

### ***Alpaca on the Rocks***

www.alpacaontherocks.com (scheduled to launch June 30th)  
Nancy Shelton and Sherri Bilbro  
5004 Solus Drive, Weed, CA 96094  
(530) 938-3521 • nshelton@alpacaontherocks.com  
We have alpaca for you! We make hand felted hats, needle felted original artwork, hand made sterling silver and gemstone one-of-a-kind jewelry.

### ***Alternative Health Solutions***

www.mynsp.com/patterson1  
Sandy Patterson  
19331 Carrick Ave., Weed, CA 96094  
(530) 938-3907 • sandy@shastaweb.com  
Natural Health Consultant & Herb and Cleansing Specialist, finding solutions to health problems. Nature's Sunshine Independent Distributor – supplying the highest quality of herbs and supplements.

### ***Altos Search Group***

www.altossearch.com  
Nancy Neubauer, Sr. Manager  
(916) 501-8866 • nancy@altossearch.com  
Sales/Marketing and Executive Search. We are a sales, marketing and executive search firm with clients nationwide in different industry verticals offering a reasonable fee structure and creative strategies for Siskiyou Co. businesses.

### ***Amazon Herb Co. Independent Distributor***

www.sherri.amazonherb.net  
Sherri Bilbro  
P.O. Box 11, Mt. Shasta, CA 96067  
(530) 261-0335 • sherrilynnb@gmail.com  
We offer whole, live-food products that sustain the health and abundance of people, animals and the planet. (Soon to be Amazon Vibrations.)

### ***Art to be Framed***

www.arttobeframed.com  
Sandra Landes, CPF  
704 S. Washington Dr., Mt. Shasta, CA 96067  
(530) 926-3609 • slandes@snowcrest.net  
Expert fine art framer handling frame and art restoration, photography, all works on paper, canvases, memorabilia (shadow boxes) and needleworks. Interior design services available.

### ***Awaken to Life***

www.awakentolife.net  
Marajen Moore, MA, CPCC  
P.O. Box 1164, Mt. Shasta, CA 96067  
(530) 926-3400 • marajen@awakentolife.net  
Offer one-on-one coaching, work-life balance programs, and customized group events for becoming present, aligning with your true purpose, and letting your ultimate destiny unfold.

### ***Bear Wallow Herbs***

www.bearwallowherbs.com  
Cara Saunders, herbalist  
P.O. Box 1033, Sawyers Bar, CA 96027  
(530) 462-4784 • cara@bearwallowherbs.com  
Off-the-grid in remote mountains near Salmon River. Handmade organic herbal medicine tinctures and salves. Homegrown and wildcrafted herbs. Bestseller is the Herbal Medicine First Aid Kit!

### ***Bianca's Gourmet***

www.biancasgourmet.com  
Matilde de Franchis-Unruh  
P.O. Box 967, Mt. Shasta, CA 96067  
(530) 926-6549 • matilde@biancasgourmet.com  
Offers a gourmet line of handcrafted products, including Caponata, Pesto Piccante, and Mediterranean Spread (recipes from Italy) and Orange Apple Cranberry Chutney that it is now made all year long.

### ***Bodyworks Massage Therapy by Beth***

www.bodyworksmtshastamassage.com (coming soon)  
Beth Rudolph  
The Strawberry Valley Inn, Mt. Shasta, CA 96067  
(772) 341-4996 (cell) • bethrudolph2006@gmail.com  
Therapeutic massage that is wholly relaxing for the mind, body and spirit. With over 10 years experience, specialties include Swedish, deep tissue and hot stone therapy.

### ***Catharsis***

Catherine Brown  
P.O. Box 554, Mt. Shasta, CA 96067  
(530) 613-9764  
Catharsis, federal nonprofit, offers Werbeck singing (method developed with Rudolf Steiner), piano lessons, music and art productions: adults and children. Himalayan jewelry sales benefit exiled Tibetans. Herbal tinctures and wildcraft bat guano.

### ***Clear Path To Peace***

www.anaholub.com  
Ana Holub, MA  
P.O. Box 174, Mt. Shasta, CA 96067  
(530) 926-4639 • info@anaholub.com  
Offering forgiveness counseling, mediation, anger management, communication skills and emotional healing tools for your peaceful life. Serving individuals, couples, groups and business. Free consultation.

### ***Compassionate Healing Instruction, LLC***

www.healingtouchquicksteps.com  
Barbara J. Semple, CMT, ACMT  
(530) 926-0804  
Barbara is an integrative healing arts practitioner specializing in Jin Shin Jyutsu® for women.

### ***Community Health Plan of the Siskiyous***

www.chpsiskiyous.com  
Elizabeth Mitchell-Collord  
154 Boles St., Weed, CA 96094  
(530) 938-9500 • elizamitch@aol.com  
Providing local access to affordable health plan options.

### ***Curves***

www.curves.com  
Mart Gross  
625 S. Mt. Shasta Blvd., Mt. Shasta, CA 96067  
(530) 926 2541  
Why Curves? Women only • burn up to 500 calories a session • no waiting, no schedules • feels great with great results • nutritional support • travel privileges nationwide • new owner, new feel, new music!

### ***D.C.'s Income Tax Service***

www.1040.com  
Debra L. Lewis  
1940 Conestoga Ct., Mt. Shasta, CA 96067  
(530) 926-1936 Office/Fax  
Registered income tax preparer. Personal and small business. Over 20 years experience. All states. E-Filing.

### ***Directions***

www.directionsmtshasta.com  
Jane Prestegard  
312 N. Mt. Shasta Blvd., Mt. Shasta, CA. 96067  
(530) 926-2367 • directionsms@gmail.com  
Celebrating its 37th year, Directions features a vibrant collection of contemporary women's clothing, accessories, distinctive jewelry, unusual home décor, special gifts and soothing skin care products.

### ***Earthalive Communications***

www.earthalive.com

Marguerite Lorimer, Producer-Photographer

PO Box 785, Mt. Shasta, CA 96067

(530) 926-1088 • info@earthalive.com

Marguerite Lorimer is a producer of documentary films and promotional mini-documentary films, an internationally-published photographer, and co-founder of EARTHALIVE COMMUNICATIONS, an independent multimedia production company.

### ***Grandma Mary's***

Mary Davis, Owner and Proprietor

306 Maple Street, Mt. Shasta, CA 96067

(530) 926-1687

Grandma Mary's deals in kids new and used clothing. Our used clothing is of the highest quality and many of our new clothing is top name merchandise.

### ***Green Mango Catering & Event Planning (GMC&EP)***

Bayla Greenspoon

(530) 926-4339 • bayspoon@yahoo.ca

GMC&EP offers delectable food and seamless events. Allow me to create beautiful food and environments as your personal chef, party caterer, or meeting/celebration planner.

### ***Heart Of Shasta***

www.HeartOfShasta.com

Jody Ciesielczyk

P.O. Box 766, Mt. Shasta, CA 96067

(920) 217-6765 • jody@heartofshasta.com

Custom designed massage combines aromatherapy with the techniques of raindrop therapy, reflexology, massage and energy healing in the application of essential oils.

### ***JEDI: Jefferson Economic Development Institute***

www.e-jedi.org

Renee Getreu, Instructor & Assistant Program Manager

403 Berry St., Mt. Shasta, CA 96067

(530) 926-6670

A non-profit that provides resources for people, businesses and communities to create self-determined livelihood, healthy organizations and thriving economies.

### ***Living Shasta Photography***

www.livingshasta.com

Karrie Ann Snure

5506 Truck Village Dr., Mt. Shasta, CA 96067

(530) 859-2292 • k@livingshasta.com

Living Shasta Photography offers a unique, creative & stunningly different all digital approach to portrait, wedding and other photographic needs that will delight your senses!

### ***Luscious Soaps by Debbie***

www.luscioussoap.com

Debbie Lewis

PO Box 1526, Mt. Shasta, CA 96067

(530) 926-1936 • sales@luscioussoap.com

Glycerin Soap in designed bars. Special Occasion Gift Baskets - Wedding Favors, Baby Shower Party Favors, Seasonal gift baskets and Special Occasion Gift Baskets.

### ***Lynnies Bakery-Cafe***

www.Lynnies.com

Cynthia Lynn Henderson

5345 Dunsmuir Ave., Dunsmuir, CA 96025

(530) 235-4258 • clynnhenderson@yahoo.com

Specializing in gluten-free, sugar-free bakery items and healthy snacks. Call ahead for custom bakery orders for your events, meetings and family gatherings.

### ***Marie-Josée STUDIO Glass Art***

www.mi-studio.biz

Marie-Josée Wells

marie@mi-studio.biz

From commissioned pieces of art to my own innovative designs, I create a variety of items where simplicity, elegance and colors are the essential components.

### ***Marmet Counseling***

Connie Marmet

712 Meadow Ave., Mt. Shasta, CA 96067

(530) 926-4313 • conniemarmet@yahoo.com

Business Consulting, Job Coaching and Grant Writing.

### ***Massage by Melody***

www.massagebymelody.com

Melody Perdikis, LMT

1180 S. Mt. Shasta Blvd. Suite C, Mt. Shasta, CA 96067

(530) 926-0507 • massagebymelody@yahoo.com

Licensed Massage Therapist with a unique style of therapeutic massage.

Techniques include: deep tissue therapy, aromatherapy, myofascial release, hot stone therapy, and other modalities.

### ***Mt. Shasta Design***

www.mtshastadesign.com

Andrée Morgana

PO Box 360, Mt. Shasta, CA 96067

(530) 859-5793 • andree@mtshastadesign.com

Specializing in creating custom websites for smaller businesses, organizations and individuals.

### ***Mount Shasta Herald***

www.mtshastanews.com

924 N. Mount Shasta Blvd., Mount Shasta, CA 96067

Your source for the latest breaking local news, sports, weather, business, jobs, real estate, shopping, health, travel, and more.

### ***Northeastern Small Business Development Center***

www.sbdsc.org

Stephanie Hoffman, MS

212 Butte Street, Yreka, CA 96097

(530) 938-3490 • shoffman@sbdsc.org

No-cost business consulting for new and existing businesses in Siskiyou County. Stephanie helps clients increase their customer base by creating low-cost strategic marketing plans.

### ***Promoco***

www.promoco.com

Elaine Beckmann

800-274-4684 • Elaine@promoco.com

Marketing and sales of promotional and ad specialty products and services to help clients promote their company, brand, product, service or program.

### ***Reunification Church In The Order of Melchizedek***

Rev. Sandra M. Barrie

P.O. Box 766, Mt. Shasta, CA 96067

(530) 261-1745 • ngatipa@yahoo.com

Registered with American Board of Hypnotherapy and with American Board of Time Line Therapy NLP & Coach. As a Rev. and a Kahuna Elder, I have been blessed by God to have been given gifts to help people find their unlimited potential.

### ***Richter Scale Real Estate***

www.realtorjessicamurr.com  
Jessica Murr, Realtor  
1940 Fort Jones Rd. Suite 5, Yreka, CA 96097  
(530) 941-6061 (cell)  
JessicaMurr@RichterScaleRE.com

I am a Real Estate Professional serving far northern California. The cornerstone of my business is education of current market trends through use of technology.

*I don't follow Real Estate: I'm leading the way.*

### ***Sereni-tea***

www.sereni-tea.net  
Daniela Bose  
319 N. Mt. Shasta Blvd., Mount Shasta, CA 96067  
(530) 926-1688 • shop@sereni-tea.net  
We carry over 130 high-grade, loose leaf teas from around the world, and all the tools and accoutrements for a great cup of tea.

### ***Shasta Vortex Adventures***

www.ShastaVortex.com  
Ashalyn, CHT  
400 Chestnut St., Mt. Shasta, CA 96067  
(530) 926-4326 • info@shastavortex.com  
Mt. Shasta Guided Tours and Integrative Health Care: hiking, backcountry Telemark skiing/snowshoeing, Native American Ceremony, Sacred Site Treks, Guided Vision Quests; Transformational Massage; Psychic Hypnotherapy.

### ***Shop Local: Siskiyou County Discount Coupon Book***

www.shoplocalsisq.com  
Beatrice Gamboa (530) 925-5014  
Rebecca Chandler (530) 925-2723  
P.O. Box 641, Mt. Shasta, CA 96067  
Local businesses display their listings in the 2009-10 discount coupon book for only \$35 per year. Coupon books are sold through the county as fund raisers and in local businesses.

### ***Soul Connections***

www.soulconnectionstore.com  
Catherine Catlin  
329 N. Mt. Shasta Blvd., Mt. Shasta, CA 96067  
(530) 918-9533 • soulconnections@sbcglobal.net  
Your source for metaphysical tools; a large selection of crystals, statues, clothes, jewelry, incense, books, CDs, prints, cards, instruments, and much more. Something for everyone!

### ***Sue's Astrological Research Center***

Sue A. Frink  
909 Woodland Park Drive, Mt. Shasta, CA 96067  
(530) 926-6419 • sueafrink@hotmail.com  
Intuitive Astrology Readings. 40 years experience. Reasonable rates.

### ***Treasures of Mt. Shasta & Golden Rose Productions***

www.mcordeo.4t.com  
Mikaelah Cordeo  
P.O. Box 810, Mt. Shasta, CA 96067  
(928) 301-8705 (cell) • mcordeo1@gmail.com  
Aroma therapy sprays, books, "Treasures of Mt. Shasta" cable TV show, intuitive readings, alchemical hypnotherapy, energy balancing, spiritual healing and lightbody work.

### ***Tri Counties Bank***

www.tcbk.com  
Patti Hickman  
204 Chestnut St., Mt. Shasta, CA 96067  
(530) 926-2653

Tri Counties Bank exists for only one purpose: improving the financial success and well-being of our shareholders, customers, communities and employees.

### ***Uptown Salon @ Mary Jo's Headrig***

Pam Garnett  
1050 S. Mt. Shasta Blvd., Mt. Shasta, CA 96067  
(530) 925-4211  
Esthetician/Manicurist with 20+ years experience. Services: facials, waxing, tinting, manicures, spa pedicures, and acrylic nails. As a Permanent Makeup artist, I can create wonderful eyebrows, eyeliner, or lip liner enhancement.

### ***Waiora Products / Independent Distributor***

Darlene Slover  
(530) 926-0255 • animalyze@gmail.com  
REMOVE – Heavy Metals and toxins Safely (FDA –GRAS status)  
REPLENISH – Nutrients in delicious whole food liquid (NO Concentrates)  
RESTORE – The body to a Balanced PH State.

### ***Willow Wellness***

Sky Lee Sacay Larson  
4515 Gleaves Ave., Dunsmuir, CA 96025  
(530) 859-2186 • willow\_wellness1@yahoo.com  
Licensed medical massage therapist: myofascial release, deep tissue, lymphatic drainage, cranial sacral, reflexology, TMJ release and various spa body wraps.