

# At Your Service...

Folks love living in Sisters because of its small-town charm. But living in a small town doesn't mean you have to sacrifice big-time service. Sisters is full of quality, professional people operating all sorts of businesses that help enhance the quality of your life in Sisters Country.

Your local businesses are owned and operated by your friends and neighbors. They gear their products and services to **OUR** needs and interests.

Whether you need medical services or want to set your young child up for success in school, there are providers in Sisters to fill the bill. As summer rolls around, you can get your carpet cleaned, install a hot tub — or get your troublesome drainfield restored to

function. Get yourself some robust tacos, or some sumptuous sushi.

Find your dream home and the décor to fill it — and landscape it to the extent of your dreams.

Find some inner peace or head off on an adventure.

Spending your dollars locally ensures that the community itself stays healthy. Each dollar you spend circulates approximately seven times in the Sisters economy. Local business owners care about their hometown — they support the schools, employ local folks and help keep the community vibrant.

And when the quality is this good, there's no reason to look anywhere else!



**INTERNATIONAL INSIGHT MEDITATION CENTER**

Open To All Religions

Join us every Saturday 9 to 10:30 a.m.  
Or sign up for our next weekend retreat, Saturday & Sunday, July 13 & 14  
— 805 NW 95th Street, Redmond —  
For more information call Yee at 805-708-3065

## Insight Meditation Center

On a quiet, peaceful 12.5-acre site between Sisters and Redmond, Yee Thanittithanand and Peter and Molly Stephen founded Insight Meditation Center.

The owner of Oishi Japanese restaurant in Redmond moved from California carrying the dream to open a meditation center, and the dream was fulfilled four years ago.

The non-profit Insight Meditation Center welcomes people of all nationalities, religions and walks of life to find a moment of tranquility on Saturday mornings from 9 to 10:30 a.m. Sessions are free of charge.

Three or four times a year, Insight Meditation Center hosts instructors for weekend retreats. Oishi provides food for these weekends. The next is scheduled for July 13-14.

The landscaped garden setting, where herbs grow along with trees planted by monks, is peaceful and conducive to retreating from the bustle of everyday life.




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## Your Care

Your Care is here for you — accessible for you, your friends and family and your business. Whether you have an immediate urgent-care need, need a well-check or a physical, Your Care is here to serve you, just down the road in Redmond.

At Your Care, you will encounter friendly, compassionate and highly qualified people who are there for you. Bottom line is — you matter.

Your Care's team of Board Certified Physicians and Nurse Practitioners brings over 40 years of medical care experience and expertise and takes the time to listen to you. They provide comprehensive occupational medical services, employment physicals including DOT and FAA, preventive health screenings and workers' compensation.

Watch our Facebook page at [www.facebook/yourcaremedical](http://www.facebook/yourcaremedical) for a variety of coupons for physicals, including sports physicals.




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