

**Community Spotlight**

**Business Spotlight: Community Spotlight: Salish Sea Tree Care & Consulting 🌲**

Salish Sea Tree Care & Consulting is a locally rooted arboriculture firm serving North and South King, Snohomish, and Pierce Counties. Their mission is simple yet powerful: to make expert tree care and consulting accessible to everyone.

They offer a full range of services, including pruning, soil health treatments, and selective tree and stump removal. Their approach is holistic—prioritizing long-term plant health and ecosystem vitality over quick fixes. Whether it’s shaping ornamental trees or restoring soil life, Salish Sea brings deep expertise and care to every project.

Their consulting services support homeowners, developers, and municipalities with tree risk assessments, appraisals, preservation plans, and more. They specialize in helping clients navigate tree-related challenges during construction and development, ensuring both safety and sustainability.

The team is led by two Board Certified Master Arborists: John Huddleston (North King & Snohomish) and Nicholas Johnson (South King & Pierce). Both are ASCA Registered Consulting Arborists with advanced qualifications in tree risk and plant appraisal.

Salish Sea Tree Care stands out for its commitment to education, environmental stewardship, and community connection. They believe every tree has a story—and every landscape deserves thoughtful care.

Learn more at salishseatree.com

**Ghoul Giggles 👻**

**Why was the mummy always stressed out?**He just couldn’t relax — too wound up. 🧻

**Why do ghosts love elevators?**
It lifts their spirits. 👻⬆️

**🍂🍃 Health & Vitality Report — October 2025 🍃🍂**

**🍂 Fall Diffuser Blends – Celebrating Autumn! 🍁**

☕ Pumpkin Spice
Warm, cozy, and perfectly fall.
2 drops Cinnamon Bark
2 drops Clove
2 drops Wild Orange
1 drop Ginger 🥧

🍏 Spiced Cider
Sweet, tangy, and comforting.
3 drops Wild Orange
2 drops Ginger
1 drop Clove
1 drop Cinnamon Bark 🍎

🌲 Fall Forest Walk
Grounding and refreshing — like crisp mountain air.
3 drops Cedarwood
2 drops Juniper Berry
2 drops Frankincense 🌲

🧣 Cozy Sweater
Soft, soothing, and just right for cool nights.
3 drops Bergamot
2 drops Copaiba1 drop Cinnamon Bark 🕯️

**🗝 Therapist’s Insights – 🍂 From My Table to Yours 🍂**
*By Richard Oliver, LMT, Yin and Yang Massage*

Fall is a season of change—crisp mornings, cozy sweaters, and shorter days. With the shift in weather, our bodies often hold more tension as we adjust to cooler temperatures and busier schedules. Massage can be a powerful way to reset, ease sore muscles, and support your immune system as we head into the colder months.

Taking time for yourself isn’t a luxury—it’s a necessity. Whether you’re looking to reduce stress, improve circulation, or simply carve out a quiet moment in your week, regular massage can help you feel grounded and renewed.

This season, I encourage you to listen to your body, breathe deeply, and embrace the slowing down that fall naturally brings. Your health and well-being matter—and I’m honored to support you on that journey.

From my table to yours, wishing you a season of comfort, balance, and wellness.

**🍂 Fall Massage Tips 🍁**

As the air turns crisp and the days grow shorter, it’s the perfect season to nurture your body with massage. Here are a few ways to make the most of each session:

💧 Hydrate – Drink plenty of water before and after to keep muscles supple and support circulation.

🕯️ Arrive Calm – Give yourself a few quiet minutes to settle in so your body can start relaxing early.

🗣️ Communicate – Share your pressure preferences and any sore spots so we can focus where you need it most.

🌬️ Breathe & Unwind – Deep breathing helps tension melt away more fully.

🧘 After Care – Gentle stretching or rest after your massage helps maintain that “just-off-the-table” feeling longer.

Massage is a gift you give yourself. This fall may each session leave you feeling balanced, warm, and ready to enjoy the season.

THINGS TO DO AROUND TOWN

10/04- Buzz Inn Big Ed Ritchie 60 minutes of Fear, Evergreen Speedway

10/04- Miracle League, 9:00am at Rotary Field

10/04- Rotary Barn Dance & Auction, 5:00pm at Evergreen State Fair Park 4H Building

10/04- SRFR Fire Prevention Week Open House, 12:00-2:00pm at Fire Station 31

10/04-10/05- Rocktoberfest, 10:00am – 5:00pm at Evergreen State Fair Park

10/07- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

10/14- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

10/21- Getting Back to Health with Dr. Rod Dahlinger, 6:00pm at Healthy Family Chiropractic

10/25- Halloween Drag Bingo, 5:00pm at Monroe Community Senior Center

10/31- Downtown Trick or Treat, 3:00-6:00pm at Downtown Monroe



**🌿 Client Testimonial: A Journey to Relief and Renewal**

*"Before I started massage therapy, I struggled with chronic neck and shoulder pain from years of desk work. I had tried everything—stretching, pain meds, even physical therapy—but nothing gave lasting relief. After just a few sessions with Richard, I noticed a huge difference. His intuitive touch and calming presence helped me release tension I didn’t even realize I was holding. Now, I sleep better, move more freely, and feel more connected to my body. Massage therapy has truly changed my life."* — Sarah M

**🍂 Massage Therapist Tips for Autumn Wellness**

 Seasonal Massage Benefits:

* + Autumn is a time of transition—massage therapy helps ease physical tension and emotional stress.
	+ Regular sessions can boost circulation, improve sleep, and support immune function.

 Self-Massage & Stretching:

* + Use a foam roller or massage ball to release tight muscles.
	+ Gentle stretching in the morning and evening helps maintain flexibility as temperatures drop.

 Mindful Moments:

* + Practice deep breathing or meditation to stay centered during seasonal shifts.

**Social Media**Follow us on Facebook & Instagram!

https://www.facebook.com/yinandyangmassagemonroewa/

https://www.instagram.com/yinandyangmassage/?hl=en

04/02 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/03—04/07 Spring Inaugural Hunger Jumper Show, Evergreen State Fairgrounds

04/05—04/07 Evergreen Spring RV Show, 10:00am—5:00pm at Evergreen State Fair Park

04/06 NASCAR Season Opener, Evergreen Speedway, 6:00pm

04/09 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/12—4/14 NW Model Hobby Expos, 9:00am—3:00pm at Evergreen State Fairgrounds

04/16 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/19 doTerra class with Staci Cahill, 6:00 pm -6:45 pm at Healthy Family Chiropractic

04/19 Sound Baths with Staci Cahill, 7:00 pm—8:30 pm at Healthy Family Chiropractic (registration required)

04/20 Superhero Bingo!, 5:00 pm—10:00 pm at Monroe Senior Center

04/20—04/21 Oddmall Emporium of the Weird “Sprung”, 10:00 am –4:00 pm at Monroe State Fairgrounds

04/23 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/26 Arbor Day Celebration, 12:00 pm—2:00 pm at Lake Tye Park

04/26—04/28 Evergreen Spring Home Show, 12:00 pm—6:00 pm at Evergreen State Fairgrounds

04/30 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

**Client Success Stories**

*We’d love to hear your success story!*

*Email us at yinandyangmassage9@outlook.com.*

**Tips, Tricks, and Recipes for Better Health**