

At Your Service

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FOR QUALITY SERVICE & PRODUCTS

Junk Clean Up

We remove it, clean it up & recycle

Call High Country Disposal for all your clean up needs.



541-548-4984
highcountrydisposal.com

High Country Disposal

Accumulating junk is just one of those inevitable downsides of modern living. It seems to happen without us even knowing it. What do you do with all that stuff that you can't just throw in the trash?

Did you know High Country Disposal offers a junk removal service?

If you have something you need to dispose of but won't fit in your car, you can schedule a special pickup for an additional fee.

We can help with refrigerators, couches, old televisions, electronics and more.

High Country Disposal also provides on-site cleanup services including garage cleanouts, junk piles and more. Recyclable or reusable items will be taken to a facility for recycling or reuse. If you are doing the cleanup project yourself, we can provide the right container for the job. Contact our office at 541-548-4984 for more information or visit highcountrydisposal.com.



Rock-n-Troll Seafood Co.

If you love good seafood, you owe yourself a visit to Rock-n-Troll in the Eurosports Food Cart Courtyard.

They offer up highest-quality fresh, flash-frozen Alaskan seafood right here in Sisters — at fantastic prices. You get wild, hook-caught seafood that you can feel good about preparing for your family.

Ken and Marina Baxter of Elfin Cove, Alaska, began wintering in Sisters several years ago before they decided to sell their fishing boat and become full-time residents here. They bring their background, knowledge and passion for great food to their customers in Sisters — visitors and locals alike.

While you're picking up your seafood, order up a dish from the cart: fish-n-chips; king salmon burgers; halibut and other fish burgers; fish tacos.

It's a great way to get a delicious taste of the sea right here in the Central Oregon high desert.



Food Cart and Fish Market

We're fishermen. We fly wild fish in from Alaska to bring you the highest quality. Eat here, to-go or cook at home.

New specials every week!

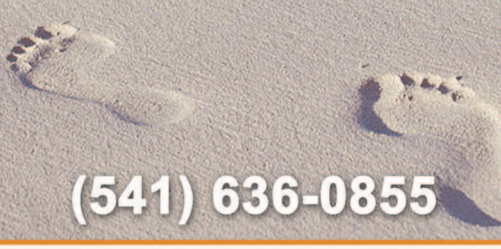


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Right Step Orthotics



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 has moved upstairs above Cascade Fitness — but you don't even need to go there: John Neal makes house calls. He's fully mobile and willing to travel. 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.

Paulina Springs Books



Sisters' long-standing independent bookstore, Paulina Springs has become a cultural hub for the community, offering events with authors from across the region.

On September 24, Paulina Springs will host former Oregon Governor Barbara Roberts, who will discuss her book "Death Without Denial — Grief Without Apology."

When Roberts' husband, Frank Roberts, was dying from lung cancer, she had to look inside of herself as well as beyond herself to find ways to survive what felt unbearable. What Barbara Roberts learned during the final year of her husband's life, and her subsequent years of grieving, fill the pages of this honest and inspiring new book.

Paulina Springs offers games and toys as well as books, monthly sales and a great selection of books — many of which come as staff recommendations.

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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.

For all your eyecare needs — from immediate concerns to regular eye exams, for children and for adults — contact Central Oregon Eye Care.



Oregon Lifestyle Property Group

Oregon Lifestyle Property Group offers you a hand-selected team with over \$20 million accumulated sales to date. A team of specialists with over 30 years of experience, Jodi Satko and Oregon Lifestyle Property Group provide the highest levels of customer service and satisfaction — Just ask their clients:

"...We are truly blessed to have had Jodi & OLPG as our team. Anyone who is looking for a knowledgeable and professional team should call Jodi Satko & OLPG. They will give you their all, and you will be very pleased with their efforts & RESULTS!"

"...If you or anyone you know is looking for an intelligent, compassionate Realtor, we hope you will decide to give Jodi Satko & OLPG a call. We can honestly give them our very highest recommendation."

"...They were able to not only sell our home quickly, but helped us get the best possible price for it!"



Oregon Lifestyle Property Group



Jodi Satko • Courteney Satko • Ashley Yule • Jo Silva

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