

The Olympian



Business

Herb and Flame, Harbor Heights open downtown; Value Village reopens in Lacey

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Herb and Flame, a business that sells herbs, spices, teas and other health supplements and products, has opened its first retail store, owner Matt Kahler said this week.

The store opened at 1428 Fourth Avenue E., at the corner of Fourth Avenue and Central Street. The store is open 11 a.m. to 4 p.m. Mondays through Fridays.

"I'm looking forward to inter-

acting with people again," said Kahler about a business that has been entirely online until now.

A dozen years ago, Kahler was unable to work because of an injury, so he spent his last \$100 on catnip and listed it for sale on eBay. It sold out, he said. He then turned to lavender, then chamomile, and soon discovered there was a market for the items he was selling — enough so that it turned into a business with annual sales of \$30,000-\$40,000, he said.

He previously worked out of a converted garage, but decided to

take that next professional step. He hired an employee and opened the store, Kahler said.

The store also sells soap, Greenfire Massage Candles and flavor-infused sea salts. For more about Herb and Flame, go to <https://www.ebay.com/str/herbandflame>.

OTHER BUSINESS HAPPENINGS

Harbor Heights, the new 55-and-older apartment building on Columbia Street near the Farmers Market, has opened, the property management com-

pany announced this week.

Harbor Heights, which overlooks Budd Inlet, has 116 apartments. It also has 20,000 square feet of amenity space and 14,000 square feet of private outdoor space. Lease rates start at \$1,500 per month for studio units, according to Columbia Hospitality.

The new apartment building also is set to be home to a new restaurant.

Christian Skillings, who operates Iron Rabbit Restaurant & Bar in west Olympia, is aiming to open his Mediterranean-themed **Cynara Restaurant & Lounge** there in September, he said.

Value Village has reopened in Lacey. The thrift store at 604

Sleater-Kinney Road SE reopened in late July. The store is open 11 a.m. to 7 p.m. daily.

Donations are being accepted at the rear of the store, although donors are asked to unload their donations themselves and place them in bins.

If you know of a retailer, restaurant, coffee shop or other business that is opening, closing, expanding, remodeling, or changing its focus, send an email to reporter Rolf Boone at rboone@theolympian.com.

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