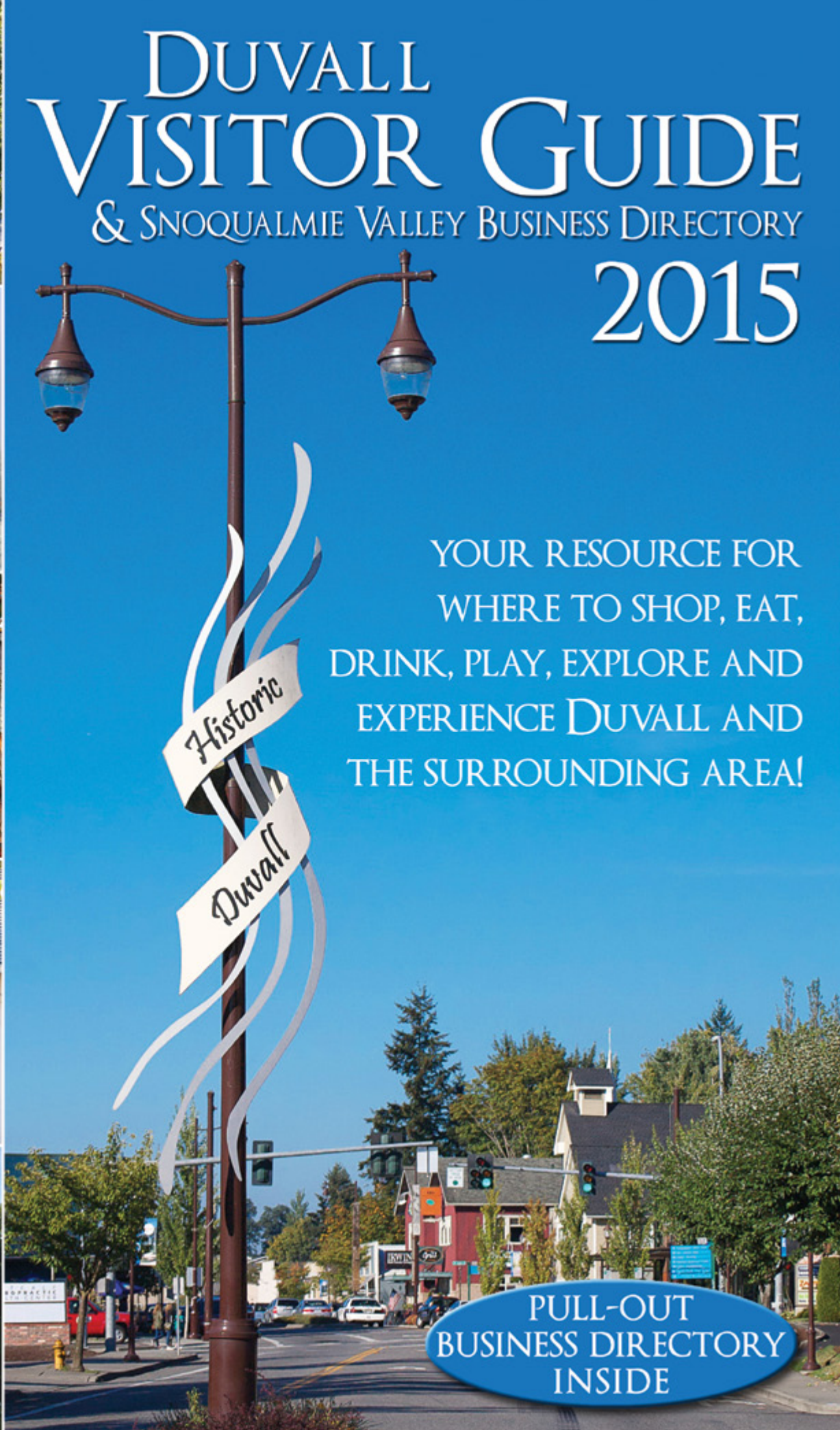


# DUVALL VISITOR GUIDE

## & SNOQUALMIE VALLEY BUSINESS DIRECTORY

# 2015



YOUR RESOURCE FOR  
WHERE TO SHOP, EAT,  
DRINK, PLAY, EXPLORE AND  
EXPERIENCE DUVALL AND  
THE SURROUNDING AREA!

PULL-OUT  
BUSINESS DIRECTORY  
INSIDE

# Christi Irwin & Associates Irwin Group Realty

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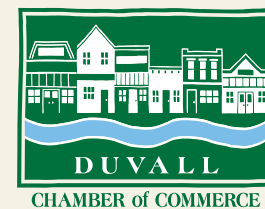
Photos By Misia Zilinsky

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## SHOP · PLAY · EAT · STAY We Love Duvall Top 10 Reasons to Shop & Dine in Duvall

- 1 PROTECT LOCAL CHARACTER AND PROSPERITY:**  
By choosing to support locally owned businesses, you help maintain Duvall's charm.
- 2 COMMUNITY WELL-BEING:**  
Local merchants care about and invest in our community. They donate their time and part of your dollars back to local groups and charities.
- 3 SAVE MONEY:**  
You save money by shopping at home. You drive less, save time, and you'd be surprised how often the retail prices are lower, too.
- 4 PROTECT OUR SERVICES:**  
Dollars you spend locally support vital public services right here in Duvall.
- 5 JOBS AND WAGES:**  
Locally owned businesses create jobs locally and can provide better wages and benefits than chains do. Your local purchases support local jobs.
- 6 ENTREPRENEURSHIP:**  
Entrepreneurship fuels America's economic innovation, and serves as a means for families to move out of low-wage jobs and into the middle class.
- 7 ENVIRONMENTAL SUSTAINABILITY:**  
You can reduce your environmental impact by cutting out those drives to Redmond and Bellevue.
- 8 PAY IT FORWARD EFFECT:**  
When you shop or dine at one local merchant, you're supporting a whole host of other businesses. The businesses are buying supplies at other local businesses.
- 9 BUILD RELATIONSHIPS:**  
You can grow a relationship with our local merchants. They can get to know you, and cater to your preferences.
- 10 LOCAL DECISION MAKING:**  
Local ownership means important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.



2015 Duvall Visitor Guide - Through the Eyes of the Locals!  
We asked you to submit your favorite photos of Duvall and the Snoqualmie Valley to be included in this year's issue of the visitor guide. See if you recognize any of the locations.

Main Cover Photo by H Bondar  
Cover Side Photos by:  
H Bondar  
Laura Henion  
Connie Berg  
H Bondar  
Keri Isbell

*Duvall is fortunate to be situated between two of the most popular ski areas in western Washington. The Summit at Snoqualmie (southeast) and Steven's Pass Ski Resort (northeast) are each less than an hour's drive from Duvall in the Cascade mountain range. Snoqualmie is ideal for beginners and features runs on three different mountains, including the challenging Alpental area. Steven's Pass is a little more upscale and caters to skiers of all ages and levels of ability. Think Snow!*

# Welcome

## The Chamber Extends our Warmest Welcome to you.

Five years ago, my husband and I had the opportunity to relocate from where we were living, and so we started “shopping” for a new town. We wanted someplace within reach of the urban Eastside (Redmond, Bellevue, Kirkland) yet far enough away to get a country living feeling. Someplace small enough that we could get deeply involved in the community and establish strong friendships, yet sophisticated enough to offer a modern technology infrastructure and a highly educated workforce. We wanted a place that was safe and charming and yes, a little creative and quirky. A place with a proud history and a bright, exciting future.

So we went driving around every weekend, checking out town after town, until one fine Saturday we crossed the Snoqualmie River on the 124th Street bridge. After crossing that bridge, we felt like we were in another world – a more pastoral and peaceful world. Our shoulders relaxed and our spirits rose as we drove up Highway 203 and took in the sight of the beautiful Snoqualmie Valley spreading out on our left. We came to Main Street and stopped for breakfast at the Duvall Grill. The next weekend we came back. And the next, and the next.

We fell in love with Duvall.

That feeling has grown as we’ve made Duvall our home and developed life-long friendships with so many great people. A wonderful blend of old and new, Duvall is a unique place: an eclectic collection of farmers, artists, high-tech workers, “hippies,” merchants, and down-to-earth families who share their enthusiasm and love for this community. Residents and business owners generously devote their time, talent, and passion to ensure Duvall is a wonderful place to visit and live.

For the past 24 years, the Duvall Chamber of Commerce has been proud to promote and support local businesses, regional recreation, the arts, and community activities in Duvall and the surrounding Snoqualmie Valley. More than 200 committed members volunteer their time and expertise to the Chamber to foster progress and prosperity in Duvall. We invite you to find out more about our activities and the benefits of Chamber membership at our website, [www.duvallchamberofcommerce.com](http://www.duvallchamberofcommerce.com).



The Chamber extends our warmest welcome to you. Whether you are a visitor or you live here, we invite you to enjoy the 2015 Duvall Visitor Guide and explore the very best Duvall has to offer.

Warm regards,  
NJ Shelsby

President  
Duvall Chamber of Commerce

## DUVALL CHAMBER OF COMMERCE

### Officers:

President  
**NJ Shelsby**  
Breakthrough Business Coaching

Vice President  
**Jason Hershey**  
Tellus Real Estate Solutions

Secretary  
**Cyndi Hartwell**  
Allstate Insurance Co.

Treasurer  
**Jeff Wolf**  
Duvall Fitness

Administrator  
**Kim Piira**

### Board of Directors:

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Eastside Property Solutions, LLC

**Carrissa Dunphy**  
Duvall Advanced Family Eyecare

**Bill Falcon**  
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**Ann Marie Gill**  
Cascade Valley Designs

**Mat Higgins**  
True Value Hardware

**Sue Linnerooth**  
The Linnerooth Team Realtors - Windermere

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Duvall Foundation for the Arts

**Dr. Jeffery Metcalf**  
Metcalf Chiropractic Health Center

**Jerry Sprute**  
Law Office of Gerald A Sprute

**Nate Veranth**  
Cherry Valley Law

**Timothy Zilinsky**  
Talon Graphic Design

## AREA EVENTS CALENDAR

Family-Friendly Events	Date / Location	Website
Random Acts of Kindness Week	March 3-7 / Throughout Duvall	<a href="http://rakduvall.com">rakduvall.com</a>
Duvall Farmers Market	May-September, Thursdays 3-7pm / Brown Ave NE	<a href="http://duvallfarmersmarket.org">duvallfarmersmarket.org</a>
Sno-Valley Sr. Center Plant Sale	May 1-2 / Sno Valley Senior Center, Carnation	<a href="http://snovalleyseiorcenter.org">snovalleyseiorcenter.org</a>
Duvall Civic Club Plant Sale	May 9 / Behind Duvall Visitor Center	<a href="http://duvallcivicclub.org">duvallcivicclub.org</a>
Big Rock Classic Car Show	June 6 / Safeway Parking Lot, 14020 Main Street, Duvall	<a href="http://bigrockclassiccarshow.com">bigrockclassiccarshow.com</a>
Duvall Days Festival	June 6 / Main Street Duvall	<a href="http://duvalldaysfestival.org">duvalldaysfestival.org</a>
RunDuvall	June 7 / McCormick Park Duvall	<a href="http://runduval.org">runduval.org</a>
Fire Fighter's Pancake Breakfast	June 7 / Duvall Fire Station, 15600 First Ave NE	<a href="http://duvallfire45.com">duvallfire45.com</a>
Art in Bloom	June 26-28 / Kokopelli Gardens, 14520 284th Ave NE	<a href="http://duvallarts.org">duvallarts.org</a>
SummerStage	July-August, Wednesdays 7pm / McCormick Park	<a href="http://duvallculture.org">duvallculture.org</a>
Sandblast Festival of the Arts	July 18-19 / McCormick Park Duvall	<a href="http://duvallarts.org">duvallarts.org</a>
Movies in the Park	August 8 & 15 / McCormick Park Duvall	<a href="http://moviesinduvall.com">moviesinduvall.com</a>
Art & Wine Walk	September 12 / Throughout Main Street Duvall	<a href="http://duvallculture.org">duvallculture.org</a>
Heritage Festival	September 26 / Dougherty House & Farmstead, 26526 NE Cherry Valley Road, Duvall	<a href="http://duvallhistoricalsociety.org">duvallhistoricalsociety.org</a>
Outdoor Quilt Show	September 26 / Throughout Main Street Duvall	<a href="http://duvallquiltshop.com">duvallquiltshop.com</a>
Downtown Trick-or-Treating & Halloween Party	October 31 / Throughout Downtown Duvall 3pm - 6pm & Duvall Visitor Center	<a href="http://duvallchamberofcommerce.com">duvallchamberofcommerce.com</a>
Holiday Tree Lighting	December 4 / Duvall Police Station Parking Lot, 26225 Stephens Street NE	<a href="http://duvallwa.gov">duvallwa.gov</a>

### Duvall Chamber Mission

The mission of the Duvall Chamber of Commerce is to promote and enhance local businesses, attract new businesses and stimulate the local economy. The Chamber works to increase the viability and profitability of the entire Duvall business community through educational, networking and civic events.

### Here are just a few of the other benefits members enjoy:

#### VISIBILITY

- Your business or organization is listed in the Duvall Visitors Guide (delivered to over 10,000 area homes).
- Your brochures are prominently displayed in the Duvall Visitors Center, centrally located in downtown Duvall.
- Prospective customers can easily find you through the Duvall Chamber of Commerce online business directory.
- You can promote your business or organization through participation in the Chamber's sponsorship opportunities.
- Your up-to-date business info is kept on file by the Chamber for responses to inquiries from prospective customers.

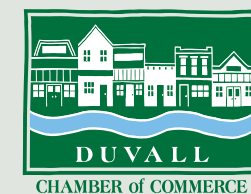
#### CREDIBILITY

- You can proudly display the Duvall Chamber of Commerce logo on your website and in your place of business.
- You receive a higher level of business advocacy with local and state governments.

#### SUPPORT

- You have opportunities to meet, network, share, and learn from your fellow Chamber members.

- You have access to online business training modules to take your business to the next level.
- You save money on expenses through member-to-member discounts.
- You can take advantage of the Chamber's bulk mail postage permit.
- You enjoy fellowship and camaraderie through Chamber meetings, mixers and social activities.



425-788-9182  
P.O. Box 581  
Duvall, WA 98019

[www.DuvallChamberOfCommerce.com](http://www.DuvallChamberOfCommerce.com)

[info@duvallchamberofcommerce.com](mailto:info@duvallchamberofcommerce.com)

# DUVALL HISTORY



Duvall's rich history of settlement began with the Snoqualmie Tribe whose members lived in this region year round for thousands of years. Using the Snoqualmie River as a primary travelling route, the Duvall area was visited often by the native population who thrived on the bountiful and diverse natural resources of game, fish and edible plants.

As white settlers progressed westward in the mid to late 1800s, it wasn't long before the area was "discovered." Our city's namesakes, Francis and James Duvall, found their paradise here and homesteaded in the 1870s. The original town was called Cherry Valley. It was located a half-mile from where Duvall currently resides, along the banks of the Snoqualmie River.

Until the early 1900s, river travel was Duvall's link to commerce and trade with other towns and cities in the region. To meet the huge regional demand for building materials, logs from Duvall were transported up and down the river by steam-driven paddle-wheel boats. Logging companies provided jobs, which also attracted cattle and dairy farmers. Soon railroad companies were interested in expansion to the area.

Prosperity brought growth and amenities such as sidewalks, streets, and a train depot. New businesses sprung up seemingly overnight and thrived with the booming economy. Along with a movie house, drug store, newspaper, and four hotels, Cherry Valley's first school was built in 1879. The school itself was built with the wood of a single huge log from a local tree. Sadly, many of the buildings from these early businesses were eventually lost to new growth or to fire. However, a few of these historic buildings such as the Grange Hall and the old train depot still stand to this day. The Dougherty Farmstead (a National Historic Landmark) and the famous "big rock" are other historic landmarks that are still enjoyed today.

On January 6, 1913, the town of Duvall officially incorporated. In 1955, Ray Burhen bought the train depot and later donated it to the City of Duvall. It was subsequently moved to its present location at Depot Park near the Duvall Police Station. The last train whistle blew in 1973, ending an era, but leaving an indelible mark in Duvall's history. The old train track is now used as a popular trail along the Snoqualmie Valley. Many simple Duvall milestones, such as getting water service or getting the first stop light, were exciting signs of growth. The population became more diverse over the years when artists and "back to the land" pioneers moved to the area in the 1970s, adding to the character of the town.

In 2013, the citizens of Duvall celebrated 100 years as an incorporated city, and marked the occasion by refurbishing Main Street. Today, Duvall is once again experiencing a surge of growth. A new generation of pioneers, such as young CSA farmers, as well



Photo By Misia Zilinsky

as individuals working in high tech industries, are moving to the area attracted by the peaceful small town atmosphere and close proximity to large eastside cities. Perhaps the greatest common thread throughout the town's history is the pride the inhabitants of Duvall feel for their beloved and vibrant community.

## The Great Piano Drop

Times, they were a-changin' in Duvall in the mid-1960s when the town became a destination for members of the so-called counter-culture. Out of the "hippie invasion" came one of the more memorable moments in Duvall history. April 28th, 1968 became a day of infamy when an upright piano was hoisted via helicopter hundreds of feet into the air. In front of the hundreds of curious spectators, the piano was dropped. It famously landed off target and onto soft ground with a great dull thud.

The event was recreated during Duvall's centennial celebration on August 3rd, 2013. This time the piano was lifted by a large crane and successfully smashed in front of hundreds of happy onlookers who joyfully ripped souvenirs from the demolished instrument.



Photo By Joni Haller

# MOVING TO DUVALL

The City of Duvall offers a myriad of shopping, services and restaurant opportunities. With many businesses in the commercial area, along with many home-based businesses and assorted restaurants, you are sure to find what you are looking for in Duvall.

Duvall's housing market enjoys the same robust market appreciation as other communities on Seattle's Eastside and its citizens benefit from a wide range of housing opportunities. Renting or looking to own? Prefer in-town charmers, established subdivisions, condominiums, homes on acreage, farm land or waterfront homes? You'll find a wide variety of housing styles here. Duvall has many established subdivisions featuring luxury homes, starter homes and neighborhoods designed for the active, lock-and-go, no-yard-work lifestyle. Property values are rising (traditionally an indicator of economic health) and new construction and new housing starts have been on the upswing for the past couple of years.

If a vibrant downtown is important to you, the City of Duvall might just be the place to call home. Duvall's renovated downtown captivates visitors with its small town charm and many sculptures and art pieces commissioned from local artists. The historic district invites shoppers to enjoy boutiques, coffee shops, restaurants and antique shops all within easy walking distance from home for many residents. Numerous playgrounds, parks, walking trails and other outdoor escapes are scattered throughout the community. Duvallians like to play - and this is the place to do it. Our community lifestyle, combined with easy access to Eastside workplaces and Seattle, ensures your real estate dollars are well spent.

## Duvall Quick Facts

- Population - 7,464
- Estimated median household income in 2011: \$108,831
- Washington: \$56,835
- Estimated median house or condo value in 2011: \$361,221
- Washington: \$256,300
- For population 25 years and over in Duvall
- High school or higher: 97.2%
- Bachelor's degree or higher: 46.9%
- Graduate or professional degree: 17.0%
- Unemployed: 6.0%
- Average travel time to work (commute): 31.1 minutes
- Read more: [quickfacts.census.gov/qfd/states/53/5319035.html](http://quickfacts.census.gov/qfd/states/53/5319035.html)

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# ARTS IN DUVALL

## Duvall is passionate about the Arts!

Year after year, Duvall continues to grow as an arts community, focusing on many year-round art related activities for both families and adults. This year saw the emergence of new activities, such as the hosted Vintage Markets, and the continuation of many favorites like Sandblast. Our art community is flourishing, especially our very own Northwest Art Center. They have moved into a beautiful new home underneath Match Coffee and Wine, and have expanded their artistic programming for people all ages, including a new digital art program. Stop in, check out the space, take a class and participate...be inspired to create!

## The Valley Chicks and Seasonal Vintage Markets

One of the newest art groups in Duvall is Valley Chicks. 'Hatched' in early 2014, Valley Chicks started as a simple Facebook page to encourage and support a group of local artists, creative re-imaginings, up-cyclers and vintage fans. A place where questions may be asked, information shared and items are available for sale. Several members have successfully launched their own small businesses.

In April 2014 a Spring Vintage and Artist Market was held at the Duvall Visitors Center and was a huge success. Then a Summer Market in August and Winter Market in November followed. Every market is a little different, sometimes with the added fun of a photo booth or vintage style photographer, artisan baker or soap maker and is a casual, family / dog friendly community event.

The Valley Chicks Vintage & Artist Market features 20 vendors and showcases the work of its amazing members and local artists.

## Valley Art Show

In the spring, Northwest Art Center kicks off the artistic season with the Valley Art Show. The Valley Art show is designed to showcase artwork created by the community for the community. Participants range from 5 to 95 years old, and anybody can submit original artwork. Submitted art is then placed in many local businesses around town. Want to see Uncle Ted's masterpiece during the show? Go to the Duvall Grill and Tap Room and have a beer or get a coffee while enjoying the art!

## Art in Bloom

2015 will mark the 10th year for Art in Bloom. The 10th Annual Art in Bloom will be held the last weekend in June on June 26-29, 2015. This local event presented by the Duvall Foundation for the Arts (DFA) features local outdoor and sculpture artists set in



the beautiful and locally-owned Kokopelli Gardens. This year's theme will focus on the Northwest and draw inspiration from our beautiful surroundings. Guests attending can stroll slowly through the beautiful gardens, enjoying music and sculpture, then support local artists by purchasing picture perfect pieces. The opening night gala event is for mom and dad, but kids and families are welcome to enjoy the gardens free of charge all weekend long. All proceeds go to the participating artists and help fund scholarships given by the DFA.

## SandBlast Festival of the Arts

For 2015, Sandblast Festival for the Arts will be held on July 18th and 19th. Sandblast Festival of the Arts mixes all of the arts into one weekend. An impressive sand-carving event by local artists on the beach of the Snoqualmie River in Duvall's McCormick Park is accompanied by a local musical line-up of at least 12 musical acts, a theater performance by Cascade Community Theater, and many local art vendors. This is a must-see family event and one of the highlights of summer in Duvall!

## Summer Stage

Sprinkled into the summer of events is the Duvall Cultural Commission's Summer Stage. Set in Duvall's scenic riverside McCormick Park in Historic Duvall, our outdoor summer concert series offers six free evenings of family entertainment with an eclectic array of outstanding performances. All performances run Wednesdays, 7:00 to 8:30pm, in the park. Patrons are encouraged to bring blankets, chairs, and picnic food with them to each concert. Dance through the long summer evenings by the river, or just sit and relax and let the music and the natural setting wash over you. See you at the park!

## Duvall Art and Wine Walk

No summer would be complete without the annual Duvall Art and Wine Walk. This event partners local businesses in downtown Duvall who make room for artists to display their work for one evening. The public is free to stroll into the businesses to see the art and chat with the artists. Most art may be purchased, but it can be viewed at no charge. This juried event aims to showcase professional artists of the Snoqualmie Valley along with regional artists of note. In addition to artwork, various local musicians are scattered throughout the event adding to the ambiance. Local wine is featured for tasting, and several wine makers come to also enjoy the show, while showcasing their wines.

## Cascade Community Theatre (CCT)

Visiting the area and looking for live entertainment? Did you know the valley has its own community theater group, bringing local productions to the valley all year long? Yes, Cascade Community Theatre, serving the community of the Snoqualmie Valley, brings all types and genres of theater to the community. Whether it's A Christmas Carol during the holiday season, Shakespeare adaptations during the summer, or the young elementary age and middle school kids doing the CCT Youth Theater program, CCT does it all! Go to [www.cctplays.org](http://www.cctplays.org) to support this great little theater group.



## Northwest Art Center (NWAC)

Children watch in awe as artists mold riverbanks into giant sand sculptures as salmon swim by. Classic cars parade through town, stopping at intersections flanked by totem poles and street signs created by local artists. Farmers tuck tractors into historic barns in time to join their families for concerts in the park while their children busy themselves at a table--creating art with found objects. Local musicians huddle under tents, playing through the rain while community members visit local businesses as part of an evening art walk. These are the sights, sounds, and artistic traditions of the Snoqualmie Valley--the home of the Northwest Art Center or NWAC.

NWAC's program is located in historic old town Duvall, though we serve residents of the entire Snoqualmie Valley region, on the rural east side of Seattle. Our program is staffed by working artists who, in addition to honing their own craft, provide quality visual art education to approximately 260 students per year in our non-profit arts education program. Students range in age from 5 through adult--including senior citizens. We offer classes and workshops on ceramics, drawing, painting and are expanding to teach digital arts programs. Each year, in addition to our in-house education, over 1,000 community members participate in NWAC community art events and experiences. These events and experiences, which are primarily staffed by our dedicated volunteers who put in countless hours to help support our mission, enhance lives by teaching the value of art, ideas, expression and creativity through quality visual art education.

**Macaroni Kid**  
Cherry Valley

IS YOUR KID A MACARONI KID?

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The FREE weekly newsletter of local activities to entertain, educate, and exhaust your kids. We have the 411 on family fun!

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Restaurant: 425.333.5016  
1810 W Snoqualmie River Rd. carnation, WA

The Blue Heron  
Bar & Grill

## DINING IN DUVALL

All of Duvall's dining options offer great food, and there's something for every occasion! Maybe you're looking for....

*A Family-Friendly Dining Experience? Try.....*

### Lazy Ks

Located just 10 minutes south in Carnation, Lazy Ks offers pizza, salads and pasta with cowboy flair. Here's a secret - if you get the "Big Fork" in your dining utensils, your table gets a free Cow Pie (their addictive molten chocolate chip cookie a la mode)!

### Pickle Time

The first thing you notice when you walk into Pickle Time is the pickle artwork adorning the walls - all drawn and colored by local kids and patrons. Pickle time offers unique and tasty burgers, wraps, shakes and more, so there's something to please any picky eater in your family. Order up a fried dill pickle appetizer, huddle up to a table and challenge your kids to create the newest pickle character.

### The Grange Cafe

A sophisticated dining option in the Valley, The Grange Café features a local and seasonal menu which highlights the bounty of the Snoqualmie Valley, Washington State and the Pacific Northwest. Parents will enjoy the unique preparations of sustainable seafood and grass-fed steaks and kids can get a mini pizza sized just for them! The best part - there is a children's play corner to keep the kids busy while you wait for your food - and enjoy your Dry Fly martini.

*Room for a Crowd? Check out....*

### Ixtapa

With locations throughout the lower Snoqualmie Valley, Ixtapa is a family favorite for a fun, relaxed Mexican atmosphere. Portion sizes are often big enough to share with your family - and there is a kids menu offering some non-Mexican favorites. Bring a group or sneak away for a date night and enjoy a drink on the outdoor deck. The chips and salsa are complimentary.

### Red Pepper Pizzeria & Pasta

Red Pepper Pizzeria & Pasta serves up some of the best pizza in Duvall. Their 14-inch pies are well priced and they offer dine-in, take-out or delivery options. Along with wings, salads, sandwiches and pasta, you can enjoy a tasty Italian meal for a movie night at home or stop in after soccer practice.

### Blue Heron Bar & Grill

The Blue Heron may quickly become a new favorite for good food and beautiful views. Hit a bucket of balls on the driving range or take in a round of golf at the 18-hole course in Carnation before heading up to their expansive dining area for apps like steak nachos or enjoy salmon, prime rib or coconut prawns for dinner. Their deck is a must for summer happy hours!

*A Place to Watch the Big Game? Why not....*

### The Duvall Tavern

Duvall's newest establishment in one of its oldest buildings. The Duvall Tavern is open 7 days a week and serves great food and amazing drinks with all-star service. They are family friendly until 9pm with a full menu until 10pm. Join them for the big game and daily drink specials.

### Twin Dragon Chinese Restaurant and Sports Bar

Conveniently located in the heart of Duvall, the Twin Dragon Chinese Restaurant and Sports Bar features tasty cuisine, friendly service, and an inviting atmosphere. Kick back and watch a game, sing Karaoke on a Friday night, or enjoy live music every Saturday night.

*A Cultural Culinary Experience? Try....*

### PHO Thailand

Offering a wide selection of Thai and Vietnamese dishes, the draw of PHO Thailand is the pho - a traditional Vietnamese noodle soup. Can't decide among the 12 choices? Don't worry, the restaurant is a casual and welcoming family-run establishment that would be happy to answer your questions. Kids will love slurping up the flavorful noodles and ordering a colorful bubble tea to accompany their meal!

### Thai Duvall

Whether you're new to Thai cooking or already know your "stars," Thai Duvall offers delicious authentic cuisine in a relaxed family atmosphere. Dine in or take out, you'll love the wide variety of dishes featuring traditional Thai flavors like coconut milk, basil, chili peppers, and lime. Enjoy outside dining on the porch when the weather is nice, too!



**Happy Hour 3 - 6 pm**

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<b>Stanwood</b> 9200 271st St. NW 360-629-5227	<b>Clearview</b> 18104 State Route 9 SE 360-217-7443	<b>Monroe</b> 193 Hwy 2 360-794-8484

## DINING IN DUVALL

### Zazynia Mediterranean Grill

Family-owned and operated for nearly 9 years, Zazynia is a one-of-a-kind Mediterranean restaurant with a truly local Duvall sense of warmth and charm. Zazynia's menu ranges from soft pita-wrapped gyros ("yee-ros") loaded with lamb or chicken and veggies to lamb shish kebab, chicken or beef shawarma, and even Italian panini sandwiches on foccacia bread. And the folks at Zazynia will gladly modify dishes to accommodate your dietary needs - vegetarian, vegan, gluten-free, low-fat, and more.

*A Special Treat? How about....*

### Grateful Bread

Grateful Bread is an independent bakery and café that has been serving the Wedgwood neighborhood of Seattle since 1996, and opened a second location in Duvall in late 2014. They are committed to using local, organic, and sustainable ingredients in all of their products. All of their baked goods are made from scratch without any preservatives, GMO's or corn syrup and are baked fresh every day.

### CC's 2.0 Espresso & Ice Creamery

CC's is always bustling with friendly staff and a fun crowd. They offer up traditional ice cream scoops with plenty of country charm, plus milkshakes and Italian sodas. Parents can grab a coffee or espresso shake to round out the night.

### Red Swirl Frozen Yogurt

Red Swirl is the sister restaurant of Red Pepper Pizza, offering a rotating selection of 12 self-serve frozen yogurt flavors with a wide variety of toppings. You can even try your fro-yo on a waffle! Red Swirl also offers party rooms for rent for special birthday or team celebrations.

*A Place to Catch Up with a Friend? Meet up at....*

### Castillo De Feliciano Vineyard & Winery

A short 20 minute drive west brings you to Woodinville and western Washington's wine country! Castillo De Feliciano is a wine tasting room specializing in Albarino, Tempranillo, Malbec and red blends. The tasting room is open year-round, Friday through Sunday from 11am - 6pm.

### Match Coffee & Wine

Voted the winner for "Best Wine Bar" in the 2012 and 2013 Best of Western Washington awards, Match offers live acoustic music every Friday and Saturday night from 7:30 - 10:00pm and a daily happy hour from 4-6pm. Grab a cozy spot on the couch by the fireplace and enjoy a glass of wine, tasty small plates, a gluten-free treat or a great cup of espresso.

### Starbucks Coffee Company

A household name in the Pacific Northwest, Starbucks serves quality coffee and espresso and specialty drinks. Sit down in the relaxing atmosphere to enjoy a cup with a friend, or grab your coffee to go from their convenient drive-through window.



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## DUVALL VISITOR CENTER

The Duvall Visitor Center (DVC) is at the center of downtown activities. The DVC is run by a coalition of Duvall groups who have the common goal of providing a warm, inviting gathering place for visitors and local residents where people can learn about Duvall's history and thriving business community. The DVC is jointly operated by the City of Duvall, the Duvall Chamber of Commerce, the Duvall Civic Club, the Duvall Foundation for the Arts, and Cascade Community Theater. The building contains treasures of Duvall's heritage dating from the early 1900s.

Today the DVC serves as a place for people visiting Duvall and the Snoqualmie Valley where they can obtain brochures and information on local businesses, points of interest, transportation routes, public trails, community events and more. The large top floor is frequently rented to community groups and citizens for many different activities, including scout meetings, theater performances, business meetings, dance rehearsals, fund-raisers, vendor events and school functions. Visitors are welcomed with light refreshments such as cookies and coffee sponsored by local businesses each month. Dedicated volunteers from the community staff the DVC year-round. For information on renting the DVC space, volunteer opportunities, and more, visit: [www.duvallchamberofcommerce.com/duvall-visitor-and-centennial-center](http://www.duvallchamberofcommerce.com/duvall-visitor-and-centennial-center).

DVC Hours of Operation  
 Winter Hours (October-May):  
 Friday & Saturday 11am – 4pm Sunday 12pm – 4pm  
 Summer Hours (June-September):  
 Wednesday, Thursday, Friday 11am – 4pm,  
 Saturday 11am – 5pm Sunday 12noon – 4pm

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2015 Duvall Visitor Guide and Business Directory

Duvall Chamber of Commerce

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# OUTDOOR ACTIVITIES

Put on your outdoor shoes because Duvall has many opportunities to explore nature year-round! Family-friendly boating, fishing, horseback riding, geocaching, hiking and birding are all available right here in the Snoqualmie Valley. Duvall also offers a wide variety of year-round activities and services for every family, making it a wonderful place to raise a family or to enjoy a day exploring a local farm or community event. The best part is many of these activities are low-cost or FREE.

## Hiking Trails

Snoqualmie Valley Trail, which routes through Duvall's natural areas, parks and farmland, is a wonderful place for runners, horseback riders and mountain bikers. A family-friendly area, the trail borders the tranquil Snoqualmie River and even traverses an occasional railroad trestle, as it was once the railway for the Chicago Milwaukee Railroad. Avid birders will be thrilled by its abundance of birds, including eagles and falcons.

Before heading out for a family bike ride on the Snoqualmie Valley Trail, check out the new interpretative signage at Depot Park and identify many of the flora and fauna along the way. After your ride, grab a lunch to go from one of Duvall's many restaurants and enjoy it around the new fire pit at Depot Park.

Cherry Creek Falls in Markworth State Forest, located just east of Duvall, is Duvall's hidden gem. Hike beneath amazing old-growth trees to a beautiful 25-foot waterfall. The trail is relatively flat and approximately five miles round-trip. A special feature here is that spawning salmon actually make it all the way up the creek to the falls. Although accessible year-round, it makes an especially pleasant summer hike. The Falls are a great spot to stop for a snack, kick off your shoes, and spend some time wading and splashing in the pool below the falls. Check out this hike report from a local family website, Cherry Valley Macaroni Kid: <http://cherryvalley.macaronikid.com/article/528062/duvalls-best-kept-secret-cherry-creek-falls>.

Most of the trails and areas featured in the Duvall area do not require a special pass or access permit.

Wallace Falls State Park in nearby Gold Bar is a good long day hike with breathtaking views of several large waterfalls. Located in the foothills of the Cascades with an elevation gain of about 2,000 feet over three miles, this is a harder hike. But you don't need to go all the way to the top to experience the waterfalls. If you choose, you can stop at the lower or middle falls. WA State Park Discovery Pass required.

Index Peak/Bridal Veil Falls/Lake Serene East of Gold Bar, WA in the Mount Baker Snoqualmie National Forest is an amazing yet strenuous hike with 22 switchbacks. As you hike up in elevation, the diversity of the forest is incredible. This hike has many different viewpoints. You can experience Bridal Veil Falls from the bottom or hike your way to the top. If you make it all the way to the top, you'll find a beautiful alpine lake nestled in between trees and steep mountain walls. Northwest Forest Pass Required.

Tolt MacDonald King County Regional Park in nearby Carnation, WA is an amazing spot. Within this park is the confluence of the Tolt and Snoqualmie Rivers. Great flat hiking or steep hiking options are available, including a 500-foot suspension bridge across the Snoqualmie River. In the fall, this is a great place to see salmon spawning and watch other wildlife such as bald eagles. This park



Photo By Dean Martin

also offers locations for camping and picnicking. A comprehensive list of hiking areas near Duvall is at <http://www.mapmyhike.com/us/duvall-wa/>.

## Moss Lake

Moss Lake Natural Area is a King County Department of Natural Resources and Parks (DNRP) Ecological Land. The site is located 5 miles southeast of Duvall, 3.5 miles northeast of Carnation, and 1 mile east of Lake Joy in the Cascade foothills. The site is comprised of 372 acres of high-quality wetland and forested upland habitats. An extensive Class 1 wetland complex encompasses a large sphagnum bog (heavily moss-filled), beaver dams, open water and forested wetland. Moss Lake NA receives a modest amount of public use. There is a limited (official) trail system on the site, and users include hikers, equestrians and mountain bikers. There is a pit toilet and a parking lot for up to 16 cars or 10 cars and three busses. Most of the trails are outside the park boundary and ownership of the rest is Weyerhaeuser, Hancock, and PSE. The area is defined by the pipeline to the north and Stossel Creek with the Tolt River to the South.

## Mount Si, North Bend, WA

Well-maintained trails climb great switchbacks up the glacier-carved south side of Mount Si to reach stunning views at the top. The ascent is somewhat technical and can be quite fast if there are not too many people and dogs on the trail. The intermediate to advanced trail runner will get a satisfying workout on this trail. Since it's an out-and-back trail, beginning runners can use this route for strengthening hill muscles, then turn around when they've had enough. This 4167-foot, haystack-shaped mountain juts out of the virtually flat basin and can be easily identified from Interstate 90 and many parts of the Snoqualmie Valley. You can point to the craggy peak of Mount Si from Interstate 90 and say to your friends, "I ran to the top!" The mountain was named for a settler, Josiah "Uncle Si" Merritt. Mount Si has the distinction of being one of the two most-climbed mountains in Washington, the other being Mount Rainier.

Activity Type: Trail Running  
 Nearby City: North Bend  
 Length: 8 total miles  
 Elevation Gain: 3,250 feet  
 Trail Type: Out-and-back  
 Skill Level: Moderate to strenuous  
 Duration: 2.5 hours  
 Season: Year-round, snow sometimes in winter  
 Top Elevation: 3,900 feet  
 Local Contacts: Department of Natural Resources  
 Local Maps: Department of Natural Resources Mount Si

## Little Si

Under the shadow of its bigger brother, Little Si is so tiny, so close. Whether you need a quick hike in the forest after a hard day at the office or an interesting walk with young children, Little Si is a perfect fit. Its accessibility to Seattle makes it more of an urban walk than a wilderness hike, and this popularity is reflected by a wide and beaten down track and a thirty-car parking area with a lot of turnover—and not of the pastry kind. Nevertheless, this is still a very pretty route to take, and views from the top are just as good as from Mount Si—and much less work!

# OUTDOOR ACTIVITIES

## Snoqualmie Falls

Long before the explorers and hop growers reached Snoqualmie Valley, Native American tribes met for trade and council beside the thundering torrent now called Snoqualmie Falls. Early settlers referred to the natives who lived along the riverbanks as the "moon people," for their name was said to be derived from Snoqualm, meaning "moon." The first white settlers arrived in 1855. By the early twentieth century, hops, timber, and electrical power that harnessed the falls' tremendous energy were important segments of the local economy. Today it's tourism. The scenic valley, just 30 miles east of Seattle, is webbed with quiet back roads that pass farmlands, forests, mountains, and gurgling streams on their way to the Snoqualmie River. This getaway offers both a chance to refresh the spirit and a variety of recreation. Highlights include: a dramatic waterfall, a steam train ride, a luxury resort, golf courses, an herb farm, a winery, bicycling, hiking, and antiques shopping.



Photo By Jennifer Dotson

## Twin Falls – North Bend WA

A dramatic series of waterfalls along the South Fork Snoqualmie River, a high bridge over an impressive gorge, and an observation deck aerie are the biggest draws for hiking the Twin Falls Trail. It's a popular route, especially from the west trailhead, but beginning from the east allows hikers to appreciate a short section of the old Milwaukee Railroad grade and views both up and down the Snoqualmie Valley. Though the trail is wide below the falls, there are no passing lanes. Solitude seekers are advised to begin at the east trailhead, where few venture. Twin Falls is not the only allure to this trail. Anglers will find plenty of way trails down to the river below the falls.

## Wildlife Viewing

Three great wildlife-viewing areas in the Snoqualmie Valley include Stillwater, Cherry Valley 203 and Crescent Lake 203. Cherry Valley and Crescent Lake are located along State Route 203 North of Duvall and Stillwater is on SR 203 South of Duvall. All are Washington DNR Wildlife Areas requiring a Discover Pass. These areas are great for wildlife especially bird viewing like pheasants, waterfowl, eagles and hawks. Note that during hunting season, hunters may be in these areas.

Moss Lake Natural Area, about five miles southeast of Duvall, is a beautiful wetland surrounded by 372 acres of high-quality habitat, including a sphagnum bog. Because of its rare diversity and protected status, it's a great place to spot birds like the Vaux's Swift



Photo By Misia Zilinsky

and Band-tailed Pigeon. Special thanks goes to The Wilderness Awareness School, [www.wildernessawareness.org](http://www.wildernessawareness.org), for providing information about area hiking and wildlife viewing.

## Duvall Parks

Duvall offers over a dozen community and neighborhood parks for kids of any age. Younger children will enjoy the tot lots at Taylor Park and Central Park while teens can test their skills at the Jean Baldwin Memorial Skate Park on Big Rock Rd.

Parks are plentiful and many have swimming areas and/or playgrounds. McCormick Park has picnic areas, grassy fields, trails and access to swimming areas on the Snoqualmie River. Birders will be thrilled here, especially in the wetland area. Otters and weasels have also been seen in the park.

## Ski Areas

Duvall is fortunate to be situated between two of the most popular ski areas in western Washington. The Summit at Snoqualmie (southeast) and Steven's Pass Ski Resort (northeast) are each less than an hour's drive from Duvall in the Cascade mountain range. Snoqualmie is ideal for beginners and features runs on three different mountains, including the challenging Alpentel area. Steven's Pass is a little more upscale and caters to skiers of all ages and levels of ability. Think Snow!



Photo By Holly Caldwell

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# GET OUTDOORS IN DUVALL

## Geocaching & Letterboxing

Do you and your children love the outdoors, exploring new places, and finding hidden treasure? Then you should try geocaching! It's a real life treasure hunt right in your own neighborhood! All you need to get started is a GPS-enabled device (or a smartphone with the free Geocaching app), coordinates for a geocache and a sense of adventure. Visit [www.geocaching.com](http://www.geocaching.com) to learn more. At last count, there were nearly 60 clever geocaches hidden in and around Duvall, just waiting to be discovered!

Letterboxing is another fun adventure activity involving treasure hunting and stamp collecting. You and your family come up with a creative trail name – your letterboxing identity – and let others know you found their letterbox by leaving an imprint of your own personal stamp in the logbook. Discover more about letterboxing and some local hunts to try at <http://bit.ly/1pfxWVw>.

## Fishing

The Snoqualmie Valley and nearby areas boast many great fishing spots, such as the Snoqualmie River. Several small area lakes like Lake Tye in Monroe, Lake Langlois in Carnation and Cottage Lake in Woodinville are also great choices for families and are stocked with trout and large mouth bass each year. Fishing licenses are required in Washington and can be purchased online or at Duvall True Value Hardware. Free Fishing Weekend in Washington is always the first weekend after the first Monday in June.

## Farms, CSA & Farmers Markets

Our local community farmers markets offer everything from plant starts, eggs, cheese, artisan bread, tons of fruits, berries and veggies, meat, fish and even ice cream and other sweet treats throughout the season. Our farmers markets offer something unique and bring out the character of a town, and boast live music and activities for the kids. Here are some local markets and farm stands to check out:

- Duvall Farmers Market – Thursdays, May through October, 3-7pm
- Carnation Farmers Market – Tuesdays, May through October, 3-7pm.
- Koster's Farm (Farm Stand) – Saturdays in Duvall next to Red Pepper Pizza
- First Light Farm (Farm Stand and U-Pick) – Carnation area near Camp Korey
- Local Roots Farm (Farm Stand) - Duvall area off 124th near the Novelty Bridge

For links to each of these markets (and more) visit: [www.bit.ly/ZuHUcV](http://www.bit.ly/ZuHUcV)

The Snoqualmie Valley boasts a rich agricultural heritage and there are dozens of farms in the area offering farm dinners, u-pick berries, pumpkin patches, Christmas trees, educational programs and farm visits allowing you to meet the farm animals and learn more about farm operations. Several farms participate in Community Supported Agriculture, or CSA programs, which are a great way to buy super-fresh, local produce directly from the farmers who grew it. To find a participating CSA farm, visit: [www.localharvest.org/csa/](http://www.localharvest.org/csa/).

## Other U-Pick Resources:

Berry farms: <http://bit.ly/1pdjUBV>  
 Pumpkin patches: <http://bit.ly/1oVnm42>  
 U-Cut Christmas Trees: <http://bit.ly/1009ct1>

## Horseback Riding



Photo By Emma Etemadi

Horseback riding is one of Duvall's most popular passions. From world-class dressage and event training to kid-friendly riding lessons and horse boarding there are numerous equine services and facilities based in or near Duvall. Nearby riding trails include the Snoqualmie Valley Regional Trail, the Cherry Creek Falls trail and the Tolt Pipeline trail. The following is a list of local horse-centered businesses:

### Dancing Horse Stable

13228 314th Ave NE, Duvall, WA 98019 (425) 844-3039

- Dressage Lessons
- Horse Boarding

### Jackson Valley Ranch

[www.jacksonvalleyranch.com](http://www.jacksonvalleyranch.com)  
 19501 312th Ave NE, Duvall, WA 98019 (206) 930-1538

- Horse Boarding
- Training
- Seven's Haven—Non-profit equine rescue and Ronald MacDonald House event sponsor

### Tina Wolfe

[www.TinaWolfe.com](http://www.TinaWolfe.com)  
 13514 Carnation-Duvall Rd., Duvall, WA 98019 (425) 478-7629

- Riding Lessons for kids and adults

### Blanket Express

[www.blanketexpress.com](http://www.blanketexpress.com)  
 P.O. Box 1447, Duvall, WA 98019 (425) 788-1494

- Equine Laundry Services



Photo By Indris Mandoske



Photo By Connie Berg

### Cristel Haven

26900 NE 145th St., Duvall, WA 98019 (425) 844-0911

- Horse Boarding
- Riding Lessons

### Honey Do Farm

[www.honeydofarm.com](http://www.honeydofarm.com)  
 9321 322nd Way NE, Carnation, WA 98014 (425) 333-5121

- Horse Boarding
- Riding Lessons
- Camps

### Maple Leaf Eventing at Upson Downs

12201 308th Ave NE, Duvall, WA 98019 (425) 788-9248

- Eventing training
- Horse Boarding

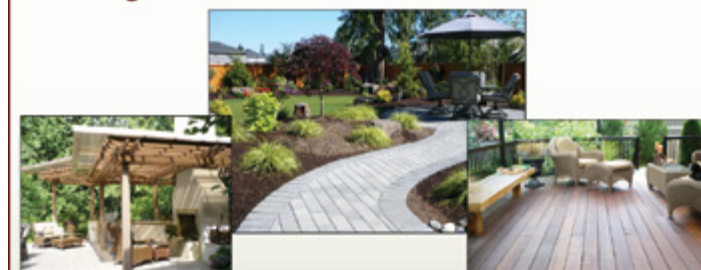
### Cowgirl Spirit Equine Rescue

[www.csrtd.org](http://www.csrtd.org)  
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# PET-FRIENDLY DUVALL

Duvall is going to the dogs! Our pets are an important part of our lives and there are many local resources for your furry friend in Duvall to keep him a happy and healthy part of the family. Rocking 'E' Feeds has been serving the Valley since 1993 and is your source for high quality pet food, animal health and grooming supplies. Cherry Valley Veterinary Hospital and Duvall Veterinary Hospital can both take great care of your family pet, with routine and preventative services and surgical care for small animals.

Duvall has a small, unofficial 3-acre off-leash dog park. It can be accessed by a trail behind the Duvall Tech Center or by walking ¼-mile south on the Snoqualmie Valley Trail from Depot Park. The park is not fenced, but the mowed area is surrounded by thick brush. For other dog park options in the area, check out <http://bit.ly/TVHhq7>. Be sure to stop in to Best Buddy Dog Wash before and after your trip – first for toys, then after for a clean up in their self-service dog wash!

You can even grab a bite to eat in Duvall with your dog! The Duvall Tavern, Armadillo BBQ, Red Pepper Pizzeria and Duvall Grill all offer casual outdoor seating where pets are welcome.

If you're away at work or on vacation, there are several local services to make sure your dog still enjoys great company and play time! Camp Charlie offers pick up and drop off to their 37 acre dog playground where dogs can run, swim and play. Golden Leash Pet Spa & Getaway offers air-conditioned and heated mini apartments for your pet in a quiet and relaxed atmosphere. Pets can leave freshly bathed with their on-site grooming service, as well. If



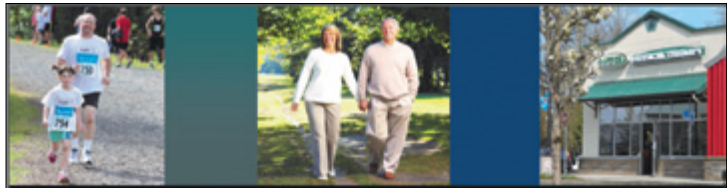
Photo By Trudy Kuipers

your pet prefers the comforts of home, Good Guardian In-Home Pet Care will come to your house to feed, water, walk, administer medications and perform a welfare check of your 4-legged friend.

If you are a senior citizen with a pet, The Sno-Valley Senior Center offers a monthly dry pet food service sponsored through the Humane Society of Bellevue. To qualify, all pets must be spayed and neutered and owner's income must be less than \$11,000 for an individual or \$14,000 for a couple. Applications are available at the front desk.



Photo By Jerry Lewis



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## EMERGENCY SERVICES

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Carey Hert  
Chief of Police

The Duvall Police Station is located on NE Stephens Street near McCormick Park. Members of the Duvall Police Department are committed to serve with professionalism, respect, and compassion for our community. The Department also strives to be transparent, providing easily accessible information that citizens need to make choices. Their first priority is, and always will be, to preserve the high quality of life, and feeling of safety that helps to make Duvall a special place to live, work and play. Duvall is consistently rated as one of the safest cities in the state.

The Department constantly seeks new ways to build meaningful relationships with the community it serves. Some of the ways include:

- Free car seat safety checks are available by appointment to caregivers of young children.
- Free R.A.D. (rape aggression defense) training for women of all ages.
- National Night Out celebration on the first Tuesday of every August.
- Block Watch training and support.
- Home Security Audits.
- Up to date crime statistics are available at: [www.crimemapping.com](http://www.crimemapping.com).
- Free lock out and battery jump service within city limits.
- Interactive social media (Facebook, twitter) and quarterly newsletters, Coffee With a Cop.
- Community presentations upon request.

### Administrative Office

Phone: 425-788-1519 (Monday-Thursday 8:30am – 4:00pm)

After hours and all emergencies call 9-1-1

Website: [www.duvallwa.gov/140/Police-Department](http://www.duvallwa.gov/140/Police-Department).

[www.facebook.com/Duvall.Police.Department](http://www.facebook.com/Duvall.Police.Department).

Location address 26225 NE Stephens Street, Duvall, WA 98019

Mailing address POB 1500, Duvall, WA 98019

### Fire Department



King County Fire District 45  
Dedicated to our Community's  
Safety & Well-Being

David Burke  
Fire Chief / Duvall-KCFD 45

Offering fire protection, emergency medical attention and other life safety services, Duvall-King County Fire District 45 protects over 12,000 residents and visitors in the greater Duvall area with a dedicated team of 35 career and volunteer firefighters and administrative personnel.

Our modern station in downtown Duvall is staffed 24-hours a day to serve you and now includes an electric vehicle charging station. Fire District 45 also operates two other stations in the Duvall area on Mountain View Road and Big Rock Road.

Our Community Service Programs include:

- CPR Training
- Vial of L.I.F.E.
- Station Tours
- Home Inspections
- Meeting Room Rental
- Public Education

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Photo By Connie Berg

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# TRANSPORTATION

## King County Transit

Duvall is covered by Route 224 to Redmond. Plan your trip at <http://tripplanner.kingcounty.gov/>

## Valley Shuttle

The Valley Shuttle connects riders to Metro bus stops between North Bend, Snoqualmie, Fall City, Carnation, and Duvall. Visit their site for timetables or more information.

[www.svtbus.org/shuttle.html](http://www.svtbus.org/shuttle.html)

## Microsoft Connector

Microsoft offers employees living in Duvall the option of free transportation to the Redmond campus via The Connector, an express bus service that picks up and drops off employees at the Holy Innocents church on NE Cherry Valley Road during the morning and evening commute hours. All buses have secure Wi-Fi.



Photo By Joni Haller

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## A Doctor's Confession to the City of Duvall...

Dear friend,

Confessions are tough, real tough, but sometimes they just have to be said. Before I talk about my confession, let me say a few other things first.

Years ago something happened that changed my life forever.

As a child I had an ongoing struggle with horrible, debilitating migraine headaches. I would never know when they would hit... at school, playing at a friend's, riding my bike.

The headaches were so intense that when they would start it seemed as if there was nothing that could be done with the sick feeling, but lay in a dark room and throw up. After considering treatment with a few different drugs my parents decided against it. A friend of my mom's convinced her to give her doctor a try. The doctor did an exam, took some films, and then "adjusted" my spine. The adjustment didn't hurt, it actually felt good and I got better. By the way, that doctor was a Chiropractor. Chiropractic worked so well for me that I went to chiropractic school myself.

Now people come to see me with their headaches and to help themselves and their families be as healthy as possible. They also come to me with their autism, depression, attention deficit or hyperactivity, cancer, menstrual problems, stomach and bowel problems, allergies, asthma, pain, ear infections, just to name a few.

Several times a day patients thank me for helping them, but, I can't really take the credit. My confession is that I've never healed anyone of anything. What I do is perform a specific spinal adjustment to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that!

Great care at a great fee- I have a significantly lower fee plan so that more people are able to afford the care they need. A whole week of care in my office costs what you could pay for one visit elsewhere.

Amazing Offer - When you mention this article you'll receive our entire new patient exam, with x-rays (if needed) for just \$27. That's it, no kidding!

My qualifications... I've been serving the Duvall community for 14 years. I'm a graduate of Palmer College, have hundreds of hours of training at the world famous Gonstead Chiropractic Clinic, have been entrusted to take care of tiny babies, athletes and great grandmothers.

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Yours in health. -Jeff Metcalf, D.C.



[www.metcalfchiropractic.com](http://www.metcalfchiropractic.com)

# SCHOOLS IN DUVALL AND CARNATION

Riverview School District Superintendent Dr. Anthony Smith Welcomes You!

Welcome to the Riverview School District! In partnership with our outstanding students, staff, parents, and community, the Riverview School District provides a learning-focused environment where students can excel. Our mission, "Educate Children," is supported by our vision, "To Become a National Model of Educational Excellence." We offer diverse specialized and alternative programs aimed at meeting all of our students' needs. We are proud of our high graduation rates, student scholarship accomplishments, and commitment to our 21st Century Outcomes and Indicators. While academic accomplishments are at the forefront, we remain rigorously committed to excellence in the four A's: Academics, the Arts, Activities, and Athletics. Our job is to ensure every student is college, career and life ready.

Riverview is known for being a high performance school district offering a rigorous curriculum that challenges students to excel. The community and its schools believe in a family oriented atmosphere as is witnessed by the commitment to numerous school-community partnerships in programs such as FIRST Robotics, our award-winning agriculture program, and others. Riverview currently has over 1,300 documented volunteers that donate time in our schools. This is an amazing accomplishment for a district of just over 3,000 students.

Riverview receives state and national recognition for excellence in a variety of programs including academic programs, arts, technology, and career and technical education. Recently, the Riverview School District was among only 77 school districts nationwide to qualify for the AP Honor Roll List in two consecutive years. The award is based on three-year trends on improved scores, increasing numbers, and increasing the diversity of successful students passing the AP test standard. Other Riverview honors include:

- ~ Three of our four elementary schools received Washington School of Distinction awards for consistent improvement in reading and math.
- ~ Carnation Elementary was one of three schools in Washington State to receive a Kennedy Center Award for Arts Excellence. Just this year it also received a state award for being one of the top elementary schools in closing the achievement gap in English acquisition for non-English speaking students.
- ~ The Cedarcrest Agriculture Program was selected as Ag Program of the Year for the entire state of Washington this year.
- ~ Students finishing in the top three in their respective categories at the International Science Fair on a yearly basis.
- ~ Our middle and high school Technology Student Association (TSA) students continue to place in multiple categories at the National TSA Competition.
- ~ Our high school Random Acts of Kindness Club has received national recognition and international attention.
- ~ Riverview is the second public school district in Washington to receive the national Healthier US School Challenge award for five of our schools. Upon delivery of the award, King County Councilmember Kathy Lambert said, "I commend the Riverview School District for making the commitment to fight childhood obesity and improve learning and lifelong health with this comprehensive program...meeting the rigorous requirements to qualify for this national award is a major achievement."

Riverview School District No. 407

# SCHOOLS IN DUVALL AND CARNATION

Riverview Educational Service Center (District Office)

15510 1st Avenue NE, PO Box 519  
Duvall, WA 98019  
425-844-4500  
www.riverview.wednet.edu  
Superintendent: Dr. Anthony L. Smith

### Other Important Numbers

ECEAP Program	425-844-4548
School Nurses	425-844-4516
Food Services	425-844-4560
Transportation	425-844-4540

### Riverview Learning Center

CLIP, PARADE, CHOICE and CLEAR Programs  
32302 NE 50th Street  
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425-844-4960  
Principal: Chris Mirecki

### Cedarcrest High School

School Hours: 7:20am - 2:00pm  
29000 NE 150th St., Duvall, WA 98019  
425-844-4800  
Principal: Clarence Lavarias

### Tolt Middle School

School Hours: 8:10am - 2:45pm  
3740 Tolt Ave., Carnation, WA 98014  
425-844-4600  
Principal: Chris Lupo

### Carnation Elementary School

School Hours: 9:10am - 3:30pm  
4950 Tolt Ave., Carnation, WA 98014  
425-844-4550  
Principal: Dr. Randy Stocker

### Cherry Valley Elementary School

School Hours: 9:10am - 3:30pm  
26701 NE Cherry Valley Rd.,  
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425-844-4750  
Principal: Heather Sanchez

### Stillwater Elementary School

School Hours: 9:10am - 3:30pm  
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# SCHOOLS IN DUVALL AND CARNATION

## Duvall Preschools

Wilderness Awareness School	425-788-1301	<a href="http://wildernessawareness.org/program/roots-and-wings/">http://wildernessawareness.org/program/roots-and-wings/</a>
Duvall Montessori	425-788-6961	<a href="http://www.duvallmontessorischool.com">http://www.duvallmontessorischool.com</a>
A Quiet Forest Preschool	425-844-0333	<a href="http://aquietforest.com">http://aquietforest.com</a>
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Cherry Valley Kid's Kastle	425-788-8877	<a href="http://www.cherryvalleykidskastle.com">http://www.cherryvalleykidskastle.com</a>
Duvall Cooperative Preschool	425-780-5261	<a href="http://dcpreschool.org">http://dcpreschool.org</a>
123 Spanish	425-495-0499	<a href="http://123spanishimmersion.com/">http://123spanishimmersion.com/</a>

## Duvall Private Schools

Hillside Academy	425-844-8608	<a href="http://hillsideacademyduvall.com/">http://hillsideacademyduvall.com/</a>
Braithburn Academy	425-788-4343	<a href="http://www.braithburnacademy.com/">http://www.braithburnacademy.com/</a>

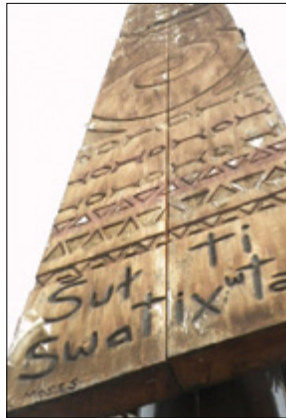
## Parent Resources

### MOMS Club of Carnation

(serving moms in Carnation, Duvall and Fall City)  
Meets 4th Wednesday of the month at 10:30am at Eastside Fire & Rescue in Carnation. More info: [momsclub\\_carnation@yahoo.com](mailto:momsclub_carnation@yahoo.com) or <https://www.facebook.com/MomsClubCarnation>

### MOPS (Mothers of Preschoolers)

Meets 2nd and 4th Thursdays of each month at 9:30am at Adventure Community Church in Duvall  
More info: [mops@adventureduvall.com](mailto:mops@adventureduvall.com) or <http://adventurecommunitychurch.com/ministries/mops/>



# DUVALL READS!

*If you're looking for a good book to read or to find a group of readers with the same interests, there are plenty of options in Duvall.*

## Duvall Library

Adventure awaits inside these doors – from finding the perfect read, to story times and activities for kids and families, including book clubs for all ages, and access to computers, printers and Wi-Fi. This, as well as a collection of media that is continually growing, can be yours at the library.

2015 is the year of MAKING@KCLS – SCIENCE TECHNOLOGY READING ENGINEERING ART MATH – all FREE at the library.

Just a few of the regular offerings at the Library are:

- Pizza and Pages Book Club- for middle schoolers. By teens FOR teens!
- Duvall Reads- a community book club for all ages meeting the second Saturday of the month.
- Talk Time- Mondays at 6pm providing a casual setting to practice English and meet new friends.
- Duvall Poetry- meeting first Wednesdays, all ages welcome!
- Duvall Writing Group- a drop in critique group meeting once a month.
- Spanish Story Times- evenings.
- Toddler, Preschool and Family Story Times- Toddler and Preschool are mid-morning times, Family/evenings.
- One on One computer help.

More information on upcoming events can be found at: [www.kcls.org/usingthelibrary/locations/programs.cfm?locID=12](http://www.kcls.org/usingthelibrary/locations/programs.cfm?locID=12)

Duvall Friends of the Library funds programming needs for the Duvall Library through memberships in the group, sales of books and media through our shelves in the library, and via donations of same. We sponsor book clubs, writing and poetry groups, staff appreciation and community outreach and events on behalf of the library. We welcome new members and meet the second Thursday of each month at 7pm in the library. More information can be found at [www.duvallfol.org](http://www.duvallfol.org)

The Duvall Library is located at:  
15508 Main Street NE, Duvall, WA 98019  
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Hours of Operation:  
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Friday, 10am - 6pm,  
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Photo By Connie Berg

## Duvall Books

Duvall Books has been selling and buying used books in Duvall for 39 years (since 1976!) with six friends becoming long-term part-time employees. Their goal has always been to have good books at reasonable prices, with a liberal trading policy. They buy, sell or trade, and keep track of credit should there be some left over. Find Duvall Books at 15635 Main St NE, 206-714-7978. Open 7 days a week 10am-5:30pm. [www.duvallbooks.com](http://www.duvallbooks.com)

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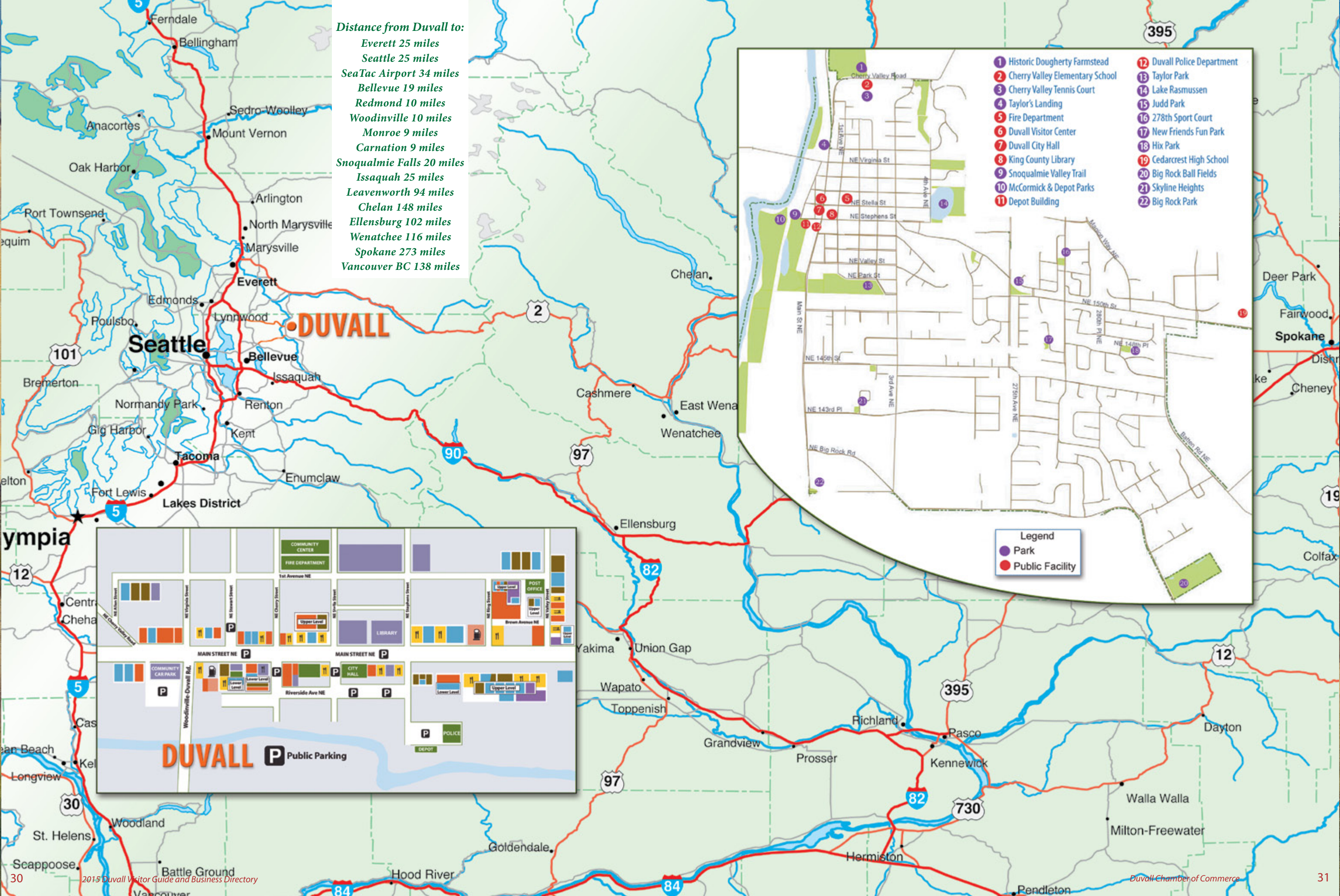
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1 Historic Dougherty Farmstead	12 Duvall Police Department
2 Cherry Valley Elementary School	13 Taylor Park
3 Cherry Valley Tennis Court	14 Lake Rasmussen
4 Taylor's Landing	15 Judd Park
5 Fire Department	16 278th Sport Court
6 Duvall Visitor Center	17 New Friends Fun Park
7 Duvall City Hall	18 Hix Park
8 King County Library	19 Cedarcrest High School
9 Snoqualmie Valley Trail	20 Big Rock Ball Fields
10 McCormick & Depot Parks	21 Skyline Heights
11 Depot Building	22 Big Rock Park

**Legend**  
 ● Park (Purple)  
 ● Public Facility (Red)

**DUVALL** P Public Parking





# DOING BUSINESS IN DUVALL

## Business & Community in Duvall

by Lorna Bussing - Red Pepper Pizzeria & Pasta

As the owners of local restaurants Red Pepper Pizzeria & Pasta and Red Swirl Frozen Yogurt, we know how awesome the community support here in Duvall is for small businesses. Many of our friends have small businesses in Duvall. Most of our employees are students or recent students of Cedarcrest High School and Woodinville High School. We have actually employed all of the kids from some local families, and some of our employees have been working with us since our businesses opened. All of this makes us feel as if we have an extended family here. Employing area high school students is an important aspect of our customer service because they are friends with many of our customers. This personal touch is possible because of the close-knit community in Duvall.

We take our role as employers of these young people very seriously. Their personal lives are important to us and we accommodate the extracurricular activities they are involved in, because it builds character. As work "coaches" we provide them with guidance regarding work ethics, values, and positive attitudes, which we hope they will carry with them as they grow into adults and develop their long-term careers. Almost all of our employees have gone on to college, and the jobs they've had with us have helped them pay for it.

As the old saying goes, "a rising tide lifts all boats." We believe that supporting other local businesses helps build a stronger overall business community in Duvall. As we have taken steps to help

our fellow business owners grow their sales, our own results have improved. Involvement in community non-profit activities is a major way we are involved in the community. Our box-topping program, which we provide free to help bolster businesses and non-profits within Duvall, is one example of this. Community events and fund-raisers are also important to the growth and character of our community and it is our pleasure to lend support to these important causes.

Businesses old and new, citizens young and old, all come together in Duvall to create a great community to live and do business in. We are grateful for the opportunity to be a part of it.

## Duvall: The Inland Island

by Mathew Higgins - Duvall True Value Hardware & Garden

After running Duvall's oldest store for 20 years, I have learned a few things about doing business in this town. First, Duvall is a living room community. A living room community differs from a bedroom community in that people want to LIVE here, not just sleep here. They live here deliberately. They want to spend their leisure time here. They want to raise their families here. They want to be connected with the town and neighborhoods, schools, arts, and outdoors. I'm not sure how or when this living room community started, but it's a wonderful thing to be a part of.

Second, Duvall is unique. I regularly attend business conferences across Western Washington and meet a lot of great business owners. But the ones that seem to have the most in common with Duvall are on islands - literally: Bainbridge, Vashon, the San Juans.



Photo By Carissa Dunphy

It could be that Duvall is like an island, separated from urban cities by river valleys and floodplains. Or maybe it's that Duvall is literally an island several times a decade during severe flooding. Whatever the reason, the people of Duvall love their unique community and don't want to leave it, even when they can.

Finally, and more to my point, that island spirit and desire to fully LIVE here makes Duvall a great place to do business. Residents are extremely supportive of their local merchants. They take a personal interest in the health and well-being of their business community. Just be careful not to let Duvall's small town facade deceive you. People live here for the charm, but they are not charmed by smallness. All customers expect quality goods and modern services provided with big city convenience, even on an island. And if you can provide it here, you will be successful.

# GET INVOLVED DUVALL!

## Local and International Service Organizations

The Rotary Club of Duvall is part of Rotary International. With 1.2 million members around the globe, Rotary Club members enjoy fellowship while providing local and international service. The Rotary Club of Duvall hosts the Holiday Heifer booth at the annual Duvall Holiday Tree Lighting, cooks breakfast for veterans on Veteran's Day and is involved in many other philanthropic, community-oriented activities. Contact: <http://www.duvall.rotaryclub.pro/>

The Duvall Civic Club was founded in 1929 with the purpose of enhancing the quality of life in Duvall and the Snoqualmie Valley. The Civic Club holds an annual plant sale and has supported the Duvall Library, Riverview Education Foundation, SummerStage, Teen SummerStage, Cascade Community Theatre and annual events that support women at risk in the community. Contact: <http://www.duvallcivicclub.org/>



Photo By Jonny Carson



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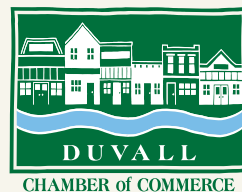


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Absolute Construction & Plumbing	(425) 218-0067
Acres of Diamonds	(425) 788-9999
Adventure Community Church	(425) 788-9373
Aflac	(425) 246-9424
AfterGlow Permanent Cosmetics, Tattoo Removal and Skin Care	(520) 576-2255
Allen Street Professional Center, LLC	(425) 218-7667
Allstate Insurance Co. - Cyndi Hartwell	(425) 354-5878
Alpine Integrated Medicine	(425) 949-5961
Amy Ockerlander, Duvall Councilmember	(425) 788-1185
Angie's Custom Framing	(425) 301-6115
Armadillo Barbecue	(425) 844-8900
Automotive Specialties Inc.	(425) 788-7458
BaeBae Cakes, LLC	(425) 516-1131
Bank of America Home Loans	(425) 844-3591
Best Buddy Dog Wash	(425) 788-7700
Big Rock Dozing	(425) 788-2356
Braithburn Academy	(425) 788-4343
Bridge of Promise	(425) 549-0500
Brooks Carpet Cleaning	(425) 788-3007
C3 by Connie Berg	(206) 914-0043
C.C.'s 2.0 Espresso & Ice Creamery	(425) 788-9718
Caliber Home Loans	(425) 394-4126
Camp Charlie	(425) 788-2008
Camp Korey at Carnation Farm	(425) 844-3100
Carnation Duvall Citizen Corps Council, Inc.	(206) 947-1930
Carnation Storage Center	(425) 333-6565
Cascade Community Theatre	(206) 686-0203
Cascade Valley Designs	(425) 221-3442
Castillo De Feliciana Vineyard and Winery	(425) 949-5088
CDK Construction Services, Inc	(425) 788-8441
Ceona Massage Therapy	(206) 650-8041
Chase Race, LLC	(206) 269-5636
ChateauWorks, Inc.	(206) 226-3037
Cherry Valley Counseling & Neurofeedback	(425) 788-9921
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Cherry Valley Kid's Kastle	(425) 788-8877
Cherry Valley Law PLLC	(425) 788-2222
Cherry Valley Macaroni Kid	(425) 829-3165
Cherry Valley Veterinary Hospital PLLC	(425) 788-7844
Cherry Valley Winery	(425) 788-5165
Christi Irwin & Associates-The Irwin Group	(425) 788-3414
Cindy's Salon	(425) 788-4090
City of Duvall	(425) 788-1185
Coldwell Banker Bain	(425) 788-1547
Community Business Services, Inc	(425) 788-1544
Consolidated Press Printing Co., Inc.	(206) 447-9659
Country Collections Antiques & Collectibles	(425) 788-2939
David North - Coldwell Banker Bain	(425) 836-3096
Denneman Consulting Group	(425) 314-3334
Drake Painting	(206) 949-9301
Duvall Advanced Family Eyecare	(425) 788-2990
Duvall Auto Parts	(425) 788-1578
Duvall Books	(206) 714-7978
Duvall Civic Club	(425) 802-9420
Duvall Cooperative Preschool	(425) 780-5261
Duvall Days Festival	(206) 794-5667
Duvall Dental Center	(425) 788-2626
Duvall Family Dental	(425) 354-3628
Duvall Family Drugs Health Mart	(425) 788-2644
Duvall Family Grocer	(425) 788-4545
Duvall Fitness	(425) 844-8188
Duvall Flowers & Gifts	(425) 788-6497
Duvall Foundation for the Arts	(425) 788-3928
Duvall Friends of the Library	
Duvall Montessori School	(425) 788-6961
Duvall Orthodontics	(425) 883-3353
Duvall Performing Arts	(425) 273-5292
Duvall Print & Post	(425) 788-4005
Duvall Random Acts of Kindness	(206) 914-0043
Duvall Taekwon-Do	(425) 844-8962
Duvall Therapeutic Massage	(425) 788-9249
Duvall True Value Hardware & Garden	(425) 788-5487
Duvall Veterinary Hospital	(425) 788-2620
DuVall's Dazzling Designs	(425) 788-9824
EF Prints	(425) 788-7578
Eastside Fence and Deck	(425) 881-2438
Eastside Property Solutions LLC	(206) 940-4061
ECKANKAR	(877) 457-4577

Business Name	Phone
Edward Jones Investments	(425) 844-9769
Essentially Healing	(206) 940-4270
EvergreenHealth Primary Care, Duvall	(425) 788-4889
Family Dry Cleaners	(425) 788-4410
Fit Happens Fitness Studio	(206) 794-5667
Friends of Youth	(425) 844-9669
Frontier Communications	(425) 820-3018
Gardens ALIVE Design	(425) 318-2971
Golden Leash Pet Spa & Getaway	(425) 788-7387
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Great Smile Dental	(425) 788-1551
Gregory, Dill & Company	(206) 442-7615
H&R Block	(425) 788-1096
Hillside Academy	(425) 844-8608
Hollisticare Therapeutic Services	(425) 880-4046
Holiday Bookkeeping Services	(425) 802-9420
Holy Innocents Church	(425) 788-1400
Hopelink	(425) 333-4163
Houston Barclay CPA, CMA	(425) 788-1622
Inner Balance	(206) 595-3185
IRG-Duvall Physical Therapy	(425) 429-7278
Itchy Dog Productions	(425) 466-8123
Ixtapa Restaurant	(425) 788-2235
Jensen Bookkeeping Services	(847) 334-1891
Jerry's Iron Works, Inc	(425) 788-1467
John's Lake Joy Toy	(425) 788-4091
Jo's Fleece Fields	(425) 788-8239
JP Landscape Services, Inc.	(425) 844-2816
JP Landscape Tree Farm	(425) 844-2816
Julia Perry Psychotherapy & Counseling	(206) 678-3118
KD Photo Cards	(425) 788-1603
Kevin Hauglie Agency	(425) 788-9176
Key Bank	(360) 794-4102
Kiddie Academy of Redmond	(425) 654-1347
King County Councilmember Kathy Lambert	(206) 296-1003
King County Library System-Duvall Library	(425) 788-1173
Kool kande Printing	(360) 794-9019
LAKE JOY DESIGN	(425) 788-3810
Larry Pickering, DVM	(206) 276-3618
Law Office of Gerald A Sprute	(425) 892-4079
Lazy K's	(425) 333-5299
Leann Barrett-John L. Scott Real Estate	(206) 794-2395
Leslie Kelley Color Consulting	(425) 231-9189
Life in Balance Family Chiropractic	(425) 333-4040
Lynn C. Smythe M.S	(425) 736-8862
Mary Kay	(307) 214-4061
Match Coffee & Wine	(425) 788-3365
Metcalf Chiropractic Health Center	(425) 844-6428
Mike Carlson Excavation & Construction	(206) 730-8249
Mind & Body Elite	(425) 898-4593
Mosswood Hollow Retreat Center	(425) 844-9050
Mother & Child Natural Medicine	(425) 333-4600
Naturescape	(206) 473-2064
Nicole Ji - Windermere Real Estate/HLC	(206) 353-2146
NJ Shelsby Breakthrough Business Coaching	(425) 270-8294
Northshore YMCA	(425) 485-9797
Northwest Art Center	(425) 788-5900
Oasis Nails	(425) 788-1882
Pacific Cascade Excavating LLC	(206) 251-3706
Pacific Crest Insurance, Nixon Agency	(206) 595-5135
Petrin Dermatology	(425) 485-7985
Pho Thailand	(425) 844-3050
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Premier Chiropractic	(425) 898-8000
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Pulte Homes	(425) 216-3400
Purdy & Kerr w/ Dawson Funeral Home	(360) 794-7049
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Quintessential Knits	(425) 890-6756
Quiznos	(425) 844-0755
Raven Haven	(206) 391-1170
Red Pepper Pizzeria & Pasta	(425) 844-8100
Red Swirl Frozen Yogurt	(425) 844-9900
Riverside Family Dental	(425) 788-7328
Riverview School District #407	(425) 844-4500
Robin Marie Photography	(206) 321-0185
Rocking "E" Feeds	(425) 788-7610
Rose Hollis QuickBooks ProAdvisor	(425) 354-3371
Rotary Club of Duvall	(206) 310-1408

Business Name	Phone
Safeway - Duvall	(425) 844-1188
Salon Serene	(206) 409-2107
Scott A. Martin DDS, PS	(425) 788-9575
Security Snobs	(888) 560-9947
Serendipity Photography	(206) 947-4686
Shelley Burns MA LMHC	(425) 844-2103
Snoqualmie Valley Community Network	(425) 333-6614
Snoqualmie Valley Electric LLC	(425) 788-5887
Snoqualmie Valley Music, LLC	(206) 790-9279
Sno-Valley North Little League	
Sno-Valley Family Medicine, PLLC	(425) 788-2490
Sno-Valley Glass & Interior Design Inc	(425) 788-6794
Sno-Valley Senior Activity Center & ADH	(425) 333-4152
Soundline Communications	(425) 250-5555
Starbucks Coffee Company	(425) 788-2086
Susan Bull	(425) 985-9171
Swift Services	(425) 788-6045
TALON Graphic Design	(425) 788-3379
Team Randy & Candy - R.S.V.P. Real Estate	(425) 344-8380
Tellus Real Estate Solutions, LLC	(425) 417-5389
Thai Duvall	(425) 788-2064
The Blue Heron Bar & Grill & Golf Course	(206) 333-5015
The BoonDoggies	(425) 466-5362
The Duvall Tavern	(425) 318-6277
The Grange Café	(425) 788-2095
The Grateful Bread	(425) 516-1131
The Grounds Guys of Redmond	(425) 412-5536
The Junction Co	(425) 319-5585
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Timberlake Church	(425) 869-4400
TJ Dance LLC	(425) 844-9086
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Town Center Mini Mart (Texaco)	(425) 788-7194
Towne Realty	(425) 260-3972
Tracy Lewis - John L. Scott Real Estate	(425) 941-3212
Tuxedo's Antique Mall	(425) 788-9678
Twin Dragon	(425) 788-5519
Unique Roofing Company	(206) 458-8022
Valley Chiropractic Wellness Center	(425) 844-8000
Valley Foursquare Church	(425) 605-6282
Valley Shell & Liquor	(425) 788-0720
Valley View	(425) 483-0606
Valpak Digital & Direct Mail	(206) 229-5307
Washington State Senate - Andy Hill	(360) 786-7672
Waste Management	(425) 814-7838
Wave	(866) 928-3123
Wells Fargo Bank	(425) 836-2020
West Star Pacific Mortgage	(206) 947-0615
Wilderness Awareness School	(425) 788-1301
Wreck-A-Mend Auto Body & Painting	(425) 788-4646
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