Community Support Propels CycleBar Bend

When Kirk and Stefanie Nelson opened CycleBar Bend in 2018, their goal was to create a place where strangers would become friends. “We wanted to create a place where people could escape for a 45-minute ride and afterwards socialize with other members,” Stefanie said. “We wanted to create a welcoming community.”

The Nelsons moved to Bend in 2016 where Kirk worked as a business consultant and Stefanie was a former sales executive. “When I got here, I discovered there wasn’t a job market for me, and it was a challenge to make new friends,” she recalled. “Kirk was working with a client who was considering buying a CycleBar franchise in Lake Oswego and decided it would be a great business for us to open here in Bend. We purchased the CycleBar territory in August of 2017 and secured our lease at the Old Mill District shortly after and opened in June of 2018.”

Looking back, Stefanie realizes that decision would be her saving grace to endure a string of tragedies in 2020, starting with the unexpected death of Kirk Nelson, 54, on February 22, 2020. “He died from a pulmonary embolism,” Stefanie, 49, said. “He never knew anything was wrong with his health, and he was in the best shape.”

A few weeks after her husband’s death, Stefanie learned fitness facilities in Oregon were ordered to close due to the coronavirus. “We were closed for six months,” she recalled. “At the beginning of the pandemic, we were not sure if we would survive.”

But CycleBar Bend did survive, and Stefanie believes it was because of the community support. “We had a lot of people who came back to support us, and we had a lot of new members who joined us,” she said. “We are a community that supports each other.”

As COVID Begins to Subside, Local Hospitality Industry Will Hit the Ground Running

When Cascade Business News’ annual Meeting Guide edition published last year on March 4, little did we know that the world was on the eve of being turned upside-down. With 2020 still in its first quarter of life, Central Oregon was abuzz with tourism; meetings and conventions filled the calendars of event planners and engaged couples were happily planning their big days, with nary a thought about this new thing we were beginning to hear about: coronavirus.

This year’s meeting guide overview story will read quite differently from last year’s…and all the years before that. Perhaps no industry has been so severely affected by COVID than that of hospitality. With travel restrictions in place and social-distancing requirements firmly etched into our lives, plans for gatherings a year ago were literally cancelled almost overnight. And yet, Central Oregon is resilient. Hotel owners and those working in hospitality did not give up. Though tourism surely took a huge hit here and elsewhere, as spring approaches, there is new life emerging in our region. COVID numbers are down, vaccines are becoming more widespread in availability and hope is blossoming.

“It’s been an interesting year for all businesses; we are no exception. The event industry and conferences have been as hard hit as just about anyone,” says Geoff Hinds, director of...
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Cascade Spirits & GEM&BOLT Mezcal Enter Into a Dynamic Partnership

Cascade Spirits, a spirits brand house based in the Pacific Northwest, and GEM&BOLT Mezcal, a premium artisanal mezcal uniquely distilled with damiana, are pleased to announce their new dynamic partnership. Cascade Spirits will now lead the company’s operations and accounting functions, relocating the company’s U.S. operations hub to Portland, and will be collaborating with GEM&BOLT on sales, marketing and innovation efforts.

“We have been looking forward to this partnership,” said Chris Joseph, CEO of Cascade Spirits. “GEM&BOLT is a unique brand with its iconic brand and unique opportunity to transcend the mezcal category. It is a brand we have admired for a long time, and welcome addition to our portfolio. Chris and the Cascade Spirits team have created delicious products and meaningful brands, and their proven track record of growing spirits brands, building a strong connection with consumers, and delivering a true sense of community that is so critical to our own GEM&BOLT ethos,” said co-founder Elliott Coon. “We couldn’t be more excited to partner with them on the next phase of the GEM&BOLT Mezcal journey.”

Smartypits, the top-selling all-natural, aluminum-free deodorant on Amazon, has relocated its warehouse from California to Bend. Smartypits’ Bend warehouse will be able to quadruple the company’s current production output. The new Bend warehouse is approximately 6,300 square feet, almost three times its previous manufacturing facility. The new Smartypits warehouse is located at 695 SE Glenwood Dr., Ste. 100, in Bend. With it, the company is bringing in two new high-capacity melters as well as a fully automated labeling machine. “This move to Bend and the new warehouse will drastically increase our ability to scale quickly,” said Smartypits founder and CEO Stacia Guzzo. Smartypits’ deodorant won’t clog up your sweat glands like typical antiperspirants; it contains plant-based powders that wick away sweat to keep your armpits dry. Smartypits formula includes prebiotics, which helps to ensure your microbiome remains strong and healthy.

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1Gig Internet Speeds Now Available in Madras & Prineville

BendBroadband, a TDS Company, Announces Faster Speeds for Central Oregonians

BendBroadband is now offering 1Gig internet speeds in Madras and Prineville. Residential and business customers can now go faster than ever with a variety of high-speed internet packages from BendBroadband. Customers can receive up to one gigabit internet speeds, a new TV service, TDS TV+ and phone options.

“Now is the time to check out BendBroadband’s fastest high-speed internet service,” says Julie Maiers, vice president of TDS Marketing and Product Development. “If speed is what you want, 1Gig is what you should get.”

With more people working from home and going to school virtually, many BendBroadband customers have found faster speeds are necessary. 1Gig will give the best online experience for streamers, gamers, social media users and families with multiple users at home.

bendbroadband.com

Advertisement
PrideStaff, a national, franchised staffing organization, is pleased to announce for the eighth consecutive year that they have earned one of ClearlyRated’s Best of Staffing Client and Talent Diamond Awards, after winning the Best of Staffing Client and Talent Awards at least five years in a row for providing superior service to their clients and job seekers.

“It takes an effective operating system, an unwavering commitment to the Central Oregon community, and a highly persistent team to achieve this award during a challenging 2020 year,” said Matt Ertle, owner and strategy-partner of PrideStaff’s Bend office.

Each year, fewer than one percent of all U.S. and Canadian staffing agencies earn ClearlyRated’s Client and Talent Best of Staffing Diamond Awards. As the only nationwide, commercial staffing firm in the U.S. and Canada with over $100 million in annual revenue to earn the Diamond Award designation for both client and talent satisfaction eight years in a row, PrideStaff is truly in a class by itself.

Winners have proven to be industry leaders in service quality based entirely on ratings provided by their clients and candidates. On average, clients of winning agencies are twice as likely to be completely satisfied as those working with non-winning firms. Candidates who have been placed by winning agencies are also twice as likely to be completely satisfied with the services provided and cite higher levels of performance and engagement, which ultimately leads to better employee retention.

“Winning Best of Staffing Diamond Awards is extremely meaningful to our organization this year, because they directly reflect the exceptional service experience we delivered for our clients and candidates during extremely challenging times,” said PrideStaff Co-CEO, Tammi Heaton.

“After one of the most turbulent years in modern history, winners of the 2021 Best of Staffing award have proven their commitment to go above and beyond in support of their clients and placed talent,” said ClearlyRated’s CEO and Founder, Eric Gregg. “These service leaders have demonstrated their capacity to be agile, to be precise and to prioritize the client and talent experience above all else. It is my honor to celebrate and showcase the 2021 Best of Staffing winners alongside feedback from their actual clients and placed talent on ClearlyRated.com!”

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COVID-19 outbreak.

During the three months the studio was shut down, Stefanie and her 14-year-old daughter, Ivy, stayed with her parents, Bill and Barbara Heavner, in California. She’s grateful to her sister, Rhondi, and her brother-in-law, Brian, and her nephew, Rocco, for their continued support the last year.

“The shutdown was a blessing in disguise because it gave me time to grieve and just be with my family,” she said.

On February 23, she took a moment to reflect on enduring the last year, sharing she was grateful to her friends who came to a small, private indoor ride to honor the one-year anniversary of her husband’s death.

“Many of our members are like us — new to Bend and wanting to meet new friends,” Stefanie said. “I think our mission to make our place built on community and being welcoming has created many friendships. I have had so many people tell me they have made lifelong friendships within our studio walls.”

Joining CycleBar changed Sabrina Norton’s life and created a friendship with Stefanie. “The second I got on the bike for my first-ever class, I knew I was hooked,” Norton said. “You’re in a dark room with a ton of people, loud music and an incredibly awesome instructor. It is a workout and an experience.” She encouraged her husband, Chuck, to take a class with her, and now he’s one of the CycleBar instructors.

Norton said she and her husband were devastated to learn Kirk had died. Then, the changes caused by the pandemic made 2020 an even more chaotic year.

“How Stefanie has persevered through this is incredible. I know she wants this studio to survive, I know she knows the impact it has in people’s lives, and I know she wants to keep this going in memory of Kirk,” Norton said. “She went through an incredibly rough time this last year and our loyal members, CycleStars, and staff have kept her determined to make it through. Kirk would be incredibly proud.”

Stefanie is grateful for all the people who took on the tasks Kirk used to do — from servicing and fixing the stationary bikes to providing financial and business management advice. “My faith has helped me endure this last year and our loyal members, CycleStars, and staff have kept her determined to make it through. Kirk would be incredibly proud.”

In early February, Stefanie said the indoor cycling studio was able to open at a limited capacity. “It’s a far cry from the good old days when 50 bikes were allowed in the theater,” she added.

For Stefanie, the workout allows her a timeout from thinking about her responsibilities and let herself get lost in the music for 45 minutes. “The workout is more than about the physical exercise,” she said. “The mental health part is the most important thing many of us need to deal with the everyday stress. I have had people tell me that they came to the studio in the worst mood after a terrible day and leave feeling wonderful and renewed.”

Every “thank you,” every story of a new friendship made, every person who leaves the studio with a smile and every word of encouragement propels Stefanie to move forward and endure the loss of her husband.

“Kirk and I built this place,” she said, quietly. “I owe it to him and our incredible community of riders to ensure its success. This studio is amazing because of Kirk’s vision to build an inclusive community. The best way I can honor him is to see the studio survive and thrive after COVID.”

CycleBar Bend is in the Old Mill District at 655 S.W. Powerhouse Dr., St. 150. cyclebar.com/location/bend • 541-797-0490
Defining the Word that Has Had So Many Meanings Over the Past 100 Years

by KATE COUCH

"Okay, Einstein." "That was smart!" "Your baby is so smart." These are all common sayings we’ve heard that center around the idea of smart or intelligence. But what is smart? As we progressed further into the 21st century, technology seems to be outdoing itself every day. The stock market is skyrocketing, the way we interact with each other and do business has changed completely and the internet seems to rule our lives. So when we hear the word “smart,” how has its meaning changed? Most of you have a smartphone in your pocket, many teachers have smart boards (a technology integrated touch screen whiteboard with a proprietary pen with software) and our kitchen is filled with “smart” appliances.

How this applies today

Today the word smart can be used to reference technology, specifically artificial intelligence technology. AI was a word that scared a lot of people a decade or two ago. Now it’s nearly unavoidable. With the word smart directly correlating to an item having some sort of artificial intelligence, smart devices and AI devices are in more places than we realize. The demonizing of artificial intelligence through science fiction movies is what caused a lot of pandemonium when it came to the idea of your technology being “smart.” The truth is, there’s a lot of benefits to having smart technology. We know it’s constantly making our lives easier and more efficient. Especially right now, as we heavily rely on technology to carry our schools and jobs. Where does AV come in?

Audio and visual technology and setup have become extremely important during the pandemic; especially relating to Zoom rooms. Audio Visual Bend does Zoom rooms for clients since the pandemic. A Zoom room is essentially a room with an acoustical treatment plan, cameras, microphones and a speaker setup for Zoom meetings. It’s an essential function to help schools and businesses have effective and efficient meetings. Having properly set up cameras, speakers and microphone systems make the stress of having a Zoom meeting melt away. In addition to this, the soundproofing and acoustical treatment plan will diminish the possibility disrupting of others and minimize others disrupting you.

Audio visual and smart technology doesn’t end with Zoom meetings though. Before the pandemic, audiovisual mixed with smart technology often looked like integrating smart devices and appliances. Often customers would want in-home speaker systems and automatic lighting that can be adjusted with simpler panels or even from their phones. Customers often strived for a result that was less autonomous.

Where is it going?

Audio visual definitely has some changes coming in the future with the way technology is going. Ten years ago, audiovisual was more corporate-based and for wealthier clients. But as technology progresses, audio-visual becomes more affordable. Audio Visual Bend predicts that more of our customers want to be integrating systems into their homes like speakers, cameras, projectors and acoustical treatments over the next few years. It will start to look more like an in-home service industry model, rather than a one-time installation of a product or solving a problem. It’ll be something that’s ongoing integrating new technology into homes and corporate offices.

Smart is definitely a peculiar word with lots of meaning. But with new waves of technology coming out all the time and audio and visual being thrown into an entirely new pool of opportunities, the word “smart” really has developed its own new meaning.

avbend.com
Creating Psychological Safety as Pandemic Eases

by ANN GOLDEN EGLÉ, MCC

T here is no question that relationships across the board have changed over the past pandemic year. With the varying opinions on wellbeing during COVID-19 and its resulting restrictions, values have been challenged. Take, for example, the value of freedom vs. the value of safety.

Those who value freedom may resist wearing a mask, while those who fear the loss of safety for themselves and their families may choose to stay away from such perceived health dangers. Disrespect slowly builds for those on each side, which can permanently damage relationships.

Physical and psychological safety have become intertwined. As we consider reentering our places of work with our teams and colleagues, there is much to consider beyond the new physical barriers and six-foot distancing rules.

Dr. Timothy R Clark has written an inspiring book: The 4 Stages of Psychological Safety, Defining the Path to Inclusion and Innovation.

I was fascinated when listening to Clark describe these four stages during a Teleclass this past week. The saying ‘simple but not easy’ came to mind as I listened to him describe these four imperative stages. In a nutshell, it comes down to desire, intention, focus and execution.

According to Clark: “When leaders cultivate psychological safety, teams and organizations progress through four successive stages. First, people feel included and accepted; then, they feel safe to learn, afterward they contribute, and finally, challenge the status quo.” Now, this is a culture in which any of us would thrive. This leads to the development of a strong, healthy culture.

**Stage ‘1’ is Inclusion and Safety.** New hires ask questions like “Do I belong?” During this stage, a new employee is encouraged to ask many, many questions. I have seen the curiosity of new employees bring a refreshingly new light to the status quo. These employees are included in a variety of conversations and invited to an assortment of companywide meetings, which allows them to see and be a part of your larger company picture.

When others invite us into their culture, we develop a sense of shared identity and a conviction that we matter. The need to be accepted precedes the need to be heard.

“When we create inclusion safety for others, regardless of our differences, we acknowledge our common humanity and reject false theories of superiority and arrogant strains of elitism.” Dr. Timothy Clark

**Stage ‘2’ is Learner Safety.** During this stage, employees are becoming a bit more comfortable in their new professional environment. They ask themselves: “Am I learning? Do I feel safe to continue to be curious, ask more questions and make mistakes?” Employees are encouraged to be vulnerable as they learn and develop their own style, perhaps slightly redefining their role.

How is this best encouraged? By the manager or leader being vulnerable themselves. One of the most powerful leadership tools I encourage my clients to use is to be vulnerable.

For example, client Daniel makes it a practice to take his employees out to a monthly lunch during their first year with his company. As they express any struggles they are experiencing, he provides examples of how he handled or mishandled similar challenges along his path to success. His vulnerability, often humorous, creates a safe environment for his employee to continue to learn, ask questions and grow.

“Learner safety satisfies the basic human need to learn and grow. It allows us to feel safe as we engage in all aspects of the learning process — asking questions, giving and receiving feedback, experimenting and even making mistakes, not if but when we make them.” Dr. Timothy Clark

**Stage ‘3’ is Contributor Safety.** At this stage in employees’ development, they ask themselves: “How can I apply what I’ve learned to make a difference?” This is the natural human desire to feel empowered to make a difference. They are now certain that they belong in your company and this position.

They are secure in being a full member of your team. They have learned enough to make suggestions to improve systems or processes. This is best encouraged through their freedom to ask the ‘why’ we do things in a certain way. Exploring the ‘why’ from years ago can lead to transformation today.

“The more we contribute, the more confidence and competence we develop. When we create contributor safety for others, we empower them with autonomy, guidance and encouragement in exchange for effort and results.” Dr. Timothy Clark

**Stage ‘4’ is Challenger Safety.** According to Dr. Clark, few teams reach this point, though it begins the realm of innovation. Seasoned employees ask themselves:

“Am I safe to challenge why we do things this way, to challenge the status quo?”

This stage requires strong leadership Emotional Intelligence (EI). While encouraging intellectual friction, it is vital not to increase social friction. Leaders cannot allow these challenges to get personal. Instead, deep listening skills, being open to novel ideas and curiosity will win the game. Not all challenges need lead to action; however, if they are encouraged, they can lead to brilliant and highly profitable innovative changes down the line.

“Challenger safety provides respect and permission to dissent and disagree when we think something needs to change and it’s time to say so. It allows us to overcome the pressure to conform and gives us a license to innovate and be creative.” Dr. Timothy Clark

Many of the mental and emotional effects of this last most challenging pandemic year are now coming to light. As leaders, it is imperative that you pay attention not only to the physical safety of your teams as they reenter your place of work but to their psychological needs. You truly do not know all that they have experienced over this past year.

I challenge you to take Dr. Clark’s stages of psychological safety to heart as you welcome back your team members. Spend time asking how they are, what they now need and listening to them. Ask yourself which stage of psychological safety each employee may be experiencing.

Relationships have changed and shifted; many may need rebuilding. I have complete faith in your ability to strengthen and enhance your team for the betterment of all involved.

Executive and Leadership Coach Ann Golden Eglé, MCC, has steered successful individuals to greater levels of success since 1998. Ann is president of Golden Visions & Associates, LLC, can be reached at 541-385-8887, ann@gvasuccess.com or GVAsuccess.com. Subscribe to Ann’s internationally acclaimed ‘Success Thoughts’ e-zine on her website.

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Business Valuations Pre- & Post-COVID

by LAURA LEMCO, Certified Valuation Analyst — Capstone Valuations

Several people have asked how business valuations differ before and after COVID. I recently co-presented with Kelly McCann, Esq. of Burnside Law Group to the Oregon Society of CPAs on the topic to more than 50 attendees. It is an important question!

First, a valuation is based on a projection of future earnings. Historical earnings are an important part of predicting future performance, but there are many other pieces. U.S., state and local economies affect business value, as does the industry of a business. COVID has made it particularly complex because it has affected regions and industries in different ways. Some businesses got a boost in revenue, some were devastated. Some business owners were able to successfully pivot, while others spent money trying to do so, only to fall harder.

How do we perform appraisals with so many unknowns? We do the best we can with what we have — the same as all business owners have been doing this year. We can only work with the information available, not with what we wish we had. We work hard to gather evidence and substantiation to paint a picture of each individual business's prospects.

Within the company, we can usually obtain historical financials. I have rarely seen usable management projections, however, so we must often build our own. I ask owners and managers for any reports that they use themselves in their day-to-day operations and planning. How do they know how much inventory to order? How do they plan staffing levels? Although they do not have a grand master plan with organized projections, we find that they do keep track of "stuff." In each appraisal, I dig in to learn exactly what is important to them and how they track it. What drives sales and customer satisfaction? How far out do they buy? How can we compare what the business is doing now to a year ago and the past five years? It usually takes several rounds of questions and discussions. Digging deep into each individual company is the key to understanding how they operate and how to project what will happen in their future.

There are several resources available outside the company. Most companies operate in an industry that has an association comprised for the benefit of similar companies across the nation. (i.e., I Googled "concrete association, " and I stopped counting at 20!) These associations will usually provide some information and basic benchmarks for free. This enables us to compare a subject company with its peers. Sometimes, associations will also have their own projections for their industry. If we compare how a company had done in the past, we can make an educated guess on how it will perform relative to the industry projections.

There are companies that analyze industries, but access to their reports is typically by paid subscription. Wonderful for us in Central Oregon — the Deschutes Public Library subscribes to many databases with rich vaults of information. I strongly recommend that business owners use this great resource to compare their performance to their industry benchmarks. You may discover some lost opportunities or areas where you can improve. Shout out to Lisä Sjoblom, one of the community librarians, who has helped us with research several times when the library was closed due to COVID restrictions!

There is a plethora of economic information available from government agencies. A small sampling includes:

- Treasury Rates: treasury.gov
- Federal Reserve Economic Data:fred.stlouisfed.org
- Bureau of Economic Analysis: bea.gov
- Oregon Employment Department: qualityinfo.org
- Deschutes County: deschutes.org/cd/page/reporting-statistics-center

It takes time-consuming work to find, sort and evaluate data to develop good projections and it is even more difficult and important since COVID. Once we have developed projections, we still have more research to conduct. Appraisals require applying a discount rate or a capitalization rate to projected earnings to bring the value of the future benefit stream to a distinct value in the present. Through more research and analysis, we determine what interest rates market participants are demanding to take on the types of risks that our subject company faces.

Once we finally have substantiated projected benefit streams and the interest rate the market requires to invest in companies with similar risk profiles, we discount the future benefits to derive the present value of the business. We then write a clear substantiated report so that the users understand how we arrived at this concluded value. Much like your algebra teacher said, "show your work!" we clearly demonstrate how we developed the income projections and what risks we analyzed to build the discount or capitalization rate.

Yes, it is complicated, but like any complex business procedure, we break the process down into steps. We develop an opinion of value with in-depth research specific to the particulars of each company. Right now, COVID has a major impact on all markets and how it affects each individual business presents several more pieces of the puzzle. By digging in deeper than ever, we can still determine reasonable conclusions of value.

If you are looking for information specific to your business, please feel free to contact me or the Deschutes Public Library at deschuteslibrary.org. As I mentioned in my previous article, there is still an active market for businesses, despite the uncertainties we all face. If you want to talk about your specific situation, contact us for a free, confidential consultation. We are glad to help where we can or point you in the right direction!

CapstoneValuations.com
The two unique new buildings at 69 Newport Avenue, on the corner of NW Brooks Street next to Bend Brewing Company and positioned right next to the river, are connected but distinct from one another and contain two suites each. The ground levels are dedicated restaurant spaces, and the upstairs offer upscale office areas.

The east building houses Blissful Spoon (blissfulspoon.com) on the ground level, a European bistro-style restaurant that offers sandwiches, pastas, soups, salads and tapas. Upstairs, the office space is still available, and is ideal for a single tenant, but could be split into two spaces, according to Sean Cavanagh, project lead for the family development group that owns the buildings. “People are tentative, waiting on COVID,” he says of the space, which is light and bright and full of windows with great views. The east building is unique from its counterpart in that it contains a large basement that will eventually be turned into an underground Mediterranean-themed wine bar by Blissful Spoon owners Miki and Kamal Bekkari. The basement will also have a kitchen, and customers will be able to order food down there as well as upstairs in the restaurant.

The west building, which directly overlooks the river, will house Sen, a new Thai restaurant, on the ground floor, and upstairs will be home to the Foundation for Affordable Housing, a family-run affordable housing organization. Sen, scheduled to open in late April or early May, will be a Thai noodle hot pot house operated by the Itti family, owners of the popular Wild Rose Northern Thai restaurant at 150 NW Oregon Avenue in downtown. That space has tall windows to enhance the Deschutes River and Awbrey Butte views, and will house a huge kitchen and a large back patio overlooking the river and the lawn area of Bend Brewing Company. The patio will include a lower terrace with railing crafted from unique materials, Cavanagh says. Upstairs, the office space is also full of windows, and contains roll-up doors that can be opened in warm weather, a giant steel pivoting door, a conference room area with a fireplace and kitchenette and incredible views.

“We broke ground in early fall of 2019, so all of the leases in the buildings were in place before COVID,” says Cavanagh, adding that the commitments of the tenants have remained strong throughout the pandemic crisis. “The vision was to have restaurants as the bases all along, and the restaurants have weathered COVID well; there has been no hesitation on their parts in moving forward. And the Foundation for Affordable Housing family has been committed to making their office space nice.” He adds, “These spaces have been a long time in the making. They are high profile, with lots of attention to detail.”
Conversely, the West Building which overlooks the treed landscape along the jewel of Mirror Pond illustrates more of a contemporary mountain town, lodge-like feel, with a stone exterior and reclaimed materials such as recycled barn wood. We really wanted to let each property evolve in tandem with its surroundings.

Development of the site proved to be somewhat complicated because of the location by the river and involved a lengthy land use entitlement process — including an amendment to the Water Overlay Zone (WOZ). But we had the time...
and the patience to work through the steps with the goal of creating a real asset to the community.

“Building and creating projects such as this are a personal passion of mine and my family and business partners. We are a long-term-thinking development company and wanted to build something of high quality that is going to stand the test of time.”

The opposing buildings straddle an 18-space parking lot, and the portion fronting Brooks Street will soon boast mural artwork across the exposed wall of the adjoining brewpub.

Each is two-story, featuring exposed beams and trusses, with restaurant amenities on the ground level and offices above, with the bulk of the space already leased out.

The East Building is now home to the “Blissful Spoon,” a casual restaurant offering a range of tempting options including delicious baked treats, complete with a basement potentially housing a bar area. The second story office space is vacant and available to rent.

The West Building fronting the river is to accommodate a sister restaurant to the nearby wildly popular Wild Rose Thai hotspot, featuring a variation on the same cuisine theme, while a family business specializing in affordable housing is occupying the upper level, complete with overhead garage-style doors, a pool table and homely lounge type stylings.

The opposing buildings straddle an 18-space parking lot, and the portion fronting Brooks Street will soon boast mural artwork across the exposed wall of the adjoining brewpub.

“The buildings are tied together with natural stone and a metal staircase connected to the West Building that adds to the substantial, historic feel, while the raw steel exterior will naturally weather over time to give a rustic patina that at some point will be clear sealed to preserve that unique look.

“One of the interesting aspects was that when we were drilling down on the East Building we hit on another slab from a previously existing building, which we had to remove and which effectively dropped the floor and expanded the original basement size, as well as entailing the wholesale realignment of footings.

“This was a challenging but very rewarding project that took a lot of team work but also demonstrates high quality and incredible attention to detail of all the contractors involved.”

For leasing inquiries, contact leasing.69newport@outlook.com

Subcontractors and Suppliers:

Property Owner/Developer: Sean Cavanagh  
Contractor: R&H Construction  
Square Footage:  
East Building: 6,100 sq. ft., West Building: 6,400 sq. ft.
Senior Project Manager: Jacob Hartley R&H Construction  
VP/Shareholder: Gary North, R&H Construction  
Project Superintendent: Ryan Myhra, R&H Construction  
Project Engineer: Rachael Schulte, R&H Construction  
Structural Engineer: Ashley & Vance  
Architect: Jim Landin, GL3 Architects  
Civil Engineer: Hickman Williams & Assoc.  
Mechanical Engineer: Bend Heating & Sheet Metal Inc.  
Landscaping: Aspen Landscape Development

69 Newport Ave. • Bend

PHOTOS | BY CASCADE BUSINESS NEWS
Element Bend is New Eco-Friendly Gathering Place that Caters to Active Travelers

Element Bend is one of Oregon's newest hotels, focused on eco-friendly practices and catering to active travelers looking to maintain a healthy lifestyle while on the road. The hotel is pet-friendly, has extended stay options and has a meeting/event room to accommodate groups or businesses.

"We are thrilled to host our first groups and events beginning this spring," says Johnna Eisler, director of sales for Westin Bend. "The hotel has one 926-square-foot event space called The Bulletin Room. Named as a nod to town history, the hotel is built on the original site of the Bend Bulletin. Digital nomads can take advantage of Element's meeting room and business center, with printing, faxing and high-speed internet available."

Located at 1526 NW Wall Street, Element Bend opened February 12 and has 112 guest rooms, of which 31 are fully equipped suites and 56 are studios with full kitchens. There are two Element Studio Commons, and each suite is outfitted with fully equipped kitchens, spa-inspired bathrooms, filtered drinking water and Westin's trademarked Heavenly Beds. The hotel is located across the street from Pioneer Park, walking distance to downtown. Element Bend's suites and studios are designed to provide the autonomy that guests love about online home rentals, with guest well-being and environmental sustainability in mind, inspired by the natural beauty of Central Oregon. The hotel is managed by Mereté Hotel Management, and is the first Element Hotel to open in Oregon. Each suite is outfitted with fully equipped kitchens, spa-inspired bathrooms, filtered drinking water and Westin's trademarked Heavenly Beds. The hotel is located across the street from Pioneer Park, walking distance to downtown. Element Bend's suites and studios are designed to provide the autonomy that guests love about online home rentals, with guest well-being and environmental sustainability in mind, inspired by the natural beauty of Central Oregon. The hotel is managed by Mereté Hotel Management, and is the first Element Hotel to open in Oregon.

Element Bend's sustainability standards range from use of new green materials and design to carpets made with recycled content, cushions made from soy, bed frames made from certified forest wood and artwork mounted on recycled tires. The hotel's design foundation is inspired by nature and streamlined furnishings reference both nature and Nordic design. The public spaces are bright and designed to be casual, open and laid-back, with oversized windows that bring the outdoors in.

The hotel also offers the 24/7 Motion Fitness center, a saline pool, electric vehicle charging stations, a coin-operated laundry facility, a Bikes to Borrow program and bike and ski storage. There are complimentary food options:

- Rise, a complimentary breakfast with healthful items including fresh fruit, breads and cereal, a Chobani mix-your-own yogurt bar and a live cooking station with a rotating daily menu of hot breakfast items; and
- Relax, an evening reception offered Monday through Thursday. Each gathering will feature wine and beer served from a cart with automated technology, helping to reduce packaging. Beverages are accompanied by local cheeses, breads and marinated olives.

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Wall Street Suites — once the home of a dilapidated old motel in need of major repair — has been given new life by its owners and is now a thriving destination hotel, rated the #1 Motel/Hotel in Bend by Trip Advisor. Wall Street Suites has been in the Top 10 Fan Favorite Destinations in Oregon for four years straight, according to owner Wendy Kelley, and more than 50 percent of the hotel’s business is return customers.

“Our model is based on real, pure, customer service,” says Kelley. “Our customers are mostly Oregonians who already love Bend or have heard about it and are here to experience it. They are families who enjoy cooking a meal or two, like outdoor activities and appreciate the extra amenities that we offer.” She adds, “We are dog friendly, and have our own dog park, so that appeals to doggie folks. Our guests appreciate that their car is parked right outside their door, keeping cars safe and convenient.”

At the Wall Street Suites, located at 1430 NW Wall Street, each space is insulated for sound control and comes with its own combination of carefully selected woods and unique stone and tile such as Ming, sandstone, marble, slate and travertine, as well as variations of unique slab granite. Free parking and high-speed internet are offered, and the facility is a non-smoking property. Located two blocks from historic downtown Bend, Wall Street Suites is across the street from Pioneer Park.

The original motel was built during the 1950s on what was then Hill Street, and in its prime, it accommodated out-of-towners who enjoyed coming back to the motel after a long day of recreational activities. The Bend Bulletin moved in across the street during the period of unprecedented growth, the Plaza Motel did not keep up. In the early 2000s, the Agate Beach Motel, and have operated it since 1990. It is a small motel with only ten units, and that property has an interesting story as well. "The Plaza Motel was built to compete with the landmark Pilot Butte Inn," says Kelley. "My number one memory is that people would drive by and spy on the motel, and he claims Sally Field stayed there. They would go to Pioneer Park in hopes of seeing her, but her film crew ran them off, she recalls with a laugh. "We purchased the property in 2011 from the bank, and it was extremely run down, but we felt that the bones were good.

When the Kelloggs started the project, they had partners, Vern and Gretchon Palmer. "We have since bought their interest in the motel and we now own it alone. We stripped the interior to the studs, completely rewired the electrical, added double insulation and doubled up on sheetrock as a sound barrier," she says. "Originally, it was 35 units that were configured like a typical motel room with a bed and bathroom. We decided to double the rooms and make them complete boutique suites with private bedrooms, complete gourmet kitchens and top-of-the-line amenities; so we were left with 17 rentable rooms." The original Plaza Motel had a steam heating system, she says, so they saved the gas boiler system, and it now provides an endless supply of hot water.

Pat Kelley is a collector of exotic woods, so the rooms are finished with walnut, beach, pecan, figured maple, Russian pine and a few unknown species that Kelley says her husband found in his stash. "It took two years to convert the remodel, and we opened in December of 2013. Pat and I own another property on the Oregon Coast, the Agate Beach Motel, and have operated it since 1990. It is a small motel with only ten units, and that property has an interesting story as well." Wall Street Suites offers a variety of amenities, including evening fires around a firepit.
About Time Tours recently announced its full-service mobile app for real estate agents in search of unprecedented levels of control and efficiency during the home tour process. Designed by real estate agents for real estate agents, the comprehensive solution is the only mobile app on the market that automates every step of the home tour process for both buyer’s agents and listing agents. The About Time Tours mobile app simplifies, streamlines and organizes the real estate home tour process from start to finish, allowing agents to take control, save time and ultimately sell more homes. MLS integration and MLS enterprise options are now available.

“As a real estate agent, I found the process of scheduling home tours to be time-consuming and frustrating for all parties,” said Matt McCoun, co-founder of About Time Tours. “I knew there had to be a better way. As it turns out, there wasn’t, so I set about developing an innovative mobile app to help me and my team, as well as other agents facing the same challenges. The About Time Tours app gives real estate agents back time and control. By streamlining every step of the scheduling and home tour process, agents can focus on what they do best — interacting with clients and selling more homes!”

The About Time Tours mobile app simplifies home tours into five easy steps: schedule, navigate, show, notify and feedback. With monthly and annual payment options, both buyer’s agents and listing agents will benefit from features including:

- **MLS Integration**: Full listing data to browse for homes to tour using addresses, MLS numbers or local maps
- **Online Scheduling Calendar**: For listing agents to set availability and instant tour requests and confirmations for buyer’s agents
- **Customizable and Optimized Tour Route and Navigation Mapping Feature**: To save time and share with clients
- **Secure Sharing**: Allows buyers and agents to easily take pictures and record notes or questions
- **Automated Notifications to Inform Sellers**: When their house is next on tour and when they can return home
- **Immediate Feedback Prompts for Buyers**: To share with listing agents and sellers
- **Online Scheduling Calendar**: For Listing Agents to Set Availability and Instant Tour Requests and Confirmations for Buyer’s Agents
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- **Automated Notifications to Inform Sellers**: When Their House is Next on Tour and When They Can Return Home
- **Immediate Feedback Prompts for Buyers**: To Share with Listing Agents and Sellers

“When my team discovered the About Time Tours app, we quickly realized that we had found an all-in-one platform that provides the ease and convenience our real estate agents need,” said Dave Feagans, owner of Windermere Central Oregon Real Estate. “Combined with the fact that the app is built by experienced agents, we were beyond thrilled to find such a robust and trustworthy solution. I’m currently offering About Time Tours to all the agents in our brokerage, and foresee integrating the mobile app into the future of our business.”

About Time Tours is expanding its MLS partnerships to provide enterprise solutions in key markets across the country and expects to announce the first of many fully integrated MLS partners in March. To request About Time Tours MLS integration in your market, email info@abouttimetours.com.

About Time Tours, based in Bend, is a privately-held, independent, innovative software solutions company. Designed by real estate agents to make the home-touring and scheduling process easier, more convenient, less time-consuming and even more personable, the team developed the About Time Tours Mobile App. With multiple MLS integrations already in place, the next set of MLS offices will be integrated and running in March 2021.

abouttimetours.com @abouttimetours

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Wall Street Suites

Continued from page 15

As families and solo travelers, “Guests can rent out the conference room or office space at the Haven,” says Kelley. “We had teachers do classrooms on Zoom there, and we had a group that was staying here while others from their group were staying in Sunriver. They rented conference space at the Haven as a central meeting ground. This works well for us because we don’t have a designated conference room.” Kelley says another group rented three rooms, utilizing two for personal use, and the third as an office space.

Despite the COVID restrictions of the past year, Kelley says Wall Street Suites has done well. “During this pandemic, we have seen growth, mostly because of our exterior entrances to each unit, the ability to cook in-house and the fact that each unit has its own air circulation.” She adds, “And, because we top it off with our incredible attention to details.”

wallstreetsuitesbend.com • 541-706-9006
by MIKE WILLOCK — Outriders Northwest

Spring is near, and it’s time to rejuvenate your most important asset, YOUR employees. With the busy season around the corner, having high-performing team will allow your company to reach its goals and create a cohesive working environment that will produce results. Successful businesses will find unique opportunities to develop their teams outside of the workplace and create a more rewarding and beneficial activity.

Adventure team building is an experienced-based activity designed to check all the boxes on engaging a team to work together and play together. It allows a company to reward their teams with a fun, “outside-of-the-office” activity that will ultimately help build bonds through a shared experience.

Team building has many benefits for businesses. It improves productivity, increases employee motivation, encourages collaboration and builds trust and respect among employees. Team-building exercises should be held outside the office and give employees a reason to interact with each other in a non-work-related environment and encourage them to work together to solve a problem. Unfortunately, many businesses fail to understand the value of team building and don’t take the time to include team-building activities outside of the office. Here are the main reasons you should.

Top five reasons why you should incorporate an adventure team-building activity this year:

1. Enhance Your Company’s Culture

This is Bend, and our outdoor culture is everything, even when it comes to the workplace. Today’s employers put a high priority on company culture and how it fits into their lifestyle. They want to work for a company that they can feel proud to work for and that they can relate to. Adventure team-building activities help establish a corporate culture where employees enjoy coming to work every day, collaborate easily and have trust and respect for each other.

2. Build Bonds Through Shared Experiences

Getting out of the daily routine and putting your team in an exciting environment naturally creates a unique bond. They will share a similar experience together that will allow them to connect and communicate more easily.

3. Motivation, Motivation & MOTIVATION!!

On an adventure team-building event, everyone is on common ground and can enjoy the experience as equals. Employees spend a great deal of time with each other, but they are often too busy working to interact with each other regularly. A day out of the office allows employees to see each other in a different light and to interact with employees they may not work with on a regular basis. Team building increases the trust factor with your employees. In corporate settings, there is often a disconnect between the leadership team and employees because the employees feel too large of a gap between the two. Team-building exercises give a leader the opportunity to be seen as a colleague rather than a boss, which can do wonders for employee morale.

4. Leadership Development

Leadership and team building go hand in hand. The more comfortable your employees are to express their ideas and opinions, the more confident they will become. This will motivate them to take on new challenges. Employees prefer to be a part of something that is more than just a job; they want something fun to look forward to every day rather than being in a boring, monotonous environment. When businesses encourage their employees to have fun, employees become more engaged. Showing appreciation for employees will not only make them feel valuable but also it improves your company image.

5. Allow Your Team To Work & Play Together

Let’s face it, everyone loves to play and enjoy time out of the office. There is no better way to reward your team than with a fun, exciting adventure that will ultimately reap benefits for all.

Adventure team-building activities are designed to reinforce a company’s vision and strengthen the people who generate results. Outriders Northwest creates custom adventure experiences and team-building tours for groups sized four to 40. Outriders Northwest will assist in the entire process of tour specifics to help make your adventure ideal for your team.

Adventure Team Building

Work Together | Play Together

Tour Companies (Listed Alphabetically)

Due to COVID-19 restrictions, most locations have specific protocols in place. Please contact each location for details.

USADirectory.com

Sicians, Inc.

Tour Companies

UIAN

Oregon Business News

Joe Yamin

Adventure Team Building

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. 541-388-5665 or email cbn@cascadebusnews.com.

PREVIOUS COMPANY OUTINGS THAT EVERYONE HAS A BEAST ON! (PHOTO COURTESY OF OUTRIDERS NORTHWEST)

Adventure Team Building

Work Together | Play Together

Tour Companies (Listed Alphabetically)

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Deschutes County Fair and Expo Center. “As we and any other facility will attest, the lack of ability to meet in person and travel has had a huge impact, which is completely understandable. It made 2020 a challenging year, but we’re hopefully through the roughest stretch, and looking into 2021 and beyond with hope and anticipation.” He continues, “In looking back, we had a cancel 209 unique events from March 12 of last year through Friday, February 19 of this year. That’s 73 percent of our event bookings. That doesn’t mean we weren’t able to do some events, but the majority were reduced in size, or focused on emergency response.”

Hinds says that one of the things that the Fair and Expo team likes to highlight is what they were able to accomplish in 2020 despite the challenges, including the center serving as host site for emergency response activities. “It really speaks to the commitment of our community to create a facility like we have. It’s one of the largest facilities of this type in the nation, and has the size and flexibility to respond to emergencies like the fires. It served as a shelter and an incident command center, while also serving as host to other events. Now, we are hosting a mass vaccination clinic while still hosting other small events simultaneously.”

When the pandemic first hit last March, many organizations and companies quickly responded and changed the way they do business practically overnight. “At the start of the pandemic in March 2020, Visit Bend was one of the first destinations to plan marketing organizations in the country to immediately suspend all outbound marketing,” says Tawna Fenske, PR & Communications manager of Visit Bend, an economic development organization dedicated to creating a mix of marketing, sales and service programs to produce a positive economic impact of visitor and convention spending in Bend. “Because Bend has spent most of the past 11 months operating under travel advisory restrictions established by either the City of Bend, the State of Oregon or both, we have not been actively promoting travel to Bend.”

At the Deschutes County Fair and Expo Center, a safety plan was created early in conjunction with Deschutes County Health. “This forced us to start thinking about what would be necessary to return to normalcy as soon as possible. That is, on the horizon, and that the Expo Center will be able to get back into its traditional activities. “Through this point, our bookings are doing well. We were ambitious about working with different planners to reduce the size of their meeting so that our group falls within the allowable capacity and prepared as possible in order to be able to safely and responsibly open our doors as quickly as possible. We’ve got a couple of larger new activities we are hopeful we can bring to completion this year, some as early as this springtime and into summer and fall. We are changing our plans to doing a hybrid meeting where some people attend in person and the rest of the group attend via a video conferencing platform.”

Meanwhile, as we all await that time, the local marketing organizations and event planners have turned to creative virtual gatherings to help keep interest in our region alive. “Visit Central Oregon worked with Travel Oregon to bring a virtual media event to life at Black Butte Ranch in January of 2021. In place of a hosted trip, ten media were invited to attend an exclusive virtual media event that featured partners from around the region including Sparrow Bakery, Wild Ride Brewing, Sisters Meat and Smokehouse and several others,” says Katie Johnson, Communications manager of Visit Central Oregon. “The media were sent packages containing items like shortbread cookies, jelly samples and cans of beer to be enjoyed as they followed along during the event. This allowed for our partners to walk the media through tastings, how to best enjoy the product and background on the organizations. While we wait for hosted media trips to return to Central Oregon, this event served as a formal invitation for a hosted visit.”

Virtual meetings have also been successful at the Riverhouse. “So far, our virtual meetings that have taken place at our hotel have been Zoom. We work with a talented team of local professionals who have state-of-the-art streaming equipment to ensure our clients’ meetings go as smoothly as possible,” says Trachsel. “Overall, I think that people have gotten to know how to make the most out of what the technology allows.”

As the pandemic has dragged on, event planners and site hosts have had time to create plans to implement when the restrictions are lifted. As a result, when that time comes, schedules will likely fill up quickly and the return to traditional bookings will likely be fast and furious.

“We are starting to see optimism about our meetings and conventions scheduled later in the year,” says Trachsel. “In looking back, we had a cancel 209 unique events from March 12 of last year through Friday, February 19 of this year. That’s 73 percent of our event bookings. That doesn’t mean we weren’t able to do some events, but the majority were reduced in size, or focused on emergency response.”

Stay in Your Element is available for locals who calling 541-585-7373. A staycation package called “Pledge for the Wild and local photographer and designer Richard Bacon. As part of the grand opening festivities, Element Bend is offering a special local’s community rate of $99 per night, available for booking directly by calling 541-585-7373. A portion of the proceeds will be donated to Pledge for the Wild. As the first hotel in the nation to activate a Pledge for the Wild package, it includes two souvenirs coffee mugs, a $20 donation to Pledge for the Wild, a second-edition photo book curated by Visit Bend, Pledge for the Wild and local photographer and designer Richard Bacon.

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“...
Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.
## Facilities with Conference Space

Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.

### Facilities with Conference Space

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## Bed & Breakfasts

Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.

### Bed & Breakfasts

<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>Rooms</th>
<th>Room Rates</th>
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</thead>
<tbody>
<tr>
<td>BarButton Inn</td>
<td>541-987-2251</td>
<td>N/A</td>
<td><a href="http://www.barbuttoninn.com">www.barbuttoninn.com</a></td>
<td>Della Bank</td>
<td>1</td>
<td>1991</td>
<td>2</td>
<td>$155-$165</td>
</tr>
<tr>
<td>Caddis Creek Bed &amp; Breakfast</td>
<td>541-766-3407</td>
<td>N/A</td>
<td><a href="http://www.caddiscreekbedandbreakfast.com">www.caddiscreekbedandbreakfast.com</a></td>
<td>Kristin</td>
<td>1</td>
<td>2002</td>
<td>2</td>
<td>$188-$289</td>
</tr>
<tr>
<td>Mull Inn</td>
<td>541-580-8191</td>
<td>N/A</td>
<td><a href="http://www.mullinn.com">www.mullinn.com</a></td>
<td>Zevi Leonard</td>
<td>4</td>
<td>2004</td>
<td>10</td>
<td>$100 - $175. Prices include full breakfast.</td>
</tr>
</tbody>
</table>

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CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee its accuracy. Please contact us immediately if you want a certain piece of information or you would like to add a list via 541-388-5665 or email cbc@cascadebusinessnews.com.
Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.
## Event & Meeting Planners (Listed Alphabetically)

Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.

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<th>Company / Address</th>
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<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Service Area</th>
<th>Services</th>
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<tr>
<td>kayak events</td>
<td>541-700-2092</td>
<td>N/A</td>
<td>webSite@email</td>
<td>Kristin Hassett</td>
<td>2017</td>
<td>Closed public, tents available for private parties</td>
<td>Call for information</td>
<td>Food &amp; beverage, bar, seating, tables, chairs, canopies, lawn games, yard games.</td>
</tr>
<tr>
<td>geneva estates</td>
<td>541-389-5235</td>
<td>N/A</td>
<td>website@email</td>
<td>Betty Evans</td>
<td>2019</td>
<td>Closed public, tents available for private parties</td>
<td>Call for information</td>
<td>Decorations, linens, dinnerware, glassware, pipe &amp; drape, meeting/conference equipment, chair rentals.</td>
</tr>
<tr>
<td>the traveler</td>
<td>541-389-5339</td>
<td>N/A</td>
<td>website@email</td>
<td>Bob Donnan</td>
<td>2017</td>
<td>Closed public, tents available for private parties</td>
<td>Call for information</td>
<td>Urinal, restroom, outdoor sign, decorative plates.</td>
</tr>
<tr>
<td>bend cab company</td>
<td>541-389-2518</td>
<td>541-389-2518</td>
<td>website@email</td>
<td>Andrea Brewster</td>
<td>1985</td>
<td>Closed public, tents available for private parties</td>
<td>Call for information</td>
<td>Cookies, d茅cor, dinnerware, glassware, pipe &amp; drape, meeting/conference equipment, table rental, catering.</td>
</tr>
<tr>
<td>source designs</td>
<td>541-389-5349</td>
<td>N/A</td>
<td>website@email</td>
<td>Maria Lopez</td>
<td>2017</td>
<td>Closed public, tents available for private parties</td>
<td>Call for information</td>
<td>Decorations, linens, dinnerware, glassware, pipe &amp; drape, meeting/conference equipment, table rental, catering.</td>
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<td>columbia transportation</td>
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<tr>
<td>cascade town car service</td>
<td>541-389-3170</td>
<td>N/A</td>
<td>website@email</td>
<td>Nita Hauf</td>
<td>1985</td>
<td>Closed public, tents available for private parties</td>
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<td>541-389-2518</td>
<td>541-389-2518</td>
<td>website@email</td>
<td>David Taylor</td>
<td>1985</td>
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<td>1985</td>
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<tr>
<td>cascades east transit (CET)</td>
<td>541-771-4327</td>
<td>N/A</td>
<td>website@email</td>
<td>Daniel Toza</td>
<td>1968</td>
<td>Oregon state with connections to nationwide Greyhound</td>
<td>Bus transportation</td>
<td>Coach bus, charter bus, shuttle service.</td>
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  - Tel: 541-388-5665
  - Email: cbn@cascadebusnews.com

- **Cascade Business News**
  - Tel: 541-388-5665 or email cbn@cascadebusnews.com.

- **Due to COVID-19 restrictions, most locations will have specific protocols in place. Please contact each location for details.**
Lauren Jensen of Bend Authors Books on How to Plan a Wedding or Elopement During a Pandemic

Planning a wedding or elopement during these unprecedented times can be difficult. Bend author Lauren Jensen took the opportunity to write a series of books to share her insider knowledge. “I have been living in Bend for the last six years,” Lauren says. “When COVID hit, I was put on furlough from my event management position at a high-end resort. That gave me the time to write a workbook series to help couples plan during this crazy time!” Consider one of these books as an engagement gift! The sooner the couple has a plan, the better equipped they will be — one step closer to their perfect day.

“There is so much to keep track of during this ever-changing pandemic world we live in, and now you are planning an elopement.” Lauren continues. “This is the one-stop planning guide to get every single detail under control. This workbook will give you solutions, timelines, checklists and materials for you to come up with your strategy to thrive. It’s time to get organized and take your vision to the next level.” For all the COVID couples ready to get hitched, this your ticket to planning the big day.

Planning a COVID Wedding

The newest guide to hit Amazon, Planning a COVID Wedding helps couples plan their wedding during this chaotic year. This guide saves time with multiple charts and checklists that include enough room to strategize a plan to succeed, while keeping track of all the important details. Knowing what to expect with COVID in the coming season will help everyone. Brides can use this guide to remain calm, and enjoy their big day.

Planning a COVID Elopement

This guide helps couples decide if they’ll be eloping, or having a micro wedding during a pandemic. There is a big difference in price when it comes to the number of guests — this insider knowledge is very valuable to save time and keep the expenses low. The sooner the couple has a plan, the better equipped they will be — one step closer to their perfect day.

Lauren Jensen grew up on Bainbridge Island, a small island a ferry ride away from Seattle, Washington. Her family owned and operated a thriving restaurant and catering company, which is where her love for events began. Most recently, she managed weddings and corporate events at a luxury resort in Bend. In 2019, she was diagnosed with Stage 3 breast cancer at age 38. Lauren worked until COVID regulations impacted her entire team, and everyone went on furlough. With this new freedom, she ventured to write a series of books to share her insider knowledge to a broader audience of couples.

As her dedication says, “To all the brides and grooms who need a sense of stability during these turbulent times.” She is currently living cancer-free, has self-published her first two books and yes… there are more to come!

InsiderBride.com
Company / Address | Phone | Fax | WebSite/Email | Contact | Staff | CO Year Est. | Services
--- | --- | --- | --- | --- | --- | --- | ---
Bus & Jerry’s | 541-388-8155 | N/A | busjerreys.com/bus | Bo Bigley | 7 | 2000 | Carried unique parties for all occasions, inc. office, wedding & birthday parties. Custom ice cream sundaes & wedding cakes. Scooping for events or smoothies from the cart or onsite events.

Anthemix Band & Event Catering | 541-904-0878 | N/A | antheamixband@gmail.com | Stephanie Bishop | 1 | 2020 | We specialize in meal prep, family meals & catering services offering delicious, locally sourced, spicy (or not), menu delivered straight to your door.

Blakely Catering | 541-388-1346 | N/A | blakelycatering@gmail.com | Constance Chouette, June Thorsen | 12 | 2005 | Full-service, off-site, contemporary catering, from corporate luncheons to weddings.

Big Mountain Adventures | 541-243-8721 | N/A | bigmountainadventures@gmail.com | Rachel Condit, Jane Thruman | 6 | 2014 | Customized, personalized menus that fit the client’s individual needs, featuring recognizable gourmet food with fresh, locally sourced produce, serving a diverse clientele with high-quality presentation & service.

Beezie Catering Co. | 541-979-7602 | N/A | bleezeemer@gmail.com | Bob Moores | 1 | 1981 | Supporting National Guard, Law enforcement, & regional fire agencies. We have these mobile catering units that allow us operational mobility. We can support large off premise events, audio & video sets. Our units are also available for rent.

Charis of Bend Inc | 541-388-1726 | N/A | charisofbend@gmail.com | Yan Zhang | 20 | 2012 | Large banquets.

Catering Co. | 541-555-9056 | N/A | cateringcoofbend@gmail.com | Cody Soto | 8 | 1992 | Central Oregon’s premium caterer. Authentic BBQ style BBQ, specializing in a variety of events. Home of the Famous Tri-Tip sandwich.

Satisfaction Grill | 541-652-2019 | N/A | sonthekegger.com | Dan & Kathy Coletto | 18 | 2005 | Upscale. All types of events on or off-site catering.

Sky | 541-591-5904 | N/A | skyfoodfromhelium.com | Dillard Handers | 10 | 2009 | Where the middle east meets the west. Full-service dinner & bar, catering & private dining room.

Mince & Cringe Restaurant | 541-388-2875 | N/A | minceandcringe@gmail.com | Pam Morgan | 35 | 2006 | Full-service catering including beer & wine, full-service restaurant.

Sandwich, Teas & Landmark Catering | 541-447-2010 | N/A | spenuahenergy@gmail.com | Wendy Stevens, Glena Pentrack | 9 | 1978 | Full-service catering for all occasions. Breakfast, lunch & dinner. Dinner in or take out.

Sunset Room | 541-420-2206 | 541-315-2742 | sunset_room@bendb.com | Lindsey Burdocks | 300 | 1906 | Full-service catering of premier catering including weddings.

Tino & Tani Catering | 541-458-2032 | N/A | tinoandtani@gmail.com | Kelly Meanie-Walstrum | 20 | 2013 | Full service off premise catering for business, home, weddings, special events & holidays. Prepared meals, meal delivery & table setting ready to eat.

Tinsley Catering Co. | 541-416-9224 | N/A | tinsleycateringco@gmail.com | Carl Perry | 8 | 2000 | Full-service catering, weddings to picnics to company events — featuring authentic pit-smoked barbecue.

Trent Caked Catering Co. | 541-455-5003 | N/A | tncakesandcooking@gmail.com | Timah Mohareb & Julie Braham | 12 | 2008 | Provides current logo & food catering service for your next event or party. From elbab ban & white bar to Japanese theme complete with custom cocktails & signature drinks, party food & passed food. Trent provides the relations with style & panache.

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Company / Address | Phone | Fax | WebSite/Email | Contact | Staff | CO Year Est. | Services
--- | --- | --- | --- | --- | --- | --- | ---


Big Mountain Adventures | 541-488-7070 | N/A | bigmountainadventures@gmail.com | Patti Douglas | 1 | 2010 | Tent rentals.

Big Fly Sounds | 541-425-9775 | N/A | www.bigflysounds.com | Courtney Latham | 5 | 2009 | Lighting for events, speakers, stage, projection & screens.

Bleu Bite Catering | 541-578-0883 | N/A | www.bleubitecatering.com | Ben & Jerry’s | 7 | 2000 | Custom ice cream sundaes & wedding cakes. Scooping for events or smoothies from the cart or onsite events.

Brent Morgan | 541-384-5855 | N/A | brentmorgan@gmail.com | Woody Stevens, Glena Pentrack | 9 | 1978 | Full-service catering for all occasions. Breakfast, lunch & dinner. Dinner in or take out.

Flip Flop Sounds | 541-410-5674 | N/A | info@flipflopsounds.com | Carl Perry | 8 | 2000 | Full-service catering, weddings to picnics to company events — featuring authentic pit-smoked barbecue.

Joolz | 541-388-1104 | N/A | joolzofbend@gmail.com | Juli Handan | 10 | 2009 | Where the middle east meets the west. Full-service dinner & bar, catering & private dining room.

Kezia Stadium | 541-383-6003 | N/A | rkezia.steinemetz@wcep.com | Kezia Steinmetz | 3 | 1985 | Kezia Stadium.

Latham | 541-447-4429 | 541-447-2910 | kkgarling@bendbroadband.com | Woody Stevens, Glena Pentrack | 9 | 1978 | Full-service catering for all occasions. Breakfast, lunch & dinner. Dinner in or take out.

Audio Video | 541-416-9224 | N/A | www.tinsleycateringco@gmail.com | Carl Perry | 8 | 2000 | Full-service catering, weddings to picnics to company events — featuring authentic pit-smoked barbecue.


Would You Rather Have $1,000,000 or a Penny Doubled for 30 Days?

by DAVID ROSELL — Rosell Wealth Management

L ast week, I had the opportunity to address the business class at Bend Tech Academy at Marshall High School. I am always impressed with how this school proactively connects their students with local community partners and employers to offer them a variety of learning resources, high engagement experiences and opportunities to build lasting relationships.

I feel strongly that one of the keys to creating a brighter financial future for our nation is to have financially knowledgeable kids. Most schools do not teach our children the lessons of financial responsibility, or even simple lessons about compound interest and the difference between working for money and having money work for them. I’m always charged with excitement when I witness students learn a few basic lessons that can ultimately change their financial futures.

Of the many theories, formulas and principles that Albert Einstein studied, I find the most interesting revelation is his statement: Compound interest is the eighth wonder of the world. He who understands it, earns it; he who doesn’t, pays it. In this day and age, ignorance of compound interest is dangerous, especially with those looming credit card bills and student loans. For this reason, I always feature this topic in my annual presentations to Bend Tech and inform students on the importance of earning compound interest rather than paying it.

So, what is compound interest? Compound interest occurs when interest is added to the principal (your original investment), so that from that moment on, the interest that has been added also earns interest. This addition of interest to the principal is called compounding. To help illustrate this powerful formula, I asked the class the question: If you were given a choice to receive one million dollars in one month or a penny doubled every day for 30 days, which one would you choose? At first glance, almost everyone in the class chose the million dollars. I then shared with them the alternative:

They were astonished as they saw in front of their eyes the remarkable effect of receiving over five million dollars with a penny doubled every day for 30 days, which one would you choose? At first glance, almost everyone in the class chose the million dollars. I then shared with them the alternative:

The moral of the story is that the students at Bend Tech now know that one doesn’t need to do anything extraordinary to accumulate a considerable savings over time. One just needs to do some ordinary things extraordinarily well. Saving ten percent of your income is not remarkable — doing so, over every pay period for 40 years, is. The tougher they are on themselves today, the easier life will be on them later, which is a lesson we can all benefit from.

David Rosell is president of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the creator of Recessions-Proof Your Retirement Podcast and author of Failure is Not an Option — Creating Certainty in the Uncertainty of Retirement and Keep Climbing — A Millennial’s Guide to Financial Planning. Find David’s books on Audible and iBooks as well as Amazon.com

Investment advisory services offered through Valmark Advisers, Inc. an SEC Registered Investment Advisor Securities offered through Valmark Securities, Inc. Member FINRA, SIPC 130 Springside Drive, Ste 300 Akron, Ohio 44333-2431. (800) 765-5201. Rosell Wealth Management is a separate entity from Valmark Securities, Inc. and Valmark Advisers, Inc. All investing involves risk, including the possible loss of principal. The example given is hypothetical and for illustrative purposes. Actual results may vary from those illustrated.

RosellWealthManagement.com
Laura Boehme

Central Oregon Community College’s (COCC) chief information and human resources officer, Laura Boehme, was presented with Oregon State University’s (OSU) 2021 Adult and Higher Education Dissertation Award at a university ceremony held virtually on February 18.

The award recognizes an alumnus of OSU who has completed an exemplary dissertation within the past year and whose research reflects the mission and values of OSU’s adult and higher education programs, including a significant contribution to their field of study, a rigorous methodology and a commitment to equity and inclusion.

Boehme’s research, titled Is Your Community College Technology Ready? An Assessment Instrument to Promote Technology Adoption, examined technology readiness and adoption best practices related to the deployment of student-serving technologies at more than 500 community colleges around the country. The research found a widespread disparity between how community colleges are assimilating various technologies and their intended goals, identifying adverse impacts for both students and employees.

The study also raised awareness for better systems and processes, including enhanced communication and collaboration with end users in order to support college efforts at reaching and serving students.

In addition to a doctorate in education, Boehme holds a master’s degree in adult education and bachelor’s degrees in international relations and Spanish translation. With COCC since 2010, she was named the college’s CIO in 2020.

The award ceremony was part of OSU’s 2021 Charles E. Carpenter Lecture, an annual professional development series for community college leaders throughout the Northwest.

Alayna Weimer, of Ignite Positive Changes and Toastmasters of Redmond, was awarded first place, as the Area Speech Contest winner in February 2021. She will be advancing to the District Level in May and will be representing Central Oregon as a candidate to advance into the International Speech contest in late 2021.

Central Oregon as a candidate to advance into the International Speech contest in late 2021.

Alayna Weimer

Cheri Redgrave

The allergy advocate of RCP Foods, LLC has expanded her business in order to serve more people in the Central Oregon area who are living with food allergies or choosing a plant based lifestyle. Redgrave has created an entire resource of plant based and allergy friendly recipes, tutorials and food fun videos in her new venture, Cheri’s Allergy Adventures! She will feature expert interviews with real advice for real people.

Jasmine

Alayna Weimer

Jasmine, a single mother of two, moved to Central Oregon after accepting a position as a community engagement coordinator for a nonprofit organization that deals with childhood trauma. During her time with the organization, she coordinated and managed awareness events around ACEs (Adverse Childhood Experiences and Trauma-Informed) approaches. She is currently training to become a certified peer support specialist in order to use her lived experiences with domestic violence, racial trauma and adverse childhood experiences to be of support and empower others who are dealing with those issues with patience and compassion. She is also studying to become certified in the field of human services in order to work as an advocate to be of support to those who are facing homelessness due to leaving domestic and other adverse experiences.

Enrolled at Portland Community College, she is the recipient of the Live Your Dream Award which is underwritten by a grant from Central Electric Cooperative.

Aimé Maxwell, a single mother of one, is a licensed massage therapist in the process of completing her AAS in massage therapy at Central Oregon Community College. As a licensed massage therapist, Maxwell has become aware that many people do see massage as therapy and use the time to speak of their feelings. This has prompted her to make additional goals. Her next step will be to enroll at Eastern Oregon University to obtain a degree in business and then at the University of Oregon for a master’s in psychology. Her goal is to become a mind/body therapist via massage and psychotherapy.

LYDA applications are available each fall online at sibend.org. Women who are pursuing their education, financially needy, head of household and enrolled in a certificated educational program are encouraged to apply. A separate local Soroptimist Live Your Dream Award is underwritten by Central Electric Cooperative for women who meet the above criteria and who are CEC members in good standing.

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Meet Selina and Poet of Hospice of Redmond.
Not many people can bring a smile to a face like a dog. But with this duo, smiles come easily. This is one of our amazing volunteers, Selina, and her dog, Poet.

Did you know that Selina has a sled dog team of huskies? Poet is often her lead dog. But when Poet isn’t running fast, he is helping our patients smile during a difficult time. In fact, at Camp Sunrise, the kids are positively impacted by our incredible volunteers, those with two and four legs.

Culinary Training Merits Rare Top Status
The Cascade Culinary Institute (CCI) at Central Oregon Community College (COCC) has received exemplary accreditation in all of its baking and culinary programs from the American Culinary Federation Education Foundation Accrediting Commission (ACF/EFAC), making it the only culinary school in Oregon to hold that distinction.

CCI offers an associate degree and a certificate in both culinary arts and baking and pastry arts, and incorporates diverse learning experiences, such as exchange programs with other countries, a teaching restaurant, bakery kiosk and a customized food truck. The culinary school merited the status based on full compliance of all requirements and excellent management of the program.

“I am thrilled and incredibly proud,” said Wayne Yeatman, culinary instructor and chair of CCI. “This is a reflection of our outstanding faculty, facilities and programming, and underscores how comprehensive and high-value our training is. It reaffirms our place among top schools nationwide.”

The ACF/EFAC evaluates a host of criteria, including program mission and goals, organization and administration, curriculum and facilities, and involves an on-site visit. Exemplary status results in a seven-year accreditation term; normal accreditation with the ACF/EFAC requires renewal every five years.

The high ranking comes at a time when culinary schools around the country are facing falling enrollments and even closing doors. Last July, Pioneer Pacific College announced plans to permanently shutter its Oregon Culinary Institute while the International Culinary Center in New York likewise closed its doors. The New England Culinary Institute made the same decision in December. CCI has worked with some students from these schools to ensure their credits transferred, and to ensure their education could continue at CCI without disruption or delay.

For COCC’s culinary program, which began in 1994, and for its baking program, which opened in 2012, the new accreditation level will give would-be culinary students around the U.S. another reason to seriously consider CCI, particularly now that the college’s residence hall is open for applications for fall term. The culinary program also offers a degree and certificate in hospitality management.

“This combination of factors solidifies CCI’s place on the culinary education map,” said Dr. Laurie Chesley, president of COCC. “We know we have a stellar program and a strong reputation on the West Coast, but with this top industry recognition and a changing landscape for culinary schools, we are excited to welcome even more students from across the U.S.”

The American Culinary Federation, a professional organization for chefs and cooks founded in 1929, is the largest professional chefs’ organization in North America.
occc.edu

SELCO Community Credit Union recently hired Tyler Hague as a financial advisor for SELCO Investment & Retirement Services, which is available through CUSO Financial Services, LP (CFS). Based in SELCO’s Old Mill Branch in Hague will manage clients across Central and Eastern Oregon.

A native of Reedsport, Oregon, Hague earned a liberal arts degree, with an emphasis in history and political science, from Linfield University in 2009. Before joining SELCO, he held a variety of positions, including branch manager at U.S. Bank in Bend and most recently as a financial advisor at Edward Jones Investments in Bend. Hague also managed two small businesses.

In his spare time, Hague enjoys golfing, scouting football and hiking with his fiancée, Brooke.

President of Redmond’s Spirit Foundation Janie Teater was selected from among 450 dedicated Central Oregon volunteers who are committed to fostering a love of reading and learning in local kids. Teater was ultimately selected due to her longtime service both locally and at the statewide level as well as her significant support of our fundraising work in the Central Oregon community.

Redmond’s Spirit Foundation kicked off 2021 by opening up a call for applications of donation requests up to $10,000 and 30 nonprofits working with children, handicapped, elderly or disadvantaged individuals in Redmond applied.

Camp Eagle Cap will receive $1,500 to help cover the cost of camp for summer camp. “Camp Eagle Cap is a one-week summer camp for Central Oregon children who have lost one, if not both parents to drugs, suicide, incarceration or abuse. The mission is to show God’s love to these children and give them hope.”

Central Oregon Autism Movement will receive $1,500 to purchase sensory and safety items on an as-needed basis; based on family requests. The mission of Central Oregon Autism Movement is, “to lead Central Oregon in Support and Community Acceptance for Individuals and Families with Autism.”

Central Oregon Veterans Ranch will receive $7,000 towards a new tractor for educational, operations and food production purposes. “We currently have a 1946 Ford Tractor that barely functions. A tractor will help support our farming and ranching education, pasture rehab/livestock management, food production and pumpkin patch preparation for veterans and veteran families.”

COVO’s mission as a working Ranch is to restore purpose and spirit to veterans of all ages. “We build community and provide resources and support to veterans of war through agriculture and peer support groups, education and activities.”

The 30 nonprofits that applied for Redmond’s Spirit Foundation donation provided a description of their organization and how they would use the funds. To help raise awareness for each applicant we featured them in posts on Redmond’s Spirit Foundation Facebook page at facebook.com/RedmondSpiritFoundation.

Bend-Redmond Habitat for Humanity is the recipient of a $10,000 grant from the Deenihan Family Fund of Oregon Community Foundation. The grant funds are to support affordable housing in Central Oregon.

Bend-Redmond Habitat will put these much-needed funds to work immediately. The need for affordable housing, and the unique program Habitat offers, is in high demand. The organization is currently building ten cottages in Bend and in the land development stage of ten townhomes in Redmond for low to moderate income families. These homes will be purchased with a mortgage payment set at 33 percent of the families’ monthly income.
On February 1, 2021 in Bend, Results Imagery announced its goal of planting 100,000 trees annually in support of reforestation efforts throughout the state of Oregon. Founders of the e-commerce content brand stated, “This is our home, and we need to do all we can to give back as a company and maximize our impact. With One Tree Planted, we’ll be doing just that.”

The plan for reaching this annual goal is tied to a new Corporate Social Responsibility (CSR) program that the company has launched that ties in directly with their media work. Results Imagery empowers brands with photo and video content. For every photo taken and every minute of post-production video created, Results Imagery has committed to plant one tree. “It allows our clients to be part of the reforestation journey with us,” said CEO Kyle Nelson.

The company has also taken its program a step further, offering brands that are doing social good a five percent discount on any work they do with Results Imagery. “It doesn’t just stop with Results Imagery planting trees,” says President and COO Eli Libby. “There are so many brands doing powerful social impact work, and we want to do everything we can to share their work through top-quality photos and video. We’re here to tell their story, and the five percent discount reflects our commitment to doing just that.”

For more information on Results Imagery’s Reforestation Program, please visit: resultsimagery.com/snap-one-plant-one.

MountainStar Family Relief Nursery Announces 20th Anniversary

This year marks the 20-year Anniversary of MountainStar Family Relief Nursery (MountainStar) and celebrates their unique early childhood and family support services in Central Oregon. MountainStar started in April 2001 with a ribbon-cutting held at the Deschutes Children’s Foundation campus on NE Daggett Lane in Bend, and served 34 babies and toddlers in their first year. Now, MountainStar staff provide services in Bend, Madras, Pineville, Redmond and La Pine, and serve 300 young children and their families annually.

Over the past 20 years, MountainStar staff have worked with 5,000 children ages zero- to five-years-old, and engaged over 20,000 parents and family members in strength-based child abuse and neglect prevention programs. A key feature of their services are early childhood classes designed for children experiencing toxic stress at home and who are at-risk for abuse and neglect. MountainStar successfully keeps 98 percent of children in their program safe from confirmed cases of abuse and neglect.

To celebrate their anniversary and recognize the profound impact on local babies and toddlers, an anonymous couple has provided a $5,000 matching gift recognizing the 5,000 children served over the last 20 years. “This matching gift comes from a local couple who has supported MountainStar families since 2005,” says Staley Micken, development director. “Their investment reflects the commitment of so many in our community that believe every child deserves the best start possible.”

Donations at any level are eligible for this match. The matching gift is available through March 31.

Throughout 2021, MountainStar will engage its supporters to share their stories and hopes for the children and families served through its program. MountainStar’s 20th Anniversary is a testament to the dedication of Central Oregonians in preventing child abuse and ensuring that its children are supported in their emotional, physical and intellectual development. “I sincerely appreciate the generosity of our community and the commitment to child abuse prevention,” says Tim Rusk, executive director. “Supporting vulnerable families and working with the dedicated early learning professionals across our community has been my personal honor as executive director of MountainStar for the last nineteen years. I am excited to celebrate what we have accomplished together, but am even more excited about where we go from here, because as we all know, when it comes to early childhood — every day counts, and everyone matters.”

If you would like to celebrate with MountainStar by sharing a story or sending a message, please contact Kevin Donor at development@mtstar.org.

mtstar.org
Injury in the Workplace: What To Do When You’re Injured On The Job

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness Center

You’re at work. You’re doing a bit of filing, or whatever. You bend over to pick up a stack of papers, precariously hoisting it in your arms as you trek slowly to the filing room. Unbeknownst to you, Jim from Human Resources spilled some coffee on the linoleum floor, and before you know it, you go flying; feet in the air, papers scattered everywhere like a ticker-tape parade. And that’s when you fall. Hard.

You’re hurting. Everyone’s screaming. The office is a mess. And then there’s Jim, oblivious to his part in it all. He stares at you with that puppy dog expression and says, “Gee, Sue! Are you okay?” No, Jim! Of course, I’m okay!

But then Deb from the front office — good old Deb! — comes to your rescue. “Sue, Dear because, naturally, she calls everybody ‘Dear’, let me help you to my office and we’ll fill out a worker’s compensation claim. Why, THANK YOU, Deb! I’d LOVE to fill out a worker’s compensation claim!”

Within 15 minutes, Deb has helped drag your injured bones to the front office and has handed you the claim. But now what? The pain is still there. That won’t go away just because you’ve got the paperwork. You still need help, and you need it now. So, what’s to do? That’s what we’ll be looking at today. We’ll give you the step-by-step process of what you need to do in order to get the care you need. Meanwhile, Jim can finish up the filing.

1. Make Sure To Gather The Correct Information

First things first. You’re going to want to make sure you’ve got the right paperwork, which just so happens to be a Consumer and Business Services Worker’s Compensation 827 form. If that’s too much to handle, just remember 827 form and you’ll be good to go.

Secondly, you’ll need to get a claim number and insurance provider name from your employer. For example, Elk Ridge Chiropractic & Wellness Center treats worker’s comp patients whose employers use Safel when filing their claims. Ask your employer who they go through, and make sure you receive that claim number.

That will come in handy in a bit.

2. Take Your Worker’s Comp paperwork Home

Next, as tempted as you (or your employer) may be to fill out the whole form from memory, just say no. Why? Because do you want to go for it and don’t. Why? Because injuries take a while to settle. Once the adrenaline and shock wear off, you may begin to realize that it isn’t just your tailbone that’s hurting. It’s also your lower back, your neck, maybe your elbow, inching up into your shoulder. That’s why we recommend taking the form home with you and giving yourself 24 hours to let all the injuries present themselves. This will come back to help you with your coverage later on. (Of course, if the injury requires immediate medical attention, please seek care as you see fit.)

3. Don’t Be Modest. Overfill Your 827 Form To The Max

When you receive your 827 form, you’ll be instructed to describe your injuries inside a microphone box that’s so small, it’s insulting. Therefore, instead of trying to squeeze in as much as possible into that teeny tiny space, simply write, “See attached document; then describe the extent of all your injuries in as much detail as you possibly can on a separate sheet of paper, then attach it to your completed form.”

Why should you do this, you ask? Because, to put it briefly, if you don’t list an injury, it won’t get covered. All the more reason to wait until the extent of your injuries present themselves to make sure you’re able to receive the proper treatment that’s covered by your employer.

4. Bring Your 827 Form To Your Provider

Before you bring your completed 827 form back to your employer, you’ll have to go through your provider first. Here’s what that looks like:

Obviously, each injury is different. Some require a trip to the ER, as we said before, while others are more suited for a physical therapist or a chiropractor to look at. Let’s jump back into Sue’s role for a minute…

You fell on your bum, but after spending the night realizing all the other things that hurt, coming to the conclusion that you haven’t broken anything — just bent and twisted and overall mangled yourself up into a nice little bow — you decide that the best place to find care would be the chiropractor’s office. You find one that also features physical therapy and massage therapy, and you give them a ring.

Next, you fill out the paperwork that’s necessary to get started, which will help them when they bill insurance later. You doctor will also set up a treatment plan, plus, depending on the status of your injury, they may provide you with a doctor’s note to bring to your provider.

5. Return Your Completed 827 Form To Your Employer

After crossing every T and dotting every I, it’s finally time to submit your completed 827 form to your employer. The claim will then be processed so your doctor can bill out your charges as you receive care, and before you know it, you’ll be back to running laps around Jim from Human Resources.

Need More Information?

We hope this article was helpful and that you now feel prepared to take the necessary steps if ever you experience an injury in the workplace. If you’ve never had an injury before and want to take precautions, should an accident arise (heaven forbid!), it might be good to speak to your employer for more information.

It’s also good to have some providers lined up. That way, if ever that unfortunate circumstance does occur, you’ll know exactly who to call.

Right now, Elk Ridge Chiropractic & Wellness Center is taking on new worker’s compensation patients as well as regular new patients. If you’d like to get set up with us to receive chiropractic care, in addition to physical therapy care maybe even get a massage while you’re at it — give us a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com. thebendchiropractor.com

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thebendchiropractor.com

Can You Resist This Face?

HUMANE SOCIETY OF CENTRAL OREGON

TO VOLUNTEER OR DONATE
CALL 541.382.3537 | WWW.HSCO.ORG
Cascadia Spirits
Continued from page 4

Joining forces with Cascadia perfectly positions us to build upon and accelerate the momentum we brought into 2020,” said John Kareem, GEM&BOLT CEO. “The multiple route-to-market synergies combined with Cascadia’s superior execution at the account level across channels will lead to a substantial superior execution at the account level.

GEM&BOLT is a female-founded business launched in 2016 by co-founders Elliott Coon and AdriAnita. It is one of the leading mezcal brands in the U.S., using the traditional herb damiana during its distillation process with a fourth-generation master distiller in Oaxaca, Mexico. Damiana, a flowering bush native to Mexico, has been long-revered by the Maya and Aztec for its mood-elevating properties and adds a deep complexity to the spirit. The brand is currently available in California, Nevada, Colorado, Texas, New York, New Jersey, Florida and Mexico. Cascadia Spirits plans to drive sales in current markets and expand the brand into the Oregon market. The product is available in 750ml, 200ml and 50ml SKUs. In addition to the partnership, Chris will join the GEM&BOLT Board of Directors alongside existing investor First Bev, John Esposito (former president and CEO of Bacardi, Stoli USA and High West Distillery) and GEM&BOLT co-founder Elliott Coon.

gemandbolt.com
instagram.com/gemandbolt
cascadスピリッツ.com
firstbev.com

SmartyPits
Continued from page 4

nourish the good bacteria living in your armpits. With no aluminum salts to stain your pits yellow, natural deodorant helps keep you clean and fresh. SmartyPits is designed for all-day use with no re-application necessary. The super-strength formula is available with the odor-neutralizing power of baking soda for those looking for a little extra protection. All fragrances are phthalate-free, paraben-free, propylene glycol-free, and cruelty-free.

A female-owned business, SmartyPits has a unique back story. When founder Stacia Guzzo’s mother discovered she had breast cancer, it was through noticing a lump directly underneath her armpit. She had no family history of breast cancer or noted genetic predisposition, so Stacia began to do some research to learn more about breast cancer and its risk factors. That was the first time she learned about studies that linked the aluminum in antiperspirants to breast cancer (as well as Alzheimer’s Disease).

So a few years later after studying skin care formulation, she created one herself. It would take a few years of trial and error to perfect, but SmartyPits was originally born on a tiny kitchen stove top in 2014. Now available in over 900 locations nationwide, SmartyPits is proudly aluminum-free, paraben-free, phthalate-free and propylene glycol-free; in addition, SmartyPits donates $0.30 from every large stick sold to breast cancer research and free deodorant to oncology centers, survivor support events and nonprofit groups.

SmartyPits.com

Watch for Upcoming Editions of CASCADE BUSINESS NEWS

2021 EDITORIAL CALENDAR

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BUSINESS EVENTS

March 4
10:30am-1pm Central Oregon Federated Republican Women First Thursday Luncheon in Sisters. $18, limited seating, RSVP to jamanna@jamanna.com or 541-705-1623.

March 4
11:30am League of Women Voters of Deschutes County Virtual First Thursday Meeting. Affordable Housing Study. Zoom: https://zoom.us/j/21410019207, meeting ID: 214 100 1920, passcode: LWVDC.

March 5
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

March 8

March 8

March 11

March 11

March 11

March 11
5:30-6:30pm COCC Virtual Health Programs Discovery Session. Register at cocc.edu/departments/allied-health.

March 12
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

March 15

March 16
9am City of Bend Virtual Planning Division Public Hearing for PL20-0702 and PL20-0703. Hearing details are available at this website link.

March 16
9am Visit Bend Virtual Board of Directors Meeting. Zoom: https://us02web.zoom.us/j/81617915055?pwd=ZVNZbU5rKzVGOGEyanpKbU5HcEZZZz09, meeting ID: 816 1791 5055, passcode: 827919. Find your local number: https://us02web.zoom.us/u/ki8Oy62w-ZV. Meeting ID: 816 1791 5055, passcode: 827919.

March 17

March 17

March 19
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

March 26
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

April 7

April 12

April 21

April 26

WORKSHOPS & TRAINING

Tuesdays, March 9 & 23

Wednesdays, March 10 & 17
6-8pm COCC Small Business Development Center Virtual Workshops, QuickBooks Pro, Intermediate, Desktop Version. $99, register at https://www.enrole.com/cocc/jsp/session.jsp?sessionId=W121QB18INTER.1&courseId=QB18INTER&categoryId=10205.

March 23 & 25

April 7

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April 7

April 12

April 21

April 26

Business Permits

COMMERICAL PERMITS WEEK ENDING 2-12-2021

City of Redmond
$35,000.00 - Commercial Alteration (Ashley’s) at 1731 SW Odem Meda Rd. Redmond 97756 OR Owner: Albany-Pacific, LLC ET Al PO Box 990 Minneapolis, MN 55440
Builder: Dickerhoof Construction, LLC 541-231-5977 Permit # 711-21-000110-STR
$12,500.00 - Commercial Alteration (Garner Electric) 14,400 sf at 1480 NE Jackpine Ave. Redmond 97756 OR Owner: CMK Properties, LLC 2920 SE Brookwood Ave. Hillsboro, OR 97123
Builder: Jason Keiski Construction, LLC 541-408-2883 Permit # 711-21-000192-STR
$10,000.00 - Commercial Alteration (Ashley’s) at 1731 SW Odem Meda Rd. Redmond 97756 OR Owner: SLB Holdings, LLC PO Box 848 Redmond, OR 97756
Builder: M J Couch Construction, LLC 805-822-2296 Permit # 711-21-000279-STR

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

COMMERICAL PERMITS WEEK ENDING 2-19-2021

Deschutes Co.

City of Bend
Due to system changes at the City of Bend we are temporarily unable to provide Bend permits at this time.
April is Earth Month

Celebrate Your Green Business in the April 7 Edition

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Contact Jeff Martin at 541-388-5665 or jeff@cascadebusnews.com

DEADLINE TO SUBMIT YOUR LANDSCAPING, ENVIRONMENTAL OR RECYCLING SERVICES STORY IS MARCH 11