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February 2021
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THE GOOD★LIFE

Central Washington's Inspirational Community News

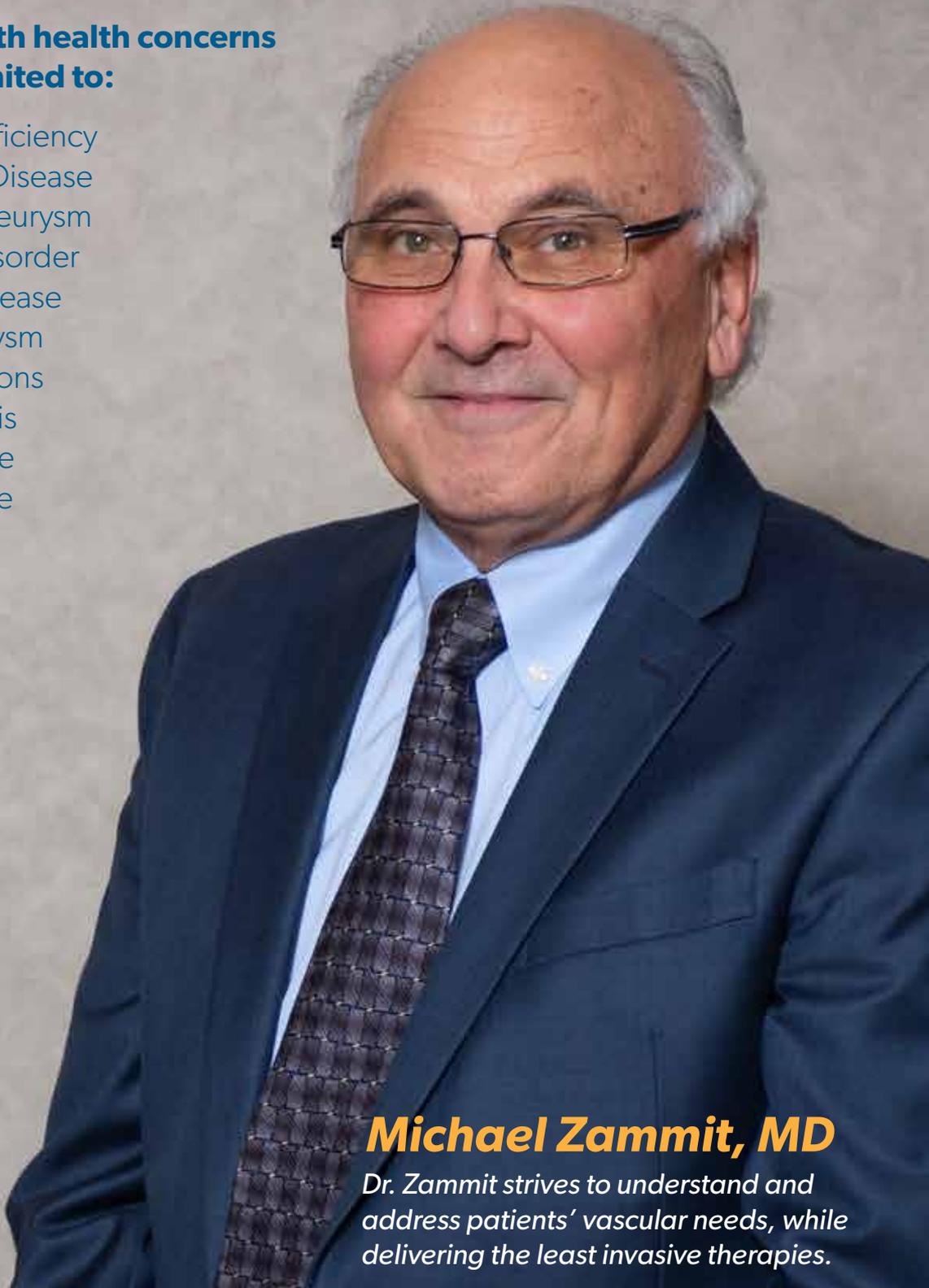


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A physician referral is required for many of these services.



Michael Zammit, MD

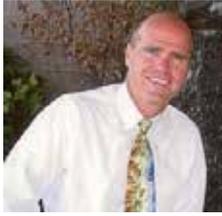
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-Brent Hodson

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Have Patience, God isn't Finished Yet

By B. Altera

Have you (or someone you love) ever baked a cake from scratch and the mess of the production created a catastrophe in your kitchen? It's often the reason people hate to cook. All that work, all that clean-up, all the mess! And yet the taste and beauty of that cake is so delicious that family members "Ooh" and "Aww" over it.

When I was young my mother would bake a homemade chocolate cake for my older brother's birthday which happened to be on Flag Day. It was his favorite. As the years went by, I would travel to visit family for the summer and on the plane trip of more than 2000 miles, my mother would send me, a teenager, carrying a big box cake in my hands. Trust me, I did it, but I complained.

I didn't really know how special that cake was to my brother, and I didn't really pay attention to my mother's mess in the kitchen, or the love that she baked into it. There was a

special kind of love mixed in.

That chocolate cake recipe, handwritten on a card and photocopied by members of my family has since become very special now that my mom is gone. I've made it for my brother several times, and I made it as a dessert on Christmas, and I hope to bake it again this Valentine's Day, too. My teenage son has come to adore it as well, and I realize with all the effort, just how much love was baked into that cake.

Make no mistake, it takes quite an effort to make. And my kitchen has a sinkful of dirty dishes that follow, but it is worth every single morsel.

I've also learned from many years of baking that this particular cake produces a unique sweet odor that I've never ever known from any cake that I've baked in my life. That smell drifts even before it's put in the oven! It has an amazing effect on anyone within smelling distance of it's sweet aroma and

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.

(Ecclesiastes 3: 11-13 NIV)

my family recognizes it.

There are days when I look at the mess of the world, whether our health, wealth or politics, and wonder, what's next? But I am reminded of Philippians 1:6, and I must be confident of this, *"That He who began a good work in you will carry it to completion..."*

And as life goes on day by day, and we carve out meaning and purpose, have patience with God.

It is He that is in charge of this recipe we call life, and in spite of all the mess around us, He thinks you are still pretty special. No matter what's happening in your life, He does know the recipe for your life.

And just like the smell of my mother's cake while it's in progress, there is still time to savor the journey in spite of any mess, remembering, *"We are to God -the pleasing aroma of Christ..."*

(2 Corinthians 2:15)

May God Bless You & Yours!



"This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all."

1 John 1:5 NIV

Street Church:

By J. McCarty

Matthew Lundstrum and Kay Corbin are part of a small group of people in Yakima who have put together a homeless ministry and have been working together for several years to bring the word of God and food, to feed the bodies and souls of Yakima's homeless population right in the heart of Yakima in the Millennium Plaza, a public courtyard, beside the bustling restaurants and businesses in the area. Like me, you may have exited an area business and heard preaching or music in the afternoon and recognized the Gospel.

This wintery day, there were three people listening, and Kay said sometimes that's all there is, but they preach and sing to whoever is there, even if they are somewhat passed out in the parking lot. Because according to Kay, "They can hear, and their goal is to let people hear the Gospel message, even if only a few come."

Matthew Lundstrum shares a message with the small crowd.



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Patricia Noyes assists the group but takes a moment to enjoy the message and music.





Kay Corbin and Randy Stout singing songs that filled the Plaza.

Proclaiming the Gospel in the Plaza

They come out on Tuesdays and Thursdays every week, and say that even though the audiences are small, they believe that's a good thing, maybe even a God thing, because of the virus restrictions, and they are out in the open air and have never been bothered by having to close down what they're trying to do.

Along with Matthew and Kay, Sevy Barajas, Patricia Noyes and Randy Stout served hot coffee, hot cider and snacks for anyone to warm up with. Although this little group has had other people at times volunteer to help, they have been the core group.

All five are involved with this ministry and have worked together before at times, although from different churches, they say that this is their "Street Church." They all have very limited resources, and agree that God provides what they need to continue. In fact, Kay says that some of

the people frequenting the surrounding businesses have seen and heard what they are doing and are receptive, which they are very grateful for.

It was very cold in spite of the bright sun; one of the listeners was perched on a bench in the sun, picking on an old electric guitar while Kay sang, seeming to enjoy the message, especially the music and the hot coffee!

Pastor Sevy Barajas brings the Word in English and Spanish; He says "People need to know, especially in these days..."

They are out Tuesdays and Thursdays at about 1:00 pm, at the Millenium Plaza in Yakima, and on Sundays have been providing a worship service mainly for the homeless, and also a hot meal afterwards from noon to 1:00pm at St. Michael's Church. on the corner of Yakima Avenue and Naches Avenue.



Pastor Sevy Barajas studies the Bible for a moment as he prepares a message.





Al and Emma hit the road in their 1965 Corvair.

Happy Days

By J. McCarty

It was one of those happy days that God grants us sometimes on earth to give us an idea of the bliss of heaven.

- J. Wyss

Some people just love the 1950's and 60's. It was "Happy Days" for many, in a myriad of ways. Cars from the past can hold their own to those today. It's surprising how many people have a nostalgic ride sitting in the garage. Alfonso (Al) and Emma Patino of Yakima have always loved old cars. Emma says, "My brothers owned a few and worked on them when I was growing up," and Al, because his cousins have owned some, and enjoyed them too." One of his cousins was very involved in antique car shows in Waitsburg, Washington. That love has turned into ownership of a 1965 Corvair and a 1957 Chevrolet pickup.

Emma says, "I love Corvairs because I had one when I first learned how to drive that Al bought me. That one was sto-

len and destroyed by some kids up to no good. We bought that one in 1973 when we were first married and before we had any kids. The Corvair that we have now, we got in 1989. We bought it from Corvair Corner for \$500.00, and three of our four kids drove it when they were in high school. It was my little summer car I loved to drive around in." In fact, during the summer months, you might see it parked in the parking lot of the Stone Church on any given Sunday.

Sometimes certain old cars bring joy not only to their owners, but to people who have had a good experience with them also, so that just seeing them brings back a flood of memories. One family friend saw the car for the first time, and was transported back to 1967, the year he and his dad

drove a Corvair from Kentucky to Los Angeles, California, on Route 66, with everything they owned in that car. And then the stories poured out.

The 57 Chevrolet pickup was bought by Al from a client friend of his in the 1990s whose husband had passed away and she wanted to sell what had been his work truck. Al loved the truck, loved the idea of having a 57 Chevy and for the first couple of years, drove it just like it was. Soon after he started work on restoring it, he had a car accident that halted the work, but it was his dream.

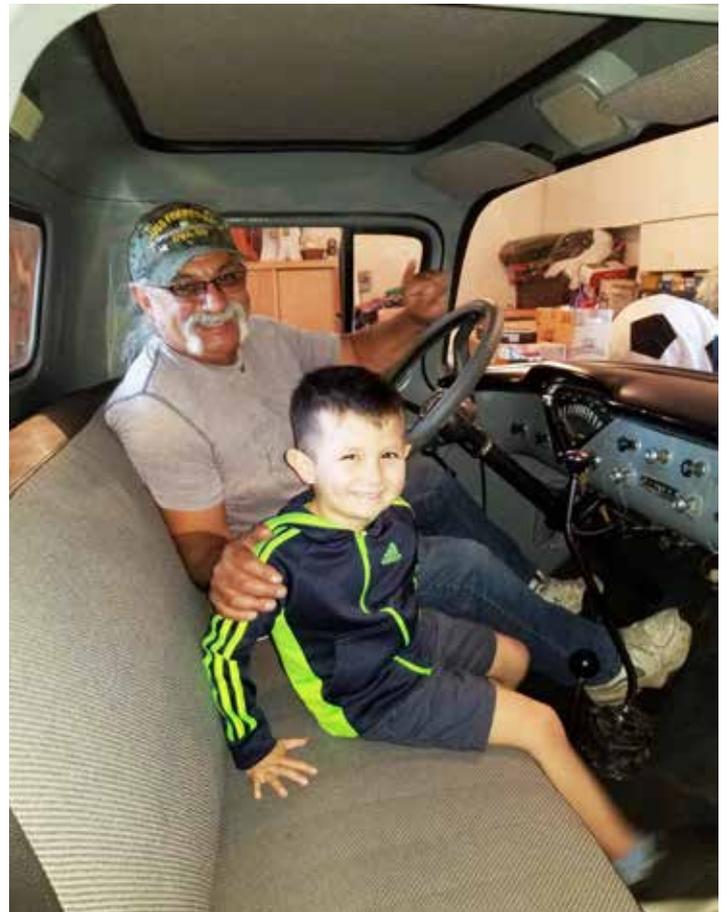
Years later, when he was able, he continued to restore it, and now he's glad he kept it to enjoy. The truck will stay in the family, when it is given to their son, "Fonzie."

Oh, happy days....

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(Top left) Al shows off his 1957 Chevrolet pickup in downtown Yakima.

(Left) Emma made a custom sign for Al with the name of his pickup, "Emmaline" and his name incorporated at the bottom.

(Left below) Emma and Al enjoying a ride with their granddaughter.

(Above) Al's grandson learns a few early lessons about truck driving in the garage.



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Getting over painful experiences is much like crossing monkey bars. You have to let go at some point in order to move forward.

-C.S. Lewis



Pastors Dave and Diana baptize Rachel.

CELEBRATING Recovery

Here is something to celebrate...."Celebrate Recovery!" You may have seen the signs on the lawn at the Yakima FourSquare Church on 40th Avenue and wondered what it all meant. It's not something left over from a New Year's Eve party, in case you are confused...

Pastors Dave and Diana Roberts are leaders of a program that embraces people who have a as Diana says, "...a hurt, habit or hang-up." She says that while most people might assume that it's simply a worship time for people who are stepping away from a life of

drugs and alcohol, it is much more encompassing. From those who are struggling with loneliness or depression, life as a single parent or the rigors of marriage, work stresses or unemployment, a death or loss in their family...that the small groups that follow the worship time are designed to offer support and encouragement to those who attend and have a spiritual struggle or need.

The program, offered on Friday evenings at 6:30pm, once offered an evening meal and childcare, but due to Covid restrictions, the worship and shared time together has been



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Pastors Dave and Diana strike a pose with a heavenly backdrop at a Celebrate Recovery conference.

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.
 – M. Anne Radmacher

Hurts, Habits & Hangups!

condensed to a together worship time followed by gender specific classes. Ladies with ladies, men with men. They've been open as soon as the Governor allowed, offering first the outdoors program and now they have been able to resume time indoors with everyone practicing safety protocols with masks and distance. Although the attendance is down, there is still a great need. Diana says, "Recovery is never meant to be done alone. When you feel tempted or are struggling, please call someone." She says that they are often passing phone numbers and getting

phone numbers because it's so important, especially with the isolation that has taken place over the past year, that people connect with others. "The loss of connection has been difficult, we've heard of relapses and loss of lives and it's been so hard."

The outreach has expanded to The Heights Church in Terrace Heights, which greets people to a similar program on Tuesday evenings at 7:00pm. Celebrating recovery while engaging the strength of each other and God's word, there's no time like the present to reconnect.



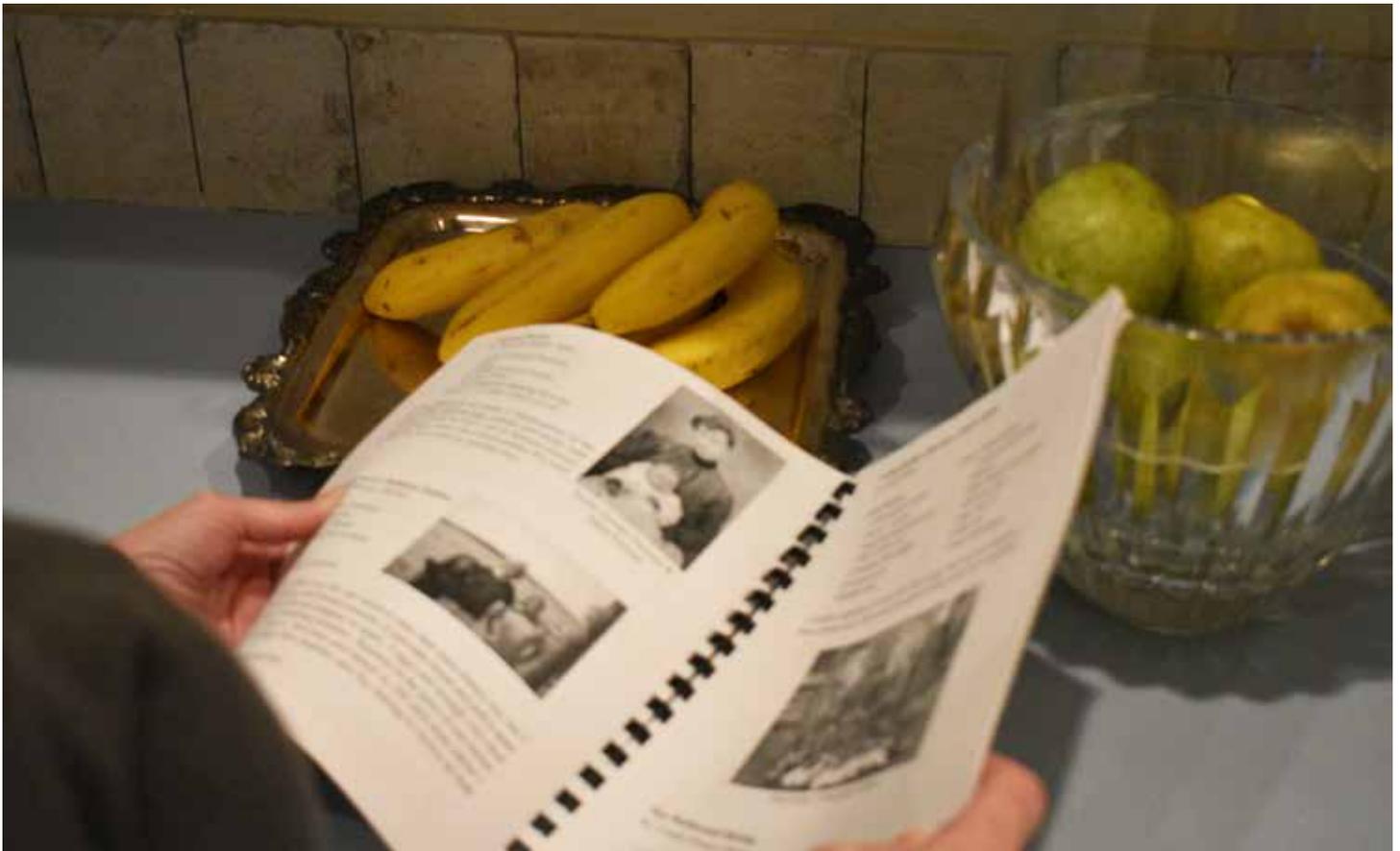
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A Parsons' family descendant gets ready to prepare a recipe from the family cookbook that honors her grandparents.

Remember the days of old; consider the generations long past. Ask your father and he will tell you, your elders, and they will explain to you.

Deuteronomy 32:7 NIV

Saving Memories

Who hasn't lost a loved one and thought that they wished they'd known more about their life and the journey they had lived. Perhaps you had a grandmother or an uncle, that had some amazing stories about the times when they grew up but you can't really remember the details. For Juanita Fitzpatrick, (some of you may recognize her as a Bible Study leader and member of Bethel Nazarene Church) growing up in Harrison, Arkansas, marrying and migrating to Washington State in 1948 with her husband, was a unique journey that she doesn't want her kids to forget. With six children and 32 years of marriage until her husband

Eugene passed, Juanita writes about the details.

It's those cherished memories that lead to where we are at now that create the mosaic of the persons we become. From those tattered stories, we develop roots to our ancestry and heritage that shape our identities. So now more than ever, with time on our hands during winter months, it's a great time to take pen to paper, or open the blog and start outlining the details. The books can be photocopied and at the office stores as they do have a binding machine to create a bonafide book. As for blogs, they can be visited or added to be others in the family.



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It's ironic how we often forget the things worth remembering, but we remember the things worth forgetting.
 -W. Wyne



Juanita Fitzpatrick holds a collection of keepsake books that she created to preserve memories for her children and grandchildren.

For the Parsons family, the heritage of a beloved grandmother was central to the delicious meals and bountiful table that was always prepared for loved ones who stopped by. So with more than 150 descendants at the time, they created a cookbook with family recipes and photos through the years of all the kinfolk.

When there are large families, as Mr. and Mrs. Samuel Parsons had, married 75 years with 11 children, more than 6 generations were present by the time Mrs. Nettie Parsons passed. With the cookbook, the kids were able to share what they knew with the grandkids and so on. With

each recipe they shared, small stories associated and photos of a memory, like when Mrs. Parsons had cooked a particular recipe or when the men had been out hunting and brought back game or went fishing and brought back a mess of fish to fry. For recipes on preparing wild game, a story about a hunting expedition with Mr. Parsons and the boys. At the end of the book, a family tree is included.

At a time when preserving written language or audio recordings is so easy, there is no excuse not to save moments and stories that you wished you'd taken the time to preserve.

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We started in the fall of 2011 with a tabloid newspaper. In January of 2016, we hosted a community benefit that featured Coach Joe Kennedy and a huge array of gift baskets that went up for auction to help us launch the magazine format. We rely solely on advertisers for support.

Freedom to Choose: *The Good Life*

More than 40 years ago, about the time when Mt. Helens blew, personal computers were becoming a standard in high school math departments. Who would've thought that one day, a couple of digital media companies would come to control the platform of the world's freedom of speech and that at the same time, the world would fight a deadly virus off that started in China. As businesses struggled, *Living The Good Life Magazine* took the entire 2020 year off. Readers, advertisers and the team at *The Good Life* wondered if we would ever return. We had spent a handful of years spreading magazines from Sunnyside to Ellensburg and everywhere in between. Before that, we had published the

tabloid newspaper, *Christian Community News*. With community help, we morphed into a magazine format. Online, we had a sum of readers who followed us at *GoodNewsYakima.com*. But with the unknown future and virus shutdown, the domain name registration for our website lapsed. There was no hurry, we thought. Who would take our personalized name associated with the Yakima area faith-inspired news during the year of COVID? As we approached the end of 2020, we thought more than ever, what we all needed was a dose of "Good News." So as we geared up to relaunch, we revamped our website and got ready for our worldwide presence. We went to renew our domain name. In a nutshell,

we found that someone had swiped our website! Oddly, a Chinese company has taken our domain name and yes, they had to pay for it too. So we changed our web name to simply *ReadTheGoodNews.com*. And as many visited, we then heard how many other websites had a similar name. And some of them weren't "good" at all and were actually quite bad. Imagine that. On first thought, someone gasped, "Maybe we should change our name?" On second thought, we decided that we would stick with our choice and roll on. Who could write the story line of hurdles that would come along for a little good news magazine in Central Washington, so intent on sharing the light, from sharing



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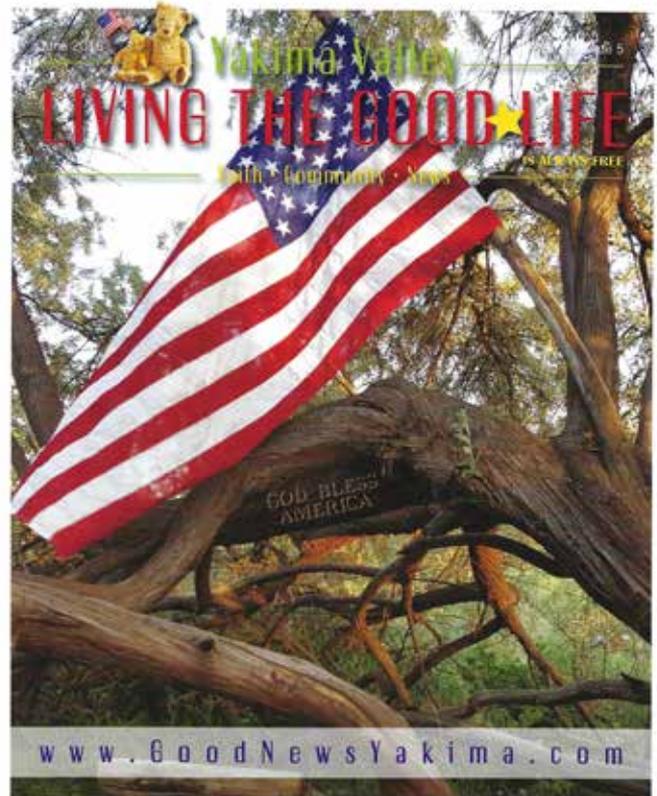
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This is who owns the goodnewsyakima.com domain name as of August 10th of 2020. They bought it from the domain registry.

good news online. A foreign company intent on thwarting our readership, or making us pay 20 times more than the value of owning the domain name.

We did launch our free printed version in January 2021 with about 60% of the advertisers that we once had. COVID has taken it's toll. And yes, it was another double hurdle and we still seek more ads as we've not recieved any federal funds for support. But our team of awesome volunteers headed back out to their neighborhoods to share this free magazine with all that is good about this life of ours in Washington. God willing, we will keep trudging ahead. Needless to say, we don't have a Facebook page anymore after they blocked an

ad without any explanation, several years ago that featured the American flag waving proudly on our June, 2016 cover. Lest we forget, it's a battlefield out there for faith and freedom. Long may we wave together!



Our June 2016 magazine cover was denied a Facebook ad. They never gave us a reason, we assume, it was the flag.

*"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things."
 Philippians 4:8 NIV*

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Scoot those Doggone Blues Away!

By M. Watts

There is truth to the notion that sunshine makes us feel happier, for a multitude of reasons! As the days are short and less sunny, our bodies get less vitamin D. Added stress from holidays and other things that are happening and for some, it may feel like your body is starting to fall into depression. There are a few things that we can change to improve our bodies' resilience.

By increasing your intake of

these things that help combat depression you don't have to give up things that you do not want to that seem to add to it, like sugar and caffeine.

One of my favorite things during winter is my homemade turmeric lemonade. *Times of India* reported last summer that, "According to a study published in the journal *Phytotherapy Research*, consumption of turmeric offers positive effects on depression as fluoxetine, the active ingredient in the psychiatric drug Prozac. The best part of consuming turmeric is, it has no side effects." I mix grated turmeric root, honey, lemon, orange juice with a variety of seasonings for my own special drink. It works for me, and it increases my vitamin c and is a good way to get fresh turmeric into my system without the root flavor.

Yes, there are lots of easy ways to take turmeric now days but fresh grated is by far the best for your body.

Omega 3 are necessary for

your body to stay happy and healthy. So load up on fish, flax seed, chia seed, and walnuts. Fish isn't for everyone. Flax and chia are easier to hide in your food. These are high in omega 3's while also providing you with lots of nutrients and amino acids.

Harvard Health Publishing recently shared, "Because depression appears less common in nations where people eat large amounts of fish, scientists have investigated whether fish oils may prevent and/or treat depression and other mood disorders. Two omega-3 fatty acids — eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) — are thought to have the most potential to benefit people with mood disorders."

Many studies going back decades show an elevated incidence of folate deficiency in patients with depression. Folate is the natural form of Vitamin B9. Folic Acid is the synthetic form. Tomatoes are are packed with mood boosting

folate. They also have alpha-lipoic acid. Without your body having enough of these good acids your body has trouble producing serotonin.

Again, you want your body producing serotonin, dopamine, and norepinephrine. In order for your body to produce the "good chemicals" you need to give your body what it needs. It might be time to start looking at food labels and seeing what has what.

Tomatoes are not everyone's thing, and I have a sister who won't touch them either. So if the acid or texture bothers you, try eating more leafy greens and berries. While you're at it, onions and garlic are also filled with the good things that combat depression too.

There is an amazing array of healthy foods that help give you a healthy outlook, so expand your dietary choices with God's amazing bounty!

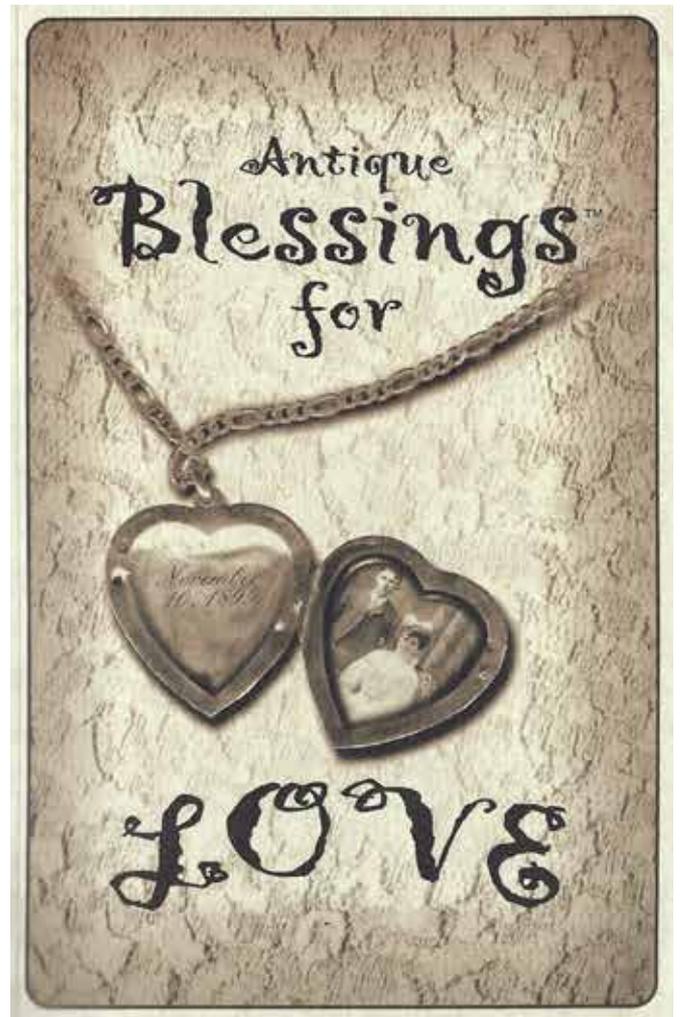
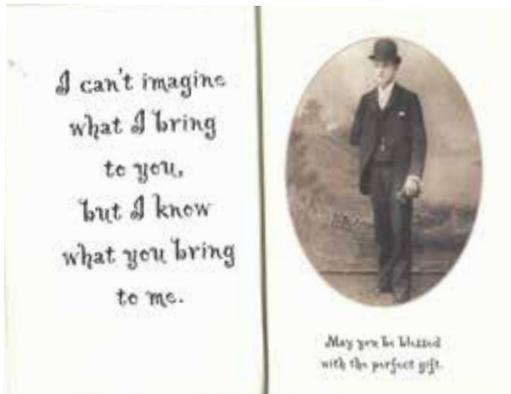
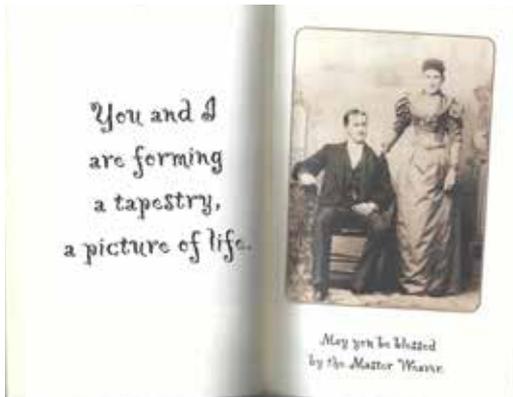
Otherwise, you can always visit the humane shelter, and adopt a puppy!

Or do both!

Light in the Window Spiritual Counseling

Tony McCarty,
MSW, CCC

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Roses are red, Violets are blue...

A special little "love" book, is waiting for you in time for Valentine's Day!

Living The Good Life Magazine has 100 miniature paperback books available that contain 36 actual vintage images that showcase our sweet American history of love.

These beautiful photographs harken back to a time where people actually dressed to the nines before being photographed!

Each sepia toned image is paired with a line of a beautiful poem that encompasses the nuances of a couple falling in love.

Blessings for LOVE is hand

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The book starts out with:

It all seemed so simple when we were young.

May you be blessed with a youthful heart.

I can't imagine what I bring to you, but I know what you bring to me.

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Tips on Improving Heartfelt Moments with Your Sweet Ones!

Remember how you got there. NOW!

Starting with simply courtesy in your discussions can keep everyone's heart feeling joy. Most people think about "date night" for couples, but your kids and parents also need to be scheduled in for one-on-one time. Schedule it in your day, and take time to truly con-

nect. How about pretending as if they were a stranger that you were interviewing for a news article. You might be surprised what you didn't know. Perhaps do the hobby or interest of your loved one. Could you name their favorite color, T.V. show, make of car, saddest moment and happiest time in life, deepest fear, greatest wish

in life? How well do you really know the ones that make up your inner circle? Have you ever cared enough to ask and listen?

Start a "Gratitude & Wishes" Journal. WHERE?

Grab a notebook or journal and write a love note, a wish, a thank you, something you liked that day about your favorite

person, a dream or even a memory. Surprise! Leave your book at the back of the toilet. Sounds funny, but it actually becomes a fun way to enjoy the most mundane of personal tasks. You'll be amazed at how much you can't wait to go to the bathroom the next day and read! Make sure to respond with small notes acknowledging each other's entries. There's something about reading, especially "a love note"-- in private that makes it more fun, and generally this is one of the few private moments many people get to have.

Nurture! HOW?

Sometimes trying to figure out how to renew yourself after a long day with work, family or life can take its toll. Finding a routine to de-stress may mean you actually have a "set plan" for unplugging. A hot bath, a run, a bike ride or walk, a favorite TV show...chances are

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*Swans often mate for life and because of that, they've been seen for centuries as iconic symbols of love. There are two references in the Bible regarding swans and both references are in regard that they are forbidden as food. (Lev. 11:18 and Deut. 14:6)
Four of the Ten Commandments deal with our relationship to God while the other six deal with our relationships with people.
But all ten are about relationships.
-Rick Warren*

you know exactly what works to take off steam. Add a delivery of a hot cup of flavored warm milk or cocoa, a plate of homemade lemon bread, or finding yours or your family member's sweet weaknesses. It could be a package of Peanut M & M's or Snickers Bars, or a favorite type of tea. Be prepared and stash away a few of whatever those tiny luxuries are for a sweet moment.

You shouldn't have to wait until someone, including yourself, is actually sick to bring a cup of coffee to the bedside or have one delivered to work. It's the little things, when practiced regularly, that seem to make all the difference. So treat yourself and your loved one with kindness. When you are feeling happy, it can be contagious!

An Advice Group. WHO?

This is often best among good friends or church friends, where those who

attend are not afraid to open up and share more intimate details. So aim for 3 or 4 to gather once or twice a month to play some games, share potluck snacks, and have learning and sharing time about building relationships. A theme could be incorporated so that everyone has some pre-time to think about the topic and bring problems and ideas to the table. Incorporating a prayer time and assuring all involved about confidentiality will build trust between all involved.

Keep your body and soul in good shape WHY?

The goal is for happy people to attract and keep happy people in their life circle. Think of the equation this way. You want to add intrinsically to your circle, not subtract from it. Positivity and negativity can be turned off like a switch!

Walking, gentle exercises or even joining a prayer walk around your neighbor-

hood, alone or with others will help. Building your inner strength and educating yourself starts with introspection. Getting on the same page with your loved one(s) about the idea of growing and strengthening all aspects of your life will get you moving in the right direction.

Making sure you have first things first. ALWAYS!

Holding to a life doctrine that God endorses makes everyone take more seriously the guidelines for behavior in all relationships, whether marriage, courting, friendship, parent-to-child, friend-to-friend, coworkers and so on. Agreeing to respect godly values in your life will spill over into your personal relationships. What you are feeding your spirit on a daily basis can make all the difference. From radio talk shows, music, books and television, your spirit needs food too. A simple dial change

to Positive Life Radio in the car, to reading a devotional in the morning, to a prayer before dinner...stop starving your inner self and start feeding it the right stuff.

It takes daily maintenance and effort, just like everything else. But you'll see the fruits of your effort before long and so will everyone else. How sweet!

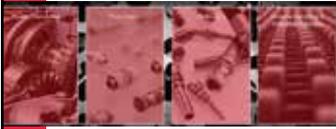


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For the Love of Hunting

By J. Mc Carty

Long after actual hunting season is over, the hunt is on for the antlers of the deer and elk, as they begin to fall off in the spring. For deer, about February and March, and for elk about April and May. Some people, such as Andrew Tilley and Natasha Huntington of the Tampico area west of Yakima, live a hunter-gatherer lifestyle year round. Although Andrew is also a deer and elk bow hunter in season, he and Natasha hunt for this related treasure as spring begins to draw near.

Collecting antlers is a more popular activity than you may think. The hunters are serious, dedicated, sometimes obsessive, and often very protective about exactly where they hunt.

Andrew puts in many hours and many miles every spring looking for the bony branches known as antlers that fall off the heads of deer and elk every

year, and he's been pretty successful through the years he's been at it, judging by the hundreds of antlers he's collected.

He hikes alone, or with some fellow hunters, and interestingly, among these folks, there are some unwritten rules to 'shed hunting,' as it is known. For instance, he says, "If one guy finds an antler in an area, and another guy finds the match to it, he has to give it to the guy who found the first one, so he has the matched set." It's the only honorable thing to do!

Amazingly, out of the hundreds of antlers in his collection, Andrew can recall where, when, and with whom he found almost all of them, and the circumstances of the find.

He takes interesting pictures of each find; he calls the pictures from a distance "As they lay" pictures, and then always a close-up.

Shed hunters have a unique



Andrew shows some of his recent finds and artwork.

jargon among themselves; “matched set” obviously means a set of two antlers from the head of the same animal, and to describe landscape features they might say, “fingers,” “knobs,” or “draws.”

Many nature lovers might agree that a person draws closer to God while in the great outdoors than anywhere else. As Andrew reflects, “Being out in nature seems to slow time, as you’re able to see, hear, smell, and taste creation, and hiking through the woods or the brush you feel close to God, as if He’s just over the next knob. A man has time to talk to Him, reflect on his choices, and on life, and get fresh air and exercise.”

He also says, “Shed hunting can become kind of an addiction in itself, and like any hobby can take too much time away from family, but if you keep it in perspective, it’s a

much healthier addiction than some, and as the children grow older it’s an activity that the whole family can do together.”

After shed-hunting season will come Morel mushroom hunting in May, another family activity and another area of life where the hunters of mushrooms are seemingly very secretive and protective of “their” areas where the prized mushrooms grow.

Andrew and Natasha have two children that get involved in the great outdoors as well. The family also collects rocks, interesting pieces of wood, and Andrew has quite the collection of rusty metal of all shapes and sizes. He uses the metal pieces and antlers together to make unique pieces of art. He says the antlers and metal pieces lay around until they “speak to him,” and come together as an artistic object. He also uses the antlers in practical items

in their home, such as curtain rods and cabinet knobs, even a toilet paper holder.

A welder by trade, he has managed to use the two very unlike materials together to make interesting, creative and functional art.

The couple’s creativeness extends to many natural elements. Natasha cans and dries foods, including the Morel mushrooms, and also makes natural soaps, lotions, tinctures, and syrups, and makes beautiful wire-wrapped jewelry from the rocks and gemstones they collect. While Andrew has become quite good at smoking the elk and deer meat he hunts, and making jerky.

These two, with their talents and hobbies, seem to complement each other perfectly and as a family have found time to enjoy a more natural way of life together.



Natasha exercises her skills in archery.



Creativity extends to the fence on this home as Alton can attest.



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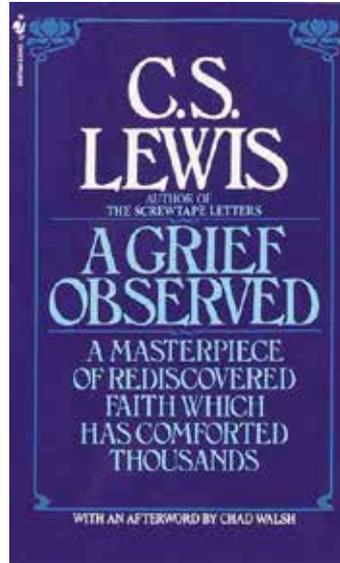
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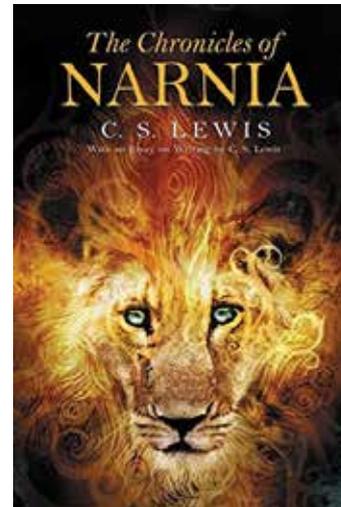
Do you know what "C.S." stands for?

C.S. Lewis. Many a Christian know his name, few would know what the initials stand for. But somehow I don't think he would mind. Clive Staples Lewis. Clive never adopted the name, "Clive," rather he preferred from childhood to be called "Jack." He wasn't much on pretense, he once wrote, "Some people write heavily,



some write lightly. I prefer the light approach because I believe there is a great deal of false reverence about. There is too much solemnity and intensity in dealing with sacred matters; too much speaking in holy tones." In spite of those words, Lewis was a very deep thinker.

In fact, his writings have become a staple of Christian libraries for decades, but some may be surprised to know he passed away nearly 60 years ago. Lewis wrote more than 30 books in his career. He was a master at expression in written word, and was a Fellow in English Literature at Oxford University until late in his life.

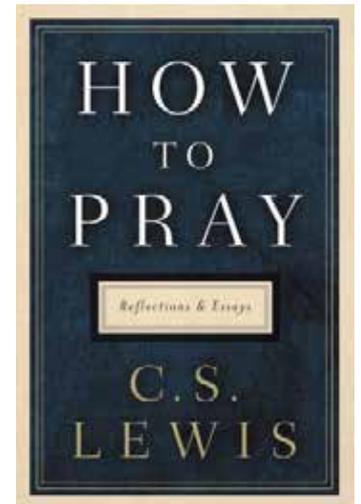


He was seemingly humble in his human-ness. He wrote, "I gave in, and admitted that God was God." Isn't it true, how often we forget that when we make plans, God often must just sit and laugh. Lewis recognized the awesome entity of God, writing, "There is no uncreated being except God. God has no opposite."

Throughout his writings, it is evident he spent years thinking about the meaning of Christianity and his relationship with the Lord.

You can never get a cup of tea large enough or a book long enough to suit me.

-C.S Lewis



Perhaps the most notable book among all ages, that Lewis wrote, was Chronicles of Narnia which sold over a million copies and counting. Think Nancy Drew, Magic School Bus, and Harry Potter with Biblical themes. In the story, four siblings walk through a magical wardrobe into the

IRRIGATION SCHEDULING



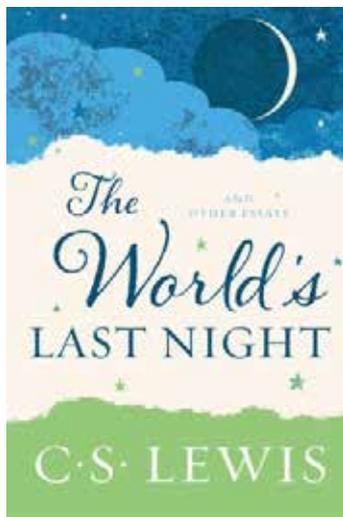
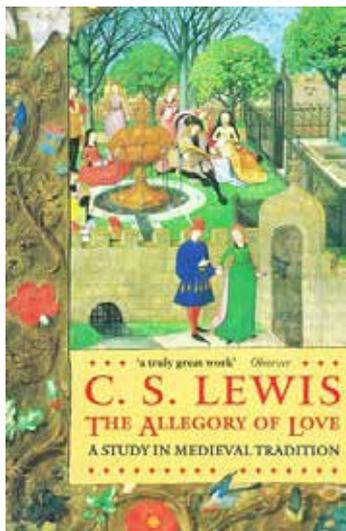
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“God has infinite attention to spare for each one of us. You are as much alone with him as if you were the only being he had ever created.”

-C.S Lewis

Mere Christianity



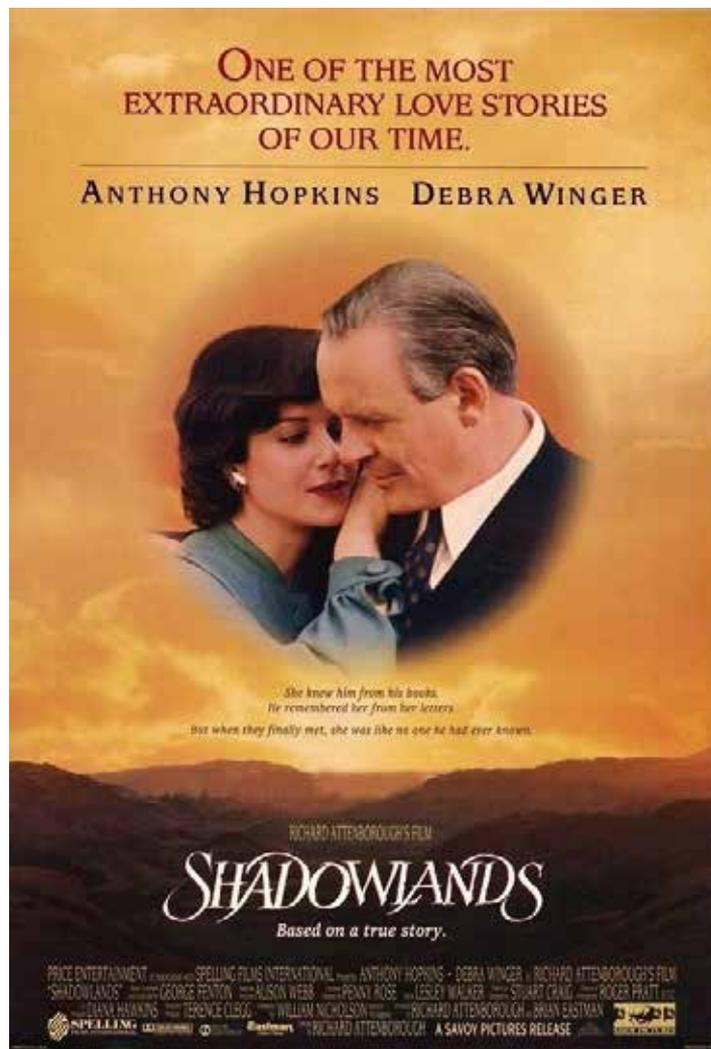
world of Narnia. A land with talking animals and creatures that you've never seen before. Some readers surmise that the lion and ruler of Narnia is meant to represent Jesus, but Lewis said himself it wasn't really an allegory about life

Jack married late in life and was said to be blissfully happy with his American wife, whom

he had started a friendship with through letters.

God blessed C.S. Lewis with an amazing life and ability to share his deep thoughts with generations to come, but his life with all its interesting twists and turns, had its own heartache.

His amazing life and love story were shared by a fellow Englishman, in a movie called Shadowlands starring Anthony Hopkins and Debra Winger.



If you are looking for a love story and have never seen Shadowlands (released in 1993), you can find it in its entirety online available at YouTube. If you've seen it before it's definitely worth watching again!

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Prayers that we might have a National Day of Prayer Gathering Time this year. Will the magazine be hosting such an event? Thank you. -K.

Dear K.,
It is possible, we'll keep you posted, so watch for details.



Post-it Note Prayers & Letters to Share!

I would so appreciate prayer for my pastor who is having heart problems. -B.

Could you lift my aunt and uncle up in your prayers. They need to be covered with angels wings as they recover from COVID. -B.

Will you join others in lifting these prayers up. If you'd like others to pray for you or have tidbits to share, send your prayer via email to LTGLYakima@gmail.com, or call us at 509-901-9292 or mail it to 5808 Summitview Ave., # 333, Yakima, WA 98908.

I appeal to you, brothers (and sisters), by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf (Romans 15:30).



Dear Good Life Magazine, Evangelist Ed Dunlop and his wife, Elma, traveled from Ringold, Georgia to put on a five day event recently at the Yakima Bible Baptist Church. Elma said they travel the USA 30-plus weeks out of the year normally, (but not as much since the virus happened), putting on events like this one that include ventriloquism, Bible games, prizes, a dose of good, old-fashioned singing, amazing true missionary stories, lots of laughter, and the Gospel story presented in simple ways anyone can understand, geared to be simple enough for children to

grasp. Yet as grownups realize, sometimes they too can use a reminder of just how simple the way of salvation really is.

Part of the program was a "penny drive" in which the boys and girls attending were in competition to see how much funding could be raised to be donated to the Heartland Baptist Bible College. The competition was fierce, loud and fun!

So thankful for the opportunity to attend an event under the direction of Pastor Dave Brown. Just wanted to share with our readers! Many thanks!--J.M.



Inside the Yakima Bible Baptist event. (Provided by J.M.)

Prayer request for my grand-kids who are struggling with getting themselves motivated to do school work. Prayers for the parents and teachers through this trying time. May we all get through this. Many thanks. - L.



To the Editor:

Thanks to "Living the Good Life" for the January story about Doug Bettarel and Jeff Baker deciding to take action when they noticed the major trash problem in Yakima. We all see it, but tend to think, "It's someone else's problem," "someone else's responsibility," "someone else's job." We are really good at ignoring the problem.

All it takes for someone to leave an area better than they found it is to do exactly what they did, see a problem, decide what they can do about it, and then do it.

It can be as simple as taking a walk and picking up the trash you see, putting it in a can at the park, on the Greenway, or on a hiking trail. I'm going to start doing my part too.

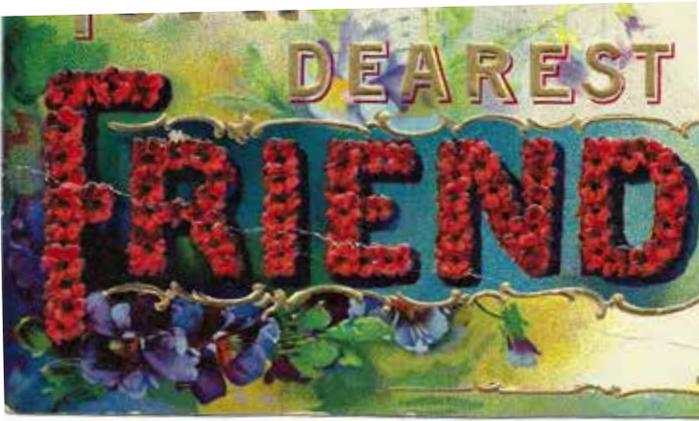
Good job, guys!

M. C.



Here's a snapshot of the article, The Good Life, January, 2021

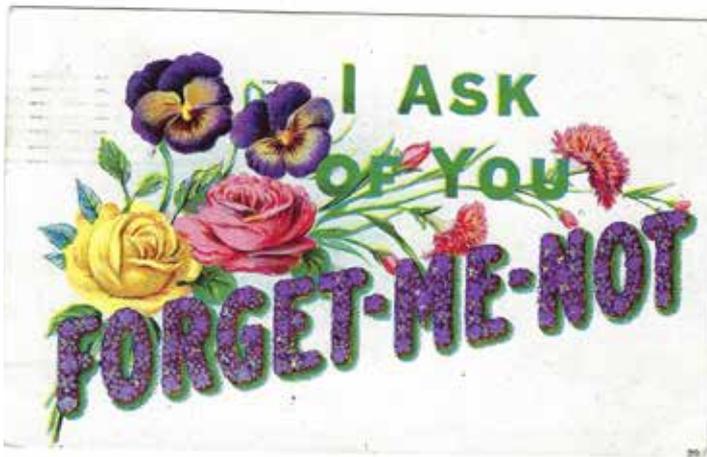




Love is the only force capable of transforming an enemy into a friend.
 - Martin Luther King Jr.



The sound of the wings of the cherubim could be heard as far away as the outer court, like the voice of God Almighty when He speaks.
 Ezekiel 10:5 NIV



Vintage Valentines saved through the years. Most of these actually have a one-cent stamp attached. (right) On display at a Yakima antique store, Yesterday's Village, proprietor Nelda in the background..

Taking the Time to send loved ones Special Valentines!

Life is short. Send a Valentine to someone you love. Valentines have been around for centuries, supposedly in remembrance for one poor Catholic priest who was be-headed because he continued to perform marriages for young couples against the government degree. At the time, Emperor Claudius II had ordered all young unmarried men into soldierhood. Secretly he kept performing marriages and of course the story after that was brief. There are at least three such stories regarding Saint Valentine in the early times.

Such as his efforts to free imprisoned Christians or most notably tied to the tradition of sending cards, is that his love of his life sent messages to him on paper as he, himself was shackled in jail.

There is something about the printed word. A hand written note. A card declaring that a person is "loved." Even sweet, handmade cards are to be treasured. And like all things treasured, many have been saved for decades and are collected. On display now at area gift shops, thrift stores and antique shops.



Shining the Light: *Getting Involved*



Katie and the crew of volunteers filled up the truck with a load of garbage.

God links us together in amazing ways. If you are a reader of *Living The Good Life*, you may have seen an article in the January issue about Doug Bettarel and Jeff Baker called, *Paying It Forward: Keep Yakima Clean*. In that story, two guys came together with a few helping hands to clean up some trashy areas off of Nob Hill and the freeway. Baker's efforts lead to him being contacted by Katie Jelinek, a former Sunnyside/Grandview resident that has lived in Yakima the past 12 years who saw news of what he was doing.

Katie, like Jeff, had also recently organized a garbage cleanup day with about 9 people, mirroring the efforts of a Tri-Cities outreach called *Clean Sweep Tri-Cities*. But more so she says, "I was originally inspired by a facebook community called *Incarceration Inspiration* which posts, "Incarceration comes in many different forms from personal prisons like depression, anxiety, mental and physical abuse or mental health issues, addiction, eating disorders, etc." It's

goal is positive action though shining the light for others to see, saying, "We walk our talk. We create smiles and we show other's what's possible."

It was that possibility philosophy that touched Katie's heart in such a way that she rose to action. Katie reveals her own walk that includes being a recovering addict. She shares that there were and are times when she feels shunned in society but she is no longer the person she used to be, acknowledging, "I was a crappy person way back in the day, but I'm a productive member of society now. I want to give back and show that and this is one way I can do that." But like most will recognize, the effort in giving gives both ways. "Being a part of this helps get me out of my head, whether it's my anxiety or depression or PTSD."

Katie has also found that connecting to the community to "do something good" brings people together in a unique way and she hopes to be a part of it. Although winter weather has been unpredictable, the

group hopes to keep reaching out to areas of need in Yakima and picking up garbage. Many people often think that picking up the garbage dumped along the roads and back alleys is left for someone else to do, or a community service group like the Department of Corrections inmates, but the need is overwhelming.

Katie hopes to inspire others who want to get involved and give back to the community to come out for a clean-up day. She also says that you can suggest an area that needs help,

start your own clean-up group or simply come by and get some bags to work by yourself in your own neighborhood. The facebook page, *Keep Yakima Clean* is an effort to build a community network about the issue and is not limited to just garbage clean-up but includes public information and sharing about items such as where recycling bins are and areas that need to be cleaned up.

Katie says, "It doesn't matter what place you are in life, we can all do a little part and it can make such a big difference!"

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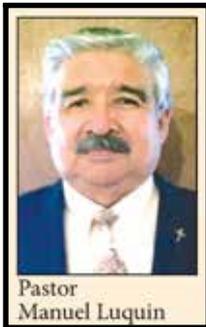


Dear Pastors...

Dear Pastors,

I have had a business in the community for a long time. I've always treated my customers and employees with a lot of respect, always going the extra mile. There have been some very lean months along the way, especially with the virus. But people assume from what appears to be a very successful business, that I am made of money. Yes, I have a good business, but the truth is, my equity is in the building and land, and in my name. I live very modestly in my private life. The problem is, I have found that one of my best employees has cheated me in small ways every step of the way. I've had to keep him with me for his experience because it's hard after years of being together. Since I started looking harder, I also found out there were a few other employees were doing similar things but I don't know exactly which ones did the actual stealing. I feel like shutting my doors. Honestly, it has really affected my desire to keep in business. I give back to the community, I always help my employees' families in other ways, and this is what I get. A team of thieves. Any words of wisdom and advice for me?

Signed, J.C.



Pastor
Manuel Luquin

Dear J.C.,

I want to celebrate you, on your commitment to be faithful to live your life according to how God has made, treating people with respect. I also hear your struggle, with some of your employees, that are taking advantage of your kindness for them and others. Please don't let that discourage you from being the person you are. Sadly, there are people that will take advantage, even of those that treat them well. The Bible gives us many examples of this. Think about our Lord Jesus Christ and the twelve men that were close to Him. One stole from the money box and betrayed Him, another denied Him, and the time He needed them, they all walked away. People that followed Him and were fed by Him, at one point, joined the religious leaders, and asked for Him to be crucified. But even with all that, before He died on the cross, He said "Father forgive them for they do not know what they are doing." So, don't lose faith in mankind. One thing you can do is, gather all your employees, and without accusing anyone, say something like this, "The business is not doing as good as it should be doing, if things do not get better, where I can meet payroll, and other expenses, as much I do not want to do this, for your benefit, I will have to close and let you go." This should hopefully change what they are doing, because with COVID, it will be difficult to get another job right away, or even unemployment right away. Pray for God to give you the wisdom to handle this. I will be praying for you.

-PML



Pastor
Barbara Blanchard

Dear J.C.,

My first thought is that you need to gather your employees and tell them everything that you know. Tell them your thoughts about closing the business, because of the things that are going on within your business. You need to lay it all out and I would also say pray with them. I don't know if any of your employees go to church, but it is your private business and I would think maybe starting a morning time of devotion and prayer. My prayer is that they would come under conviction and stop doing what they were doing and turn to Jesus. We are to love the Lord with all of our heart and share that love to the people around us. For you, it is your family at work, and you have the opportunity to lead your employees to God. Comfort them, be firm about your thoughts, pray with them, and see what happens and if you to make changes later on, so be it. Reading your note, I can tell you have a real concern about the people who work for you. When you talk to them, let them know this is hard for you to discuss, but discuss you must. Praying for you and your employees.

-PBB

Send your "Dear Pastors" questions on our contact page at LTGLYAKIMA@gmail.com. RE: Pastors Question.

You can sign them anonymously. Or by mail, at 5808 Summitview Ave., STE. 333, Yakima, Wa 98908

We can't promise your letter will get printed, but we will do our best.

Some changes are made to questions at the discretion of the Editor.



*"A balanced diet is a cookie in each hand!"
- Barbara Johnson*

Sparkly & Simply Delicious Sugar Cookies

Preheat oven at 375 degrees

Ingredients:

Mix well, together in a bowl:

2/3 cup margarine

3/4 cup sugar

1 egg

1/2 teaspoon vanilla

Separately combine:

2 cups of flour

1 1/2 teaspoon baking powder

1/3 teaspoon of salt

4 teaspoon of milk

Mix both together well and chill for about an hour.

Roll out the dough to about 1/4 of an inch thickness and cut out heart shapes for decorating. There are some recipes that simply use, sugar, flour, butter and vanilla! Cook about 10 to 12 minutes.

Icing:

1 cup Confectioners sugar

1 tablespoon Karo corn syrup

2 tablespoons water/ food coloring optional

1/4 teaspoon almond extract

Multitude of sprinkles!



An apron is just a cape on backwards!





From the Heart:

If you are feeling a little fat from all the chocolate candies of Valentine's Day and feeling like you can't wait for summer foods and garden bounties... how about making a salad buffet! The easy part is you simply look for fruits, vegetables, and nuts that are available.

Part of the fun is in the arrangement. If you don't have heart shaped dishes and are on a budget. You can pick up heart shaped doilies at the Dollar Store, or cut some paper hearts out like snowflakes from a plain piece of paper and place behind your bowls on a platter.

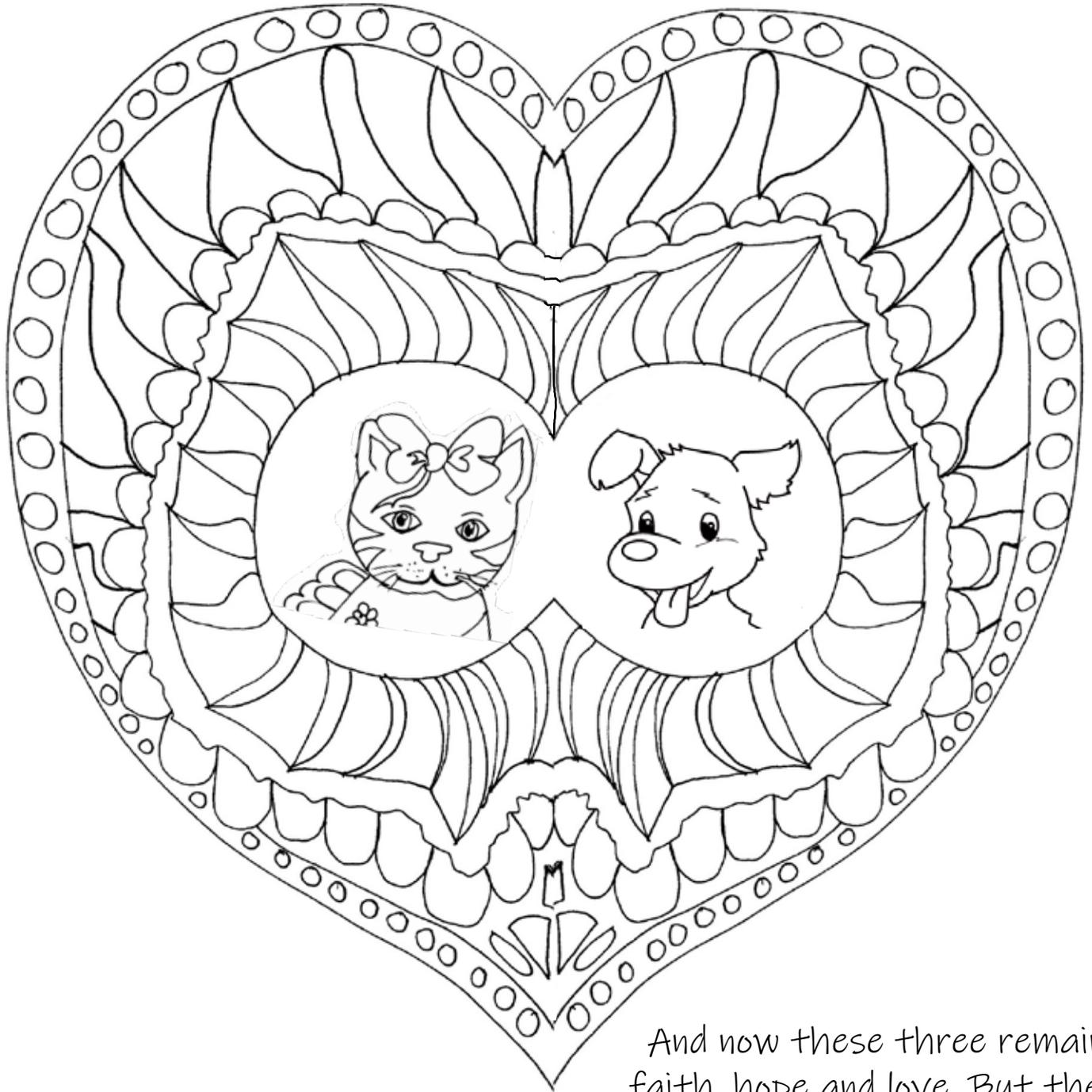
For dinner, heart shaped napkins can add a sweet tiding without the calories. St. Valentine's Day is a fun celebration and has historical roots to a charitable saint. But truly, making something for someone else with love--- is worthy anytime of year!

Enjoy!

*Taste and see that the LORD is good;
blessed is the one who takes refuge in him.
Psalm 34:8 NIV*



COLOR ME



And now these three remain:
faith, hope and love. But the
greatest of these is love.

1 Cor. 13:13 NIV

Laughter is good for the soul ...

Proverbs 17:22

A guy takes his girlfriend and her dog out fishing for a Valentine's date... She went in spite of being dressed in her Sunday best, but there didn't really seem to be plenty of fish.

She wondered about the morning's devotion of *Matthew 4:19*, where Jesus spoke about making her a "fisher of men."

It wasn't exactly the Sea of Galilee, but she had to wonder...

Guess who caught what before you trace the line to see the catch of the day!



S. Belozarov

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