





270 S. Spruce St., Sisters

GET RELIEF FOR YOUR CHRONIC ISSUES

PHYSICAL THERAPY MODALITIES-FASCIAL STRETCH THERAPY For spine and extremities

Helps acute & chronic soft-tissue problems ADJUSTMENTS - MOTORIZED FLEXION-DISTRACTION

• For chronic and acute disc problems

SCOLIOSIS • Treatments for children and adults

Serving all of Central Oregon since 1995

Your Security Secure Your New Year!

Make SecureShred your clean out partner. We destroy any amount of sensitive documents with one time, occasional, or regular shredding.



NAID Member, HIPAA and Gramm-Leach-Bliley compliant.

ARE YOU PREPARED?

How will the new 2015 Department of Energy Water Heater Standards affect you?

The new energy efficiency mandates will require higher energy factor ratings, which equals an average of 25% higher costs to you! Call Sweeney Plumbing today so we can install a new water heater for you before the prices go up!

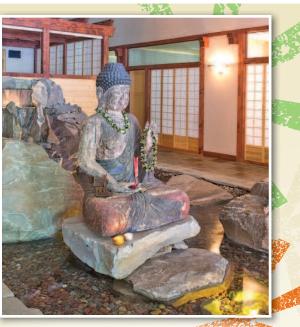
Sweeney Plumbing 541-549-4349 | 260 N. Pine St.

Real Estate is my product, but people are my business

My goals are simple ... they are yours!

Greg Johnson Real Estate Consultant/Broker Cell: 541-408-3344 Office: 541-385-8775 gregj2kx@live.com





Celebrate yourself every week at Shibui. From now until April (excluding holiday weeks), Shibui will be offering our loyal clients a special price. Each Wednesday: All 60-minute Classic Swedish Massages and all 60-minute Deep Cleansing European Facials are only \$85 each (regularly \$110 each). Mention the Winter Wellness Wednesdays discount when making your appointment to receive your savings.

As the new year begins it's a wonderful time to honor a special person in your life with the Shibui "Gift of Giving Back." For a limited time our therapists are donating their time, and Shibui is offering treatments to select recipients free of charge. We invite you to recommend a person in your life that would benefit from this gift by sending a narrative of their story to info@shibuispa.com, subject: Gift of Giving Back. Recipients will be chosen on a case-by-case



Sisters Businesses Are...



SecureShred

Clean out those outdated records and start the New Year fresh!

You know you've got boxes of papers lying around that you no longer need to keep — but they contain sensitive information you don't want to have out there in the world. It would take forever to handle them with your little office shredder. SecureShred is your answer.

SecureShred provides complete on-site document destruction and is locally owned, serving Central Oregon since 1995.

With our shredding truck, we provide the security of knowing your information is completely destroyed at your place of business or home.

No advance document sorting is neces-

We provide one-time or regular scheduled shred services. As a professional member of the National Association for Information Destruction, documents are destroyed to a size that meets national standards.

Sweeney Plumbing

Are you prepared?

How will the new 2015 Department of Energy water heater standards affect

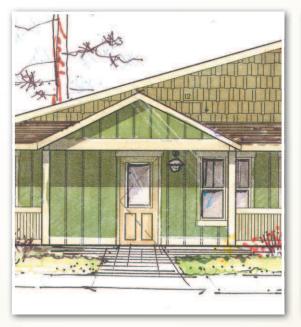
The new energy-efficiency mandates will require higher energy factor ratings, which equals an average of 25 percent higher costs to you for a new water heater.

Beat the price hike. Call Sweeney Plumbing today so they can install a new water heater for you before the prices go up!

Sweeney Plumbing is a full-service plumber. Their showroom displays all kinds of high-quality fixtures — and the knowledgeable staff will help you make the right selection for your application.

And when you need plumbing service, they are reliable, on-time, and get the job

The guys in the field deliver with clean, efficient and reliable service that is respectful of your time and your property — and they stand behind their work 100 percent.

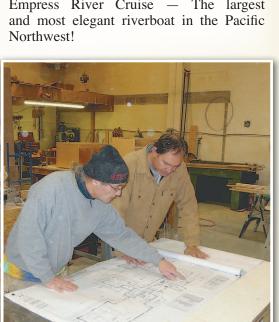


Absolute Serenity

Absolute Serenity provides seniors in the Sisters community a safe, attentive adult foster care that supports their residents' independence and integrity.

Soon, Absolute Serenity will be able to offer those critical services to even more Sisters seniors, as they break ground on a new adult foster care facility at the corner of Adams Avenue and Fir Street. This new facility will enable Absolute Serenity to continue its mission to provide seniors with a quality home environment and a smooth transition into a new phase of life.

Many residents come to Absolute Serenity at a difficult time in their lives and face health struggles like unstable diabetes, continued falls, isolation, recent heart attacks or strokes, progressive dementia or Alzheimer's. Sometimes a positive change is just stimulation, med-management, housekeeping, meals and a safe place to call home. And that creates serenity for your loved one — and for you.



Three Creeks Woodworking

Tucked away in Sisters Industrial Park, Three Creeks Woodworking produces some of Sisters Country's finest upper-end custom cabinetry and furniture.

With decades of combined experience in construction and cabinetry, the craftsmen of Three Creeks Woodworking do work that is worthy of displaying in an art gallery. In fact, their work has been displayed at Hood Avenue Art! Most importantly, it's worthy of being a featured part of your home.

While Three Creeks Woodworking builds beautiful cabinets and exquisitely crafted furniture, they can handle virtually anything that involves a piece of wood. They've repaired items ranging from a sailboat rudder to an antique sled.

They welcome walk-ins and offer a wide variety of services. They can handle your small job as well as a major project. So if you've got something in mind that involves quality craftsmanship in wood, give Three Creeks Woodworking a call.



Touch of Class Tours

Connie Boyle's love of traveling adventures was what first attracted her to the tour business. With 29 years of experience and hosting tours throughout the United States, Canada and Mexico, you will find the tours to be first class, with a Touch of Class! Touch of Class Tours gives you the best service possible, and will be there for you to make your tours high-quality, memorable, and ones that will continue "making new friends ... and lasting memories" for many years to come.

Touch of Class offers tours for one-day travel to plays and performances, to tours of several days by bus, plane and train travel.

Upcoming tours include an Oregon casino excursion, a Hawaii trip and a repeat trip to Palm Springs, California. This spring features a new offering: an American Empress River Cruise — The largest





541-588-6119

119 N. Rope St., Sisters

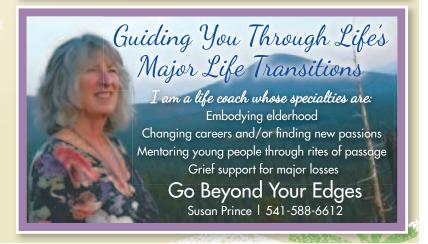
We Transform IDEAS into INSPIRING Living Spaces



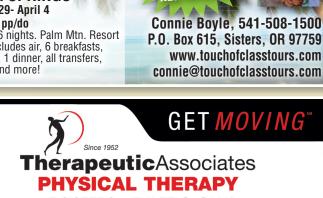
From a kitchen or bath remodel to a thoughtfully designed workspace or home office, creating custom designs that will be a source of joy and pride in your home. THREE CREEKS

WOODWORKING, LLC

541-815-3212 • www.3crwoodworking.com







PHYSICAL THERAPY AT SISTERS ATHLETIC CLUB

PHYSICAL THERAPY | AQUATIC THERAPY POST-SURGICAL | SPORTS SPECIFIC TRAINING **STRENGTHENING & CONDITIONING**

541-549-3574 | 1011 Desperado Trail, Ste. 201 www.therapeuticassociates.com/Sisters

