

Providing Safety & Recovery in Battery Recycling



THE ONTO TECHNOLOGY STAFF | PHOTO COURTESY OF ONTO TECHNOLOGY

by RONNI WILDE — CBN Reporter

Recycling batteries plays an important role in protecting the planet: Failure to dispose of them properly is harmful to the environment, and when a battery reaches the end of its life, it can become dangerous and even create a fire hazard.

While the use of rechargeable batteries is helpful to the environment, proper disposal of them is crucial. Enter OnTo Technology, a Bend company that addresses the safety and material value recovery for lithium-ion battery recycling. “Modern batteries can carry a lot of energy, and at end-of-life, it is a safety liability,” says Steve Sloop, president of OnTo. “To address this, OnTo developed simple, chemically benign methods to deactivate batteries so that they can be stored and shipped without risk of fire. Modern batteries contain highly engineered materials, which OnTo has figured out how to recover, using ten times less effort than other bronze-age, brute-force methods to refine minimal metals,” he explains. “OnTo’s patented methods are being commercialized through efforts with strategic partnerships in the battery industry.”

OnTo was founded by Sloop in the early 2000’s to develop technologies aimed at the opportunities for lithium-ion battery recycling. “My understanding of these opportunities came from my experience at Lawrence Berkeley National Lab, working with a team to develop diagnostics for lithium-ion battery life-limitations,” says Sloop. “Bend is a great place to do technology development considering the network of schools, STEM businesses and experienced people in the region. The Bend and Central Oregon quality of life is a staying root for OnTo employees.”

In 2020, OnTo was a semifinalist in the Impact Competition at the Bend Venture Conference. “I have been in Bend for 20 years, but I was working for one of the spinoffs from Bend Research,” says Sloop,

Bend Park & Rec’s Flagship Larkspur Community Center Opens with Great Anticipation

by SIMON MATHER — CBN Feature Writer



PHOTOS | COURTESY OF KAYLA MCKENZI

The much-anticipated revamp of Larkspur Community Center — the biggest monetary capital project in Bend Park & Recreation District’s history, with a price tag of over \$23 million — has been unveiled after more than a year of renovation.

The facility, which is home to the Bend Senior Center, located on Reed Market Road and 15th Street, covers some 34,000 square feet and has been outfitted with a state-of-the-art fitness center and 135,000-gallon indoor swimming pool.

Oregon Senator Jeff Merkley Reintroduces Comprehensive Bill to Address Plastic Pollution Crisis

by RONNI WILDE — CBN Reporter

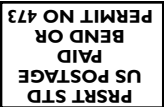
On March 25, Senator Jeff Merkley (D-OR) and Representative Alan Lowenthal (D-CA) reintroduced the Break Free From Plastic Pollution Act (BFFPPA), the most comprehensive bill ever introduced in Congress to address the plastic crisis. The BFFPPA builds upon state and local laws across the country, outlining plastic reduction strategies to improve the health of people and the planet. The bill was reintroduced with strong updated language, and would (1) reduce plastic production before it has a chance to pollute, (2) increase recycling rates and (3) protect frontline and fence-line communities from the burden of plastic waste.

“This is so important. We are facing a crisis of plastic pollution. It’s more than seeing a mountain of plastics; it is also poisoning our bodies,” said Merkley during a national online press conference on March 24. “Each of us is digesting the same amount of plastic found in a credit card every week, and all the chemicals in this plastic. We are taught the three Rs, reduce, re-use and recycle, and we figure there must be a system in place to handle this. But that’s not the reality. The reality is BBB: bury, burn or



PHOTO | BY CATHERINE SHEILA OF PEXELS

borne out to sea.” He added, “Only eight percent of plastic that goes into the blue bins gets recycled. The majority ends up in landfills, streams and oceans or gets burned. It unleashes a full-blown public and environmental crisis in our country, especially in our inner cities. We need to ensure that no parent,





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RECENT TRANSACTIONS

Broker **Pete Rencher** of **Windermere Central Oregon Real Estate** represented the Landlord, **Stout-Mahall Family Trust** and the Tenant, **Intermountain Education Service District** in the lease of 5000sf of their building in Pendleton, Oregon. Pete Rencher also represented the same seller in the sale of this 8300sf building located at 325 SE Byers Ave in Pendleton to **Pendleton Historic Real Estate LLC**.

Broker **Ryan Amerongen**, CCIM of **RE/MAX Key Properties** represented seller in the sale of a commercial parcel located at the corner of Clearwater Drive and Charbonneau Street. The 1.16 Acre parcel sold for \$1,750,000.

Bill Pon of **Coldwell Banker Bain** represented the buyer, **Lewis Larimer** in the acquisition of 1938 S. Highway 97 in Redmond with a sales price of \$1,500,000.

Brian Fratzke, CCIM, Principal of **Fratzke Commercial Real Estate Advisors** represented the Seller & the Buyer in the sale of 1004 SW Emkay in Bend for \$3,550,000.

Compass Commercial Real Estate Services broker **Graham Dent** represented the seller, **Trail Runner II, LLC**, in the sale of 63040 Lower Meadow Drive in Bend. The 14,000 SF industrial building on 1 acre sold for \$2,550,000.

Bill Pon of **Coldwell Banker Bain** represented **Paltzer Financial** in a lease transaction for 1,007 SF at 404 SW Columbia Ave. #130 Bend.

Brian Fratzke, CCIM, Principal of **Fratzke Commercial Real Estate Advisors** represented the Buyer in the sale of 776 SW Commerce Court in Prineville for \$210,000.

Broker **Russell Huntamer**, CCIM of **Compass Commercial Real Estate Services** represented the buyer, **Fountain Investments, LLC**, in the acquisition of 222 W Hood Avenue in Sisters. The 5,278 SF retail building on 0.21-acre sold for \$830,000.

Bill Pon of **Coldwell Banker Bain** represented both the tenant **Rebecca Penny** and the Landlord **Michael Merritt** in a lease transaction for 3,600 SF at 337 NE Emerson Avenue, Bend.

Fratzke Commercial Real Estate Advisors, Inc. broker **Brian Fratzke**, CCIM, Principal represented the Landlord and the Tenant in a 60 month lease of 1,650 +/- SF of industrial space for Element Design Inc. at 20700 Carmen Loop in Bend.

Compass Commercial Real Estate Services brokers **Peter May**, CCIM and **Russell Huntamer**, CCIM represented the tenant, **Tacos El Machin**, in the lease of a 3,515 SF retail suite located at 2570 NE Twin Knolls Drive in Bend.

Bill Pon of **Coldwell Banker Bain** represented **Mayantigo Revocable Trust** as well as the tenant **Every Kid** sports in the lease transaction for 2,620 SF at 143 SW Century Dr. Suite 120.

Fratzke Commercial Real Estate Advisors, Inc. brokers **Tom Tapia**, CCIM, Principal & **Brian Fratzke**, CCIM, Principal, represented the Landlord in leasing 28,000 +/- SF of industrial space for Buildhouse LLC at Redmond Industrial Park located at 601 E. Antler Avenue in Redmond.

Brokers **Jay Lyons**, SIOR, CCIM and **Grant Schultz** of **Compass Commercial Real Estate Services** represented both the landlord, **ROS, LLC**, and the tenant, **Organized Chaos, LLC**, in the lease of a 3,100 SF retail suite located at 1230 NE 3rd Street in Bend.

Bill Pon of **Coldwell Banker Bain** represented the **Mayantigo Revocable Trust** in a lease with **Sancho LLC** for 940 SF at 133 SW Century Dr. #204.

Fratzke Commercial Real Estate Advisors, Inc. broker **Brian Fratzke**, CCIM, Principal represented the Landlord and the Tenant in a 5 year lease of 4,556 +/- SF of space for Alpine Physical Therapy at 336 SW Cyber Drive in Bend.

Compass Commercial Real Estate Services broker **Robert Raimondi**, CCIM represented the seller, **Miller Cottages, LLC**, in the sale of 51375 S Huntington Road in La Pine. Broker **Joel Thomas**, CCIM of **Compass Commercial Real Estate Services** represented the buyer, **Paulina Properties NW, LLC**. The 2,200 SF medical building sold for \$355,000.

Bill Pon of **Coldwell Banker Bain** represented the Landlord **Scandia 811, LLC** in the lease of 6,400 SF at 1155 SW Division St. #B7 & B8.

Fratzke Commercial Real Estate Advisors, Inc. brokers **Brian Fratzke**, CCIM, Principal, & **Tom Tapia**, CCIM, Principal represented the Landlord in leasing 3,344 +/- SF of industrial space for Next Mile Meals at High Desert Industrial Park in Bend.

Brokers **Peter May**, CCIM and **Russell Huntamer**, CCIM of **Compass Commercial Real Estate Services** represented the landlord, **G Group, LLC**, in the lease of a 1,713 SF retail suite located at 210 SE Century Drive in Bend.

Bill Pon of **Coldwell Banker Bain** represented **Graham Hausler** as well as the tenant **Jaron Wison** in the lease transaction for 542 SF at 17 NW Irving Ave.

Fratzke Commercial Real Estate Advisors, Inc. broker **Brian Fratzke**, CCIM, Principal represented the Landlord and the Tenant in a 12 month lease of 923 +/- SF of space for Honest Studio at 155 NE Revere in Bend.

Brokers **Peter May**, CCIM and **Dan Kemp**, CCIM of **Compass Commercial Real Estate Services** represented the landlord, **2221 LLC**, in the lease of a 1,900 SF retail suite in the Boot Barn Building located at 2221 NE 3rd Street in Bend.

Bill Pon of **Coldwell Banker Bain** represented the Landlord, **Bow River Properties, LLC** in the lease of 4,800 SF industrial space at 2939 High Desert in Prineville.

Fratzke Commercial Real Estate Advisors, Inc. broker **Nick Vaughn** represented the Tenant, **G5 Search Marketing Inc.** in a 36 month sublease of 15,009 +/- SF of office space at 360 SW Bond in Bend.

Compass Commercial Real Estate Services brokers **Peter May**, CCIM and **Dan Kemp**, CCIM represented both the landlord, **2221 LLC**, and tenant, **Absolute Horse, Inc.**, in the lease renewal of a 3,011 SF retail suite in the Boot Barn Building located at 2221 NE 3rd Street in Bend.

Bill Pon of **Coldwell Banker Bain** represented the tenant **Mason RE**, in the lease of 2,400 SF of industrial space at 20748 Carmen Loop #130 in Bend.

Fratzke Commercial Real Estate Advisors, Inc. brokers **Tom Tapia**, CCIM, Principal & **Brian Fratzke**, CCIM, Principal, represented the Landlord in leasing 2,648 +/- SF of industrial space for Daily Deliveries LLC at 2121 SW Deerhound Avenue in Redmond.

Brokers **Dan Kemp**, CCIM and **Adam Bledsoe** of **Compass Commercial Real Estate Services**

Continued on Page 30 ►

New Home for Bend Commercial Glass & Door

As Central Oregon’s largest full-service commercial glass and door company, Bend Commercial Glass & Door’s ability to provide glass solutions with impact requires a strong foundation with room to grow. That’s exactly what owner Richard Lyon found at 1004 SW Emkay Drive in Bend. Long-time building owner Jake Schep had recently listed the 18,430-square-foot property (home of the Dutch American Import Co.) for sale and wanted to pass along his building to a locally owned and operated business. It was a win-win for both parties — and then some. Not only did the building change hands, but Dutch American’s Warehouse Manager has joined the Bend Commercial Glass & Door shop team as well.

The new headquarters gives space to continue on its trajectory of commercial



RICHARD LYON (BUYER) AND SELLER JAKE SHEP CLOSING THE 1004 EMKAY DEAL | PHOTO COURTESY OF BEND COMMERCIAL GLASS & DOOR

glass and hardware products growth. The new facility nearly doubles the office and warehouse space, improving team collaboration and enabling efficient workflows. Bend Commercial Glass &

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New Technical College Set to Open in Prineville
Baker Technical Institute will Provide Hands-On Education
for Jobs to Strengthen Workforce

Baker Technical Institute (BTI) announced it is expanding from its main campus in Baker City to provide career and technical training in Prineville. Beginning in April, BTI will begin offering Central Oregon residents access to high-quality career and technical training while helping businesses grow by increasing the population of skilled workers employed in trades ranging from construction and high tech jobs.

The announcement follows BTI’s recent approval and licensure from the Higher Education Coordinating Commission (HECC) to begin offering career and technical training in Prineville.

“Prineville City Manager Steve Forrester, the Shelk Foundation and other local partners had the vision to bring a technical school to the area and connected us with regional employers



PHOTO | COURTESY OF BAKER TECHNICAL INSTITUTE

who shared the need to develop a pool of highly skilled, licensed workforce,” said Doug Dalton BTI president.

Founded in 2014, BTI focuses on providing a low-cost, efficient and rapid path to gaining valuable career skills in high-demand industries.

According to Dalton, creating partnerships with regional employers

Continued on Page 30 ►

J Bar J Youth Services Hosts Job Fair

J Bar J Youth Services will be holding an in-person job fair April 8, seeking applicants for open positions in several of their programs helping youth in Central Oregon. We are looking for team members who aspire to help young people succeed, particularly those facing obstacles in their path to adulthood. Come be part of a dynamic team of innovative problem solvers.

We are looking for Resident Monitors in all of our residential programs, including Grandma’s House, Cascade Youth & Family Center, The Academy at Sisters, J Bar J Boys Ranch and J5. Previous experience is not required. Other positions include Case Managers, an Educational Assistant and a Big

Brothers Big Sisters of Central Oregon Enrollment and Match Specialist.

Full-time positions include a competitive benefit package (medical, dental, vision, life, 401k) with eligibility beginning 60 days from date of hire. Hours and pay vary by position and location.

Are you looking for a job with meaning? Our programs provide a continuum of services across the region. We help bridge the opportunity gap for underserved youth, teach adjudicated boys how their beliefs and self-talk influence the choices that determine their futures,

Continued on Page 30 ►

Oxford Hotel Bend Awarded
Top U.S. News & World Report Honors

The Oxford Hotel Bend has been recognized as the #1 hotel in Bend and #2 hotel in Oregon by the *U.S. News & World Report’s* annual travel rankings.

Hotel industry experts and online guest reviews determine a property’s performance in the *U.S. News & World Report’s* annual awards, and these distinctions reflect the outstanding hospitality the Oxford Hotel Bend has continued to provide despite the challenges the past year has presented.

“All of us here at the Oxford are thrilled to once again be acknowledged as a top hotel by the

U.S. News & World Report,” shared Samuel Johnson, general manager at the Oxford Hotel Bend. “This past year has been incredibly challenging and it’s a testament to our commitment to hospitality that our team was not only able to maintain our level of service, but also move up seven spots from last year’s position in our state’s category. Our team’s dedication to safety and service is inspiring, and I am grateful to work with such wonderful individuals.”

Continued on Page 30 ►



RENDERING | COURTESY OF KAYLA MCKENZI

Larkspur Community Center

Continued from page 1

The upgrades, expanding on the original Bend Senior Center site, include a 5,000-square-foot warm-water pool with a current channel incorporating a hydro feature, bubble benches, soft walk bottom and an adjacent hot tub. The current channel can be used as a water exercise feature for walking and running, or simply as a recreational activity.

Aquatics programs will emphasize water fitness, therapeutic aquatic exercise, swim lessons for youth and adults, recreation swimming and “workout on your own” opportunities — with the water set at a comfortable 87- to 89-degree temperature.

Upstairs, there is a 6,000-square-foot fitness center including a surrounding walk/jog track, state-of-the-art equipment and impressive views of the Cascades and the pool. The flooring is a shock absorbing resilient material that

Continued on Page 5 ▶



**Congratulations
Bend Park & Rec on
the completion of the
Larkspur Community Center.**

We enjoyed working as your
Geotechnical Engineer and
member of the project design
and construction team.

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Congratulations

to all the contractors,
the subcontractors
& all the suppliers
for helping to build the

**Larkspur
Community Center**



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THANK YOU
PENCE CONSTRUCTION

FOR CALLING ON US.

WE APPRECIATE YOUR TRUST AND BUSINESS
FOR THE LARKSPUR PROJECT.



Larkspur Community Center

Continued from page 4

reduces impact on joints while providing an easily cleanable and sanitized surface.

With 14 laps to a mile, the indoor track offers a four-season fitness option and features alcoves for functional workouts and small group training. Two flanking dedicated fitness rooms, with voluminous natural light, are complete with mirrors, bars, fitness equipment, audio systems and a maple sprung floor — ideal for high-intensity exercise and floor exercises.

BPRD Community Relations Manager Julie Brown said incorporating accessibility was an important element of constructing the project — which was built using the construction



(L-R) BRIAN HUDSPETH, BPRD DEVELOPMENT MANAGER; CORY LOOMIS, PENCE SR. PROJECT MANAGER; KARL NOTTELMANN, PENCE PROJECT MANAGER AND JULIE BROWN, BPRD COMMUNICATIONS & COMMUNITY RELATIONS MANAGER | PHOTO BY CASCADE BUSINESS NEWS



PHOTO | COURTESY OF BEND PARK AND RECREATION DISTRICT

manager/general contractor (CMGC) model under the auspices of Pence Construction — with one stand-out feature being the wheelchair elevator style lift for pool access.

Originally designed for the Paralympics, the lift is the first of its kind in North America and offers independently controlled access into the water. Other ADA features include an additional hydraulic pool lift, three permanent stair entries and gentle grades throughout.

Also, to support all fitness and swim activities at Larkspur, the private changing rooms and locker rooms have accessible, ADA-friendly design including showers.

Many smart elements were incorporated to support

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LARKSPUR COMMUNITY CENTER

THANKS FOR PARTNERING ON THIS AMAZING COMMUNITY PROJECT, BEND PARK & RECREATION DISTRICT!



PHOTO | COURTESY OF KAYLA MCKENZI

Larkspur Community Center

Continued from page 5

sustainability into the building, including digitally controlled heating and ventilation systems for 100-percent air exchange and efficiency, ample natural lighting, electronic shades and high-efficiency LED lighting throughout the facility.

Behind the scenes, there is a filter system designed to provide exceptional water filtration while automated controllers provide optimal water clarity and cleanliness with chemical efficiency to reduce waste and help extend the life of the pool.

The center’s lobby features two-story-high wood artwork depicting the view of Newberry Crater and Pine Mountain, located east of Bend. Upcycled, the wood was sourced from Ponderosa pines removed from the site during construction. A welcome desk also adjoins a café space for future use.

To cap off the overall inviting effect, welcoming visitors just outside the main entrance is a unique art sculpture titled *Time*, donated by Art in Public Places and sculpted by Carol Gold of the National Sculptors’ Guild. According to the artist, the 13-foot tall, 1,200-pound sculpture “depicts a stylized figure running atop a large wheel, alluding to travel, as well as, the ceaseless movement of the clock.”

A new access point from 15th Street as well as from Reed Market Road provides multiple entrances to the community center and improved circulation through the parking areas. The building now has three color-coded entrances, including east and west entries, as well as the preservation of the covered drop-off and pick-up access to the Bend Senior Center.

Parking has also been boosted to 241 spaces to meet the needs of patrons

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PHOTOS | COURTESY OF BEND PARK AND RECREATION DISTRICT

Larkspur Community Center

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and park users, improving the overall amenity and building on the close proximity to a public transportation stop, bike parking and access to the Larkspur Trail.

Brown said, “This vibrant space will build upon the legacy of the Bend Senior Center and be able to serve people of all ages and abilities covering lifelong fitness, learning and enrichment. We have also been able to achieve economies of scale by expanding on an existing highly accessible central location.

“The Larkspur Community Center will meet the community’s growing needs across all age groups, including active older adults who have a variety of interests and desires for fitness, recreation and social activities.



PHOTOS | COURTESY OF BEND PARK AND RECREATION DISTRICT



“Initial social activity limitations are necessary to comply with state-mandated health guidance, but in the months ahead a comprehensive offering will meet the full goals for the facility.

“This center has been a decade in the making, from master planning concept to construction, to respond to community growth, particularly among the rapidly growing older adult population – as demonstrated by latest demographic projections indicating that by the year 2028, the total number of adults over 65 in Bend will nearly double to approximately 26,000.

“This day has been long anticipated, and this exciting facility will serve the community in important ways long into the future.”

Continued on Page 8 ►

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**CONGRATULATIONS
BEND PARK & REC ON
THE COMPLETION OF THE
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Larkspur Center!**

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Larkspur Community Center

Larkspur Community Center

Continued from page 7

Following the opening of Larkspur Community Center, there will be a partial closure of Juniper Swim & Fitness Center to allow for completion of renovations to the indoor pools.

Juniper's indoor 25-meter pool and small children's pool turned 40 years old in 2018. As one of the most heavily used assets in the district, its reliability and performance is critical to serving community need.

The project includes renovating and resurfacing the indoor tanks, replacing the current deck to meet ADA standards and upgrading the pool



PHOTOS | COURTESY OF BEND PARK AND RECREATION DISTRICT



mechanical systems and was intentionally not scheduled to start until after the opening of Larkspur Community Center to ensure the aquatic needs of the community were met without interruption.

The Larkspur Community Center project was funded by property taxes saved by the district as well as system development charges, to respond to community growth. The Juniper renovation is being funded by money set aside by the district as a top-priority asset management project.

bendparksandrec.org/larkspur



LARKSPUR COMMUNITY CENTER

1600 SE Reed Market Road, Bend, OR 97702

- Property Owner/Developer:**
Bend Park and Recreation District

Contractor: Pence Construction

Project Cost:
Construction: \$18,500,000;
Overall: \$23,000,000

Sitework Start: April 1, 2019

Completion: August 31, 2020

Square Footage:
New Construction: 34,000 sq. ft.,
Remodeled Sr. Center: 14,000 sq. ft.

Amenities:
Indoor walk/jog track, indoor pool with shallow depth pool, current channel, spa, lap pool; fitness center, group exercise rooms, private changing rooms and locker rooms, classrooms, lobby café

Financing:
The Larkspur Community Center project is funded by property taxes saved by district as well as system development charges to respond to community growth

Project Executive:
Philip Johnson, Pence Construction

Sr. Project Manager:
Cory Loomis, Pence Construction

Project Manager: Karl Nottelmann.
Pence Construction
- Superintendent:**
Leon Methvin, Pence Construction

Superintendent:
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Daniel Matoba, Barker Rinker Seacat Architecture

Senior Associate:
Andy Stein, Barker Rinker Seacat Architecture

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Structural Engineer:
Miller Consulting Engineers

Civil Engineer:
Hickman, Williams & Associates (HWA)

Mechanical Engineer: Glumac

Landscaping Design:
Cameron McCarthy

Kitchen Design:
Clevengber Associates

Geotech: Wallace Group

Testing Agency: Carlson Testing

Subcontractors and Suppliers:

Tye Engineering, Deschutes Concrete, Conseal, Cenigas Masonry, Sunburst Fabrications, Straight Up Carpentry, Garage Harmony, Bell Hardware, Anderson Clark Interiors, Insulpro, LDC, Platinum Exteriors, Central Oregon Roofing, Central Oregon Garage Door, Won-Door Corp, Bend Commercial Glass, Cascade Commercial Interiors, Whitestar Enterprises, Roedel Tile, Brandsen Floors, Direct Flooring, Empire Painting, JP Painting, Sign Wizards, WH Cress, BMS, Joni's Cleaning, Curtis Restaurant Equipment, NW Playground, MLS Interior, Anderson Poolworks, Otis Elevator Company, Severson Fire Protection, Black Diamond Plumbing, Cascade Heating and Specialties, Bend Electric, Latham Excavation, Wilson Curb, High Desert Paving, Pavement Protectors, Botanical Developments

Accept the Challenge of Resolving Workplace Conflicts

by ANN GOLDEN EGLÉ, MCC

Even in the best of times, conflict occurs amongst individuals on your teams. Triggers abound such as personality differences, competition, egos and lack of accountability.

Then the wild, crazy and unexpected 2020 happened. I witnessed leaders who sailed through the pandemic unscathed, who are now exhibiting the aftereffects of exhaustion, impatience and burnout. This is the time that unanticipated conflicts occur.

The good news is that conflict can be either avoided with early detection or resolved through awareness, desire, clear honest communication and owning one's actions.

Let us dive a little deeper into the top sources of workplace conflict that you may be experiencing.

Poor management leads to conflict throughout your organization. Few people feel qualified or have the courage to question their top leaders. Instead, everybody suffers the consequences of inaction. Results of poor management are high turnover, low employee morale, low productivity, high stress and blame.

A healthy work environment requires that leaders at all levels need to be held accountable. Their words and actions are important. Employees need to feel safe to provide feedback, suggestions and call attention to upper-level inefficiencies.

Leadership conflicts in which different leaders have differing styles. Some leaders may be direct in wanting only quick, 'bottom-line' communications. Others may be curious, open and inclusive. The latter explores ideas and solutions, asks questions, takes time to listen and make decisions.

To avoid conflict, masterful leaders tailor their style to varying individuals and circumstances. For example, direct leaders may need to be patient at times to get the results they desire. Inclusive leaders will need to discern whether time allows for them to explore all options.

Personality conflicts are the most reported problems in the workplace. And one of the most challenging topics for my clients. Personality conflicts are tough as they often occupy too much of your headspace outside of work, which flows into your personal life. Left unchecked they lead to a toxic work environment.

When you have a conflict with a coworker, it is important to talk to someone but not other coworkers. That creates polarization. As close as you are to your coworkers, they have their own challenges to solve.

Talk with HR, an outside coach, mentor or friend who will be honest with you. I find that family members will take *your* side, which does not help you see the role you may play in the conflict. To move forward and avoid future conflicts it is important to own your part of the dispute. Doing so will prevent a recurrence.

Never respond immediately to the person who has irritated you. Give it time and space to allow all involved to clear their heads and uncover possible underlying issues.

One of the best ways to conquer personality conflicts is to find time outside of work to connect for a meal, beverage, walk or hike. Talk about anything other than work — sports, interests, hobbies, education, kids, movies, what brought you each to this city, company.

For example, I encouraged two recent client coworkers who could not even look at each other in meetings to go to a pub, talk about anything other than work and enjoy a beer. They soon learned they are both passionate about fishing. Finding similarities bonds us.

Conflicting modes of communication. A common complaint with an easy solution. When you enter a new workspace, ask those around you — including your boss, direct reports and others — how they best communicate.

As you know, some prefer quick texts, some phone calls, others message boards or other in-house methods of communication. Texts or emails over three lines can be a source of irritation resulting in the recipient simply not reading it.

Most new leaders I have coached want everyone to know *their* communication style. While this is also important, it validates those around you to simply ascertain their preferred communication style.

Disagreements are difficult to deal with and much easier to ignore with hopes that they will go away. While some do resolve on their own, most need attention sooner rather than later.

Conflict resolution involves awareness, honest communication, accountability, clear communication, action and follow-up. Compassion and empathy also go a long way.

I hope your work environment is conflict-free. If, however, some do exist, I challenge you to open your eyes and employ one of the strategies I have laid out. Wishing you tremendous success.

Executive & 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.

GVAsuccess.com



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Environmental/Ecological Services *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Abatement Associates, Inc. PO Box 1557 Bend, OR 97709	541-388-2672	N/A	www.alpineabatement.com Service@AlpineAbatement.com	Joe Billings, Riley Billings	30	1989	Hazardous material removal-Asbestos, mold, lead & PCB; demolition-residential & commercial; concrete polishing & cleaning.
Bend Area Habitat for Humanity ReStore 224 NE Thurston Ave. Bend, OR 97701	541-312-6709	N/A	www.restorebend.org info@brhabitat.org	Robin Cooper Engle	14	1998	Bend Area Habitat for Humanity provides affordable housing for hardworking local families & individuals. The ReStore is a used & surplus building supply outlet, offering a huge selection of building material, appliances & furniture at 50-75 percent off retail prices. Proceeds from the ReStore benefit Bend Area Habitat for Humanity.
Botanical Developments 100 NE Hawthorne PO Box 6326 Bend, OR 97701	541-617-5926	541-617-0443	www.botanical-developments.com ron@botanical-developments.com	Ron Kidder	40	2000	Landscape architecture, construction, maintenance & habitat restoration company committed to ecologically sound landscape practices.
Brilliant Environmental Building Products 327 NW Greenwood Ave., Ste. 100 Bend, OR 97703	541-317-0202	541-550-2230	www.brilliantmaterials.com info@brilliantmaterials.com	Jorden Swart	2	2008	Specializing in sustainable building materials for the interior of a home such as wool carpet, cork flooring, bamboo, counter tops, paints, stains & more.
Deschutes Land Trust 210 NW Irving Ave., Ste. 102 Bend, OR 97703	541-330-0017	541-330-0013	www.deschuteslandtrust.org info@deschuteslandtrust.org	Michael Rubovits	12	1995	The Deschutes Land Trust conserves & cares for the lands & waters that sustain Central Oregon, so local communities & the natural world can flourish together for generations to come.
E2 Solar, Inc. 20784 NE High Desert Lane PO Box 6663 Bend, OR 97701	541-388-1151	541-388-1165	www.e2.solar sales@e2.solar	Kelli Hewitt	9	2005	Installing custom-designed solar electric systems, a reliable & affordable energy solution for homes & businesses.
Elemental Energy Bend, OR 97701	541-316-5786	N/A	www.elementalenergy.net hello@elementalenergy.net	Laurel Hamilton	35	2010	Solar installation, renewable energy consulting.
Energy Trust of Oregon 421 SW Oak St., Ste. 300 Portland, OR 97204	866-368-7878	503-546-6862	www.energytrust.org info@energytrust.org	Susan Jowaiszas	100	2002	Cash incentives & technical assistance for energy efficiency improvements & renewable energy systems.
Friends of the Metolius PO Box 101 Camp Sherman, OR 97730	N/A	N/A	www.metoliusfriends.org friendsofthemetolius@gmail.com	N/A	0	1990	Dedicated to the protection & preservation of the Metolius Basin, with its unique qualities of water, forest & wildlife, its diversity & its spiritual values, for future generations. Works with & advises federal, state & county agencies on land use, forestry, ecosystem & water quality management issues & monitors ecological criteria such as water quality, provides educational & interpretive services, & promotes an informed, positive response to land use issues.
Green Pressure Wash, LLC. 1532 S. Hwy 97 PO Box 6102 Redmond, OR 97756	541-815-1506	N/A	www.greenpressurewash.com calvin@greenpressurewash.com	Calvin Andrus	5	2012	Providing Central Oregon's only clean & green pressure washing service. Commercial, industrial & specialty cleaning is our passion. Specialize in 'water reclaim' pressure washing, concrete sealing & repair, decorative overlays & specialty coatings.
GSI Water Solutions 147 SW Shevlin Hixon Dr., Ste. 201 Bend, OR 97702	503-239-8799	N/A	www.gsiwatersolutions.com	Dave Livesay	46	2000	Provides answers to the water supply, environmental & water rights problems facing municipalities, water districts, farmers & industry.
HM3 Energy 500 SE Butler Rd. Gresham, OR 97080	503-674-3380	503-669-3512	www.hm3energy.com	Hiroshi Morihara	5	2008	Proprietary process to turn biomass into clean fuel to replace coal in coal-fired powerplants; torrefied biomass briquettes can be burned in existing coal plants without any plant modification.
Macdonald Environmental Planning, PC Parks Community Bend, OR 97701	541-383-1895	N/A	www.mep-pc.com lmacdonald@mep-pc.com	Laurel Macdonald Bonnell	3	2000	Landscape architectural design for all project scale - commercial to residential, community/recreation planning & healing environment planning & design.
Miller Conservation Consulting PO Box 6376 Bend, OR 97708	541-389-9115	N/A	goosemiller@msn.com	Manlyn Miller	1	1965	Protect, defend & restore the quality of the natural environment & maintain integrity of ecosystems educate the public the need to understand & support these objectives - study, explore & enjoy wildlands.
Oregon Natural Desert Association (ONDA) 50 SW Bond St., Ste. 4 Bend, OR 97702	541-330-2638	N/A	www.onda.org onda@onda.org	Ryan Houston	17	1987	Protects, defends & restores Oregon's high desert for present & future generations.
Oregon Wild 2445 NE Division St., Ste. 303 Bend, OR 97703	541-382-2616	N/A	www.oregonwild.org info@oregonwild.org	Erik Fernandez	2	1974	Works with the public to protect remaining forests, deserts, wilderness areas, rivers & wildlife.
Parametrix 150 NW Pacific Park Lane, Ste. 110 Bend, OR 97701	541-508-7710	855-542-6353	www.parametrix.com bjohnson@parametrix.com	Barry Johnson	29	2015	Civil engineering, environmental planning & documentation, surveying.
PBS Engineering & Environmental Inc. 390 NE Emerson Ave., Ste. 201 Bend, OR 97701	541-388-9290	866-727-0140	www.pbsusa.com alex.fischer@pbsusa.com	Alex Fischer	9	1998	Phase I & Phase II site assessments, environmental remediation & monitoring, regulatory compliance, stormwater permitting & sampling, natural resources & wildlife services, industrial hygiene & health & safety including indoor air quality, exposure monitoring & asbestos, lead & fungal services.
Solar Store, The 184 NE Kearney Ave. Bend, OR 97701	541-388-3637	Same as phone	www.TheSolarStore.com info@thesolarstore.com	Samantha Larrance, Michael Ridden	3	2004	Local service with online pricing for Solar systems & components.
Sprecher Group 2445 NE Division St., Ste. 300 Bend, OR 97703	541-306-3709	N/A	sprechergroup.com terrysprecher@sprechergroup.com	Terry Sprecher	1	2008	Environmental site assessment, remediation; soil & groundwater sampling; dry well (UIC) registration, assessment, remediation, & decommissioning; underground storage tank DEQ-licensed supervisor; water rights consulting
Sunlight Solar Energy, Inc. 50 SE Scott St., Bldg.13 Bend, OR 97702	541-322-1910	N/A	www.sunlightsolar.com sun@sunlightsolar.com	Sun Nguyen	16	1988	Full-service, turn-key solar design & installation of grid-tied photovoltaic (PV) electric systems for homes & businesses throughout Oregon. Provides battery storage solutions, EV chargers & solar pre-wire services.
The Environmental Center 16 NW Kansas Ave. Bend, OR 97703	541-385-6908 ext. 10	N/A	www.envirocenter.org marianne@envirocenter.org	Marianne Pyott	14	1989	Educate & empower Central Oregonians to advance a sustainable future, for people & the planet.
The Trust for Public Land 15 SW Colorado Ave., Ste. 100 Bend, OR 97702	541-322-0133	N/A	www.tpl.org oregon@tpl.org	Nelson Mathews	1	1972	Creation & conservation of parks, gardens, historical sites & natural areas. Green-space planning, fundraising & park design.
West Coast Eco Block LLC 8915 NW 19th St. Terrebonne, OR 97760	541-385-7888	N/A	healthydesigns@yahoo.com	Melonie Rose	1	2007	AAC has been used widely around the world for 80 years, made with natural products, energy efficient, sculptural, fire resistant, sound absorbing & easy to build with. AAC is a green building material.
WinterCreek Restoration LCB #7338 63405 Deschutes Market Rd. PO Box 1543 Bend, OR 97709	541-948-0661	541-382-1227	www.wintercreekrestoration.com Rick@wintercreekrestoration.com	Rick Martinson	11	2000	Ecology based landscape design. Native plant landscapes. Sustainable design. Restoration planning & design. Land management analysis, planning & design. Commercial & residential. LCB #7338
Zamp Solar 63255 Jamison Rd. Bend, OR 97703	541-728-0924	N/A	www.zampsolar.com support@zampsolar.com	Conor Miller	45	2010	Zamp Solar specializes in 12-volt solar charging systems for off-grid, RV, marine, agriculture & other applications. Offer a variety of portable & hard mounted solar kits made right here in Bend, OR USA.

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.

Local Small-Scale Farmers Share Joys & Struggles of Growing in Central Oregon

by **RONNI WILDE, CBN Reporter**

Central Oregon can be a challenging place to grow things, but there are an increasing number of small, family run farms in the region where hearty souls have found ways around our cold and sometimes-fickle climate, the deer, land development and other farming obstacles common to the area.

From flowers and vegetables to pigs and eggs and just about everything in between, these small-scale farmers sell their wares through Community Supported Agriculture (CSA) programs, farmer's markets and to local resorts, restaurants and grocery stores. They have used ingenuity to stay afloat, and have evolved with the times to keep their operations going as Central Oregon grows and changes.

The sampling of Central Oregon growers listed below is far from exhaustive, but provides an overview of what life is like for these hardworking folks. For a more complete listing, please visit localharvest.org/bend-or/csa.

Fields Farm

Jim and Debbie Fields have operated their small farm — located at 61915 Pettigrew Road in Bend — since 1989. As one of the first small-scale farms in the area, they have watched Central Oregon explode with newcomers, and have had to fight off developers wanting to purchase their 10-acre site. But they have weathered the storms over the years, literally and figuratively, and are still hard at work growing vegetables for their CSA program and the local farmer's markets.

"I had taken a master gardener class, and learned how to grow in a cold climate," says Jim Fields. "At the time, Bend was considered too cold to farm, and it was in the middle of nowhere back then. Our CSA started 32 years ago, and was made of up friends and coworkers, a cooperative daycare program and mainly people who were interested in what they were eating." The Fields have had a CSA every year since then, he says, though the program has grown and shrunk over the years. "We've had as many as four to five workers on the farm, interns and we have trained other farmers," he says. They have also had many volunteers over the years, he says, and at one point even had a group of moms who would come to the farm and help.

Currently, Fields, who is 66, says he and Debbie are attempting to age out and are bringing in a friend who is a farm worker, Jeremy Fox, to assist. "Last year, we had no workers. It was just me and Jeremy and my wife helping." Although they did not participate in the Wednesday afternoon farmer's market in downtown Bend last year due to the challenges brought on by COVID, the Fields say they will likely rejoin the market this summer. "We've been doing that farmer's market since the first year it became weekly on Wednesdays."

The Fields — who grow a wide range of vegetables including arugula, asparagus, beans, beets, brussels sprouts, specialty broccolis and cauliflowers, cabbage, carrots, collards, corn, cucumbers, garlic, greens, lettuce and lettuce mix, kale, kohlrabi, leeks, peppers, potatoes, onions, scallions, summer squash and tomatoes — have also sold their produce to local restaurants, and they sell to Locavore (centraloregonlocavore.org) in Bend. "We have supported Locavore for long time. When we started, we were it. But nowadays, in the past five to eight years, there are a lot of other farmers growing here."

Their seasonal CSA program, Fields says, has always been oriented to utilizing nature as it is: the sun when it shines and water from the mountains. "We don't

use any artificial means of extending the season, no propane or gas to heat the greenhouse. We use a greenhouse, but we don't try to have the first crop of anything anymore. Our CSA starts at the end of May with smaller bags, and it gets heavier and heavier as the season goes on. We've always worked with nature, and that's what we continue to do."

Fields says the business is doing well, and he and Debbie are enjoying their work-life balance. "For me, my work life is about whether or not I am enjoying myself. We love our work, so that's the benefit. We get to work outside as farmers, so we are in tune with nature, the birds, etc. That's a joy for us, as is nurturing plants. Our work is solitary outside, but we have interaction with customers once or twice a week, so we have that socialization." He adds, "Financial pressures are behind us now, so we like our work-life balance as it is now."

The greatest challenge in his years as a farmer here, Fields says, has always been the weather. "There are so many variables that a farmer is not in control of. You have to be flexible and work with the weather. I've been at market on a Wednesday evening, and the weather will change overnight. We've had July and August frosts." He says being a manager and trying to keep staff happy and working has also been a struggle at times. "Having a good friend working with me this year is wonderful. It's a nice benefit. Having a younger person working with me is a joy."

The other situation that has created some pressure for the Fields over the years is having Bend grow up around their property. "We have been like a frog in the pan. We have said 'no' to all the developers who have dropped by, emailed or called. The neighborhood has changed over the years. But we have wonderful neighbors, and they get to look out over the farm. That has been a challenge, but seems to have mellowed out now. We feel like we are appreciated for our difference. It's a wonderful place for us to be."

Fields Farm is open to visitors and sells vegetables and a limited supply of eggs onsite at the farm stand. "People can come buy from the stand. They can drive right onto the property. During season, we have a stock cooler; and people can put their money in a trust box and make change. It seems to work just fine." He adds, "We like to keep those dollars flowing locally; that's been our focus from the beginning. If you can support your local farmer, that would be all we could ask."

fields.farm • 541-382-8059

Windflower Farm LLC

Gigi Meyer, owner of Windflower Farm LLC, purchased her first ten-acre parcel out in Alfalfa east of Bend in 2005, and started her south farm at that time. "Then I bought my north farm in 2009 so I could expand," she says. "I have two adjacent ten-acre parcels, 20 acres total." Meyer's offerings have changed since the beginning as need has arisen, and she says her operation has been diverse over the years. "I had pastured pigs on a small scale for a while, and I still have a dairy herd. I used to sell raw milk, but stopped doing that because insurance companies don't allow it. Because of that, I stopped breeding goats, but now I am doing some agritourism with goat hiking. I repurposed my goats to become hiking companions. I will offer that this season: people can reserve time with my goats."

Meyer says she got into farming following a "meandering" past. "I was a painter and journalist in New York City and Italy, but I grew up in Oregon, and we had a farm in eastern Oregon. I was a horse trainer, so I was traveling around



FIELDS FARM HAS A CSA, AND A VEGETABLE STAND ONSITE WHERE THE PRODUCE CAN BE PURCHASED | PHOTO COURTESY OF FIELDS FARM

and had rescued a couple of horses. I needed a place to keep them, so I started looking for a farm. I had always been interested in growing veggies, so it was a domino effect." She continues, "It became a bonafide commercial farm. I love ecologies, plants and animals, and I love to see the systems. I plant pollinator crops, and have a beekeeper on the property. There is a lot going on in season. It feels very alive to me."

Although she still has an egg CSA — which typically sells out and has a waiting list — Meyer says she is slowing down as she ages, and she tries not to overextend herself. She is not offering a full CSA

program this year, and relies on vegetable and flower sales to the chefs at Brasada Ranch and Pronghorn for steady income. "I have really tried to streamline things that are working for me. My chef account is reliable. For the chef at Pronghorn, we harvest the baby veggies in the morning and deliver them that afternoon. He's been an incredible partner to the farm; he appreciates what we do and has been a long, loyal client." She adds, "I am moving into flowers more because it offers a creative outlet and opportunity

Continued on Page 14 ►

RECYCLE : FACTS & FIGURES

ARE YOU A
WISHFUL
RECYCLER?



Rethink about it!

Did you know clamshells, cups of any kind, plastic bags, and milk, juice, and soup boxes can't be recycled curbside in Deschutes County? Don't toss it in hoping it gets recycled: know what goes in and what stays out. Check out our website for recycling tips and more!



RethinkWasteProject.org

Giving Back to the Community Just Got Easier with Containers for Change

The Bend BottleDrop Redemption Center, located in the Bend Central District (BCD), gives everyone the ability to recoup their bottle and can deposits by recycling containers. Collecting cans and disposing of them here also provides an important income resource for many community members, including houseless folks and those living under the poverty line.

The BCD Visionary Board recognizes the value of this service as well as business owner concerns about unlawful activity in the area. We created a Second Street Task Force last year to engage in constructive discussions with stakeholders, including the Oregon Beverage Recycling Cooperative (OBRC), neighboring businesses, service providers and the Bend Police Department. Since then, many positive conversations have taken place and we are excited to announce the BottleDrop's new initiatives.

As one of the oldest bottle redemption centers, you may have noticed this location can get crowded and sometimes attract aggressive solicitation of containers. The collaborative discussions led to three strategies OBRC is implementing to address these livability issues:

- 1. Containers for Change** — An easy way to donate your redeemables to local service providers who are helping the unhoused community. OBRC encourages people, as an alternative to rewarding aggressive panhandling, to donate their containers to excellent nonprofits who provide more direct and comprehensive services to the vulnerable population at hand. For the next two months, simply turn in your green bags without a bag tag and they will be donated. (info at bottledropcenters.com/containersforchange)
- 2. The Blue Bag Fundraising Program** — Works just like the Green Bag program, except the proceeds

are directed to the nonprofit named on the bag tag. To see participating nonprofits and request blue bags, go to bottledropcenters.com/donate-nonprofits.

- 3. More Locations** — **Newport Avenue Market** is the newest addition to increased capacity in Central Oregon cities in order to reduce the stress on the central Bend location. Now you can print bag tags, buy green bags and redeem funds here! (info at bottledropcenters.com/locations)
- 4. Vocational Training** — OBRC is exploring a relationship with a local nonprofit service provider (REACH) to launch a partnership vocational rehabilitation/employment program, where OBRC could provide funding for unhoused individuals to help keep the redemption center site clean of litter and, at reach, remediate litter in adjacent areas.

Resently, stated in the BottleDrop Newsletter, "We love the giving spirit of Bend residents who want to do anything they can to help their neighbors in need, but we also want to avoid a situation where individuals exhibiting aggressive and disruptive behavior near the Redemption Center are rewarded with container donations. In that spirit and as a group, we want to encourage you to give your container donations to some incredible nonprofits serving clients in Bend's Central District as an alternative to giving them directly to people soliciting donations near the Redemption Center."

How to take part in Containers for Change for those without an existing BottleDrop account:

- 1. Open one online at bottledropcenters.com/create-account, or sign up at a kiosk at the redemption center.
- 2. Go to a kiosk at the redemption center to get your account card, print bag sticker tags and purchase green bags.



PHOTO | COURTESY OF BEND CENTRAL DISTRICT

- 3. Fill your bags with redeemable containers.

Once your account is set up and your bags are full:

- 1. Drop them off without tags at the Bend Redemption Center.
- 2. Feel fantastic about giving back to your community.

If you wish to keep the funds from your containers, return your green bags with the stickers on them. You can redeem your funds for cash at the redemption center or at kiosks at various grocery stores. If you select a BottleDrop Plus location in which to use your funds, you will receive 20 percent more. Newport Avenue Market just became a BottleDrop Plus location!

See all participating locations and services at bottledropcenters.com/locations.

bottledropcenters.com/containersforchange



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KNOW THE LAW: Oregon Legislature and DEQ requires an accredited inspector perform an asbestos survey before any commercial renovation or demolition and for residential demolitions if the home was built prior to 2004.

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\$5,567	Commercial Renovation - no survey
\$12,800	Mishandling of asbestos - no survey
\$25,600	Asbestos removal w/o asbestos abatement license
\$3,833	Renovation w/o accredited survey
\$28,800	Failing to conduct accredited survey

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Earth Day Oregon Announces Campaign to Bring Together Sustainable Businesses & Organizations for Statewide Fundraiser on April 22

Earth Day Oregon (EDO) recently announced that it is celebrating Earth Day on April 22 with a campaign that partners 52 Oregon-based organizations with an anticipated 150+ businesses in Oregon.

Earth Day Oregon is a statewide collaboration between sustainably minded businesses and nonprofits. The campaign drives donation dollars to partner organizations by fostering and promoting fundraisers, sales and virtual events at sustainably focused businesses on April 22.

Businesses donate a flat amount, or create opportunities for community engagement, by donating a percentage of business sales on Earth Day. Earth Day Oregon will collectively promote these fundraising opportunities leading up to April 22 through its website (earthdayor.org) and social media channels.

Over the last two years, Earth Day Oregon's campaigns have brought together more than 200 business partners to raise \$160,000 for 51 nonprofit partners.

Nonprofit partners are those working to advance one or more of the United Nations 17 Sustainable Development Goals — such as ending hunger and promoting sustainable agriculture, ensuring access to affordable and sustainable modern energy or ensuring availability and sustainable management of water and sanitation for all.

Individuals can participate in three ways: by supporting businesses that are hosting special events and promotions for nonprofit partners; contributing directly to a nonprofit partner on April 22; or through Earth Day Oregon's #MyPlanetMyPledge social media campaign by making a pledge to the planet, creating a sign about that pledge and posting to social media.

Established in 1970, the intent of Earth Day is to bring the importance of protecting the Earth to the attention of the public, the media and our elected officials. Earth Day Oregon is an initiative to increase Oregon-based business and individual support for the state's front-line nonprofit organizations that are daily working to create a better world.

The 2021 Earth Day Oregon nonprofit partners include:

AC Portland, Adventures Without Limits, Baby Blues Connection, BARK, Business for a Better Portland, Camp Fire Central Oregon, Cascade Forest Conservancy, Centro Cultural del Condado De Washington, Columbia Riverkeeper, Columbia Slough Watershed Council, Community Cycling Center, Conscious Growth, Crag Law Center, Depave, Ecology in Classrooms and Outdoors, Eco-School Network, Exceed Enterprises, Families for a Livable Climate, Farmers Ending Hunger, Forest Park Conservancy, Free Geek, Friends of Family Farmers, Friends of Outdoor School, Friends of the Columbia Gorge, Gorge Ecology Outdoors, Green Lents, Grow Portland, Growing Gardens, In Kind Boxes, Independent Publishing Resource Center, Lloyd EcoDistrict, Lower Columbia Estuary Partnership, Nursing Mothers Counsel of Oregon, Ocean Blue Project, Oregon Environmental Council, Oregon Green Schools, Oregon Wild, Senior Advocates for Generational Equity, Schoolhouse Supplies, Solar Oregon, SOLVE, St. Johns Swapnplay, The Blueprint Foundation, The Kindness Model, Trailkeepers of Oregon, Tryon Creek Watershed Council, Urban Nature Partners PDX, VertueLab, Westwind, Wild Salmon Center, Willamette Riverkeeper, Wind & Oar Boat School

earthdayor.org

OnTo Technology

Continued from page 1

who grew up in Salem and received his bachelor's degree in chemistry from Willamette University and his Ph.D. in inorganic chemistry from Oregon State University. "I've been an Oregonian for a long time, and wanted to stay in the area to work." When doing his post-doctoral work at Lawrence Berkeley Lab in Berkeley, California, Sloop says he came up with the idea of working on direct recycling. "In the late 1990s, I felt recycling of batteries was a new field and a good place in which to go to work."

He started out as a consultant 21 years ago, he says, and in the beginning, was primarily doing contract research and development. "We managed to keep going, addressing recycling in all the different chemistries out there." Since that time, Sloop says his team learned that battery materials can be recovered in whole, and OnTo's patent portfolio now includes whole battery deactivation, sorting, harvesting of electrode materials, cathode-healing and clean precursors for new cathodes. The business has grown, and in 2020, OnTo had its largest staff ever — with eight employees — even during COVID.

The services OnTo now provides include:

- Working with a manufacturing developer to evaluate, design and scale battery lifecycle services and products;
- Lithium-ion recycling evaluation;
- Safe deactivation of batteries;
- Cell materials recycling; and
- Specification development, battery prototyping and testing.

"We've been working away on these projects and getting lots of interest in our recycling technology," says Sloop. "The electric vehicle market has started to really develop and grow; and the question for customers is what happens to the recycling of the product? EV batteries have two major problems: cost and lifetime. We are trying to get that lifecycle back." He says the team is excited about recent developments and is looking at licensing technology with strategic partners. "We are interested in partnering with environmental industry companies." He adds, "A recycling facility will last a long time, more than my lifetime. Once you put it in place, it's there."

In the near future, OnTo will commercialize its Safe Deactivation and Cathode-Healing technologies with strategic partners in the battery industry for both defense and civilian applications, Sloop says. "I think the demand pull from manufacturers to recycle is critical. Getting manufacturers to use recycled materials changes the dynamic from a technical push to a demand pull. I think we are making good progress on that." He adds, "We are excited about where we are now and the prospects for the future. We are being proactive and putting infrastructure in place. We are fortunate to have some longevity with this."

onto-technology.com

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Shared with Portland Woolen Mills by NIST (National Institute Standards Technology)

Our gorgeous community in Central Oregon is surrounded on three sides by 1.8 million acres of the Deschutes National Forest along with other BLM land. We have become involved in the Wildland Urban Interface (WUI) or the Forestland-Urban Interface as it pertains to safety.

As we researched ways to protect our home and community from wildfires widely recognized as bi-products of climate change, we simultaneously developed the core of Portland Woolen Mills. We're a wool textile company specializing in a new, renewable, cold weather insulation for our military that needed it for extreme cold weather. We also use a special tree pulp fiber technology for use in fire resistant base layers that were purchased for USA Special Forces over the years.

As the result of enjoying outdoor recreation and activities, the value of a healthy and pristine wilderness comes into incredible focus. We have reduced the use of synthetic fossil fuels and chemicals in our textiles to minimize some of the causes of climate change and pollution.

During previous decades, many cultures around the world have consumed vast amounts of consumer goods based on fossil fuels. Polyester is a plastic like that used for water bottles and is made with the same PET chemicals. When produced as micro fiber, tiny particles wind up in our precious oceans, which causes a myriad of environmental problems. So reducing the consumption of polyester is near the top on our list of priorities.

Producing goods based on fossil fuels contributes to climate change, which has lead to higher and drier temperatures. Thus, since 2007 over 56 million acres of public lands have burned and the average size of wildfires is about 100,000 acres per fire. The resulting smoke can travel 100 miles and affect the air quality of our towns and communities.

We have reduced the use of plastic in our lives and in Portland Woolen Mills. Our supply chain is in the USA. We hope people come to enjoy nature more and more, since it contributes to an awe, respect and love for pristine, healthy wilderness. Our products are tailored to keep our customers comfortable and happy knowing that our impact on the environment is minimal.

Introducing the WUI (Wildland Urban Interface)



Our new Camping Blanket Quilts and Poncho are being released at the same time. We are reaching out for all Sunriver SROA home owners to work with us while living and owning our home here in Sunriver. Tina and I have been working from home here since 2017. We know the challenge of the WUI (Wildland urban Interface) Wild Fire dangers have grown as the Studies from NIST share. Becoming active outdoors most of us we believe began in our youth. Hiking, camping and then onto backpacking.



Visit: www.portlandwoolenmills.com or
contact Doug at: djhoschek@hotmail.com

Small-Scale Farmers

Continued from page 11

to work with color and shape. I am hoping to market bouquets more robustly this season. It's something I realize I really enjoy; it's like painting for me now."

As she expands her flower business, Meyer says she is offering a bouquet-making workshop, and does wedding arrangements. "For the past couple of years, I have sold flowers to Brasada, Newport Market and I do weddings. It's great; I grow a really diverse variety of flowers locally and I grow them sustainably. It's great for those who want a sustainably minded wedding; it's fun for me and for them."

Meyer agrees that the biggest challenge in growing here is the short season and variable climate. "It was 54 the other day, and 17 that night," she says with a laugh. "The labor costs of season extension for the greenhouses, the covering and uncovering, the monitoring of temps and

the use of hoops to protect our new starts when we move outside is challenging. I'm now 62, and I've had overuse injuries with farming, so I am having to hire folks, and I believe strongly in paying a living wage."

Another hurdle, she says, is in educating her customers as to why her prices are higher than they may expect. "Our laying chicken flock and dairy herd are all certified animal-welfare approved, which is the highest level of humane animal welfare approval. All our handling is humane, and our slaughtering is humane. We hope our customers understand that farmers aren't making money, and can't afford insurance. The employees work really hard and provide public service in providing food to our customers." She adds, "The chef base is really the only way I can make this work. I have to get top dollar in order to do this. We do a higher level of care, so it costs more. It's a challenge to compete when we have greater investment; people expect cheaper prices."

On the flip side, Meyer says the clean air, cool nights and variety of plants that can grow here are positives. "Lots of things thrive here; carrots and beets, salad greens, peas and more do really well here. We grow a huge diversity with the season extension, including wonderful heirloom tomatoes. We can do it with greenhouses. Central Oregon clients are becoming educated; they are appreciating this more. It's heartening to see these hardworking, knowledgeable young farmers coming in and doing this. The more the merrier! As Bend grows, there are more eaters around."

windflowerfarmbend.com
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Cultivate Farms

One of the newest small-scale growers in the region is Cultivate Farms, established this year by husband-wife team James and Maegen Radnich and their two young sons.

"We left our 9 to 5 jobs in search of



GIGI MEYER AND ROSIE THE GOAT IN CALENDULAS | PHOTO COURTESY OF WINDFLOWER FARM LLC

something better for our family," says James Radnich. "The community support and feedback that we have received so far has been overwhelmingly positive. We are so excited to know that Bend is full of people who support local businesses." He adds, "This summer, we hope to plan some fun farm events for CSA members and guests to attend."

The Radnitches are offering their first CSA program this year, in which members who sign up will receive a 20-week share of fresh vegetables delivered to their doorsteps or with a pick-up option available at Bevel Brewing in Bend. The Spring Season program includes six items per week including bags of Spring Mix and Mixed Baby Greens (Mizuna, Tatsoi, red Romaine lettuce, Spinach and Arugula), a variety of radish, Hakurei Turnips, Green Pole Beans and herbs. The Summer Season program offers 12 items per week, including bags of Spring Mix and Mixed Baby Greens (varieties rotate seasonally), Green Pole Beans, Pattypan Squash, tomatoes, strawberries, carrots, herbs and flowers.

As newcomers to the local farm scene,

the Radnitches are currently growing on a one-quarter-acre parcel in Bend. "Our cultivation techniques are based on minimizing harmful impacts to the land and precious water resources in Central Oregon. Our farm uses regenerative agriculture practices, minimizing tillage and maximizing biodiversity in our stewardship of the land. We are also seeking our certified naturally grown certificate," says Radnich. "We believe that growing a sustainable source of local, nutrient-dense food is an essential part of our community."

Radnich says that their greatest hurdles in operating the farm are yet to be seen. "But there are unique challenges to growing in Central Oregon, including extreme weather fluctuations, very low humidity and deer." COVID has had minimal impact in launching their farm, he says, compared to other types of businesses. "We have had to wait a little longer for things to be manufactured and shipped, and things may cost a little more, but it could be worse, and for that we are grateful."

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Element 1 Corp. of Bend Announces Strategic New Partnership

CBN Staff Report

Element 1 Corp. (e1), a Bend developer of hydrogen generation technology, has signed a letter of intent with Ardmore Shipping Corporation (ASC) and Maritime Partners, LLC (MP) to create a new national partnership called e1 Marine. In the partnership, Ardmore will make a strategic investment in e1, and, together with MP, will establish a joint venture for the purpose of delivering e1's unique methanol-to-hydrogen technology to the marine sector.

Element 1 designs and develops advanced hydrogen generation systems used to power fuel cells with broad use in mobile applications and remote locations such as marine, trucking, off-road vehicles, rail, warehousing and backup power supply sectors. E1's proprietary technology produces hydrogen on demand at the point of consumption, eliminating the logistical challenges and costs inherent in distributing compressed hydrogen.

"It's exciting that we've been doing this here in little Bend," says Robert Schluter, president of e1 Corp. "We are developing technology that will reduce emissions from vessels, trains and trucks." Schluter founded e1 in 2010 along with Dave Edlund, Ph.D., who worked at the former Bend Research. "E1 is one of the branches that spun off from the early days of Bend Research. We picked up where Ida Tech (now H2 PowerTech) left off; many of our engineers and employees have been researching this technology for 20-30 years. We have a handful of employees who have been working together that long. We brought them back together in 2010. E1 has been a pioneer in this for a long time."

Ardmore owns and operates a fleet of product and chemical tankers ranging in size from 25,000-50,000 deadweight tons. Ardmore provides seaborne transportation of petroleum products and chemicals worldwide to oil majors, national oil companies, oil and chemical traders and chemical companies with its modern, fuel-efficient fleet of mid-size tankers.

Maritime Partners, LLC, headquartered in New Orleans, is a leading provider of flexible financing solutions and newbuilding support to the maritime industry, with a focus on inland marine transportation and Jones Act vessels (The Jones Act is a federal law that regulates maritime commerce in the United States, requiring goods shipped between U.S. ports to be transported on ships that are built, owned and operated by United States citizens or permanent residents.)

"These two companies are aligning with us to bring our technology to the world of marine," explains Schluter. "E1

has 17 people. We are not a commercial manufacturing company; it's a big deal to have these two established industry leaders want to partner with us." He adds, "They are using our brand, but we are all one-third owners. They are providing the capital, and we are providing the technology."

The new partnership transactions will include the following:

- Ardmore, e1 and MP will establish e1 Marine, each owning 33.3 percent of the joint venture. E1 Marine will have a worldwide mandate for the marketing, development, licensing and sale of e1's unique hydrogen generation systems for application to the marine industry, including shipping, refrigerated containers, offshore energy, renewable energy, passenger and leisure and certain port infrastructure and related applications.
- MP will make an investment in Ardmore in the form of \$40 million in perpetual preferred shares in two tranches: the first tranche of \$25 million fully committed, and the second tranche of \$15 million, subject to final approval by MP. The preferred shares will carry a dividend of 8.5 percent per annum paid quarterly subject to potential increases upon the occurrence of customary events, incorporate payment in kind provisions and be redeemable by Ardmore commencing after three years.
- Ardmore will purchase a ten percent equity stake in e1 in exchange for \$4 million cash plus 950,000 ASC common shares. The total consideration is estimated to be \$11 million, based on Ardmore's net asset value as of February 2021. Ardmore will also take a seat on e1's board of directors from the date of the investment. MP will receive 20 percent of any profits paid to Ardmore from this equity investment in e1.

The transactions are expected to close simultaneously early in the second quarter of 2021.

"Element 1 is delighted to ally with Ardmore and Maritime Partners to deliver commercial solutions for the marine sector that will significantly reduce the carbon



THE ELEMENT 1 L13 H2 GENERATOR | PHOTOS COURTESY OF ELEMENT 1 CORP.



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Returning to the Past to Protect the Future



TINA MACHUCA AND DOUG HOSCHEK | PHOTO BY KRISTINE THOMAS

by KRISTINE THOMAS — CBN Feature Writer

Sunriver resident Doug Hoschek is determined to create alterations in the textile industry and his community in his quest to protect the environment. He is on a mission to reintroduce wool to be used in clothing and outdoor gear, bring textile manufacturing jobs back to Oregon and the United States, educate people about the environmental and health hazards of synthetic fabrics and advocate for taking steps to reduce the dangers of wildfires in Sunriver.

“Climate change is running the clock,” Hoschek, 77, said. “We have to reduce the use of plastic in our lives and protect our homes and community from wildfires.”

The owners of Portland Woolen Mills, Hoschek and Tina Machuca are working to reduce the use of plastics by promoting the value of switching from synthetic materials to wool. Hoschek purchased The Portland Woolen Mills in 1981 with the intent on carrying on the company’s history of success. Founded in 1901, The Portland Woolen Mills made wool blankets for the military during World War II. In 1943, the factory won the prestigious Army-Navy “E” Award for its production. By 1950, it had become the largest wool manufacturer in the American West.

The husband-and-wife team have been working from their Sunriver home since 2017 on new wool products including camping blankets, quilts and ponchos. They also have a contract with the U.S. military to make clothing and outdoor gear.

Hoschek and Machuca view their company’s goal to return producing textiles in Oregon and the United States as vital to protecting the environment and creating well-paying jobs. They also understand that how they operate their business plays a role in reducing wildfires.

Their company’s website heightens awareness for The Firewise Communities/USA program, designed to “provide an effective management for preserving wildland living aesthetics...”

A recently retired interpreter for Portland’s Federal Courthouse, Machuca shared her that husband’s passion for their work stems from his past.

Continued on Next Page ►

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Portland Woolen Mills

Continued from previous page

A History of Textiles

Hoschek’s commitment and determination begins with his growing up in Long Island, New York. His desire to travel West was inspired by his aunt who was an airline attendant.

“She would show me pictures of all the places she had been, and I wanted to go there,” he said. “I turned down a scholarship to play lacrosse at Penn State to go to the University of Montana.”

There, he said, he fell in love with nature’s immense beauty and enjoyed days exploring the mountains, rivers and lakes.

After graduating in 1965, he returned to New York to begin his more than 50-year career selling, developing and marketing fibers for clothing and outdoor gear. His first job was at a public company called Celanese Corporation, where he was responsible for selling polyester fibers as fiberfill materials to makers of skiwear, outerwear, quilted robes, sleeping bags and bedding products. His experiences there led to him being credited as the creator, co-inventor and marketer of Polar Fleece fabric and the Polar Fleece technology.

Once considered a milestone of his success, Hoschek now apologizes for how the synthetic material used in Polar Fleece caused American companies to move their manufacturing to China.

The author of *Polar Pollution, Outdoor Memoirs of PolarFleece*, Hoschek shares his concerns of how companies claiming to be sustainable leaders are contributing to the water and air pollution in the United States, China and the rest of the world because of the hazards and lifespan of the synthetic material.

Published in 2011, Hoschek wrote in his book, “Currently, we are moving away from sustainability. We should stop doing that.”

He also questions why the outdoor and active sportswear companies located in Oregon aren’t assembling a workforce to manufacture their products here, instead of China and other areas with less environmental regulations.

“I swore off using products containing polyester in 2001, and I have not had a drop since,” he said on a chilly March afternoon. “I have gone back to wool and want others to do the same. I have been spoiled by living in this beautiful nature, and I realized I had to do something to protect it.”

He and Machuca envision having a sewing center in Bend or the Sunriver

Business Park for people to earn good wages making their products for Portland Woolen Mills.

Hoschek said he’s been blessed with having the vision and insight to see what’s ahead, while also taking lessons from his past to move forward.

“I have learned it’s possible to have a business that also works to protect the environment,” he said. “I now look at everything I do with my business and my life from an environmental standpoint.”

Establishing a Firewise Community

As Hoschek and Machuca researched ways to protect their home and community from wildfires widely recognized as bi-products of climate change, they developed the core of Portland Woolen Mills. They are both outdoor enthusiasts enjoying golfing, hiking, skiing and biking. Their love and respect for a healthy wilderness is their inspiration to keep their Portland Woolen Mills products plastic free, and their supply chain in the United States.

They are working with community leaders and the Sunriver Fire and Police departments to create a Firewise Communities/USA program which seeks to create a sustainable balance that allows communities to live safely while maintaining an environmental harmony. The Prescribed Forest Living Community encourages homeowners to unite into a community under Firewise, establishing a balance of knowledge while on public lands and promoting environmentally-aware activities.

Machuca shared they are trying to reduce the danger of fires in the Sunriver area by working to educate both residents and visitors.

“We have about 20,000 visitors a day in the summer, and for people who aren’t familiar with the roundabouts, Sunriver can be a confusing place,” she said. “We love living and working in Sunriver, and we are working to help keep it safe for everyone.”


She shared there are steps that can be taken such as removing diseased lodgepole pines, reducing the number of bitterbrush plants and cleaning up pine needles.

They realize they face challenges in their work, but they also know doing nothing and continuing the same path isn’t a choice.

A quote from Chief Seattle summarizes their inspiration. It reads, “We are webbed in blood to the land; whatever we do to the land, we do to ourselves.”


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Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
B&R Auto Wrecking 64154 Hwy. 97 Bend, OR 97701	541-382-1987	541-389-6299	www.autowrecking.com/locations/bend sales@autowrecking.com	Dan Gilder	7	1978	Complete auto recycling, selling used auto parts.
Bar Seven A Recycle 1060 SE Lake Rd., PO Box 890 Redmond, OR 97756	541-548-4747	541-548-0460	www.barsevena.com admin@barsevena.com	Brian Skidgel	27	1967	Wood recycling. Portable crushing. Portable grinding. Excavation. Commercial excavation.
Bend Area Habitat for Humanity ReStore 224 NE Thurston Ave. Bend, OR 97701	541-312-6709	N/A	www.restorebend.org info@brhabitat.org	Robin Cooper Engle	14	1998	Bend Area Habitat for Humanity provides affordable housing for hardworking local families & individuals. The ReStore is a used & surplus building supply outlet, offering a huge selection of building material, appliances & furniture at 50-75 percent off retail prices. Proceeds from the ReStore benefit Bend Area Habitat for Humanity.
Brilliant Environmental Building Products 327 NW Greenwood Ave., Ste. 100 Bend, OR 97703	541-317-0202	541-550-2230	www.brilliantmaterials.com info@brilliantmaterials.com	Jorden Swart	2	2008	Specializing in sustainable building materials for the interior of a home such as wool carpet, cork flooring, bamboo, counter tops, paints, stains & more.
Crook County Landfill 300 NE Third St. Prineville, OR 97754	541-447-2398	541-416-1283	www.co.crook.or.us Jacquie.Davis@co.crook.or.us	Jacquie Davis	8	1979	Landfill & standard recycling depot. Selling wood chips. Recycling facilities for corrugated cardboard, container glass, newspaper, motor oil & car batteries, antifreeze, aluminum & tin cans & magazines.
Deschutes Recycling 61050 SE 27th St. Bend, OR 97702	541-388-1910	541-322-2194	www.republicservices.com/centraloregon sbaker6@republicservices.com	Kristin Steiner	12	2001	Knott Landfill recycling depot. Recycling of computers, refrigerators, appliances, tires, scrap metal, glass, cardboard, etc. Composting facility for disposal of yard debris & sales of SoilBuilder & BioFine compost.
Fagen Trees & Chips 151 SE Second St. Bend, OR 97702	541-382-4997	541-382-9470	www.bendoregontreesservice.com treesandchips@gmail.com	Wade Fagen	4	1986	Certified Arborist, land clearing & tree services, wood chip bark mulch supplier, snow removal.
Northwest Sign Recycling LLC 1415 NW Murphy Ct., PO Box 2424 Redmond, OR 97756	541-279-0386	541-383-2072	www.nwsignrecycling.com tory@nwsignrecycling.com	Wendie Every, Penny Eddington, Tory Allman	5	2004	Hydrostripping & refurbishing aluminum highway signs for cities, counties, states, other agencies & private sector.
Opportunity Foundation of Central Oregon - Bend 275 NW Second St. Bend, OR 97701	541-322-0297	541-389-2084	www.opportunityfound.org info@opportunityfound.org	Susan Klampe	335	1965	Designated drop site for electronic waste recycling, Thrift store.
Opportunity Foundation of Central Oregon - Madras 1412 SW Hwy 97 Madras, OR 97741	541-475-6961	541-475-6971	www.opportunityfound.org info@opportunityfound.org	Kirstin Nilles	335	1965	Designated drop spot for electronic recycling, Thrift store.

Continued on Page 20 ►



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Plastic Pollution Crisis

Continued from page 1

regardless of where they are, has to worry about children ingesting harmful plastics. This bill does that.”

Lowenthal said his desire to push this bill through intensified after he took a trip to Antarctica with a group of scientists a little over two years ago. “They showed me the immense amount of plastic the native birds had ingested. This is in the most remote part of the planet! I came back determined to do something more comprehensive to solve this problem.” He continued, “I’m very glad to join with Senator Merkley to introduce the Break Free From Plastic resolution. Many of us have recognized the plastic waste crisis for a while. Now we are just understanding as a nation the severity of this crisis. This is not simply a solid waste issue; it is intimately tied to climate change. It impacts public health, the environment and certainly our climate.”

Lowenthal said he had heard that Senator Merkley and former Senator Mark Udall were also interested in this, so the three of them began to take public comments awhile back. “This bill that we introduced, and then upgraded and expanded, is the most comprehensive legislation ever introduced to tackle the plastic waste crisis. It is very important for us to understand that there is nothing new or radical in this; it just emphasizes best practices that are already being implemented to a degree.”

The bill shifts the cleanup away from communities, states and municipalities and places responsibility for waste management and recycling to manufacturers and producers, Lowenthal said. “There is a dramatic shift around the conversation about plastic waste. We are very excited to work on this here in the house, the senate and within this administration, which is very interested in working on these principals.” He added, “There is lots of discussion about this already; we are seeing people on TV talking about it. Industry is already concerned because the time has come to take a comprehensive approach. This bill’s time has come, and there is tremendous movement and momentum.”

The Break Free From Plastic movement is a global effort launched in 2016 with the vision of a future free from plastic pollution. More than 11,000

organizations and individual supporters from across the world have joined the movement to demand massive reductions in single-use plastics and to push for lasting solutions for plastic pollution. BFFP member organizations and individuals share the common values of environmental protection and social justice, and work together to bring about systemic change under the #breakfreefromplastic core pillars. This includes tackling plastic pollution across the entire plastics value chain — from extraction to disposal — focusing on prevention rather than cure and providing effective solutions.

During the national press conference, which took place the day before the bill was reintroduced, Merkley and Lowenthal joined environmental advocates from across the nation to discuss the Break Free From Plastic Pollution Act. Other speakers included Mariana Del Valle Prieto Cervantes of GreenLatinos, Judith Enck of Beyond Plastics, Alex Truelove of U.S. PIRG, Yinka Bode-George of National Caucus of Environmental Legislators, Scott Cassel of Product Stewardship Institute, Carroll Muffett of Center for International Environmental Law and Yvette Arrellano of Fenceline Watch.

“Many of the same ideas keep returning again and again,” said Truelove during the conference. “It’s because they work. Targeting reduction of plastics works. Relying on pipe dreams doesn’t work.”

Other countries have eclipsed our efforts, even though we remain one of the biggest generators of plastics. I feel excited and optimistic that we may have the wisdom and knowledge now to pass the bill.”

Enck, who served in the Obama administration, said, “This act is the most comprehensive and effective legislation ever introduced to congress that addresses the generation, production and usage of plastics. National bottle bills reduce litter, particularly in communities that don’t get sanitation cleanup, and provide a revenue resource for those who pick up the containers at no cost to the public. The bill also bans plastic bags and puts a fee on paper bags, and prohibits polystyrene popcorn and food containers. It also requires servers to ask customers if they want a plastic straw rather than just giving one out.”

Merkley, who has been a U.S. senator for Oregon for 12 years and is an advocate for environmental issues, said he wants corporations to take responsibility for their actions. “It’s time to unleash that same American

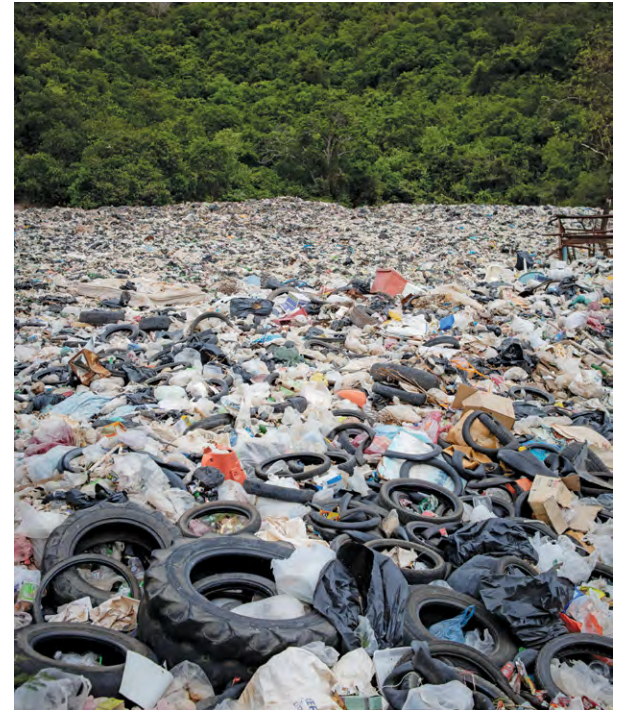


PHOTO | BY LEONID DANILOV OF PEXELS

ingenuity to find solutions for this that we used when we found all the creative uses for plastics.”

In a Greenpeace article published on March 25 (greenpeace.org), Greenpeace reported, “More than 8 million tons of plastic enters our oceans every year, drowning wildlife and wrecking ecosystems. The cost to human health has also been enormous, especially in Black, Brown, Indigenous and low-income communities where the majority of petrochemical facilities and plastic-burning incinerators are located. These frontline communities experience the worst impacts of toxic fumes being spewed along the entire plastic lifecycle! The Break Free From Plastic Pollution Act of 2021 is strong legislation to tackle this crisis. The comprehensive federal legislation would begin to phase out throwaway plastics made from fossil fuel, hold the plastic industry responsible for its waste and pause construction on any new plastic-making plants. And with a new administration and a new Congress, the political will is on our side to make this historic legislation to tackle plastic pollution law.”

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Recycled Products & Services *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Opportunity Foundation of Central Oregon - Redmond 835 E Hwy. 126, 3294 S Hwy. 97 PO Box 430 Redmond, OR 97756	541-548-5288	541-504-2115	www.opportunityfound.org info@opportunityfound.org	Marti Rasmussen	335	1965	Designated drop site for electronic waste recycling, Thrift store.
Printer Resources & Recycling, LLC 2669 NE Twin Knolls Dr., Ste. 205 Bend, OR 97701	541-318-5211	541-382-7882	www.MyPrinterResources.com frank@myprinterresources.com	Jennifer Clark, Mark Giltner, Frank Patka, Mickey Meszaro	6	2000	Printer, multifunction, copier, plotter service & supplies. Discounted quality toner & inks, E-waste recycling services - printers, faxes, desktop copiers, computers, monitors, toners, inks, cell phones, home batteries; IT services.
Republic Services (formerly SecureShred) 20835 NE Montana Wy. Bend, OR 97701	541-382-2263	541-383-3640	www.republicservices.com/centraloregon sbaker6@republicservices.com	Kristin Steiner	2	2003	Complete on-site document destruction. Serving all of Central Oregon.
Schnitzer Steel 110 SE Fifth St. Bend, OR 97702	541-382-8471	541-382-3893	www.schnitzersteel.com sdoyle@schm.com	Scott Doyle	5	1971	Scrap metal recycling.
Sisters Habitat for Humanity ReStore 254 W Adams PO Box 238 Sisters, OR 97759	541-549-1621	N/A	www.sistershabitat.org sharlenc@istershabitat.org	Sharlene Weed	4	2007	New & used building supplies, home furnishings & appliances.
Sisters Habitat for Humanity Thrift Store 211 E Cascade Ave. Sisters, OR 97759	541-549-1193	541-549-6695	www.sistershabitat.org sharlenc@istershabitat.org	Sharlene Weed	4	2007	Recycled clothing, books, crafting supplies, dishes & vintage items.
Strive Workplace Solutions 63011 Plateau Dr., Ste. 1 Bend, OR 97701	541-382-6688	541-389-1762	www.striveoffice.com kathym@striveoffice.com	Kathy Madison	5	1969	Office supplies, furniture, office machines, design planning, printing, janitorial & break room supplies.
Swift & McCormick Metal Inc. 3192 NE Sedgewick Ave. Redmond, OR 97756	541-548-4448	541-548-4061	carol.smmetals@yahoo.com	Dan McCormick	11	1987	Scrap metal recycling.
The Broomsmen 827 SE Business Way, Ste. M Bend, OR 97702	541-213-1131	N/A	www.thebroomsmen.com info@TheBroomsmen.com	Phillip Torchio	7	2015	Zero waste events, wedding services: event setup & cleanup, by appointment only. We work with your event team to ensure your waste & recycling is managed in a sustainable manner, whether planning a small fundraiser or a large music festival.
Tire Disposal & Recycling PO Box 177 Prineville, OR 97754	541-447-5121	541-416-9339	www.tiredisposal-recycling.com	Kevin Dehart	12	1988	Disposal of tires.

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.

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Recycle Like a Local from the Beginning

by ANI KASCH — Rethink Waste Program Manager

Bend is the third fastest-growing city in the nation. When you ask the question, “Where are you from?” to those around you at work, at daycare or at your favorite food cart pod, chances are very good the answer will not be Deschutes County. Bend is an amazing destination that people are discovering every day, and they are realizing that they want to be part of our community. Who can blame folks for coming here? I’m not from here either!

But the important thing to remember for folks moving from one community to another is that things may be done differently than where you come from. Whether it’s about honking your horn (we don’t really do that much in Oregon, except when it’s actually an emergency) or mountain bike trail etiquette (those traveling uphill here have the right of way!). And another thing: how to recycle right.

Recycling diverts valuable material from the landfill, and that’s important. Deschutes County’s Knott Landfill (our only disposal option in the county) is projected to be full by 2029. Also, international recycling markets have been interrupted. Not to mention we’re in the middle of a pandemic that has a lot of people scared about reuse and Bringing-Your-Own, despite the research showing reusables that are washed are not a threat of COVID transmission. Now more than ever, it’s important for us to recycle AND to do it correctly. Here are a few tips for how to recycle right in your curbside mixed cart in Deschutes County:

- DOs:**
- ✓ Plastics accepted: bottles, tubs and jugs — no lids
 - ✓ Paper accepted: office paper, junk mail, paperboard and cardboard
 - ✓ Metal accepted: tin and aluminum cans
 - ✓ Keep your recyclables loose — don’t bag it up
 - ✓ Make sure your recyclables are clean and dry
 - ✓ Keep glass separate

- DON'Ts:**
- ⊗ We do NOT “recycle by number”
 - ⊗ The universal recycling symbol does NOT mean something is recyclable, it tells us what kind of chemicals are in the material
 - ⊗ NO cups of any kind (neither paper nor plastic)
 - ⊗ NO plastic clamshells
 - ⊗ NO plastic film of any sort in your curbside bin

Don’t be a wishful recycler: know what goes in and what stays out. For more information about recycling, to sign up for our newsletter or to download the Rethink Waste Guide, visit envirocenter.org/programs/rethink-waste-project.

Rethink Waste Project is an Environmental Center program partnering with Deschutes County’s Department of Solid Waste and local garbage service providers to deliver consistent and accurate waste reduction information to all residents in the county. Contact Ani Kasch: ani@envirocenter.org with questions or to set up a free virtual presentation.

envirocenter.org



EVER WONDER WHERE YOUR RECYCLING GOES AFTER IT LEAVES THE CURB? THIS IS THE INSIDE OF A MRF (MATERIALS RECOVERY FACILITY) IN PORTLAND WHERE ALL OUR RECYCLING GOES TO BE HAND AND MACHINE SORTED, INCLUDING TRASH REMOVAL | PHOTOS COURTESY OF RETHINK WASTE



CLAMSHELLS, INCLUDING THE PLASTIC ONES FOR BERRIES AND THE PAPER ONES FOR YOUR TAKE OUT, ARE NOT RECYCLABLE IN YOUR CURBSIDE CARTS IN DESCHUTES COUNTY. ALL CLAMSHELLS SHOULD GO IN THE TRASH



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Landscaping

Landscape Designers *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Aspen Landscape Development 61944 SE 27th St. Bend, OR 97702	541-330-9577	N/A	www.aspen-bend.com info@aspen-bend.com	Brandon Reese, Jarrod Levin	20	1996	Landscape design, irrigation & landscape installation & maintenance & water features, rock-scapes, patios & decks.
Bend Pine Nursery 19019 Baker Rd. Bend, OR 97702	541-977-8733	N/A	www.bendpinenursery.com 977treequeen@gmail.com	Fred Swisher	2	1990	Specializing in plantscaping for privacy, screening & creating natural structure on bare (or empty) sites.
Blooming Desert Design + Build, LCB #9613 CCB #204362 PO Box 48 Powell Butte, OR 97753	541-977-5499	N/A	www.bloomingdesertdesign.com shannon@bloomingdesertdesign.com	Drew Lester, Shannon Lester	2	2010	Landscape design, paver installation, backflow assembly testing, exterior project management, D.I.Y. hourly consultations.
Butch & Troy Landscaping Inc., LCB #7158 19384 Seminole Cir. Bend, OR 97702	541-385-0839	N/A	www.bendoregonlandscaping.com bandtland@hotmail.com	Troy Butolph	5	1979	All phase- landscape install, water features, irrigation, maintenance commercial & residential, snow removal & deicing. The new organic weed control system. No poison used pet & kid friendly.
Carlseng Designs Bend, OR 97703	541-610-6961	N/A	www.carlsengdesigns.com info@carlsengdesigns.com	Tanya Carlsen	1	2006	Offers landscape design & consultation blending form, function & sustainability for a site & client specific design that honors our local environment.
ECO-SCAPES 22160 NE Butler Market Rd. PO Box 205 Bend, OR 97701	541-389-5296	N/A	www.eco-scapes.com edbartz@eco-scapes.com	Ed Bartz	3	1993	Natural landscape maintenance.
Evergreen Plantscapes LLC PO Box 84 Bend, OR 97709	541-382-3841	N/A	www.evergreenplantscapes.com evergreenllc@bendcable.com	Mike Hull	6	1981	Interior plant design, installation & maintenance.
Homeland Design LLC 2337 NE Eighth St. Bend, OR 97701	541-312-2141	541-312-2141	www.homelanddesignllc.com joey@homelanddesignllc.com	Joey & Becky Shaw	3	2009	Full service custom & residential home & landscape design, remodel design irrigation design, builder/permit set drawings, onsite DIY consultations, computer renderings, study scale models, construction administration & bid review.
Landscape Elements, LLC, LCB #7256 PO Box 1878 Bend, OR 97709	541-312-2680	N/A	www.landscapeelements.net admin@landscapeelements.net	Parker MacDonald	15	1999	Custom design/build landscape & irrigation services.
Millsite Landscape Services LCB #8364 CCB#153527 15 SW Colorado Ave., Ste. 1 Bend, OR 97702	541-382-2756	541-388-5414	millsitelandscape.com Mike@millsitelandscape.com	Mike Bjorvik	30	1998	Landscape maintenance, landscape construction, irrigation services, arbor care, seasonal color, snow & ice management, building maintenance & event services throughout Central Oregon. LCB# 8364 CCB#153527
Sculptural Landscapes, LCB 6008 19019 Baker Rd. Bend, OR 97702	541-382-5188	Call First	www.bendpinenursery.com info@bendpinenursery.com	Fred Swisher	1	1970	Design consultation & construction. Bend's only landscape books -- <i>55 Myths Tip + Secrets: Bend's Essential Guide to Landscaping</i> , <i>Simple Landscaping: A Life long High-Desert Landscaper Reveals How to Do More for Less</i> , <i>Simple Landscaping + Landscape War: 10 Traps You Must Avoid</i> & newest book: <i>Landscapeing Warrior</i> .
Valorie Lukins Landscape Design Bend, OR	541-330-5700	N/A	www.vlukinslandscapedesign.com val@vlukinslandscapedesign.com	Valorie Lukins	2	1980	Specializing in landscape design for residential & commercial properties & therapeutic gardens.
WinterCreek Restoration LCB #7338 63405 Deschutes Market Rd. PO Box 1543 Bend, OR 97709	541-948-0661	541-382-1227	www.wintercreekrestoration.com wntrcrkrest@me.com	Rick Martinson	11	2000	Ecology based landscape design. Native plant landscapes. Sustainable design. Restoration planning & design. Land management analysis, planning & design. Commercial & residential. LCB #7338

Landscape Architects *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Botanical Developments 101-179 NE Hawthorne Ave. PO Box 6326 Bend, OR 97701	541-617-5926	541-617-0443	www.botanical-developments.com ron@botanical-developments.com	Ron Kidder	40	2000	Landscape architecture, construction, maintenance & habitat restoration company committed to ecologically sound landscape practices.
Dappled Earth - Designs to Nurture Life PO Box 97 Powell Butte, OR 97753	541-350-7436	N/A	www.DappledEarth.com eileen@DappledEarth.com	Eileen Obermiller	1	2007	Landscape architecture, land use planning & design of residential & commercial, resort, park & neighborhood properties.
David Evans & Associates, Inc. 320 SW Upper Terrace Dr., Ste. 102 Bend, OR 97702	541-389-7614	541-389-7623	www.deainc.com tam@deainc.com	Todd Marcum	2	1986	Engineering, surveying, planning, landscape architecture, natural resources management, construction engineering services.
Katrina Langenderfer Landscape Architecture 48 SE Bridgeford Blvd., Ste. 230 Bend, OR 97702	541-749-8526	N/A	www.KLLandArch.com info@KLLandArch.com	Katrina Langenderfer	1	2012	Katrina Langenderfer Landscape Architecture provides comprehensive & integrated master planning & design services for park & recreation facilities, trails, transportation corridors/urban streetscapes, commercial, institutional, residential & environmental site development. Services include master planning/site planning, site design, landscape & hardscape design, irrigation design, illustrative digital graphics/visual communication & construction documentation.
Macdonald Environmental Planning, PC Parks Community Bend, OR 97701	541-383-1895	N/A	www.mep-pc.com lmacdonald@mep-pc.com	Laurel Macdonald Bonnell	3	1982	Landscape architectural design for all project scale - commercial to residential, community/recreation planning & healing environment planning & design.

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.

Element 1 Corp.

Continued from page 15

intensity, as well as other harmful emissions (particulate matter, NOx and SOx) traditionally associated with burning fossil fuels,” says Edlund, co-founder and CEO of e1 Corp. “This strategic relationship is the direct result of our partners’ vision as well as their commitment to environmental responsibility.” He continues, “Whereas fuel cell technology has matured substantially over recent decades, the supply of hydrogen as feedstock to fuel cells has lagged considerably, resulting in significant logistic and economic challenges to the wide-scale deployment of fuel cells. E1’s methanol-to-hydrogen technology offers a broad solution to this challenge. Importantly, Ardmore and Maritime Partners provide unique access to existing markets in international shipping and inland waterways.”

The partnership came into existence as a result of the International Maritime Organization (IMO) establishing an edict to create significant reductions in carbon within the industry by 2030, Schluter says. “These ships are massive and



AERIAL VIEW OF AN ARDMORE OCEAN-GOING SHIP | PHOTOS COURTESY OF ELEMENT 1 CORP.



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expensive. Ardmore and Maritime determined they had to adopt technology by 2025 in order to meet the IMO regulations by 2030. We started getting calls, and a financial analyst put us together,” he says. “Ardmore specializes in ocean-going shipping, and Maritime in inland waterways. In the land of COVID, we have gone from ground zero to where we are now since November. That’s unheard of.”

“We are very pleased to establish a strategic relationship with e1 and Maritime Partners to deliver this unique hydrogen delivery system to the marine sector,” says Anthony Gurnee, Ardmore’s CEO. “The establishment of e1 Marine and our investment in e1 advance our Energy Transition Plan, which includes a focus on transition technologies aimed at reducing carbon emissions in the shipping industry and utilizing Ardmore’s engineering and marketing capabilities to accelerate their deployment.” He continues, “We are excited about the market opportunity for e1’s methanol-to-hydrogen technology. We believe it is safer and cheaper than other alternatives for onboard hydrogen delivery and, when using standard methanol, is operationally cost-competitive with diesel engines even today, while emitting zero particulates, zero NOx, zero SOx and 30-50 percent less carbon than a diesel engine of the same power rating. The e1 system is carbon-neutral when run on renewable methanol, should prove to be very cost-competitive with other alternatives, and, if desired, can be built or retrofitted to run on ammonia.”

Schluter says that to facilitate this partnership and the company’s recent growth, e1 has been hiring new staff out of the engineering program at OSU-Cascades, and out of the strong relationship e1 has with EDCO. “We were early participants in the Bend Venture Conference; we came in second in 2012. EDCO has been very supportive of us for the past ten years.” He adds, “It’s very exciting; after ten years of effort, things have been really taking off now in the past couple of years.”

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Black Butte Ranch | Sisters, OR



Ponderosa Heights Apartments | Sisters, OR

Landscaping

Landscape Contractors & Suppliers *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Ascending Landscape Developments, LCB#8653 65514 Old Bend Redmond Hwy., Bend, OR 97702	541-948-2081	541-389-1025	ascending@bendbroadband.com	Jay Webb	5	2007	Landscape design, installation, renovation & certified arborist.
Best in the West Inc. 565 SE Lake Rd., Redmond, OR 97756	541-548-5748	541-548-5805	www.bestinthewest.biz bitwop@gmail.com	Dustin Alderman	5	1992	Supplies for landscaping such as cinder rocks, fir & hemlock bark, bark nuggets, soils, garden mixes, mulch. Bark blowing available.
Blooming Desert Design + Build, LCB # 9613 CCB #204362 PO Box 48, Powell Butte, OR 97753	541-977-5499	N/A	www.bloomingdesertdesign.com shannon@bloomingdesertdesign.com	Shannon Lester, Drew Lester	2	2010	Landscape design, paver installation, backflow assembly testing, exterior project management, D.I.Y. hourly consultations.
Butch & Troy Landscaping Inc., LCB 7158 19384 Seminole Cir., Bend, OR 97702	541-385-0839	N/A	www.bendoregonlandscaping.com bandtland@hotmail.com	Troy Butolph	5	1979	All phase- landscape install, water features, irrigation, maintenance commercial & residential, snow removal & deicing. The new organic weed control system. No poison used pet & kid friendly.
Complete Irrigation Services, LLC LCB# 8952 PO Box 1226, Bend, OR 97709	541-815-9623	N/A	www.cisbend.com trevor@cisbend.com	Trevor Varcoe	3	2010	Irrigation startups, repairs, upgrades, installs, winterizations, backflow testing & more.
Cornerstone LLC Landscape Maintenance 1576 NW Fresno Ave., PO Box 1908, Bend, OR 97703	541-280-3523	N/A	Cornerstonelogan@gmail.com	Drew Logan	1	2004	Installation of residential colonial crossbars; commercial signs for land/acreage, offices; commercial street signs; CCB #225679.
Eastside Gardens, Inc., LCB 12966 61780 SE 27th St., Bend, OR 97702	541-383-3722	541-317-8529	www.eastsidegardens.org	Chester Cocco	18	1989	Full landscape nursery, sales & installation.
Everist Irrigation 2660 Hwy. 20, Ste. 610-101, Bend, OR 97701	541-362-1389	N/A	www.everistirrigation.com jerry@everistirrigation.com	Jerry Everist	5	2011	Irrigation, landscape construction, landscape maintenance, backflow testing & snow removal. LCB #9018
Fagen Tree & Chips, CCB #100453 151 SE Second St., Bend, OR 97702	541-382-4997	N/A	www.bendoregontreeservice.com treesandchips@gmail.com	Wade Fagen	4	1995	Certified Arborist, land clearing & tree services, wood chip bark mulch supplier, snow removal.
Green Thumb Landscaping, LCB 8644 - Redmond 148 SE Deschutes Ave., Redmond, OR 97756	541-548-2194	541-548-0134	www.gtlandscaping.com greenthumbind@hotmail.com	David Krajczynski	35	1999	Commercial & residential design, construction, maintenance, irrigation, water features & lighting
Instant Landscaping, #74728 63160 Nels Anderson Rd. Bend, OR 97701	541-389-9663	N/A	www.instantlandscaping.com joe@instantlandscaping.com	Tim Larocco, Joe Owens	11	1980	Distribution for McPheeters turf & fertilizer. Deliver bark, turf, screened topsoil, enriched topsoil & soil amendments, gravel, drain rock, pavers, wall block & flagstone. Large selection of pre-packaged lawn products & fertilizers.
Landmark Landscaping, LLC, LCB 8209 Bend, OR 97701	541-420-1770	Please call first	www.landmarklandscaping.net william@landmarklandscaping.net	William Blair	3	2005	Landscape construction & maintenance.
Landscape Elements, LLC, LCB 7256 PO Box 1878, Bend, OR 97709	541-312-2680	N/A	www.landscapeelements.net admin@landscapeelements.net	Parker MacDonald	15	1999	Custom design/build landscape & irrigation services.
Landsystems, LCB 5082 21336 E Hwy. 20, Bend, OR 97701	541-382-7646	541-389-5982	www.landsystemsnnursery.com info@landsystemsnnursery.com	Gary English	25	1978	Full service nursery & garden center irrigation, full design, pavers, decking, water features, sodding, landscaping, bark blowing & maintenance.
McPheeters Turf, CCB #96163 2019 SW Park Ln. Culver, OR 97734	541-546-9081	541-546-2953	www.mcpheetersturf.com mcturf@cbbmail.com	Brenda Potampa, Butch McPheeters, Jason Potampa	7	1979	Quality lawns, Advantage turf, classic blend, trees & shrubs, fertilizer. All types of turf lawns, trees, shrubs, native plants & grasses.
Millsite Landscape Services LCB# 8364 CCB#153527 15 SW Colorado Ave., Ste. 1 Bend, OR 97702	541-382-2756	541-388-5414	www.millsitelandscape.com Mike@millsitelandscape.com	Mike Bjorvik	30	1998	Landscape maintenance, landscape construction, irrigation services, arbor care, seasonal color, snow & ice management, building maintenance & event services throughout Central Oregon. LCB# 8364 CCB#153527
Schultz Landscapes LLC, LCB 8043 4805 SW Tomahawk Ave., Redmond, OR 97756	541-330-9696	N/A	www.schultz-landscapes.com info@schultz-landscapes.com	Scott Schultz	5	1997	Landscape design, construction, water features, pavers, irrigation, maintenance & snow removal.
Sculptural Landscapes, LCB 6008 19019 Baker Rd. Bend, OR 97702	541-977-8733	Call first	www.bendpinenursery.com info@bendpinenursery.com	Fred Swisher	1	1970	Design consultation & construction. Bend's only landscape books -- <i>55 Myths Tip + Secrets: Bend's Essential Guide to Landscaping</i> , <i>Simple Landscaping: A Life long High-Desert Landscaper Reveals How to Do More for Less</i> , <i>Simple Landscaping + Landscape War: 10 Traps You Must Avoid</i> & newest book: <i>Landscaping Warrior</i> .
Springtime Landscapes & Irrigation, LCB 6044 62990 Plateau Dr., Bend, OR 97701	541-389-4974	541-389-3621	www.springtimeirrigation.com info@springtimeirrigation.com	Bill Shumacher, Joe Davies	33	1980	Landscape irrigation, design, construction & maintenance.
Vern Sampels Landscaping , LCB 8092 1986 SW Canal Blvd., Redmond, OR 97756	541-548-8416	Same as phone	www.sampelslandscaping.com sampelslandscaping@hotmail.com	Kiley Sampels, Carla Sampels	30	1971	Full phase landscaping. Authorized dealer of Rainbird Systems.
WinterCreek Restoration LCB #7338 63405 Deschutes Market Rd., PO Box 1543 Bend, OR 97709	541-948-0661	541-382-1227	www.wintercreekrestoration.com wntrcrkrest@me.com	Julia Brynn, Rick Martinson	11	2000	Native plant landscapes, xeriscaping, restoration, fire prevention, wildlife habitat. Commercial & residential. Wholesale native plant nursery. LCB #7338

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.

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Life & Financial Lessons from Peaches

Living the Life You Have Always Imagined

by DAVID ROSELL — Rosell Wealth Management

It's only April and temperatures have already soared into the 70's. Often this means a spring snowstorm is right around the corner. I love this time of year as flowers begin to show their heads, lawns end their hibernation and the snow is soft and carvable on Mt Bachelor where parking passes are no longer required! For me, it's also the time to start up Peaches and get her ready for the open roads.

Yes, this is leading to a story I would like to share with you. It takes place in the beautiful country of New Zealand where my daughter Sophie currently attends university and the only COVID-free place on earth! As she is learning, when you know where you're starting from and where you are going, and you mitigate the risks along the way, you can take advantage of opportunities. Years ago, I would also discover in New Zealand just how profoundly that adage can impact one's life.



MY MORRIE, ZEWE ZEALAND 1991

It was 1991, I landed in Auckland after an overnight flight. The sun was just rising. Just as I exited baggage claim, half-awake, a frazzled young German man approached me. "Do you want to buy my car?" he asked in a frantic tone. "I make you a very good price!" His anxiety was obvious. He was scheduled to board a flight back to Frankfurt that morning and had not yet sold his 1956 Morris Minor Van. I listened to my gut and thought, *Sure, I will take a look at your car. What do*

I have to lose? The vintage car had some rust and looked a bit worn, but it was oozing with character. I offered the man \$200. He gladly took the money and handed me the keys. As I drove my latest purchase in a place I had always dreamed of traveling, I felt as free as an uncaged parrot. It did not take me long to learn, however, that the only time an old English car does not leak oil is when there is no oil in the engine. Of course, the Morris Minor, affectionately identified by Kiwis as a Morrie, had a lot of other quirks and idiosyncrasies. But she had character and style, and I was proud and excited to call her mine. Over the next two months, I crisscrossed this island/theme park, participating in every fun antic I could find. I fell in love with New Zealand as well as my new car.

Nine years later, I moved to beautiful Bend in November of 2000. My new town reminded me of New Zealand because of its beautiful scenery and friendly people. Never before had I been to a locale where almost all the residents had come from somewhere else, having made a conscious decision to live, raise their children or retire here. Within months, I had set up a financial planning office in downtown Bend. This year we are proudly celebrating our 20th year in business.

One morning I looked out my new office window and I could not believe my eyes. A Morris Minor! The distinctive front grille was unmistakable. I immediately ran outside to appreciate it firsthand. It was a convertible! I had no idea they made a topless model. Furthermore, I had never seen this British icon in America. It was in beautiful condition. It even had the steering wheel on the English side! It was love at first sight. I looked all around for the owner of the car to no avail. I had an appointment, which was not an everyday occurrence at that time, so I left a note on the windshield that read: *I used to own this same car in New Zealand. If you ever want to sell it, please call me.* Sadly, by the time my appointment was over, the Morrie was gone.

A year later I was mowing my lawn when the phone rang. At the other end I heard, "David, this is your lucky day. I am selling my Morris Minor." It took me a moment to put the pieces together and remember the car I had spotted downtown some 12 months prior. That same day I was in his garage across town with my recently born daughter Sophie. My heart was pumping. Just looking at the car brought back so many wonderful memories from my New Zealand exploits. The owner, John, shared his story. Years earlier he had shipped the car from England to Bend for his Japanese girlfriend, who had named the car Peaches. Now he was retiring as a doctor from St. Charles Hospital to sail his boat from Portland to, of all places, New Zealand.

I proceeded to share with him a photo of the Morrie I had previously owned in New Zealand. This was more than a coincidence we thought. John suggested I take Peaches for a spin and even placed Sophie's car seat in the back. The moment I got behind the right-side steering wheel I felt at home. We drove the car right into our garage, as I knew it was going to be mine. I got out of the car, acknowledged that she had found her new home and then drove back to make it official.

When I returned to John's home, he could see the grin on my face. He proceeded to show me every receipt, from shipping and restoration to replacement parts and labor. He had probably invested more money into the Morrie than she was worth. He expressed how delighted he was to see my adoration for Peaches and how he had been waiting to pass this car on to the right someone who would appreciate her. I was that person. Then he pulled out the receipts from the prior year, which did not add up to more than a few thousand dollars. If I simply paid that amount, the car would be mine. In disbelief, I immediately wrote him a check and drove my new family member into her warm new home. She looked so good in my garage.

Peaches, which I drive to work most summer days, has brought a continual stream of serendipity and good fortune into my life. For more than a decade she was the face of my financial practice as her non-ostentatious, adventurous spirit shared a message about the road to financial independence. It was as though she said: *Envision your life's journey. See yourself in the driver's seat. Make the right turns on your financial journey.*

Peaches is a dear friend. I can come home from a long day at work and take her for a spin and all of my concerns evaporate. When I take her on a family ride and park downtown, she attracts a crowd of smiling, curious faces. Peaches is not just another pretty classic car, she is the symbol for me of a plethora of life lessons. Henry David Thoreau wrote: *If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with*

a success unexpected in common hours. What this means to me is that if you focus on what it is you want in life and if you continually do good, when you least expect it the worthy things in life that motivate you will suddenly appear.

Peaches also offers me some other life lessons:

- Like Peaches, one does not need to be flamboyant or showy to get positive attention.
- If you treat others well, they will treat you well. Peaches, who will be celebrating her 65th birthday this year, is still a beauty because she is well maintained and loved.
- There are no accidents in our lives. Everything happens for a purpose. What are the chances of a German tourist passing a car on to me that would come back to me decades later in my new hometown of Bend?
- History has a way of repeating itself. I never would have imagined when I was traveling New Zealand in my car that exactly 30 years later my daughter would purchase a car of her own in the very same country of New Zealand.

The biggest lesson Peaches has imparted to me, however, has to do with finances. Here it is:

If you look after your money the way you would an old beloved car, you can live the life you have always imagined.

My New Zealand experiences proved to me that what we think about expands. As you plan your years of financial independence, you must make sure that your financial planning expands with your vision. That means rounding out your retirement income survival kit because, as you already know, failure is not an option.

David Rosell is president of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the creator of Recesson-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 Rosell's books on Audible and iBooks as well as Amazon.com

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PEACHES IN BEND | PHOTOS COURTESY OF ROSELL WEALTH MANAGEMENT



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Awbrey Glen Golf Club announced **John Metzinger** as their new head professional. Originally from Youngstown, Ohio, Metzinger graduated from Youngstown State University with a degree in business. First entering the golf business in 2007, he became the first assistant golf professional at Tippecanoe Country Club in Canfield, Ohio, where he earned Class A membership in the PGA of America in 2010. Eventually transitioning to Naples, Florida in 2013 to advance his career, Metzinger was the seasonal assistant golf professional at Imperial Golf Club. Once settled full time in SW Florida, Metzinger became the first assistant golf professional at Kensington Golf & Country Club.

Metzinger has shown his desire to continue his professional growth and is Level 2 Certified with the Titleist Performance Institute (TPI). TPI is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing.

Metzinger met his wife Holly in Naples, they married in April of 2019 and welcomed daughter Emma in 2020. Metzinger and his family are beyond excited about their next adventure in Bend and becoming part of the Awbrey Glen family!

Metzinger is the first external head professional hired at Awbrey Glen since 1998.

Precise Flight, Inc. announces the promotion of **Bill Hoback** of Bend to the position of general manager.

Hoback has worked for Precise Flight for the past nine years, serving most recently as senior director of Business Development. Hoback has served in the roles of sales director, senior sales executive and OEM sales manager for Precise Flight. Prior to joining Precise Flight, Hoback worked for Cessna for six years in assembly, quality, flight line, customer service and special projects.

Hoback began his new role in March 2021.



The **Council on Aging of Central Oregon** announced that it has expanded its staff leadership in two key areas as it prepares to meet the increasing demand for programs and services to support the fast-growing aging population in Central Oregon.

Greg Canfield joins the team as the director of accounting and administration. Canfield brings over 20 years of experience in tax and accounting in roles with Les Schwab, Deschutes County Mental Health, Arthur Andersen and Perkins and Company. Canfield has been a member of both the American Institute of Certified Public Accountants and the Oregon Society of Certified Public Accountants since 1993. He also served on the Board of Directors for J Bar J from 2016-2020. Canfield is a graduate of the University of Oregon and a U.S. Army veteran, having served in Germany.

Steve Remington serves as the director of development for the Council on Aging of Central Oregon. Remington has more than 30 years of executive-level leadership and business management experience, most recently as director of development for the Sisters Folk Festival. As the president and managing director of See Development, Inc. he worked with the World Resource Institute, Earth Council Alliance, VeriFone, Eugene Water & Electric, University of Oregon, Arizona State University, World Environment Day and Tempe Festival of the Arts.

Remington is a co-founder of the Portland Waterfront Blues Festival and the Oregon Truffle Festival, a high-end culinary tourism event and served as a past Chair of the International Festivals & Events Association Foundation. He is a 1997 graduate of the Purdue University/IFEA Executive program, holds a certificate for Small Business Management from Portland Community College, an alumni of Marylhurst University in Organizational Communication and has taught event management as an adjunct faculty member for University of Idaho, Arizona State University's Hospitality and Tourism program and the University of Oregon's Arts and Administration graduate program.

The **Rotary Club of Bend** has grown its membership recently and continues to welcome community members interested in service locally and globally. Since 1947, The Rotary Club of Bend has been a leading service club in Central Oregon. New members include:

Valerie Teller, retired medical professional and educator. Teller's career in pediatric audiology afforded her the timely and unique opportunity to work with other medical professionals in Ohio to develop the first High Risk Registry for deafness for newborns, which served as the catalyst for similar universal identification programs and mandated testing of all high-risk infants across the country. After 22 years with the neonatal intensive care unit, Valerie pursued a teaching certificate with a specialization in reading for K-3 and taught first grade for eight years. Teller, her husband Ray and their rescue dog are now located in Bend. She is a member of the Newcomer's Club of Bend, PEO, two book clubs, the InnComparable Cooks for Bethlehem Inn and she volunteers for the Humane Society Thrift store. She joined Rotary for the opportunity to contribute to our local and global community as a Rotarian and is looking forward to meeting this group of dynamic and enthusiastic members.

Angie Boswell, recruiter connect specialist, VetJobs.org. Boswell is a Recruiter Connect specialist at VetJobs.org, where she has worked for the last six years, connecting corporate America with military veterans and their family members.

She is also attending graduate school full time and will be receiving her master's degree in Social Work in May 2021. Boswell received her undergraduate degree in 2003 from Southern Methodist University in Dallas, Texas, with a bachelor's degree in English Literature, specializing in International Studies. After graduation she lived throughout the country, working as a United States Federal Agent and then U.S. Federal Investigator, before resigning from her career in order to start a family and prepare for her husband's retirement from the United States Marine Corps. In 2016, Boswell, her husband and their daughter returned to Bend, her husband's hometown.

Talie Wenick, addiction specialist/counselor, BestCare Treatment Services. Wenick was born in Burns and moved to Bend in 1978. She has worked for BestCare Treatment Services for the past 12 years, currently as the lead for the Addiction Team at St. Charles Hospital in Bend, providing crisis management, community resources and support for patients experiencing chronic alcohol and drug use. She is the parent of two children, Aubrie and Brandon. She enjoys spending her time hiking, cooking, traveling and watching her son play hockey. She joined Rotary to expand her passion for service work, both locally and globally.

Dr. Andy Kelch, acupuncture and Chinese herbal medicine, Lumos Medical Center. Kelch is a licensed acupuncturist practicing at Lumos Medical Center in northeast Bend. Originally from Chicago, Kelch spent just over a decade living in Breckenridge, Colorado, before moving to Oregon to study Chinese medicine at NUNM in Portland. He is honored to be serving the Central Oregon community as a holistic healthcare provider and one of the newest members of the Rotary Club of Bend.

Family Kitchen is serving an average of 5,600 meals a month. It is run mostly by volunteers with direction from long-standing board members who have selflessly helped shape Family Kitchen's growth and supported day-to-day operations during this challenging time and over the past few years, notably

David Butler, president, five years of service, **Linda English**, four years of service, **Lee Husk**, secretary, four years of service, **Peter Lovering**, five years of service (this time!), **Paul Primak**, five years of service, **Bill Silliman**, treasurer, four years of service and **John Trachtenburg**, vice president, three years of service.

Now more than ever Family Kitchen can't exist without volunteers to make, serve and deliver meals, shop, recycle, help run the student program, do the laundry and pick up donations. Not only is Family Kitchen actively seeking more volunteers, but it also recently added four new board members to help in awareness, fundraising and to drive future direction. They include **Suzanne Bell**, **Dana Black**, **Kristine McConnell** and **Chris Piper**.



Bell is the owner and principal of Bell Marketing Group and a 15-year resident of Bend. She's served on other nonprofit boards including CASA of Multnomah County and Self Enhancement, Inc. She received a graduate degree from Syracuse University and an undergraduate from Florida State University.

Black is the founder and CEO of Collective Pallet, LLC, Startup Consulting, LLC and a 25-year resident of Bend. Past nonprofit experience has included work with Working Wonders Children's Museum and Bendfilm. She graduated from Washington State University.

McConnell is vice president of industry relations at Visit Central Oregon for the past 16 years and a 25-year resident of Bend. She currently serves on Advisory Committees for Discover Your Forest, Sunriver La Pine Economic Development (SLED), Japanese American Society of Central Oregon (JASCO) and served with Deschutes Trail Coalition and Youth Choir of Central Oregon.

A former Bend City Councilor, Piper is the founder and owner of Piper Speaks Promo and an acting vice president of sales and promotions at SiliPint, Inc. He's served on the Bend Economic Advisory Board, Bend Downtown Association and more recently on the Council of Aging on Central Oregon. He graduated from the University of Oregon.



Anis Mojgani, a two-time National Poetry Slam champion, winner of the International World Cup Poetry Slam and Oregon's current poet laureate, is headlining Central Oregon Community College's (COCC) National Poetry Month celebration. From 6:30-8pm on Wednesday, April 7, Mojgani will give a virtual reading of select poems followed by a student-facilitated Q&A. COCC will also offer poetry fans a collaborative workshop, recorded readings from college staff — posted each Tuesday and Thursday of the month — and other verse-themed activities as part of the online celebration at cocc.edu/poetry-month/2021, where all registration for the free events takes place.

Portland-based Mojgani has served as Oregon's tenth poet laureate since last April. In addition to his acclaim on the poetry slam stage, the poet has performed at universities, festivals and for the United Nations. A trained comic book artist, he has published five books of poetry, had his work featured on HBO and National Public Radio and designed commissions for the Getty Museum and Peabody Essex Museum.

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Who's Who
Continued from previous page

Cobalt Property Management Group (CPMG) announced **Melissa Sander's** addition to the company's property management team. With offices in Oregon and Washington, Sander joins a team of proven property management professionals with a broad portfolio of properties under management.

Sander started her career in 2004 in the Portland marketplace. She has extensive experience managing a full complement of multi-family, commercial and residential properties. A native Oregonian, Sander and her husband moved from Beaverton to Bend in 2019.



Compass Commercial has undergone many changes to better serve their clients over the past year. One of the most recent changes to take place was the transition of the president from **Jay Lyons** to **Dan Kemp**.

In 2020 alone, Compass Commercial fully rebranded the logo to better differentiate each of its three divisions: Real Estate Services, Asset & Property Management and Construction Services. A new website was recently launched with the rebranded colors, logo and theme, and it is there to

guide clients through their real estate journey.

Internally, the real estate services team implemented a new pipeline management platform to manage broker listings and accounting. The transition to Yardi Voyager in property management will save hundreds of monthly man-hours to create month-end reporting. It also gives clients real-time access to their property data. Construction services continues to grow, adding on new team members and working closely with brokers and property managers.

Over the next few years, Compass Commercial plans to further develop and promote the brand by bringing systems up to speed to serve more people quicker and more efficiently.

Oregon Adaptive Sports (OAS) welcomes three new members to the Board of Directors to help guide this expanding organization into the next chapter of this nonprofit.

Scott Taylor has experienced disabilities himself after a surgery resulted in some paralysis to one hemisphere of his body and a sensory deficit to the other. He spent time in a wheelchair until, through years of rehab, he was able to regain his ability to walk and relearned how to ski, swim, kayak and ride a tricycle. He found OAS to be invaluable for his continued development of athletic endeavors.

Traci Clautice-Engle is a radiologist MD who has extensive and long-time experience in the medical field. She also has a personal relationship with the difficulties for people with disabilities to experience the outdoors.

Bunny Thompson has lived in Central Oregon for 21 years and has been

a volunteer with OAS almost that long. Her passion and respect for this organization runs deep.

Bend-based **Technology Design Associates** was recognized on achieving the Premier Diamond status with Control4 for 2021. Representatives from Control4 said that Technology Design Associates earned this distinguished recognition because of their dedication to delivering exceptional Control4 experiences to their customers and ability to reach key financial targets during the year.

TechnologyDesignAssociates, with its Control4 partnership, integrates automation and networking systems for homes and businesses, offering a personalized and unified smart home system to automate and control connected devices including lighting, blinds, audio, video, climate control, intercom and security.

Jenkins Group announced the 89 medalists in the 14th annual **Axiom Business Book Awards**. Chosen from nearly 500 entrants, the gold, silver and bronze medals in 25 categories honor the best business books published during the past year. The winning books epitomize the Axiom Award motto, "Success through Knowledge," by offering the latest information to help business people meet the challenges of a fast-changing world.

In the Business Book Parable Category, Central Oregon author and group development expert, **Dianne Crampton** of **TIGERS Success Series**, demonstrates the mindset transformation of a micromanager to that of a collaborative and "woke" leader.

This year's Axiom Award winners came from a blend of Big 5 publishers, university presses and independent and self-publishers of various sizes. Medalists represent 17 U.S. states, two Canadian provinces, the United Kingdom, New Zealand, the Netherlands and Switzerland.



Oregon State University distinguished professor **Jane Lubchenco** will lead climate and environmental science efforts in the White House as the new deputy director of climate and environment in the White House Office of Science and Technology Policy.

In the newly created role, Lubchenco will collaborate with Biden-Harris administration science and climate advisors to tackle one of the world's most pressing problems.

Lubchenco, the Wayne and Gladys Valley Professor of Marine Biology at OSU, is one of the most highly cited marine ecologists in the world.

She previously worked with President Biden during the Barack Obama administration, where she spent four years as administrator of the National Oceanic and Atmospheric Administration and two years as the State Department's first U.S. Science Envoy for the Ocean.

Lubchenco is past-president of the American Association for the Advancement of Science, the Ecological Society of America and the International Council for Science. She is an elected member of the National Academy of Sciences and was a National Science Board member for ten years. She also is a recipient of a MacArthur Fellowship, or "genius grant."

Lubchenco is on loan from Oregon State to the White House for the duration of the appointment.

Got a Who's Who?
Send it to CBN@CascadeBusNews.com

Businesses Serving Community

SKJERSAA GROUP

The Skjersaa Group donated more than \$24,700 to over 30 nonprofits that serve Central Oregon last year as part of its community commitment. The top-producing real estate team based in Bend, pledges at least one percent of its annual revenue to local and regional charities and nonprofits each year.

Inspired by Patagonia's 1% for the Planet, realtors Terry Skjersaa and Jason Boone put a similar giving initiative into their business plan when they formed the Skjersaa Group almost ten years ago. The Skjersaa Group's One Percent campaign was initially focused on supporting environmental causes but was expanded a few years later to include giving to educational and other community-focused charities in Central Oregon.

Many nonprofits in Central Oregon benefited from the Skjersaa Group's



THE SKJERSAA GROUP VOLUNTEERING AT THE FURNISH HOPE WAREHOUSE | PHOTO COURTESY OF DEBORAH ASATO

One Percent Pledge including those focused on the environment, protection of public lands, and advocacy for animals. The Environmental Center, the Humane Society and Deschutes Land Trust were beneficiaries, as were organizations that protect and serve families and children, like Saving Grace, CASA and the Family Access Network. Other giving included support for educational and cultural programs provided by the COCC Foundation, Abilitree and Rise Up, as well as services provided by Bethlehem Inn, Family Kitchen and Furnish Hope.

FAMILY ACCESS NETWORK REDMOND

During the week of February 22, supporters of The Family Access Network (FAN) Foundation gathered virtually on an event website to celebrate the Fourth Annual Redmond Luncheon fundraiser. With almost 100 website visitors, this event raised over \$32,000 for Redmond FAN. SunWest Builders provided the Title Sponsorship for the fourth year. The other monetary and in-kind event sponsors were key to making the event possible. The generosity of individuals who made one-time and sustaining donations were essential to helping FAN reach our fundraising goal; furthermore, new monthly gifts were matched by MonteVista Home, doubling the impact.

Brighter Smiles for All This Spring!

by **CLAIRE SHANLEY, Communications Coordinator — Mosaic Medical**

Mosaic Medical, a community health center with 15 clinics across Central Oregon, is proud and grateful to continue the vision of the late Dr. H.M. Kemple with the creation of the Kemple Children's Dental Fund. The fund has been established with a generous gift from the Kemple Memorial Children's Dental Clinic, which closed its doors last year after more than 20 years of service to our community. The fund will provide integrated dental services at Mosaic clinics for children throughout Central Oregon who are uninsured or from low-income homes, allowing Dr. Kemple's vision to live on.

From May 1 through June 30, Mosaic Medical will host Kemple's flagship fundraiser, the Brighter Smiles campaign. During the campaign, participating dental offices will provide whitening services for 50 percent of the normal cost to their patients. All profits from the campaign will go to the Kemple Children's Dental Fund to ensure cost will never be a barrier to dental care for families in Central Oregon.

The campaign is a true win-win for all involved. Patients get a gorgeous white smile for a great price, participating dentists receive valuable marketing exposure throughout the campaign and Mosaic Medical is infused with critical funding to cover the cost of dental services for children in need in the community.

Already, several local dental offices have signed on to help local children.

- Bend Dental Group: 541-378-4503
- Bend Family Dentistry: 541-876-1573 or 458-214-8691
- Shevlin Dental Center: 541-382-8575
- Timm Family Dentistry: 541-382-1991

Mosaic provides participating offices with the bleaching product as well as promotional materials and follow-up support. The dental offices donate the cost of creating bleaching trays and offer whitening services to patients for half price (\$200). Patients write their checks out to Mosaic Medical for the services and all funds raised will be used to provide essential dental care to kids in need.

We are actively recruiting additional dental offices with the goal of having



GRAPHIC | COURTESY OF MOSAIC MEDICAL

all participants confirmed by mid-April. If you would like to participate in this campaign but don't see your dental office listed, reach out and encourage them to sign up by emailing Angela Saraceno at donate@mosaicmedical.org.

For more information on the campaign, visit mosaicmedical.org/brighter.

mosaicmedical.org



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How to Work a Desk Job Without that Kink in Your Neck

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness Center

In the fun(ish) new world we’re living in, where working at home seems to be the new norm, we’re finding that we’re constantly hunching over our computers as we send out company emails, conduct meetings, write reports, etc. Maybe you were doing that before COVID-19 started, so lucky you, this applies to you too! Because we’re all aware of the neck cramps we experience when huddled at our desks, the knotted shoulders shooting spikes of pain up into our brains and then the super awesome twinge of hell that starts at the lower back and carries like the worst roller coaster ever up our spines. And it’s not something that stays within normal working hours either. It spills into our daily lives, making us feel like we’re at least 20 years older than we actually are. It keeps us from walking straight, from sleeping well, from picking up our kids when they want a hug or playing fetch with Sparky at the dog park.

When it becomes hard to live our lives because we’re always in pain, it’s time to make a change. Meet your new best friend: the chiropractor.

What Sitting at a Desk All Day Really Looks Like for Your Body

Let’s first take a look at the primary pains one experiences from sitting at desk for six-plus hours a day. Then we’ll look at how to fix them.

We asked Doctor of Chiropractic, Kristin Costanzo, from Elk Ridge Chiropractic & Wellness Center to give us a bit of information on the subject. Here’s what she had to say:

“A lot of people that sit at a desk most of the day for work come in with neck, shoulder and low back pain complaints. These are usually the result of what we call ‘postural syndromes.’ A postural syndrome is when the body holds prolonged posture positions that can affect the body’s joints, muscles and tendons in a negative way. As a result, pain is experienced that can linger as those positions are adopted and maintained without interference.”

“These prolonged postures create imbalances such as lower cross syndrome [weakness in the lower back muscles], tight upper trapezius muscles [the area between the neck and shoulders] and weak rhomboids [the muscles connecting the shoulders to the spine], among other concerns. These imbalances contribute to irregularities such as rounded shoulders and a forward head posture, which can be harmful to the body and can create a good deal of pain.”

In other words, slouching over our computers, over our phones or even on our downtime over a book or magazine, can cause imbalances in our posture that not only affect us in the here and now, but can lead to poor posture problems in the future that give us constant, unwanted discomfort.

How to Treat the Pain from Working Your Desk Job

Now that we’ve determined what’s bad for us when working at a desk all day, let’s look at how to heal ourselves.

“In order to counter this type of stress, you should definitely be seeing a chiropractor on a regular basis, as chiropractic adjustments help reset the neurological tone of the muscles in these areas,” Dr. Kristin tells us. But the realignment of the spine is only one part of the healing process.

“In addition to the adjustment, we often use some soft tissue modalities such as electrical stimulation or stretching to help loosen up the facilitated [weak] muscles. Simple stabilization exercises can also be prescribed to help strengthen the inhibited muscles. These exercises are usually easy to do, and can be practiced at home or at the office.”

Ask your chiropractor what might be a good treatment plan for you based on your daily work routine, and how they might be able to help you break those poor posture habits. If you are not currently seeing a chiropractor, we recommend Elk Ridge Chiropractic & Wellness Center for it’s myriad of treatments, from Activator and manual adjustment, to physical therapy, massage therapy and naturopathy, to treat those imbalances you may be experiencing.

Preventative Measures to Take Moving Forward

In addition to receiving regular care from your chiropractor and implementing daily exercises to limit postural imbalances, there’s an additional measure you can take to really seal the deal.

We talked with Elk Ridge owner and fellow Doctor of Chiropractic, Natasha Ruegsegger, who highly suggests investing in a standing desk to keep the body moving, thus minimizing the tight, achy pains that result from sitting and slouching all day.

Dr. Natasha recommends the Babin Height Adjustable Standing Desk, a smart desk that allows her to schedule



PHOTO | BY VLADA KARPOVICH FROM PEXELS

her standing breaks throughout the day from a digital control panel built into the desk. Having purchased one of these for her own office at Elk Ridge, Dr. Natasha programs her desk to rise automatically from the sitting position to the standing position every hour. Without having to set an alarm, reminding her when to stand up and take a break, this smart desk does the job for her. She can keep on working from the standing position, and when the break is finished, down the desk goes, back into the sitting position. It’s a great, effective way to ensure that much-needed movement throughout the day.

You can purchase this desk and others like it at places like Costco or Office Max, or online at furniture outlets.

Got a Question?

At Elk Ridge Chiropractic, we’re available Monday and Wednesday from 9:30am to 6:30pm; Tuesday and Thursday from 2:30pm to 6:30pm; and Friday from 9:30pm to 1pm. You can give us a call at 541-388-3588, or shoot us an email at elkridgechiropractic@gmail.com to schedule your first appointment.

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BTI
Continued from page 3

and industry experts to design, build and teach BTI's curriculum of career pathway programs is key.

Kelsey Lucas, Prineville Area director for Economic Development for Central Oregon, noted, "This is an incredible opportunity for Prineville and the region to train local talent, attract new talent for these nationally recognized courses and tailor specialized training for our existing industries and companies. The hands-on approach implemented by Baker Technical Institute complements the emphasis that the Crook County School District has placed on interactive and practical learning that can be applied across various

industries through their Career and Technical Education (CTE) program."

Twenty years ago, half of all CTE programs were cut, but now that the economy has strengthened, there is a high demand for hands-on workers with competitive skills going unfilled. With boomers exiting the workforce, there's a surging demand for people with specialized technical skills, perfect for Millennials' hands-on maker mentality. Jobs like welding, nursing, construction, manufacturing, mechanics and agriculture can offer a high-wage career from day one. CTE programs, like Baker Technical Institute, prepare students for these jobs in a fraction of the time it takes to get a university degree, along with providing much more specialized training than the typical university degree.

Dalton said one of the biggest

challenges facing employers is the shortage of qualified truck drivers. According to the American Trucking Association, when accounting for both industry growth and replacing drivers leaving their jobs, either from retirement or other reasons, the industry will need nearly 1.1 million new drivers over the coming decade or just under 110,000 per year on average.

BTI has worked with an advisory board of industry leaders throughout Oregon and the Professional Truck Driving Institute to understand better the demand for drivers and what skills employers need now and in the future. The result is an innovative truck driving school built and designed by the industry's top minds to create the highest quality school anywhere.

In April, BTI will offer a truck driving and logistics course to help the local industry

address a shortage of drivers. The four-week hands-on training will provide the necessary training for individuals to get their commercial driver's license (CDL).

"In today's transportation industry, there is a continuous shortage of truck drivers. I'm excited about BTI and its approach to a quality hands-on program that will not be just another CDL school. It is a real-life solution for a real-life problem," says Scott Porfily, president of Western Heavy Haul and a BTI advisory board member.

"Our partnership with BTI gives people opportunities they've never had before," said Steve Forrester, Prineville City manager. "Being able to build a workforce and support the companies that have been operating not only in Prineville but the entire region is critical to having a thriving economy."

bakerti.org

J Bar J
Continued from page 3

provide mentors to kids who could use a positive adult role model, and much more. Our goal: to help kids become self-sufficient and contributing members of our community.

"Help make a difference in kids' lives," said Stephanie Alvstad, CEO and president, J Bar J Youth Services. "Come join a team of caring people with competitive wages."

Find more information online at jbarj.org/employment or visit our Job Fair April 8 from 10am to 12pm, the Vocational School at J Bar J Boys Ranch, 62895 Hamby Rd. in Bend.

J Bar J Youth Services offers innovative options for at-risk youth and families who are working toward self-sufficiency and personal responsibility. We operate several programs for youth in jeopardy in Central Oregon: Runaway, pregnant, throwaway, homeless, victims of human trafficking, adjudicated, at risk, disadvantaged.

J Bar J Programs include: Big Brothers Big Sisters of Central Oregon, Grandma's House, Cascade Youth & Family Center, Kindred Connections, J Bar J Bays Ranch, J5, The Learning Center and Vocational School at J Bar J, at: project and The Academy at Sisters.

For more information, call Ashley Gage at 541-389-1409 or email agage@jbarj.org.

jbarj.org

Oxford Hotel
Continued from page 3

Oxford Hotel Bend was built in 2009 as downtown Bend's premier, four-diamond boutique hotel. Along with national recognition for cleanliness and service, the hotel is a destination for eco-conscious travelers and runs on 100 percent renewable energy. Family-owned and operated in Bend, the hotel is part of the Oxford Collection, an independent chain of properties located in Oregon, Washington, California and Idaho.

For the full list of 2021 winners, visit travel.usnews.com/Hotels.

About Oxford Hotel Bend: Oxford Hotel Bend is Bend's first and only luxury boutique hotel. Located in the heart of downtown, the seven-story hotel features 59 spacious and luxurious rooms, many with views of the

Cascade Mountains. Designed with the leisure and business traveler in mind, Oxford Hotel Bend features a variety of amenities and services intended to up the ante on the traditional boutique hotel experience. For the last eight years, Oxford Hotel Bend has been recognized as a Top 25 US Hotel in TripAdvisor's Travelers' Choice Awards and was named the #4 Hotel in the Pacific Northwest in *Condé Nast Traveler's* 2020 Readers' Choice Awards. For more information, visit oxfordhotelbend.com.

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Bend Commercial Glass & Door
Continued from page 3

Door (BCG) will be the sole occupant of the Schep building and will be updating the facility with the help of LB Engineering and Kellcon Construction.

"Our growth has been so exciting, and more space is critical to continue to support that growth," said Richard Lyon, owner of BCG. "On behalf of all of our employees and customers, I am thrilled to have found a new home for the next 20 years of our business operations."

Bend Commercial Glass & Door would like to thank the following local firms for their timely and diligent work bringing this deal together:

Fratzke Commercial Real Estate — Brian Fratzke

Summit Bank — Matt Dynice

Western Title & Escrow — Lori Welsh

RCA Consulting — Randy Akacich

bendcommercialglass.com

RECENT TRANSACTIONS

Continued from Page 3

represented both the landlord, **Clausen Center, LLC**, and the tenant, **Abstract in Motion, LLC**, in the lease of a 3,340 SF industrial suite located at 63830 NW Clausen Drive in Bend.


Bill Pon of **Coldwell Banker Bain** represented the tenant **Lakshmi Ramdadra** in the lease for 2,300 SF at 2330 NE Division St. Suite 1.

Fratzke Commercial Real Estate Advisors, Inc. brokers **Tom Tapia**, CCIM, Principal & **Brian Fratzke**, CCIM, Principal, represented the Tenant in leasing 4,800 +/- SF of industrial space for Romanoff Floor Covering Inc. at 1481 NE Jackpine Avenue in Redmond.

Compass Commercial Real Estate Services broker **Jay Lyons**, SIOR, CCIM and **Grant Schultz** represented both the landlord, **OMP, LLC**, and the tenant, **Crystal Lake Community Management, Inc.**, in the lease of a 1,676 SF office suite located at 400 SW Bluff Drive in Bend.


Bill Pon of **Coldwell Banker Bain** represented the tenant **Tumalo Industries, LLC** as well as the Landlord Philip Hatch, Trust in the lease of 11,550 SF at 273 SE 9th. St. #160.

Fratzke Commercial Real Estate Advisors, Inc. brokers **Nick Vaughn** & **Brian Fratzke**, CCIM, Principal, represented the Landlord in a 5 year lease of 2,017 +/- SF for Prost! at 70 SW Century Drive in Bend.



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Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com

BUSINESS EVENTS



April 7
7pm City of Bend Virtual Southeast Area Plan Public Hearing, First Reading of Adopting Ordinance. Information and viewing at [bendoregon.gov/government/city-council/city-council-meeting-agendas-video](https://www.bendoregon.gov/government/city-council/city-council-meeting-agendas-video).

April 8
10am-Noon J Bar J Youth Services Job Fair at J Bar J Boys Ranch on Hamby in Bend. Information at jbarj.org/employment.

April 8
11am-1pm City of Bend Virtual Environment and Climate Committee Meeting. Zoom: <https://bendoregon-gov.zoom.us/j/97793955031?pwd=UXdBQ0ZoemlPaE-c0REt2WE9wMDlhcz09>. Call-in phone number: 1-888-788-0099. Webinar ID: 977 9395 5031, passcode: 926621. YouTube livestream link: <https://youtu.be/Lq-T5firMgU>.

April 8
3-5pm City of Bend Virtual Neighborhood Leadership Alliance Land Use Working Group Meeting. Zoom: <https://bit.ly/3stjyib>. Call-in phone number: 1-888-788-0099. Webinar ID: 930 6739 6970, passcode: LandUse. Oral public comment: join meeting 15 minutes before the start of the meeting. Written public comment: submit to moliver@bendoregon.gov by 12pm, Thursday, April 8.

April 9
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

April 10
10am Neil Kelly Kitchen Design + Remodeling Webinar. RSVP at https://us02web.zoom.us/webinar/register/WN_Su_-7w2WTi6ADZfv4ArZTg.

April 12
5:30pm City of Bend Virtual Planning Commission Meeting. Agendas at <https://www.bendoregon.gov/government/committees/planning-commission>.

April 14
4-6pm Sunriver Resort Summer Season Hiring Fair at the Homestead Building at Sunriver Resort. Part- and full-time positions available. Complete online application prior to fair: www.sunriverresort.com.

April 15
Noon City Club of Central Oregon April Forum, Envision Better Aging — How Can Central Oregon Adapt to the Needs of an Aging Population? Registration required at <https://cityclubco.org/>.

April 16
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

April 21
7pm City of Bend Virtual Southeast Area Plan Public Hearing, Second Reading of Adopting Ordinance and Council Vote. Information and viewing at <https://www.bendoregon.gov/government/city-council/city-council-meeting-agendas-video>.

April 23
8:30am Redmond Chamber Virtual Coffee Clatter. Facebook Live.

April 26
5:30pm City of Bend Virtual Planning Commission Meeting. Agendas at <https://www.bendoregon.gov/government/committees/planning-commission>.

April 29
6-7:30pm Saving Grace Virtual Event, Take Back the Night. Free, saving-grace.org/TBTN.

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

May 6
11am-1:30pm EDCO Virtual and In-Person Annual Luncheon at the Riverhouse on the Deschutes. In-Person tickets at <https://www.eventbrite.com/e/2021-edco-annual-luncheon-tickets-144684331731>, virtual tickets at <https://hopin.com/events/2021-edco-annual-luncheon>.

May 11
5pm Bethlehem Inn 11th Annual Virtual Spotlight on Homelessness. Join via Facebook of website. <https://bethleheminn.org/>, <https://www.facebook.com/BethlehemInnBend/>.

WORKSHOPS & TRAINING



April 7
6-8pm COCC Small Business Development Center Virtual Workshops, QuickBooks Pro, Beginning Desktop Version. \$99, registration and course information at cocc.edu.

April 14
11am-1pm COCC Small Business Development Center Virtual Workshops, Launch! Launch Your Business with SBDC Instructors & Business Advisor Maureen Quinn. Info at cocc.edu.

April 27
9-11am Synergy Health & Wellness Virtual Group Class Program, Thriving with Diabetes. synergyhealthbend.com.

Tuesdays, April 20, May 4
3-5:30pm COCC Small Business Development Center Virtual Workshops, Managing the People Aspects of Your Business, A Business Core Discipline Class. \$229, registration and course information at cocc.edu.

Wednesdays & Fridays, April 21-May 21
9-11:30am COCC Small Business Development Center Virtual Workshops, Dare to Lead. \$1,295, registration and course information at cocc.edu.

Wednesdays, April 28, May 5 & 12
6-8pm COCC Small Business Development Center Virtual Workshops, QuickBooks Pro, Intermediate Desktop Version. \$99, registration and course information at cocc.edu.

Thursdays, May 6 & 20, June 3
6-8pm COCC Small Business Development Center Virtual Workshops, Finance & Accounting for Decision Making, A Business Core Discipline Course. \$149, registration and course information at cocc.edu.

Wednesdays, May 19 & 26, June 2
6-8pm COCC Small Business Development Center Virtual Workshops, QuickBooks Online, Do Your Bookkeeping in the Cloud! \$99, registration and course information at cocc.edu.

Building Permits

COMMERCIAL PERMITS WEEK ENDING 3-12-2021

Deschutes Co.

- \$2,165,587.00 - Commercial (Laird Building C) 28,613 sf. at 335 W Lundgren Mill Dr. Sisters 97759 OR Owner: RII Lundgren Mill, LLC PO Box 1224 Sisters, OR 97759 Builder: Cohen Skovborg, LLC 541-617-9190 Permit # 247-20-006651
- \$1,681,596.00 - Commercial (JRS Mini Storage) 18,010 sf. at 64992 Deschutes Pleasant Ridge Rd. Bend 97701 OR Owner: Jack Robinson & Sons Inc. PO Box 5006 Bend, OR 97708 541-382-4681 Permit # 247-20-008719
- \$1,750,000.00 - Commercial (Juniper Living) 12,990 sf. at 701 NW Spruce Ave. Bldg A-2 Redmond 97756 OR Owner: Juniper Canyon Investment, LLC PO Box 1410 Bend, OR 97709 Builder: Havnier Construction, LLC 541-389-4141 Permit # 711-20-001536
- \$1,282,707.00 - Commercial (JRS Mini Storage) 14,000 sf. at 64992 Deschutes Pleasant Ridge Rd. Bend 97701 OR Owner: Jack Robinson & Sons Inc. PO Box 5006 Bend, OR 97708 541-382-4681 Permit # 247-20-008721

City of Redmond

- \$1,562,880.00 - Commercial (Multi Family) 17,684 sf. at 1238 SW Obsidian Ave. Redmond, OR 97756 Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Builder: R & H Residential Construction Co. 503-228-7177 Permit # 711-19-002375
- \$1,562,880.00 - Commercial (Multi Family) 17,684 sf. at 1238 SW Obsidian Ave. Redmond, OR 97756 Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Builder: R & H Residential Construction Co. 503-228-7177 Permit # 711-19-002375
- \$1,562,880.00 - Commercial (Multi Family) 14,142 sf. at 1238 SW Obsidian Ave. Redmond, OR 97756 Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Builder: R & H Residential Construction Co. 503-228-7177 Permit # 711-19-002377

COMMERCIAL PERMITS WEEK ENDING 3-19-2021

Deschutes Co.

- \$3,500,000.00 - Commercial (Basx Office) 14,423 sf. at 3500 SW 21st. Pl. Redmond, OR 97756 Owner: BASX Properties, LLC 3500 SW 21st. Pl. Redmond, OR 97756 Builder: Lisa Reynolds Permit # 711-21-000043

COMMERCIAL PERMITS WEEK ENDING 3-26-2021

City of Redmond

- \$25,000.00 - Commercial (Shower Addition) 216 sf. at 1475 SW 35th St. Redmond, OR 97756 Owner: Redmond Free Methodist Church 619 S 9th St. Redmond, OR 97756 Builder: Rogue Builders, LLC 541-279-4522 Permit # 711-21-000091

Deschutes Co.

- \$2,165,587.00 - Commercial (Laird Building C) 28,613 sf. at 335 W Lundgren Mill Dr. Sisters 97759 OR Owner: RII Lundgren Mill, LLC PO Box 1224 Sisters, OR 97759 Builder: Cohen Skovborg, LLC 541-617-9190 Permit # 247-20-006651
- \$200,000.00 - Commercial (Well #4 Pump Building) 900 sf. at 504 S Locust St. Sisters 97759 OR Owner: City of Sisters Sisters, OR 97759 Builder: JP Prinz, LLC 541-420-4507 Permit # 247-20-006572
- \$200,000.00 - Commercial (Well #4 Pump Building) 900 sf. at 504 S Locust St. Sisters 97759 OR Owner: City of Sisters Sisters, OR 97759 Builder: JP Prinz, LLC 541-420-4507 Permit # 247-20-006572

Klamath Co. & City of Klamath Falls

- \$30,000.00 - Commercial (Papa Murphy's) 135 sf. at 3140 S 6th St. Klamath Falls 97603 OR Owner: Swan Lake Moulding Co. PO Box 428 Klamath Falls, OR 97601 Builder: Andrews Building, LLC 541-892-0049 Permit # 483-21-000854

City of Hood River

- \$95,000.00 - Commercial (Employee Break Room) at 701 Portway Ave. Hood River 97031 OR Owner: Port of Hood River 1000 Port Marina Way Hood River, OR 97031 Builder: Schuepbach Custom Builders, Inc. 541-386-4166 Permit # 413-21-000078

City of Bend

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



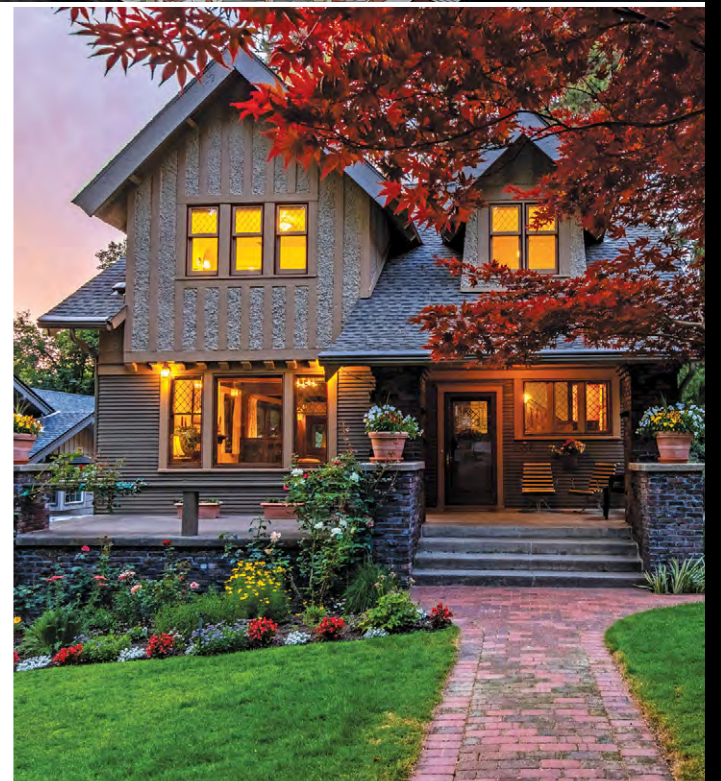
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