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Enhancing & Promoting the Economic Vitality of Central Oregon Since 1994

Broadband: The Glue That Held Us Together, **An Engine** for Economic Growth



by BRUCE ARNOLD

t could be argued that broadband connectivity, and in particular highspeed fiber optic connectivity, was the glue that held us together during the pandemic. It could also be safely said that high-speed Internet will be a key driver of economic growth, educational opportunity, enhanced medical care and job creation in months and years to come. One company, Oregon based LS Networks, has invested heavily in their network expansion in Central Oregon, and Bend in particular even during the pandemic. We asked two of those customers who provide vital services in Central Oregon about their working relationship with LS Networks, the challenges we faced together and our hopes for the future. Here's what we found:

An April 30, 2020 a Pew Research Center survey found that fully 87 percent of adults said the internet was important for their family and their business during the coronavirus outbreak, including 53 percent who describe it as essential.

St. Charles Medical Center: The **Essential Nature of Fiber Connectivity**

Eric Newman, senior network engineer at St. Charles Medical Center said in a recent interview, "I've worked as a network engineer and IT professional for over 20 years. I've been with St. Charles Health System as a Senior Network Engineer for seven and a half years, and LS Networks has been our primary provider for that entire time. I can say, without reservation, that LS Networks is one of the finest Internet and Ethernet providers I've had the privilege to work with — including national and international providers whose names you'd immediately recognize."

One of the things that makes LS Networks unique, is their proactive approach to managing our account. Their main technical engineers are constantly monitoring our network and they know what's "normal" for us in terms of bandwidth use and the ebbs and flows of our data usage. If they

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Central Oregon Community College Dedicated to Serving its Community

by KRISTINE THOMAS — CBN Feature Writer



DR. LAURIE CHELSEY IS PROUD OF THE MANY WAYS CENTRAL OREGON COMMUNITY COLLEGE PREPARES STUDENTS FOR THE WORKFORCE, HELPS TO CONTINUE LEARNING AND PROVIDES CLASSES FOR SMALL BUSINESS OWNERS | PHOTO BY KRISTINE THOMAS

r. Laurie Chesley is proud of the many ways the community is served by Central Oregon Community College (COCC). She is the sixth president of COCC, Oregon's longest-standing college with campuses in Bend, Redmond, Prineville and Madras. Classes are offered inperson, online or hybrid, a combination of in-person and online. "There are three hallmarks of education that we strive to provide to our community members in Central Oregon," Chelsey said. "We aim to have high quality educational opportunities, accessibility and affordability."

Chesley shared COCC is one of the five most affordable community colleges in Oregon, and the COCC Foundation awarded \$1.8 million in scholarships for the 2021-22 academic year. "We have beautiful campuses with programs taught by talented and qualified faculty members," she said. "We prepare our students for employment."

Chelsey described COCC as a diverse campus with students of all ages, abilities, gender, sexual orientation, race, backgrounds and ethnicity, and COCC is accessible to anyone who wants an opportunity to work to achieve their goals. There is not a grade-point that students need to have to enroll. "We invite students to come here, find their academic and career interest and leave ready for the workforce," she said.

In the past, it was common for colleges and universities nationwide to want students to be ready for their institution, Chelsey said. "Now, the thinking is the opposite," she said. "Is your institution ready to meet the needs of its students?

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OSU-Cascades: Serving Central Oregon Now & Into the Future

CBN Staff Report



OSU-CASCADES BIOLOGY AND PRE-MED MAJOR MIA BAGARIC JOINED A RESEARCH PROJECT LED BY BIOLOGY INSTRUCTOR HEATHER BROUGHTON THAT EXAMINED THE HEALTH OF WALRUSES | PHOTO COURTESY OF OREGON STATE UNIVERSITY - CASCADES

t has been more than two decades since Oregon State University-Cascades established a presence in Central Oregon, and nearly five years since its new campus opened near downtown Bend. During that time, OSU-Cascades has become one of the fastest-growing public university campuses in Oregon, with 1,374 undergraduate and graduate students; a burgeoning research program; extensive community partnerships; a slate of events and opportunities for community members; and an innovative campus expansion plan with ambitious net-zero energy, water and waste goals.

"The momentum is a reflection of OSU-Cascades' goal to serve Central Oregon families and the region's economy," says Christine Coffin, director of Communications. "It is a mission that is threaded throughout academics, research, student support and community outreach activities, and that will continue to guide the campus as it grows in number of students." Beyond Tykeson Hall, the university is expanding to create a 128-acre campus for 3,000-5,000 students.

Coffin says the primary areas of focus for OSU-Cascades currently are as follows:

Degrees that produce talented workers. Degrees in computer science, energy systems engineering, engineering science, hospitality management and outdoor products were developed to meet the needs of regional businesses and nonprofits. "Business leaders and other experts provide valuable feedback about skills and qualities they look for in future employees, as well as in student interns," says Coffin. "Most employers prefer hiring local talent, saving expense and time and the risk associated with hiring from outside the area. OSU-Cascades graduates are well-qualified to step into professional roles in Central Oregon."

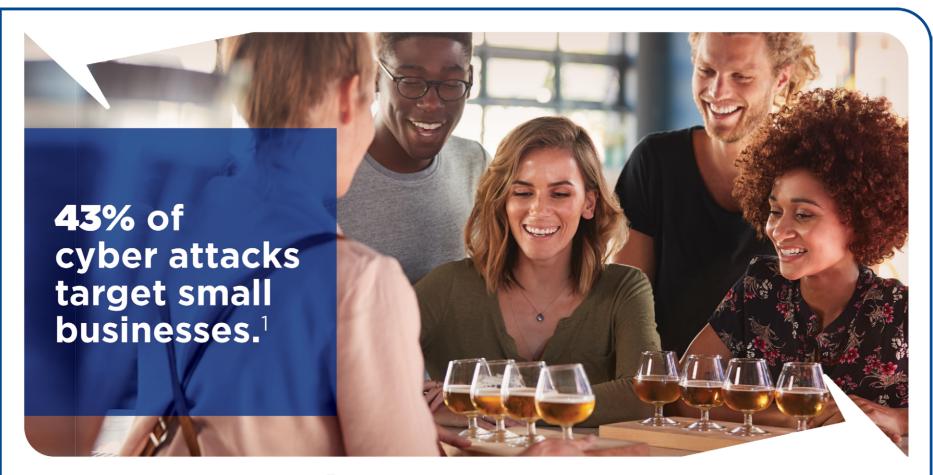
Small classes with big impact. At OSU-Cascades, students receive Oregon State University's quality education, but in a smaller campus environment. "With an average of 18 students per class, faculty get to know students, as well as their interests and goals," says Coffin. "These mentor relationships can accelerate a student's career interest. More than eight out of ten

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RECENT TRANSACTIONS

Compass Commercial Real Estate Services brokers Dan Kemp, CCIM and Adam Bledsoe represented the seller, Clausen Center, LLC, in the sale of 63830 Clausen Road in Bend. The 26,360 SF mixed-use, multi-tenant property on 1.97 acres sold for \$3,260,000.

Brokers Ron Ross, CCIM and Terry O'Neil, CCIM with Compass Commercial Real Estate Services represented the seller, Redmond Properties II, LLC, in the sale of 244 NW Kingwood Avenue in Redmond. Principal broker **Bruce Churchill** with **Compass Commercial Real Estate Services** represented the buyer, Deschutes County, in the transaction. The 11,978 SF medical property on 1.13 acres was purchased for \$2,200,000.

Compass Commercial Real Estate Services brokers Ron Ross, CCIM, Terry O'Neil, CCIM and Luke Ross represented the landlord, Glenwood Building, **LLC**, in the lease of a 5,005 SF industrial suite located at 741 SE Glenwood Drive in Bend. Brokers Terry O'Neil and Luke Ross also represented the tenant, Gold Electric.

Brokers Terry O'Neil, CCIM and Luke Ross with Compass Commercial Real Estate Services represented the landlord, Klover Group Holdings, LLC, in the lease of a 3,700 SF office building located at 358 NE Marshall Avenue in Bend.

Compass Commercial Real Estate Services brokers Ron Ross, CCIM and Terry O'Neil, CCIM represented the tenant, Earth Cruiser USA, LLC, in the lease of a 4,369 SF industrial suite located at 61515 American Loop in Bend.

Design Work Begins on First 2020 GO Bond Project, Community Invited to Open Houses

The City of Bend Transportation Bond Oversight Committee identified the Wilson Avenue Corridor Project as the first project of the \$190 million Transportation General Obligation (GO) Bond, approved by voters in 2020.

To start off the project, the City is moving forward with the design work for the west section of Wilson Avenue from Second Street to Douglas Street.

Community members can learn more about the project at two upcoming open houses where they can view 60 percent design renderings, FAQ's, project timelines, share input and sign up for project updates.

A virtual open house is available now through August 9, 2021, at bendoregon.

About the Wilson Avenue Corridor Project

The Wilson Avenue Corridor Project is a multi-phase modernization project to improve safety and connectivity for all users along Wilson Avenue from Second Street to 15th Street.

bendoregon.gov

City of Bend Accepting Applications for Planning Commission

The City of Bend is accepting applications to fill a vacancy on the Planning Commission. Applications can be submitted online and are being accepted until 5pm on Friday, August 6, 2021.

Planning Commissioners are volunteers, appointed by the City Council. Commissioners can serve two four-year terms, or up to ten years if appointed mid-term. They review and make recommendations regarding land use matters subject to the processes of State law and City code.

The commission has one open position. It is to fill the remainder of a four-year term that ends December 2024. Consideration shall be given to representatives of the various geographical parts of the City of Bend, as well as those with familiarity with land use and development in Bend.

The City Council has focused attention on implementation of the community's growth plan identified in the Urban Growth Boundary (UGB) expansion

🖜 ontinued on Page 30

Financial Assistance Available for Landowners with Upcoming Range Improvement Projects

Deschutes County Natural Resources invites applications from County landowners who would like financial assistance with upcoming range improvement projects, including noxious weed control, seeding, fencing improvements/new fence construction or water source development.

Proposed projects must fall within a grazing district in Deschutes County. Maps of the grazing district are available upon

request, however, the grazing district generally extends east of Sisters and southeast of Bend to

ontinued on Page 30 ▶

City of Bend Online Fair Housing Survey

The City of Bend invites community members to participate in a survey to assess the status of fair housing within our community. Fair housing means available and accessible housing exists in all neighborhoods free from housing discrimination or harassment for people to live where they would like to live.

The online survey is available through Friday, August 27, 2021, and can be found at bendoregon.gov/fairhousing. It should take approximately 12 minutes to complete.

Information gathered from the community over the next six months will provide direction for the City of Bend's 2023-2027 Assessment of Fair Housing. This assessment creates goals for the City to

address the causes of housing discrimination and milestones for the City to create greater

🖜 ontinued on Page 30

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From left to right: Jacob Fain, Jennifer Payer, Jay Fain, Chris Schroeder-Fain, Sarah Hall

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BEND

♦ The following dates have been scheduled for the City Council work session and City Council public hearing for PLTEXT20210421 for HB 2001.

City Council work session: September 1, 2021 City Council public hearing: September 15, 2021.

You or anyone else may virtually attend the hearing. Attendance instructions will be posted at bendoregon.gov/councilagenda prior to the hearing. Those without computer access may call the staff reviewer prior to the meeting for a call-in number in order to participate via telephone. Comments may be provided in writing prior to the hearing.

For more information about HB 2001, please visit House Bill 2001 | City of Bend. bendoregon.gov

♦ During a recent City Council work session, the Council supported staff recommendations for a \$13.1 million budget adjustment focused on supporting housing and meeting service needs for the community. The budget adjustments support the 2021-

2023 City Council Goals and include \$6 million of federal American Rescue Plan Act (ARPA) funding, with the remainder coming from state funding and other sources. Council is expected to adopt the recommended budget adjustments at its

August 18 meeting.

"These proposed budget adjustments support our pandemic recovery efforts and reflect growing needs in our community," said City Manager Eric King. "They will provide additional critical resources to help respond to some of Bend's most pressing issues."

To support the Council's housing goal, \$7.5 million is proposed for a navigation center for unhoused community members, renovations and other costs related to Project Turnkey, and additional funding for affordable housing. Funding is also recommended for establishing a managed camp for those who are unhoused. Adding staff to support housing production and programs is also part of the recommended budget adjustments.

Another \$4.2 million is proposed to help meet service demands by adding staffing to support recordsetting building permit activity, equity in community engagement, and administration services. ARPA funding is recommended to fund some staff positions that were vacant and eliminated during 2020 COVID-19 budget reductions.

Additional recommendations include \$1.2 million to support pandemic recovery efforts such as utility assistance, workforce development, childcare, nonprofit community assistance and Downtown planning. There is also \$200,000 allocated for transportation

maintenance and other transportation-related projects.

DESCHUTES COUNTY

♦ Deschutes County has received federal funding to provide incentives to individuals who get vaccinated in Deschutes County. Deschutes County Health Services is working to provide various incentives, including gift cards and products purchased from local businesses.

Deschutes County businesses that offer physical gift cards may submit

information to be included into the gift card giveaway list. Each week, eligible businesses will be selected for gift card giveaways. Deschutes County Health Services staff will be in contact with the businesses to purchase gift cards.

If your business is interested in participating, **fill out the form** at docs. google.com/forms/d/e/1FAIpQLSdR7 yuDWEVKxzxlymdcCvgBInAmhJTX8h Ah05IrnM_5h-IPhw/viewform. Please note that completing this form does not guarantee the purchase of gift cards.

deschutes.org

FROM THE LEGISLATIVE DESK...

WASHINGTON, D.C.

♦ Oregon Senator Ron Wyden recently asked leading health insurance companies in Oregon to provide seniors who have Medicare Advantage (MA) plans with air conditioning units and air filtration units to improve their health during a recordbreaking summer of heat and fires.

Last month, Oregon experienced extreme heat, with temperatures in Portland peaking at 116 degrees Fahrenheit, 117 in Salem and 118 in The Dalles. Because of the heat over 100 people across the state also perished, including more than 50 people in Multnomah County. Preliminary data from Multnomah County noted that only one of the people in Portland who died had an air conditioning unit in use, and none had access to central air.

Congress passed a Wyden-authored law in 2019 known as the CHRONIC Care Act, which updated Medicare to focus on the chronic illnesses that dominate seniors' health concerns as well as Medicare spending. One provision of the law allows Medicare

Advantage plans to offer benefits that are "non-primarily health-related" in order to maintain or improve the health or function of the individual. Recent guidance from the federal government specified that this category includes indoor air quality and equipment and services, and under the ongoing public health emergency, MA plans are allowed to apply for mid-year benefit changes to best serve their members.

Over 440,000 Oregon seniors — more than one out of every ten Oregonians - have a Medicare Advantage plan, representing half the Medicare beneficiaries in the state. In the letters, sent to, AllCare, ATRIO, Regence BlueCross BlueShield, Health Net, Trillium, Aetna, CareOregon, Humana, Kaiser, Moda, PacificSource, Providence, UnitedHealthcare, Samaritan and insurance companies with significant MA membership, Wyden called on the companies to make use of the laws on the books to provide their members with cooling and filtration during this dangerous time.



OCTOBER 7-17 2021



Bend Family Builds Financial Advice Dynasty

Family, Legacy and Loyalty Makes Schroeder Fain Group a Top Team

by SIMON MATHER — CBN Feature Writer

wo generations of an extended Bend-based family — including a female financial planning pioneer — are cementing a legacy of helping clients achieve long-term life goals through comprehensive wealth management guidance.

With their roots in the financial field stretching back over three decades, the Schroeder Fain Group at Morgan Stanley features Christine M. Schroeder Fain, Vice President/Financial Advisor; her husband, Jay L. Fain, Vice President/Financial Advisor; Jay's son, Jacob A. Fain, Vice President/Financial Advisor; and Christine's daughter, Sarah K. Hall, Financial Advisor. They are additionally supported by Senior Registered Associate Jennifer Payer who has been an integral part of the team for some 15 years.

Christine Schroeder-Fain was an innovator in the industry and actually became one of the first female full-service financial brokers after gaining her license in 1985.

Since landing in Central Oregon in 1979, she has been active in the community and has been nominated for *CBN's* Women in Business Award and for Woman of the Year by the Bend Chamber of Commerce in 2015. In her professional capacity, she has focused on assisting high net worth women, women entrepreneurs, and women who have unique issues such as divorce, or loss of a loved one, as well as Family Trusts.

She said: "I came to the business with two kids aiming to raise the bar for women. I firmly believed in education for women, particularly as far as financial guidance goes, and that was really something I prioritized, and I am also a strong believer in general education for families that will pass on their wealth to future generations."

She gives regular seminars in the community on financial matters such as retirement planning, asset allocation, and many other strategies.

Originally with securities firm Dean Witter, Schroeder-Fain met future husband Jay, an assistant branch manager of his office in Houston, following a chance encounter at a company conference in Chicago.

As Jay recounted: "There was one last seat left on the bus and it turned out to be next to Chris, and we hit it off right away.

"It later became a question of a move to Houston or Bend, which was a 'nobrainer', and I moved to Central Oregon in 1998, before we combined our businesses in 2002."

For their respective children, the route to the family firm was a little more circuitous.

Jacob, who joined the team over eight years ago, said: "I actually first had a conversation about potentially joining the family business when I graduated college, but I initially developed a career with non-profits, including as a development director with Deschutes Children's Foundation.



THE SCHROEDER FAIN GROUP AT MORGAN STANLEY, FROM LEFT TO RIGHT: JACOB A. FAIN, VICE PRESIDENT/FINANCIAL ADVISOR; JENNIFER PAYER, SENIOR REGISTERED ASSOCIATE; JAY L. FAIN, VICE PRESIDENT/FINANCIAL ADVISOR; CHRISTINE M. SCHROEDER FAIN, VICE PRESIDENT/FINANCIAL ADVISOR; AND SARAH K. HALL, FINANCIAL ADVISOR | PHOTO COURTESY OF PHOTO COURTESY OF THE SCHROEDER FAIN GROUP AT MORGAN STANLEY

"I have operated in a similar sphere since switching gears and have assisted with a number of prominent non-profit clients whose portfolios we manage.

"We focus on a team approach, and I also like to stress the importance of the 'three P's' — which stands for 'People, Portfolio and Planning'. It is key to look at financial planning from a long-term perspective, including referencing back to the plan when things seem volatile in the shorter run."

In the case of Sarah, she had worked with Jay and Chris while in college, and then went on to work a total of seven years in finance before opening the popular Vibe Dance Center in Bend which she ran for some 16 years before selling the studio in 2020.

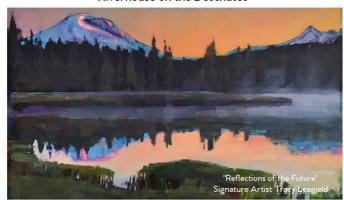
She said: "I really like the blended focus we can bring to the table, being able to relate through a generational perspective, as well harboring a diversity of skills.

Continued on Page 8 ▶



The Deschutes Children's Foundation Signature Event
Presented by Kirby Nagelhout Construction Company

Saturday, September 25, 2021 | 5:30pm Riverhouse on the Deschutes



Enjoy live music, fine wines and craft beer, a seated dinner, and a festive auction to support nonprofits helping children and families.

Tickets \$100 | deschuteschildrensfoundation.org











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Recovery of Central Oregon Commercial Real Estate

hen COVID hit Central Oregon in April of 2020, commercial real estate in Central Oregon was impacted. Most lease negotiations came to a halt, and many sales transactions were delayed, terminated or put on hold. Miraculously, the impact was short-lived, and by the beginning of the third quarter of 2020, the Bend commercial market was back to the pre-COVID norm. The fourth quarter was above the previous year's activity, and that positive trend has continued to rise through 2021.

A CLOSER LOOK AT EACH INDUSTRY

HOTELS: The hospitality industry suffered tremendously through the pandemic. The labor shortage extended the challenge of operating at capacity, and it is still impacting businesses today. Fortunately, landlords and government subsidies helped many in the industry survive.

RETAIL: Retail rents softened in 2020, but we are now starting to see asking rates return to normal. Compass Commercial leased over 85,000 sq. ft. since January 2021. The redevelopment of older properties continues along with new localized projects outside of downtown Bend.

OFFICE: We are noticing an increase in activity compared to 2020, but this activity is not consistent across all properties and submarkets. Some spaces experience strong activity and lease quickly after hitting the market, while others have struggled to generate interest. We believe this segment of the market is poised for a strong recovery but as of today, office leasing remains more challenged than

by PAT KESGARD, CCIM, Partner, Broker — Compass Commercial Real Estate Services

hen COVID hit Central Oregon the other property types.

INDUSTRIAL: Significant development and construction of industrial facilities have taken place in both Bend and Redmond markets. Most have been built for owner users and bridge the gamut from large manufacturing to smaller flex space for tenants to rent. Compass Commercial closed over 40 industrial leases and over 20 industrial sales in both markets so far this year.

BUSINESS: As business owners are deciding to sell to take advantage of strong valuations, we are noting an increasing number of businesses for sale.

LAND: Prices continue to increase on bare land throughout Central Oregon. We are seeing several unsolicited offers on land, particularly in Bend. The City of Bend has a limited amount of developable land inside the urban growth boundary, thus the upward pricing pressures.

IN-MIGRATION TO CENTRAL OREGON

People from virtually every state come to visit or move to the area. This in-migration has severely impacted the availability and affordability of all housing types. The demand for investors to acquire multifamily is robust, though there is little inventory available to purchase. Fortunately, the lumber prices are now coming down quickly, which will help with construction costs.

MOVING FORWARD

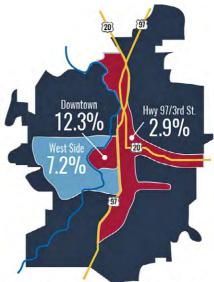
Central Oregon will continue to grow with more redevelopment and new construction. Investors and businesses want to be in Central Oregon, and we

Golf Course

believe our values are still going up the left side of the bell curve.

If you have any questions regarding your properties, businesses or simply want to talk about investing in Central Oregon, contact us at Compass Commercial located in Bend.





Compass commercial surveyed 221 office buildings totaling 2.74 million square feet for the second quarter office report of 2021. 7,498 SF came back online during the quarter with the vacancy rate increasing to 7.07 percent in Q2 from 6.66 percent in Q1. There is now 193,643 SF of office space available in the market.

OFFICE VACANCY RATES (Change since last quarter)

Decreased

Increased

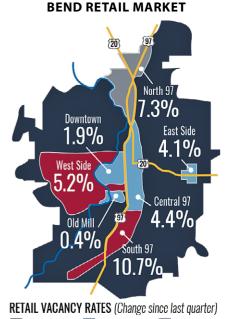
Leasing: The office leasing market is showing signs of stabilizing after the significant impact COVID had on leasing momentum. Activity in the West Side submarket has picked up, as evidenced by the positive absorption. Two notable leases include Western Title & Escrow leasing 14,969 SF at The Quad at Skyline Ridge and Integrated Eyecare leasing 6,600 SF at Shevlin Corporate Park. The increased vacancy rate this quarter is attributable almost entirely to G5 leaving the Downtown submarket for a smaller footprint in the Old Mill District. Their relocation contributed to the Downtown vacancy rate increasing to 12.35 percent compared to a 5.28 percent vacancy

Rents: The average asking rental rate for Bend office space currently sits at \$1.83/SF/Mo. NNN* with the highest rates located within the West Side submarket.

Construction: No new speculative office developments are currently under construction. At Shevlin

Health and Wellness, two medical office buildings are currently under construction. The first is a 5,234 SF building expected to be occupied by High Lakes Health Care. The second, a 7,358 SF building, is currently being marketed for lease.

Sales: There were three notable office sales this quarter. The Centratel Building, located at 141 NW Greenwood Avenue, was purchased for \$3,550,000 or \$276/SF. A 2,276 SF single tenant office building located at 115 NW Greeley Avenue sold for \$1,000,000 or \$439/SF. A 1,947 SF single tenant office building located at 124 NW Franklin Avenue sold for \$725,000 or \$372/SF.



Over 4.50 million square feet across 259 retail buildings were surveyed. During the quarter, 5,269 SF of positive absorption resulted in the citywide vacancy rate to drop slightly from 5.98

absorption resulted in the citywide vacancy rate to drop slightly from 5.98 percent in Q1 to 5.86 percent in Q2. There is now 264,077 SF of available retail space for lease.

Leasing: Retail demand remained

strong with 19 leases signed totaling 43,536 SF in Q2 with Compass Commercial. It should be noted, however, the quarterly vacancy rate increased to 10.66 percent in the South 97 submarket due to a correction from the previous quarter of 15,295 SF of negative absorption at the Bend Factory Stores.

Rents: The average asking rental rate for Bend retail space hovers around \$2.13/SF/Mo. NNN* and is expected to be on the rise given the strong demand from a wide spectrum of retail and restaurant tenants on the search for the right location. In the West Side submarket, class A spaces leased at shopping centers and new developments throughout the market saw premiums of \$2.50 to \$3.00/SF/Mo. NNN.

Construction: The demand for construction has increased due to the remodel of the Bend Factory Stores, development of new retail buildings like The Grove Market Hall and tenant improvements at Westside Yard. Development continues at the new brewpub at The Quad at Skyline Ridge on Bend's west side, consisting of approximately 3,100 SF. Construction is also slated to begin during Q3 at Reed South, a 30,000 SF retail development located at the southwest corner of SE Reed Market Road and SE



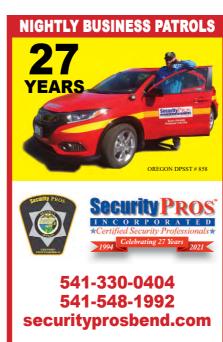
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Pacific Northwest Classic Pickleball Tournament Brings Influx of Business to Central Oregon

CBN Staff Report

end Pickleball Club has just wrapped up its Pacific Northwest Classic Pickleball Tournament sponsored by Beaver Coach Sales, and about 800 players from around the country came to Central Oregon to participate, bringing family and friends along with them. This translates to a large influx of business to the region, including lodging, restaurant and service-related sales.

"We are thinking there were easily 3,000 people passing through the park over the five days," says Christie Gestvang, co-director of the tournament. "We had approximately 345 from in-state, but only about 120 were locals from Central Oregon. Those others all stayed in our local hotels, Airbnb rentals, RV parks, etc. And all the out-of-staters, about 450 of them, also came in and ate, drank, stayed in hotels, engaged in tourism, etc." She adds, "You can easily see that millions of dollars came in from the tournament."

The 2020 Pacific Northwest Classic sponsored by Beaver Coach Sales (PNC) was canceled due to COVID-19, but this year's tournament came back bigger than ever. The event offered a \$25k purse, and was co-hosted by Northwest pickleball pros Wes Gabrielson and Erik Lange. Pacific Northwest Classic is also part of the APP Tour, an international 18-tournament series, of which PNC is the Tour's only Northwest stop.

The tournament took place July 28 through August 1 at two locations: Pine Nursery Park and the Pickleball Zone, both in Bend. This year's players ranged in age from 11 to 85, which reinforces pickleball's broad appeal and growing popularity, says Co-director Kirk Foster. "Pickleball is still the fastest-growing sport in the United States, and for good reason. It's fun, it's easy to learn and it's a great way to socialize while getting some exercise," he says. The majority of the tournament took place on the 16 courts at Pine Nursery Park, adds Gestvang. "The other eight courts at the Pickleball Zone were the overflow," she says. "The two locations are not even five minutes apart, so players were still able to socialize, watch their friends, etc."

Beaver Coach Sales signed on as title sponsor for the 2020 event, so this tournament has been in the works for almost two years, Gestvang explains. "Beaver Coach Sales came on early; we put out a sponsor packet, and we worked out a mutually agreeable contract. We are hoping this will continue as a three-



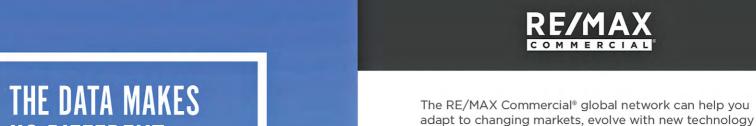
PINE NURSERY PARK IS HOME TO THE BEND PICKLEBALL CLUB



THE MAJORITY OF THE PACIFIC NORTHWEST CLASSIC PICKLEBALL TOURNAMENT TOOK PLACE AT PINE NURSERY PARK | PHOTOS COURTESY OF BEND PICKLEBALL CLUB

and maximize your investments across all property types.

Continued on Page 8 ▶



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Business & Industry

organ Stanley Continued from page 5

"We can help define and strive to meet goals by delivering a vast array of resources in the way that is most appropriate for how any particular client invests and what they want to achieve.

"In bringing together a variety of experience, a wealth management process and dedicated personal service we can help people meet life goals."

Jay Fain added: "Our team really is a nice blend and can look at things from the perspective of different generations and communicate effectively with clients.

"I am proud to say that we have often worked with multiple generations of the same families including original clients, their children and grandchildren.

"As a group, our role is to help you use your wealth to achieve what is most important to you. That may mean providing an education to children and grandchildren, buying a vacation home, meeting the special needs of a family member, retiring ten years early — the list is endless and the decision is uniquely your own."

As a testament to those principles in practice, the Schroeder Fain Group, which is licensed in 48 states, has clients from across the country, including a significant customer base in Florida, California and Texas.

The team recognized the challenges of the Covid-19 pandemic and are thankful that the tools of the digital age enabled them and their clients to continue to communicate effectively and weather the storm.

Jay Fain also referenced a regular quarterly newsletter the group has developed,

adding: "One of the main reasons we decided to compose our own newsletter was to provide a look behind the curtain and share the thinking supporting our recommendations.

"In short your goals become our focus, and achieving them becomes a commitment that we share. We are a team ourselves built on family, legacy and loyalty and, at the core, one of our missions is managing your money so you can enjoy your life!"

About Morgan Stanley:

Morgan Stanley (NYSE: MS) is a leading global financial services firm providing investment banking, securities, investment management and wealth management services. With offices in more than 41 countries, the Firm's employees serve clients worldwide including corporations, governments, institutions and individuals. For more information about Morgan Stanley, please visit www.morganstanley.com.

The Schroeder Fain Group is located at Morgan Stanley, 705 SW Bonnett Way, Suite 1200, Bend, Oregon 97702. Tel. (541) 389-1282. For more information, visit website: https://advisor.morganstanley.com/the-schroeder-fain-group.

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Morgan Stanley Smith Barney LLC does not accept appointments nor will it act as a trustee but it will provide access to trust services through an appropriate third-party

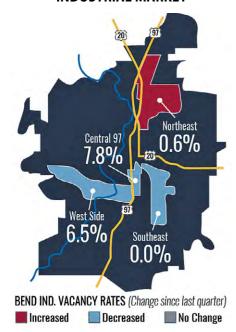
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ompass Commercial Continued from page 6

27th Street, which has Cascade Lakes Brewery pre-leasing 8,195 SF for their second location along with a gas station/convenience store.

Sales: There were three notable sales of retail buildings this quarter. A 15,154 SF retail building on Jamison Street sold to an owner user for \$6,065,317 or \$400/SF. Another property consisting of 5,772 SF located at 3520 N Hwy. 97 sold to an investor for \$2,049,000 of \$354/SF. A 3,834 SF building at 357 NE Dekalb Avenue sold to an investor for \$1,141,000 or \$297/SF.

INDUSTRIAL MARKET



Bend

Compass Commercial surveyed 320 industrial buildings in Bend totaling 4.61 million square feet. During the quarter, 47,668 SF of positive absorption was recorded resulting in a decrease in the vacancy rate from 2.27 percent in Q1 to 1.50 percent in Q2. There is now just 69,367 SF of industrial space available for lease in Bend, compared to 104,035 SF in Q1.

Leasing: Demand for industrial space remained very high during the quarter. Compass Commercial brokers were involved in more than 53,000 SF of industrial leases in Q2 alone. The most notable leasing activity occurred in the Southeast and Central submarkets. A large lease transaction totaling 13,338 SF to a cybersecurity company at High Desert Industrial Park was completed helping to decrease the vacancy rate in the Central submarket from 11.40 percent in Q1 to 7.82 percent in Q2. Seven lease transactions were completed in the Southeast submarket during the quarter bringing the vacancy rate to 0 percent for the first time since 1993!

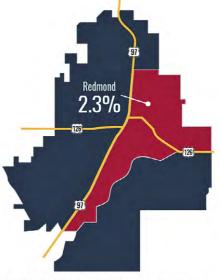
Rents: Average asking rates on industrial space in Bend are between \$0.85 and \$1.10/SF/Mo. NNN. The rental rates on the high end of the range are generally for new construction or spaces that are highly improved with office space.

Construction: Due to dwindling industrial land supply in Bend ever-increasing construction costs, very little new speculative construction is underway. There are two projects under construction in the market totaling 25,216 SF, of which

only 20,480 SF is available.

Sales: There were three notable sales of industrial buildings during the quarter. One property, located at 2548 NE 2nd Street, sold to an owner user for \$1,175,000 or \$143/SF. The adjacent building located at 2522 NE 2nd Street also sold to an owner user for \$1,104,000 or \$151/SF. Another property located at 1569 NE 2nd Street sold to an investor for \$2,650,000 or \$117/SF.

REDMOND



RDM IND. VACANCY RATES (Change since last quarter) Increased Decreased No Change

square feet were surveyed in the second quarter of 2021. In this quarter, the Redmond industrial market gained 19,874 SF of vacant industrial space increasing the total available space from only 19,000 SF in Q1 to 38,874 SF of leasable space in Q2. This is mainly due to PCC Schlosser moving out of their 33,224 SF suite at 375 NE 11th Street. The vacancy rate increased as a result from 1.14 percent in Q1 to 2.34 percent in Q2. Four buildings gained occupancy and one recorded negative absorption in Q2.

Leasing: Compass Commercial leased over 50,000 SF of industrial space in Redmond in the last quarter. ABC Supply leased 29,587 SF of this space at 833 SW 1st Street in Q2.

Rents: Average asking lease rates in the Redmond industrial market are between \$0.80 and \$1.10/SF/ Mo. NNN*.

*Data sourced from CoStar compasscommercial.com



88 buildings totaling 1.66 million



CascadeBusNews.com

ickleball ontinued from page 7

year sponsorship." A number of other local businesses also supported the tournament, she says, including Mike's Fencing Center, Pickleball Zone, The Center, Humana, Sunriver River Brewing Company; Central Oregon Pickleball Magazine, Cascade Business News and others. "We've got a lot of other vendors, large companies like Onix, Pickleball Central, Pickleball Rocks, HEAD Pickleball, Selkirk Sport and Pickleball Planet." Local food vendors were also on hand during the tournament each day, she says, with four different vendors in attendance with pop-up tents or food trucks. "We do support the local businesses pretty well with our tournament," she adds. "Not to mention all the other services we utilize to get this event ready, like Sign Pro."

Gestvang says that Bend Pickleball Club tracked data during this tournament so that next year, organizers will be able to use the hard data in procuring

interest and sponsorships. "People come in a week before the tournament. They come out to Pine Nursery Park or other venues as tourists and to play pickleball. Then they stay an extra week," she says. "Visit Bend did data collection during the Oregon Senior Games; it's pretty impressive to see how long people actually stay for these types of events. We'll be looking at this data following this tournament, and will have hard data to use for next year." She adds, "Nearly 75 percent of the PNC players came from outside of Central Oregon, and about 60 percent traveled from out of state, which really demonstrates a growing enthusiasm for this particular tournament."

Founded in 2011, Bend Pickleball Club has a membership of more than 900 and is growing. The mission of the nonprofit club is "To facilitate the growth of pickleball in Central Oregon for the enjoyment, health and social engagement of all players by offering organized recreational and competitive play, ensuring opportunities for the continued development of all players in a collegial and sportsmanlike environment and working to expand facilities as needed."

bendpickleballclub.com

OnPoint Community Credit Union's Tips to Prepare for Inflation

he U.S. Bureau of Labor Statistics (BLS) reported in June that prices increased by five percent between May 2020 and May 2021, the largest increase since September 2008. Economists have taken notice, and are warning inflation could be on the horizon. Meanwhile, Treasury Secretary Janet Yellen has signaled a willingness to increase interest rates to support the economy. To help the community prepare for the impacts of inflation and the possibility of increased interest rates, OnPoint Community Credit Union today offered guidance to help people in Oregon and Southwest Washington keep their finances on track.

"Increasing costs and interest rates have created a lot of uncertainty in our community, but the good news is there are steps you can take to prepare yourself financially," said Tory McVay, senior vice president/chief retail officer, OnPoint Community Credit Union. "OnPoint sees firsthand the impact that national economic issues like inflation have on family budgets. Even a fraction of a percentage point can increase monthly payments on an auto or home loan by hundreds of dollars. However, there are ways to keep from getting caught offguard by these shifts."

Below are four proactive steps OnPoint recommends to prepare for the potential impacts of inflation and rising interest rates:

Stay up-to-date on the latest shifts in consumer prices by following the BLS on Twitter, and follow current interest rates on the U.S. Department of the Treasury's website. By staying informed, you can be prepared to adjust your budget when prices hit a certain threshold.

Update your monthly budget to account for a continued increase in prices and possibly higher interest rates. Start by calculating your monthly income and subtracting your expenses. Be sure to add the percentage that prices have increased in the last year, as reported by the BLS. For example, you would add five percent to all expenses if you started today. The Federal Trade Commission (FTC) offers a helpful worksheet to help you determine how much you make and spend each month. If you're like most people, you'll need to make adjustments. Consider spending less on gifts, limiting the number of days you eat out, cutting back on subscriptions, adjusting your cell phone plan or exploring less expensive housing.

Take advantage of today's low interest rates before possible increases. Begin with listing your debts, starting with the highest interest rate. Then, contact each creditor to proactively explore options to refinance your debt into a lower fixed rate or transfer your balance to a lower-rate credit card and try to pay it off before the promotional rate expires. If refinancing or balance transfers are not an option, prioritize paying down larger balance accounts first. For more information, check



PHOTO | PXHERE

out the FTC's website, which provides practical information and resources to help you get out of debt.

If you are a homeowner, your home value has likely increased in the last few years. If your budget needs more cushion to prepare for inflation, **look into a fixed home equity line of credit (HELOC)** as a more efficient way of paying off high-interest debt or a cash-out refinance to lock in a low rate with a manageable monthly payment. Check with your financial institution to see if it offers a home equity calculator, which can provide you with an idea of the cashback and loan options available to you.

From budgeting worksheets and home loan calculators to Enrich, a personalized and interactive financial education platform, OnPoint offers many tools and resources free of charge to help individuals achieve financial wellness amid uncertainty. In addition, OnPoint will soon operate 55 branches across Oregon and Southwest Washington and encourages community members to visit their local branch to discuss how shifts in the economy may impact their budget and how best to prepare.

onpointcu.com



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Educational Services

SU-Cascades Continued from page 1

recent graduates said their faculty helped them succeed academically, professionally and personally. It makes a difference after graduation, too. Nearly 85 percent of OSU-Cascades' 2020 graduates were employed in their field within six months of graduation."

Community members are transforming lives. Without a university nearby, Coffin says many students would not be able to earn a bachelor's degree, reducing their earning ability measurably over a lifetime, as well as their ability to contribute to their community. "At OSU-Cascades, 59 percent of students are from Central Oregon; 28 percent are first-generation college students and may lack the support or knowledge to make decisions regarding their education; and more than a third are Pell Grant eligible, indicating financial need," she explains. "Local community members generously support students like these through scholarships, relieving students' financial burden so that they can focus on their academic success and future."

Researchers who solve local and global challenges.

A growing research enterprise at OSU-Cascades is addressing some of our community's — and the world's —

most pressing problems, Coffin says. "The Water Energy Technologies Lab innovates ways to increase usable water where it is needed most. The Energy Systems Lab investigates how to power engines more efficiently. In the Human and Ecosystem Resiliency and Sustainability Lab, scientists measure how plants



JARROD PENTTILA, CONSTRUCTION PROJECT MANAGER AT OSU-CASCADES, OVERSEES THE CONSTRUCTION OF THE NEW EDWARD J.
RAY HALL

gives them the confidence to raise the bar for their own education," she says. "This is something we all benefit from."

A growing campus with ambitious sustainability goals. "With innovative

design and construction features, Edward J. Ray Hall is OSU-Cascades' 'North Star' for sustainability, setting a standard for future campus buildings and advancing net-zero goals laid out in the campus's long-range development plan," explains Coffin. The 50,000-square-foot academic building will be the first in Central Oregon to be fully constructed using cross-laminated timber, instead of steel or concrete. "It will also be the first of all future campus buildings to be heated and cooled using geothermal energy sourced beneath the campus surface," she says. The building, named for OSU President Emeritus Ed Ray, opens to students this fall. Edward J. Ray Hall will serve the STEAM disciplines of science, technology, engineering, arts and mathematics with classrooms and labs, and will house makers' spaces and event spaces. The building was made possible due to a \$5 million gift from an anonymous donor, a \$1 million gift from Charles McGrath (founder and former president of Grace-Bio Labs) and gifts from other donors, who together contributed \$10 million to match state funding. The total cost of the new building is \$49 million.

"Community members and alumni are invited to engage with OSU-Cascades by hosting an internship, giving to student scholarships or attending a lecture or presentation," says Coffin. "Learn how you can make a difference at your growing university."



BEYOND TYKESON HALL, OSU-CASCADES IS EXPANDING TO CREATE A 128-ACRE CAMPUS FOR 3,000-5,000 STUDENTS

and animals respond to a changing environment." She continues, "The Diversity, Equity and Inclusion Lab provides training to help organizations increase social equity and inclusion in the workplace. Researchers in the Laboratory for the

American Conversation develop practical strategies to move our most divisive issues forward. And in the FORCE Lab, kinesiologists focus on building stronger bodies and preventing injuries."

The Innovation Co-Lab brings teams of student interns to help launch ideas. "This was never more evident than during the pandemic," says Coffin. "The Co-Lab partnered with the Bend Chamber to develop Central Oregon SOS, a website with resources for employers and employees; convened a virtual summit to provide business owners a framework for flexible decision-making; developed the Blue Fund program to help minority-owned businesses successfully secure grant and other funding; and worked with the Central Oregon Intergovernmental Council and local counties to develop data processes to distribute \$5 million in relief funding to small businesses."

Programs that expose young people to college. During the annual week-long Summer Academy, high school students explore college and career interests with professors, experts and undergraduate students. To date, Coffin says young participants have explored computer programming, exercise science, writing, graphic design and video and photo editing. This summer, students will lead a mock business and navigate financial and marketing issues facing their company. "Showing students at a young age that they can succeed in college

For more information, visit osucascades.edu or contact info@osucascades.edu. osucascades.edu



BAHMAN ABBASI IS A RESEARCHER IN THE ENERGY SYSTEMS ENGINEERING PROGRAM AT OSU-CASCADES. THE DEGREE PROGRAM WAS CREATED WITH INPUT FROM LOCAL INDUSTRY LEADERS TO SUPPORT THEIR NEEDS FOR TALENTED AND SKILLED GRADUATES | PHOTOS COURTESY OF OREGON STATE UNIVERSITY – CASCADES

Why it's Essential to be Proactive with Your Child's Writing Skills

by AUDRA BOHN, Director — Sylvan Learning Center

y middle school, most teachers expect students to know how to write. And yet, many children aren't prepared. A majority of students lack essential writing skills, such as how to properly structure a sentence and how to correctly use grammar. In fact, by eighth grade, only one in four students is a proficient or advanced writer. Elementary schools are juggling many priorities and only have so many minutes in a day. (We get it!) In recent years, helping students develop these strategic writing skills seems to have taken a back seat to other priorities. With the added stress of not knowing what school will actually look like this fall, the focus on writing will likely continue to diminish. Even though we all need a break from "school at home," it's important to go above and beyond when it comes to writing. Focusing on writing skills now can make a big impact on your child's success and happiness later—both in school and in 21st century careers.

Written Communication Skills are VALUED 21st Century Skills Among Employers

- 86% The percent of corporate recruiters who say strong communication skills are a top priority for hiring
- +\$\$ Employees with better writing skills tend to earn more money (particularly in fields like engineering and manufacturing, finance, management, legal and sales and marketing)
- 79% The amount of organizations that have identified communication skills as a priority for employee development and succession planning
- 72% The number of HR managers and other executives who say written communications skills are "very important" for job success

Unfortunately, there's a Significant Skill Gap Between What Employers Expect ... and What They're Getting

- 81% The percent of employers who say their recent high school hires have a skill gap in written communications
- 59% The percent of employers who say their

recent college/university hires do not have proficient oral/written communication skills

These Skill Gaps Start Back in Grade School

- 3% The percent of 8th-graders who demonstrate advanced writing skills
- 3% The percent of 12th-graders who demonstrate advanced writing skills
- 24% The percent of 8th-graders who demonstrate proficient writing skills, meaning solid performance
- 24% The percent of 12th-graders who demonstrate proficient writing skills, meaning solid performance
- 74% The percent of 8th-graders who demonstrate basic or below basic writing skills (as in, they have partial to no understanding of the knowledge and skills needed to accomplish the purpose of writing)
- 73% The percent of 12th-graders who only demonstrate basic or below basic writing skills (as in, they have partial to no understanding of the knowledge and skills needed to accomplish the purpose of writing)

Investing in a Sylvan Writing Program can Help Your Child

Whether you want to give your child a competitive edge or you simply want to help your child avoid unnecessary struggle... you can put your child on the right path with help from Sylvan! Voted Bend's Best Tutor four years in a row, Sylvan provides writing programs that can help your child:

- ✓ Develop the communication and critical thinking skills needed to excel in grade school, college/ university and a range of careers
- ✓ Score higher on tests (admissions tests, placement tests, school tests, etc.)
- ✓ Bring home better grades
- ✓ Hear much-needed praise from a tough teacher



PHOTO | COURTESY OF SYLVAN LEARNING CENTER

- ✓ Feel smarter and more self-assured as tricky concepts finally click
- ✓ Stop butting heads with you every night over school writing assignments (yes!)
- / Make smarter use of time
- ✓ Discover the joy that can come from effectively expressing oneself through written words
- ✓ Build perseverance (no more giving up after ten minutes!)

And that's just the beginning...

References:

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blog.shrm.org/workforce/communication-skills-key-for-young-workers

imls.gov/assets/1/AssetManager/Bishop%20Pre-Con%202.pdf

earlystagecareers.com/esc-articles/2018/2/28/the-numbers-dont-lie-students-are-unprepared-for-the-workplace n c e s . e d . g o v / n a t i o n s r e p o r t c a r d / p u b s / main2011/2012470.aspx#section1 sylvanlearning.com



Educational Services

Educational Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Bend Montessori School 680 NW Bond St. PO Box 460 Bend, OR 97703	541-389-9307	N/A	www.bendmontessorischool.com info@bendmontessorischool.com	Jessica Born	5	2012	Independent school using Montessori method for students ages 3 through 6.
Cascade Culinary Institute & Elevation Restaurant at Central Oregon Community College 2555 NW Campus Village Way Bend, OR 97703	541-318-3780	N/A	www.cascadeculinary.com info@cascadeculinary.com	N/A	14	1992	Educational opportunities in the disciplines of culinary arts, baking & pastry arts, sustainable food systems for culinary arts to the greater Pacific Northwest, while also providing educational & professional development programs for the community & restaurant industry at large.
Cascades Academy 19860 Tumalo Reservoir Rd. Bend, OR 97703	541-382-0699	541-382-0225	www.cascadesacademy.org info@cascadesacademy.org	Barb Cartmell	40	2003	Primary through secondary education.
Central Oregon Community College 2600 NW College Way Bend, OR 97703	541-383-7700	541-383-7506	www.cocc.edu feedback@cocc.edu	Dr. Laurie Chesley, Zachary J. Boone	954	1949	Transfer programs, career & technical education programs, community learning, business advising, business & employee development, adult basic education/college preparation & GED preparation.
Central Oregon Community College - Madras 1170 E Ashwood Rd. Madras, OR 97741	541-550-4100	N/A	www.cocc.edu/Madras jgreen2@cocc.edu	Jeremy Green	2	1949	Offering community college classes, non-credit community learning classes, English language classes & remedial writing classes.
Central Oregon Community College - Prineville 510 SE Lynn Blvd. Prineville, OR 97754	541-447-6442	541-447-9155	www.cocc.edu/Prineville prinevillecampus@cocc.edu	Suzie Kristensen	2	1949	Offering community college classes, GED preparation & personal enrichment programs.
Central Oregon Community College - Redmond 2030 SE College Loop Redmond, OR 97756	541-504-2900	541-504-2939	www.cocc.edu/Redmond infoRedmond@cocc.edu	Matt McCoy	12	1949	Offering community college classes.
COCC Continuing Education 2600 NW College Way Bend, OR 97703	541-383-7270	541-383-7503	www.cocc.edu/continuinged cgraham2@cocc.edu	Caren Graham	12	1953	Community, business & professional development classes, workshops & customized training
COCC's Small Business Development Center 1027 NW Trenton Ave. Bend, OR 97703	541-383-7290	541-383-7503	bizcenter.org/centers/central-oregon-sbdc sbdc@cocc.edu	Ken Betschart	10	1984	Confidential business advising at no cost, plus affordable workshops & training. Business planning assistance for all stages of business.
COIC Classroom - Prineville 2321 NE Third St. Prineville, OR 97754	541-447-9292	541-447-6278	www.coic.org jbouchard@coic.org	John Bouchard, 2 1972 Ed.D. 2		1972	Provides GED preparation, certified alternative high school education.
COIC Classroom - Bend 1645 NE Forbes Rd., Ste. 101 Bend, OR 97701	541-706-1458	541-389-8265	www.coic.org pjordan@coic.org	Patrick Jordan	4	1972	Provides GED preparation, certified alternative high school education.
COIC Classroom - La Pine 16493 Bluewood Pl., Ste. 3 La Pine, OR 97739	541-420-2239	541-389-8265	www.coic.org jbouchard@coic.org	John Bouchard, Ed.D.	1	1972	Provides GED preparation, certified alternative high school education.
COIC Classroom - Redmond 2360 SW Glacier Place Redmond, OR 97756	541-771-2229	541-504-2969	www.coic.org dgurle@coic.org	Dustin Gurley	1	1972	Provides GED preparation, certified alternative high school education.
Current Conceptions, Inc. 8045 NW Grubstake Way Redmond, OR 97756	541-526-5803	541-316-1653	www.currentconceptions.com CCIadmin@currentconceptions.com	Dr. P. L. Senger, Dr. Angela Oki	2	2011	Specializing in on-line curriculum development & global distribution to academic programs at the university level in the field of reproductive physiology.
Eastern Oregon University Central Oregon Center Cascades Hall Office #222 Central Oregon Community College 2600 NW College Way Bend, OR 97703	541-550-4000	541-550-4002	www.eou.edu/central-oregon deecchini@eou.edu	Danny Cecchini	2	1997	Online bachelors & masters degrees. www.eou.edu/online.
George Fox University, Redmond/Madras Campuses 4555 SW Elkhorn Ave. Redmond, OR 97756	503-554-6027	N/A	www.georgefox.edu kwilfong@georgefox.edu	Kipp Wilfong, Katy Turpen, Dr. Kris Molitor	3	2003	Master of arts in teaching, reading, ESOL & special education endorsements, bachelor of science in elementary education (with ESOL endorsement) & administrative licensure. MAT Degree (Redmond)- http://www.georgefox.edu/education/become-a-teacher/masters-in-teaching/index.html, Elementary Education Degree (Madras)- http://www.georgefox.edu/education/become-a-teacher/bachelors-degree/elementary/degree-completion/index.html.
IITR Truck School 667 Jackpine Ct. Redmond, OR 97756	541-504-1465	N/A	www.iitr.net kenc@iitr.net	Ken Cass	1	1981	Commercial truck driving school & third party CDL examiner, A & B & passenger testing, Class A & C Hazmat.
Innovation Center PO Box 8759 Bend, OR 97708	541-362-1229	N/A	www.innovationcenter.org info@innovationcenter.org	Robert L. Newhart II	1	1990	Assists individuals & organizations to discover & launch their future through creativity & innovation. Supports growing & established companies & organizations harness their creativity to solve key issues & to develop competitive products & services.
International School of Baking 1971 NW Juniper St. Bend, OR 97703	541-389-8553	N/A	www.schoolofbaking.com marda@schoolofbaking.com	Marda Stoliar	1	1985	Designed to meet the needs of every student regardless of experience. Culinary school has been training beginners & professional chefs in the culinary art of baking
Kilns College 416 NE Greenwood Ave. Bend, OR 97701	541-639-8945	N/A	www.kilnscollege.org admissions@kilnscollege.org	David J. Dealy	5	2008	Offering online services in graduate studies in social justice & innovation & leadership. Offering programs in theology & culture.
Latino Community Association - Bend 2445 NE Division St., Ste. 200 Bend, OR 97703	541-382-4366	N/A	www.latinocommunityassociation.org brad@latinocommunityassociation.org	Brad Porterfield	Bread Dortorfold 10 2000 tutoring, computer training, job p		Empowering Latino families by providing workforce services including English classes & tutoring, computer training, job placement & assistance with work permits & citizenship. Offices in Redmond: 412 SW Eighth St., Redmond, OR 97756 & Madras: 715 SW Fourth St. & Madras, OR 97741.
Latino Community Association - Madras 715 SW Fourth St., Ste. A Madras, OR 97741	541-325-6837	N/A	www.latinocommunityassociation.org ana@latinocommunityassociation.org	Ana Bueno	2	2010	Empowering Latino families by providing workforce services including English classes & tutoring, computer training, job placement & assistance with work permits & citizenship. Offices in Redmond: 412 SW Eighth St., Redmond, OR 97756 & Bend: 2445 NE Division St., Ste. 200, Bend, OR 97703.

Educational Services (Listed Alphabetically)

CONTINUED FROM PREVIOUS PAGE

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Leading Edge Aviation, Inc. 63048 Powell Butte Hwy. Bend, OR 97701	541-383-8825	541-317-0709	www.flybend.com info@flybend.com	Abby Heller	80	1989	Helicopter & airplane pilot training, tours, charter operations, fuel services, avionics, aircraft sales & maintenance, FAA written testing center.
Morning Star Christian School 19741 Baker Rd. Bend, Or 97702	541-382-5091	541-382-0268	www.mscsbend.org joe.bales@mscsbend.org	Joe Bales	18	1982	Nursery through 8th grade.
Oregon State University - Cascades 1500 SW Chandler Ave. Bend, OR 97702	541-322-3100	541-383-7501	www.OSUcascades.edu christine.coffin@osucascades.edu	Christine Coffin	283	2001	Eighteen undergraduate majors & graduate programs, with 30 minors & degree options. Research programs & internships & international programs in 80+ countries.
Osher Lifelong Learning Institute at the University of Oregon (OLLI-UO) Uo Central Oregon	800-824-2714	N/A	osher.uoregon.edu osher@uoregon.edu	Heather Inghram	2	2003	The Osher Lifelong Learning Institute at the University of Oregon (OLLI-UO) offers provocative noncredit courses, informative programs & exciting cultural events for mature adults. OL-LI-UO is part of the thriving network of 120 university & college-based programs supported in part by the Bernard Osher Foundation, with a local site here in Central Oregon.
Phagans' Central Oregon Beauty College 1310 NE Cushing Dr. Bend, OR 97701	541-382-6171	541-385-0782	www.phagans-schools.com bend@phagans-schools.com	Debbie Patrick	10	1963	Hair design, facial & nail technology & barber styling course, code & teacher training. Hair design, esthetics, nail technology, barbering courses & services to the public.
Portland State University 16 NW Kansas St. Bend, OR 97701	503-725-9270	N/A	www.pdx.edu/ssw/msw-distance-option- bend-site smithgw@pdx.edu	Gary Smith, LMSW	1	2010	Portland State University of Social Work. Masters in social work distance option.
Superior Schools (Pro-Studies)	541-388-1021	541-388-2944	www.a1schools.co team@a1schools.co	Janda Fleming, Stacy Harrison	4	1978	Real-estate, property manager, landscape contractor & insurance pre-license courses continuing education. Online.
Sylvan Learning Center 2150 NE Studio Rd., Ste. 10 Bend, OR 97701	541-389-9252	N/A	www.sylvanlearning.com/bendor bend.or@sylvanlearning.com	Audra Bohn	13	1986	Works with students of all ages to help them become more academically successful.
Sylvan Learning Center å€" NWX Satellite 2754 NW Crossing Dr., Ste. 101 Bend, OR 97703	541-389-9252	N/A	www.sylvanlearning.com/bendor bend.or@sylvanlearning.com	Audra Bohn	18	1986	Works with students of all ages to help them become more academically successful.
Waldorf School of Bend 2150 NE Studio Rd., Ste. 2 Bend, OR 97701	541-330-8841	541-330-9713	www.bendwaldorf.com info@bendwaldorf.com	Monica Stanfield, Maleea Brocious, Nate Brocious	27	1997	Where students are inspired to be intelligent, imaginative & interested in the world. Nursery through 8th.

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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Eight Tips to Start the School Year Strong

provided by SYLVAN LEARNING CENTER — Sylvan Nation

he inevitable last minutes of summer are ticking away. The countdown has begun for back-to-school once again. And along with it, major retailers are bombarding parents, making sure they hurry out and buy the coolest new outfits, backpacks and gadgets for their kids. This hyped-up, commercial backto-school rush to equip students with new garments and gear often gets in the way of the real preparations that parents and kids should focus on for a successful school year: learning.

To help parents and students start the school year strong, we've compiled eight tips — four for parents and four for students — to keep in mind as summer winds down and the school year begins.

Four things parents can do to help their children achieve better academic results:

1. Impose the two-week rule.

With later bedtimes over the summer, children need to ease back into their school routine rather than having a sudden change their first day of school. Using the last two weeks of summer to reintroduce a school-year bedtime routine will make waking up on that first day a lot easier.

2. Reintroduce regular meal times.

During summer months, kids tend to grab a snack several times during the day. Parents can start reminding students to get back into a three-meal-a-day schedule in order to regulate their system into the back-to-school mode. Nutrition is an important factor in academic performance, and eating a healthy, balanced breakfast and lunch keeps kids alert throughout the day.

3. Create a family calendar.

Time management is tricky for everyone, especially kids and teens, but planning is an important way to save everyone's sanity. Having major deadlines, due dates, events and extracurricular activities in one place helps kids visualize their week, manage their time and stay on track.

4. Don't ditch good habits.

If you and your child have established a good summer learning routine, when school starts, try not to forsake all of the fun reading, writing and art activities that kept your child engaged all summer.

Four important things that students can do to improve the academic quality of the school year, starting on day one:



PHOTO | COURTESY OF SYLVAN LEARNING CENTER — SYLVAN NATIO

1. Get organized.

Organization is not overrated. Keeping notes, projects and reading materials in logical order helps students find what they need right away, cutting down on time spent tracking things down and allowing more time for actual studying.

2. Take good notes.

Yes, it does matter. Taking good notes helps keep kids' grades up, especially in middle or high school. To boost notetaking skills, students should practice picking out the "main ideas" in conversations, news reports or magazine articles.

3. Concentrate.

Staying focused is easier for some kids than others. Students need to do their best to avoid distractions in class. This means keeping cell phones tucked away and being vocal if a chatty classmate is too distracting.

4. Speak up.

Students often can get tripped up by homework or test instructions. Students should know it's OK to speak up if they don't understand testing or homework directions. Students should also listen carefully and spend plenty of time reading directions.

sylvanlearning.com

2021 Employee Awards Celebrate Faculty, Staff Achievements at OSU-Cascades

by CHRISTINE COFFIN — OSU-Cascades

regon State University – Cascades has given its 2021 Employee Awards to six faculty and staff members for outstanding contributions to the Bend campus and surrounding community.

The recipients of the campus' 2021 employee awards were: Carmen Martinez received the Diversity, Equity and Inclusion Award. An academic advisor, Martinez previously served as the campus visit and transfer student coordinator. She was recognized for championing the needs of students from marginalized and underrepresented backgrounds in her admissions recruiting role. Martinez recruited bilingual student tour ambassadors and translated admissions information into Spanish. She collaborated with OSU Juntos program staff to launch an annual Juntos Family Day at the Bend campus for Latino high school students and their families. Martinez is a



Carmen Martinez

member of the campus diversity council and the Better Together Latino/Latina/ Latinx Success Initiative Workgroup.



Adam Krynicki

Adam Krynicki, executive director of the Innovation Co-Lab, received the Outreach Award for his efforts to support Central Oregon businesses and business owners during the COVID-19 pandemic. With teams of student interns, Krynicki partnered with the Bend Chamber to develop Central Oregon SOS, a website with resources for employers and employees; convened a virtual summit to provide business owners a framework for decision-making during the pandemic; developed the Blue Fund program with support from the Facebook Prineville Data Center to help minority-owned businesses successfully secure grant and other

funding; and worked with the Central Oregon Intergovernmental Council and local counties to develop data processes to distribute \$5 million in relief funding to small businesses. Krynicki joined OSU-Cascades in 2018 and led the development and launch of the Innovation Co-Lab.

Rodney Scinto, a food service coordinator for campus dining services, received the Outstanding Staff Engagement Award. Scinto was recognized for his professionalism, team approach and creative problem solving that helped the dining team quickly adapt to meet health requirements necessitated by the COVID-19 pandemic. Scinto implemented a software platform for online food ordering, assisted and encouraged team members and mentored student workers during the challenges of physical distancing.

Christine Pollard, a professor of kinesiology and the founding director of the Doctor of Physical Therapy program, received the Scholarship and Creative Activity Award. Pollard was recognized for her ten years of kinesiology research that engaged undergraduate and graduate students, community health partners and the public. Her efforts include the creation of the biomechanics FORCE Lab, which supports kinesiology research and provides hands-on experience for students, as well as a community service. Pollard's research focuses on improving understanding of lower extremity injuries and advancing



Christine Pollard

injury-prevention and rehabilitation programs. Her research on maximal running shoes has been featured in *Runners World* magazine and the *New York Times*.

Transportation manager Casey Bergh received the Sustainability Award. Bergh was honored for sustainability efforts that helped advance the campus's net-zero energy goal. He leads the campus's five-year enrollment in the Energy Trust of Oregon's Strategic Energy Management program, earning \$7,600 in incentives to date. He also leveraged an additional Energy Trust program, training student maintenance workers to retrofit fluorescent lamps for energy-efficient LED lighting in campus buildings. Bergh also created a campus composting system with a grant from The Environmental Center and worked with



Casey Bergh

community partners to plan for a relaunch of a bike share program following its hiatus during the pandemic.

Melisa DeMeyer, an assistant professor and researcher in the Master of Counseling program, received the Teaching Excellence Award. DeMeyer was recognized for developing and leading classes that received consistently high evaluation scores from students. Students praised DeMeyer for developing a rapport within a class community that encouraged inclusive discussions and active learning. Students also credited DeMeyer for building the same rapport and engagement during remote teaching required due to the COVID-19 pandemic. DeMeyer teaches courses in the theory and techniques of counseling and group and family counseling.



Melisa DeMeyer

She is the coordinator of the graduate mental health counseling program. osucascades.edu

COCC Has the "Tools" to Help Individuals Achieve Their Personal Goals

by KRISTINE THOMAS — CBN Feature Writer

at Central Oregon Community College.

entral Oregon Community College (COCC) is much like a Swiss Army knife. Just as the knife has a tool to use depending on the circumstances, COCC has multiple ways for students to achieve their individual goals, whether it's taking a class for personal development, building their business or gaining skills for a career.

Here are three examples of the many opportunities that await students at COCC: Small Business Development Center

Small Business Development Center Director Ken Betschart would like to dispel a common misconception about the Small Business Development Center (SBDC)

Too often, he said, people think it's a resource just for those who are starting a new business.

"We serve small businesses in every phase, from initial concept to the transfer or sale of the business," Betschart said. "We are here for the entire lifecycle of the business and we encourage people to come talk with us about whatever their specific need might be."

The SBDC is dedicated to helping small-business owners successfully build and operate their businesses. They offer pro-bono one-to-one advising, business planning, educational workshops, marketing classes and assistance in accessing capital. SBDC's mission is to "deliver expert business advice and education to help existing and future business owners grow and succeed." Small-business owners can take a noncredit course or workshop on how to start a business, write a business plan, use Quickbooks or market their product. Together, the SBDC offers knowledge and skills to make good business decisions. There is a fee for workshops and courses. There are SBDC offices in Bend and Redmond, but advising, courses and more are available across COCC's four campuses — and online.

"We are now bundling our courses where students take a class and are assigned homework, then meet with their advisor the following week and then meet again as a class," he said. "

Betschart said SBDC has a team of experienced professionals who provide probono guidance and advice to current business owners. There is no limit how many times a business advisor can meet with an advisor.

"We also invite business owners to make an appointment to meet with an advisor for a one-on-one meeting to talk about their specific needs," he said. "Our advisors are former business owners. We try to match a business owner with an advisor who has a similar professional background."

Before the pandemic, advisors meet with 15 to 20 business owners a week. Since the pandemic, the number has grown to 80 to 100 businesses a week.

"Our advisors work to establish a trusted relationship with the business owner. We have people who understand how various financial, state and federal programs work and who are there to help you navigate what needs to be done," Betschart said. "Everything we do to help a small-business owner is confidential and it is kept confidential."

Employers facing staffing challenges can meet with an advisor to discuss ways to keep their current staff engaged and encouraged or have an advisor to a financial analysis on closing for one day a week versus shorter days.

"Our advisors want business owners to know they have an advocate to help them operate a successful business," he said.

Visit cocc.edu, click on Continuing Education, then Small Business Development Center or call 541-383-7290.

Health Careers Center

COCC Health Careers Instructional Dean Julie Downing said the pandemic has shown her how Central Oregonians truly want to help people.

"We have students right out of high school enter our health programs, as well as people wanting to start a second career," Downing said. "Healthcare offers a way for people to help others, give back to their community in an important role and earn living wages."

Downing said COCC has a variety of healthcare programs for students to help students be meaningfully employed in a short period of time.

The Health Careers Center on the COCC Bend campus houses the college's

Career and Technical Education (CTE) health programs. On each of the Center's three floors, there are labs mimicking real-world work environments and innovative spaces designed specifically for student learning. Students can enroll in classes for dental assisting, massage therapy, medical assistant, nursing, pharmacy technician, veterinary technician, EMT, paramedic, health information management and more.

"Our nursing program is highly competitive to get into," Downing said. "We also offer programs that are just a single term, such as Phlebotomy, and students can be certified to start work once they complete the program."

Downing said all of the programs have CTE Advisory Boards who meet at least twice a year. "The boards' members are from different healthcare areas and give us valuable information on what skills, training and knowledge our students need to know to remain employable in these everchanging fields."

Downing said COCC has several other amazing partnerships in the medical community where students can earn clinical hours and get on-the-job training.

"Our students can learn on the job, practice in our labs and see firsthand what a certain job is like," she said.

Students in the nursing assistant program go with their clinical instructor in groups of ten to earn their 160 hours of clinical rotation. Students work with patients under the guidance of certified nurses and nursing assistants.

"I am really proud of the quality of education our COCC students are receiving from our faculty and from their experience working with our community health partners," Downing said. "Our students are well-prepared, skilled and knowledgeable. We are educating highly trained and effective healthcare providers to meet the needs of our community now and in the future."

Students interested in learning more about COCC's Health Careers should email Wendi Worthington at wworthington@cocc.edu.

Continuing Education

Whether you are interested in learning a new language, joining a community choir or taking a leadership class, Continuing Education Marketing Manager Caren Graham said you can find your interests at COCC.

"Our Continuing Education classes are designed for both personal enrichment and professional development for students 16 years of age and older," Graham said. "We also have Youth Programs for students 10 to 15 years old."

Graham said the Continuing Education program serves 8,000 students a year through its on-campus, online and hybrid classes. In-person classes are offered in Bend, Redmond, Prineville and Madras.

"Our personal enrichment classes vary from culinary to fitness to art classes," she said. "We also have continuing education for professionals including massage therapists, dental assistants and more."

She said the professional development classes can be customized for local businesses with options including teaching Spanish for the workplace, customer service, project management and workforce development.

"We also have a partnership with COCC where students can audit college classes, taking the course but not receiving credit or a grade," she said.

Always eager to meet the community's needs, Graham said examples of some unique classes this fall are Understanding and Handling Skills with Rescue Horses, Whiskeys of the World, Mushroom Identification and Live Well, Die Well, a class taught by end-of-life doulas.

Professionals who want to enhance their skills can enroll in Dare to Lead Training Program, Mastering Soft Skills or Productivity and Time Management.

"The last year has shown us how important it is to learn new skills," she said. "People also change jobs or change titles, and they may require new skills that don't require going back to college but can be acquired in another way."

Graham said lifelong learning is important for our personal and professional advancement.

"I believe the key to life is to never stop learning and always find something that interests you," she said.

cocc.edu

cocc.edu/departments/continuinged



At COCC, it's our goal to help students to learn and achieve what they are interested in."

That's why there are various ways for students to attend COCC and achieve their goals, whether by earning an associate degree to get a specific job such as in manufacturing, fire science, healthcare, aviation, automotive or early childhood education or working towards a transfer degree to move on to a four-year university. Other students are interested in personal enrichment classes through the college's Continuing Education department, while others are looking for ways to gain knowledge to successfully manage their entrepreneurial venture at the Small Business Development Center (SBDC).

"We judge our success on helping our students achieve what they want to achieve," Chesley said.

Chelsey said COCC is also responsive to the community's needs. "We work with employers throughout Central Oregon to understand what their employees need to know to be successful in their careers," she noted. "Our cutting-edge curriculum is often based on the skills that local employers demand."

One example of this responsiveness is COCC's partnership with St. Charles Health System to train certified nursing assistants. The program is held at the Bend hospital, made available to current St. Charles employees and is taught by COCC faculty, with clinical instruction provided by the staff at St. Charles. "This partnership provides St. Charles with its own pipeline of qualified certified nursing assistants, and it offers students hands-on experience that often leads to a job at the hospital," she said.

Chelsey serves on the board of directors for Economic Development of Central Oregon (EDCO) as well as the Oregon's Workforce and Talent Development board, which advises the governor and the legislature on workforce policy to strengthen Oregon's workforce systems for both workers and businesses.

Chesley became COCC's president on July 1, 2019. Eight months later, the college closed to the public and moved its 2020 Spring term courses entirely online in response to the global coronavirus pandemic. "I was still in the phase of listening and learning about COCC when the pandemic hit," she said. "I want to acknowledge how proud I am of everyone who was all-hands-on-deck to make sure our students and employees were safe and Central Oregonians could continue their education."

The COVID era has reminded Chesley that everything is subject to change depending on the virus' spread. "I have become more comfortable with not knowing how or when this pandemic will end," she said. "That's because I am blessed to be working with a trusted staff and faculty who have the best interests of our students and our mission in mind. Our mission is service, and we are here to serve the students and community regardless of what happens with COVID."

cocc.edu

Bipedal Robot Developed at Oregon State Makes History by Learning to Run, Completing 5K

by STEVE LUNDEBERG — Oregon State University

assie the robot, invented at Oregon State University and produced by OSU spinout company Agility Robotics, has made history by traversing 5 kilometers, completing the route in just over 53 minutes.

Cassie was developed under the direction of robotics professor Jonathan Hurst with a 16-month, \$1 million grant from the Advanced Research Projects Agency of the U.S. Department of Defense.

Since Cassie's introduction in 2017, OSU students funded by the National Science Foundation have been exploring machine learning options for the robot.

Cassie, the first bipedal robot to use machine learning to control a running gait on outdoor terrain, completed the 5K on Oregon State's campus untethered and on a single battery charge.

"The Dynamic Robotics Laboratory students in the OSU College of Engineering combined expertise from biomechanics and existing robot control approaches with new machine learning tools," said Hurst, who co-founded Agility in 2017. "This type of holistic approach will enable animal-like levels of performance. It's incredibly exciting."

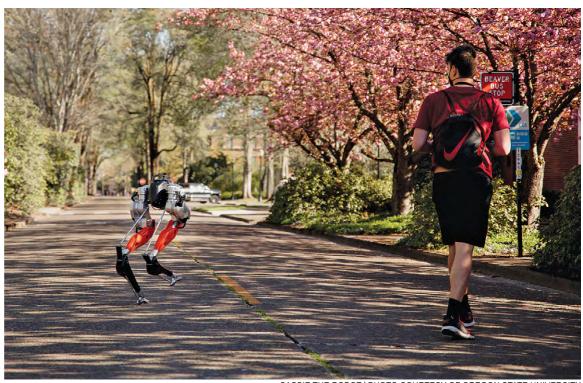
Cassie, with knees that bend like an ostrich's, taught itself to run with what's known as a deep reinforcement learning algorithm. Running requires dynamic balancing — the ability to maintain balance while switching positions or otherwise being in motion — and Cassie has learned to make infinite subtle adjustments to stay upright while moving.

"Cassie is a very efficient robot because of how it has been designed and built, and we were really able to reach the limits of the hardware and show what it can do," said Jeremy Dao, a Ph.D. student in the Dynamic Robotics Laboratory.

"Deep reinforcement learning is a powerful method in AI that opens up skills like running, skipping and walking up and down stairs," added Yesh Godse, an undergraduate in the lab.

Hurst said walking robots will one day be a common sight — much like the automobile, and with a similar impact. The limiting factor has been the science and understanding of legged locomotion, but research at Oregon State has enabled multiple breakthroughs.

ATRIAS, developed in the Dynamic Robotics Laboratory, was the first robot to reproduce human walking gait dynamics. Following ATRIAS was Cassie, then came Agility's humanoid robot Digit.



CASSIE THE ROBOT | PHOTO COURTESY OF OREGON STATE UNIVERSITY

"In the not-very-distant future, everyone will see and interact with robots in many places in their everyday lives, robots that work alongside us and improve our quality of life," Hurst said.

In addition to logistics work like package delivery, bipedal robots eventually will have the intelligence and safety capabilities to help people in their own homes, Hurst said.

During the 5K, Cassie's total time of 53 minutes, 3 seconds included about 6 1/2 minutes of resets following two falls: one because of an overheated computer, the other because the robot was asked to execute a turn at too high a speed.

In a related project, Cassie has become adept at walking up and down stairs. Hurst and colleagues presented a paper on that at the Robotics: Science and Systems conference last month.

oregonstate.edu

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Is Using a Managed IT Service a Risk to My Business?

by BROCK McFARLANE, CEO — Weston Technology Solutions

s using an MSP such as Weston Technology Solutions a risk to my business? Yes.

But it may be a much bigger risk not partnering with one.

In recent news you can find reports of companies being infiltrated by "hackers" through techniques such as "Email compromise" and "Ransomware". Some of these reports also include that these attacks were made possible through the company's outsourced IT company, normally

referred to as a Managed Service Provider (MSP). This brings up the question of whether your company is more at risk using an MSP than it would be trying to do IT internally.

The answer to that question relies on a variety of other factors, but first we need to understand risk: Risk is a function of the likelihood of something bad happening and the impact to your company if it did. This is nothing new and has been around since businesses started. It used to be your catastrophic risks as a business were someone stealing your valuable goods or a fire burning down your building.

Today your business has to be connected with your clients and your vendors in order to survive. This is done through the Internet. This creates a huge new set of risks and opportunities for thieves to damage your business. You can greatly reduce this risk to your business by just unplugging your company from the Internet — except that's obviously not an ideal solution. You have to take a risk and be joined to the Internet and everything that comes with it.

If you are connected to the Internet, there is no 100 percent failsafe protection you can implement to prevent electronic damage or theft. This may not be what you wanted to hear, but it is the reality.

What you are faced with is how to minimize your risk. To do this, you have to be aware of the likelihood of the risk and the impact on your business. Most business owners' best use of time is not evaluating electronic threats to their business. Instead, hiring and vetting a subject-matter expert is far more productive.

Just like you would pay a lawyer for legal matters, you want to hire professionals to manage your IT (and it's frequently less expensive to outsource). An expert should focus first on the most likely bad things that could happen that have the worst impact to a business. Sometimes these are also the easiest to fix.

Based on compromises currently occurring in the media, Weston has found the following to be the biggest risk areas to many businesses' electronic data:

- · No electronic controls or policies in place around each person having access to only what they need to for their job role
- · Lack of enforcing good password strength and rotation policies
- Lack of a multi-factor authentication (MFA) to identify someone is who they say they are when accessing company resources (which according to Microsoft, will stop over 99 percent of all email breaches)
- · Lack of keeping software up to date
- · Lack of filtering of dangerous emails
- Lack of training company team members on what "good" and "bad" looks like for email and web
- FREE - Headlines Sent Directly to Your Email To Receive, Send Your Email to: CBN@CascadeBusNews.com Con BUSINESS NEWS



- Lack of blocking access to dangerous websites
- Lack of controls which results in anyone being able to install any software
- Lack of separating "public" and "confidential" wireless networks
- Lack of ensuring anything added to their electronic environment is properly configured and does not introduce a security risk

Having an MSP on your side, they should properly monitor and take care of issues like these that will put your business at risk.

But your MSP also has other clients whose networks they access. Some of the compromises in the media today come from the bad guys figuring out that by compromising an MSP, they can also then have a way into many other companies' networks. How an MSP protects itself is important to minimize risk to itself but also to its clients.

When you discuss partnering with an MSP, you'll want to talk to them about their security practices and ask them about how they secure access to their clients' networks. Do they require MFA? Do they have outside security audits and monitoring? Do they have role-based access restrictions? What is their incident response plan? How is their team tested and trained? How often are those security best practices policies and training plans updated?

While there is no way to 100 percent eliminate risk and still be on the Internet today, there are practical items that can be implemented to best minimize the risk. Partnering with a security-conscious MSP like Weston will allow you to implement these best practices and let you to focus on running your business.

Brock McFarlane is the CEO and Founder at Weston Technology Solutions. Weston Technology Solutions has been serving the Pacific Northwest since 1994, providing people-friendly managed IT services to small and medium-sized businesses with offices in Bend, Anchorage and Spokane.

weston-tech.com bmcfarlane@weston-tech.com 541-383-2340





Our mission is to build a conscious and civic minded community through dialog, education and research that results in responsible civic engagement. Tune in to our free virtual forums every month to hear from leaders in our community. Join the conversation on topics impacting Central Oregon. Be inspired to take action and get involved.





Computer Products & Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	
Aristocat Development Corp 423 NE Clay Ave. Bend, OR 97701	541-389-8145	N/A	www.aristocat.com aristocat@aristocat.com	Larry Hunt	1	1985	Specialized vertical marketing software development.	
Black Crater Software Solutions LLC 3044 Lansing Ct. Bend, OR 97701	541-280-3145	N/A	www.blackcrater.com andy.gray@blackcrater.com	Andy Gray	2	2005	Custom web, mobile & desktop software development & technology consulting.	
Cascade Chips Technical Services 19417 Seminole Cir. Bend, OR 97702	541-382-6650	N/A	www.cascadechips.com rick@cascadechips.com	Rick Olson	1	1992	Network design, installation & troubleshooting Broadcast & studio engineering Computer sales, service, upgrades, data recovery & virus/spyware removal. PC repair, upgrades, virus & spyware removal, data backup, wireless & wired networking	
Cascade Networking 14 NW Hawthorne Ave. Bend, OR 97701	541-617-0553	541-617-0580	www.cascadenetworking.com info@cascadenetworking.com	Lee Johnson	6	2005	TT Consulting, Office 365, LAN/WAN design & infrastructure, wireless network design, e-mail, remote access/VPN, virtualization, NAS & SAN storage, disaster recovery, licensing, server/PC sales & service, colocation, Cloud services, networking maintenance, security services & 24x support available.	
Cascade Telecommunications / Cascade TT Services 220 SE Davis Ave. Bend, OR 97702	541-388-5158	541-382-9186	www.cascadetel.com helpdesk@cascadetel.com	Allan Clack			Telecommunications, IT Networks, VOIP Networks, IT Managed services network, fiber optic, WAN, multi-site data cabling systems, pre-wire high speed data circuits.	
Cash Register Systems 365 NE Greenwood Ave., Ste. 2 Bend, OR 97701	541-389-5797	N/A	www.bendpos.com sales@bendpos.com	Bruce Barnhart	Bruce Barnhart 3 1		Point of Sale system sales, service & supplies, cash registers, BPA free thermal paper rolls, credit card processing services & equipment.	
CLASSY KEYS Computer Services, Inc. 20149 Lora Ln. Bend, OR 97702	541-317-1242	541-312-5280	www.ClassyKeys.com evelyn@classykeys.com	Evelyn Whitaker 3 1987 Intuit advanced certified QuickBooks I customization solutions.		1987	Intuit advanced certified QuickBooks ProAdvisor providing QB consulting, bookkeeping & customization solutions.	
CMIT Solutions of Central Oregon 129 SE Third St. Bend, OR 97702	541-330-0555	N/A	www.cmitsolutions.com/ centralor mcapell@cmitsolutions.com	Mark Capell	6	2003	IT outsourcing for small businesses, training & mentoring, technical support & troubleshooting, networking & computer sales.	
Copiers Northwest 20350 Empire Blvd., A-1 Bend, OR 97701	541-388-1797	206-282-2010	copiersnw.com/locations/ bend-office/ contact@copiersnw.com	Bob Browning	6	1989	Canon & Samsung copiers, printers, faxes, scanners, sales, supplies & services. Digital filing systems to reduce paper & improve productivity.	
Evolution Software Design, Inc. 64739 Alcor Place Bend, OR 97703	541-350-6408	N/A	www.evolutionsoftware.com design@evolutionsoftware.com	Michael Gerfen	3	2003	Technology partner for ecommerce, web, cross-platform mobile & enterprise software projects.	
GreenLoop IT Solutions 61383 S Hwy. 97, Ste. C Bend, OR 97702	541-749-1105	480-968-5541	www.greenloopsolutions.com info@greenloopsolutions.com	Peter Wheary	12	2011	Provides IT support & consulting solutions to businesses between 3-100 users. From planning & budgeting to implementation & ongoing support we are your one stop Trusted IT Partner.	
JF Possibilities, Inc. PO Box 1214 La Pine, OR 97739	541-410-2760	N/A	www.jfpossibilities.com info@jfpossibilities.com	Jon Foster	2	2003	Server Management, website & application development, consulting & computer security.	
Lance Hardy PO Box 1041 Bend, OR 97709	541-390-2093	N/A	lancehardy.com lance@lancehardy.com	Lance Hardy	1	2001	AWS (Amazon Web Services) Certified Solutions Architect & AWS Certified Developer available for AWS consulting & implementation.	
LBoyd Consulting, LLC 354 NE Greenwood Ave., Ste. 111 PO Box 99 Bend, OR 97701	541-383-4520	541-647-2269	www.LBoydConsulting.com Lori@LBoydConsulting.com	Lori R. Waterhouse	1	1991	Computerized accounting software sales & support, training, accounting process analysis & improvement, authorized resellers & trainers for Sage BusinessWorks accounting software, support Quicken & Quickbooks by Intuit & more. Contract CFO services on-site & remote access.	



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Date to be announced.

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CONTINUED FROM PREVIOUS PAGE

Computer Products & Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Little d Technology 16410 Third St., Ste. C PO Box 3054 La Pine, OR 97739	541-536-1079	541-536-1266	www.littledtech.com support@littledtech.com	Kathryn DeBone	5	2005	Computer sales & service.
MicroSphere Computers, Inc. 635 SE Business Way, Ste. 200 Bend, OR 97702	541-388-1194	541-388-0091	www.microsphere.net inquiry@microsphere.net	Don Thompson	8	1983	Business network specialists - network certified since 1986. Sales & support for desktops, laptops, servers; extensive networking & connectivity experience. Computer repairs, upgrades & data recovery. Microsoft partner, Intel provider, factory authorized Toshiba & HP printer vendor.
MPS Consulting 63025 OB Riley Rd., Ste. 7 Bend, OR 97703	541-389-9430	N/A	www.mpsconsulting.com michael@mpsconsulting.com	Michael P. Sullivan	3	1990	Training, Support & Sales on all Apple products & software, Secure Networking, on-call IT services, PC to Mac data xfers, install bigger HDs, iCloud, syncing, back up systems.
Nine Peaks Solutions LLC 250 NW Franklin Ave., Ste. 103 Bend, OR 97703	541-797-7595	270-912-6554	NinePeaksSolutions.com EMailUs@NinePeaksSolutions.com	Eric D. Skidmore	5	2015	Technology consulting & services firm working with business solutions & Microsoft SQL Server software. Organization is an authorized gold level solution provider of Laserfiche â6" an enterprise content management & paperless workflow system; also partner with Microsoft, Dell EMC, Epson, Dropbox, DocuSign & SIGNiX. Extensive CORT & NuView payroll & human resources application experience.
Paul the Computer Guy 244 NE Franklin Ave., Ste. 2 Bend, OR 97701	541-330-0610	N/A	www.paulthecomputerguy.com paul@paulthecomputerguy.com	Paul Spencer	3	2005	Computer repair for PC & Mac. Walk-in & on-site service for business or home. Virus removal, tune-ups, wireless setup, data recovery, backups & more.
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	Mickey Meszaro, Frank Patka, Mark Giltner, Jennifer Clark	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.
Solutions YES 888 NW Hill, Ste. 3 Bend, OR 97703	541-306-2222	N/A	www.solutionsyes.com sean.bell@solutionsyes.com	Sean Bell, Mark Howell, Chris Centers, Jack Myers	30	2011	Supplier of Kyocera copiers, printers, faxes & wide format machines complimented with Xerox's light production products. Provide network-connectable document imaging & document management systems, copiers, scanners, fax servers, printers. Certified to provide services on Lexmark, Savin, HP, Brother, Xerox, Canon, Gestener, Lanier, Kyocera, Ricoh, Dell.
Steven Floyd Consulting, Inc. 20360 Empire Ave., Ste. B7 Bend, OR 97703	541-330-0930	541-330-0949	sfcbend.com sfloyd@sfcbend.com	Steven Floyd	4	1996	Networking, computer maintenance & repair, virus removal & data recovery for MAC & PC computers.
TEKsystems 900 NW Mt. Washington Dr., Ste. 205 Bend, OR 97701	458-206-2244	N/A	www.teksystems.com tknox@teksystems.com	Tim Knox	6	2001	IT staffing & services.
TKO Computers, Inc. PO Box 664 Bend, OR 97709	541-317-8484	N/A	www.tkocomputers.com todd@tkocomputers.com	Todd Konwinski	2	2003	Computer sales & service, business & network support, custom built laptops & desktops.
Weston Technology Solutions 2214 NE Division, Ste. 201 Bend, OR 97703	541-383-2340	541-383-2350	www.weston-tech.com sales@weston-tech.com	Brock McFarlane, Jake Ortman	19	2002	People-focused, SLA-driven, consistent & well-executed tech support & monitoring services, provided by a Microsoft Silver Partner. Provides proactive maintenance, monitoring, tech support, Office 365 & cloud solutions to reduce downtime & increase security & productivity.
William Sillas Computer Services Bend, OR 97701	541-350-4810	N/A	protechbend@live.com	William Sillas	1	1999	Upgrades, networking, repair, system diagnostics, system maintenance, Virus & spyware removal, wireless support & setups, new system sales & service.

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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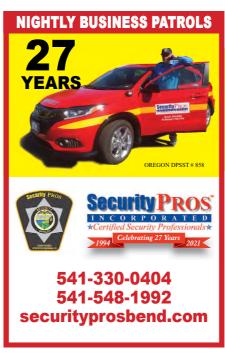


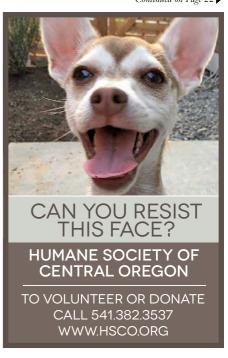
Central Oregon-Based Internet Providers (Listed Alphabetically)

Company / Address	Phone	WebSite/Email	Contact	CO Year Est.	Dialup Service	DSL Service	Cable Service	Wireless Service	Residential Cost (monthly)	Business Cost (monthly)	Areas Covered	Services
BendBroadband 63090 Sherman Rd. Bend, OR 97703	541-312-6600	www.bendbroadband. com	Tyler Honzel	1955	No	No	Yes	No	Call for the latest rates & promotions.	Call for the latest rates & promotions.	Internet/Telecom: Bend, Black Butte, La Pine, Madras, Prineville, Redmond, Sisters, Sunriver, Terrebonne; Data Center: Nationwide.	Full service telecommunications company providing internet, phone, video, data backup & restore, T-1, PRI, fiber, cloud & colocation services.
BendTel 130 NW Greenwood Ave. Bend, OR 97703	541-389-4020	www.bendtel.com sales@bendtel.com	Tom Barrett, Doug Cox	2003	No	Yes	No	Yes	N/A	Competitively priced business phone & internet.	USA with a focus in Central Oregon & Portland.	Business phone & internet. Guaranteed internet speeds up to 10Gbps. Hosted & premise-based phone systems. Traditional voice lines, SIP/VoIP, hosted voice. 24/7 tech support provided by local engineers. Provides fiber service, broadband service & high-speed internet service.
Central Oregon Internet 740 NE Third St., Ste. 3 Pmb 213 Bend, OR 97701	541-389-1303	www.coinet.com sales@coinet.com	Gary Mart	1997	Yes	Yes	No	No (only wireless router)	Starting at \$10	Starting at \$10.	Central Oregon within calling area.	High-speed DSL, dial-up accounts, domain registration, website storage, website development & voice over IP, virus removal, spyware, spam services, upgrades, business phone systems.
Fatbeam 2065 West Riverstone Dr., Ste. 202 Coeur D'Alene, ID 83814	509-344-1008	www.Fatbeam.com erik.buhl@fatbeam.com	Erik Buhl	2010	No	No	No	N/A	N/A	Dependent on Fiber Build.	Bend	Internet (Fiber), Dark Fiber, Lit Fiber, Ethernet.
InfoStructure 288 South Pacific Hwy. Talent, OR 97540	541-773-5000	www.infostructure.net support@infostructure.net	Scott Hansen	1994	Yes	Yes	No	N/A	N/A	Call for rates.	Oregon	Internet & voice services.
LS Networks (Subsidiary: Quantum Communications) 258 SE Salmon Dr. Redmond, OR 97756	541-923-5599	www.lsnetworks.net marketing@lsnetworks.net	LoriAnn Kuhn (Central OR), Ron DiTullio (Bend)	2005	No	No	No	Yes	N/A	Call for rates.	Oregon, Southern Washington	Business network connectivity & communications services including: High-speed fiber internet, unified communications & Ethernet transport. Fully redundant network backbone with 24/7 proactive support & network monitoring.

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S Networks

Continued from page 1

see an anomaly in the model they've built based on our historical patterns, they'll calls us to alert us to possible technical issues so we can get in front of any potential problems. This is a level of service and attention to detail that is very rare, even with the largest, most trusted providers.

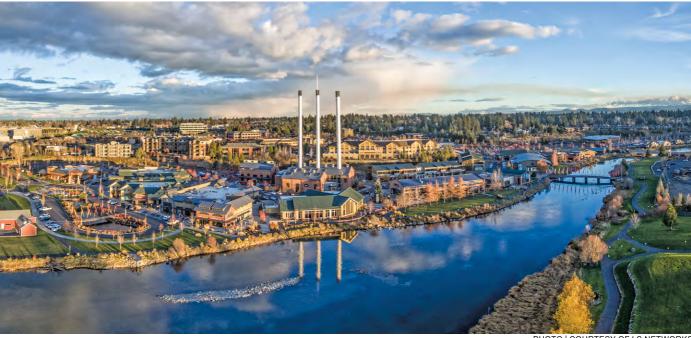
Network security, reliability and ever growing fiber optic network reach are critical considerations for us as our organization is comprised of over 25 hospitals, clinics and administration offices throughout Central Oregon — all connected directly by LS Networks' fiber network. We also have direct fiber connections through LS Networks to

partner organizations as far away as Harney District Hospital in Burns and Bay Area Hospital in Coos Bay and others.

We are fortunate to have a trusted fiber network provider that responds to our needs as our bandwidth and geographical reach expand. LS Networks has always responded to our connectivity needs with accelerated project timelines to match our growth. When one factors in LS Networks' redundant network architecture, their best in Enterprise class technical sophistication and exceptional customer service, it's no wonder they're our provider of choice.

If you're doing business in Central Oregon and you're in need of an Internet or Ethernet service provider, without a doubt, LS Networks will take care of you. Their professionalism, the quality of their personal interactions and their technical mastery are all fantastic.

Numerous studies, including those by Crandall and Jackson, Lehr, Gillett, Sirbu and Osorio and Crandall, Lehr and Litan examined the economic benefits of broadband. Those studies found that gigabit broadband connections drive GDP and facilitate continued improvements in information technology, with significant positive effects on the economy, including lower input costs, increased labor productivity and new and more efficient production processes.



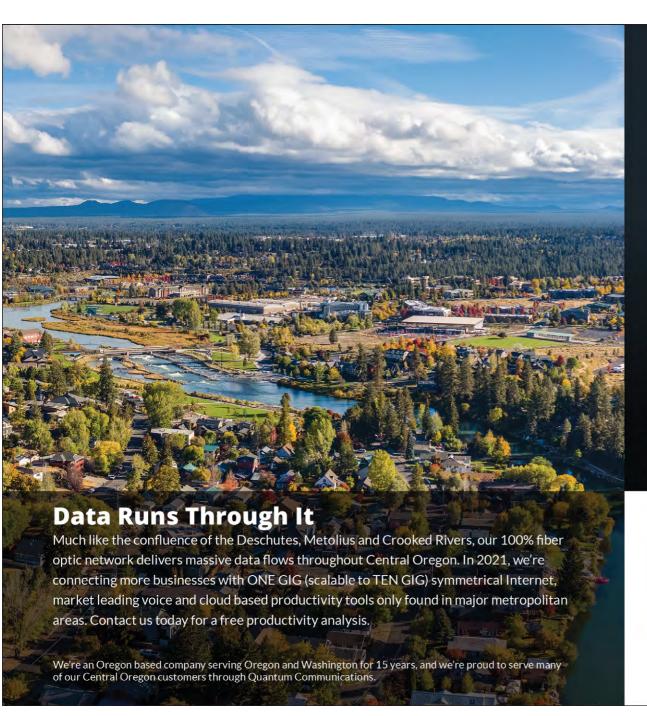
Yellowknife Wireless: Partnering With LS Networks To Bridge The **Digital Divide**

Central Oregon can rightly be described as a lifestyle region, cultivating tomorrow's economy through a highly integrated and mutually supportive mix of independent contractors, consultants, small businesses, innovative manufacturing and technology companies and large, sophisticated corporations. The commonality that they share is access to broadband, especially as the challenges of the pandemic forced a shift to remote work for thousands. Together they've helped lead Central Oregon back from the depths of a historic recession to among the fastest growing economies in the country.

A recent study by AdvisorSmith examined 259 metropolitan areas in the U.S. to see which small, midsize and large cities had the highest rates of small business ownership per capita, and Bend was ranked the number two small city for the most small business owners.

Given the vital role of broadband access, we asked Mark Cappuccio, General Manager of Bend's Yellowknife Wireless about the role of fiber optic Internet

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Since 2005, LS Networks has served national and international carriers, ISPs, data centers, governments, healthcare organizations and businesses with over extended reach throughout the Pacific Northwest. Built by Oregonians for Oregonians, we're here to help our customers and the communities they live in grow and thrive.

We're here to serve your business needs. 503.294.5300 LSNetworks.net



Internet, Computer Services & Web Design

S Networks

Continued from page 21

in bridging the digital divide in Central Oregon, According to Mr. Cappuccio, "LS Networks has helped us enhance our wireless broadband delivery throughout Central Oregon, and in particular to customers who've had very limited broadband access or no access at all."

Our network consists of over 50 towers, covering an area of over 150 square miles and much of that area is very rugged terrain. Many of our customers rely on us for their livelihoods, and for connections to their family and to their schools. During the pandemic in particular, we served as a lifeline to people who live and work in rural Central Oregon.

By having an LS Networks fiber connection to our core towers (think of them as broadcast stations to multiple distant towers in our network) and back to our central office, we can deliver higher bandwidth to our rural customers. This mixed mode approach also provides our network with redundancy, with seamless switching from our broadcast radio equipment to the fiber connection should we experience equipment problems.

I can personally attest to the vital role LS Networks plays in enhancing, not just our operation, but also the unique and supportive business environment in Bend and the greater Central Oregon community. They were easily our first choice for a number of reasons, not the least of which being that they're local, they're responsive and they provide the most flexible, scalable and reliable service in the region.

When asked about the future of Central Oregon and the role LS Networks will play there, Leif Hansen, VP Engineering at LS Networks said, "The future of our company as it pertains to Central Oregon is bright. We have robust expansion underway throughout the region, not just geographical or "footprint" expansion, but densification of our current service footprint as well."



"We're constantly exploring, integrating and expanding our technology mix and capabilities so our customers can access the broadest possible spectrum of services under one umbrella. Since our inception in 2005, we've moved from a purpose built network to more of a multi purpose, broad-spectrum platform. This evolution, which is a constant for us, allows us now to serve the most sophisticated Enterprise level customers, to the small business owner who is looking to leverage superior technology in order to enhance operational efficiencies, leverage the time and talent of their employees and to better serve their customers."

Isnetworks.net

Central Oregon-Based Internet Providers (Listed Alphabetically)

CONTINUED FROM PAGE 20

Company / Address	Phone	WebSite/Email	Contact	CO Year Est.	Dialup Service	DSL Service	Cable Service	Wireless Service	Residential Cost (monthly)	Business Cost (monthly)	Areas Covered	Services
Para-tech Satellite Systems 361 NE Franklin Ave., Bldg E #15 Bend, OR 97701	541-389-1514	www.paratechsatellite.com paratechsat@gmail.com	Nancy Baker	1983	No	Century Link	Bend- broad- band Internet	Century Link, Bendbroadband, Yellowknife, Webformix, HughesNet Satellite Internet, DishNet Satellite Internet	Century Link starts at \$45/mo	N/A	Central Oregon.	High Speed internet access & phone, satellite TV, local antenna TV.
Prine Time.net 976 NW Third St. Prineville, OR 97754	541-447-9840	www.Prinetime.net ptadmin@prinetime.net	Jason & Denise Wilkins	2001	No	No	No	Yes	\$39.95 4MB Connection	\$50 10MB Connection	Central Oregon, Heppner & Ione.	High speed wireless service, virtual domain hosting. Including web hosting & design, point-to-point, line of sight wireless, phone service.
Sureline Broadband 596 SW Fourth St. Madras, OR 97741	541-699-0030	www.surelinebroadband.com sales@surelinebroadband.com	Josh Richesin, Lamont Boileau, Brianna Bartolini, Shelly Richesin	2013	No	No	No	Yes	Starting at \$39	Starting at \$99	Central Oregon.	Local dedicated highspeed broadband internet provider — business & residential services to include phones & professional services. All packages include antivirus, 24/7 support, no data caps & full network redundancy.
Webformix 67 NW Hawthorne Ave. Bend, OR 97703	541-385-8532	www.webformix.com info@webformix.com	Eric Ozrelic	2004	No	No	No	Yes	\$50-\$135	\$50-\$135	Areas Covered Bend, Redmond, Madras, Prineville, Sisters, Culver, Three Rivers, Crooked River Ranch, Terre- bone, Alfalfa, Powell Butte, Grants Pass, Merlin, Rogue River & Coos Bay.	Residential & apartment complex/ hotel wireless highspeed internet.
Yellowknife Wireless Company, LLC 1259 NE Second St., Ste. 200 Bend, OR 97701	541-385-0111	www.ykwc.com info@ykwc.com	Chris Cappuccio	2005	No	No	No	Yes	Internet start- ing at \$49.95/ month; unlimited local & long distance phone service starting at \$27.00/ month.	Internet starting at \$59.95/month; unlimited local & long distance phone service starting at \$40.00/ month.	From Bend to Tuma- lo, Sisters, Eagle Crest, Redmond, Crooked River Ranch, Terrebonne, Powell Butte, Alfalfa, Sunriver, La Pine, Gilchrist & Crescent, Madras, Culver, Prineville.	Business & residential unlimited local & long distance phoneservice starting at \$27/month. Fully hosted & managed VOIPsolutions. Consolidate your communications & bring thesavings of IP telephone lines directly to your home, desk orPBX. Includes voice-mail, conference-calling, call-forwarding, call-roll-over & caller-ID.

Web Designers & Digital Marketing (Listed Alphabetically)

See Advertising Agencies in the Book of Lists for more companies that include web design.

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Internet 838 NW Bond St., Ste. 2 PO Box 31 Bend, OR 97703	541-312-4704	N/A	www.alpineinternet.com hello@alpineinternet.com	Brian Cash	5	1999	Website & app development, hosting, cloud services, support & devops, data-drivenresults, WordPress development, email & social marketing, webmaster services, webdatabases, consulting services, Apple developer, certified Google Apps partner, certified Google AdWords partner.
Astir Agency 1211 NW Trenton Ave. Bend, OR 97703	541-678-5889	N/A	www.weareastir.com hello@astiragency.com	Tim Jones	4	2012	Strategy-driven branding & design for the outdoor industry & nonprofits worldwide.
Bend Web Design 63109 Turret Ct. Bend, OR 97701	541-678-3668	N/A	www.bendwebdesign.co info@bendwebdesign.co	Jason Morgan	1	2014	Web design, search engine optimization, social media marketing, graphic design, IT & more.
Binary Star Systems Bend, OR 97701	541-316-8027	N/A	www.BinaryStarSystems.com hello@binarystarsystems.com	Lisa Sipe, Jim Sipe	2	2003	Website design, software development, mobile app development, email marketing, branding & graphic design.
Camp Creative, Inc. 1005 SW Disk Dr., Ste. 104 Bend, OR 97702	541-622-3636	N/A	www.campcreative.net rcamp@campcreative.net	Richard Camp, Mike West, Amber Caisse	10	2015	Full service UX design, customer journey development, web application design & development, interactive touch screens, content development, copywriting, SEO, social media strategy & management. Web application development
Cross Dot Digital & Creative Agency LLC 1001 SW Emkay Dr., Ste. P Bend, OR 97702	541-977-7797	N/A	www.crossdotdigital.com human@crossdotdigital.com	Michelle Hart	10	2019	Graphic design, brand identity, website design, social media, copywriting & content marketing, digital marketing services, reputation management.
Druery Web Design LLC 390 SW Columbia St., Ste. 120 Bend, OR 97702	541-390-2676	N/A	www.druerywebdesign.com karen@druerywebdesign.com	Karen Druery	3	2007	Custom websites, mobile websites, search optimization, content management systems, domains & hosting, 24x7 free product support.
Five Talent Software, an Effectual Inc. Company 2738 NW Potts Ct., Ste. 110 Bend, OR 97703	800-770-1868	N/A	www.Effectual.com info@Effectual.com	Robb Allen	350	2019	Build-to-suit custom applications such as enterprise web apps, mobile apps, IoT, AI/MI., & responsive websites; content strategy & digital marketing; strategic consulting for digital product/service strategies & amazon web services (AWS) Premier Partner.
JF Possibilities, Inc. PO Box 1214 La Pine, OR 97739	541-410-2760	N/A	www.jfpossibilities.com info@jfpossibilities.com	Jon Foster	2	2003	Server management, website & application development, consulting & computer security.
Kinetic Branding 780 NW York Dr., Ste. 204 Bend, OR 97703	541-550-7272	N/A	www.kineticbranding.com paul@kineticbranding.com	Paul Ruettgers	2	2000	Brand strategy, graphic design, web design, SEO, CMS, E-Commerce, advertising, packaging design, print design.
Litehouse Technology, LLC 740 NE Third St., Ste. 3 Pmb 152 Bend, OR 97701	541-589-3362	N/A	www.litehousetech.com contact@litehousetech.com	Zack Jenks	1	2007	Web development & support.

Continued on Page 24

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Web Designers & Digital Marketing (Listed Alphabetically)

CONTINUED FROM PAGE 23

See Advertising Agencies in the Book of Lists for more companies that include web design.

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
LuLish Design 3720 NW 25th St. Redmond, OR 97756	541-350-0594	N/A	www.LuLish.com lynnette@lulish.com	Lynnette Braillard	2	2005	Marketing agency offering web design & development, search engine optimization, search marketing, social media, marketing communications & creative campaigns.
Mazama Media 920 SW Emkay Dr., Ste. 104 Bend, OR 97702	541-728-0558	N/A	www.mazamamedia.com info@mazamamedia.com	Sarah Turner	25	2013	Result-driven social media management, web design, search engine optimization, graphic design.
Organic Webs 204 NW St. Helens Pl. Bend, OR 97701	541-617-8574	N/A	www.organicwebs.com mas@organicwebs.com	Michelle Sobala	3	2002	Custom Wordpress themes & websites, user conversion, user experience, search engine optimization, Facebook ads, YouTube optimization, APPS, graphic design & more.
Parallel Forty Four Bend & Redmond, OR	541-604-8484	N/A	www.parallelfortyfour.com alexandra@parallelfortyfour.com	Alexandra McCrea, Sean McCrea	2	2020	Full-service social media partner providing photography, web design, social media, reviews, & influencer management, content creation, logo & business card design, banner & signage design & consulting services.
Schloer & Associates 61835 Walter Ct. Bend, OR 97702	541-388-7342	N/A	in2dtp@gmail.com	Harriett Schloer	1	1985	Website design for nonprofits, online learning using the Canvas Platform.
SMARTZ 450 SW Powerhouse Dr., Ste. 429 Bend, OR 97702	541-388-4398	N/A	www.smartz.com info@smartz.com	Mark Knowles	19	1987	Smartz can help your business with paid marketing, creative web design, smart development & disciplined web marketing principles, to deliver bright, meaningful results & ROI. Certified Google Premier Partner, over 25 years of service.
Snyder & Sons Unlimited 521 NE Seward Ave. Bend, OR 97701	541-330-1803	541-382-6927	www.snyderandsons.com info@snyderandsons.com	Lori Pintok-Snyder	1	1996	Graphic design, website design & printing
Spangler Creative 516 SE Gleneden Place Bend, OR 97702	541-799-9113	N/A	www.spanglercreative.com matt@spanglercreative.com	Matt Spangler	1	1993	Brand identity, graphic design, web design, web development, ad campaign design, print collateral from business cards to annual reports, outdoor billboards & signage, apparel imprint design. Over 25 years experience with global nonprofit organizations.
The Garage, Inc. PO Box 8531 Bend, OR 97708	541-330-5950	N/A	www.thegarageinc.com art@thegarageinc.com	Marie Wirtz, Art Wirtz	5	1996	Website design, web marketing, Wordpress CMS, custom CMS development, SEO/user experience.
Web Mentors 160 S Oak St., Ste. 414 PO Box 3500-414 Sisters, OR 97759	541-323-2932	N/A	www.webmentors.com michael@webmentors.com	Michael Curry	3	2002	eBusiness solutions for strategic direction, new websites, updated branding, logo & Search Eengine Optimization (SEO).
WebBlox 780 NW York Dr., Ste. 204 Bend, OR 97703	541-848-7749	N/A	www.webblox.com paul@webblox.com	Paul Ruettgers	3	2012	Custom Web Design, Web Development, Content Management System, Search Engine Optimization, Social Media, E-Commerce.

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.



Baseball, Hotdogs, Apple Pie & the Markets

by DAVID ROSELL — Rosell Wealth Management

t seems only yesterday that I moved into my first office in downtown Bend and began my own financial planning practice. It's hard to believe how fast 20 years has gone by! Many things have changed since then; the Oxford Hotel now stands where my old office was, our team has increased from just me to five.

As we work our way out of the global pandemic and ride the heat wave of summer, the markets continue to exceed expectations

to all-time highs. The second quarter brought quite good news. The broad-based advanced in equities commodities in riskier fixed-income assets accelerated as interest rates generally declined and vaccinations climbed around the world. Major stock indices improved on their already-impressive first-quarter results. Equity markets advanced together until mid-June when the U.S. pulled ahead once again

The June surge was fueled by news from the U.S. Federal Open Market committee. The central bank announced its expectation that stronger economic growth and higher inflation in the months and years ahead would lead to an interest rate hike in 2023. The Fed's announcement set short-term rates upward while intermediate to long-term rates continued to decline resulting in a flatter yield curve. U.S. treasury rates had been declining across most maturities through April and May after increasing during the first quarter. The Fed's announcement that interest rates are finally projected to move higher had just as much of an impact on stocks as it had on bonds. The rotation favoring cyclical and value-oriented asset classes that had begun during the second half of

last year was set back a bit by the Fed's latest projection. Both large and small cap value stocks sold off and only partially recovered their gains thereafter. Small cap growth also sold off, but then rallied in a similar manner to large cap growth. Large cap growth stocks faltered briefly and then benefited from the strong rally into the end of the quarter.

The U.S. was the best-performing major equity market during the second quarter, which can skew our perceptions about global returns. Let's see what happens when we exclude the U.S. We can see that the developed market equities outpaced emerging markets in the second quarter. The performance differential widened in May and remained wide from the majority of June before nearly closing the gap at the end of the quarter. The general decline in interest rates during the second quarter boosted bond prices. This was not a surprise given the inverse relationship between bond prices and yields. It comes falling a first quarter that was defined by an increase in interest rates that had a significant negative impact on fixed-income asset classes.

We can see that some of the first quarter's hardest-hit areas of the fixed-income universe were the second quarter's best performers. Emerging market debt, investment grade corporates performed particularly well. High-yield, a rare bright spot last quarter, did well again while inflation protected securities also delivered strong returns amid firming inflation expectations. The combination of above average economic growth, rising inflation, increased federal government spending and monetary policy aimed at suppressing interest rates is driving price gains in riskier investments. It is also creating conditions that can lead to speculative bubbles. We believe this merits watching as we look ahead. Looking backward, the last several weeks have witnessed a partial and whining of the rotation into value stocks that began last autumn. We believe this is a temporary pause in the longer-term upswing. With many countries still imposing lockdown measures to fight COVID, we believe the global recovery and expansion have a long way to go.

In today's environment, with economies opening up and interest rates still at extraordinarily low levels, the dominant trend favors further price gains over the next year or two. Investors should take into account that the U.S. economy appears to have reached peak growth and consider the merits of diversifying with international assets. Many countries are behind the U.S. in their pace of their economic recoveries. We expect other advanced economies to record



ROSELL WEALTH MANAGEMENT'S FIRST OFFICE, BEND, OR 2001 | PHOTO COURTESY OF ROSELL WEALTH MANAGEMENT

strong results in the second half of the year and into 2022, exceeding the pace in the U.S.

It is an honor to celebrate our 20th year in wealth management here in Bend as well as writing for *Cascade Business News* since 2003. I hope you and your loved ones have a safe and adventurous summer.

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

Investment advisory services offered through Valmark Advisers, Inc. an SEC Registered Investment Advisor Securities offered through Valmark Securities, Inc. Member FINRA, SIPC 130 Springside Drive, Ste. 300 Akron, Ohio 44333-2431. 800-765-5201. Rosell Wealth Management is a separate entity from Valmark Securities, Inc. and Valmark Advisers, Inc. There are risks involved with investing, including loss of principal. International investments may involve risk of capital loss from unfavorable fluctuation in currency values, from differences in generally accepted accounting principles or from economic or political instability in other nations. Emerging markets involve heightened risks related to the same factors as well as increased volatility and lower trading volume. Bonds and bond funds will decrease in value as interest rates rise. This material represents an assessment of the market environment at a specific point in time and is not intended to be a forecast of future events, or a quarantee of future results. This information should not be relied upon by the reader as research or investment advice and is intended for educational purposes only. Certain economic and market information contained herein has been obtained from published sources prepared by other parties, which in certain cases have not been updated through the date hereof. While such sources are believed to be reliable, neither SEI nor its subsidiaries assume any responsibility for the accuracy or completeness. Index performance returns do not reflect any management fees, transaction costs or expenses. Indexes are unmanaged and one cannot invest directly in an index. Past performance does not guarantee future results. Information provided by SEI Investments Management Corporation, a wholly owned subsidiary of SEI Investments Company (SEI).

RosellWealthManagement.com

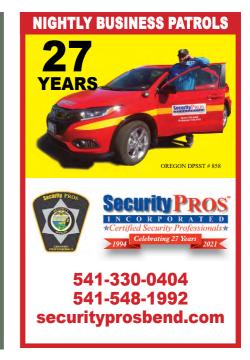


Humane Society of Central Oregon

To Volunteer or donate Call 541.382.3537 www.hsco.org

Make your house a home.

Adopt today.



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Alan Unger

The **Central Oregon Community College** (COCC) board of directors recently selected board member **Alan Unger** as its chairperson for the 2021-22 year, a post he will maintain through June of next year. Representing the city of Redmond, or Zone 3, for the college's district, Unger is a retired Central Oregon government official and a former contractor.

A resident of Redmond since 1950, Unger was a Redmond city councilor before becoming mayor of the city for eight years, followed by two terms serving as a Deschutes County commissioner. He was appointed to the Oregon Workforce Investment board for seven years, where he represented many Oregon counties and statewide boards and committees, and also held the position of director for

the League of Oregon Cities.
Unger currently serves on the executive board of the Oregon Community College

Association, a group that represents all 17 of the state's community colleges.

The role of COCC's board chair is to ensure the integrity of the board's processes.

The role of COCC's board chair is to ensure the integrity of the board's processes and sometimes represent the board to outside parties. Unger's term of service as a COCC board member will continue through 2025.

Act-On Software announced the addition of **Gregg Ames** as chief commercial officer and **Syed Ahmed** as senior vice president of Engineering, both reporting to Act-On CEO Kate Johnson. As the company positions itself for continued growth, the hirings mark another major step following a funding announcement, technology launch and successful marketing conference in 2021.

Ames joins Act-On after driving revenue and sales growth at Marketo, Oracle and Turning. As VP of Enterprise





Gregg Ames

Syed Ahmed

Sales at Marketo, Ames was instrumental in the rapid growth of the marketing automation market. A proven leader with a wealth of experience in revenue and business management, Ames will expedite Act-On's business growth and accelerate momentum upmarket into enterprise-level deployments.

Ahmed has extensive experience leading engineering and operations teams, most recently as CTO and VP of Engineering at Contiq. Ahmed also spent four years leading a high growth period at Tapclicks, a marketing operations start-up. As SVP of Engineering at Act-On, Ahmed brings a wealth of expertise in platform scalability, data analytics and CRM integrations, which will bolster Act-On's ability to continue to offer a highly personalized and customizable customer experience through its growth marketing automation platform.

Windermere Central Oregon Real Estate's Redmond Office has been named the Redmond Chamber of Commerce & CVB's 2020 Business of the Year. The Chamber of Commerce presented the award as a surprise to Managing Principal Broker Mike Gordon during the real estate company's weekly meeting. The honor is especially meaningful following the turbulent year dominated by the global pandemic.



Rose Mattson



Michelle Mora

Synergy Health & Wellness

(Synergy) announces the expansion of its nutrition and massage teams, as well as announcement of its advanced diabetes certifications.

Rose Mattson joins the nutrition team as a Registered Dietitian Nutritionist (RDN). Her philosophy and passion lie in helping others develop positive attitudes and behaviors around food. She believes in choosing foods that nourish both body and mind, in making health choices rooted in self-care and self-compassion and in working towards

body acceptance. Ultimately helping clients develop a peaceful relationship with food, body and movement. She holds a masters in nutrition and dietetics, with a sports nutrition emphasis, from the University of Utah. She has worked in a variety of outpatient settings, primarily with clients struggling with disordered eating and eating disorders, as well as those with Celiac disease and diabetes.

Michelle Mora, LMT, joins Synergy's massage team specializing in helping clients Meghan Dobbins.

recover from injuries, maintain an active lifestyle and manage pain. She enjoys helping clients work through bodywork struggles in order to continue doing the things they love in life. Her philosophy is to attack specific problem areas and target the muscles involved by mixing different modalities using deep tissue, force line therapy, cupping and Swedish massage. Mora graduated from COCC's massage program and obtained her Oregon LMT license in 2016. She has also completed advanced studies in fire cupping, Ashiatsu, deep tissue/force line massage and sports massage.

In addition to adding new team members, Synergy's Diabetes therapy team, including RanDee Anshutz, RDN, LD, LMT, Kasey Conyers, MS, RDN, LD, CDCES and Abby Douglas, RDN, LD, have also received advanced certification with Medtronic and Omnipod insulin-pump therapy. The new certifications solidify Synergy's holistic approach to guide clients through therapies and strategies to help them thrive with diabetes.

The Council on Aging of Central Oregon announced that it has added two new members to its Board of Directors. The new board members bring technology expertise to help our growing IT and communications needs and a strong disabilities advocate to guide our senior diversity and inclusion efforts.

Michael Hensley, a long-term Bend resident, has been the IT Director for NeighborImpact for almost 20 years, helping their growing organization keep pace with everchanging technology to streamline operations and bring more services to Central Oregonians. Hensley attended San Jose State University and the University of Alaska Anchorage as an English major/creative writing minor, and enjoys many outdoor activities including, running, cycling, hiking, traveling and camping with his two dogs.



Michael Hensley

Sharlene Wills, a current and long-term member of the American Council of the Blind and a former County of Los Angeles employee, has first-hand knowledge of the issues visually impaired seniors face as they age. She said her interest in wanting to join the Board was because "seniors, like the disabled, are among the most underserved people both in the community and in the nation. Our voices need to be heard and our needs addressed. As both a disabled person and a senior citizen, I feel very able to represent these two groups in advocacy as a Council on Aging Board member."



Laurie Chesley

Central Oregon Community College's (COCC) president, Dr. **Laurie Chesley**, was recently appointed by Oregon Governor Kate Brown to a three-year post on the state's Workforce and Talent Development board. Her term began on July 1.

The state's Workforce and Talent Development board is comprised of 40 appointed members who advise the governor and the legislature on workforce policy to strengthen Oregon's workforce systems for both workers and businesses. Initiated by the federal government's 2014 Workforce Innovation and Opportunity Act, the volunteer group builds partnerships that merge public and private interests, aligns policy with resources and education, advances equity among communities and communicates

a long-term vision for Oregon that identifies future workforce needs, among other objectives.

Between now and 2030, the state anticipates that more than 120,000 additional jobs with post-secondary training or education will be required within Oregon's labor force, and the Workforce and Talent Development board is working toward meeting that Adult Education and Training goal, set forth in 2018.

President of COCC since 2019, Chesley also serves on the boards of EDCO and Better Together, and is a member of the governor's Central Oregon Regional Solutions Advisory Council.

Awbrey Glen Golf Club announces two hole in ones made by **Sue Wassom** and **Tiffany Collingwood**.

Wassom made a hole in one on July 23, 2021 on hole 11, 115 yards using an 8 iron. The hole in one was attested by Carol Lee; golf professional was Meghan Dobbins.

Collingwood made a hole in one on July 23, 2021 on hole 11, 124 yards using a 9 iron. The hole in one was attested by Gracey Gerdes and Casey Case; golf professional was Meghan Dobbins.



Tiffany Collingwood

Got a Who's Who?

Send it to

CBN@CascadeBusNews.com

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Elk Ridge Chiropractic & Wellness Center Welcomes New Chiropractor

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness Center

021 has been a season of change, and for the folks at Elk Ridge Chiropractic & Wellness Center, it's been nothing but good change.

Elk Ridge has grown a lot over the years since owner, Dr. Natasha Ruegsegger, assumed ownership in 2015. Adapting and expanding through all that life has to offer, Dr. Natasha has employed a variety of highly qualified individuals ranging from chiropractors, naturopaths, chiropractic assistants, licensed massage therapists, office managers and receptionists. Formulating a balanced environment of well-trained and personable people has helped Dr. Natasha maintain Elk Ridge's place as one of Bend's most trusted chiropractic offices.

Now, Dr. Natasha is both pleased and proud to announce the arrival of Elk Ridge's newest member, Dr. David Juratovac.

New to the Elk Ridge team, yet certainly not a new professional in the practice of chiropractic, Dr. Dave began his chiropractic journey when, at the age of 14, he went to a chiropractic office for the first time. As the son of a massage therapist, living in Oregon City, Oregon, Dr. Dave learned early on about the importance of muscle health, spinal movement and how an active lifestyle, paired with smart nutrition, can impact every aspect of a person's life.

This seed carried him through high school, which was when he first thought of becoming a chiropractor. However, it wasn't until a job shadow in a chiropractic clinic made him realize that helping people was what he was meant to do.

In 2009, Dr. Dave made the big decision to move across the country to St. John's University in Collegeville, Minnesota, where he began his chiropractic education. He earned his Bachelors in Biology in 2013, and later graduated with a Doctorate of Chiropractic from Northwestern Health Sciences University in Bloomington, Minnesota in 2016.

A real go-getter, Dr. Dave moved back to Oregon and jumped right into the chiropractic world, where he would go on to own his own practice in Portland, Oregon from 2018 to 2021.

At this point in Dr. Dave's life, he decided to make another new and exciting change in moving to Bend to continue his career. Together, with his wife

Cass, his daughter Sully and their snappy dog, Piper, the Juratovac family made the big move and couldn't be happier!

Now doing what he loves where he loves, Dr. Dave remains committed to the philosophies of chiropractic that first inspired him when he was younger.

Beyond his formal education as a Chiropractic Wellness Practitioner with a focus on lifestyle and prevention, Dr. Dave has completed multiple continuing education courses to remain current and to serve his patients in the best possible way.



DR. DAVID JURATOVAC | PHOTO COURTESY OF ELK RIDGE CHIROPRACTIC & WELLNESS

He is proficient with therapeutic taping methods, instrument-assisted soft tissue therapies as well as orthopedic work. While his passion is with wellness and prevention, Dr. Dave holds vast experience with auto- and work-related injuries, acute pain and sports injuries. He is also certified in Webster Technique to help him better care for pregnant women and support their journey into motherhood.

Dr. Dave is currently accepting new patients at Elk Ridge Chiropractic & Wellness Center, performing both Activator and Manual adjustments to patients of all ages, from infants to toddlers, teens, adults and seasoned lifers! Working alongside Elk Ridge's trusted team, Dr. Dave is well-equipped to help all of his patients, both current and new, to accomplish their health goals and to live their best lives.

To book your first appointment with Dr. Dave, give the Elk Ridge team a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com.

thebendchiropractor.com

Businesses Serving Community



THE CENTER FOUNDATION'S TEAM OF ATHLETIC TRAINERS. BACK ROW: ROSS DEXTER, MICHAEL ESTES, GAVIN THIELE, STUART SCHMIDT. FRONT ROW: ALEX WALKER, NICOLE PORTER, LINDSAY HAGLER, AMANDA RODRIGUEZ | PHOTO COURTESY OF THE CENTER FOUNDATION

THE CENTER FOUNDATION

The Center Foundation has received a grant from the M.J. Murdock Charitable Trust of Vancouver, Washington to support the expansion of its sports medicine program in Deschutes County to accommodate a new high school opening later this year. The Center Foundation currently provides sports medicine services to four schools in the Bend-La Pine School District (in addition to high schools in Sisters, La Pine, Madras and Prineville) and will add Caldera High School to its service roster in the 2021-2022 school year.

The \$134,553 grant will support the expansion of The Center Foundation's sports medicine program to Caldera High School, aiding in the addition of a certified Athletic Trainer at no cost to students or their families. Athletic Trainers provide medical services including the management of sports injuries, injury prevention and concussion evaluation and management. Keeping youth active and involved in sports is important to their overall physical, mental, behavioral, social and educational development.

The Center Foundation is the region's only nonprofit dedicated to providing sports medicine services to student athletes. The Foundation's athletic trainers serve more than 5,000 students in over 1,400 sporting events each year in Deschutes, Jefferson and Crook counties in Oregon. To date, The Center Foundation has conducted over 17,000 baseline concussion tests and provided evaluation and care for over 2,200 concussions for Central Oregon high school athletes. The Foundation, its board of directors and its staff look forward to continuing to provide sports medicine services to all student athletes as the population of Central Oregon continues to increase.

The Center Foundation has launched the Campaign for Caldera fundraising campaign to further support its expansion to Caldera High School.

AdvenChair Sells First Shipment of All-Terrain Wheelchairs

Rolls Out Free Demo Rides on Local Trails

A state that is known for extraordinary sightings in the wilderness, is about to have quite a few more. But rather than catching a fleeting glimpse of a large apelike creature, local hikers can expect to get a good look at an agile, bright orange, all-terrain wheelchair — known in these parts as AdvenChair.

AdvenChair is the missing link that allows people with mobility challenges to go off the beaten path with family and friends. It combines mountain bike parts with a three-wheeled ergonomic design, an adjustable seat, disc brakes and multiple straps and contact points for navigating rugged trails and unstable terrain.

"At the beginning of last month, there was only one AdvenChair roaming the Cascade trails," said AdvenChairman CEO Geoff Babb, who devised the souped-up wheelchair as a way to keep exploring the wilderness after surviving two brainstem strokes. "Now we've got a whole fleet of them out there."

AdvenChair has just completed its first production run of ten chairs. Six of them are on their way to families and groups for team-oriented outdoor adventures in various parts of the world. Two will be used for free demonstration rides and rentals this summer, giving Central Oregonians and visitors unique opportunities to experience the wild in an incredibly rugged and nimble all-terrain wheelchair. And that leaves just two AdvenChairs remaining for sale.

For starters, AdvenChair is collaborating with Cog Wild and LOGE Camp Bend to host a series of free Demo Days. Located on Century Drive on the far west side of Bend, LOGE Camp has its own Mountain Bike Skills Course meandering around the perimeter of the property.

"The variety of rock gardens, tight turns and ramps makes it the ideal proving ground for AdvenChair riders and family members," said Jack Arnold, AdvenChair's chief designer. "Better yet, from the LOGE Camp's setting, we can take a short hike on the adjacent Rimrock trail system, which offers a rewarding real-world experience."

AdvenChair's Demo Days are scheduled on three different Saturdays — August 7, September 11 and October 9. Groups can sign up for one of four 90-minute sessions scheduled throughout each day, all of which meet at Cog Wild's outdoor headquarters in the southeast corner of the LOGE Camp property.

For those wanting a longer excursion after the demo, AdvenChair will be available for rent on each of the following Sundays — August 8, September 12 and October 10 — at just \$75 for a half day (four hours). Reservations for rentals can be made at advenchair.com/rental-days.

Also this summer, AdvenChair is available for free hikes through Oregon Adaptive Sports (OAS) Community Hiking Days. On alternating Tuesdays, members of the OAS team are guiding outings on some of Central Oregon's favorite trails, including





PHOTOS I COURTESY OF ADVENCHAL

the Deschutes River Trail and Shevlin Park. Hikes are scheduled for August 10 and August 24, departing at 8am and returning at around 2pm. For more information and registration, visit oregonadaptivesports.org.

On top of all that, AdvenChair was also seen at SOAR 2021, Destination Rehab's special all-day event at the Bend Pavilion, Saturday, July 31 designed to benefit individuals who have conditions such as stroke, brain injury, spinal cord injury, multiple sclerosis, cerebral palsy and Parkinson's disease.

Another reason for AdvenChair's increased visibility this year is an upcoming feature on one of Oregon Public Broadcasting's signature programs: Oregon Field Guide. A crew from OPB visited Bend for interviews with Geoff Babb and other AdvenChair team members in mid-June, while the fleet of chairs was being assembled. They returned on August 2 for an extended hike at Smith Rock State Park that will become the focus of a seven-minute segment that can be seen during Oregon Field Guide's 2021 fall season.

"We couldn't be more excited by the progress we're making and the exposure we're receiving," said Babb. "We definitely had to make some adjustments to our business plan during the pandemic, as most businesses did. But people are craving health and rejuvenation in wild places more than ever. And we are ready to help them get there."

Just two AdvenChairs are still available for immediate purchase. To grab one or to place an order for the run due in early 2022, visit advenchair.com.

About AdvenChair:

AdvenChair is an all-terrain wheelchair designed for people with mobility challenges who want to venture off the beaten path and experience the grandeur of the wilderness. It is the brainchild of Geoff Babb, a fire ecologist and avid outdoorsman from Bend who loved to ski, mountain bike and backpack with his wife and twin boys until a near-fatal brain stem stroke on November 10, 2005 forced him to use a wheelchair.

While the stroke forever changed his ability to move, Babb soon discovered that the biggest obstacle to experiencing a simple outing on local trails with his family again was not so much his body, but the frailties of common wheelchairs. Rather than lobbying for wheelchair-accessible wilderness trails, Babb chose to develop a wheelchair capable of adapting to the trails, and the AdvenChair was born.

On November 10, 2017, exactly 12 years to the day after his stroke, Babb survived a second brain stem stroke, which was a major setback. Yet it made him more determined than ever to share his all-terrain chair with other people with limited mobility.

While developing the first AdvenChair, Babb also launched The Onward Project, LLC, to inspire, encourage and enable outdoor adventures for people of all abilities, and invites them to share their experiences and stories online.

advenchair.com









Central Oregon Business Calendar

Email Your Upcoming Business Events to CBN@CascadeBusNews.com Event Details at CascadeBusNews.com/Business-Events

BUSINESS EVENTS



Now-August 6

City of Bend Online Open House Featuring Planning for Bend's Water Future.

August 6

8:30am Redmond Chamber Virtual Coffee Clatter.

August 7

9am-1pm Deschutes County Solid Waste Free Summer Household Hazardous Waste Event at the Deschutes County Fair & Expo Center.

August 11

11am City of Bend Council Virtual Rules Subcommittee Meeting.

9am City of Bend Virtual Notice of Public Hearing Before a Hearings Officer for an appeal to the decision for PLLD20200990.

9am La Pine Rural Fire Protection District Regular Board of Directors Meeting at 51550 Huntington Road, La Pine.

August 13

8:30am Redmond Chamber Virtual Coffee Clatter.

9am City of Bend Virtual Public Hearing for Appeal to PLLD20200990, on a Decision for a Partition.

August 19

Noon-1pm City Club of Central Oregon Virtual August Forum, What are Bend's Goals and How Do We Fund Them?

August 20

8:30am Redmond Chamber Virtual Coffee Clatter.

8:30am Redmond Chamber Virtual Coffee Clatter.

August 29

La Pine Lions Club Golf Tournament at Quail Run Golf Course.

September 8

4-6pm Land Trust Annual Open House at Pine Nursery Park, Bend.

September 23

5-7pm Land Trust Annual Open House at Crooked River Wetlands, Prineville.

September 29

4-6pm Land Trust Annual Open House at Sahalee Park, Madras.

September 30-October 3

The Wall That Heals * Traveling Vietnam Wall Memorial at Frontier Days Events Land, La Pine.

October 23

La Pine Chamber of Commerce and Visitors Center Annual Chamber Awards

Wednesday-Sunday Only, November 19-30

4-9pm Deschutes County Fair & Expo Holiday Lights at Deschutes County Fair & Expo Center.

December 1-January 1, 2021

Noon-10pm Deschutes County Fair & Expo Holiday Lights at Deschutes County Fair & Expo Center.

WORKSHOPS & TRAINING



6-8pm COCC Virtual Business Core Discipline Course, Finance & Accounting for Decision Making.

August 5

6-8pm COCC Virtual Business Core Discipline Course, Finance & Accounting for Decision Making.

August 19

6-8pm COCC Virtual Business Core Discipline Course, Finance & Accounting for Decision Making.

Saturdays, October 2-23

9am-12pm Synergy Health & Wellness Thriving with Diabetes Classes.

Building Permits

COMMERCIAL PERMITS WEEK ENDING 7-16-2021

Deschutes County

\$1,004,343.00 Commercial (New) 11,975 sf. at 63305 Gibson Air Rd. Bend 97701 OR Owner: City of Bend PO Box 6313 Bend, OR 97701

Builder: Elite Electric, LLC 541-788-4868 Permit # 247-21-003413

\$279,937.00 Commercial (Alteration) 1,773 sf. at 611 E Cascade Ave. Sisters 97759 OR Owner: School District #6 525 E Cascade Ave. Sisters, OR 97759

Builder: Aries Building Systems, LLC 541-306-4879 Permit # 247-21-004746

\$22,153.00 Commercial (Foundation) 100 sf. at 52620 Day Rd. La Pine 97739 OR Owner: High Lakes Christian Church, Inc. 541-536-3333 Permit # 247-21-003537

\$18,000.00 Commercial (Pump House) 100 sf. at 52620 Day Rd. La Pine 97739 OR Owner: High Lakes Christian Church, Inc. 541-536-3333 Permit # 247-21-003537

City of Redmond

\$1,041,920.00

Commercial (New Branch) 2,400 sf. at 255 NW Oak Tree Ln. Redmond 97756 OR Owner: Selco Community Credit Union 1050 High St. Eugene, OR 97401 \$1,500,000.00

Builder: McKenzie Commercial Contractors, Inc. 541-343-7143 Permit # 711-21-001037

Commercial (Multi Family) 9,409 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Permit # 711-19-002367

Commercial (Tenant Improvement) at 527 NW Elm Ave. Redmond 97756 OR Owner: Terrence Vibbert 527 NW Elm Ave. #1 Redmond, OR 97756 \$40,000.00

Builder: Desert Willow Construction, Inc. 541-633-0735 Permit # 711-21-001595

COMMERCIAL PERMITS WEEK ENDING 7-23-2021

City of Redmond

\$105,407.00 Commercial (Tenant Improvement) 7,670 sf. at 2127 S Hwy 97 Redmond 97756 OR

Owner: JKC Redmond Cascade, LLC PO Box 25822 Eugene, OR 97402 Permit # 711-21-000876

Commercial (Tenant Improvement) at 235 SW Evergreen Ave. Redmond 97756 OR Owner: Eberhard Creamery, Inc. PO Box 845 Redmond, OR 97756 \$20,000.00

Builder: Permacold Engineering, Inc. 503-249-8190 Permit # 711-21-001508

\$15,000.00 Commercial (Tenant Improvement) at 2498 S Hwy 97 Redmond 97756 OR Owner: JKC Redmond Cascade, LLC PO Box 25822 Eugene, OR 97402 Builder: Kellcon, LLC 541-312-4034 Permit # 711-21-001149

City of Bend

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

lanning Commission Continued from page 3

and accompanying Comprehensive Plan policies. This plan highlights the need for more urban-style development in opportunity areas, infill development, a variety of

more urban-style development in opportunity areas, infill development, a variety of housing types to meet the community's housing needs, as well as master planning UGB expansion areas. The Planning Commission will continue to play a key role in the implementation of this plan. Familiarity with the concepts listed above is desirable.

For questions about serving on the Planning on Commission, contact Chief Operating Officer Jon Skidmore at jskidmore@bendoregon.gov or 541-693-2175.

bendoregon.gov/planningcommission

Accommodation Information for People with Disabilities

To obtain this information in an alternate format such as Braille, large print, electronic formats, etc. please contact Joshua Romero at jromero@bendoregon.gov or 541-693-2185. bendoregon.gov

inancial Assistance

Brothers and Hampton.

Priority will be given to BLM grazing permittees.

To be considered, projects must be completed by June 30, 2022. Each proposal must include contact information and a comprehensive project description that explains how the project will contribute to enhanced range management. A total of \$15,000 is available. Applications should also include maps, anticipated start and completion dates and a project budget with anticipated itemized expenditures and any in-kind contributions, such as labor or equipment use.

Grant recipients will be reimbursed for approved expenses at the successful completion of their project.

Submissions must be received by 5pm on Friday, September 3, and may be submitted by email to Ed Keith, Deschutes County Forester, at ed.keith@deschutes. org or by mail to 61150 SE 27th Street, Bend, Oregon, 97702.

Ed Keith can be contacted at 541-322-7117 with questions pertaining to project submissions.

deschutes.org

air Housing Survey

Continued from page 3

access and housing choice for Bend's community members. This survey is one way the community can provide input during the 2023-2027 Assessment of Fair Housing process. Bend will be conducting a variety of public meetings before finalizing the Assessment of Fair Housing.

About the Assessment of Fair Housing

A primary purpose of the Assessment of Fair Housing is to identify the barriers to housing in the Central Oregon region. Barriers to fair housing are any actions, inactions, or decisions taken because of race, color, national origin, religion, gender, familial status, a person's source of income, disability, marital status, sexual orientation (including gender identity), and status as a survivor of domestic or sexual violence, which restrict housing choices or the availability of housing choice. This can also include any actions, inactions, or decisions which cause the effect of restricting housing choices or the availability of housing choice.

Fair housing laws apply to renting a home and buying a home, including during the entire rental or home loan term. The laws are intended to help protect the most vulnerable populations in a community.

Accommodation Information for People with Disabilities

To obtain this information in an alternate format such as Braille, large print, electronic formats, etc. please contact Joshua Romero at jromero@bendoregon. gov or 541-693-2185.

bendoregon.gov/fairhousing bendoregon.gov

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October 6 Deadline Sept 29	Nonprofit Profiles/Accomplished Under 40	Nonprofit Organizations, Accountants, Bookkeepers
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November 3 Deadline Oct 27	REDMOND Profile/Fastest 20	Bio-Tech, High Tech Firms, Telecommunications, Utility Companies, Heating/Cooling Companies
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Pence Construction Open House

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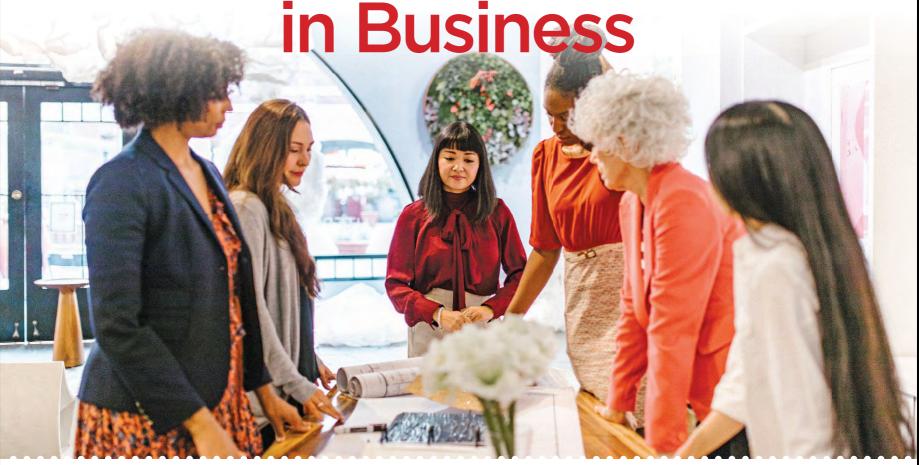


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