Longtime Express Employment Professionals Owner Retiring as New Owners Continue the Legacy

by RONNI WILDE — CBN Reporter

W
hen Connie Worrell-Druliner and Stephanie Miller, owners of Express Employment Professionals in Bend, decided the time had come to pass the baton of their business along to new owners, they faced a challenging goal. “The only way I could sell and retire was to know that this community and our clients are being left in a better place, and to know that the future is bright,” says Worrell-Druliner, who purchased the franchise and opened the Central Oregon office of Express back in 1984. “I put my head on a pillow of gratefulness every night knowing like to see quality development that includes aesthetically pleasing architecture and uses that visually communicate activity through outdoor seating for dining or recreation, a prominent plaza or otherwise. This site is unique in that it has over 15,000 vehicles that pass by it every day. We want to see high-quality development and uses.”

At this point, Snead has received five inquiries from parties interested in the project, but none that can be made public yet. “I’ve been asked...”

Madras Officials Working Toward Creative Redevelopment of South Gateway Site

by RONNI WILDE — CBN Reporter

T
he South Madras Gateway, a landmark spot in the City of Madras, will likely see redevelopment in the near future. Jefferson County, in close consultation with the City of Madras and the Madras Redevelopment Commission, have been seeking expressions of interest from creative, experienced development teams to redevelop the site, and several interested parties have stepped up at this point. “I’ve talked with several developers, design professionals representing developers and property owners about the project,” says Nicholas Snead, AICP, Community Development director for the City of Madras. “At the January 12 Pre-Submittal meeting, we had three individuals attend. That might not seem like very many people attending. However, those who attended represent those who I believe have interest in the project and are likely to submit proposals.”

The goal for the site is to redevelop it and add retail, dining, entertainment and/or office spaces that aren’t currently being offered in the community, says Snead. “Additionally, we’d like to see quality development that includes aesthetically pleasing architecture and uses that visually communicate activity through outdoor seating for dining or recreation, a prominent plaza or otherwise. This site is unique in that it has over 15,000 vehicles that pass by it every day. We want to see high-quality development and uses.”

At this point, Snead has received five inquiries from parties interested in the project, but none that can be made public yet. “I’ve been asked...”

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**RECENT TRANSACTIONS**

Brokers Graham Dent and Robert Raimondi, CCIM of Compass Commercial Real Estate Services represented the seller, US Forest Service, in the sale of the 31.56-acre parcel of USDA Forest Service land located off of Highway 20 in Sisters. The large piece of land sold for $2,818,244.88.

Compass Commercial Real Estate Services brokers Howard Friedman, CCIM, Jay Lyons, SIOR, CCIM and Grant Schultz represented the seller in the sale of 1435 NE 4th Street in Bend. The 6,160 SF office building sold for $1,490,000.

Partner Graham Dent of Compass Commercial Real Estate Services represented the tenant, Prime Lending, in the lease of a 4,783 SF office suite located at 404 SW Columbia Street in Bend. Brokers Jay Lyons, SIOR, CCIM and Grant Schultz of Compass Commercial Real Estate Services represented the landlord, Vision Plaza, LLC.

Compass Commercial Real Estate Services broker Terry O’Neil, CCIM represented the landlord, D&S Hollywood, LLC, in the lease of a 3,616 SF office suite located at 1000 SW Indian Avenue in Redmond.

Brokers Russell Hunstamer, CCIM, Jay Lyons, SIOR, CCIM and Grant Schultz of Compass Commercial Real Estate Services represented the landlord, JKC Bend, LLC, in the lease of a 1,168 SF retail suite located at 1462 NE Cushing Drive in Bend. Broker Joel Thomas, CCIM of Compass Commercial Real Estate Services represented the tenant, Three Sisters Nails, LLC.

Compass Commercial Asset & Property Management broker Luke Ross represented the landlord, Allan Bruckner, in the lease of a 2,976 SF office suite located at 19800 SW Village Office Court in Bend.

Brokers Jay Lyons, SIOR, CCIM and Grant Schultz of Compass Commercial Real Estate Services represented the tenant, Compass Kombucha, LLC, in the lease of a 3,500 SF industrial unit located at 354 SE Logsdon Street in Bend.

Compass Commercial Real Estate Services broker Robert Raimondi, CCIM represented both the landlord, Miller Cottages, LLC, and the tenant, Choices Recovery Services, LLC, in the lease of a 2,200 SF medical center located at 1842 S 1st Street in Redmond.

Broker Terry O’Neil, CCIM of Compass Commercial Real Estate Services and broker Caroline McDonald, RPA® of Compass Commercial Asset & Property Management represented both the landlord, Rathbone LTD, and the tenant, TML International, LLC, in the lease of a 4,200 SF industrial space located at 1842 S 1st Street in Redmond.

Compass Commercial Real Estate Services broker Joel Thomas, CCIM represented the tenant, DCC – Diabetes and Obesity Care, in the lease of a 960 SF office suite located at 185 SW Shevlin Hixon Drive in Bend.

Broker Joel Thomas, CCIM of Compass Commercial Real Estate Services represented the landlord, Allan Bruckner, in the lease of a 3,458 SF retail suite at 1900 NE Division Street in Bend. Broker Luke Ross of Compass Commercial Asset & Property Management represented the tenant, Chaos Billiards Lounge.

Walt Ramage and Jenn Limoges, CCIM, have formed a partnership to assume ownership of NAI Cascade, leading the powerhouse Commercial brokerage toward a future of growth.

Leveraging NAI’s global network, Ramage, Limoges and Principal Broker Katy Haines bring a fresh, futuristic approach to commercial real estate in Central Oregon, Southern Oregon and the Oregon Coast.

Ramage was recently awarded the COAR Commercial Transaction of the Year for his ongoing work with Central Oregon stalwart Les Schwab. “At NAI our focus is on innovative and forward-thinking solutions for our clients;” said Jenn Limoges, a managing partner. “We value those long-term relationships and feel fortunate to be a part of their successes.”

Since its inception in 2013, NAI Cascade (then NAI Anis) has fostered its reputation as a brokerage dedicated to providing full-circle service to its clients, work that produces meaningful rewards and relationships that appreciate.

Today, Ramage, Limoges and Haines honor the legacy of a relationship driven approach to business. NAI cascade.com

**Oregon Humanities Now Seeking Proposals for Fields Artist Fellowship**

Oregon Humanities, in partnership with Oregon Community Foundation, is now accepting applications for the second round of the Fields Artist Fellowship program, offering two years of financial support to Oregon-based artists who are in a pivotal moment or inflection point in their careers.

Four artists will be awarded two-year fellowships to advance their artistic practice while developing creative and meaningful ways to address and respond to the opportunity gap in Oregon. The first Fields Artist Fellowships were awarded in 2019 to Crystal Akins of Lincoln City, Mic Crenshaw of Portland, Karla Farrell-Smith of Chiloquin and Joe Whittle of Enterprise. Continued on Page 30

**Redmond School District Selects Project Management Firm for 2020 Bond Projects**

The Redmond School District has selected HMK Company to serve as the project management firm for its 2020 bond projects.

HMK, which has offices in Medford, Albany and Bend, has more than 25 years of experience in executing large-scale bond projects, and has worked with 98 school districts around Oregon. Most recently, the firm has worked with the Ashland School District, the Greater Albany Public Schools and the Dayton School District. The company will oversee and manage the bidding, planning and construction of bond projects, as well as master scheduling and other oversight. Continued on Page 30

**HOT NEWS**

- **FOR SALE**
  - $1,995,000
  - 62988 Layton Avenue, Bend
  - Multi-tenant 6974 SF building on a prime corner lot in the North Britson Industrial Park. Includes plans for additional mixed use building on this large 0.73 acre lot.
  - Contact Meg Watkins
  - 541.530.1620

- **FOR SALE**
  - $175,000
  - 15746 Burgess Road, La Pine
  - Excellent location on high traffic road to Deschutes National Forest, Wickiup Reservoir, Crane Prairie and Cultus Lake Resorts! Two buildings, two gas pumps (currently inactive) and propane available for sale.
  - Contact Al Eastwood
  - 541.280.7774

- **FOR LEASE**
  - $385,000 or $1.35/SF
  - 16440 3rd Street, La Pine
  - Great owner/user opportunity in a terrific location just off Hwy 97. 1762 SF building formerly occupied by a dental practice on .54 acre. Vacant and easy to show.
  - Contact Bill Pon
  - 541.815.4140

- **FOR LEASE**
  - $1.95/SF + NNN
  - 1013 NE 10th Street, Bend
  - Remodeled retail or office space available now to show and lease! First floor is 1554 SF. 24 on site parking spaces. Low NNN at $0.25/SF.
  - Contact Paula Van Vleck
  - 541.280.7774

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BEND

The Bend Metropolitan Planning Organization (MPO) is seeking applicants for two positions on the MPO Budget Committee.

The Budget Committee is established by state and local law to review and make recommendations regarding the adoption of the budget to the Bend MPO Policy Board. Appointees will each serve a three-year term, effective July 1, 2020 to align with the fiscal year.

This committee meets once a year in March or April. Typically, the Committee meets for one afternoon session. Membership of the budget committee includes the voting members of the Policy Board plus an equal number of appointed residents. Resident members shall serve staggered three-year terms and may serve more than one term.

Requirement: Applicants shall reside within the Bend MPO planning area. Applications are available at online at www.bendmpo.org and will be accepted via email to tdeke@bendoregon.gov or via mail at: Bend MPO, 1225 SW Third St., Bend, OR 97702.

SALEM

THE OREGON JUDICIAL DEPARTMENT (OJD) has posted the new Notice of Eviction Protection and Declaration of Financial Hardship forms to its website and to implement the legislature’s recent extension of eviction protections for non-payment of rent.

Under the new law, tenants can use the declaration form to avoid evictions for non-payment of rent before June 30, 2021 and also are required to provide certain forms before proceeding with certain evictions. Translated versions are available in Spanish, Russian, Vietnamese, Korean and Chinese. There is a notice and a link to the new forms at the top of the OJD home page (courts.oregon.gov).

People with questions about using the forms can contact the following resources:

- Oregon State Bar Lawyer Referral Service, 1-800-452-7636
- Oregon Law Center at oregonlawhelp.org
- Legal Aid Offices oregonlawhelp.org/find-legal-help
- Springfield-Eugene Tenant Association - springfield-tenantassoc.org/covid-19
- Community Alliance of Tenants - oregoncat.org

OJD provides a range of legal self-help information and forms for the public at courts.oregon.gov/help and courts.oregon.gov/forms.

- Fourth quarter 2020 estimated payments for Oregon’s new Corporate Activity Tax are due by February 1, 2021. Taxpayers expecting to owe $10,000 or more must file a Corporate Activity Tax for the 2020 calendar year must make estimated payments.

For businesses negatively affected by the COVID-19 pandemic, the Oregon Department of Revenue will honor a business taxpayer’s good-faith efforts to comply with the CAT payment requirements and not assess penalties if they document their effort to comply with the Corporate Activity Tax.

Businesses that are negatively impacted by the COVID-19 pandemic are urged to register or to register again when they reach $750,000 in Oregon commercial activity in the subsequent years. Registration is available through Revenue Online, and the department offers a series of online resources on the CAT page of the agency’s website to help with registration.

Taxpayers are urged to make estimated quarterly payments for Oregon’s new Corporate Activity Tax. The Oregon Judicial Department’s Corporate Activity Tax website cat.oregon.gov contains guidance about making CAT quarterly payments, available on the CAT page of the Department of Revenue website. Information includes:

- How do I calculate CAT liability?
- When are estimated payments required?
- How do I pay my estimated taxes?
- Where can I get CAT tax forms?
- Where can I find general information about the CAT?
Mid Oregon Credit Union's Growth Powered by People

by KRISTINE THOMAS — CBN Feature Writer

Mid Oregon Credit Union, Chief Executive Officer William R. Anderson and President Kevin Cole adhere to the credit union's purpose to "help members meet their needs and achieve their dreams." Once they understand a customer's needs, their team is poised to do the work to make it happen.

"This approach resonates with members that we exist to serve them, not sell them on things they don't need," Anderson said. "I can assure you that we have the products and services you likely will ever need." Serving community members since 1957, Mid Oregon Credit Union is the only truly local financial institution with its headquarters and its offices located in Central Oregon.

A key component to the credit union's success has been establishing stellar team members who are dedicated to successful partnerships with their clients and the communities they serve.

Anderson joined the Mid Oregon team in 1990, and he was selected to serve as CEO in 1993. He has watched the company grow from $19 million in assets, one office and nine employees to currently nearly $500 million in assets, eight offices and 125 employees serving more than 38,000 accounts. The credit union provides consumer, commercial, mortgage and investment services.

"With that growth, we have continuously increased our community involvement, impact and support," Anderson said.

Determined to ensure the continued growth and success of Mid Oregon Credit Union, Anderson recently appointed Cole to be the president and added six new vice presidents to the leadership team.

The leadership team vice presidents are Robert Dennis, risk management; Sarah Hix, finance; Jeff Sanders, IT; Dawn Morrison, member experience; Kari Joel, human resources; and Matt Mitchell, lending. Kyle Frick, who has been with the company for 17 years, will continue to serve as vice president of Marketing and Community Relations to complete the leadership team.

"We are growing at a rapid rate that has provided the need and opportunity to position our team for continued growth in Central Oregon," Frick said. "In November, we opened our newest branch in Sisters and have plans for additional locations. We have branches in Bend, Redmond, Prineville, Madras and La Pine. Our growth has allowed us to expand our business, mortgage, consumer lending and deposits as well as increase and improve our online/digital and service delivery."

Anderson said the credit union industry's original motto "not for profit, not for charity, but for service," describes Mid Oregon's value proposition.

"We do not maximize revenues at the member's expense," Anderson said. "We act as a partner in promoting their financial well-being."

Cole, who joined Mid Oregon Credit Union in 2016, loves his job, because he and his coworkers can make a positive impact in the communities they serve, including supporting lending for economic development, working on innovative projects and assisting clients with their financial goals.

"The decisions we make are made right here in Central Oregon. We have the technology and financial services you need, backed by people who care deeply about our members and the communities we serve," Cole said. "Our mission is to provide the most value we possibly can to members, and we do not have to choose between our shareholders and our members — they are one in the same."

Cole believes the success and growth of Mid Oregon originates from people working with people. "We pride ourselves on looking at members as individuals. Our loans are underwritten by people, not computers," Cole said. "We think everyone should have a safe and convenient place to save and borrow money. Our staff works hard to provide the best service to members and our members reward us by referring friends and family to Mid Oregon. Our growth is the result of all these factors."
Solar Energy
The Future of Solar Energy

by PRESTON CALLICOTT

In the last two articles, we covered the basics of solar energy, its applications and technology advances. In today's column, we'll delve into how governments, companies and money managers are reacting to solar power's rapid growth. We'll also peer into the mind of tech futurists to get a glimpse of what the world will look like with increasing adoption of solar energy and a world where most of our energy is derived from the sun and not from fossil fuels.

What are the USA and China Doing?
China is leading the world in solar power, but is ranked 78th for renewable sources. They now produce over 25 percent of their energy from renewable alternatives have such a clear advantage.

A recent Forbes article stated estimated global solar power growth will exceed 100 GW/year and more than triple that by 2050, with the USA and Canada responsible for about 20 percent of total deployment. The USA and China are neck-and-neck for the most power generated from renewables, but China's acceleration may leave the U.S. in the dust.

Just 18 percent of USA's energy is from renewable resources, and the lack of commitment to renewables from the current administration is partly to blame. It's a futile strategy to justify fossil fuels for power generation when the massive ramp-up of solar battery storage solutions. Elon Musk remarks, "Let's say if the only thing we had was solar power, is possible to power the entire planet's needs by 2030, by renewable energy, primarily solar. Musk remarks, "Let's say if the only thing we had was solar energy, if that was the only power source, if you just took a small section of Spain you could power all of Europe, or in the case of the U.S., like a little corner of Nevada or Utah would power the United States."

What Do the Futurists Say?
Prominent futurist Peter Diamandis sees a world where renewable energy becomes so abundant and cheap that all other sources of energy will become obsolete. Diamandis states, "Skyrocketing advancements in materials science, battery technology and solar-capturing surfaces are driving our future of solar energy abundance. According to a recent Harvard study, cost decreases are running 100 percent of our business on renewable energy by 2025 — five years ahead of our original target of 2030."

Elon Musk's commitment is evidenced by his acquisition of SolarCity in 2016 and the massive ramp-up of solar battery storage solutions. Elon believes it's possible to power the entire planet's needs by 2030, by renewable energy, primarily solar. Musk remarks, "Let's say if the only thing we had was solar energy, if that was the only power source, if you just took a small section of Spain you could power all of Europe, or in the case of the U.S., like a little corner of Nevada or Utah would power the United States."

What do Amazon, Tesla and Walmart Say?
Walmart committed to renewable energy on a huge scale, with a goal of 100 percent renewable energy usage. They've been installing solar roofs on their stores and warehouses for years now, and their goal was the production of, or procurement of, 7 billion kilowatt hours (kWh) of renewable energy globally by December 31, 2020. They are currently at 25 percent renewable energy, but aggressively shooting for the 100 percent goal.

Jeff Bezos, Amazon Founder and CEO, is pushing for 100 percent renewable energy usage and investing heavily to do so. Bezos stated, "Amazon is helping fight climate change by moving quickly to power our businesses with renewable energy. With a total of 127 solar and wind projects, Amazon is now the biggest corporate buyer of renewable energy ever. We are on a path to running 100 percent of our business on renewable energy by 2025 — five years ahead of our original target of 2030."

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The New Year has arrived in Central Oregon, and the real estate market remains in extremely high demand, regardless of the winter temperatures, which will typically indicate a slower-paced real estate environment. The real estate trends continue to escalate due to many homebuyer’s abilities for remote working where many are able to upscale their lifestyle as compared to urban metropolitan areas. In our monthly Trend Reports, we offer valuable insights by reviewing last month’s market activity. This information can be a beneficial resource for any upcoming or changing trends we might see as we begin the new year.

January 1 Inventory and December Activity
With 109 active listings as of January 1, somewhat above the lowest we have seen in the last few months, the Bend market increased only slightly in available listings on the market. Homes continue to sell at a rapid pace, leaving homebuyers empty-handed and ready to buy on the spot. Now would be an excellent time for a homeowner who might otherwise wait until spring to list a home for sale. Both Bend and Redmond’s current listings are far fewer than previous months and those currently listed will not stick around for long. Redmond’s active listings, as of January 1, showed only 65 homes overall. As we gear up for the winter, we see the combined active listings for Central Oregon at 219 homes.

December numbers for the Redmond market shows us 105 homes sold, 68 new homes on the market, and 92 homes pending. The bulk of active homes on Redmond’s market were in the $325,100-$425,000 price range, showing 24. The $225,000-$325,000 had two active listings, the $425,000-$525,000 range had 17 active listings and the $525,000 and up price range showed 21 active listings.

For Bend, the numbers in December continued to illustrate a market with low inventory. There was only one active listing in the $225,000-$325,000 range, nine in the $325,100-$425,000 range, 11 in the $425,100-$525,000 range and eight in the $525,100-$625,000 price range. The $625,000-$725,000 had 13 active listings, the $725,000-$825,000 had nine actives and the $825,000-$925,000 showed nine active homes listed. As you can see from our Market Trend Report, there was an increase in homes available in the higher price ranges, showing 49 homes in the $925,100-and-up price range. For Central Oregon overall, the supply and demand are not equally matched as more out-of-state buyers eagerly attempt to relocate to our beautiful area. It truly is an unmatched seller’s market for those homeowners considering selling their property for top value.

With a fast-paced market, buyers often look for competitive pricing as they consider properties. If you are selling your home and trying to price your property, we encourage you to consult with your trusted Duke Warner Broker for seasoned, expert advice. Our brokers will share their experience, knowledge and excitement while they work for you. Our Duke brokers know how to price properties according to the market trends and current housing competition.

Sold and Pending Listings
Bend had 268 pending homes in October and 147 in December. These numbers showcase the need for more listings to keep up with the demand to buy a new home in Central Oregon. For sold listings, there were 250 in October and 215 in December. In Redmond, we saw 142 sold in October and 105 in December. History in the making as we continue to see real estate needs escalating in the Bend and Redmond real estate market!

Looking Ahead
Many of us know and value this special place we call home. Central Oregon is a beautiful place to live and no matter what stage of life you are in, there is something for everyone in the real estate market. As you consider your housing needs, start to plan and look ahead, whether you want to buy or sell a home, keep us in mind for your real estate ventures. Our professional brokers are here to offer great insights as you navigate your next home experience. Give us a call today and let us help you get started! We can be reached at 541-382-8262 or send us an email at info@dukewarner.com. dukewarner.com
**Business & Industry**

Continued from page 1

**The Quad**

in, and the landscaping and parking lot have been re-done.

Office suites are available for lease from 255-8,824 square feet, and industrial/flex space is available for lease of up to 22,707 square feet. Suites and executive offices can be combined in a number of ways to create a custom footprint based on the needs of the tenant. The building provides office users with an upscale alternative that has a modern feel, common areas that create mingling opportunities and a space that is bright and airy. The industrial space is situated in the room where the old newspaper insertion lines were located. "The owners are very selective about who will go into this space," says Kemp. "The goal is to really differentiate the building from the rest of the market."

The old printing press room will serve as creative flex space, and Bend-based family business Red Plate Foods has leased part of that area. "We are very excited about our upcoming move to the Quad. Red Plate continues expansion across the U.S. in both retail grocery and food service, and space is extremely tight at our existing facility," says Becca Williams, president and co-founder of Red Plate. "The Quad location triples our capacity and provides a beautiful, efficient workspace where we can add needed equipment, and our team can focus on growth rather than shuffling stuff around." She continues, "The Quad owners' vision for the building is stunning, and it is unusual to find industrial space in such a beautiful complex. Our area accommodates Red Plate's growing bakery operations and comes with loading docks and three-phase electrical power. Because of extensive renovation to the entire building, we also have an opportunity to design the production area for maximum efficiency and co-locate office space for administrative roles." Williams says the new space will also have a retail component, though that piece of the company's move into the Quad is still under discussion. "Though we have a solid vision in place, we are still in planning phase to some extent as permits are progressing with the city. In any form, we are excited about connecting with our customers in a Red Plate bricks and mortar location," she says.

The Quad team says they expect a variety of users to move in, but there is room to house a 20,000-30,000 square-foot-space user if needed. "A variety of suite sizes were created, based on historical leasing activity, to accommodate a wide range of different office users. Suites can also be combined in a number of different ways to accommodate bigger users," explains Kemp, who is heading up the leasing along with fellow Compass Commercial broker Adam Bledsoe. "There are roll-up garage doors for office suites so people can roll 'em up and mingle on Friday evenings. This will be great for company events and Christmas parties too. To help create a community atmosphere, the team has placed bar stool seating throughout the building, four common-area kitchenettes as well as common bathrooms in the middle of the space. A catwalk was built on the second floor to create a storefront feeling amongst the separate suites. The lobby area is distinguished with the use of heavy ropes that create privacy and serve as sound barriers, and the original flooring has been preserved. "We maintained the Deschutes River design that flows from one end of the building to the other, and it has been beautifully polished and finished," said Kemp.

Next Development Group, LLC, a privately held, full-service real estate development, investment and management firm based in Bend, acquired the former Bulletin building because of its unique fit within the community. "Next Development Group looks for projects that create real value in the community," says Kemp. "The building's location next to the OSU Cascades campus, along with the history of the local paper, makes this property important in the Bend community. The needs for office and industrial space are changing as companies become more efficient, and buildings like this need to be repurposed to keep up with those changes." Next Development focuses on investing in strategic real estate ventures throughout the Pacific Northwest, and has acquired, managed and sold commercial properties consisting of mixed-use office buildings, multi-tenant industrial warehouses and undeveloped land.

Kemp said the process of purchasing and transforming the property did not come without its challenges. "Buying through the bankruptcy process is an interesting way to purchase a building. There were a plethora of challenges. It's a lengthy and arduous process: The buyer doesn't know if they've secured the building until the very end of the process, a process that requires a lot of time, energy and money," he says. "And no one expected a global pandemic. But our feeling is that things are going to come roaring back. The demand in Bend is strong right now with low vacancy rates in residential and industrial, both very positive indicators for overall market health. The retail, office and hospitality markets have been among the most impacted by the pandemic, but we see that improving in 2021," he says. "The other big challenge was how to take a building that was built for a single tenant and create a space that can serve multiple tenants. The creativity of the team has been remarkable; they have delivered an incredible product."

In coming up with the name, Kemp says there were several factors that came into play. The "Quad" ties into the college campus, as a quad where students gather. "Skyline" is appropriate, he says, because of the Skyline trail and park nearby, and "Ridge" made sense because of the building's location on a ridge. "We wanted a name that was easily identifiable and one that tied into the surrounding area," he says.

To schedule a private broker or tenant tour, call Kemp or Bledsoe at 541-383-2444.

compascommercial.com
Considerations for Employers at the Start of 2021

by HEATHER FOSSITY — Barran Liebman LLP

As we happily close the door on 2020 and begin a new year, many of us use this time to think about lessons learned and new goals moving forward. This concept is not limited to personal and individual matters, and many employers are thinking about how to best move forward as well. At top of mind is likely how to effectively face related challenges, including need for time off for their own illness, to care for an ill family member and to care for their child in the event of school closures.

The Families First Coronavirus Response Act (FFCRA), which required most employers to provide their employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19, is now voluntary. This means employers have the option of continuing to provide paid sick leave or expanded family and medical leave for qualifying reasons. Notably, if employers choose to allow employees to take leave under the FFCRA framework, they may still claim the payroll tax credit through March 31, 2021.

In addition, employers should keep in mind there are additional sources of monetary relief for employees missing work for COVID-19-related reasons. States that have their own paid sick leave laws and federal contractors must offer paid sick leave under Executive Order 13706. Oregon employers may be eligible for COVID-19 Temporary Paid Leave when employees do not have other employer-provided paid time off. Depending on the circumstances, employees off work for COVID-19-related reasons may also be eligible for unemployment or workers’ compensation benefits. Further, eligible employees may have unpaid leave available under the Oregon Family Leave Act if they are suffering from their own serious health condition, are caring for a family member with a serious health condition, or if the employee is caring for their child whose school or place of care is closed due to the statewide health emergency.

2. Vaccinations

Many employers are considering what additional steps they can and should take in order to keep employees safe and healthy, and one common question is whether to require vaccinations. The U.S. Equal Employment Opportunity Commission issued guidance on mandatory vaccination, which indicates that employers may generally require employees to receive a COVID-19 vaccination, with some exceptions. Oregon law generally matches this guidance.

Employers with mandatory COVID-19 vaccine policies must consider requests for exceptions for individuals with sincerely held religious beliefs and those with a disability that prevents them from receiving a COVID-19 vaccination. Employers are not required to grant the exception if it creates an undue hardship on the business or a direct threat to the safety of employees or others.

Also note, under Oregon state law, the following employees cannot be required to get a vaccine: people licensed or certified to provide health care, employees of health care facilities, licensed health care providers or clinical laboratories, firefighters, law enforcement officers, corrections officers, or parole and probation officers. In addition, a collective bargaining agreement may prohibit mandatory vaccinations in the workplace.

Guidance from Oregon’s Bureau of Labor and Industries encourages employers to start planning for vaccination requirements now. This means providing employees with as much advance notice and information as possible, providing a path for questions, and considering whether to provide vaccinations onsite or require employees to obtain a COVID-19 vaccination from their own health care providers.

3. Achieving Equity

Of course, it is always important for employers to maintain a workplace free of discrimination and harassment. Recent events, as well as legal updates, bring this to the spotlight and it will likely continue to be a focus in the coming year.

Recall, as of October 1, 2020, Oregon’s Workplace Fairness Act requires all Oregon employers provide employees a written policy on workplace discrimination, harassment and sexual assault. The Workplace Fairness Act details several policy requirements, including providing a process for employees to report prohibited conduct, identifying an individual or position designated by the employer and an alternate to be responsible for receiving reports of prohibited conduct, including a statement advising employers and employees to document any incidents of covered conduct, identifying an individual or position designated by the employer and an alternate to be responsible for receiving reports of prohibited conduct, including a statement advising employers and employees to document any incidents of covered conduct, identifying an individual or position designated by the employer and an alternate to be responsible for receiving reports of prohibited conduct.

It is also an important time to consider further steps available to promote diversity, equity and inclusion more generally. Approaches to this may look different for unique employers, but it is a great time to think critically about what can be done to further these goals, beyond the legal baselines.

Heather Fossity is an attorney at Barran Liebman LLP, where she represents employers in a variety of employment matters. For questions, contact her at 503-276-2151 or hfossity@barran.com. barran.com

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Just like friends and family, powerful business partnerships are rooted in shared values, trust, and a commitment to each other. At ASI, we are proud to announce that Valentine Ventures, one of Central Oregon’s leading wealth management firms, joined the ASI team at the start of the new year. At the heart of the merger is a commitment to a shared financial philosophy and the ongoing pledge to take amazing care of our clients. Together, the services we offer our clients will be even stronger.
Madras Gateway (Continued from page 1)

office is the 29th franchise Stoller now personally owns, so Worrell-Drunlin and Miller are confident they are leaving their franchise in good hands. "The Stoller group owns much of the rest of the franchises in Oregon, Colorado and Washington, which helps to make it a seamless transition," says Worrell-Drunlin.

"To see that this company has come from two founders who took it to a $3 billion business is very exciting to watch. It has only an up direction to go," says Worrell-Druliner, president, developer and co-founder of Express Employment Professionals office is located at 61379 SW Highway 97 at the South Gateway — would be redeveloped to advance commercial and residential development on the property. The property is 4.22 acres (approximately 0.7 acres) and is essentially flat. An approximately 1,980 square-foot, single-story building constructed in the 1990s occupies a portion of the site.

According to historic records on the City of Madras website, the project site was first developed between 1951 and 1961. The commercial building constructed between 1951 and 1961 and a shop building was added between 1961 and 1995. The commercial building occurred between 1968 and 1976 and between 1976 and 1982. In 1988, the project site was operated as an auto shop. The commercial building is currently occupied by two businesses, Miller’s Discount Groceries and the Central Oregon Heating and Cooling. The records show the earliest owners as William and Pauline Steinkruger and then in 1910, the Townsite Company and Jane Y Richards in 1911; JW Wood in 1916; United Assets Company in 1920 and Metropolitan Company in 1920.

The County and its partners (the City of Madras and Madras Redevelopment Commission) envision a project for the 29th franchise Stoller now owns. The County is open to a broad range of ideas and uses — mix use development; a jobs-generating business (preferably one that is new to the city and/or region) or will allow for the expansion of an existing company; or retail, office/commercial and/or the incorporation of adjoining parcels in addition to the site itself. While preferring an outright purchase, the County may consider other deal structures, such as land sale contract, ground lease, lease with an option to purchase or some form of joint venture.

The team has identified a variety of measures that they will consider to evaluate the financial feasibility of the project, depending upon the responsiveness of the proposal in meeting the identified objectives. They intend to select a developer who will actually develop the site, not merely purchase it and hold it in its current condition for a considerable period of time. The County will select the developer who, in the County’s judgment, is most responsive to its objectives, and enter into an Exclusive Negotiating Agreement that will culminate in a Disposition & Development Agreement. The suggested proposal submittal deadline date is February 4, however, the Request for Expressions of Interest (RFEI) project timeline is intended to be flexible in order to allow time for the best scenario. "There will undoubtedly be unforeseen circumstances that may cause the Jefferson County Commissioners to delay a key decision," explains Snead. "For example, if there was a developer who wanted to submit a proposal for new businesses that are absolutely fantastic, but the developer needed a few more weeks to pull together details so that they could submit a proposal, I think the County would pause and allow additional time for that proposer to file. That said, the Commissioners will evaluate all proposals that have been submitted on February 25. Later, on March 24, they will select a proposal to move forward with."

Snead says that those interested in receiving updates on the project can sign up to do so on the project website at ci.madras.or.us/bc-mrc/page/south-madras-gateway-project. ci.madras.or.us/bc-mrc/page/south-madras-gateway-project

Express Employment (Continued from page 1)

Managing director and professional recruiter for the Bend office, which has eight employees. "Express is founded on the principle of helping people succeed," McCulm said. "Connie and Stephanie are the embodiment of that principle and we’re excited to expand on the work that they created in Bend and advance our core company values of Integrity, Teamwork, People and Build to Do." McCulm credits Worrell-Drunlin and Miller for helping shape her own career journey, noting Worrell-Drunlin’s mentorship as a key pillar of her success. "On top of being an iconic business leader, Connie is the kind of mother and grandmother I aspire to be. Her mentorship has been a true gamechanger in my professional life," McCulm says. "Thankfully, I’ve also had the opportunity to grow up with Stephanie in this business, working alongside her for the last 23 years. These relationships further cement the honor it is for us to continue the success and legacy of helping people find jobs in Bend and across Oregon."

In creating such a successful employment agency, Miller says Express has diversified its services, offering a variety of employment lines ranging from light industrial to administrative and professional niches. They have also learned how to identify the needs of Central Oregon: The building where Express is currently housed was formerly a bank building, and the women say the drive-up window has been a huge help during this time of COVID, allowing clients to conduct business from their vehicles. "That window has been our saving grace! Who’d have thought?" says Worrell-Drunlin with a laugh.

Though she is excited to retire, Worrell-Drunlin says this new direction in life is bittersweet for her. "We’ve served employers and found good people for them, and we have helped to place people. It’s all about the people whose lives we’ve touched. It is with a grateful heart that I can retire. We wanted to make sure it’s a seamless pass off, and it is. When you look back on your life, you hope you’ve made a difference. Both Steph and I want to look back and feel like we’ve done that," she adds. "We want to convey how meaningful this community has been. Thanks to Central Oregon for 42 years in business."

Worrell-Drunlin says she and Miller are also thankful for having had the opportunity to work together for so many years. "We have been so grateful at how well we’ve worked together," she says. Miller says working beside Worrell-Drunlin has created in her a profound respect for her mother. "What an incredible woman, leader and business professional she is. I received mentorship from the best in the business. She has demonstrated how I wish to become and shown me the grit required to get there. We have had a unique and gratifying opportunity to share the honor it is for us to continue the success and legacy of helping people find jobs in Bend and across Oregon." Worrell-Drunlin adds, "It’s bittersweet saying goodbye to people. Some of them I placed in entry-level positions and now they are managers. I have worked with most of these employers for 42 years. It’s hard to say goodbye because we love people so much. But the sweet part of it is that I’m 72 years old, and it’s time to retire."

The Bend Express Employment Professionals office is located at 61379 South Highway 97, and local businesses and job seekers are encouraged to stop by the office or call 541-389-1505. expresspro.com
As the year progressed, a series of unprecedented events — the pandemic, wildfires and civil unrest — indelibly changed our work and private lives. Optimism met uncertainty.

Going Virtual. In response to the pandemic, operations needed to swiftly shift to be remote. Projects in process needed to be reworked seamlessly in order to meet current contractual obligations. Projects yet to be started were launched without the in-person collaboration that can energize a team. All internal and client meetings went online. Through all of this, new methods and technologies needed to be embraced as we adapted to a new way of doing business.

Embracing Diversity. It is no secret that ours is a predominantly white and male industry. In recognition of the important moment we are in — where systemic racism is in a period of reckoning and voices change and construct in Oregon and recognized for their lasting impact on design and construction in Oregon and recognized for their leadership and mentorship efforts.

Finding Safety. Around our region, wildfires cut off parts of the state while monitoring air quality became a daily routine for ourselves and fellow Oregonians. Many of our clients in Southern Oregon were deeply affected by fires while clients in Eastern Oregon were threatened by flooding.

With optimism and excitement, we look forward to elevating our community and environment through these unprecedented times.

Balancing Life. With schools closed and social gatherings limited, the stress of contending with these large-scale concerns in isolation only added to the strain. BBT focused on providing a flexible work environment while ensuring that project commitments were met. We prioritized self-care, encouraged pauses and looked to incorporate fun into our day-to-day. Non-work-related weekly meetings offered a forum to share stories, tips and anecdotes. Working from home is a way to enable staff to feel safe and healthy, while also supporting the well-being of our community.

A TIME OF TRANSITION

As the end of the year neared, an end to an incredible career also fast approached. BBT Principal Al Levage closed out an illustrious career that spanned four decades in December, 2020. For years, Al was a driving force in guiding the firm who also focused on developing a work culture based on shared values. A respected leader within the studio walls and throughout the region, the profound impact of his departure deserved a commensurate celebration of his contributions. As the year wound down, our team made sure that Al’s lasting influence would be remembered. The team rallied to send him off with videos, personal remembrances and an online celebration.

In December, Al was honored as an “Icon” as part of the Daily Journal of Commerce’s Phenoms & Icons Awards. He and other industry professionals were celebrated for their lasting impact on design and construction in Oregon and recognized for their leadership and mentorship efforts.

A NEW BREATH

As true now as it was a year ago: we are both optimistic and excited to move forward, build new relationships and see BBT and our community thrive. As we enter 2021, we are reinvigorated. We have renewed focus toward diversity, life/work balance and sustainability. The leadership of the company is ready to guide the firm into its next stages. We will take the tools, skills and lessons learned from the past year and incorporate them as things once again shift from our current “normal.” For example, working from home may be part of a hybrid solution to a work day. Virtual meetings equate to less travel and provide an added benefit where up-and-coming staff can observe and participate in important collaborations, attending meetings they might not otherwise be able to if travel were required.

This year we are looking for ways to further commit to practices that foster diversity and equity in our firm, our community and our industry. We believe we have a lot to learn and, for starters, plan to join and participate in established organizations such as NOMA (National Organization of Minority Architects) who are already doing great work in this realm.

Additionally, recognizing the ways humans impact our planet — whether in the increase in wildfires or through the materials selected for our projects — BBT pledges in 2021 to elevate our commitment to making this world sustainable for future generations. That goal includes committing to the 2030 AIA Challenge which combats the effects of global climate change while having the added benefit of also saving our clients’ money.

In 2020, optimism met with uncertainty. We understand that additional uncertainty and unprecedented scenarios will likely occur. For our part, we will remain focused on caring for our team, understanding that additional uncertainty and unprecedented scenarios will likely occur. For our part, we will remain focused on caring for our team, while remaining open to learning how to do this better and in better ways. Not in “one-size-fit-all” ways, but with approaches that recognize it is our differences that make us strong.

Renee Alexander is Principal and Architect with BBT. She has more than thirty years of experience in guiding clients through the planning, design and construction process. Collaborative and conscientious, Renee is an active steward of the design and business communities currently serving on the board of the Bend Chamber of Commerce and as a member of the Deschutes County Facility Project Review Committee.
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<td>131 SW Sixth Ave, Ste. 200</td>
<td>541-383-2350</td>
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<td><a href="http://www.brtarchitects.com">www.brtarchitects.com</a></td>
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<td>50 NE Industrial Way, Ste. 130</td>
<td>541-383-9310</td>
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<td><a href="http://www.blondarchitect.com">www.blondarchitect.com</a></td>
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<td>990 NE Second St.</td>
<td>541-382-9816</td>
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<td><a href="http://www.cherylheinenarchitect.com">www.cherylheinenarchitect.com</a></td>
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<td>Residential design from new homes to retrofit &amp; additions.</td>
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<td>525 NE Broadway Dr., Ste. 623</td>
<td>541-380-9991</td>
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<td><a href="http://www.nealhansenarchitect.com">www.nealhansenarchitect.com</a></td>
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AFFORDABLE HOUSING
Ariel South Apartment Renovation / Housing Works in Bend, OR — 96 units, Contractor: Pacific Construction & Development, Completion: 2022
Colonia Paz I Farmerhouse in Lebanon, OR — Size: 26,408 sq. ft., 24 units, LEED Silver, Contractor: LMC Construction, Completion: 2022
DevCo Affordable Housing Portfolio
Renovations in Milwaukie, Lincoln City, Lebanon, Winston, OR — 166 units, Contractor: TBD
Midtown Place / Housing Works in Redmond, OR — 54,603 sq. ft., 47 units, Contractor: Pacific Construction & Development, Completion: Fall 2021
Patriot Heights Single Family Community in Stanfield, OR — 43,552 sq. ft., 40 units, Contractor: Rotschy, Inc., Completion: Spring 2021

SENIOR LIVING
Cascades of Bend Multiphase Exterior Renovation in Bend, OR — 25,000 sq. ft., Contractor: CS Construction, Completion: 2022
Hope Village Senior Living Community Expansion in Canby, OR — Size: TBD, Contractor: Pence Construction, Completion: TBD

PUBLIC SERVICE / COMMERCIAL
City of Dayville Community Hall Historic Preservation and Addition in Dayville, OR — 5,624 sq. ft., Contractor: Kirby Nagelhurst Construction Co.
Crook County Justice Center in Prineville, OR — 53,000 sq. ft., Contractor: TBD, Completion: TBD
Deschutes County Courthouse Renovations in Bend, OR — 4,632 sq. ft., Contractor: Kirby Nagelhurst Construction Co.
Heart of Grant County, Meredith Housing (Office and Domestic Violence Shelter) in John Day, OR — 4,012 sq. ft., Contractor: CB Const., Inc., Completion: Spring 2021
Klamath Tribal Health Clinic Renovation in Klamath Falls, OR
Klamath Tribes Village in Klamath Falls, OR
Klamath Tribal Health Clinic Construction in Roseburg, OR
Oregon PERS Headquarters Building Envelope Restoration in Tigard, OR — 3,000 sq. ft., Contractor: Mahaffey Fabric Structures, Completion January 2022
Neighborhood Impact Campus Expansion in Redmond, OR — 3,000 sq. ft., Contractor: TBD, Completion: Summer 2021
Oregon PERS Headquarters Building Envelope Restoration in Tigard, OR — 54,000 sq. ft., Contractor: TBD, Completion: Spring 2021

HEALTH CARE
Aviva Health Renovation and Expansion in Roseburg, OR — 53,835 sq. ft., Contractor: Harmon Construction Company, Completion: Spring 2021
COW Creek Health and Wellness Clinic North Renovation in Roseburg, OR — 7,575 sq. ft., Contractor: Boway Construction, Completion: Spring 2022
Deschutes Rim Community Clinic in Maupin, OR — 7,392 sq. ft., Contractor: R&B Construction, Completion: Spring 2021
Heart of Health / Wallawalla Valley Center for Wellness, Enterprise, OR — 21,545 sq. ft., Contractor: CB Const., Inc., Completion: Fall 2021
IHS Facilities Nationwide — Multiple projects in Oregon, Washington and Idaho, Completion: 2021
Indian Health Services Indefinite Delivery-Indefinite Quantity Contract for IHS Facilities Nationwide — Multiple projects in Oregon, Washington and Idaho, Completion: 2021

Architects (Listed Alphabetically)

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Designing Through a Trauma-informed Lens
How the Past Informs Your Future

by BRIANA MANFRASS — Pinnacle Architecture

More than 60 percent of adults in the U.S. have experienced trauma in their past. There are many types of trauma, from abuse and neglect to living through a pandemic! The effects of trauma can linger for years resulting in mental and physical health issues even decades later. Trauma-informed care is an approach focused on understanding past trauma to treat individuals today. The way space is designed can accelerate recovery and aid health providers to reduce the risk of re-traumatization.

Trauma-Informed Care History
In the mid-90s, the Adverse Childhood Experiences (ACE) Study was conducted. At the time, it was the most extensive childhood trauma research study, which surveyed over 17,000 adults about their exposure to ten abuse categories. The study showed the trauma had a profound negative effect on the adults’ health and well-being decades later. The ACE Study unveiled the widespread impact of trauma and was a catalyst for additional studies and federal government initiatives, which led to the creation of trauma-informed care.

What is Trauma-Informed Care
Trauma-informed care is an approach that shifts providers thinking from, “What’s wrong with you now?” to, “What’s happened to you in the past and present to result in your ailments today?” The approach teaches how to recognize the signs and symptoms of trauma and how to respond to reduce re-traumatization. This approach allows providers to uncover root causes and treat their patients more effectively. Trauma-informed care is taught and practiced to uncover root causes and treat their patients more effectively. Trauma-informed care is taught and practiced to reduce re-traumatization. This approach allows providers to uncover root causes and treat their patients more effectively. Trauma-informed care is taught and practiced to reduce re-traumatization. This approach allows providers to uncover root causes and treat their patients more effectively.

Six Principles of Trauma-Informed Care
1. Safety
2. Truthworthiness & Transparency
3. Peer Support
4. Collaboration & Mutuality
5. Empowerment, Voice & Choice
6. Cultural, Historical, & Gender Issues

How can the Built Environment Support Trauma-Informed Care?
Based on trauma-informed care principles, a building’s design can remove stressors, create safety, encourage collaboration and promote an overall sense of well-being. For example, last year, we completed Central Oregon’s first Stabilization Center. A place where those in a mental crisis can voluntarily come or be brought by law enforcement for evaluation, observation and support. Since the June 2020 opening, the county has served over 900 clients. Here are a few examples of trauma-informed design implemented in this project.

Deschutes Stabilization Center Case Study
The design is focused on creating a safe, calming environment with an emphasis on patient and employee workflow. Two entrances were created — one for the public and one for law enforcement. The public entrance opens to a lobby with a soothing water feature where visitors check in with staff located behind safety barriers to create a secure and stress-reducing environment. The law enforcement entrance leads straight to an intake space with easy access to the stabilization room after being admitted. The stabilization room’s colors are warm and calming. A one-way mirror allows staff transparency to monitor patients in the stabilization room while deescalating and receiving treatment. The stabilization room chairs are adjustable and include personal lighting controls to provide clients with a sense of control and choice. Intake rooms have soft furniture where staff and clients can comfortably talk.

DESCHUTES COUNTY STABILIZATION CENTER | PHOTOS COURTESY OF PINNACLE ARCHITECTURE

The Stabilization Center is designed for those with trauma, but these design strategies can be applied to various building types, from healthcare to early learning centers. Looking at architecture through a trauma-informed design lens can have a significant impact.

Briana Manfrass is an associate principal and interior designer with Pinnacle Architecture. Briana earned an Evidence-Based Design Accreditation and Certification (EDAC) from The Center for Health Design whose mission is to transform healthcare environments through design research, education and advocacy. She’s successfully applied her knowledge to a variety of project types from healthcare to senior living facilities. Briana can be reached at briana@parch.biz or 541-388-9897. parch.biz

DESCHUTES COUNTY STABILIZATION CENTER | PHOTOS COURTESY OF PINNACLE ARCHITECTURE

DESCHUTES COUNTY STABILIZATION CENTER | PHOTOS COURTESY OF PINNACLE ARCHITECTURE

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BBT Architects Principal Retires

Though some of his work allowed him to explore and interact throughout the United States, Levage’s efforts focused primarily in Central Oregon and, through a number of projects, Eastern Oregon, as well. Levage’s fingerprints and design sensibility can be found throughout the region. If you ask him, Levage would say that building a vibrant work culture around BBT’s core values of curiosity, responsibility and courage was one of his most significant accomplishments. He believed that embedding these ideas in every day and every action makes for better design, a connected team and enduring client relationships. More than project work, recognition or other accolades, it is the community that he created at BBT that Levage is most proud of — this community will continue to resonate with him and influence staff for years to come.

bbearchitects.com

BBT Architects ~ 2021 Projects

Helman Elementary Renovations
Project Owner: Ashland School District
Project Address: 705 Helman St, Ashland, OR
Sq Ft: 25,000 sq. ft.
Budget: $10.5M
Contractor: Adroit
Estimated Completion Date: Winter 2021

Jewett Elementary School New Building
Project Owner: Central Point School District
Project Address: 1001 Manzanita St, Central Point, OR
Sq Ft: 11,442 sq. ft.
Budget: $4.5M
Contractor: S&B James
Estimated Completion Date: Fall 2021

Jewett Elementary School Upgrades
Project Owner: Central Point School District
Project Address: 1001 Manzanita St, Central Point, OR
Sq Ft: 36,970 sq. ft.
Budget: $4.2M
Contractor: S&B James
Estimated Completion Date: Fall 2021

Mae Richardson Elementary Upgrades
Project Owner: Central Point School District
Project Address: 200 W Pine St, Central Point, OR
Sq Ft: 35,450 sq. ft.
Budget: $3.5M
Contractor: S&B James
Estimated Completion Date: Fall 2021

Patrick Elementary School Upgrades
Project Owner: Central Point School District
Project Address: 3001 SW Obsidian Ave., Redmond, OR
Sq Ft: 25,431 sq. ft.
Budget: $2.6M
Contractor: Vitus
Estimated Completion Date: Fall 2021

Sams Valley Elementary Upgrades
Project Owner: Central Point School District
Project Address: 14235 Table Rock Rd., Central Point, OR
Sq Ft: 28,773 sq. ft.
Budget: $2.5M
Contractor: Vitus
Estimated Completion Date: Fall 2021

Scenic Middle School Upgrades
Project Owner: Central Point School District
Project Address: 1955 Scenic Ave., Central Point, OR
Sq Ft: 110 sq. ft.
Budget: $1.4M
Contractor: S&B James
Estimated Completion Date: Summer 2023

July Grounds Master Plan
Project Owner: Confederated Tribes of the Umatilla Indian Reservation
Project Address: July Grounds Lane, Pendleton, OR
Sq Ft: TBD
Budget: TBD
Contractor: TBD
Estimated Completion Date: TBD

Hermiston High School Annex Building
Project Owner: Hermiston School District
Project Address: 600 S First St., Hermiston, OR
Sq Ft: 19,000 sq. ft.
Budget: $10.2M
Contractor: TBD
Estimated Completion Date: Fall 2022

Loma Vista Elementary School
Project Owner: Hermiston School District
Project Address: 2095 NE Tenth St., Hermiston, OR
Sq Ft: 73,000 sq. ft.
Budget: $28.3M
Contractor: TBD
Estimated Completion Date: Summer 2022

Rocky Heights Elementary School
Project Owner: Hermiston School District
Project Address: 650 W Standard Ave., Hermiston, OR
Sq Ft: 73,000 sq. ft.
Budget: $27.6M
Contractor: TBD
Estimated Completion Date: Spring 2022

Health & Wellness Campus
Project Owner: Jefferson County
Project Address: 7250 SW Redd’s Rd., OR
Sq Ft: 21,000 sq. ft.
Budget: TBD
Contractor: Skanska
Estimated Completion Date: TBD

Metolius Elementary School Kitchen Remodel
Project Owner: Jefferson County School District
Project Address: 420 Butte Ave., Metolius, OR
Sq Ft: 1,422 sq. ft.
Budget: $349,026
Contractor: KNCC
Estimated Completion Date: January 2021

Leading Edge Jet Center
Project Owner: Leading Edge Jet Center, LLC
Project Address: 1050 SE Sisters Ave., Redmond, OR
Sq Ft: 38,420 sq. ft.
Budget: TBD
Contractor: SunWest
Estimated Completion Date: 2021

Snow Removal Equipment Storage Building
Project Owner: Redmond Municipal Airport
Project Address: 1300 USFS Dr., Redmond, OR
Sq Ft: 40,682 sq. ft.
Budget: $11.1M
Contractor: KNCC
Estimated Completion Date: Winter 2021
The Value of Site Evaluation & Selection Services

By Scott Steele, AIA, LEED AP, Certified Climate Change Presenter, Founder of Steele Associates Architects

Architects like Steele who are experienced in site market analysis, entitlements, site evaluation and selection are often asked by public agencies, private developers and commercial brokers (who are looking at property for their clients) to evaluate properties and/or test fit site concepts prior to purchasing them.

Each type of client has their own specific concerns and needs when searching for the right site and are keenly sensitive to site development and infrastructure costs, and for potential public/private partnerships to share the cost of development and increase the ability to effectively restore and improve larger urban areas and neighborhoods than an agency may be able to do on their own (such as a larger mixed-use project/building rather than a standalone facility).

Public agencies typically also need their architect team to facilitate a transparent and inclusive public process to make comparisons among varying properties easy and efficient.

Public agencies are understandably concerned with each property option’s general location to easily serve the community; access transit, pedestrian and bike routes; catalyze redevelopment and renovate blighted areas; and for potential public/private partnerships to share the cost of development and increase the ability to effectively restore and improve larger urban areas and neighborhoods than an agency may be able to do on their own (such as a larger mixed-use project/building rather than a standalone facility).

Public agencies typically also need their architect team to facilitate a transparent and inclusive public outreach process to make certain the community has opportunity to get involved and voice their opinion about each site being evaluated.

Urban developers who are more focused on mixed-use (retail ground floor, perhaps commercial second floor and housing on upper floors) are usually well versed in urban design principles and often have similar goals as public agencies. Land developers are more focused on creating entire neighborhoods using New Urbanism principles of TOD’s (Traditional Neighborhood Design), which are pedestrian-oriented master plans with a mix of uses including homes, apartments, schools, parks and a small-scale retail/commercial area.

These types of developments require large tracts of land and need in-depth study of traffic, infrastructure capacity, environmental impact, new bike-friendly streets and mass excavation and grading analysis.

Though there are many types of developers who specialize in a broad range of markets and building types, and numerous public agencies providing varying types of services, they all have several things in common: they want a property in the best location for their use, they want to know how much building area and parking it can support, and they want to compare the site and infrastructure cost difference between different property options.

This is where Conceptual Site and Building Design comes into play. We develop concepts for each property being evaluated to test whether it can support the client’s Program of Needs. The concepts give the community a clear idea of potential development during the public outreach in charrettes and workshops. In addition, the concepts are used to develop conceptual cost estimates and to calculate potential lease rates and forecast future building annual costs and expenses, so the client can determine the financial feasibility of the project before they purchase the land.

Everyone benefits from the site evaluation, public outreach, conceptual design, cost estimating and site selection process. Agencies and developers use this information to manage and maintain existing facilities, determine if they should hold or sell certain parcels and plan for future developments. Agencies and developers often must identify and acquire properties far in advance of actual project design and construction and they must be certain the property will be suitable for their needs. Architects and their specialty consultants, experienced with this process and service, can help determine if a site works efficiently for the intended use prior to purchasing it. One site may be twice the size of another to support the project due to slope, poor soils, lot shape or other conditions, and site development costs can increase dramatically from one site to another due to those conditions, along with the size and location of adjacent streets, transit, sewer, water and power.

Proper site evaluation, conceptual design and selection can save public agencies, taxpayers and developers huge sums, and is the smart, fiscally and socially responsible thing to do. As a case in point, last year Steele saved a State of Oregon agency, and thus taxpayers, $4 million on one site selection analysis and over $13 million on another new project site through rigorous and creative site analysis, value engineering and design of a large new campus.

The value of thorough site evaluation, design and selection cannot be understated, and in blighted urban areas can bring renovation, vitality and hope. Scott Steele, AIA, NCARB, LEED AP, Certified Climate Change Presenter, is the founder of Steele Associates Architects. He was born and raised in Bend, and his firm has designed over 1,400 award-winning public and private projects throughout the western and southwestern states over the past 25 years. Steele-arch.com • 541-382-9867

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Location</th>
<th>Size</th>
<th>Completion Year</th>
<th>Contractor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior IL Housing</td>
<td>Salem, CA</td>
<td>14,674 sq. ft.</td>
<td>TBD</td>
<td>DC</td>
</tr>
<tr>
<td>Senior IL Housing</td>
<td>Salem, CA</td>
<td>14,674 sq. ft.</td>
<td>TBD</td>
<td>DC</td>
</tr>
<tr>
<td>High Desert Industrial Bldg. 5, Bend</td>
<td>Bend, OR</td>
<td>13,376 sq. ft.</td>
<td>TBD</td>
<td>DC</td>
</tr>
<tr>
<td>High Desert Industrial Bldg. 6, Bend</td>
<td>Bend, OR</td>
<td>19,130 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>New Distillery, OR</td>
<td>Oregon</td>
<td>20,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Aircraft Hangar, Redmond</td>
<td>Redmond, WA</td>
<td>21,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Food Production Facility, Bend</td>
<td>Bend, OR</td>
<td>19,130 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Vet Clinic, Bend</td>
<td>Bend, OR</td>
<td>15,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Eye Surgery Center, Bend</td>
<td>Bend, OR</td>
<td>17,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Flex Bldg., Prineville</td>
<td>Prineville, OR</td>
<td>10,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Westgate Residence, Bend</td>
<td>Bend, OR</td>
<td>8,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>High Desert Industrial Bldg. 7, Bend</td>
<td>Bend, OR</td>
<td>16,674 sq. ft.</td>
<td>TBD</td>
<td>DC</td>
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<tr>
<td>High Desert Industrial Bldg. 8, Bend</td>
<td>Bend, OR</td>
<td>16,720 sq. ft.</td>
<td>TBD</td>
<td>DC</td>
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<tr>
<td>Storage Facility, Bend</td>
<td>Bend, OR</td>
<td>21,750 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Industrial Bldg. Lot 3, Prineville</td>
<td>Prineville, OR</td>
<td>21,750 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>High Desert Industrial Bldg. 3, Bend</td>
<td>Bend, OR</td>
<td>21,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>New Distillery, OR</td>
<td>Oregon</td>
<td>20,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Aircraft Hangar, Redmond</td>
<td>Redmond, WA</td>
<td>21,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Food Production Facility, Bend</td>
<td>Bend, OR</td>
<td>19,130 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Westgate Residence, Bend</td>
<td>Bend, OR</td>
<td>8,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Mixed-Use, Bend, OR</td>
<td>Bend, OR</td>
<td>30,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>High Desert Industrial Bldg. 1 TI, Bend</td>
<td>Bend, OR</td>
<td>21,500 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Tech Warehouse, Prineville</td>
<td>Prineville, OR</td>
<td>50,000 sq. ft.</td>
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<tr>
<td>Manufacturing Facility, Bend</td>
<td>Bend, OR</td>
<td>40,000 sq. ft.</td>
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<tr>
<td>7-Story Mixed-Use, CA</td>
<td>Bend, OR</td>
<td>20,000 sq. ft.</td>
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<td>ECD</td>
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<tr>
<td>4-Story Mixed-Use, Redmond</td>
<td>Bend, OR</td>
<td>30,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>ALMC Senior Facility, Forest Grove</td>
<td>Bend, OR</td>
<td>64-units</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Resort Interior Remodel</td>
<td>Bend, OR</td>
<td></td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>RV Park &amp; Self Stg., Bend</td>
<td>Bend, OR</td>
<td>24-Acres</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Mixed-Use Master Plan, Salem</td>
<td>Salem, OR</td>
<td>40-Acres</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Senior ALF/MC Housing, CA</td>
<td>Salem, OR</td>
<td>150,000 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>Senior ILL Housing, Salem</td>
<td>Salem, OR</td>
<td>40-Acres</td>
<td>TBD</td>
<td>ECD</td>
</tr>
<tr>
<td>CBSD Marshfield Middle School, OR</td>
<td>OR</td>
<td>50,500 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>USFS Campus, Sisters</td>
<td>Sisters, OR</td>
<td>50,500 sq. ft.</td>
<td>TBD</td>
<td>ECD</td>
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<tr>
<td>Public Facility Master Plan, OR</td>
<td>OR</td>
<td>40-Acres</td>
<td>TBD</td>
<td>ECD</td>
</tr>
</tbody>
</table>
Stemach Design + Architecture ~ 2021 Projects

**BEND**
- High Desert Middle School Gymnasium Addition — ~8,700 sq. ft., Contractor: Kirby Nagelhout Construction, Estimated Completion: February 2021
- East End @ Neff Place Tenant Improvements — ~15,000 sq. ft., Contractor: various, Estimated Completion: Spring 2021
- Pacific Power Juniper Ridge Service Center — ~90,000 sq. ft., Contractor: BendTel, Estimated Completion: 2022-23
- The Quad @ Skyline Ridge — ~86,400 sq. ft., Contractor: Pacific Construction, Estimated Completion: February 2021
- Blissful Spoon — ~3,200 sq. ft., Contractor: Stilson Builders, Estimated Completion: Winter 2021
- Baxter Harder Law Offices — ~6,000 sq. ft., Contractor: Kellicom, Estimated Completion: Spring 2021
- Hawthorne Mixed Use — ~5,300 sq. ft., Contractor: Stilson Builders, Estimated Completion: Late 2021
- The Grove @ NWX - T1s — ~4,000 sq. ft. across 8+ vendors, Contractor: Sunwest Builders, Estimated Completion: Summer-Fall 2021
- Delaware Annex Remodel — ~3,300 sq. ft., Contractor: Paris Construction Corp, Estimated Completion: Phase 1, Summer 2021; Phase 2, 2022
- Feline Fine Cat Clinic — ~2,600 sq. ft., Contractor: Stilson Builders, Estimated Completion: Winter 2021
- Walt Reilly's Indoor Recreation & Restaurant — ~11,000 sq. ft., Contractor: Robert O’Connor Construction, Estimated Completion: Summer 2021
- Millpoint Business Campus - GSA T1 — ~3,700 sq. ft., Contractor: TBD, Estimated Completion: Summer 2021

**BendTel Expansion** — ~2,600 sq. ft., Contractor: Christiansen’s Contracting Co., Estimated Completion: Summer 2021

**Sunlight Solar Building** — ~13,000 sq. ft., Contractor: Owner-build, Estimated Completion: Fall 2021 completion

**Environmental Center of Central Oregon Expansion** — ~4,500 sq. ft., Contractor: TBD, Estimated Completion: TBD

**CENTRAL OREGON**
- Pole Creek Ranch, Sisters, OR — 5 acres, Contractor: CS Construction, Estimated Completion: Early 2022
- Oliver Lemons Grocery, Terrebonne, OR — ~11,300 sq. ft., Contractor: Smaling Construction, Estimated Completion: Summer 2021

**OUT OF AREA**
- Charter Oaks Apartment Rehabilitation, Napa, CA — 75 Units, Contractor: Precision Commercial Contractors, Estimated Completion February 2021
- Nani o Puna Apartment Renovations, Pāhoa HI — 8 multi-family apartment buildings, Contractor: TBD, Estimated Completion 2022
- Eugene CBD Distillation Facility, Eugene, OR — ~22,400 sq. ft., Contractor: O’Brien & Company, LLC, Estimated Completion: Summer 2021
## Architects in Central Oregon

**648 Smith Rock Way**
Architect Name: Seth Anderson, AIA, Architect/Project Manager
Project Owner: Ferguson Family Properties, LLC
Project Address: Terrebonne, Oregon
Contractor: Not available yet
Estimated Completion Date: Not available yet

**Habit Burger, Yakima**
Architect Name: Seth Anderson, AIA, Architect/Project Manager
Project Owner: Ferguson Family Properties, LLC
Project Address: Terrebonne, Oregon
Contractor: Not available yet
Estimated Completion Date: Not available yet

**Self Storage Facility, Sacramento**
Architect Name: Emily Freed, Associate AIA, Project Manager
Project Owner: Confidential
Project Address: Sacramento, California
Contractor: New Valley Construction
Estimated Completion Date: June 2021

**Edward Jones Tenant Improvement**
Architect Name: Emily Freed, Associate AIA, Project Manager
Project Owner: Staffenson Resources, LLC
Project Address: Prineville, Oregon
Contractor: SunWest Builders
Estimated Completion Date: February 2021

**Habit Burger, Richland**
Architect Name: Emily Freed, Associate AIA, Project Manager
Project Owner: Hogback Development Company
Project Address: Richland, Washington
Contractor: Stephens & Sons Construction, Inc.
Estimated Completion Date: August 2021

**Chiplotle, Southridge**
Architect Name: Emily Freed, Associate AIA, Project Manager
Project Owner: Hogback Development Company
Project Address: Richland, Washington
Contractor: Stephens & Sons Construction, Inc.
Estimated Completion Date: October 2021

<table>
<thead>
<tr>
<th>Project Name</th>
<th>Architect Name</th>
<th>Project Manager</th>
<th>Project Owner</th>
<th>Project Address</th>
<th>Contractor</th>
<th>Estimated Completion Date</th>
</tr>
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<tbody>
<tr>
<td>Bend Factory Store Remodel</td>
<td>Emily Freed, Associate AIA</td>
<td>Cannot be determined</td>
<td>Bend Factory Stores</td>
<td>Bend, Oregon</td>
<td>Bend Factory Stores</td>
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<td>CO Council on Aging</td>
<td>Emily Freed, Associate AIA</td>
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<td>Bend, Oregon</td>
<td>Bend Factory Stores</td>
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<tr>
<td>Shepherd’s House Remodel</td>
<td>Emily Freed, Associate AIA</td>
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<td>Bend Factory Stores</td>
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<td>Madras Food Carts</td>
<td>Emily Freed, Associate AIA</td>
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<td>Bend, Oregon</td>
<td>Bend, Oregon</td>
<td>Bend Factory Stores</td>
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<td>OK Barber Shop Remodel</td>
<td>Emily Freed, Associate AIA</td>
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<tr>
<td>PrimeLending Tenant Improvement</td>
<td>Emily Freed, Associate AIA</td>
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<td>Bend, Oregon</td>
<td>Bend, Oregon</td>
<td>Bend Factory Stores</td>
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<tr>
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<td>Bend, Oregon</td>
<td>Bend Factory Stores</td>
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</table>

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Katie Hartz
Workplace Consultant
503.226.4151
katie.hartz@hyphn.com

www.hyphn.com
Bear Creek Elementary Multi-Purpose Room and Remodel
Architect Name: Eric Nielsen, Architect/Project Manager
Project Owner: Bend-La Pines School
Project Address: 51 NE 13th Street, Bend, Oregon
Sq Ft: 6,500 sq. ft.
Contractor: Not available yet
Estimated Completion Date: January 2022
Brief Description/Amenities: New multi-purpose building and upgrades to existing spaces to make the most of current facilities. The new building includes a commercial kitchen that will be attached to the existing elementary school. Upgrades to existing spaces includes new restrooms, locker room and ceiling fans throughout the school.

Mill Overlook Apartments
Architect Name: Eric Nielsen, Architect/Project Manager
Project Owner: Bend-La Pines School
Project Address: 623 Mill View Way, Bend, Oregon
Sq Ft: 55,000 sq. ft.
Budget: TBD
Contractor: Not available yet
Estimated Completion Date: Not available yet
Brief Description/Amenities: Assisted living and memory care facility.

La Grande School Facility Assessment and Long Range Facility Planning
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: La Grande School District
Project Address: La Grande, Oregon
Contractor: Not available yet
Estimated Completion Date: Winter 2021

Spheir Building Historic Renovation
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Paisley School District
Project Address: Paisley, Oregon
Contractor: Not available yet
Estimated Completion Date: Spring 2021

Paisley School Assessment & Long Range Facility Planning
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Paisley School District
Project Address: 540 South Main Street, Union, OR
Budget: $14 Million
Contractor: Project Construction
Estimated Completion Date: Not available yet

Siegel-Schulman Holdings
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Union School District
Project Address: 205 NE Grant Street, Union, OR
Budget: $5.98 Million
Contractor: High Timber Construction
Estimated Completion Date: Winter 2021

Union School District Capital Improvement Projects
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Union School District
Project Address: 205 NE Grant Street, Union, OR
Budget: $59.86 Million
Contractor: Kirby Nagelhout Construction Company
Estimated Completion Date: Fall 2021

Bend over, Oregon
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Ward Grover & Associates
Project Address: 1862 NE 2nd St, Bend, Oregon
Budget: $10 Million
Contractor: Hufnagel Construction
Estimated Completion Date: Winter 2021

Ward Grover Office
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Ward Grover & Associates
Project Address: 1862 NE 2nd St, Bend, Oregon
Budget: $10 Million
Contractor: Hufnagel Construction
Estimated Completion Date: Winter 2021

Banks Commons
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Union School District
Project Address: 205 NE Grant Street, Union, OR
Budget: $14 Million
Contractor: Project Construction
Estimated Completion Date: Not available yet

Domaine Serene Wine Lounge, Warm Shell
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Domaine Serene
Project Address: 850 NE Mill St, Bend, Oregon
Budget: $44 Million
Contractor: SunWest Builders
Estimated Completion Date: Spring 2021

Domaine Serene Wine Lounge
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Domaine Serene
Project Address: 846 NE Mill St, Bend, Oregon
Budget: $20 Million
Contractor: SunWest Builders
Estimated Completion Date: Fall 2021

Domaine Serene Vineyards & Winery, Inc.
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Domaine Serene
Project Address: 846 NE Mill St, Bend, Oregon
Budget: $23 Million
Contractor: KBE Building Corporation
Estimated Completion Date: Winter 2021

Lakeview Apartments
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Domaine Serene Vineyards & Winery, Inc.
Project Address: 846 NE Mill St, Bend, Oregon
Budget: $14 Million
Contractor: KBE Building Corporation
Estimated Completion Date: Winter 2021

PrimeFit gym.
Architect Name: Heidi Slaybaugh, AIA, Tenant Improvement
Project Owner: Blue River Bank
Project Address: 206 SW Washington St, Terrebone, OR
Budget: $3 Million
Contractor: Real Construction
Estimated Completion Date: Spring 2021

LeaseFit gym.
Architect Name: Heidi Slaybaugh, AIA, Tenant Improvement
Project Owner: Blue River Bank
Project Address: 206 SW Washington St, Terrebone, OR
Budget: $3 Million
Contractor: Real Construction
Estimated Completion Date: Summer 2021

Ward Grover Office
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Ward Grover & Associates
Project Address: 1862 NE 2nd St, Bend, Oregon
Budget: $10 Million
Contractor: Hufnagel Construction
Estimated Completion Date: Winter 2021

Ward Grover Office
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Ward Grover & Associates
Project Address: 1862 NE 2nd St, Bend, Oregon
Budget: $10 Million
Contractor: Hufnagel Construction
Estimated Completion Date: Winter 2021

Banks Commons
Architect Name: Heidi Slabyaugh, AIA, Architect/Project Manager
Project Owner: Union School District
Project Address: 205 NE Grant Street, Union, OR
Budget: $14 Million
Contractor: Project Construction
Estimated Completion Date: Not available yet
Karen Smuland Architect ~ 2021 Projects

Project Name: Westgate, Lot 17
Architect Name: Karen Smuland
Project Address: 62375 Huntsman Loop, Bend
Sq Ft: 4,500 sq. ft.
Contractor: Timberline Construction
Estimated Completion Date: Construction begins June 1, completion by December 2022

Brief Description/Amenities:
This single-story 4,500 sq. ft. custom home will be located on a five-acre lot in the Westgate neighborhood of Bend, and is planned for a spring 2021 construction start. Overlooking Shevlin Park, the lot has expansive views of the Cascade mountains. The design of the home is intended to maximize the connection to nature by focusing views to the outdoors as one moves through the spaces, as well as providing multiple outdoor living areas. A large accordion door connects the great room to the west patio with a covered dining area, built-in BBQ, firepit and an in-ground spa. Adjacent is a covered outdoor lounge with an entertainment area. Indoor spaces include a large open plan living area, kitchen with separate butler’s pantry, two guest suites in addition to the master bedroom, office, rec room and lots of storage space. Other features include high-performance building envelopes and maximization of solar access to roof areas for placement of PV solar arrays. Low maintenance exterior materials include concrete, shou sugi ban (charred) wood siding and integrally-colored composite siding.

Ultra Architecture ~ 2021 Projects

BEND
The Bond
Project Type: Mixed-Use – Office, Restaurant and Condominium
Sq Ft: 16,500 sq. ft.
Contractor: Stilson Builders
Estimated Completion Date: 2022

Yates Pointe Mixed-Use
Project Type: Mixed-Use – Commercial/Retail and Condominium
Sq Ft: 30,000 sq. ft.
Contractor: R&H Construction
Estimated Completion Date: 2022

Community Cultural Development Project (undisclosed)
Sq Ft: 42,500 sq. ft.
Contractor: Kirby Nagelhout
Estimated Completion Date: TBD

Tap House
Project Type: Tap House and Food Court
Sq Ft: 1,400 sq. ft.
Estimated Completion Date: 2021

Solcasa
Project Type: Custom Residence - Net-Zero Energy-Water-Carbon
Sq Ft: 2,000 sq. ft.
Estimated Completion Date: 2023

Eastside Vantage
Project Type: Custom Residence
Sq Ft: 2,785 sq. ft.
Contractor: Laura Giffin Construction
Estimated Completion Date: 2022

Bend LaPine School District - Cascade Middle School
Project Type: Tenant Improvement
Sq Ft: 8,494 sq. ft.
Contractor: TBD
Completion Date: 2021

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## Landscape Architects (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botanical Developments</td>
<td>541-617-5826</td>
<td>541-617-0843</td>
<td><a href="http://www.botanical-developments.com">www.botanical-developments.com</a> <a href="mailto:eon@botanical-developments.com">eon@botanical-developments.com</a></td>
<td>Ron Kidder</td>
<td>40</td>
<td>2000</td>
<td>Landscape architecture, construction, maintenance &amp; rehabilitation company committed to ecologically sound landscape practices.</td>
</tr>
<tr>
<td>Dappled Earth - Designs to Nurture Life</td>
<td>541-750-7446</td>
<td>N/A</td>
<td><a href="http://www.DappledEarth.com">www.DappledEarth.com</a> <a href="mailto:eileen@DappledEarth.com">eileen@DappledEarth.com</a></td>
<td>Eileen Obermiller</td>
<td>1</td>
<td>2007</td>
<td>Landscape architecture, land use planning &amp; design of residential &amp; commercial, town, park &amp; neighborhood properties.</td>
</tr>
<tr>
<td>Katrina Langenderfer Landscape Architecture</td>
<td>541-749-0260</td>
<td>N/A</td>
<td><a href="http://www.KLlandscapearch.com">www.KLlandscapearch.com</a> <a href="mailto:info@KLlandscapearch.com">info@KLlandscapearch.com</a></td>
<td>Katrina Langenderfer</td>
<td>1</td>
<td>2012</td>
<td>Katrina Langenderfer Landscape Architecture provides comprehensive &amp; integrated master planning, design &amp; construction management services. Services include: master planning, site planning, site design, landscape &amp; hardscape design, irrigation design, illustrative digital graphics/video communication &amp; construction documentation.</td>
</tr>
<tr>
<td>Macdonald Environmental Planning, PC</td>
<td>541-383-1895</td>
<td>N/A</td>
<td><a href="http://www.macdonaldpc.com">www.macdonaldpc.com</a> <a href="mailto:lmacdonald@dgp-ppc.com">lmacdonald@dgp-ppc.com</a></td>
<td>Laurel MacDonald Bonnell</td>
<td>3</td>
<td>1982</td>
<td>Landscape architecture design for all project scales - commercial to residential, community/recreation planning &amp; design, environmental honoring development &amp; environmental site development.</td>
</tr>
</tbody>
</table>

CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-188-5665 or email cbn@cascadebusnews.com.
As we begin the new year, a common topic of conversation amongst friends and family is what resolutions they vow to make. One of the top resolutions deal with finances in some way, but unfortunately, it’s less common for them to be achieved. Many times, it’s not for lack of trying, but rather the unrealistic nature of the goal. Sometimes the goals are so farfetched or so broad that within the first month of the new year people have already given up!

If shaping up your spending, saving or investing for 2021 sounds like something you’d like to focus on, here are a few suggestions of attainable resolutions you might want to consider:

Build a solid budget. Trying to achieve financial goals simply cannot be done without one. And achieving this goal has such an amazing ripple affect into so many other areas of your finances. These days there are software programs and apps that take minimal time to set up and essentially do all of the hard work for you.

Pay off high-interest credit card debt. This type of debt carries high interest rates, which can result in considerable amount of lost dollars. If you have the means, create a plan that gets the debt paid down or off as quickly as possible. If you don’t have the means, consider options like zero-interest balance transfers or credit counseling services.

Create an emergency fund. Many people find themselves carrying bad debt because they haven’t created a plan for emergency expenses and decide to use a credit card to cover such costs. After your credit card debt is paid off, it’s best to start an emergency fund for unforeseen expenses, such as car repairs, home improvements or health emergencies.

Focus on retirement savings. This is a great resolution to have once you’ve tackled items one through three. Retirement should be the central financial goal in your life no matter the age. Simply starting or maximizing retirement savings options with consistency and as much as your budget allows will put you in an exponentially better place when that time comes.

Work on your credit score. Your credit score is the most important factor in your ability to secure home loan, auto loan and any other types of credit. It takes a lot of time to build, yet very little time to destroy. Make it your resolution to get in the habit of checking your credit score twice a year and researching ways to strengthen it.

Update your will. This is something people tend to create and then forget about it. When in reality, a will should be an ever-changing document that gets updated regularly to reflect every major life event.

We’d love to help you decide which one would be the most beneficial for your financial wellbeing or to help you take the steps to accomplish your financial resolutions. Please let us know how we can help!

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Bend-based law firm Karnopp Petersen LLP announces Megan Beshai has joined the firm as an associate attorney specializing in civil litigation.

Before joining Karnopp Petersen, Beshai most recently served as a staff attorney with the Santa Clara County Superior Court. Beshai also gained experience with complex civil litigation at the United States District Court for the Northern District of California. There she served as a judicial extern for the Honorable William H. Alsup and served as both a judicial extern and post-graduate law clerk for the Honorable Laurel Beeler.

Originally from Corvallis, Oregon, Beshai's education and legal experience include a focus on civil rights and access to justice for civil litigants and criminal defendants alike. While studying political science at Seattle University and later attending The University of California, Hastings College of the Law, Beshai worked with legal aid organizations in her community. She also worked with public defender agencies, including the Office of the Federal Public Defender for the Northern District of California in San Francisco.

Beshai continues to be a member in good standing of both the Oregon State Bar and the State Bar of California. Since joining the firm, Beshai has worked with several attorneys on litigation matters relating to their practice areas, including Indian Law and the State Bar of California. Since joining the firm, Beshai has worked with several attorneys on litigation matters relating to their practice areas, including Indian Law and the State Bar of California.

Fitch & Neary, PC of Redmond recently added a new attorney to the firm as of January 1, 2021. Lisa Andrach has joined as an associate, accompanying Ed Fitch, Andrew Fitch and Sean M. Neary. Her practice focuses on estate planning, probate and trust administration, real estate and land use law. Andrach was previously an associate with Bryant Emerson LLP in Redmond where she had a similar practice. Andrach enjoys providing clients with personable, informed legal advice to guide clients in navigating their legal challenges.

Leigh Seibert has joined Stachem Design & Architecture as a design professional. Originally from Indiana, Leigh is a graduate of the University of New Mexico, with a masters of architecture. She has two years of experience in the design and construction industry, most recently as a project manager with a tiny house design-build company in the Willamette Valley. Seibert is currently assisting with design and construction documentation for a variety of commercial tenant improvements and new developments.

Bashel Design & Architecture, LLC (BBT) announces that Diego Cardiel has joined the firm as design staff. Cardiel received his master of architecture degree from the University of Oregon and a bachelor of science degree in Urban and Regional Planning from California Polytechnic University. He is a highly skilled in 3D visualization and story-telling through expressive concepts. As a Certified Passive House Consultant, his interest in sustainability focuses on the space where science and community interact.

Healthy Beginnings has elected a new board member to help serve the Central Oregon community. Kristie Schmitt of Compass Commercial joins the board that works to ensure young children enter kindergarten ready to thrive through their no-cost health screenings. She brings with her a wealth of knowledge and energy to the team, through both her work and her recent graduation of Leadership Bend.

Healthy Beginnings has had to adapt to the COVID environment, and has been providing virtual screenings to families. As a long-standing Central Oregon nonprofit, the organization looks forward to Schmitt's creative ideas and connections to continue to serve the tri-county area.
Compass Commercial announces that Christina Nist has been promoted to senior director of property maintenance at December 1, 2020.

After over two decades of operations and property management experience in both Kansas City and Orange County, Nist joined the Compass Commercial family five years ago. As the on-site manager for 4 Seasons Home Services, Nist oversees the operations manager of the property management department. Under her management, the department has excelled in efficiency while providing exceptional customer service. Most recently, she has been invaluable as a driving member of the Yard conversion team over the last six months.

Now, Nist will bring knowledge and experience to build up the property maintenance team and expand their tenant and vendor experience.

4 Seasons Home Services has earned accreditation from the National Home Watch Association (NHWA) for the second year. The NHWA was formed in 2009 in order to establish and maintain the highest industry standards for Home Watch and absentee homeowner services.

Owner Aaron Tarnow purchased 4 Seasons in 2019. For over 29 years, 4 Seasons has provided Home Watch services to the resort community of Sunriver. Tarnow is excited to be expanding into more of Central Oregon, including the Bend, Crosswater and Calandra Springs areas. Right now, he services over 140 homes and in-home Home Watch offers executive-level cleaning services and the coordination of calendar services for multi-family vacation homes.

Tarnow moved to Bend from Traverse City, Michigan, in 2007 and with his wife, Amy, enjoys all that the area has to offer: white water rafting, skiing, biking and camping with their two young children. Prior to purchasing 4 Seasons, Tarnow worked in the medical field as an orthotist/prosthetist, while managing several rentals on the side. Though quite a career change, Tarnow finds the customer service aspects of Home Watch to be a fun and engaging change of pace. Amy is a native Oregonian and works full-time as a school administrator. She helps Tarnow with bookkeeping and other management responsibilities for 4 Seasons.

Tarnow serves as the regional coordinator for the NHWA’s Northwest chapter. The Tarnows plan on giving back to the community as they expand their business.

J Bar J’s at project announces Breanne Barrett as their new program manager.

Barrett attended Oregon State University – Cascades where she earned her bachelor’s degree in Human Development and Family Science. She worked at the Bethlehem Inn for two years as a case manager for adults and families experiencing homelessness and adults transitioning out of the criminal justice system. Within J Bar J Youth Services, Barrett spent the past two years as a case manager, first in Street Outreach at Cascade Youth and Family Center, then moving to at project, where she worked with victims of human trafficking. Barrett brings a wealth of experience to her new position of program manager at at project.

Barrett has lived in Central Oregon for the last 11 years. She chose Bend because of her love for the outdoors: skiing, hiking and whitewater rafting.

Neighborhood Impact’s board of directors has elected its 2021 officers. There are currently 14 members on the Neighborhood Impact Board of Directors and board members must be residents of Crook, Deschutes, Jefferson counties or the Confederated Tribes of Warm Springs. The Neighborhood Impact board draws its membership from three segments: elected officials, community members and economically disadvantaged residents.

Chad Carpenter of La Pine will continue as board president. Brent Wilkins of Bend will continue as vice president and Brenda Comini of Prineville will continue as treasurer. Heath Simmons of Bend will serve a second term as meetings committee member at large. Dan Martinez of Warm Springs is newly elected to the executive committee as a member at large.

The board welcomed Malinda Corley of Bend as a new board member representing the Head Start Policy Council. The board sadly saw Redmond City Commissioner Barbara Walker pass away.

The remainder of the board includes:

Jose Balcazar, Bend; Laura Beebe, La Pine; Lyndle DeCamp, Prineville; Hon. Roger DeHoog, Bend; Commissioner Mae Huston, Culver; Councilor Patricia Jungmann, Prineville; Tribal Councilor Glendon Smith, Warm Springs and Linda Walker, Camp Sherman.

Board members oversee the affairs of the organization, which serves the tri-county area, providing services to 53,000 residents annually and employing over 250 staff.

Columbus Banking System, Inc. has announced the appointment of Laura Alvarez Schrag and Tracy Mack-Askew to its Board of Directors. Both appointments were effective January 1, 2021.

Alvarez Schrag is the president of Pondera Consulting and has extensive experience in human resources, organizational and leadership development expertise to companies and not-for-profits. In her prior role as human resources manager at Hewlett-Packard, she implemented a comprehensive Talent Management system for global business units, led HR due-diligence for international acquisitions and developed diversity plans for global business units. Alvarez Schrag currently serves on the Board of Directors of Catholic Charities of Idaho, Bishop Kelly High School Governance Board and St. Alphonsus Community Health Foundation.

Mack-Askew is the general manager-HD Vocational Platform Development of Daimler Trucks North America and has a depth of operations executive experience providing direction and oversight to cross-functional teams while increasing market share, reducing product complexity and ensuring excellence in diverse roles. Mack-Askew currently serves as a finance committee member on the Governing Board of Ronald McDonald House Charities of Oregon and Southwest Washington. She is executive sponsor of the Daimler African American Employee Resource Group and a member of the Policies and Procedures Committee of Jack and Jill of America Inc. In 2016, she was honored with an award for leadership in business and philanthropy from the Triad Business Journal’s Women in Business Awards. Mack-Askew is a resident of Portland, Oregon and holds a bachelor of science in mechanical engineering from Rensselaer Polytechnic Institute, a master of science in neurological sciences from the Neuroscience Academy and an ACC Certified Executive coach from the International Coaching Federation.

Mack-Askew and Alvarez Schrag bring extensive experience in executive leadership, human resources, organizational development, diversity, talent management, mergers & acquisitions, operational excellence, project management and talent acquisition.

Tracy Mack-Askew
Laura Alvarez Schrag

Credit Union to purchase necessary sensory-sensitive furniture, equipment and supplies for the classroom in the adolescent residential treatment program.

REDMOND SENIOR CENTER

The Redmond Senior Center received a $20,000 donation from Hayden Resource Group and national chair for support for the area’s most vulnerable seniors to provide basic needs crucial for their overall health and well-being such as essential food services and access to local support and resources.

Hayden Homes leadership has committed to an enduring partnership over the next three years with the Redmond Senior Center, to continue providing monetary and volunteer support for seniors throughout the community. Hayden Homes encourages team members to be the next generation of volunteer leaders. Through generous investments of time, money and volunteer opportunities, their actions will influence others to make this world a better place to live. They have consistently invested in the communities in which they build. From supporting local economies to supporting employees’ charitable efforts partnering with nonprofits, it’s their goal to build quality homes and a stronger community in equal measure.
Four new City of Bend City Councilors took their Oaths of Office on Wednesday, January 6: Anthony Broadman, Sandy Cassio, Katie Roper and Erin Johnson.

Anthony Broadman has been promoted to the senior leadership team, with the responsibility of developing NAVIS’s talent roster. After hours, Turner, also a former small aircraft pilot, enjoys biking, skiing and traveling with his wife and daughter.

Joining NAVIS to oversee and lead the NAVIS Culture and People Success will be Bryan Turner. Turner will lead and transform the product team. He joins NAVIS after growing two successful companies to not only include product teams and maximizing revenue for some of the world's top brands, including TravelClick, Starwood Hotels, Intercontinental Hotel Group (IHG) and Deloitte. Prior to joining NAVIS, she led the North American Human Resources team at Icertis, where she oversaw all aspects of human resources both locally and globally. legally is dedicated to making sure the vibrant NAVIS culture continues to thrive and is excited to further develop NAVIS’s talent roster.

Bryan Turner
Brooke Hue

Chris Lerma, CLFP has been promoted to president at AP and Fred Williams has been promoted to chief sales officer of AP. Lerma started with AP Equipment Financing (AP) as a credit analyst and has been instrumental in AP’s growth and success. With Lerma’s promotion to president, he will be responsible for current day-to-day operations, managing the current leadership team and continuing AP’s growth as a digital marketing expert. CEO, Lerma will take charge in directing the success of AP for the years to come.

In addition, Williams has been promoted to the position of chief sales officer. Williams began his career at AP as a salesperson in 2011 and now oversees the entire sales team. He will be working closely with the business development team and the chief marketing officer to explore new target markets and grow current industry sectors.

Amanda Mcalin and Gena Goodman-Campbell on the Bend City Council. Voters select Councilors and the Mayor to serve four-year terms. Councilors select a Mayor Pro Tem, which is essentially the Vice Mayor who can serve as the presiding officer any time the Mayor is not available.

Councilors recently selected Gena Goodman-Campbell to serve as Mayor Pro Tem. A Mayor goal-setting meeting will take place from noon to 4 pm on January 20 and from 9am to 4pm on January 21. The community will be able to view goal session sessions live. Information about how to access meetings will be available on bendoregon.gov/councilagenda.

This is when the Council shapes the City’s two-year goals and priorities, which influence the budget for the upcoming biennium. Goals are anticipated to be completed in March, and Councilors adopt the associated two-year budget in June.

GS announced the addition of 25-year industry veteran, Amanda Mcalin, to its multifamily team as vice president of Sales, and the addition of Katie Roper to its leadership team as vice president of Senior Living.

Molin will oversee GS’s East Coast multifamily sales team with a focus on supporting employee talent, development and success. She will also be responsible for growing new partnerships, expanding account management accounts and refining the strategy of GS’s multifamily business.

John L Scott Bend welcomes new brokers Kelli Salas, Melissa Gleason, Parker Vernon and Erin Johnson to their team.

Kelli Salas has been in the people business her entire life. Her first 25 years (since the age of 15) was spent in the restaurant industry. She worked in family-owned fine dining restaurants. Salas did it all from serving, bartending, party planning, managing, marketing and bringing in. As the founding head of sales and industry marketing for Caring.com, Roper built the company to be one of the premier sources of internet leads for senior housing and care companies by forging deep, trusted relationships with many of the largest players in the industry. She has also written and spoken on caregiving, senior care and AgeTech issues.

Vernon has called the High Desert home for 28 years. With nearly a decade of real estate experience ranging from property management, to investing, as well as sales, Vernon has a unique skill set as well as a large network to help you reach your real estate goals.

Growing up with a family in the real estate and construction industry revealed to Johnson the amazing transformation of creating a house into a home. Which in turn stirred a passion in her to help others create that experience for themselves. Johnson takes great joy and pride in the wonderful relationships she creates with her clients.
Bend-La Pine Schools’ Board of Directors voted unanimously to name Dr. Steve Cook as the district’s next superintendent. Cook, who currently serves as superintendent at Coeur d’Alene School District in Idaho, will begin on July 1, 2021. Cook will succeed current interim Superintendent Lora Nordquist.

Prior to serving in Idaho, Cook served as acting superintendent at Douglas County School District in Colorado, which serves 68,000 students. From 2014-2018 he served as assistant superintendent of Secondary Schools and deputy superintendent at Douglas County School District. Cook has more than 30 years of public education experience including serving as teacher, principal and superintendent. He holds a Doctorate of Education Leadership and Policy Studies.

He is married to Stephanie Cook, a former critical care and school nurse, and has three grown children and one grandchild.

During the coming months, Cook will collaborate with board members, community partners, school leaders, educators and families to learn more about Bend-La Pine Schools as he transitions to becoming superintendent July 1, 2021.

Central Oregon Community College (COCC) announces that English professor Stacey Donohue, Ph.D., was selected to receive the Modern Language Association’s (MLA) 2020 Francis Andrew March Award, a national postsecondary honor that recognizes distinguished service to the profession of English. Donohue received the award at a January 9 virtual ceremony.

Named for the nation’s first postsecondary English professor (who taught at Lafayette College), the Francis Andrew March Award honors the English scholar and teacher “who accepts responsibility for strengthening the life and work of departments, the field and the English studies community considered as a whole.” Past recipients have included scholars from such hallowed institutions as Stanford University and Smith College.

Donohue, a faculty member at COCC since 1995, has served the discipline through leadership, on committees and with organizations such as the MLA — including as a national teaching institute facilitator — for many years.

In 2018, Donohue received the Association for Women in Community Colleges’ College Excellence Award and its Carolyn DesJardins Leadership Award.

Leading Edge Flight Academy of Bend announced the addition of their new Chief Fixed Wing Instructor, James Presler. Having flown for both a major air carrier as well as being a retired Navy F/A-18 Fighter Pilot, Presler brings a vast wealth of both flight experience and leadership to Leading Edge.

Presler has a long tenure of leading both inside and outside the cockpit. As an F/A-18 flight instructor, he was charged with teaching brave men and women the skills to execute arduous combat missions to include Air-to-Air combat, Air-to-Ground combat as well as aircraft carrier landings. In 2009, Presler was awarded F/A-18 Instructor Pilot of the Year by the Navy. Additionally, Presler was the Commanding Officer of Navy Recruiting District Seattle where he led a recruiting team of over 200 team members.

Bethlehem Inn Board of Directors announces its new slate of officers for 2021: Megan Burgess, president; Mike Bonetto, vice president; Kevin Link, secretary and Jill Craveiro, treasurer.

Bethlehem Inn serves the situationally homeless population in Central Oregon with emergency shelter services for up to 150 people each night. Its Board of Directors ensures the organization has a sustainable future through sound, ethical, legal governance and financial management policies.

Bethlehem Inn wishes to acknowledge the contributions of Howard Friedman, who served as board president for two years; Friedman will continue as a director. Exiting members who are stepping down from the Inn’s Board Directors include Glenn Kotara, René Kesgard and George Myers.

Eagle Crest Golf Pros Celebrate a Hole in One for Charity

Kevin Story and Jimmy Cubillas, golf pros at Eagle Crest Resort, created a giving tree to help benefit Jericho Road programs in the Redmond area. As a result of their promotion and the generosity of their golfers and guests, $2,205 wound up under the tree. Jericho Road wishes to thank Story and Cubillas and everyone who donated for their caring generosity.

The annual Jericho Road Benefit Golf Tournament has already been scheduled at Eagle Crest for August 14. Stay tuned for updates along the way!

jerichoroadoffredmond.org

Visit us at cascadebusnews.com
The Benefits of Electrical Muscle Stimulation

When Your Over-the-counter Pain Killers Aren’t Enough

by ABIGAIL MORSE — Elk Ridge Chiropractic and Wellness

We’ve all been in that inevitable state of pain when it seems like no amount of pills can ever make us feel better; those instances where the headache just won’t go away, when the carpal tunnel is all too real, when we’ve over exercised, or worse, when we’ve had an injury. Some of us have chronic muscle or joint pain, arthritis, fibromyalgia or an autoimmune disease. Some things are temporary, while others stick around for a while. But whatever the pain, either chronic or acute, we need relief, and we need it now. No more popping pills that just won’t work. We need to get down deeper, stimulate those muscles, get the blood pumping so our bodies can begin the road to healing. That’s when electrical stimulation comes in.

What Is Electrical Muscle Stimulation?

The term, often shortened to the acronym EMS, or more popularly referred to as ‘e-stim’, is quite simply, the process of stimulating one’s muscles through the use of a small electrical current. Think of a tiny little defibrillator that jumpstarts your muscles into action. Sound fun? Maybe ‘fun’ isn’t quite the word that comes to mind? That’s ok. We plan to answer all your questions with this quick little intro to e-stim.

The treatment of electrical stimulation has been around for quite some time, dating back to the 19th century when treating motor paralysis. Naturally, this early technique has evolved over the years into a commonly used form of therapy that providers use when treating patients today. Doctor of Chiropractic and Adjunct Professor at the University of Western States, Michael Lell, is one such doctor who uses e-stim regularly on his patients. “E-stim is a great targeted tissue-specific modality that relieves pain and improves recovery time from injuries and improves chronic conditions” he explains. From everyday stress and tension, to stroke recovery, from aches and pains, to overuse, e-stim is a beneficial treatment that encourages healthy bodily healing over time. Try saying that to a pill!

How Does E-Stim Work?

Now that we know that e-stim has been around for a while, let’s dive into what it actually is. Mediera Chiro and Rehab explains the treatment in a little more detail for us. From an electrical device that powers the procedure, “Electrodes are placed on the patient and light electrical pulses are sent through the patient to decrease inflammation as well as relieve pain and alleviate spasms. This light electrical current causes muscle contractions that have been shown to help patients recover from injuries.” The electrodes that Mediera talks about are flat, sticky pads that are connected to the e-stim device, which is adjusted to a unique setting based on the patient’s needs — usually beginning at a lower setting and gradually increasing in potency.

What Are the Benefits Of E-Stim?

Mediera gives us the lo-down on how inducing contractions within the muscles can be useful to the body. “The benefit of these contractions is twofold. First, the contractions will fatigue the affected muscles, causing the muscles to relax and any spasms to settle. Second, these contractions cause your body to release endorphins, which are the body’s natural pain reliever.” This process helps to improve blood flow throughout the body, which, in turn, aids in the body’s overall recovery by repairing those injured muscles.

Healthline further explains, “The type of e-stim that focuses on pain relief sends signals on a different wavelength so they reach the nerves, rather than the muscles. Electrical stimulation can block pain receptors from being sent from nerves to the brain.” This is particularly beneficial to the patient, who experiences a noticeable decrease in pain while the muscles are repaired. That doesn’t sound too shabby, now does it?

So how about the long-term effects of using e-stim? Healthline tells us that when the blood flow is increased and injured muscles begin to repair themselves, those muscles “improve their strength through repeated cycles of contraction and relaxation.” This means that when the patient continues treatment, their muscle efficacy increases over time until the treatment no longer be needed. Now that does sound fun!

“E-stim can also ‘train’ muscles to respond to the body’s natural signals to contract,” Healthline goes on to tell us. “This is an especially helpful benefit for stroke survivors who must essentially relearn basic motor functions.” From acute joint and muscle pain, to deeper, long-term pain and injuries, e-stim has proven itself as a highly beneficial tool in restoring and maintaining overall muscle health. That’s something we can get behind!

Where Can I Receive E-Stim Treatments?

At Elk Ridge Chiropractic & Wellness Center, we provide e-stim treatments to our patients on a daily basis, typically combined with other physical therapy and chiropractic treatments, with positive results among patients.

If you believe that e-stim might be a good form of treatment for you, give us a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com for more information or to book your first appointment.

thebendchiropractor.com
## COMMERCIAL PERMITS WEEK ENDING 12-11-2020

### City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.

### Deschutes Co.
- **$28,980.00** - Commercial Detached Accessory Structure (Ponderosa Lodge) 600 sf. at 500 W Hwy 20 Sisters 97759 OR Owner: Ponderosa Lodge, Inc. PO Box 218 Sisters, OR 97759
  - Builder: Seth E. Anderson 541-330-6506 Permit # 247-20-007219-STR

### City of Redmond
- **$1,848,867.00** - Commercial (Juniper Living) 12,990 sf. at 701 NW Spruce Ave. Redmond 97756 OR Owner: Juniper Canyon Investment, LLC PO Box 1410 Bend, OR 97709
  - Builder: Havniear Construction Co. LLC 541-389-4141 Permit # 711-20-001540-STR
- **$50,000.00** - Commercial Alteration (St. Charles) at 340 NW 5th St. Redmond 97756 OR Owner: Redmond Commercial Group, Inc. 600 SW Columbia St. #6100A Bend, OR 97702
  - Builder: Electric Tech Construction, Inc. 925-849-5324 Permit # 711-20-001764-STR

### Crook County and City of Prineville
- **$43,977.00** - Commercial Solar (King's Auto) at 1717 NW Industrial Park Rd. Prineville 97754 OR Owner: Regina Property, LLC 1717 NW Industrial Park Rd. Prineville, OR 97754
  - Builder: Pro Stat Services, LLC 360-859-3749 Permit # 217-20-005271-STR-01

## COMMERCIAL PERMITS WEEK ENDING 12-18-2020

### City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.

### City of Redmond
- **$350,000.00** - Commercial Alteration (McDonalds) at 2456 S Hwy 97 Redmond 97756 OR Owner: McDonalds Corporations 1960 Kingfisher Cr. Redmond, OR 97756
  - Builder: Russell Anderson Contracting, LLC 541-280-0315 Permit # 711-20-001056-STR
- **$150,000.00** - Commercial Addition (Wellspring Wellness) 1,040 sf. at 707 SW 9th St. Redmond 97756 OR Owner: Wellspring Wellness, LLC 707 SW 9th St. Redmond, OR 97756
  - Builder: Yozamp Construction, LLC 541-399-5613 Permit # 711-20-001887-STR Deschutes County
- **$25,000.00** - Commercial Alteration (Cell Tower) at 70400 McAllister Rd. Sisters 97759 OR Owner: New Cingular Wireless PCS, LLC 754 Peachtree St. NE #16th Floor Atlanta, GA 30308
  - Builder: Legacy Wireless Services, Inc. 503-656-5300 Permit # 247-20-007781-STR
- **$15,000.00** - Commercial Alteration (Cell Tower) at 60316 Arnold Market Rd. Bend 97702 OR Owner: US Cellular PO Box 31369 Chicago, IL 60631
  - Builder: Total Tech, LLC 503-453-7624 Permit # 247-20-007736-STR

### Lake County
- **$30,000.00** - Commercial Alteration (ODOT Compound) at 20952 Highway 140 Adel 97620 OR Owner: State of Oregon State Hwy Compound 20952 Highway 140 Adel, OR 97620
  - Builder: R & L Builders, LLC 541-388-1234 Permit # 497-20-000539-STR

## COMMERCIAL PERMITS WEEK ENDING 12-25-2020

### City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.

### Deschutes County
- **$289,975.00** - Commercial (Verizon) at 60316 Arnold Market Rd. Bend 97702 OR Owner: Verizon Wireless PO Box 302 Bend, OR 97701
  - Builder: T3 Construction, LLC 541-673-4377 Permit # 247-20-001703-STR

## COMMERCIAL PERMITS WEEK ENDING 1-1-2021

### City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.

### Deschutes Co.
- **$85,000.00** - Commercial Alteration (Gordy’s Truck Stop) at 17045 Whitney Rd. La Pine 97739 OR
  - Owner: Rajinder Dhote Oregon 97 Investments, LLC 17045 Whitney Rd. La Pine, OR 97739 Permit # 247-20-008377-STR
- **$73,870.00** - Commercial Alteration (LPFD Station 101) at 51550 Huntington Rd. La Pine 97739 OR Owner: La Pine Rural Fire Protection District PO Box 10 La Pine, OR 97739
  - Builder: 2KG Contractors, Inc. 503-652-9221 Permit # 247-20-005358-STR
- **$71,240.00** - Commercial Alteration (LPFPD Station 102) at 55785 South Century Dr. Bend 97707 OR Owner: La Pine Rural Fire District PO Box 10 La Pine, OR 97739
  - Builder: 2KG Contractors, Inc. 503-652-9221 Permit # 247-20-005374-STR

## COMMERCIAL PERMITS WEEK ENDING 1-8-2021

### City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.

### Deschutes Co.
- **$337,478.00** - Commercial Alteration (Deschutes Pet Lodge) at 6335 SW Canal Blvd. Redmond 97756 OR Owner: Gordon & Sonja Swanberg PO Box 1729 Redmond, OR 97756
  - Builder: Monson, Inc. 541-771-3663 Permit # 247-20-004544-STR

### City of Redmond
- **$12,333.00** - Commercial Alteration (Radion Weapons) at 875 NE Kingwood Ave. Redmond 97756 OR Owner: Underwood Estates, LLC 875 NE Kingwood Ave. Redmond, OR 97756
  - Builder: Storage and Handling Systems 503-640-5665 Permit # 711-20-002494-STR

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Applications will be accepted through February 15, 2021. More information on how to apply is available on the Oregon Humanities website (oregonhumanities.org). A selection committee will review applications and award the fellowships by July 2021. During their fellowship terms, Field Artist Fellows will respond to and explore the opportunity gap in their region, participate in cohort gatherings and document their experiences and projects. Each fellow will receive $100,000 over the course of the two-year term. In addition, eight finalists will each receive a one-time award of $10,000.

Artists of all disciplines are encouraged to apply, including writers, filmmakers, visual artists, multimedia artists, culture bearers and performance artists. Eligibility requirements include the following:

- At least five years of professional practice in an artistic discipline or combination of disciplines.
- At least three years of residence in Oregon (non-contiguous) and the intent to reside in Oregon for the majority of the fellowship term (September 1, 2021, to September 30, 2023).
- Demonstrable evidence of artistic practice that can engage with community groups and organizations and address community concerns.

Oregon Humanities will administer the program and convene gatherings for the fellows. All funding is provided by the Fred W. Fields Fund of Oregon Community Foundation.

Oregon Humanities connects people and communities through conversation, storytelling and participatory programs to inspire understanding and collaborative change. More information about our programs and publications — which include the Connect In Place, Consider This, Humanity In Perspective, Public Program Grants, Responsive Program Grants and Oregon Humanities magazine — can be found at oregonhumanities.org. Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

Oregon Community Foundation (OCF) puts donated money to work for Oregonians. Thanks to the generosity of Oregonians, OCF distributes more than $100 million in grants and scholarships annually. For nearly 50 years, OCF grantmaking, research, advocacy and community-advised solutions have helped individuals, families, businesses and organizations create charitable funds to improve lives for all Oregonians. Impactful giving — time, talent and resources from many generous Oregonians — creates measurable change.

oregonhumanities.org

Redmond School District

“...This was a very difficult decision due to the high quality of the firms that submitted proposals, but after an extensive process HMK rose to the top as the best partner for the Redmond School District,” said Tony Pupo, the district’s executive director of operations.

The district put out a request for proposal in November and selected HMK from five applicants. The $27.5 million bond measure, passed by voters in November, will allow the Redmond School District to upgrade and update all of the district’s 13 school facilities to provide healthy, safe and secure campuses that are modern and efficient. Bond funding will also allow the district to expand student capacity and prepare for future growth by building six additional classrooms at both Tom McCall Elementary School and Vern Patrick Elementary School. The bond measure is not estimated to increase the current tax rate due to savings from refinancing previously issued bonds and projected growth in the total taxable assessed values districtwide. The district has also qualified for a $7.6 million matching grant from the state.

The district is expected to issue the bonds in early 2021, and bond projects are expected to begin in the summer of 2021. For more information on the 2020 bond (which passed in November 2020), please go to redmondschoolbond.org

Tech Trends

Renowned futurist Ray Kurzweil sees solar overtake fossil fuels within the next decade. As reported in a Fortune article four years ago, “...while solar is still tiny, it has begun to reliably double its market share every two years; today’s 2 percent share is up from 0.5 percent in 2012. Many analysts extend growth to doubling every two years, with solar expected to have a 100 percent share of the market by 2040.”

Kurzweil doubles every two years, solar should have a 100 percent share of the market in 12 years. "It was recently reported that banks are turning down financing for new coal and oil plants. As the old saying goes, follow the money. Wall Street, and Main Street investors like the rest of us, are putting their money where they believe the future returns are, and it's not fossil fuels. Coal, gas and oil stock prices, for example Exxon, have plummeted. Big banks are divesting, and banks are no longer willing to take the risk on their loans."

A recent study found that the people aged 45 and younger are overwhelmingly committed to clean tech, from electric vehicles to selecting cleaner options for their utility bills. However, the surprise in the survey is that older people, 46 years and up, are more likely than younger generations to buy EVs and clean power alternatives, partly due to less price sensitivity but also for similar reasons as their younger counterparts.

What if the World is Powered by Solar?

It’s speculation time. Peering into my crystal ball, I see an alternate universe where humanity replaces all fossil fuel and nuclear power plants with solar power plants within ten years. With increased production of solar panels on an epic scale, the price per watt drops to pennies, making power nearly free for everyone. The side effects of limitless power from sunlight affects everything that depends on it. Electric Vehicles will go hundreds of miles for pennies.

Climate change reverses and the glaciers grow back to pre-industrial-era size. All products and services (the internet/cloud, for example) will cost less to provide. Every human being has access to virtually free power, enabling them to heat/cool their homes, cook their meals and provide a cheap commute to work.

Bottom-Line

Solar power is rapidly becoming the thousand-pound gorilla in renewable energy, with its costs rapidly declining and its use exponentially growing. As a result, we may have a fighting chance against the effects of climate change. A likely engraving on Fossil Fuels’ tombstone might be, "I overstayed my welcome."
Central Oregon Business Calendar
Email Your Upcoming Business Events to CBN@CascadeBusNews.com

Find the COVID Status of Activities in Your County at coronavirus.oregon.gov/Pages/living-with-covid-19.aspx#countystatus

January 20
5-6pm COCC Nursing Program Virtual Info Session. Email full name, phone number and session you want to attend to selectiveadmissions@cocc.edu.

January 20

January 20
7pm City of Bend Virtual Regular Meeting. Livestreaming available at www.bendoregon.gov/councilagenda.

January 20
7-8:15pm ConnectW The Entrepreneur's Mindset with Julie Harrelson. https://connectw.org/event/jan-2021-meeting-julie-harrelson/.

January 21
9am-6pm City of Bend Virtual City Council Goal Setting Day 2 Meeting. Livestreaming available at www.bendoregon.gov/councilagenda.

January 21

January 21
5-6pm Think Wild Online Lecture Series, Fangs, Feathers & Fur. Sign up at https://secure.lglforms.com/form_engine/s/iOc4mpAfhvV0Ak7dsfPmEA.

January 22
10:30-11:30am COCC Nursing Program Virtual Info Session. Email full name, phone number and session you want to attend to selectiveadmissions@cocc.edu.

January 23
10am Neil Kelly Resolve to Remodel: Bath Webinar. Details and registration at https://us02web.zoom.us/webinar/register/WN_KJ_eycmrSdivmHpr0akhjg.

January 25
9-10am COCC Nursing Program Virtual Info Session. Email full name, phone number and session you want to attend to selectiveadmissions@cocc.edu.

January 25
5:30pm City of Bend Virtual Planning Commission Public Hearing - Southeast Area plan. Information at https://www.bendoregon.gov/planningcommission, project number for hearing: PZ-20-0479. Written comments to Damian Szymk, Senior Planner at dsyzmyk@bendoregon.gov or by mail to the City of Bend Growth Management Division, 709 NW Wall St., Suite 102, Bend, Oregon 97703. The draft Summary Report and Technical Appendices for the Southeast Area Plan can be viewed at https://www.bendoregon.gov/government/departments/growth-management/land-use-planning/southeast-area-plan, applicable criteria at http://www.codepublishing.com/OR/bend/.

January 26
3-4:30 COCC Virtual Student Success Committee Meeting. To view the meeting email jkowitz@cocc.edu.

January 26

January 26

January 27
5:30-6:30pm High Desert Museum Virtual Program, Tips and Strategies for Effective Charitable Giving. Free, registration required at https://highdesertmuseum.org/events/charitable-giving/.

January 28

January 20
High Desert Food and Farm Alliance and Oregon State University Extension Service Virtual Agricultural Support Programming Informational Workshops, SWOT (Strengths, Weaknesses, Opportunities, Threats) for Deschutes County Ranchers. Register at www.hdffa.org/swot.

January 22
High Desert Food and Farm Alliance and Oregon State University Extension Service Virtual Agricultural Support Programming Informational Workshops, SWOT (Strengths, Weaknesses, Opportunities, Threats) for Jefferson County Farmers. Register at www.hdffa.org/swot.

January 25
High Desert Food and Farm Alliance and Oregon State University Extension Service Virtual Agricultural Support Programming Informational Workshops, SWOT (Strengths, Weaknesses, Opportunities, Threats) for Crook County Ranchers. Register at www.hdffa.org/swot.

January 27
High Desert Food and Farm Alliance and Oregon State University Extension Service Virtual Agricultural Support Programming Informational Workshops, SWOT (Strengths, Weaknesses, Opportunities, Threats) for Jefferson County Ranchers. Register at www.hdffa.org/swot.

January 29
High Desert Food and Farm Alliance and Oregon State University Extension Service Virtual Agricultural Support Programming Informational Workshops, SWOT (Strengths, Weaknesses, Opportunities, Threats) for Deschutes County Ranchers. Register at www.hdffa.org/swot.

Watch for Upcoming Editions of CASCADE BUSINESS NEWS

2021 EDITORIAL CALENDAR

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DEADLINE TO SUBMIT YOUR FAMILY BUSINESS STORY IS FEBRUARY 10