

## Prairie Hotel

Prairie Hotel opened for business in 1993 with 23 rooms. The hotel was recently expanded to add an additional 44 rooms. The original 23 rooms were also completely remodeled as part of the expansion. The conference rooms are available for business meetings or social events and can accommodate six to 100 people. The conference room also boasts a catering kitchen to make your events run smoothly and efficiently. Prairie Hotel has appreciated your business for 16 years and hopes to be your hotel and meeting or event space for many years to come.

**701 Prairie Park Ln. N.E. • Yelm, WA**  
**360-458-8300 • [www.prairiehotel.com](http://www.prairiehotel.com)**



Kathy Crandall and Leslie Koch

**PRAIRIE**  
HOTEL