

At Your Service

We've Got Your Recycling & Disposal Needs Covered

Call us to schedule a RENT-A-BIN OR DROP BOX for you:

- Clean-Up Projects
- Remodeling Jobs
- Construction Projects



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High Country Disposal

High Country Disposal is a family-owned business committed to their mission statement, "Providing the finest waste disposal and recycling services available."

High Country Disposal can help with any of your cleanup needs. They will help determine the container that best fits your needs and deliver it to your home or business. You load it up, and they take it away. High Country Disposal can also pick up bulky items that won't fit in your garbage cart for an additional fee, like an old couch, mattress, or TV.

This is a great time of year to get things cleaned up, to haul out those things you don't need and to clear space for what you need to store this fall and winter. Whatever your summer project list entails, make it easier on yourself and contact High Country Disposal at 541-548-4984.



Cascade Carpentry

Light remodeling — like replacing doors, windows and trim, building or repairing your deck and modernizing your layout with modifications to walls and rooms — is an inexpensive and effective investment in your home's livability and value.

Cascade Carpentry is a wonderful resource for all your projects, helping you get the most bang possible out of your small- to medium-sized projects, while making sure you get the best value for your dollar.

This is the season for outdoor living. Let Cascade Carpentry build a deck for you that will become your oasis. Or remodel your kitchen for better function and greater value.

Bob Walker has the eye of an artist and the skills of a craftsman. Whatever your project, Cascade Carpentry will get it done on time and within budget, with skill and attention to detail.

M&J Carpet Cleaning

Sisters Country is hard on your carpet and upholstery. M&J Carpet & Upholstery Cleaning offers thorough and environmentally sensitive cleaning that leaves your carpet looking and feeling great.

M&J Carpet & Upholstery Cleaning's methods leave no residue, so your carpets stay cleaner for longer. They use best-quality low-PH citrus-based cleaning products, and antiallergenic green products are an option that sensitive folk greatly appreciate.

It takes a lot of knowledge and expertise to safely clean upholstery, and M&J Carpet & Upholstery Cleaning offers just that. Again, low-moisture techniques mean your upholstery looks great and doesn't take much time to dry.

Whether it's residential or commercial, your investment in your carpets and upholstery deserves to be well-maintained.



Kimberly Gorayeb

"Thank You, Kimberly!
"You made selling our home so fast and so easy. Thank you for selling our home in 4 days!" — Frank & Genie Braatz

That kind of testimonial is common for Kimberly Gorayeb. But this hard-working, dedicated real estate agent never takes her clients' satisfaction for granted.

Kimberly offers exceptional, dedicated service to clients chasing the dream of living in Sisters Country.

As active in the community as she is in her work, Kimberly loves Sisters Country, and puts her passion to work for each of her clients, helping them find the kind of satisfaction she has found living here.

"Even working seven days a week," she says, "living in Sisters, I feel like I'm on vacation every day."



"We are new to Central Oregon and weren't really sure where we wanted to settle. My husband called Kim from her number on a "for sale" sign in Bend, and Kim invited us to come to Sisters. We immediately bonded. It felt like she was more interested in getting to know us than she was in selling us something! What I liked most was that she didn't constantly offer her opinion — she presented just the facts so we were able to make our own judgments. In addition, she didn't pretend to have all the answers, but she was able to find all the answers!"
— Kathleen & Michael Blesius

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Right Step Orthotics

A lot of physical ailments start with your feet. If you're walking wrong, it hurts. Back-pain in particular can often be helped with quality orthotics. Get in step with Right Step Orthotics.

The office is upstairs above Cascade Fitness — but you don't even need to go there: John Neal makes house calls. It's part of his commitment to helping folks in the Sisters community.

Right Step Orthotics are custom-fitted and manufactured to exactly meet your needs. They are an investment in your good health that will serve you for years. And if you have orthotics that serve you well but are getting kind of ratty, Right Step Orthotics can often refurbish them for you.

Don't live with pain or settle for cheap, temporary fixes. Get a free consultation with John Neal at Right Step Orthotics. Your feet will thank you.

Central Oregon Eyecare

Doc, I've got crusty, irritated eyelids, can you help?
The crustiness you see on the lashes in the above picture isn't a critter, but the byproduct of one.

Demodex is a mite that lives on most of us. It tends to be most prevalent in our eyelash follicles and eyebrows. If it multiplies uncontrolled, symptoms may start such as itchy, red eyelids or crusty eyelashes.

At Central Oregon Eyecare, we employ the latest research and products to successfully cure this common problem. The products and procedures we use are formulated to kill the Demodex. Controlling the Demodex living in the eyelash follicles greatly improves eye comfort and appearance.

That's just one of many ways that Central Oregon Eyecare helps you make sure your eyes stay healthy, so you can enjoy the beautiful Sisters Country you live in.



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