

Inside This Edition: Diesel Club & Zap Master

# Southwest Washington Dance Center Leads Santa Parade

#### By Sigourney Orstad

For the C/C Chamber of Commerce

Southwest Washington Dance Center was the Grand Marshal at the 2024 Annual Santa Parade. Dancers from Southwest Washington Dance Center spread holiday cheer while leading the Rock n' Roll Christmas parade on Saturday, December 7, in downtown Chehalis.

The Centralia-Chehalis Chamber of Commerce was proud to select Southwest Washington Dance Center as the Grand Marshal for the parade because of their contributions to Chehalis and the surrounding community. Southwest Washington Dance Center has been active in the community since 1982 and has been a place for dancers of all ages to learn and develop their dance skills. In October of this year, Southwest Washington Dance Center was named Best Dance Studio at the 2024 Best of Lewis County Awards. This is the third year in a row that the dance studio has won this title, and only the third year since the Best Dance Studio



Courtesy Photo Southwest Washington Dance School named Best Dance Studio at the 2024 Best of Lewis County Awards.

category was created.

Marcia Greenfield, Administrative Director of Southwest Washington Dance Center, has been involved with the dance studio since her daughter started dancing there in 1990. In 1998, Greenfield started working for Southwest Washington Dance Center and has continued to work there for the past twenty-six years. Greenfield expressed her enthusiasm for Southwest Washington Dance Center being chosen as the Grand Marshal, "It's a huge

honor. We're very thrilled... We're very excited to be able to represent our organization and also just proud to be part of Chehalis.'

This year marks the 27th year of Southwest Washington Dance Center's annual Nutcracker Ballet. The performance features more than 130 dancers, handmade costumes, and sets designed by local artists. This year the Nutcracker Ballet will have new dance pieces and new costumes on debut at the performance. "I think



Ballarina Hannah Feaster performing for Southwest Washingon Dance Center.

it's kind of the beginning of all the Christmas excitement with the holiday so close to our show. It is really a family affair that's appropriate for all ages. We're just excited and proud to show it off and [we]

hope people will come out and see it," said Greenfield.

The Nutcracker Ballet runs from December 19 to December 22 at the Corbet Theatre at Centralia College.

#### By Peter Abbarno

20th District Rep. R-Centralia

The election season is over! If you are like me, I am happy to not receive any more negative pieces in my mailbox and only have friends and families text messaging me. The holidays provide all of us with the opportunity to focus on the season of giving.

I invite you to join me



Peter Abbarno

family and I support many of their efforts, including literacy. We are supporters of the Dolly Parton Imagination

# The Season of Giving

comprehension skills for our students. Consider joining the reading buddy program or donating to the Imagination Library through the United Way of Lewis County and help put a book in the hands (every month). Learn more about supporting the United Way of Lewis County at LewisCountyUW.com.

## **The Forgotten** Children's Fund

The Forgotten Children's Fund is a volunteer organization that works to give deserving children and families a truly merry Christmas. The local organizations collect toys, books, and food for families and families and deliver them on December 23rd

visit the Centralia-Chehalis Chamber of Commerce at Chamberway.com.

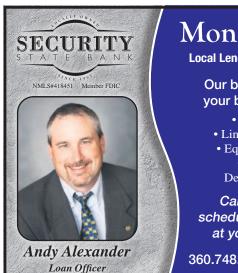
## **Lewis County Icicle Brigade Polar Plunge**

On January 25th, I will once again take the plunge into Mayfield Lake to raise money and awareness for our local Special Olympics athletes. Last year our team "Lewis County Icicle Brigade" raised over \$7,500 to help pay for uniforms, travel, equipment and more for our Lewis County Special Olympics Athletes. Consider joining our team or donating to sponsor our plunge at https://impact. sowa.org/Lewis-County-Icicle-Brigade-25. Remember, "Cold Hands, Cold Feet, Warm Hearts!"

and take advantage of some amazing local opportunities to volunteer and support. Here is a list of some of the places that I volunteer for and support:

United Way of Lewis County

Library, as well as reading buddies. These quality programs help our children become kindergarten ready, create quality family time, and build basic reading and



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## **Hub City Mission**

The Hub City Mission in Centralia helps community members and positively impacts them in tangible ways. There local missions include "Table Ministry" where they serve lunch; "Pantry" where they distribute food boxes and host a fresh market; and "Bike Shop" where they distribute, repair, and help community members with their bicycles and transportation needs. My family has packed boxes and delivered food and see firsthand how these missions can help change lives through nutrition and personal connection. Learn more about supporting the Hub City Mission at bethel-church. com/hcm/.

The organization works with local school districts to find deserving students and families, plus they have a great application process where families can request help (or have help requested for them). As a Forgotten Children's Fund Santa, I can attest that this is a truly transformative experience for both the volunteers and the families. Learn more and support the Forgotten Children's fund at ForgottenChildrensFund.org.

There are countless organizations to support throughout our community. The holiday season is a great time to get involved, and then stay involved all year long. To learn more about the organizations making a difference in our communities,

I invite you to share with me and the chamber on our Facebook Pages where you are volunteering this holiday season.

Peter Abbarno Facebook: https://www.facebook.com/ ElectPeterAbbarno

Centralia-Chehalis Chamber Facebook: https:// www.facebook.com/ chamberway

## Legislative Update

Don't forget that I will be hosting monthly 'Zoom' legislative updates with the Centralia-Chehalis Chamber of Commerce on December 19, 2024 from 8-8:30am; then next year from 7:30-8:00am on January 23rd, February 27th, March 27th, and April 24. Contact the Chamber Director for more information and the link.

I wish you a Merry Christmas and Happy Holidays!

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Directory

# Centralia College Diesel Technology program prepares students for high-demand careers

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Students from Centralia College's BAS Diesel Tech program visit Triad Machinery, Inc. in Sumner on Nov. 13.

#### **By Emily Fitzgerald**

For the C/C Chamber of Commerce

Chehalis Santa Parade on

Dec. 7 and the Centralia

Lighted Tractor Parade on

Dec. 14 will see entry from

Technology program, which

provides students with the

hands-on skills needed for

the logging, construction,

technical knowledge and

high-demand careers in

mining, agriculture and

Established in the

early '80s with a new shop

constructed in the '90s, the

Diesel Technology Program

uses a mixture of in-class

instruction and hands-on

preventative maintenance

in welding and in the

HVAC systems.

training to educate students

and repair of diesel engines,

transmissions, chassis and

a diesel degree are in high

demand. Typical starting

wages are the mid to upper

\$20s. They are working for

Northwest, Kenworth, Pape',

and many others," said Diesel

Technology Instructor Jake

companies like Modern

Machinery, Freightliner

electrical systems, hydraulics,

"Students graduating with

trucking industries.

Centralia College's Diesel

Those who attended the

# Conrad.

Centralia College introduced a new aspect to the diesel program, a fouryear Bachelor's in Science in Diesel Technology (BAS-DT), in 2014.

"There are only four schools in the country that offer a four-year degree in diesel and Centralia is the only one west of the Rocky Mountains," Conrad said. "The BAS-DT degree helps prepare them for additional opportunities in the diesel and heavy equipment industry."

Additional courses available for BAS-DT students include classes in management, electric vehicles, emissions and alternative fuels.

The program also consists of a Diesel Club, which is made up of current Diesel Technology students and those taking their general education requirements ahead of starting their Diesel Technology classes.

"The Diesel Club has the most members of all the clubs on campus and participates in college and community activities," Conrad said. "Lately the club has been barbequing at soccer games for fundraising and is



A Centralia College Diesel Technology student works on a smoking engine as part of an assignment in October.



Centralia College Diesel Technology students visit a TransAlta plant in October.

currently hosting a firewood raffle with the proceeds getting split between the club and a scholarship for diesel students."

The firewood raffle prize is a cord of mixed, split and dried firewood. Two winners, who will each receive a cord, will be drawn on Dec. 2. Tickets are \$1 each and can be purchased by texting Oliver at 360-916-1110.

The club will also help the Centralia Chamber of Commerce set up the stage for the Chehalis Santa Parade.

The Diesel Technology program is open to anyone who has been accepted into Centralia College. All applicants need to do is fill out an online application.

Courtesy Photos

"A fall quarter start is preferred, but there is also a path for enrolling winter or spring quarters. High school students are also eligible through Running Start," Conrad said.

For more information, visit https://www.centralia. edu/pathways/tech-trades/ diesel.aspx.

# Currents of Change: How 'The Zap Master' is Transforming Electrolysis Education

#### **By Sigourney Orstad**

For the C/C Chamber of Commerce Stephanie Shields,

Shields explained. Because of an oversight, Washington is currently

so the hair doesn't grow,"



Amanda Singleton Lightcurve

**Connie Smejkal Centralia College** 

**Sandra Wing Twin Cities Sports** Commission

#### NON-VOTING

**Amy Buckler Interim City Manager** Centralia

> **Stacy Denham City Manager City of Chehalis**

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playfully nicknamed 'The Zap Master,' hasn't been in the area long, however, she's already making a lasting impact in Lewis County and beyond. Shields owns Zap Master Electrology in downtown Centralia, an electrolysis clinic with a focus on electrolysis training and education.

The daughter of an electrologist, Shields was raised in the hair removal industry. "My mother started electrology in 1982, I was born in 1985, and I was always brought up kind of playing underneath the treatment tables and just being kind of ever present, whether I was working the front desk in high school or helping with filing and admin stuff," said Shields.

After high school, while Shields was getting her degree in education, she began doing electrolysis to help put herself through college. Shields quickly realized she could integrate her passions for education and electrolysis and close the gap in electrolysis education that exists in many parts of the United States.

Electrolysis is a hair removal method that targets a hair follicle through either an AC or DC current. "In layman's terms, we take a filament and apply current to the hair using very fine dexterity to get into that follicle and cauterize the root an unlicensed state for electrolysis. The result is that there isn't an official standard for those providing electrolysis services, allowing for those without proper training to practice electrology. Shields is an advocate for licensure in Washington and is passionate about providing safe access to electrolysis, which has become a keystone value she teaches through her Zap Master Electrology training program. Shields educates the next generation of electrologists through a combination of theory and practical hands-on training.

From Germany to Australia, Shields' electrolysis training program attracts people from across the globe who want to get the proper training and certifications to perform electrolysis. Students, or "Zaplings," as Shields likes to call them, train under Shields' direction for between two hundred and six hundred hours. Through their training, students learn a high standard of care and safety for which to treat electrolysis patients.

Although Shields is passionate about her electrolysis training program, she still has a focus on the health care portion of her electrolysis business. Shields works alongside Schine Health, a primary care practice located in

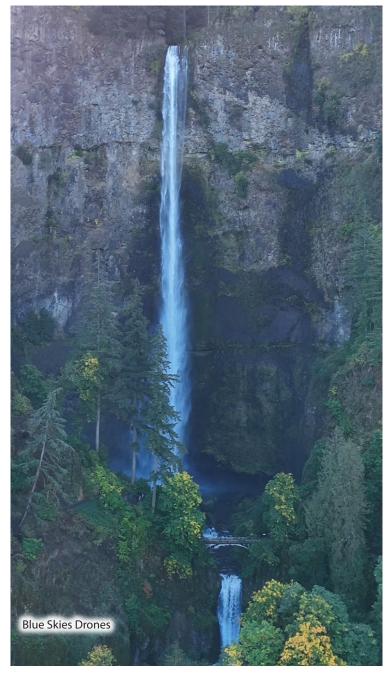
Owner of Zap Master, Stephanie Shields.

downtown Centralia, to provide a pathway for clients to get their electrolysis covered by insurance for conditions like Polycystic ovary syndrome (PCOS) or for gender affirming care. When Shields moved her business to Washington from Arizona in 2022, she convinced her business partner, Schine Health, to relocate to Centralia as well. Since moving to Centralia, Zap Master Electrology and

Schine Health have embraced their place in the community and are excited to continue to offer valuable resources and support to Lewis County.

Zap Master Electrology and Schine Health are continuing to expand access to electrolysis and have begun their search for a master esthetician to go through the electrology training program. For more information, contact The Zap Master at info@thezapmaster.com.

# **BIZZBUZZ**



#### Buy Your Next Drone at Blue Skies Drones!

A drone is the ultimate gift for any photography enthusiast this holiday season! With a drone, your favorite photo buff can take their creativity to new heights—literally. Drones allow photographers to capture stunning aerial shots and videos, offering perspectives that are impossible to achieve with

traditional cameras. Imagine breathtaking landscapes, unique angles, and cinematic footage, all at their fingertips.

Modern drones come equipped with high-resolution cameras, intuitive controls, and intelligent flight features like tracking and obstacle avoidance, making them easy to use even for beginners.

Whether capturing majestic sunsets, exploring remote areas, or creating content for social media, a drone opens up and Famous Footwear Outlet for athletic name brands. For special occasions or just because, check out our Kay Jewelers Outlet. Perhaps you are looking for something more spiritual or personalized? The Christian Outlet and their P. Graham Dunn corner specialize in custom-made gifts, décor, and

inspirational items. We are sure there is something for everyone on your list here at the Centralia Outlets. Make a day of it and see how you can be inspired to give gifts you know everyone will love and appreciate. For more gift-giving ideas, follow us on

social media!





WHAT'S THE BUZZ?

to achieve his desperate desire for the coveted BB gun. All the iconic scenes from the movie are here: Ralphie's friend, Flick, getting his tongue stuck to the flagpole; his brother, Randy, getting dressed in his snowsuit; the bullies, Farkus and Dill; the leg lamp award; the bunny suit; Christmas dinner; and many others. We have added an additional performance Thursday Dec 19th, and moved the Saturday Dec 14th performance to a 2pm

matinee, so as not to conflict with the Lighted Tractor Parade. Buy your tickets early, this show will sell out! Bring a copy of this article with you for a free soda or water and a small popcorn.

Evergreen Playhouse

#### **Diabetic Eye Exams**

Do you have diabetes? Is your medical doctor asking you to get your eyes checked? Do you wonder why? Uncontrolled diabetes causes the walls of blood vessels to weaken, resulting in blockages, leaks and

new leaky blood vessels- called

diabetic retinopathy. Diabetic

300 million consumers. It's widely used for job searching, market analysis, and developing marketing strategies. Users can search for businesses, track market trends, and identify

business opportunities or executive contacts. The database also allows downloading up to 250 records at a time for research and marketing purposes. Ideal for entrepreneurs, researchers, and job seekers, Reference Solutions helps users conduct in-depth research on businesses and

consumers nationwide. Visit the database for further information and tools for business and

job-related needs. Timberland Regional Library (TRL) supports local businesses with a variety of free services, including \$44 monthly printing and copy credits, free faxing, Wi-Fi, internet access, and meeting spaces. We also offer resources on entrepreneurship, management, law, and more. Visit TRL.org/small-business to learn more.

#### Experience Chehalis Offers Third Annual "Letters to Santa" Program

Experience Chehalis is thrilled to continue spreading holiday cheer with the third annual "Letters to Santa" program. This festive tradition invites children of all ages to drop off their letters to Santa. Santa Mailboxes will be available beginning November 14, 2024, at Book 'N' Brush, Totally Pawsome, and Market Street Ace Hardware. A few tips for ensuring Santa can respond: Make sure the return address is clear and legibleno postage required! Include the child's name; otherwise, letters will be addressed to "my friend." Santa does not address specific gift requests, focusing instead on spreading joy and holiday spirit. Volunteers do their best to ensure timely replies, but response times may vary. Letters received by December 15 will get a response by Christmas. The original letter won't be returned, and all personal information remains confidential. This program is brought to life by dedicated volunteer elves who work tirelessly to make the holiday season magical for local families.

goods. Whether you're looking to send a thoughtful gift to a loved one or impress a client with a memorable gesture, our team can customize a basket to suit any occasion or taste preference. With an emphasis on supporting small businesses and showcasing the best of the Pacific Northwest's artisanal food scene, our gift baskets are not only delectable but also a true representation of the region's bounty. Trust NW Salmon Smokehouse to create a stunning gift basket that is sure to leave a lasting impression.



#### Have a Great Sandwich from Quiznos! Quiznos in Centralia DELIVERS

10-8 daily. Think of us for your catering needs this Holiday Season. We have GIFT CARDS too. They make great gifts or stocking stuffers. Thank YOU and HAVE ONE

endless opportunities for artistic expression.

Plus, with drones like the DJI Mini series or Autel EVO Lite, compact and lightweight designs make them perfect for traveling. They're not just for fun; drones can enhance a photographer's portfolio, turning passion into

potential opportunities. This Christmas, give the gift that combines adventure, technology, and creativity. A drone isn't just a gadget—it's a gateway to unforgettable moments and limitless possibilities. Your photo buff will thank you for a gift that inspires and elevates their craft! Check with Blue Skies Drones, your local drone store.



# Holiday Shopping at the Outlets

Shopping at Centralia Outlets allows you to stretch your dollars on the brands you love. With already discounted prices and more savings planned closer to the holidays, how can you go wrong? In-store pricing and sales can sometimes be deeper in discounts than online shopping. Use this shopping season to enjoy time with family or friends. Take the time to slow down and browse through stores. It may surprise and delight you to find unique gifts for those on your list. Athletic wear may appeal to almost everyone on your holiday list. Comfort, style, and function make

a great gift! The Centralia Outlets host several brands that appeal to this demographic. Shop Under Armour, Skechers, Columbia, New Balance, Nike, Hanes Brands,

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We are pleased to announce that we are approved as a Provider of homecare services for the Washington State Department of Labor and Industries' workman compensation program and

Sedgwick James Careworks. If you find that you need assistance at home while recuperating from your work related injuries. Your work injury related physician can refer at home care services for those who are recuperating from work related injuries. Have them request Cedars Homecare; we have caregivers available to assist you on your road to recovery. For more information, Call 360-736-1998 or Email; info@cedarshc.com

#### A Christmas Story, the Musical

December 6-22, 2024 Pay What You Can Thursday, December 12th @7:30pm Set in the 1940s in the fictional town of Hohman, Indiana, the musical follows 9-year-old Ralphie Parker and his quest for the Holy Grail of Christmas gifts—an Official Red Ryder carbineaction 200-shot Range Model air rifle. Rebuffed at every turn with a similar echoing response, Ralphie plots numerous schemes retinopathy is the leading cause of preventable blindness in the United States. With a dilated eye exam and retinal imaging, Drs. Mary Ferris and Angela Loeb can see your blood vessels at work. The eye is the one place in the body where connective, vascular, and neurological tissue can be seen in a noninvasive way. The sooner retinopathy is found, the better your chances are of

maintaining vision. The Rainier Eye doctors send a report about your eye health to your medical doctor (PCP, endocrinologist, or internist) and they use this information to tailor your diabetes treatment planproviding useful feedback for your whole care team. One thing many people don't know is that diabetic exams fall under medical insurance coverage, not vision insurance. Rainier Eye is welcoming new patients for diabetic health exams as well as annual vision exams. Schedule online at www.RainierEye.com or call 360-506-5544. We look forward to seeing you!



# RAINIER EYE

#### Reference Solutions by Data Axle

(Timberland Regional Library) is a premier database offering detailed information on over 70 million U.S. businesses and Thank you to Book 'N' Brush for providing these mailboxes. Discover more holiday happenings on the Experience Chehalis event calendar at experiencechehalis.com/calendar. Let the magic of the season begin!

#### Grab Some Lunch at Northwest Salmon Smokehouse!

At NW Salmon Smokehouse, we take great pride in curating unique and high-quality gift baskets for our customers. Our shelves are carefully stocked with carefully selected products from local artisans, ensuring that each basket is filled with only the finest OR MORE OF OUR GREAT SANDWICHES!! Tim and Tina & the Quiznos Team



#### WSU Extension Lewis County Master Gardeners

WSU Extension Lewis County Master Gardeners offer a free Plant and Insect Clinic. In person at the Lewis County Extension Office located at 17 SW Chehalis

Ave., Chehalis on Monday – Wednesday from 9:00 AM – noon. Or online at www.lewis-mg-mrc. org. From the home page, click on the link that says Plant and Insect Clinic. From there, click on the link that says Plant or Insect Questionnaire. Complete the form, and a Master Gardener will be in touch with you. Are you thinking of becoming a Master Gardener? We offer

a Master Gardener? We offer year-round enrollment. For more information about the program, please call Jason Adams, Program Coordinator, at 360-740-1216 or email jason.adams@ lewiscountywa.gov. Our first free workshop for 2025 will be on Saturday, February 15 at Borst Kitchen #1. The workshop will be focusing on seed saving. Please pre-register 4 days prior to the workshop. To register, call 360-740-1212 or email julie.

pirtle@lewiscountywa.gov. We are looking wforward to seeing you.



4 ~ Business Connections, December 2024

#### **CHAMBER NEWS**



The Centralia-Chehalis Chamber of Commerce had a great turnout at our November Forum held at Northwest Salmon Smokehouse. Thank you to everyone who showed up and we hope to see you at our next forum in 2025!



Cheryl Heywood, Director of Timberland Library, gave a presentation on business resources the library has to offer local businesses and entrepreneurs at the Centralia-Chehalis Chamber of Commerce's November Forum at Northwest Salmon Smokehouse in downtown Chehalis.



The Trick or Treat Transit was a success! Kids, parents, and business owners all had a blast receiving and giving out candy. A special thanks to Lewis County Transit and all of the businesses who participated.



The Lewis County Transit crew spread halloween cheer in their Harry Potter themed costumes. Special thanks to L.C. Creamery for making this event a success!

— PLATINUM —

# The Chamber board and staff deeply appreciates our 2024 Sponsors

These companies not only invested in the work we do as sponsors but also gave of their time and expertise













## UPCOMING CHAMBER EVENTS!

# 74th Annual Santa Parade

Saturday, December 7th • 11 am

The parade will be on Market Street in Chehalis Bundle up and join us for a Rock 'n Roll Christmas! Shop Locals Bags will be given out while supplies last

## December **Business After Hours** Sponsored by

Lightcurve Fiber Ugly Sweater Contest **Thursday, December** 

19th • 5 - 7 pm Jeremy's Farm to Table 576 W Main St, Chehalis Our final BAH of the year won't be Humbug!

# **Ribbon Cutting**

Ceremony Three Rivers Care 1305 Alexander St, Centralia Tuesday, December 17 • 3 pm

# **District Legislative Update with** Peter Abbarno

Wrapping up 2024 and Looking ahead to 2025

#### Thursday, December 19 • 8 am Zoom meeting

Email director@chamberway.com to **RSVP** 

# January – Chamber Annual Banguet!

Make your reservations today

Friday, January 24, 2025 6 pm social hour Centralia College chamberway.com/eventsby-city/cc-chamber-annualbanquet

# CHAMBER MEMBERS

We are seeking ideas for Forum speakers and for our MicroBytes. If you want to be