



Women In Business²⁰¹⁰

Yelm and Dupont Anytime Fitness owner **Helen Ireland** is taking on yet another roll — Realtor. Ireland talks about what it means to be a woman in business. Page 2

TWINSTAR CREDIT UNION

800.258.3115

360.357.9917

Yelm Branch
1105 Yelm Ave. W.
Yelm, WA



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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
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Left to right: Kelsy Jean, Lisa Fuson, Melissa Day, Frankie French, Selene Norris, Kristen Huntingford, Shanna Torrey, Jasmine Rearden, Brena Romero, Erin Strasheim and Sonya Fisher.

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

502 Yelm Ave. W. • Yelm, WA
360.458.1976



WALT'S TIRE FACTORY

Behind every great business, there's a great woman. In the case of Walt's Tire Factory, there's three — a mother and daughters trio. Sherri has been involved in the business with her husband, Walt Franczyk, for 24 years. Daughter Jennifer has been involved for 13 years, and daughter Melanie for two years. Between them, they are responsible for accounting functions, managing the taxes, ordering parts and service writing. With their help, Walt's has become one of Yelm's most trusted and respected businesses offering tires, wheels, alignments, brakes, tune-ups, preventative maintenance and general automotive repair.

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Jennifer, Sherri & Melanie



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 and commitment to serve Yelm's growing community, they are expanding into a new, two-story medical facility to be opened spring 2011 in Yelm.



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

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

202 Cullens St. N.W. • Yelm, WA
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Jennifer Sabrowsky

Yelm Glass

10-43407/FR

IRELAND: *Gym has 'home, cozy feeling'*

Continued from page 2

"I wanted a place where you could workout, stay healthy and not feel like you had to dress up for it."

With two successful gyms intact, Ireland needed a different project. Not just another way to have income but, more importantly, another way to connect with people and their communities. This is especially important in such a military-heavy population, she said.

"For example, if somebody wants to buy a home in Yelm or DuPont, the hardest thing is to get to know people's names and know your neighbors," Ireland said. "If they join this gym, not only will I find you a home, but after you purchase that home, you're going to get a year's membership to know the community. We want you to feel like part of the community."

Being part of the community has always been key for Ireland and her two gyms. For instance, she recently volunteered at Schilter Family Farm on Nisqually Cutoff Road in support of kids, as well as sponsoring local baseball teams. Ireland also said she gave pedometers to DuPont Elementary students to encourage an active lifestyle.

So whether it is children counting their steps or the "home, cozy

feeling" her businesses provide, Ireland is out to make a difference. Not just for her family, but for the ever-growing extended family and friends she continues to build on.

"It's kind of like (we live) in a world where everyone is busy working nowadays, you have to

find time to keep friends and family," Ireland said. "So (these businesses have) actually added onto that."

"It really is like 'Cheers.'"

Ireland knows most everyone's name and she's always glad they came.



Photo by Tyler Huey/Nisqually Valley News

Helen Ireland explains to freshman Taylor Clark how the torso rotation machine works oblique muscles.

2011 PUBLICATION CALENDAR



* Dates subject to change.

FEBRUARY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
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28				

9, 11: Valentine's Day Page

25: Precious Pets

MARCH 2011

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25: Beautiful Baby

APRIL 2011

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13, 15: Home, Garden & Trade

29: Mother's Day Page

MAY 2011

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4: Mother's Day Page

20, 25: Destination Rainier

JUNE 2011

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1, 3: Grad Tab

17, 22: Prairie Days

NVN Shopper

Nisqually Valley News

Feb. 14, May 31, July 4, 2011:

Nisqually Valley News Offices Closed for Holiday

10, 15: Father's Day Page

22, 24: Lakefair

24: Who's Who

JULY 2011

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18	19	20	21	22
25	26	27	28	29

15, 20: Oregon Trail Days

NISQUALLY VALLEY NEWS

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to schedule your ads today!
106 Plaza Dr. N.E., Bldg B, Suite 2
Yelm, WA 98597

AUGUST 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
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12, 17: Rainier Round-Up 26: Bus Schedule
3, 5, 10, 12, 17, 19, 24, 26: Full Page Ad Sale

SEPTEMBER 2011

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			1	2
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2: Bus Schedule 23: Taste of the Valley

OCTOBER 2011

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28: Women in Business

NOVEMBER 2011

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4: Best of Nisqually 16, 18: Reason for the Season, Vol.1
18: Nisqually Valley Building Guide

DECEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
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26	27	28	29	30

2: Holiday Song Book 14, 16: Reason for the Season, Vol. 2
23, 28: Don't Drink & Drive

NVN Shopper

Nisqually Valley News

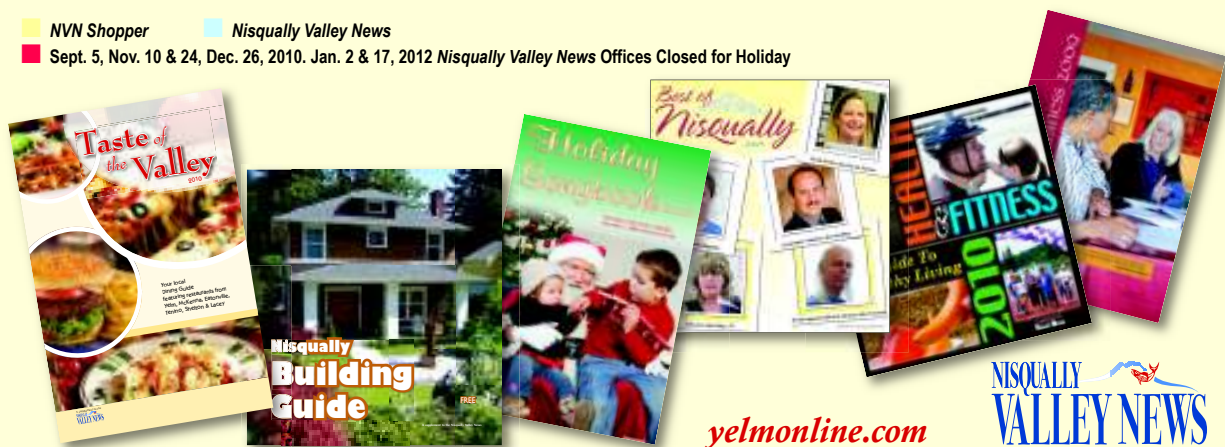
Sept. 5, Nov. 10 & 24, Dec. 26, 2010. Jan. 2 & 17, 2012 Nisqually Valley News Offices Closed for Holiday

JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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16	17	18	19	20
23	24	25	26	27
30	31			

Health & Fitness

Full Page Ad Sale



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Photo by Tyler Huey/Nisqually Valley News

Anytime Fitness owner Helen Ireland, left, and personal trainer Amy Honey discuss an event.

Running a healthy business

By Tyler Huey

Nisqually Valley News

Yelm's Anytime Fitness is open 24/7, and with owner Helen Ireland's work load, it may appear that she lives her life just like the gym's round-the-clock slogan.

But that's not necessarily true. Ireland works hard, yet she attributes any success to her family, employees and the community-friendly atmosphere.

Ireland has owned Yelm's Anytime Fitness for two and a half years, but it wasn't her first or last business venture.

Six years ago she made a career change. After working for Denny's Corporation for 20 years, Ireland opened an Anytime Fitness near her home in DuPont. And just last January, she became a realtor for Windermere Real Estate.

"I think when you do something you have a passion for you notice, in both of my locations, it's a gym where everybody knows your name," Ireland said. "It's kind of like 'Cheers' where people know you when you walk in."

"People don't feel intimidated here; they feel like family, and both of my locations are like that."

Ireland was initially skeptical of opening a gym in Yelm. But in order to be successful in business, Ireland believes that you need to listen to your customers. So she did just that, and when they kept telling her that Yelm should have an Anytime Fitness, the ball got rolling.

After studying the city's demographic and noticing the steady growth, along with other large businesses coming into town, Ireland said she believed it would work.

She was right. The gym pulls from Rainier, McKenna, Roy and Yelm.

"I think one thing I've noticed a lot of individuals, middle-aged such as myself, is they're looking at ways to stay healthy and enjoy their retirement," Ireland said. "I decided to get into the fitness industry. ... I didn't want a gym when you go and feel like — I don't want to use the word meat market — but where you just feel uncomfortable."

See **IRELAND**, page 13

ADVANTAGE COLLISION

Advantage Collision Center opened in 1999. It has not been an easy road, but we love what we do and seeing our customers' surprise as they pick up their repaired and detailed vehicle. Our goal is quality repairs to your vehicle, beautiful refinishing, and great customer service. After losing my husband, Chet, I became sole owner. I have a great, dedicated, knowledgeable staff that makes it all happen. The community rallied around my daughter Heather when she survived a car accident in 2007. This community is important to me. Do you know you have the right to keep your repairs here in town? We accept all insurance estimates, and we do not charge more than if you take it to "the preferred shop." Our work is 100 percent guaranteed just like the "preferred shops." We work harder to keep your business and earn your trust, celebrating our 12th year shows this. I thank you for keeping your business in town.

801 Yelm Ave. W. Bldg. B • Yelm, WA
360.458.1444



Tracy Carli

Advantage
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Ronelle Funk



ASHLAND DRIVING SCHOOL

Ashland Driving School is fast becoming a real driving force in Rainier and Yelm. Owner Amber DuCharme saw the need for more options in the Nisqually Valley. And when it came to teaching teenagers the rules of the road and proper driving technique, Amber knew she had a great deal to offer. She kicked it into high gear and opened the driving school in January 2010. For an instructor-lead classroom that offers a much better option for creating safe drivers, call Amber, and watch her Nisqually Valley News ad for special deals.

207 Binghampton St. E. • Rainier, WA
360.446.1400 • www.ashlanddrivingschool.com



Amber DuCharme



ANYTIME FITNESS OWNER

& WINDERMERE REAL ESTATE AGENT

I am like many other women in the workforce today. You sometimes feel like you don't have time for working out or meeting up with friends and family. I consider Anytime Fitness a place that helps meet both those needs. Six years ago I decided to leave the corporate world and venture out on my own. I knew I enjoyed staying healthy by working out and meeting new friends. I opened my first Anytime Fitness in Dupont in 2005. Then in 2008 I married my best friend and soulmate and we decided to open a second gym in Yelm. The one thing I hear from my members over and over again is how they enjoy the ability to work out whenever they want, since we are a 24-hour gym and that our gym is like a sanctuary to them. They can come in and chat with the staff and friends and not feel awkward or intimidated. We have been referred to as the "Cheers" of the gym industry. A place that people know your name and you feel like one of the family. In January of this year I decided to take on another venture in my life. Both the gyms were doing well, our staff was great and was able to handle the day-to-day operations of the gym.

24-Hour Co-Ed Fitness Gym!



1304 Yelm Ave. • Yelm
360.400.3880



Helen Ireland

So I studied and got my Real Estate License. This was another way for me to meet people and help them sell their current home or find their dream home. This actually works well with owning the gyms because when I help a client purchase a home in the area I give them a free one-year membership to the gym so they can get to know their neighbors and business owners in their new home town. This makes them feel welcome and part of our Anytime Fitness family.


Windermere

HelenIreland@Windermere.com
253.380.0209

BAYDO CHEVROLET

As finance director for Baydo Chevrolet, Connie Fisher has learned one thing, "You have to love people to be in this business." A single mother of four, Fisher loves working for Baydo because it's a relaxed, family-oriented business. The sales approach is "no pressure." That's because the folks at Baydo know customers want that, and will come back. Building a long-term relationship with customers is the objective. Fisher has worked in auto sales for more than 16 years. She worked her way from sales to after-market, then to finance. Anyone who has worked with Fisher knows that she will find the best financing available. Baydo Chevrolet has three dealerships to serve you, McKenna, Spanaway and Fife, and has a large selection of new and used vehicles.

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Connie Fisher

Baydo
Chevrolet



HAWKS PRAIRIE NFC STAFF

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I came to work at Country Storage in September of 2007. Then, in July of this year, my husband Ray and I became managers. 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.

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Sandi Rager, Manager

**COUNTRY
STORAGE**



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*Easthaven
Villa* Assisted Living &
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EDWARD JONES

Janelle Embrey takes pride in helping others to attain their financial goals. Before opening the new Edward Jones office in Yelm, she worked in the banking industry. As a financial advisor, Janelle offers guidance in investments, retirement planning, education savings and life and long-term care insurance. As a mom with a child who has special needs, Janelle takes a particular interest in helping other families with similar challenges to meet their long-term goals. While balancing the needs of her business with those of her family, Janelle understands life's daily challenges, but stresses the importance of reviewing goals and creating long-term plans. By building relationships and educating clients, she helps them to overcome their fears about today's economy by helping clients make sense of investments.

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360.458.1240



Janelle Embrey

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A little off the beaten path Faith, Fiber and Friends is your gateway into the fiber arts. Faith, Fiber and Friends was opened in July 2010 by Rustine Samples to support and promote the Nisqually Valley's fiber growers, spinners and knitters. If you want to join a knitting group, need knitting supplies or want yarn spun from your sheep, goats, alpacas or rabbits fur then Faith, Fiber and Friends is your destination. **Call for knitting, spinning and crocheting class schedules!**

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Rustine Samples & Helen Bauer

Faith, Fiber & Friends
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 ARTS STUDIO

TERRY KAMINSKI

Previous to her career in Real Estate, now totaling 23 years, Terry had 10 years experience as a Guest Services Manager, Concierge, VIP Coordinator and Front Office Representative in the Hospitality and Tourism Industry in her native Toronto, Canada. The ability to be professional with all people, and meet all challenges in an International setting has given Terry a unique set of people skills and a lifelong sales and service orientation. She uses these strengths in her business every day. Voted "Best Real Estate Agent in the Nisqually Valley" five years in a row, Terry is a community favorite! She was the first woman appointed to sit on the City of Yelm's Planning Commission. As for her personal passions - Terry loves tennis, German Shepherds, has been a professional calligrapher, and is an accomplished pianist.

360.701.2711



10-434074R

Windermere

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 today, or call the office for an evaluation.

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10-434228L

(Front) Kat Leavitt, Jennifer Wilson
(Back) Jenna Taylor, Jessica Kinsley, Felicia Morse.

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
www.mylivingwellchiropractic.com



Lori M.
Uhler, LMT



10-434228L

Sandra Isom &
Mariah Warner

Living Well Chiropractic & Massage
LORI M. UHLER, LMT • DR. ERIK M. WELLS

NISQUALLY VALLEY NEWS



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Janice Graves,
Customer Service



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, most are involved in community service organizations, among them the Yelm Lions Club and Yelm Area Chamber of Commerce.

Whether it's providing effective advertising or reporting local events, the women of the Nisqually Valley News provide the best service possible for readers and advertisers.

That's one reason why the Nisqually Valley News is one of Washington state's top newspapers.

360.458.2681

106 Plaza Dr N.E., Bldg B, Suite 2 • Yelm, WA

www.yelmonline.com www.facebook.com/nisquallyvalleynews

NISQUALLY VALLEY CARE CENTER

"Nisqually Valley Care Center should be your facility of choice for quality long-term care in the Nisqually Valley," said Chris Miller, administrator for Nisqually Valley Care Center. Chris has worked in long-term care for 18 years. She fell in love with it as a social services intern in college and never left. "Being able to affect change in people's lives and having the ability to give their life quality" is what drives Chris everyday when she steps into the building. With a fantastic staff and residents, Nisqually Valley Care Center is the second-highest rated facility in the area by the Medicare system.

9414 357th St. S. • McKenna, WA
360.458.3801



Chris Miller, Administrator

Nisqually
Valley Care Center

PRAIRIE HOTEL

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Kathy Crandall & Leslie Koch

PRAIRIE
HOTEL

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Trudi, Angie, Cherri, Karin, Brittney & Deanise (not pictured)



Rosemont

Retirement & Assisted Living Community