




# Business *Directory*

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# Welcome!

## Advertising & Marketing Services

Welcome to the 2013 online edition of our **CSLT Business Directory**. Advertisers present in this directory are either Members, Guests or Congregants of the *Center for Spiritual Living Tucson*, or have been recommended by same. Please support their businesses! We are grateful for their support of our annual **CSLT Business Directory**.

Proceeds from sales of these directory listings will be applied to our marketing and communication budget, designed to let Tucson, and beyond, know about the *Center for Spiritual Living Tucson's* outreach to the community.

If you are being introduced to the *Center for Spiritual Living Tucson* through this directory, we welcome you! Please visit our web site for more information as well as our calendar of events.

Thanks again, and welcome!

Listings in this directory represent vendors and businesses recommended by Members, Congregants, Guests and Friends of *Center for Spiritual Living Tucson*. *Center for Spiritual Living Tucson* does not promote, endorse, or guarantee any product or service contained or represented in this directory.

We knew you'd understand. :-)

# Table of Contents

## Financial Services

Rimple CPA, LLC, Mari Rimple..... 3

## Heath & Wellness

WellnessFirst!, Dr. DeeAnn Saber ..... 4

WellnessFirst!, Zach Saber..... 4

## Life Coaching

Through A Different Lens, Pamela Hale..... 5

## Marketing & Advertising

Philanthropology, Echo Surina..... 6

## Music

Tucson Tune, David Prouty..... 7

## Real Estate

Long Realty, Barbara McGill..... 8

Keller Williams, Lynne Heygster ..... 8



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# Financial Services



**Mari Rimple**

**Rimple CPA, LLC**

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920-884-2233

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[www.Facebook.com/mari.rimple](http://www.Facebook.com/mari.rimple) [www.twitter.com/MariRimple](http://www.twitter.com/MariRimple)

Since 1999, we've worked with a broad spectrum of individuals, business owners, executives, and independent professionals providing efficient, expert advice for tax planning, tax preparation, and accounting services. If taxes are complicated and time consuming for you, turn it over to a professional certified public accountant. We focus on your unique needs and provide the expertise to help you understand the laws that impact you. Taking away the stress of complicated tax codes and complex forms is our specialty. Simply put, we care about you and the time constraints of your busy lifestyle and do the tax & accounting work so your valuable time is yours.

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# Health & Wellness



**DeeAnn Saber**  
**WellnessFirst!**

3861 N First Ave, Tucson, AZ 85719  
520-209-1755 Fax: 520-798-2468  
[www.3861WellnessFirst.com](http://www.3861WellnessFirst.com)

"I am a Naturopathic Primary Care Physician. I specialize in Endocrinology and Functional Medicine. I work with a group of talented specialists providing a team to assist you in reaching your optimal health in mind, body and soul. In house labs available.

I offer a free 15 minute in person consultation by appointment only.

Please feel free to come by our center; browse the art work in the conference room, check out our lending library, meet the people that call *WellnessFirst!* their home

**Zach Saber**

**WellnessFirst!**

3861 N First Ave, Tucson, AZ 85719  
520-209-17555 Fax: 520-798-2468  
[www.3861WellnessFirst.com](http://www.3861WellnessFirst.com)



I am a Licensed Massage Therapist specializing in Myofascial Release, Structural Integration and Neuromuscular Re-education with 16 years of hands on experience. I am also certified in Holistic Mental Health and a life coach. When warranted, I include Holistic Mental Health guidance and life coaching to assist you in releasing emotional attachments, pains and limitations in your life as well as teaching tools to move forward and tools that assist you in changing behaviors and thought patterns that are destructive to your life.

As you change physically, you are changing emotionally and internally as well. You are releasing the emotional attachment to injury / pain or experience. You can release issues, emotions, limitations, anxieties, fears that are locked in your soft tissues and muscles. You and I work together to relieve your pain, to change your structure and assist you in "fitting" into your own body.



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# Life Coaching / Counseling



**Pamela Hale Trachta**

**Through A Different Lens, LLC**

13830 N. Sutherland Trail, Tucson, AZ 85739

520.825.5463

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[www.Facebook.com/PamelaHale9](https://www.facebook.com/PamelaHale9)    [www.youtube.com/user/pamelahale1](https://www.youtube.com/user/pamelahale1)

I serve as an ally for spiritually-oriented people who want to make a difference, helping them reconnect with their essential self, with their soul's purpose and with all that brings them joy, health, love and peace.

I bring a unique toolbox containing shamanic practices, energy healing, interfaith spiritual counseling, photography, imagery and metaphor.

I teach classes and speak on material from my Sand Spirits Insight Cards and my book, *Flying Lessons: How to Be the Pilot of Your Own Life*.

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# Marketing & Advertising



**Echo Surina**

**Philanthropology**

602-332-9445

[www.philanthropology.us](http://www.philanthropology.us)

[echo.surina@gmail.com](mailto:echo.surina@gmail.com)

Persuasive extrovert for hire. I excel at generating enthusiasm for an idea, product, service or person. You can hire me to give presentations, network on behalf of your organization at special events and conferences, or create professional communications materials that tell your story through strategic messaging.

My boutique marketing company serves entrepreneurs and small business owners who don't have the time, interest or expertise to produce and measure results through on-the-ground, in-person connections. As an award-winning writer with 10 years of experience in public relations, I'm adept at aligning outreach and sales efforts to at-large organizational goals.

Scope of work: Outreach strategy & tactics, websites, copywriting, marketing materials, media relations. A portion of profits is donated to support military veterans.

# Music



**David Prouty**

**Tucson Tune**

9040 E. Bears Path, Tucson, AZ 85749

520-444-6483 Fax: 520-760-3323

[www.davidproutyaz.com](http://www.davidproutyaz.com)

[davidproutyaz@gmail.com](mailto:davidproutyaz@gmail.com)

I have been a professional pianist/vocalist for over 45 years and have been tuning pianos since 1990.

My performance can encompass all styles of music for any occasion. I can perform solo or can provide a variety of ensembles.

My piano tuning uses state-of-the-art digital equipment and a well-tuned musician's ear. Reasonable rates

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# Real Estate



**Lynne Heygster**  
**Keller Williams Southern Arizona**  
1849 N. Kolb Ste # 101, Tucson, AZ 85715  
520-886-8282 Cell 801-891-1578  
[www.lynneheygsterkw.com](http://www.lynneheygsterkw.com)  
[lynneheygster7@gmail.com](mailto:lynneheygster7@gmail.com)

People buy, sell and or invest in real estate for lots of reasons, and every reason is perfect. And the time is always right when it's your reason or your dream waiting to be fulfilled.

Let me be the co-creator with you for your desires for your next real estate need.

What is your dream?

**Barbara McGill, CRS, GRI, REALTOR®, SFR**

**Long Realty**

6410 E. Tanque Verde Road, Arizona 85715

(520) 918-5819

[www.barbaramcgill.com](http://www.barbaramcgill.com)

[BarbaraMcGill@LongRealty.com](mailto:BarbaraMcGill@LongRealty.com)



I am a full time real estate professional with breadth and depth of knowledge of both commercial and residential real estate sales and commercial leasing. I am proficient and dedicated to provide a high level of professional Buyer/Seller and Tenant/Landlord representation with consummate skill in precise contract negotiations.

Explore my website, look at properties for sale in Tucson and Southern Arizona, look in depth at the useful links of Tucson information, and enjoy one of my many premier services that I offer as your real estate agent.



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