As Redmond Continues to Thrive: City Officials Work Hard to Plan Ahead

by RONNI WILDE — CBN Reporter

No longer the lesser stepchild to Bend, Redmond has emerged as a city that successfully blends residential, retail and industrial sectors. Though still a relatively small town, Redmond has outpaced Bend in manufacturing growth, and as of the 2020 census, it now has a population of 33,274. “The Redmond population really jumped over the past decade,” reports Damon Runberg, East Cascades regional economist with the Oregon Employment Department. “There are more than 7,000 new residents since 2000, a growth of 26.9 percent. Population gains nearly matched Bend’s during this ten-year period.” He adds, “This is very impressive. Statewide, the population only rose by around 10.5 percent.”

“We are growing, as are most other Central Oregon cities,” says Redmond Mayor George Endicott. “We have been going through a whole bunch of growth management plans in Redmond, including parks, transportation, talking about building a new sewer treatment plant and the downtown urban renewal, both in the traded sector and in commercial and retail.” Endicott says there is also conversation about small apartments going into the downtown area to help address the need for housing that is affordable. “A lot of young people are struggling to find housing; these apartments would be small, like 400 square feet, and be in the middle of the commercial and retail area,” he says. “It’s pretty exciting.”

City of Redmond Spotlight — Pages 14-22

Fastest 20 Spotlights Central Oregon Rising Stars

Annual Awards Recognize Local Companies Topping Growth Charts

by JEFF MARTIN — President, Cascade Publications Inc.

Welcome to the Central Oregon Fastest 20 Growing Businesses Awards, celebrating the most rapidly rising stars of the increasingly diverse local business scene. Profiles of these businesses can be found on pages 8-13 of this publication. Companies in the Fastest 20 are companies that have reported consistent year-over-year growth in earnings through 2020. CBN teamed with Columbia Bank and Capstone CPAs to recognize the fastest-growing companies located in the Tri County region. The qualifying criteria for this group included companies established and operating on or before January 1, 2018, with gross annual revenues of at least $100,000 in the last fiscal year, reporting consistent year-over-year growth in earnings through 2020. CBN teamed with Columbia Bank and Capstone CPAs to help find these companies, and then certify the percentage of growth.

The top 20 featured a wide array of business types and industry sectors, from hi-tech to healthcare, home improvement, recreation, music — and of course, an RV Park! These companies reflect a broadening platform for the local economy, with a heavy emphasis on the entrepreneurial spirit for which Central Oregon is increasingly noted.

Latest economic indicators show Central Oregon’s economy growing faster than the national average, and Columbia Bank’s Senior Vice President, Retail Regional Manager-Greater Eugene/Central Oregon Sharon Calhoun said, “Columbia Bank is proud to continue in its fourth year, our support of Central Oregon’s Fastest 20! It’s exciting to see the incredible growth of these businesses in our community and Columbia Bank is honored to recognize and acknowledge the hard work of all of the businesses nominated — Congratulations!” Lance Brant, a CPA with Capstone, added, “We need to recognize small business owners and their positive efforts to our community. Owners of small business clients are the engine to our business environment and they provide the local opportunities for employees and future owners of small business. I could not be prouder to support this event.”

Thank you to our sponsors, nominators and all of the exceptional businesses for making this great event possible! Cheers and congratulations!

Cascade Business News

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www.cascadebusnews.com

PAGE 14
**NEW POSTAL CONNECTIONS/ISOLD IT CENTER OPENS IN BEND**

By Simon Mathier — CBN Feature Writer

A Chamber of Commerce ribbon cutting ceremony was held recently to celebrate the grand opening of a new Postal Connections/iSOLD It service center in the Bend River Mall.

As the fourth Postal Connections location in Central Oregon joining those in Bend’s east and southern quadrants as well as one in Redmond — the newest addition is centrally positioned and also home to sister business “iSOLD It” online sales services, catering to customers and businesses looking to sell no longer needed, used, overstocked or closeout merchandise in the e-commerce arena.

New franchise owner/operators Lee Kennedy and Leticia Sanchez were joined by franchisor Fred Morache for the event, which also featured a demonstration of how to use their iSOLD It eBay sales services. Morache said he and his co-director previously acquired the iSOLD It brand to fold into existing operations as a logical evolution in “pushing the boundaries of convenience” and additionally offering consumers the opportunity to have items stored, transacted online and shipped through their expert third party platform.

100 NE Bend River Mall, Suite 104, Bend OR 97703.

**POSTAL CONNECTIONS/iSOLD IT FRANCHISOR FRED MORACHE WITH NEW BEND LOCATION FRANCHISOR OWNERS/OPERATORS LETICIA SANCHEZ AND LEE KENNEDY | PHOTO BY CASCADE BUSINESS NEWS**

**EXPANDABLE INDUSTRIAL COMPLEX IN BEND**

This Historic Industrial Building was once a saw mill and has been re-novated with new metal siding, doors, roll up doors, bathrooms, electrical, drainage swales, drywell and new asphalt paving was just completed!! The existing 17,000 sq ft building only covers 17.5% of the 2.23 acre parcel with frontage on two streets. City Code allows up to 80% lot coverage with existing 17,000 sq ft building only covers 17.5% of the 2.23 acre parcel and ample room to build 30,000 to 40,000 sq ft of new buildings with room for parking!!

Call Gary for a complete brochure.

124 SE 9th St.

$3,499,000

**GARY EVERETT**

RE/MAX Key Properties

431 NW Franklin Ave

Principal Broker/Realtor/CCIM

541-480-6130 Cell

**WOULD YOU LIKE TO OWN THE COMMUNITY OF RILEY, OREGON?**

After 23 years of owning and successfully operating the Riley Store, Pat and Dale Martin have decided to retire. This is a great opportunity to purchase this Business and Real Estate that is located on 23 acres at the intersection of Hwy 20 and Riley Road. At 1,000 miles east of Bend, it features a small grocery store, unbranded fuel pumps, 12 space RV park on a private pond, a nice 5 bedroom residence, 2 studio apartments, semi-truck parking, rest stop and an irrigated pasture. Dale is nationally known for his knowledge of archery and operates an Archery & Sporting Goods business, too. Are you looking for a lifestyle change?

17674 Highway #20 Riley, OR

$998,000

**RE/MAX KEY PROPERTIES**
Building a Better Bend Welcomes Transportation Expert in Upcoming Free Lecture

Local Group Hosts Charles Marohn of Strong Towns, November 8 at The Tower Theatre

Nonprofit organization Building a Better Bend, along with presenting sponsor the Bend Chamber, recently announced it will be hosting Strong Towns Founder and President, Charles Marohn in Bend next month. In this book tour presentation scheduled for Monday, November 8, 7pm at the Tower Theatre, Marohn lifts the curtain on America’s transportation system, as detailed in his newest book, Confessions of a Recovering Engineer.

In this compelling lecture, Marohn demonstrates how the values of engineers and other transportation professionals are applied in the design process, and how those priorities differ from the values of the general public. By showing how transportation investments are a means to an end and not an end unto themselves, Marohn reveals how the standard approach to issues like fighting congestion, addressing speeding and designing intersections only makes transportation problems worse, at great cost in terms of both safety and resources. By contrast, the Strong Towns approach to transportation focuses on bottom-up techniques for spending less and getting higher returns, all while improving quality of life for residents of a community.

Charles Marohn, known as “Chuck” to friends and colleagues, is a professional engineer and a land use planner with decades of experience. He holds a bachelor’s degree in civil engineering and a Master of Urban and Regional Planning, both from the University of Minnesota. Marohn is the author of Strong Towns: A Bottom-Up Revolution to Rebuild American Prosperity (Wiley, 2019). He hosts the Strong Towns Podcast and is a primary writer for Strong Towns’ web content. He has presented Strong Towns concepts in hundreds of cities and towns across North America. Planetizen named him one of the 10 Most Influential Urbanists of all time. His latest book, titled Confessions of a Recovering Engineer: Transportation for a Strong Town, was released in September.

Please note: The Tower Theatre requires proof of full vaccination for entry to all events. Those not fully vaccinated ages 12 and up must show proof of a negative result from an approved COVID test taken within 72 hours of the event. “Fully vaccinated” means receiving the final vaccination dose of Pfizer, Moderna or Johnson & Johnson at least 14 days before the event date. All patrons need to provide this information as a condition of entry. Based on Oregon mandates, mask wearing is also required inside the venue by everyone five and up, regardless of vaccination status. For more information, visit the Tower Theatre website.

About Building a Better Bend
For more than 15 years, Building a Better Bend has been bringing an annual lecture series to Central Oregon. We host expert speakers who share their experiences with the public and professionals in our community about ways to have a positive impact on the quality of development and growth in our region. The lecture is scheduled for Monday, November 8 at 7pm at the Tower Theatre. The event is free to the public, but registration is required. Register at brownpapertickets.com/event/5273893.

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The trend of companies either supporting their employees with remote work options or requiring employees to work remotely due to concerns around COVID has grown exponentially in the past year. According to Forbes, the remote workforce will grow to 26.7 percent or one in every four employees in 2021. Would this immense growth be occurring if it wasn’t for the lifestyle changes that were forced by the Coronavirus pandemic? Perhaps not. But the trend for moving toward more remote workers was building momentum prior to the upheaval in early 2019, and it’s likely that landlords and businesses will see this trend continue to hold and build momentum regardless of regulations or concerns around public health.

Why you might ask? Well, recent surveys from Liquid Space show that over 85 percent of millennial workers would prefer or are actively seeking remote full-time employment opportunities. Considering that the majority of new, and mid-level employees are millennials at the moment, the desire for remote options cannot be ignored.

So what does this mean for landlords, property owners and business owners? At Northwest Key Commercial Real Estate and Property Management, we have noticed that this trend is helping some businesses and pushing others to shift and adjust. Let’s break down what we’ve seen and our anticipated pros and cons in the marketplace over the next twelve months.

FOR LANDLORDS:

Diversify Your Tenants

One of the biggest lessons the COVID pandemic has taught us so far is that it can be problematic to have all of one type of tenant in your property; for example, all restaurants, fitness studios or corporate office tenants. According to a report by Bookings.com, the hardest hit industries in the Western United States include, technology, hospitality and leisure. With so many industries in flux right now, the needs these businesses have for commercial space are in the same boat.

There are, however, some business niches and industries that have taken off, or grown exponentially during this time. For example, Forbes points to takeout food-service companies and restaurants that have successfully converted to takeout meal options as businesses that are now booming in the post-pandemic world. The best way to keep your commercial property stable and profitable is to diversify your tenants.

Shared Leasing, or Reworking

If you are sitting on empty space, you can either reformat and rework the space as one option, or look at splitting or offering shared tenant options. As long as the tenants are equally responsible and can provide a detailed plan for the space-share, you might find more interest and accountability for small businesses who collaborate for cost savings. Especially with the downsizing trend occurring in the corporate world.

FOR BUSINESSES:

Downsize and Conserve

If you own a small business or large services company that has historically provided an office for employees, now might be the time to move the company ‘entirely online’ or remote so that you can conserve those expenditures. With the other trends coming out of the pandemic, like a greater need for cyber security, and competent employee monitoring software, your saved revenue from downsizing, will likely need to be utilized elsewhere.

Go for Hybrid

If your business can’t handle it, or you just don’t feel comfortable with an entirely remote team, consider a hybrid option. The corporate office hybrids popping up and look a lot of different ways, but for some companies, it works to have some of your employees be in a physical office, and some as remote staff. The workplace trends most recently show that many workers want to get back into the office for a variety of reasons, including loneliness and lack of focus at home. Workplace Mental Health states that employees need socialization for their mental wellbeing. The evolving desire to work in an office environment is a plus for your business if you are debating downsizing or see a potential for upsizing. You may consider an office setup that mixes the two — where there are floating desks in your office space that multiple employees utilize when needed.

Invest in Cybersecurity

Remember earlier when we mentioned that cyber security trend? According to an article by Packetlabs, a cyber security company, over 25 percent of...
Howard Huskey, executive director of the Cascades Theatrical Company (CTC), believes in community. In support of the Central Oregon community, he and his dedicated crew have been hard at work renovating the Cascade Theatre in downtown Bend. Huskey’s efforts started five years ago when, upon discussing the possibility of losing the theatre with some of its supporters, jokingly offered, “Well, why don’t I go down there and fix that for you all?” He recalls, “They just looked at me and said, ‘You don’t know anything about theatre!’” to which I replied, ‘But I do know about business.’” Much to Howard’s surprise, his bid for the position was successful, and the theatre looks absolutely incredible as a result!

Founded in 1978, the Cascades Theatrical Company, a 501(c)(3) nonprofit organization, proudly boasts being the oldest and only volunteer-based community theatre in Central Oregon. With more than 300 productions over the last 43 years, however, comes the need for repair, and the rather drab theatre desperately needed a makeover. Huskey began his renovations at the front entrance, replacing the awning and siding and revitalizing the exterior with...
A Case for the Section 1031 Like-Kind Exchange

by DAN KEMP, CCIM — Compass Commercial

MUCH debate and speculation have surrounded potential changes to the IRS Section 1031 law, otherwise known as a Like-Kind Exchange. Section 1031 has 100-year-old roots, starting with The Revenue Act of 1921. It evolved over the 1920s and 30s, and in 1954 the IRS defined the current 1031 section of the IRS code. This important law has fueled job and business growth for the last century and is an effective tool for economic recovery across the country.

Section 1031 is not a ‘loophole’ in the tax code. It is a tax deferment, not a tax abatement. While some see it as a means to avoid paying taxes in the short term, we must not ignore the economic benefits of deploying those funds for local communities. The proposed legislation would cap the deferment to $500,000 for individuals and $1,000,000 for married couples. While it appears the complete elimination of the 1031 exchange is not currently at risk, it would have significant negative impacts.

The 1031 Like-Kind Exchange is not a tool for economic recovery across the country. It is a tax deferment, not a tax abatement. While some see it as a means to avoid paying taxes in the short term, we must not ignore the economic benefits of deploying those funds for local communities. It encourages job creation, boosts tax revenues, helps business owners relocate or grow and expand their business, and is an effective tool for economic recovery across the country.

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A PROBLEM BEND KNOWS ALL TOO WELL

What happens when land prices, SDC fees and construction costs are so high that tenants who are able and willing to pay rent cannot support them? Developers must rely on other third-party or government subsidies (i.e., affordable housing) to make projects work. The 1031 Like-Kind Exchange is one of the best vehicles developers have to solve this problem.

Developers can build a healthy development environment by putting their tax-deferred funds to work. This environment occurs when a project produces enough income to justify the expense, and it provides a return for taking on the associated risk.

Over the last decade, hundreds of millions of dollars have flowed into the Central Oregon market due to Section 1031. The benefits of the 1031 Like-Kind Exchange are far-reaching, and there are many reasons to keep this successful legislation in place without significant alterations. It encourages job creation, boosts tax revenues, helps business owners relocate or grow and expand their business, and is an effective tool for economic recovery across the country.

A PROBLEM BEND KNOWS ALL TOO WELL

According to the Federation of Exchange Accommodators (FEA), 1031 Like-Kind Exchanges will contribute to 568,000 jobs and $27.5 billion in labor income with $55.3 billion to the U.S. gross domestic product. Research conducted by Ernst & Young shows that 1031 exchanges will contribute to 568,000 jobs and $27.5 billion in labor income with $55.3 billion to the U.S. gross domestic product.

OFFICE VACANCY RATES (Change since last quarter)

In an era of rethinking federal, state and local taxes this year.

As the economic benefits of deploying those funds for local communities.

OFFICE VACANCY RATES (Change since last quarter)

MANY developers are looking for ways to bring more affordable housing to market. The 1031 Like-Kind Exchange is not a "loophole" in the tax code. It is a tax deferment, not a tax abatement. While some see it as a means to avoid paying taxes in the short term, we must not ignore the economic benefits of deploying those funds for local communities. It encourages job creation, boosts tax revenues, helps business owners relocate or grow and expand their business, and is an effective tool for economic recovery across the country.

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OFFICE MARKET

Compass Commercial surveyed 223 office buildings totaling 2.76 million square feet for the third quarter office report of 2021. The market experienced 13,193 SF of absorption in the third quarter, but the vacancy rate ticked up slightly from 7.07 percent to 7.12 percent due to the delivery of two new developments in Northwest Crossing: the MacPac Building and Grove. There is now 196,497 SF of office space available in the market.

The office leasing market seems to have stabilized, but leasing activity remains hit or miss. The Highway 97/Third Street submarket experienced the most activity this quarter, with 8,465 SF of positive absorption. Two notable leases this quarter include, Tumalo Industries leased 4,133 SF at the Brooks Building, and Bestcare Treatment Services leased 3,700 SF at 358 NE Marshall Avenue. The Downtown submarket reported no change in vacancy for the quarter, while the West Side increased vacancy slightly from 7.20 percent in Q2 to 7.33 percent in Q3.

RENTS: Average asking rates on office space in Bend range between $1.70 and $2.15/SF. NNN with a handful of first-generation spaces exceeding this range. In those instances, the higher asking rates are a direct reflection of the cost associated with building new office product in today’s market. The highest asking rates continue to be located within the West Side submarket with more affordable options available within the Highway 97/Third Street submarket.

CONSTRUCTION: There are no new speculative office developments currently under construction.

SALES: There was one notable office sale this quarter. The Cascades Building, located at 233 SW Wilson Avenue, was purchased for $6,800,000 or $332/SF.

RETAIL MARKET

Compass Commercial surveyed over 4.51 million square feet of retail space across 259 buildings. During the quarter, 89,206 SF of positive absorption was recorded, resulting in the citywide vacancy dropping from 5.86 percent in Q2 to 4.18 percent. There is now 188,671 SF of available retail space for lease in the Bend market.

LEASING: Demand in the retail leasing market continues to remain strong, with limited options for tenants to select from. The North 97 submarket experienced the most activity this quarter.

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#1 — Broken Top Candle Company

**Official Name of Business:** Broken Top Brands

**Address:** 62980 Boyd Acres Road, Building B1-4, Bend

**Phone:** 541-306-3079

**Website:** brokentopcandleco.com

**Contact Email:** affton@brokentopcandleco.com, kristen@brokentopcandleco.com

**CEO/owners, background:**

- **Number of Employees:** 23
- **Year Established in Central Oregon:** 2014

**Product/Services Offered:** Broken Top Brands offers sustainable, eco-conscious products with plant-based ingredients and eco-friendly packaging. We are mostly known for our soy candles and have grown to offer an array of lifestyle and home goods products including linen/room sprays, Reed diffusers, lotions, liquid and bar soap, hand sanitizer, roll-on perfume and lip balm, which all include plant-based ingredients and essential oil fragrances.

**Customer Experience:**

- **Surfaces:** We can also fill an empty window? Welcome to the future.
- **Pivoting:** The ability to rapidly pivot based on the ever-changing circumstances presented each day in our market is what has increased sales by 88 percent for 2021. Thankfully the increase was not due to circumstances outside of our control, but due to a continued and ever-growing desire from consumers to buy sustainable, organic lifestyle and home good products.

**What is your vision for growth and/or expansion over the next five years?** We will continue to look for more exciting ways to have fun in Central Oregon. Our two-person effort to attract new customers to the Deschutes River and area lakes! There’s so much more fun to be had on the Deschutes River and area lakes! Opening a third facility in Bend is currently planned for early 2022.

**What are your primary challenges?** Our ability to make a successful company?

**What is your philosophy to running a successful company?** Coffelt is creating, innovating and constantly coming up with new ideas. Her priority is to get involved with social causes and build a strong relationship with her employees that develops a healthy work-life culture. She also always makes time for networking, and learning from or mentoring other entrepreneurs in Bend.

**Future plans:** We are looking to expand into the international market and are considering a partnership and a year of tremendous growth for the small Oregon company. The conversion rate is well over double the home decor average (4.7 percent) standing at 13.6 percent. Not only do we ship retail but we also sell directly to consumers, but are willing to them find a fit that works best for their needs. Keeping this in mind, the brand also has a 99.8 percent sell-through rate once our retail customers receive our products. Not only are they willing to try our products, but they are also over 10 times minimal compared to the home goods average of 98 percent. 2020/2021 has been our largest year to date thus far, and we’re excited to see where the growth takes us as we build our brand.

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Central Oregon 20 Fastest Growing Companies

#3 — Lone Crow Bungalow

Official Name of Business: Lone Crow Bungalow
Address: 937 NW Wall St., Bend
Phone: 541-383-2992
Website: lonecrowbungalow.com
Contact Email: hello@lonecrowbungalow.com
CEO/owners, background: Rebecca Chase — bringing over 30 years wholesale/retail and design expertise to the business.
Number of Employees: 5
Year Established in Central Oregon: 2000
Product/Services Offered: Mountain-rustic gifts and home accessories from the Pacific Northwest, across the U.S. and beyond.
Hot News: Lone Crow Bungalow (LCB) has brought on-board new products with great craftsmanship. Northern Toboggan Co. of Minnesota toboggans are currently on display and these items promise to bring joy to families and their future generations.
Outlook for Growth: Lone Crow Bungalow marked its 21st Anniversary in 2021 and its third Anniversary under the ownership of Rebecca Chase. From the very beginning, Rebecca has had a vision to make LCB a joyful place where customers harken back to a time when walking into a retail store became a memorable experience, and the products sold where made with quality. An exciting place to visit during the holidays, word has spread and customers are returning each year to see the store decorated for Christmas and take family pictures in front of the display windows. Artisans and suppliers have recognized the effort that LCB puts into displaying their products and telling their stories, making LCB a well sought after retail outlet.
What do you attribute your rapid growth to? Rebecca leverages her decades of wholesale, retail and design experience to select and build stories about the merchandise.
To support the storytelling, her contractor husband Chris Chase has played a big role in developing and setting-up new display wares throughout the store which has increased the merchandise footprint by 30 percent. Keeping seasonal displays fresh and exciting signals to the customer that there are new things to be discovered and LCB merchandiser Jennifer Nordby brings the display stories to life.
What is your vision for growth and/or expansion over the next five years? Work will continue on strengthening the brand and ensuring LCB adds new product lines that resonate with the mountain-rustic customer.
There are plans for evolving and perfecting the online presence which holds significant upside potential.
Future expansion of new concept stores are also on the horizon.

#4 — Trangistics, Inc.

Official Name of Business: Trangistics, Inc.
Address: PO Box 1750, Sisters
Phone: 541-923-6309
Website: trangistics.com
Contact Email: info@trangistics.com
CEO/owners, background: Joey Hougham
Number of Employees: 10
Year Established in Central Oregon: 2002
Product/Services Offered: Transportation and warehouse/inventory management services.
Outlook for Growth: We retooled our business about three years ago to focus on the high tech construction industry. Server farm and semiconductor fab construction industry has committed billions of dollars to develop facilities that will create the most advanced computer chips in the world. We added warehousing/inventory management services that are integrated with transportation to provide the most efficient “just in time” solution for our customers.
What do you attribute your rapid growth to? Integrating warehouse/inventory management solutions with our traditional transportation services, delivering an efficient and cost effective “just in time” solution.
What is your vision for growth and/or expansion over the next five years? We are adding more warehousing/inventory management contracts in several states outside of Oregon that will accelerate our growth.
What is your philosophy to running a successful company? Empowering people to make decisions. Employees feel more valued with this type of structure, and in turn, they typically produce better results.
Operate with integrity, which resonates with our customers and employees.
We also provide flexible work environment enabling a better work/life balance.
JDM Counseling LLC
dba Juniper Mountain Counseling
Address: 1569 NW Nancy Way, Bend
Phone: 541-617-0377
Website: junipermountaincounseling.com
Contact Email: jim@junipermountaincounseling.com
CEO/owners, background: Jim Mockaitis, MS, MS, LPC
Number of Employees: 24 and 3 student interns
Year Established in Central Oregon: 2008
Product/Services Offered: Juniper Mountain Counseling (JMC) is a well-respected and rapidly expanding mental health counseling agency in Bend. Established in 2008, we have earned and maintained a Certificate of Approval from the Oregon Health Authority. Hallmarks of our reputation have been compassion, accessibility, innovation and collaboration. The prime focus of our mission is to provide appropriate mental health counseling services to child and family therapy, as well as group therapy, support groups, seminars, trainings, community outreach, as well as evolving services to Spanish speaking clients within our community.
What is your vision for growth and/or expansion over the next five years? Despite the variety of our passions, our ultimate goal is to keep performing at our current level and not take shortcuts towards growth. If we keep our current level of quality, customer satisfaction, employee satisfaction and overall profitability, then the growth will just be a symptom of our passions.
What is your philosophy to running a successful company? Communication! Communication with the customers and communication with employees. Notputting them off, keeping dishonesty to the public and maintaining a fair market value of products are right on our list, but communication is key to running a successful small business. Quality, turnaround time and fair market value of products are right up there, but all take a back seat to personal relationships.

RIP Q Signs and Graphics, LLC
Official Name of Business: RIP Q Signs and Graphics, LLC
Address: 43 NW Cherry Ln., Ste. 101, Madras
Phone: 541-325-4506
Website: RipQ.net
Contact Email: info@ripq.net
CEO/owners, background: Brandon Seacry (owner member) Amber Seacry (owner member)
Number of Employees: 3
Year Established in Central Oregon: 2015
Product/Services Offered: Grand format printing, vehicle graphics/wraps, signs, banners, stickers, decals, trade displays, outdoor displays, graphic design.
Hot News: Awarded The 2019 Jefferson County Chamber Business of the Year.
We are hiring a part time or full time graphic designer. (Must have experience designing for a sign/wrap company.)
Outlook for Growth: Our outlook for growth is to bring on a couple of additional employees and upgrade and add a few machines. We want to grow some but stay small enough to ensure Quality of our products and services. Our goal is to remain a local business serving local Central Oregon customers. We want to remain a family owned and operated company. What do you attribute your rapid growth to? Everyone here is very passionate about our craft. We care more about high quality great looking products than the bottom line. Every customer that enters our doors poses a new challenge for us and we really enjoy finding the best looking and most durable solutions to each idea that our customers present us with. It’s always been about the art form for us and I think that shows in our products and customer satisfaction. We have an abundance of talent and skill here at Rip Q, and that is what we believe has led to our local popularity.

RIP Q CREW | PHOTO COURTESY OF RIP Q

Relson Contracting, LLC
Official Name of Business: Reslon Contracting, LLC
Address: 601 E Antler Ave., Redmond
Phone: 541-647-3782
Website: reslondscapingcontracting.com
Contact Email: resloncontracting@gmail.com
CEO/owners, background: Zack Nolser, Owner
Number of Employees: 7
Year Established in Central Oregon: 2016
Product/Services Offered: Full service lawn care, spring and fall clean ups, irrigation installation and repair, paver patio, retaining walls, planting, dirt work, fencing and more.
Outlook for Growth: We are striving for growth.
What do you attribute your rapid growth to? We attribute our rapid growth first to our employees who are making their own local decisions, secondly to all our local vendors that we can count on to have the materials and parts that we need.
What is your vision for growth and/or expansion over the next five years? My vision is to have continuous growth year over year.
What is your philosophy to running a successful company? Our philosophy is to say what we mean and do what we say we are going to do, have good communication and most importantly, do good work.
Central Oregon 20 Fastest Growing Companies

#8 — Reynoso Jewelry Shoes & Clothing

Official Name of Business: Reynoso Jewelry Shoes & Clothing
Address: 212 SW Fifth St.
Phone: 541-475-5287
Contact Email: reynosojewelry@yahoo.com
Number of Employees: 3
Year Established in Central Oregon: 1997
Product/Services Offered: 14k jewelry, silver, clothing for all ages, shoes for all ages.

Outlook for Growth: Keep up with changing trends, provide customer with answers as to what their needs are for merchandise.

What do you attribute your rapid growth to? We provide a variety of clothes, shoes and jewelry so we change all the styles as seasons change.

What is your vision for growth and/or expansion over the next five years? Our vision is to provide customer satisfaction. If they are satisfied, then we have customers come back — that makes our business grow, so that allows us to expand our business.

What is your philosophy to running a successful company? Having great attitude, care and listen to what customers’ needs are and try to accommodate what they need.

#9 — Bunk+Brew

Official Name of Business: Bunk+Brew
Address: 42 NW Hawthorne Ave., Bend
Phone: 541-302-1090
Website: bunkandbrew.com
Contact Email: management@bunkandbrew.com

CEO/owners, background: Frankie Maduzia (Medical Tech) and I, Charles Griggs (Tech Lawyer)
Number of Employees: 14
Year Established in Central Oregon: 2016
Product/Services Offered: Lodging and event venue.

Hot News: Guess what…. There’s a hostel in Bend. A lot of locals don’t know. But this hostel doesn’t just provide lodging for travelers, we have live entertainment every weekend — from music to comedy to trivia to karaoke. We have the closest food carts from music to comedy to trivia to karaoke. We have the closest food carts from music to comedy to trivia to karaoke.

What do you attribute your rapid growth to? We’ve been fortunate to be co-owners as polar opposites — Frankie runs the business and I do the marketing. The growth we’ve had is primarily a basecamp for adventurers across Central Oregon.

What is your vision for growth and/or expansion over the next five years? We just hit five years. In that time, we restored the first and oldest brick building in Bend, we built an adjoining sauna bathhouse and we purchased and expanded into the property of our next-door neighbor. Our plan is to build out that property and build up to a modern structure that will complement our historic home and satisfy the demand of longer-term working nomads.

What is your philosophy to running a successful company? Even if you aren’t as fortunate as Bunk+Brew, don’t have two co-owners as polar opposites working like yin and yang in solidarity toward a shared ultimate vision. There’s still a few principles of success any business can replicate, and these are: (1) listen closely, (2) adjust quickly and (3) document thoroughly. The more your managers understand these principles, the more sustainable your company will be (and the better you’ll sleep at night).

#10 — Premier Auto Body And Paint, Inc.

Official Name of Business: Premier Auto Body and Paint, Inc.
Address: 950 NE Fifth St., Redmond
Phone: 541-548-2299
Website: premierautobody.org
Contact Email: premier.ab@outlook.com
Number of Employees: 27
Year Established in Central Oregon: 2000
Product/Services Offered: Auto collision repair, auto glass replacement.

Hot News: Two locations (Redmond, Bend), soon to open a third location (second in Bend).

Outlook for Growth: We are very fortunate to have incredible staff. They are responsible for our tremendous growth over the last ten years. We continue to see increases in repair volume, the high mark today becomes the new normal within six months. Growth in the Central Oregon populace will generate enormous opportunities for those who are prepared for them.

What do you attribute your rapid growth to? Staffing. 100 percent. We have wonderful people, excellent technicians and great relationships with our vendors.

What is your vision for growth and/or expansion over the next five years? We are opening a third location in Bend in January and expanding our Redmond location Q3-ish 2022. The available space will allow us to do more than double our current capacity. Limited positions will be open to those qualified.

What is your philosophy to running a successful company? Be a leader and never a boss. When you hire someone to do a job, set up front exactly what you expect and when you expect them for up success. Be a coach, a mentor and a consistent source information to help them to do their job to the best of their abilities. Then let them do it. Don’t micromanage them.

Treat the customer as you would like to be treated. If an issue arises, fix it. Don’t argue, just take care of their concerns. Be nice, if everyone treated each other with respect and was as nice as they could be, the world would be much different.

#11 — McMurray and Sons Roofing

Official Name of Business: McMurray and Sons Roofing
Address: 920 SE Ninth St., Bend
Phone: 541-385-0695
Website: www.mcmurrayandsons.com
Contact Email: dave@mcmurrayandsons.com
CEO/owners, background: David McMurray II, third generation in the company.

Number of Employees: 60
Year Established in Central Oregon: 1991
Product/Services Offered: All types of commercial and residential roofing, waterproofing, sheet metal and gutters.

Hot News: Being certified installers with most manufacturers, we have the ability to offer the best warranties available in the industry. Also, supply chain issues have created material shortages, but we have multiple manufacturers to expeditious and products to choose from.

Outlook for Growth: The industry is changing rapidly. It will fall on how well the companies with the experienced staff, certified installers and the heavy equipment to obtain materials and deliver the product. McMurray and Sons is poised to take advantage of those opportunities in the coming months and years.

What do you attribute your rapid growth to? I think our ability to attract good people is the biggest factor. We’re a 100-year-old, family-owned company with experienced managers and great working relationships in our communities. Having access to the materials and labor is essential to any company in the trades. We have been fortunate to be in the position to maximize the opportunities available to us.

What is your vision for growth and/or expansion over the next five years? The growth we’ve had is primarily a basecamp for customers who are new to the industry. We believe we are uniquely positioned to continue our growth and expansion with a larger share of the market. We have the qualified people and access to more options for materials than most companies. We will be able to provide options moving forward when others may not have the capability to do the job. I expect to see our numbers consistently grow over the next five years for both sales and employees.

What is your philosophy to running a successful company? Honesty and integrity at all levels are essential components to running a successful company. Having the people in your organization at all levels that are committed to those principles is the only way to make that happen. Operating above board in every way is often lacking in the trades. We pride ourselves on doing everything the right way from the start. Having the difficult conversations with the customer up front regarding the unknowns of work and potential issues sets the expectation from the beginning, as opposed to starting the relationship with a low-ball number and then turning around with a bunch of extras and change orders. We strive to foresee the issues from the beginning to limit surprises and maintain trust in our relationships in the community.
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Central Oregon 20 Fastest Growing Companies

#12 — Budget Blinds of Central Oregon

Official Name of Business: Budget Blinds of Central Oregon (Hughes Interiors, LLC)
Address: 1155 SW Division St, Suite A4, Bend
Phone: 541-788-8444
Website: budgetblinds.com
Contact Email: MHughes@budgetblinds.com
CEO/owners: background: Mike and Stacy Hughes, partners of Hughes Interiors, LLC
Number of Employees: 20
Year Established in Central Oregon: 2008
Product/Services Offered: Local window covering design experts. We have a showroom in Bend or we can bring the showroom to our customers. We expertly measure the windows, recommend designs, install beautiful window treatments and back it up with the best warranty in the business.

#13 — Instant Landscaping Company

Official Name of Business: Wintertime Forest Products, Inc.
Address: 63160 Nels Andersen Rd., Bend
Phone: 541-413-2785
Website: bigpinesrvpark.com
Contact Email: camp@bigpinesrvpark.com
CEO/owners: background: Bruce Hall / Donna Hall
Number of Employees: 3
Year Established in Central Oregon: 1980
Product/Services Offered: Full hookup RV sites for tourism. Hot News: Complimentary refreshments for guests. We pride ourselves on a welcoming environment. Spots are limited to 15 percent growth this year. Our expansion over the next five years?
Outlook for Growth: What is your vision for growth and/or expansion over the next five years? What do you attribute your rapid growth to?

#14 — Big Pines RV Park

Official Name of Business: Big Pines RV Park
Address: 63160 Nels Andersen Rd., Bend
Phone: 541-433-2785
Website: bigpinesrvpark.com
Contact Email: camp@bigpinesrvpark.com
CEO/owners: background: Stacy Hughes, Bob and Clara Hughes
Number of Employees: 3
Year Established in Central Oregon: 1980
Product/Services Offered: Local window covering design experts. We have a showroom in Bend or we can bring the showroom to our customers. We expertly measure the windows, recommend designs, install beautiful window treatments and back it up with the best warranty in the business.

#15 — NB Inc.

Official Name of Business: NB Inc.
Address: 17045 Farthing Lane, Sisters
Website: manyansyourstores.com
Contact: rhapsody@maynansyourstores.com
CEO/owners: background: Bonnie Jacobs-Haloucek and Neal Haloucek.
Number of Employees: 20
Year Established in Central Oregon: 1980
Product/Services Offered: Souvenir apparel and accessories for the whole family.
New News: Continuing to expand our distribution to new states. Our business is in business in Sisters, Sunriver and Seaside.
Outlook for Growth: What is your vision for growth and/or expansion over the next five years? What do you attribute your rapid growth to?

#16 — Eurosports Bikes, Beers, Skis & Food Carts

Official Name of Business: Eurosports Bikes, Beers, Skis & Food Carts
Address: 223 E Hood Ave, Sisters; mailing PO Box 1421, Sisters.
Phone: 541-549-2471
Website: eurosportsbend-band.com
Contact Email: eurosports@bendbroadband.com
CEO/owners: background: Brad Brotherton, has been involved in the business for over 32 years; Eurosports; co-founder Peterson Ridge Trail System; Sisters Trail Alliance Lifetime Member; COTA founding member. Brad was also Sisters City Councilor 2005-06; Mayor 2007-08; Mayor 2013-14.
Number of Employees: 3
Year Established in Central Oregon: 1989
Product/Services Offered: Bikes, ski, repair, rentals, beer/wine/cider/bottle shop, food cart garden, outdoor beer garden, music venue/trivia night/community events/ weekly car show, etc.
New News: The latest trend is motorization. We are the local window covering experts and we are backed by the number one provider of custom window coverings on the planet, Hunter Douglas, Budget Blinds. Our expert design team, paired with an array of stunning blinds, shades, shutters, drapes and more, creates the perfect window set up to complement the unique room that complements any room, or an entire home. From the latest styles and colors, to the latest trends in the shades, shutters, draperies and we work with you to create a custom solution that will fit your home and lifestyle. Our new roll and fold shutters are a great way to add that elegant touch to any room. Digital Printing at what you want to accomplish.
What do you attribute your rapid growth to? What is your vision for growth and/or expansion over the next five years? We do not want to rest on our laurels, and we will continue to adapt our products to the tastes and trends of our community.
What is your philosophy to running a successful company? Our employees are the backbone of our company. Bonuses, insurance, retirement, vacation and sick pay are all provided. Our business is successful because our employees have also begun a profit sharing program.
What is your vision for growth and/or expansion over the next five years? We do not want to rest on our laurels, and we will continue to adapt our products to the tastes and trends of our community.
What is your philosophy to running a successful company? Our employees are the backbone of our company. Bonuses, insurance, retirement, vacation and sick pay are all provided. Our business is successful because our employees have also begun a profit sharing program.
Central Oregon 20 Fastest Growing Companies

#17 — Southside Physical Therapy Inc

Official Name of Business: Southside Physical Therapy Inc
Address: 297 NW Third St, Prineville
Phone: 541-447-6372
Website: southsidept.com
Contact Email: monica@prinevilleins.com
CEO/owners, background: Morag and Brett Davis. Brett has two kids, a senior in high school and a sophomore in college. Monica owns two agencies in Oregon. We are licensed and sell in ten states. Have built an amazing team of women to sell and service our clients. Have two kids, a senior in high school and a sophomore in college.

Number of Employees: 12
Year Established in Central Oregon: 1998

Product/Services Offered: Physical therapy, hand therapy, and orthotic services.

Outlook for Growth: We are expanding our team to prepare for more growth. We are hoping to purchase agencies in the surrounding areas to build on our success as well as provide more options for our customers. We strongly hope that people will want the local connection to an independent agent instead of the big corporations!

What is your vision for growth and/or expansion over the next five years? We are expanding our team to prepare for more growth. We are hoping to purchase agencies in the surrounding areas to build on our success as well as provide more options for our customers. We strongly hope that people will want the local connection to an independent agent instead of the big corporations!

What is your philosophy to running a successful company? It takes a team and number of good people to succeed. Recognizing the strengths of each team member and what role they should have. Each team member is trusted to manage their position and know who to go to for guidance. Education and collaboration is key. A good attitude is a must!

#18 — Prineville Insurance Agency

Official Name of Business: Prineville Insurance Agency
Address: 297 NW Third St, Prineville
Phone: 541-447-6372
Website: prinevilleins.com
Contact Email: monica@prinevilleins.com
SEO/owners, background: Morag and Brett Davis. Brett has two kids, a senior in high school and a sophomore in college.

Number of Employees: 12
Year Established in Central Oregon: 1998

Product/Services Offered: Homeowners, condo and renters, automobile, boat, motorcycle, RV, ATV, umbrella, business owners, commercial property, professional liability, commercial auto, workers compensation, bonds, life, disability, health. The business and health.

Hot News: We are growing and have two new team members!

Outlook for Growth: We are seeing new business in all directions. Our residential communities are growing, and new businesses are opening every day. Unfortunately, we are also seeing businesses shut down from the pandemic. It will be interesting to see where we end up this year. We will keep pushing forward and make sure we take care of our customers as we streamline our processes and provide new avenues for our customers to manage their insurance needs, like our new phone app.

What do you attribute your rapid growth to? We have a great team and take care of any insurance need our customers have. We like to be the one stop shop! Our customers should not have to field calls and try to get the coverage they need. From their home, health or business, we can cover them. Our customers appreciate this and we get referrals from them.

What is your vision for growth and/or expansion over the next five years? We are expanding our team to prepare for more growth. We are hoping to purchase agencies in the surrounding areas to build on our success as well as provide more options for our customers. We strongly hope that people will want the local connection to an independent agent instead of the big corporations!

What is your philosophy to running a successful company? It takes a team to succeed. Recognizing the strengths of each team member and what role they should have. Each team member is trusted to manage their position and know who to go to for guidance. Education and collaboration is key. A good attitude is a must!

#19 — Diversified Heating & Cooling, Inc

Official Name of Business: Diversified Heating & Cooling, Inc
Address: 61511 American Lane, Bend
Phone: 541-323-1840
Website: diversifiedheating.com
Contact Email: tania@diversifiedheating.com
CEO/owners, background: Kenny Ledbetter (business & HVAC), Tanya Ledbetter (business and accounting).

Number of Employees: 40
Year Established in Central Oregon: 1990

Product/Services Offered: Furnaces, A/C’s, heat pumps, mini splits, fireplaces, service. Gas piping, humidifier, air filtration and annual maintenance.

Outlook for Growth: We anticipate future annual growth to continue at 10-15 percent as long as the economic trends continue to hold.

What do you attribute your rapid growth to? We have a great team, amazing management and a great reputation with customers in the Central Oregon community. A company can focus on providing the highest level of service and continue enjoying their sporting/fitness activities.

What is your vision for growth and/or expansion over the next five years? We anticipate our growth to continue at 10-15 percent as long as the economic trends continue to hold.

What is your philosophy to running a successful company? Hiring, developing and retaining team members who are committed to our growth and customer satisfaction. Cultivating trust and loyalty among team members and customers alike.

#20 — Premier Printing Solutions

Official Name of Business: Premier Printing Solutions, Inc.
Address: 63052 Layton Ave., Ste. 170, Bend
Phone: 541-617-9899
Website: ppsbend.com
Contact Email: brett@ppsbend.com
CEO/owners, background: Brett & Rick Davis.

Number of Employees: 5
Year Established in Central Oregon: 1987

Product/Services Offered: We offer a wide range of print and graphic products including custom packaging, labels, trade show graphics, posters, fine art and photo reproduction, marketing and more.

Outlook for Growth: For the last 22 years we have been working with local businesses and brands of all sizes. As Central Oregon continues to grow, we will continue to offer the best products and services we can for our business community. As we help our clients grow, we grow too — it’s a very symbiotic relationship.

What do you attribute your rapid growth to? There are several factors that I attribute our growth to. Having the right people has helped us a great deal. Our team has decades of experience and every day they bring experience and every day they bring that experience and share it with myself, each other and our clients.

What is your vision for growth and/or expansion over the next five years? We will continue to scale our current offerings and look for new innovative ways for brands to utilize print to showcase their products and services.

What is your philosophy to running a successful company? I strongly believe in empowering team members to do their best work and not allowing complacency.
As the pandemic has marched on, individuals and business owners alike have relocated to Redmond and other Central Oregon cities to escape bigger metropolitan areas, finding the space needed to grow and blossom while still enjoying the plethora of benefits the region has to offer. “Looking at employment growth over the last decade, there was very fast growth in construction,” says Runberg. “This is to be expected, as the construction sector was in the depths of a burst housing bubble ten years ago.” He says non-discretionary industries — such as health care, retail trade, leisure and hospitality and other services — saw large employment gains to serve the growing population. “However, the real economic development wins are the impressive gains in manufacturing, up a whopping 72.5 percent from levels in 2011, as well as transportation, warehousing and utilities, up 132.45 percent,” he continues. “These traded-sector industries bring outside dollars into the community, resulting in broader economic gains.”

Redmond isn’t just adding jobs, it is also adding higher-paying jobs, Runberg says. “When accounting for inflation, or increased costs of goods and services, wages for Redmond workers in 2021 were up 26 percent — more than $10,000 annually — from levels in 2011. This is more disposable income for families and households throughout the community.”

John Roberts, AICP, Redmond deputy city manager, says that the city conducts “pre-development” meetings on a weekly basis with developers, and demand for those meetings, particularly for bigger projects, continues to grow. “The interest in doing business in Redmond remains significant,” he says. “When we updated our Comprehensive Plan 2040, we projected growing at 1,000 new residents per year; that growth rate the last two years has been accelerated at 2,000 people per year.” He adds, “The tempo for planning applications and building permits remains robust — an indication of the interest in doing business or living in Redmond.”

Roberts says there are three things that likely set Redmond apart from its surrounding Central Oregon sister cities: The available land to develop within its Urban Growth Boundary; having the diversity of 11 effective committees or commissions for the city that spur community engagement; and having relatively modest and quick review times for development-related permits. To keep up with the pace of growth and activity in Redmond, the city has created a “Keeping Your Eye on 2025” list of projects; those in progress anticipated to be completed by 2025, and others the city expects to start in 2025 (See Redmond 2025 sidebar story).

As with any quickly growing area, transportation is a topic Redmond city officials are addressing. “We continue to talk with legislators about transportation, as we continue to have some choke points,” says Endicott. “I have been pushing a new interchange and truck route on the east side of town into the industrial area to try to relieve some of the traffic congestion. We are asking the feds to support that.”

Part of what makes Redmond so desirable is its central location: It is highly accessible to surrounding ski areas and lakes, and boasts sweeping views of the Cascades from many parts of town. With Smith Rock located in neighboring

GOT TOP PROJECTS?

Along with providing a comprehensive list of Central Oregon Commercial Contractors, Cascade Business News will feature TOP PROJECTS COMPLETED in 2021 in our December 15 issue!

DEADLINE TO SUBMIT TOP PROJECTS IS DECEMBER 1

Contact Jeff Martin at 541-388-5665 or jeff@cascadebusnews.com
Redmond
Continued from previous page

Redmond
Continued from previous page

Redmond Keep its Eye on 2025

Future planning is a priority for city officials in Redmond as the region continues to grow. Below is a listing that identifies current and future projects in Redmond, provided by Deputy City Manager John Roberts, AICP.

Redmond 2025 / Redmond 2025 Crystal Ball
Successful Completion by 2025

New library downtown (Library District)
Redmond Wetland Complex Operational
New Well 9 in Dry Canyon
New Public Safety Facility
Skyline Village: 450-500 affordable and workforce housing units
Central Dry Canyon - Infrastructure Improvement Plan Starting / Commencing 2025
Airport Terminal Expansion
Decommissioning of existing Police Station
Redevelopment of Water Pollution Control Facility
Develop Pershall Property / Park
UGB expansioninitiated
South Hwy 97 improvements starting at Veterans Way
Aspirational and Cooperative Efforts
New 1 Megawatt Substation to address Power Capacity
RESTCC (Regional Training Facility)
First tenant for Large Lot Industrial (LLI) / South Redmond Tract
Quarry Interchange
Fairground Expansion
National Guard Armory Relocation
Family Fun Center
Master Planning Efforts
West Redmond Area Plan (WRAP)
Refinement of Eastside Area Framework Plan
Housing Needs Analysis / Housing Production Strategy Update
Parking Management Plan and Update
Urban Forestry Plan
Power Grid Study
Parks Plan and Regional Trails Planning update
CDBG Consolidate Plan update
CIP / Equity
Historic Preservation Plan update
System Development Charge updates

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Redmond Spotlight
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Massachusetts, and moved to San Diego, California, to earn his Ph.D. in structural engineering from the University of California, San Diego. Tobolski, 38, was the president and founder of Tobolski and Watkins structural engineering firm in San Diego.

“When Dave shared that he would like to locate the company in Central Oregon, I had to ask him where it was,” Tobolski said with a chuckle. “I visited here with my wife and saw everything Central Oregon has to offer.”

On a Monday morning in October, Tobolski toured the manufacturing plant where teams were busy assembling HVAC to clean rooms, painting or powder coating materials and other tasks. The company’s team includes electricians, welders, sheet metal fabricators, painters, plumbers, assembly technicians, architects and engineers along with support staff. “We are proud of our entire staff and how they have supported us and contributed to our growth,” he said.

Tobolski said BasX’s team designs and builds items from the size of a desk to 100 feet long. “We build everything on site and ship it to the customer so it’s ready to be installed,” he said. “Our goal is for there to be minimal work at the site to have the equipment be fully operational.”

While everything the company builds is complicated, it’s also simple because it’s based on solid engineering practices. “We start by listening to what the customer wants built and how they want the product to work,” he said. “Our responsibility is translating what the customer says and delivering the product the customer wants.”

Tobolski continued to say that the supply chain shift due to the pandemic has created a demand for items such as computer chips manufactured in the United States. “Our goal is to support the needs of U.S. manufacturing companies who need clean rooms and more,” he said.

Tobolski said he and his team are grateful for the support their company has received from the Redmond community, including Redmond Mayor George Endicott, Redmond Economic Development Inc. (REDI), the Redmond Chamber of Commerce, the city of Redmond and Economic Development for Central Oregon, or EDCO.

REDI Senior Director Jon Stark said BasX Solutions is one of the largest employers in Redmond who pays good wages, makes philanthropic investments and purchases items from local suppliers in Redmond.

Stark said BasX Solutions is a good fit for Redmond’s economic development goals because it is “exactly the type of gazelle company we look to locate in Redmond. Their hockey stick growth curve helps strengthen our tax base and the wealth of our community.”

Stark continued, saying that BasX is a proven example of how a company can move, start and grow in Redmond, being one of the fastest growing companies in Oregon, according to the Portland Business Journal in 2016. “The innovative talent of their team gives us great confidence on what lies ahead for this company here in Redmond,” Stark said.

Redmond Mayor George Endicott recently attended the celebration of BasX installing an 80-foot American flag. “I am really proud to have BasX in Redmond because they make great products, have great employees and great community members,” Endicott said. “I am impressed with the state-of-the-art science they use and the science behind what they do and why they do it. The products they are building are state-of-the-art.”

Mayor Endicott said BasX is a first-class business, from start to finish. “The company is highly respected within its industry and that’s a reputation well-deserved and well-earned,” Mayor Endicott said.

basxsolutions.com
Redmond Readies for a New Public Safety Facility

by RONNI WILDE — CBN Reporter

As with any city that is growing, its infrastructure must grow along with it. Services need to expand to keep up with the demands of a budding population.

As part of its “Keeping Your Eye on 2025” goals, Redmond city officials are launching plans for a new Public Safety Facility. “We are looking at building a new facility for Redmond on the north end of town at 2983 NW Canal,” says Captain Devin Lewis of the Redmond Police Department, who will assume the role of Redmond Chief of Police on January 1, 2022, following Chief Dave Tarbet’s retirement. “We just closed on the property, which is about eight acres. It’s super exciting.”

With a target completion date of Spring 2024, Lewis says the project is in the early stages. “The next step will be to try to get a firm to come in and do a needs assessment and a design phase,” he says. “They’ll look at the land and talk to people across the city including stakeholders and within the police department to get ideas. We hope to have this step done by the end of January 2022.” He adds, “We want to be able to show voters what we are looking for with this facility and hope to get it onto the May 2022 ballot.”

Lewis says the goal for the facility is to have a large enough property to be able to expand and grow along with the city. “It’s a big investment, so we don’t want to build something we will outgrow in ten to 20 years. That’s one of our main goals. We are looking at this project in the 40- to 50-year range, with the ability to expand, whether outward or upward.” Inability to expand is one of the issues with the current building, he says. “It’s great, but we are surrounded on all sides, so we can’t expand out, and we can’t expand up due where gatherings such as community meetings or trainings, town halls or Citizen Academy meetings could be held. “We have lots of other ideas and want to get input from members of the community.” Other possibilities include a safe parking/meeting area that would be appropriate for child custody drop-offs or where online purchase transactions could take place, and a community park on the property.

At the new Redmond Public Safety Facility, there are a number of features that the police department hopes to implement. “What we are trying to do is really look into improving the level of services we are offering the public,” says Lewis. Those hoped-for services include increased parking for anyone coming to the police department; a much larger and secure lobby; secure rooms where police staff can meet with the public; and a large multipurpose room that would serve as an emergency incident center and

REDMOND COMMUNITY SERVICE OFFICER SARA FENNO WITH A FURRY FRIEND | PHOTOS COURTESY OF THE REDMOND POLICE DEPARTMENT

CAPTAIN DEVIN LEWIS OF THE REDMOND POLICE DEPARTMENT, FAR RIGHT, WITH VISITORS TO THE POLICE STATION

PLANS ARE IN THE WORKS FOR A NEW PUBLIC SAFETY FACILITY IN REDMOND

to the building. We are really past-due for new facility.”

At the new Redmond Public Safety Facility, there are a number of features that the police department hopes to implement. “What we are trying to do is really look into improving the level of services we are offering the public,” says Lewis. Those hoped-for services include increased parking for anyone coming to the police department; a much larger and secure lobby; secure rooms where police staff can meet with the public; and a large multipurpose room that would serve as an emergency incident center and
Redmond Spotlight

Redmond as an Industrial Hub Has a Bright Future

by BRUCE BARRETT, Commercial Broker — Windermere Commercial Real Estate

A t the turn of the 20th Century, pioneer farmers, irrigation companies, railroads and entrepreneurs carved Redmond from the rocks, sagebrush and juniper trees of Central Oregon’s High Desert. It took a few years for the hardy residents to realize that the short growing season, shallow soil and open, flat topography were better suited to industry than agriculture and recreation. Industrial and commercial activities have been the backbone of Redmond’s growth since those early days.

Redmond Grows to an Industrial Hub

Redmond’s growth as Central Oregon’s industrial hub was detailed in a June, 2021 progress report, given by Jon Stark of Redmond Economic Development, when he noted, “Industrial development square footage in Redmond grew by 700,000 in just three years. We built 1.5 million square feet over the last 100 years of being a city. We’ve added nearly 50 percent in just three years.” According to Stark, 2020 was the strongest year in REDI’s 34-year history in terms of number of projects and tied for the best year ever in capital investment. The existing projects planned or permitted indicates even stronger years ahead with a planned 546 jobs and capital investment of $133.5 million.

Growth is a Result of Planning

The growth of Redmond’s industrial sector would not have happened without the foresight of its citizens, economic development effort, city and regional government. For decades, Redmond has been praised for its business friendly environment. A strong economic development organization, permitting process, infrastructure development and core business area planning have been designed to be business and growth friendly. An indicator of this strategy’s success was reported by John Roberts, Deputy City Administrator who provided details showing consistent growth of commercial buildings added to Redmond over the last six years with more than one billion dollars in total valuation.

Redmond is a Resilient Community for Jobs

One way to evaluate a City’s economic stability is through employment resilience during an economic downturn. During the recent pandemic, Redmond had only two manufacturing companies that reported layoffs. For business as a whole, Damon Runberg, regional economist, Oregon Department of Employment recently commented that, “The recovery has been relatively brisk in Redmond with payroll employment in the city exceeding pre-pandemic levels of 2019 by winter 2021. The most recent city data is through June 2021 where employment in the city was roughly one percent above those 2019 levels (See graph). Statewide, June employment levels still remained down by over four percent compared to those 2019 levels.”

Redmond has a Growing Commercial Support sector

It makes sense that all sectors of the community must grow to create livability. One of the five key factors in urban planning is that areas in need of renewal need special consideration. Chuck Arnold, Redmond’s Economic Development / Urban Renewal Project program coordinator, is one of the community leaders tasked with helping make this a reality. For Redmond’s Urban Renewal District, he reports that, “In the last year we are seeing more buildings sell, receive new investment and get occupied with new businesses than we’ve seen in any of the last five years. The Downtown Redmond Urban Renewal District is likely to continue to see more building improvements and a variety of new businesses as our City continues to grow.”

Rapid Growth Requires Leadership with Clear Priorities

Rapid growth can be uncomfortable and requires steady leadership with clear priorities. Redmond has detailed those priorities in its various comprehensive plans. Mayor George Endicott, in a statement on the city website, summed up those priorities for a growing city by saying, “Specifically, we must attract living wage jobs, both commercial and industrial; build an adequate transportation, water and wastewater infrastructure; ensure we build family friendly neighborhoods and parks; make sure we do everything we can to ensure schools are built as we need them; properly manage our funds and resources; and make certain our land use policies and supporting documents are kept current with and support our goals.” Economic development and commercial activity in general has a bright future in Redmond. Challenges ahead include the need for more commercial and industrial buildings. Most commercial real estate brokers have a list of business clients of all types waiting for the next reality. For Redmond’s Urban Renewal Project program, one of the community leaders tasked with helping make this a reality. For Redmond’s Urban Renewal District, he reports that, “In the last year we are seeing more buildings sell, receive new investment and get occupied with new businesses than we’ve seen in any of the last five years. The Downtown Redmond Urban Renewal District is likely to continue to see more building improvements and a variety of new businesses as our City continues to grow.”

Don’t miss our Fall (AADE accredited) Thriving with Diabetes Program January 15, 2022

www.synergyhealthbend.com 541-323-3488

PAYROLL EMPLOYMENT COMPARED TO 2019 LEVELS

TABLES AND GRAPH | COURTESY OF BRUCE BARRETT

SECURITY PROS, INC

541-330-0404
541-548-1992
securityprosbend.com

NIGHTLY BUSINESS PATROLS

27 YEARS

SURE VISION, SECURE VISION

OREGON DPSST # 858

1994 2021

WINDERMERE COMMERCIAL REAL ESTATE

100 YEARS OF BEING A CITY, YET WE’VE

SUCCESS WAS REPORTED BY JOHN ROBERTS,

DEPUTY CITY ADMINISTRATOR WHO

PROVIDED DETAILS SHOWING CONSISTENT GROWTH OF COMMERCIAL BUILDINGS ADDED TO REDMOND OVER THE LAST SIX YEARS WITH MORE THAN ONE BILLION DOLLARS IN TOTAL VALUATION.

REDDY AS AN INDUSTRIAL HUB HASE A BRIGHT FUTURE
Shannon Leahh Home in Redmond: An Eclectic Mix of Products, Design & Inspiration

by RONNI WILDE — CBN Reporter

Shannon Leah Hawkins, owner of Shannon Leahh Home in Redmond, has always had a passion for interior design. She says her mom teases her that if she was locked in a closet, she'd decorate it. “Interior design has always been my first love,” says Hawkins, sole proprietor of Shannon Leahh Home, LLC, which opened in December 2020 in Redmond and offers new furniture, home decor and design services. “I was doing fashion styling for women, some of it online, and when COVID hit, it became all online” she explains. “I didn’t want to do that, and I love interior design, so I opened the store.” The name of her store, she explains, comes from her first and middle names, with an added “h” at the end of “Leah” that is derived from a nickname. The double “h,” she says, is for the end of her middle name and the beginning of her last name. “It’s usually in reference to double trouble,” she says with a laugh. “Someday, when I have a ranch, it will be called ‘The Double HH Ranch’.”

Hawkins is a true local; she grew up in Alfalfa and graduated from Redmond High School. But she has traveled extensively, living in Europe for three years and also in Los Angeles, and says Shannon Leahh Home reflects her travels. “The store offers all styles and all eras of design, with some European influence,” she says. “I like to combine styles and eras, so you’ll see modern and vintage.” She adds, “I love art and design, and color. I don’t produce art, but I can put it together. And I love helping people do the same.”

While Shannon Leahh Home offers an array of décor in the brick-and-mortar store at 339 SW 6th Street, Hawkins says she offers design services as well, and will go into clients’ homes to help them create their spaces. “I take what they have and add some new to it. Or I can create from scratch.” Her goal, she says, is to grow the design service side of her business. “Because everything is hard to get right now, I like to source items you can get right away. My goal is really to expand my design services, and to continue to have unique items.”

So far, Hawkins says her business has been well received. “People have been very excited about it. They tell me there is nothing like this around here, and that it is a unique place. That’s always nice to hear.” As she nears her one-year anniversary in business, Hawkins says the past year has been a learning experience. “Summer was interesting. I learned that people don’t really buy furniture in the summer; they are outdoors. But it has really picked up now.” She adds, “This is a learning process. Next summer, I will offer outdoor furniture, pots and garden accessories.”

Because of the pandemic, Hawkins says this is an interesting time to do business. “People are spending more time at home, and entertaining more at home, so I go through a lot of bar accessories.” She says she is also selling lots of couches. “Clients are doing a lot of shopping for items to cozy up their spaces, like pillows, throws, pictures, pottery and end tables; lots and lots of end tables.”

Hawkins resides in the old downtown neighborhood of Redmond, and says many locals know where she lives because she drives a 1978 Volkswagen bus. She decorates the outside of her home and the store, so people have come to appreciate her personal touches in the area. “People watch for my outside decorations. When I get behind on that, I get texts from people, “ she says with a laugh. “And when I do decorate, I get texts with compliments.”

Her next goal, she says, is to launch her website, which will go live this month (shannonleahhome.com). “People will be able to purchase furniture on the site. We are very excited for the site to go live.”

Facebook.com/shannonleahhome
541-527-1440

Shannon Leahh Home in Redmond offers new furniture, home decor and design services. (Photo courtesy of Shannon Leah Hawkins)

Give as you go™

Hayden’s mother, Virginia, did more than help found our company: she found the spirit of generosity in everyone she met. She knew a shoulder to lean on was stronger than any 2x4. And that leading by example was the greatest gift of all. For 30 years, we’ve partnered with nonprofits, provided the dream of homeownership to deserving families, and empowered every team member to be the next generation of givers. We call it GIVE AS YOU GO. It turns out Virginia was right: ‘The more we give, the more grateful we are.”

Thank you, Virginia
St. Vincent de Paul in Redmond

St. Vincent de Paul is a nonprofit, charitable organization committed to serving at risk and disadvantaged persons in the Redmond community. Adults 55+, called ‘elders’ to honor their life experience, make up approximately one-third of the Bridge Meadows community. Elders play the role of mentors to the children and families, becoming honorary grandparents over time. Similar models that give older adults an important community role address rapidly shifting demographics. With an estimated increase of the 65+ population growing to 90 million by 2050 according to the U.S. Census Bureau, many older adults are interested in new vision of retirement: less leisure, more contribution. This older generation is expected to live longer, and trends show interest in giving back through volunteerism, late-life career changes and mentoring.

Though the community is encouraged to create interdependence among residents, Bridge Meadows licensed clinical staff will be onsite to provide expertise in working with trauma, aging and community mental health. Staff serve as community facilitators, as well as overseeing trainings, running therapeutic support groups and providing 1:1 support.

The local Redmond community has been supportive, welcoming the new community. Adapting children out of foster care, will open its third location in Redmond this November. The site, which includes ten family units, 34 elder units and a large community room, will be located within Maple Meadows, a Hayden Homes single-family development.

AFFORDABLE HOUSING COMMUNITY FOR FOSTER KIDS, ADOPTIVE FAMILIES & ELDERS COMES TO REDMOND

by LINDSAY MAGNUSON, Communications Director — Bridge Meadows

Bridge Meadows, a Portland-based affordable housing community that brings together older adults and families adopting children out of foster care, will open its third location in Redmond this November. The site, which includes ten family units, 34 elder units and a large community room, will be located within Maple Meadows, a Hayden Homes single-family development.

Bridge Meadows Redmond responds to Central Oregon’s critical need for safe, affordable housing and permanency-focused alternatives to foster care. Bridge Meadows was founded in 2005 to address the need for alternatives to the current foster care system. Based on an intergenerational concept, it brings together adults 55+ and adoptive families to form a village model of support and care for children formerly in foster care. Built on approximately two acres, each community includes townhomes large enough to accommodate three-four children. Many adoptive parents cannot find adequate housing for multiple children, putting siblings at risk of separation. Bridge Meadows Executive Director Dr. Derenda Schubert says, “Our priority is reducing the trauma that kids have to go through, so keeping siblings together is key. That’s why we build our townhomes to be big enough for larger families.”

Adults 55+, called elders to honor their life experience, make up approximately one-third of the Bridge Meadows community. Elders play the role of mentors to the children and families, becoming honorary grandparents over time. Similar models that give older adults an important community role address rapidly shifting demographics. With an estimated increase of the 65+ population growing to 90 million by 2050 according to the U.S. Census Bureau, many older adults are interested in new vision of retirement: less leisure, more contribution. This older generation is expected to live longer, and trends show interest in giving back through volunteerism, late-life career changes and mentoring.

Though the community is encouraged to create interdependence among residents, Bridge Meadows licensed clinical staff will be onsite to provide expertise in working with trauma, aging and community mental health. Staff serve as community facilitators, as well as overseeing trainings, running therapeutic support groups and providing 1:1 support.

The local Redmond community has been supportive, welcoming the new organization into the Maple Meadows neighborhood. “We are so grateful that Hayden Homes introduced us to Central Oregon, paving the way for a great partnership,” Schubert said. Bridge Meadows Redmond will feature a community room available for use by Maple Meadows neighbors, as well as a courtyard with multiple connection points for neighbors to congregate and enjoy the mountain views.
November 3, 2021 • Cascade Business News • 21

Mosaic Medical Highlights Redmond Provider
Leif Petterson, APRN, FNP-C

by BRIDGET MCGINN, Communications Manager — Mosaic Medical

Founded in Prineville in 2002, Mosaic Medical — then known as Ochoco Health Systems — has expanded throughout the region over the last two decades. The first of three Redmond locations, Lynch Elementary School-Based Health Center, opened in 2012, followed by Redmond Clinic in 2013 and Redmond High School-Based Health Center in 2015.

With doors open to all regardless of age, race, religion, country of origin, language, gender, ability, sexual orientation, income or insurance status, Mosaic’s Redmond Clinic offers a complete range of healthcare including medical, dental, behavioral health, nutrition, clinical pharmacy and support with connecting to community services.

New additions to the team, Nichole Petterson, APRN, FNP and Leif Petterson, APRN, FNP-C moved with their two young daughters to Central Oregon to join the dedicated Redmond staff. Both bring compassion and valuable skills as providers to Mosaic.

Please read the following short Q & A with Leif below to learn a bit more about how he views Redmond, Mosaic and his work.

Q: What drew you and your family to Central Oregon?
A: Family and lifestyle. We are happy to now be close to a wonderful set of grandparents which has been a joy with a young family. Of course, the outdoor recreation opportunities in the area were a huge draw for us. Having lived in mountain towns in the past we just prefer to be outside and active. It is so nice to be in Central Oregon where everyone shares the love for the mountains and open spaces.

Q: What has surprised you most about the Redmond community?
A: The diversity of people we encounter on a day-to-day basis is surprising. From rural ranchers and multi-generational Central Oregon families to newcomers from all across the country and abroad — Redmond, as a growing community, has something for everyone.

Q: What inspired you to practice medicine?
A: While I enjoyed studying economics and philosophy as an undergraduate and thought I would move towards academia, I found myself wanting to make a more measurable positive impact on people’s lives. Medicine offers this in a way that few other professions can. Turns out it is a good fit for me because I love what I do.

Q: What do you find most rewarding about your work at Mosaic?
A: Finding a way to build trust with my patients by meeting them where they are and getting some good work done to improve their health and overall well-being. Sometimes patients have been alienated by the medical establishment in the past (be it from lack of insurance, immigration status, distrust or negative stigma), and finding a way to connect and make meaningful changes is very rewarding to me.

Q: If there was one thing about Mosaic in Redmond that you would like everyone to know, what would that be?
A: No matter who you are or what you need, we are in a position to help you.

Mosaic Redmond locations:
- Mosaic Redmond Clinic: 1250 SW Veterans Way, Suite 120
- Redmond High School-Based Health Center: 657 SW Rimrock Way
- Lynch Elementary School-Based Health Center: 1314 SW Kalama Ave, Room B

Note: All Mosaic School-Based Health Centers are open to any youth up to age 18. You do not need to be a student at the school to access Mosaic pediatric services there.

mosaicmedical.org
541-383-3005

Join the Redmond Chamber of Commerce Today!
How to connect with over 830 other local businesses:

1) Learn more about how the Redmond Chamber helps businesses by going to www.visitredmondoregon.com.
2) Fill out a membership form online.
3) Enjoy being a part of a vibrant community of fellow business leaders and know you’re making Redmond a better place to live!

Redmond Chamber of Commerce & CVB
541-923-5191 • 446 SW 7th St, Redmond, Oregon 97756
VisitRedmondOregon.com
November is National Diabetes Awareness Month

Q & A with Kacey Conyers, MS, RDN, LD, CDCES & RanDee Anshutz, RDN, LD, LMT from Synergy Health & Wellness, Certified American Association of Diabetes Care & Education Specialists in Redmond & Bend

by ANDREA WASILEW LARSON

National Diabetes Awareness Month is a time when communities across the country come together to raise awareness about diabetes and support those living with the disease. With over 306,000 Oregonians diagnosed with diabetes (9.5 percent of the adult population), and an estimated 1,097,000 (33.5 percent) adults with prediabetes, the need for support and education is as at all-time high.

Q: Tell us what drew you to diabetes care?

RANDEE: I first experienced diabetes care while working in hospital settings; I got to work with really lovely clients and noticed that there was a lot of shame and secrecy around the diagnosis of diabetes. I became really determined to remove shame and help people realize that diabetes can fit into their current life. I’ve gotten to work alongside some brilliant diabetes educators and am inspired to share knowledge with clients that helps them understand the condition and make small adjustments that can have a big impact to their lives.

KACEY: Diabetes is a very prevalent and complex disease that affects so many people and their loved ones. I had been working with people on the nutrition side of diabetes for a while, and I really wanted to help them with the rest of their diabetes care, so I pursued advanced certification as a diabetes care and education specialist (CDCES). I’ve seen too many people view Diabetes as a life-threatening diagnosis and that is really disheartening. It can feel like an overwhelming thing to manage as there are many layers to it, but empowering people to simplify and live a full life with diabetes is where I find joy. I love helping people understand what’s going on with their bodies and creating a lifestyle plan that will help them thrive with diabetes.

Q: Why did you choose Redmond as a location for Synergy?

RANDEE: When I moved to Central Oregon 20 years ago Redmond was my first home. The community is really special, even as it’s grown it still has the small-town charm in many ways. Our main clinic is in Bend, and we’ve had many folks driving from Madras, Sisters, Pineville and Redmond to visits with us. Adding the Redmond location has made our care much more accessible and convenient for a lot of people.

KACEY: Redmond has such a great small-town community feel to it. The people in Redmond are very friendly, it’s always a joy to chat with patients from here. A bonus, you certainly can’t beat the location and scenery!

Q: Which diabetes treatment advances are you currently excited about?

RANDEE: I’m really excited about Continuous Glucose Monitors (CGM) technology. It’s so helpful to get to see the impact that things like food, movement, medications, stress, etc. have on our blood sugars in real-time. We recently completed a session of our Thriving with Diabetes classes, and during that class all participants had the opportunity to wear a CGM for two weeks. The feedback we received on how helpful it is to have the insight that a CGM provides is very affirming. CGM have come a long way in their functionality, connectivity and luckily — insurance coverage. I’m excited to get to introduce this technology to more people.

KACEY: It’s encouraging to see continual advances in technology and medications to help patients battle the disease and live with less fear. CGMs have come a long way and we’re looking forward to the day when they are more easily accessible to all people living with diabetes. I believe they are the future of diabetes care. Insulin delivery systems like pumps and insulin pens also assist patients with managing blood sugars and diabetes care, therefore, much easier for people who require insulin to stay on track.

Local Resources:

Thriving with Diabetes classes begin January 15, 2022 and held every Saturday 9-11am for four weeks. Participants can choose to attend in person or virtually. Register at synergyhealthbend.com/diabetes-education-program.html.

Schedule a one-on-one pre-class appointment to get individualized plan of care and get prepped for class. Call 541-323-3488 for an appointment at Synergy in Redmond or Bend.

Sign up a local community support group, visit facebook.com/groups/CDOType2DMCommunity.

Synergy Health & Wellness Blog for information and articles at synergyhealthbend.com.

Deschutes County Diabetes Prevention Program (DPP). Call 541-322-7446 or visit deschutes.org/prediabetes.

synergyhealthbend.com

City Seeks Applications for Open City Committee & Commission Positions

The City of Redmond is seeking applications to fill current and upcoming vacancies on city committees and commissions. Applications for youth ex-officio positions are also being accepted. Youth ex-officio positions were to encourage youth involvement in city business and to create an opportunity for them to voice their concerns and ideas on community issues. The following committees and commissions are seeking to fill open seats:

1 youth ex-officio position w/term expiring 2022

- **Airport Committee**
  - 1 youth ex-officio position w/term expiring 2022
  - 1 position w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

- **Bicycle and Pedestrian Advisory Committee**
  - Residency: Urban Growth Boundary (UGB)
  - 2 positions w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

- **Budget Committee**
  - Residency: City Limits & Elector
  - 2 positions w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

- **Downtown Urban Renewal Advisory Committee**
  - Residency: None
  - 1 position w/terms expiring 2022
  - 1 position w/terms expiring 2024
  - 2 positions w/terms expiring 2025
  - 1 youth ex-officio position w/term expiring 2022

- **Historic Landmarks Commission**
  - Residency: Majority within the UGB
  - 1 position w/terms expiring 2023
  - 1 position w/terms expiring 2025
  - 1 youth ex-officio position w/term expiring 2022

- **Housing and Community Development Committee**
  - Residency: Urban Growth Boundary (UGB) w/Specifc Seat Requirements
  - 1 position w/terms expiring 2022
  - 1 position w/terms expiring 2024

1 youth ex-officio position w/term expiring 2022

- **Juniper Golf Committee**
  - Residency: None
  - 1 position w/terms expiring 2025
  - 1 youth ex-officio position w/term expiring 2022

- **Nuisance Appeals Board — Application**
  - Residency: UGB
  - 2 positions (Full-Term) w/terms expiring 2023
  - 1 position (Alternate Member) w/terms expiring 2023

- **Parks Committee**
  - Residency: Redmond School District w/majority within the UGB
  - 2 positions w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

- **Redmond Committee for Art in Public Places**
  - Residency: Redmond School District w/majority within the UGB
  - 2 positions w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

- **Urban Area Planning Commission**
  - Residency: None
  - 1 position w/terms expiring 2022
  - 1 position w/terms expiring 2024
  - 1 youth ex-officio position w/term expiring 2022

To learn more about the City of Redmond’s commissions and committees please visit our website at redmondoregon.gov/government/commissions-committees. Applications are available online (at website above), via email or may be obtained by contacting Redmond City Hall at 541-923-7710. All applications will be accepted until positions are filled.

If you have any questions regarding the application process or serving on a city committee or commission, please contact Kelly Morse, City Recorder at 541-923-7751. redmondoregon.gov

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## Utility Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
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<th>CO Year Est.</th>
<th>Number of Customers</th>
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<tr>
<td>Avion Water Co., Inc.</td>
<td>541-382-5542</td>
<td>541-382-5783</td>
<td>avionwater.com/avion@avionwater.com</td>
<td>Jan Wick, Jason M. Wick</td>
<td>25</td>
<td>1969</td>
<td>15,000</td>
<td>From Bend to Powell Butte, to north of Redmond &amp; south to Wild Horse.</td>
<td>Domestic water, deep well water.</td>
</tr>
<tr>
<td>Cascade Natural Gas</td>
<td>503-522-1133</td>
<td>503-649-9312</td>
<td><a href="http://www.cngc.com/service@cngc.com">www.cngc.com/service@cngc.com</a></td>
<td>Jeff Staudenmaier, Sue Poje</td>
<td>52</td>
<td>1955</td>
<td>60,000</td>
<td>Bend, Chemult, Crooked, Calapooia, La Pine, Mitchell,_mediums, Prineville, Redmond &amp; Suicide.</td>
<td>Gas utility services &amp; after-hour emergency services available.</td>
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<tr>
<td>Central Oregon Irrigation District</td>
<td>541-546-0497</td>
<td>541-546-0281</td>
<td><a href="http://www.coid.org/info@coid.org">www.coid.org/info@coid.org</a></td>
<td>Craig Horrell</td>
<td>30</td>
<td>1918</td>
<td>5,790</td>
<td>Central Oregon, Deschutes, Klamath &amp; Jackson.</td>
<td>Delivery of irrigation water, maintenance of district canals &amp; canal facilities.</td>
</tr>
<tr>
<td>Citrauma City Water Co.</td>
<td>541-385-7480</td>
<td>541-630-1649</td>
<td><a href="mailto:erico@suncoastbroadband.com">erico@suncoastbroadband.com</a></td>
<td>Board of Directors</td>
<td>3</td>
<td>1917</td>
<td>155</td>
<td>Citrauma City.</td>
<td>Domestic water.</td>
</tr>
<tr>
<td>Columbia Energy</td>
<td>1005 SE Third St. 97751</td>
<td>541-385-7480</td>
<td><a href="http://www.cngc.com/ericnelson@ferrellgas.com">www.cngc.com/ericnelson@ferrellgas.com</a></td>
<td>Eric Nelson</td>
<td>10</td>
<td>2001</td>
<td>3,800</td>
<td>All of Central Oregon.</td>
<td>Providing your home, business or construction project with propane gas &amp; accessories.</td>
</tr>
<tr>
<td>Crooked River Ranch Water</td>
<td>541-923-1041</td>
<td>541-923-5936</td>
<td><a href="http://www.crrwater.com/frank@crrwater.com">www.crrwater.com/frank@crrwater.com</a></td>
<td>Frank Day</td>
<td>6</td>
<td>1977</td>
<td>3,588</td>
<td>Crooked River Ranch.</td>
<td>Water</td>
</tr>
<tr>
<td>Etna Piple</td>
<td>541-382-1145</td>
<td>541-382-1744</td>
<td><a href="http://www.etnapipe.com/etnapipe@etnapipe.com">www.etnapipe.com/etnapipe@etnapipe.com</a></td>
<td>Eric Nelson</td>
<td>10</td>
<td>1965</td>
<td>6,000</td>
<td>All of Central Oregon.</td>
<td>Propane gas.</td>
</tr>
<tr>
<td>Indian Meadow Water Co.</td>
<td>N/A</td>
<td>N/A</td>
<td><a href="mailto:sharon@wonderlo.com">sharon@wonderlo.com</a></td>
<td>Sharon Wonderlo</td>
<td>2</td>
<td>1985</td>
<td>288</td>
<td>Indian Meadow area.</td>
<td>Water</td>
</tr>
</tbody>
</table>

**By cutting our energy costs, we can refocus on the kind of cutting we do best.**

Every customer is a little different. And we cater to all of them. It’s like how Energy Trust of Oregon shows your business how to save money on energy costs, regardless of what you do. See how they can help you at EnergyTrust.org/for-business.
### Utility Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Number of Customers</th>
<th>Service Area</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laid Law Water District 64159 Hwy. 20, Unit C, Bend, OR 97703</td>
<td>541-389-1255</td>
<td>N/A</td>
<td><a href="http://www.laidlawwaterdistrict.com">www.laidlawwaterdistrict.com</a></td>
<td>Dale Peer</td>
<td>0</td>
<td>1982</td>
<td>130</td>
<td>Tumalo</td>
<td>Water</td>
</tr>
<tr>
<td>Midstate Electric Cooperative 19795 Finley Butte Rd. PO Box 127, Bend, OR 97759</td>
<td>541-536-5288</td>
<td>541-536-3423</td>
<td><a href="http://www.midstateelectriccoop.org">www.midstateelectriccoop.org</a></td>
<td>Chad Miller</td>
<td>10</td>
<td>1905</td>
<td>19,000</td>
<td>All of Central Oregon</td>
<td>Electricity &amp; energy efficiency programs</td>
</tr>
<tr>
<td>Miller Oil Inc. 2316 NE 1st Ave, Bend, OR 97701</td>
<td>541-466-1070</td>
<td>N/A</td>
<td><a href="http://www.milleroilcompany.com">www.milleroilcompany.com</a></td>
<td>Butch Rogers</td>
<td>2</td>
<td>1965</td>
<td>285</td>
<td>Between Tumalo &amp; Sisters</td>
<td>Petroleum distributor</td>
</tr>
<tr>
<td>Pacific Power Central Oregon 1615 SW Madison St, Bend, OR 97702</td>
<td>888-221-7070</td>
<td>N/A</td>
<td><a href="http://www.pacificpower.net">www.pacificpower.net</a></td>
<td>Stefan Bird</td>
<td>90</td>
<td>1926</td>
<td>756,000</td>
<td>Pacific Power efficiently delivers reliable, safe &amp; environmentally responsible energy to 243 communities across Oregon, Washington &amp; northern California</td>
<td>Electricity, energy efficiency management &amp; renewable energy options</td>
</tr>
<tr>
<td>Bean Water Systems 1615 SW Madison St, Bend, OR 97702</td>
<td>541-546-5020</td>
<td>541-340-2282</td>
<td><a href="http://www.beanwater.com">www.beanwater.com</a></td>
<td>Bill Bean</td>
<td>5</td>
<td>1962</td>
<td>2,000</td>
<td>Swell, East &amp; West of Hwy 97, Including a Bend (including Woodside Ranch) to South and of Deschutes</td>
<td>Water</td>
</tr>
<tr>
<td>Sun Country Water 2204 Northeast Blvd, Bend, OR 97701</td>
<td>541-546-5108</td>
<td>541-546-5113</td>
<td><a href="http://www.suncountrywater.com">www.suncountrywater.com</a></td>
<td>Butch Rogers</td>
<td>1</td>
<td>1972</td>
<td>100</td>
<td>Saddle Butte Subdivision &amp; vicinity</td>
<td>Water</td>
</tr>
<tr>
<td>Sun Mt. Water Systems, Inc. 1075 Northeast Ave, Bend, OR 97701</td>
<td>541-546-7080</td>
<td>N/A</td>
<td>N/A</td>
<td>Butch Rogers</td>
<td>2</td>
<td>1960</td>
<td>285</td>
<td>Between Tumalo &amp; Sisters</td>
<td>Water</td>
</tr>
</tbody>
</table>

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## High Tech Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year</th>
<th>Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angellon, Inc.</td>
<td>541-241-8774</td>
<td>N/A</td>
<td><a href="http://www.angellon.com">www.angellon.com</a></td>
<td>Christopher Capello</td>
<td>20</td>
<td>2011</td>
<td>Software company that has built a social intelligence platform that leverages proprietary machine learning to deliver very deep, purified insights into financial and non-financial activities to help answer as many medium and large-volume patient outcomes.</td>
<td></td>
</tr>
<tr>
<td>American Development Corp.</td>
<td>541-389-8145</td>
<td>N/A</td>
<td><a href="http://www.americandevelopment.com">www.americandevelopment.com</a></td>
<td>Larry Hunt</td>
<td>1</td>
<td>1985</td>
<td>Specialized technical marketing software development.</td>
<td></td>
</tr>
<tr>
<td>Bellatrix</td>
<td>541-530-726A</td>
<td>N/A</td>
<td><a href="mailto:info@bellatrix.com">info@bellatrix.com</a></td>
<td>Ray Lundy, Steve Morley</td>
<td>19</td>
<td>1996</td>
<td>Bellatrix produces combines electronic, mechanical &amp; computer technologies to create unique, advanced control systems. These systems provide data acquisition, perform complex microcontroller functions &amp; transmit information using optical or high frequency infrared channels.</td>
<td></td>
</tr>
<tr>
<td>Bend Cloud</td>
<td>541-241-8801</td>
<td>N/A</td>
<td><a href="mailto:info@bendcloud.com">info@bendcloud.com</a></td>
<td>Todd Winterman</td>
<td>13</td>
<td>1999</td>
<td>Digital land surveys.</td>
<td></td>
</tr>
<tr>
<td>CCI Tec, Inc.</td>
<td>541-241-1995</td>
<td>541-281-1982</td>
<td><a href="mailto:sales@ccitec.com">sales@ccitec.com</a></td>
<td>Devon Cochenour</td>
<td>16</td>
<td>2004</td>
<td>Build-to-suit custom applications such as enterprise web apps, mobile apps, IoT, AI/ML &amp; responsive websites; content strategy &amp; digital marketing; strategic consulting for digital product/service strategies in businesses with web services (SaaS).</td>
<td></td>
</tr>
<tr>
<td>DENT Instruments, Inc.</td>
<td>541-388-7552</td>
<td><a href="mailto:info@dentmedical.com">info@dentmedical.com</a></td>
<td>Christopher L. Dun</td>
<td>22</td>
<td>1998</td>
<td>DENT Instruments is a supplier of an array of precision measurement instrumentation &amp; analytical software in the field of energy management.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Essential Eye</td>
<td>541-336-0001</td>
<td>541-363-0001</td>
<td><a href="http://www.essentialeye.com">www.essentialeye.com</a></td>
<td>Dr. V. Behnke, Dr. N. Shiner</td>
<td>2</td>
<td>2013</td>
<td>Affordable local primary care provider. Best choice for patients looking for comprehensive, compassionate, state-of-the-art care in the electronic &amp; electromechanical space.</td>
<td></td>
</tr>
<tr>
<td>Effrent Inc.</td>
<td>506-775-1668</td>
<td>N/A</td>
<td><a href="mailto:info@effrent.com">info@effrent.com</a></td>
<td>Bob Miller</td>
<td>30</td>
<td>2015</td>
<td>Build-to-suit custom applications such as enterprise web apps, mobile apps, IoT, AI/ML &amp; responsive websites; content strategy &amp; digital marketing; strategic consulting for digital product/service strategies in businesses with web services (SaaS).</td>
<td></td>
</tr>
</tbody>
</table>

**High Tech Companies (Listed Alphabetically)**

- **Angellon, Inc.** 541-241-8774
- **American Development Corp.** 541-389-8145
- **Audio Visual Bend** 541-386-1732
- **Bellatrix** 541-530-726A
- **Bend Cloud** 541-241-8801
- **Bird Gard** 541-549-326A
- **CCI Tec, Inc.** 541-241-1995
- **Canverse Corporation, Inc.** 541-336-0097
- **DENT Instruments, Inc.** 541-388-7552
- **DENT Medical Systems Corpo.** 541-388-1151
- **Essential Eye** 541-336-0001
- **Effrent Inc.** 506-775-1668

### Quality

- POA is a manufacturer of UL Listed Industrial Controls.
- POA provides NIST traceable calibration services.
- POA is a Licensed United Energy Electrical Contractor CCB #335555
- POA’s Quality Management System is certified to ISO9001:2015.

We embrace continual improvement. You can be confident we will do it right!

### Experience

POA is celebrating 24 years of operation in Bend.

We are better than most at conceptualizing control solutions.

Bring us your ‘napkin’ drawing and let’s make some wadget machines.

### Contribution

POA strives to better lives...by paying living wages, providing health insurance, retirement, a minimum of 15 days PTO to our employees, hiring entry level professionals, and ensuring pharmaceutical manufacturing equipment is accurately making drugs.

### Hiring

Production—build control panels and wire harnesses.

Engineering—design / build automated machines and processes.

Datacenter/Computer—Administration—Inventory Management

We are looking for great people to add to TEAM POA!

---

**Give POA a Call...**541-330-1687

THANK YOU FIRST RESPONDERS

AND FRONT LINE WORKERS!
<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Element Technology</td>
<td>541-613-2082</td>
<td>N/A</td>
<td><a href="mailto:info@ElementPDX.com">info@ElementPDX.com</a></td>
<td>Steve Langelier</td>
<td>3</td>
<td>2011</td>
<td>Product development, mechanical design, prototyping, MLC-AID design, machine manufacture, equipment design.</td>
</tr>
<tr>
<td>FMC Technologies</td>
<td>541-549-0766</td>
<td>N/A</td>
<td><a href="http://www.fmerick.com">www.fmerick.com</a></td>
<td>Keith Corbin</td>
<td>40</td>
<td>1998</td>
<td>Titanium investment casting facility for the aerospace &amp; medical industries.</td>
</tr>
</tbody>
</table>
Sunlight Solar Energy, Inc.
VR Analytical
Qorvo, Inc
Bend, OR 97701
2437 NE Twin Knolls Dr., Ste. 2
Bend, OR 97703
Bend, OR 97708
PO Box 5582
Bend, OR 97701
PO Box 7168
63354 Powell Butte Rd.
Precise Flight, Inc.
Bend, OR 97702
Ste. 130 & 190
1375 SW Commerce Ave.,
Madras, OR 97741
PO Box Z
2150 NW Andrews Dr.
Redmond, OR 97756
1950 SW Badger Ave., Ste. 106
Bend, OR 97703
2214 NE Division, Ste. 201
Bend, OR 97701
63020 NE Lower Meadow Dr., Ste. 3
Bend, OR 97702
1567 SW Chandler Ave., Ste. 100
Bend, OR 97702
50 SE Scott St., Bldg.13
Bend, OR 97703
606 Arizona Ave., Ste. 100
Bend, OR 97702
425 SW Powerhouse Dr., Ste. 307
Smartwaiver Inc.
Silipint
Project Development
RBD Instruments, Inc.
Simply Mac
Weston Technology Solutions
Tech Soft 3D
Shielding International
Sat Pak Communications, Inc.
541-388-5665 or email cbn@cascadebusnews.com.

TOP PROJECTS COMPLETED in 2021
DEADLINE TO SUBMIT TOP PROJECTS IS DECEMBER 1

Got Top Projects?
Along with providing a comprehensive list of Central Oregon Commercial Contractors, Cascade Business News will feature TOP PROJECTS COMPLETED in 2021 in our December 15 issue!

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

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GOT TOP PROJECTS?

High Tech

Company / Address Phone Fax WebSite/Email Contact Staff CO Year Est. Services
Brisac Flight, Inc. 541-726-4804 541-388-1105 www.sunlightsolar.com customerservice@sunlightsolar.com Brad Trail hopsit 24 1988 Supplier of advanced technology to the aviation industry including lighting, oxygen & electronic technologies.
Brista Development 303 Box 162 541-386-9035 Call first www.projectdevelopment repost@projectdevelopment.com Frank Langlois 5 1999 Primed circuit board design.
Qorvo, Inc 541-640-8451 N/A www.vranalytical.com crystal@qorvo.com Frank Langlois 5 1999 Primed circuit board design.
Precise Flight, Inc. 541-925-9525 www.qorvo.com info@qorvo.com Rena Bouman Dharma, Randy Dharma 7 1999 Automotive Tier phosphone system suppliers, interior trim sources, printmasters, viewpoint engineering & snare open description systems.
VR Analytical 541-475-7211 N/A www.preciseflight.com sales@preciseflight.com Kita Kelley, Rick Fulbright 25 2010 Precision engine line design & installation of grid-tied solar electric systems for homes & businesses throughout Oregon. Provides battery storage, EV chargers & solar pre-wire services.
RBD Instruments, Inc. 541-925-9347 N/A www.rbdinstruments.com sales@rbdinstruments.com Frank Langlois 5 1999 Primed circuit board design.
Simply Mac 541-383-2340 info@simplymac.com AJ Uecker 10 2012 Warranty repair, hardware diagnostics, data recovery, software installation, iOS/iPod tunes, onsite services, business solutions, onsite training.
Brock McFarlane 16 2002

High Tech Companies (Listed Alphabetically)

Bend, OR 97701
2311 NE First St.
Bend, OR 97701
541-388-8684
541-388-1105
541-388-5665
541-385-3000
541-728-0632
541-388-1253
541-388-4953
541-382-8684
541-382-5059
866-935-4831
541-728-0632
541-316-8530
www.sunlightsolar.com
www.vranalytical.com
www.preciseflight.com
www.rbdinstruments.com
www.qorvo.com
www.techsoft3d.com
www.shieldingintl.com
www.satpak.com
www.weston-tech.com
www.projectdevelop.com
www.silipint.com
www.techsoft3d.com
www.shieldingintl.com
www.satpak.com
www.weston-tech.com
www.projectdevelop.com
www.silipint.com

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## Telecommunications Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>AutoTel</td>
<td>541-389-5286</td>
<td>N/A</td>
<td><a href="http://www.westernradioservices.com">www.westernradioservices.com</a> <a href="mailto:info@westernradioservices.com">info@westernradioservices.com</a></td>
<td>Rudolf Obersforfer</td>
<td>3</td>
<td>1978</td>
<td>Radio phones, two-way radio, pagers, sales &amp; service.</td>
</tr>
<tr>
<td>BendBroadband</td>
<td>541-382-5551</td>
<td>541-317-9086</td>
<td><a href="http://www.bendbroadband.com">www.bendbroadband.com</a></td>
<td>Tyler Honzd</td>
<td>280</td>
<td>1955</td>
<td>Cable TV, high-speed internet, business &amp; home phone, advanced business services, fiber transport, data center, colocation, business continuity/ disaster recovery, managed services, hosted VOIP phone systems.</td>
</tr>
<tr>
<td>BendTel Inc.</td>
<td>541-389-4020</td>
<td>N/A</td>
<td><a href="http://www.bendtel.com">www.bendtel.com</a></td>
<td>Tom Barrett, Doug Cox</td>
<td>26</td>
<td>2003</td>
<td>Get Real Fiber Fast Internet with BendTel. BendTel is Central Oregon's largest locally owned business telephone &amp; Internet service provider. BendTel provides Gigabit fiber bandwidth with guaranteed speeds &amp; uptime. Hosted &amp; traditional telephone solutions, servicing all major phone systems, 24/7 local support, web &amp; email hosting &amp; more.</td>
</tr>
<tr>
<td>Cascade Tel</td>
<td>541-388-5138</td>
<td>541-382-9196</td>
<td><a href="mailto:helpdesk@cascadetel.com">helpdesk@cascadetel.com</a></td>
<td>Allen Clark</td>
<td>5</td>
<td>1990</td>
<td>Telecommunications, IT Networks, VOIP Networks, IT Managed services, fiber optic, WAN &amp; multi-site data cabling systems, pre-wire high speed data circuits.</td>
</tr>
<tr>
<td>Central Oregon Communications</td>
<td>541-382-5563</td>
<td>N/A</td>
<td><a href="mailto:Brittingham3771@msn.com">Brittingham3771@msn.com</a></td>
<td>Eric Brittingham</td>
<td>2</td>
<td>1990</td>
<td>Telephone equipment sales &amp; service, voice &amp; data cabling, voice mail, VoIP solutions &amp; integrated voice/mail/phone systems, authorized dealer for ESI products.</td>
</tr>
<tr>
<td>Centratel</td>
<td>541-383-8383</td>
<td>541-388-2351</td>
<td><a href="http://www.centratel.com">www.centratel.com</a> <a href="mailto:info@centratel.com">info@centratel.com</a></td>
<td>Joanna Highet</td>
<td>49</td>
<td>1984</td>
<td>24-hour live telephone answering services.</td>
</tr>
</tbody>
</table>

Continued on Page 30
Y

our router is an essential part of your connection to the internet of things and the rest of the on-line world. Your router not only acts as a WiFi distribution unit to your home network devices, but also as a means of communicating with the rest of the world’s devices.

At any given time of the day, your router is processing information coming in and out of your home, whether it be a stream for your favorite Netflix show, or maybe you’re uploading a picture of your new puppy to Facebook! Using a multitude of protocols and computer logic, your router takes this information and sends it on its way to the ultimate destination. Think of this functionality as a Police Officer directing traffic at an intersection — the officer would be the router itself, and the vehicles they are directing is your data being sent to the right spot.

You might ask yourself how do wireless internet service providers utilize routers themselves? It’s simple! Core routing units perform the same functions as your home router… but on a much, much larger scale. At any given time, network core units are being tasked with directing your internet traffic as well as determining destination. With over 750,000 different paths for your information to take to reach its destination, core routers must make these decisions of which path to send your traffic in order to get it there as quickly as possible. Mind you, the router must make these decisions on a millisecond basis, (“Milli” is base1000, meaning that 1 millisecond, is 1/1000th of a full second.) It’s a very impressive feat!

With the ability to make decisions this quickly, routers enable us to reliably and quickly talk to relatives that may be next door… or on another continent! With reliable internet and home connectivity being more important than ever, educating yourself with information such as this may just enable you to resolve or expedite any home internet issues that may arise.

You can find more information about Sureline Broadband at surelinebroadband.com.
### Telecommunication Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farbeam, LLC</td>
<td>509-344-1009</td>
<td><a href="http://www.farbeam.com">www.farbeam.com</a></td>
<td>Mary Hampton, Janie Moore</td>
<td>30</td>
<td>2010</td>
<td>Internet (Fiber), Dark Fiber, L1 Fiber, Ethernet.</td>
<td></td>
</tr>
<tr>
<td>Ibx</td>
<td>N/A</td>
<td><a href="http://www.ibx.co">www.ibx.co</a> <a href="mailto:betsykoch@ibxworld.com">betsykoch@ibxworld.com</a></td>
<td>Bob Dechant</td>
<td>480</td>
<td>1984</td>
<td>Provides telemarketing, customer care &amp; technical support services to FORTUNE 500 companies.</td>
<td></td>
</tr>
<tr>
<td>Infostructure</td>
<td>541-858-4477</td>
<td><a href="mailto:support@infostructure.net">support@infostructure.net</a></td>
<td>Scott Hansen</td>
<td>25</td>
<td>1994</td>
<td>Internet &amp; voice service.</td>
<td></td>
</tr>
<tr>
<td>Little c Technology</td>
<td>541-536-1266</td>
<td><a href="http://www.littlectech.com">www.littlectech.com</a> <a href="mailto:support@littlectech.com">support@littlectech.com</a></td>
<td>Kathryn DeBone</td>
<td>5 2005</td>
<td>Computer sales &amp; service.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LS Networks (Subsidiary: Quantum Communications)</td>
<td>541-504-5737</td>
<td><a href="http://www.lsnetworks.net">www.lsnetworks.net</a> <a href="mailto:marketing@lsnetworks.net">marketing@lsnetworks.net</a></td>
<td>LoriAnn Kuhn, Ron DiTullio</td>
<td>90 2005</td>
<td>Business network connectivity &amp; communications services including: High-speed fiber Internet, Unified Communications &amp; Ethernet services. Fully redundant network backbone with 24x7 proactive support &amp; network monitoring.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reynolds Technical Services</td>
<td>541-389-9190</td>
<td>N/A</td>
<td>Mark Reynolds</td>
<td>1</td>
<td>1993</td>
<td>Electrical, high-voltage power systems, wire systems control design, telecommunications &amp; repair.</td>
<td></td>
</tr>
<tr>
<td>TechLink Services</td>
<td>828-398-0428</td>
<td><a href="http://www.techlinksvc.net">www.techlinksvc.net</a> <a href="mailto:Parmerci@TechLinkSVCS.net">Parmerci@TechLinkSVCS.net</a></td>
<td>Mike Mudd</td>
<td>20 2007</td>
<td>Provides nationwide field service work for the installation of telecom, digital signage, cabling, electrical for the hospitality, retail &amp; enterprise markets. Other services include RF engineering &amp; VSAT installations.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomco Electric Inc.</td>
<td>541-317-0494</td>
<td><a href="mailto:info1@tomcolelectric.com">info1@tomcolelectric.com</a></td>
<td>Colly Thompson</td>
<td>75 1973</td>
<td>Voice, data, fire alarm, security, fiber optics, closed circuit TV.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TRG Customer Solutions</td>
<td>541-504-5737</td>
<td>N/A</td>
<td>Steve Newman</td>
<td>550</td>
<td>1984</td>
<td>Provides telemarketing, customer care &amp; technical support services to Fortune 500 companies in the financial services, insurance, pharmaceutical, telecommunications &amp; utility industries, among others.</td>
<td></td>
</tr>
<tr>
<td>U.S. Cellular</td>
<td>541-389-9599</td>
<td><a href="http://www.uscellular.com">www.uscellular.com</a> <a href="mailto:contact@uscellular.com">contact@uscellular.com</a></td>
<td>Adrian Zamarrin</td>
<td>6 1983</td>
<td>Cellular services, cellular phones &amp; accessories.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yellowknife Wireless Company, LLC</td>
<td>541-323-2406</td>
<td><a href="http://www.ylw.com">www.ylw.com</a> <a href="mailto:info@ylw.com">info@ylw.com</a></td>
<td>Chris Cappuccio</td>
<td>14 2005</td>
<td>Business &amp; residential high-speed internet. Unlimited local &amp; long-distance phone service starting at $27/month. Fully hosted &amp; managed VQIP solutions. Consolidate your communications &amp; bring the savings of IP telephone lines directly to your home, desk or POP. Includes voice-mail, conference-calling, call-forwarding, call-waiting &amp; caller-ID.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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## Heating & Cooling Companies (Listed Alphabetically)

<table>
<thead>
<tr>
<th>Company / Address</th>
<th>Phone</th>
<th>Fax</th>
<th>WebSite/Email</th>
<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acco Air Conditioning &amp; Heating</td>
<td>541-382-7959</td>
<td>N/A</td>
<td>N/A</td>
<td>Customer Service</td>
<td>1</td>
<td>N/A</td>
<td>Heating &amp; air conditioning</td>
</tr>
<tr>
<td>Accurate Heating &amp; Cooling</td>
<td>541-504-8489</td>
<td>N/A</td>
<td><a href="http://www.accurateheat.com">www.accurateheat.com</a></td>
<td>David Sale</td>
<td>4</td>
<td>2007</td>
<td>Heating &amp; air install, service, repair &amp; maintenance</td>
</tr>
<tr>
<td>Affordable Refrigeration &amp; Heating</td>
<td>541-382-3004</td>
<td>N/A</td>
<td>N/A</td>
<td>Dave Tadlock</td>
<td>1</td>
<td>N/A</td>
<td>Heating &amp; cooling</td>
</tr>
<tr>
<td>Air Tech HVAC/R Inc.</td>
<td>541-556-2662</td>
<td>541-350-8045</td>
<td><a href="mailto:pane@airtechvac.com">pane@airtechvac.com</a></td>
<td>Rocky Gleason</td>
<td>8</td>
<td>1996</td>
<td>Heating &amp; cooling, geothermal heat pumps, fireplaces &amp; indoor air quality</td>
</tr>
<tr>
<td>Air Temp Control</td>
<td>541-396-0800</td>
<td>N/A</td>
<td><a href="mailto:pilightz@yahoo.com">pilightz@yahoo.com</a></td>
<td>Scott Buehler</td>
<td>2</td>
<td>2009</td>
<td>Air conditioning, heating &amp; maintenance, heat pumps, refrigeration</td>
</tr>
<tr>
<td>Bend Heating &amp; Air Conditioning</td>
<td>541-586-1255</td>
<td>541-342-2534</td>
<td><a href="http://www.bendheating.com">www.bendheating.com</a></td>
<td>Scott Zerke</td>
<td>40</td>
<td>1955</td>
<td>Ductless heat pump, custom sheet metal, radiant floor heating, heating &amp; cooling</td>
</tr>
<tr>
<td>Bobcat &amp; Sun Inc.</td>
<td>541-389-7365</td>
<td>N/A</td>
<td><a href="http://www.bobcatsun.com">www.bobcatsun.com</a></td>
<td>Bob</td>
<td>3</td>
<td>1977</td>
<td>Infloor heating, solar heat, snowmelt systems</td>
</tr>
<tr>
<td>Cascade Heating &amp; Specialties, Inc.</td>
<td>541-382-8483</td>
<td>541-382-8314</td>
<td><a href="http://www.cascadeheat.com">www.cascadeheat.com</a></td>
<td>Tiffany Cordano</td>
<td>60</td>
<td>1970</td>
<td>Commercial &amp; residential heating &amp; cooling, gas &amp; wood fireplaces, building energy management systems, sheet metal fabrication</td>
</tr>
<tr>
<td>Central Oregon Heating, Cooling &amp; Plumbing</td>
<td>541-325-1853</td>
<td>N/A</td>
<td><a href="http://www.clahvac.com">www.clahvac.com</a></td>
<td>Clarissa Bonneru</td>
<td>75</td>
<td>1993</td>
<td>Heating &amp; cooling, HVAC repair, furnaces, heat pumps, light commercial, piping, water heater repair &amp; install</td>
</tr>
<tr>
<td>Comfort Heating &amp; Cooling</td>
<td>541-389-7777</td>
<td>N/A</td>
<td><a href="http://www.comfortheatingandcooling.com">www.comfortheatingandcooling.com</a></td>
<td>Larry Gude</td>
<td>4</td>
<td>1985</td>
<td>Servicing all makes &amp; models of furnaces, air conditioners, water heaters &amp; gas &amp; propane heating &amp; cooling equipment</td>
</tr>
</tbody>
</table>

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**or visit** CascadeHeat.com

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**Cascade Heating & Specialties, Inc.**

1507 NE 1st St., Bend, OR 97701

CCB# 1022

1507 NE 1st St., Bend

SERVING CENTRAL OREGON SINCE 1970
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<th>Contact</th>
<th>Staff</th>
<th>CO Year Est.</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four Star Construction LLC</td>
<td>541-388-9055</td>
<td>N/A</td>
<td>N/A</td>
<td>Rob</td>
<td>1</td>
<td>2001</td>
<td>Commercial &amp; residential air conditioning &amp; heating contractors.</td>
</tr>
<tr>
<td>Home Heating &amp; Cooling</td>
<td>541-389-2469</td>
<td>N/A</td>
<td><a href="http://www.homeheatingbend.com">www.homeheatingbend.com</a></td>
<td>Bar or Cola Stover</td>
<td>12</td>
<td>2010</td>
<td>Existing residential heating &amp; cooling maintenance, repair &amp; replacement, air duct cleaning, air purification.</td>
</tr>
<tr>
<td>NE Engineering</td>
<td>541-350-0835</td>
<td>N/A</td>
<td>N/A</td>
<td>Chad Peterson</td>
<td>1</td>
<td>2006</td>
<td>Residential heating &amp; cooling HVAC products &amp; services.</td>
</tr>
<tr>
<td>Kent Lee Heating &amp; Air Inc</td>
<td>541-380-5700</td>
<td>N/A</td>
<td>N/A</td>
<td>Kent Lee</td>
<td>1</td>
<td>2002</td>
<td>Heating, cooling, window installation.</td>
</tr>
<tr>
<td>Olsen Heating &amp; Air Services</td>
<td>541-380-1883</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>1</td>
<td>N/A</td>
<td>Heating &amp; air conditioning repair &amp; replacement, commercial HVAC services.</td>
</tr>
<tr>
<td>Professional Heating &amp; Cooling Inc.</td>
<td>541-425-5100</td>
<td>541-425-5100</td>
<td><a href="http://www.proheating.com">www.proheating.com</a></td>
<td>N/A</td>
<td>1</td>
<td>N/A</td>
<td>Service heating &amp; cooling systems &amp; more.</td>
</tr>
<tr>
<td>TNC High Mountain Heating</td>
<td>541-516-3921</td>
<td>541-516-3921</td>
<td><a href="http://www.tnchighmountainheating.com">www.tnchighmountainheating.com</a></td>
<td>Sonny Rychard</td>
<td>1</td>
<td>1979</td>
<td>Residential heating services.</td>
</tr>
<tr>
<td>Superior Service Heating</td>
<td>541-516-9559</td>
<td>541-516-9559</td>
<td><a href="http://www.suerviorheating.com">www.suerviorheating.com</a></td>
<td>N/A</td>
<td>1</td>
<td>N/A</td>
<td>Residential &amp; commercial heating &amp; air conditioning products &amp; services.</td>
</tr>
<tr>
<td>Tri-Cities Heating &amp; Cooling LLC</td>
<td>541-388-1012</td>
<td>541-388-1012</td>
<td><a href="http://www.tricityheating.com">www.tricityheating.com</a></td>
<td>Kent Wilkie</td>
<td>2</td>
<td>1999</td>
<td>Residential &amp; commercial heating &amp; cooling products &amp; services, HVAC.</td>
</tr>
</tbody>
</table>

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by DAVID ROSELL — Rosell Wealth Management

This is the time of year that we get to breathe a bit easier. The hot, smoke-filled days of this past summer are behind us and we welcome the needed precipitation that has recently doused Central Oregon. It's also a time that our community's pace slows down now that summer visitors are gone, schools are open and our fireworks are kindled.

It is in this shoulder season that we have the opportunity to reflect on all that has transpired in our little, yes still little, mountain town. Just last week on my way to the Redmond Airport, I witnessed drivers get irritated with each other by honking horns and not giving way to others. Horns seem omnipresent where in the past it was rare to ever hear one being used. It is commonplace to witness drivers who do not stop for pedestrians at a cross walk. Our roads are unquestionably more congested due to a combination of visitors as well as the new round of exponential growth Central Oregon is experiencing. I've been thinking to myself — What is happening to our city where almost everyone is kind, generous and friendly? Are we becoming the stereotypical fast-paced metropolis?

This question reminds me of the story of a son and his dad. The dad always brought his briefcase home from the office and this confused the son. The son said: “Dad, why is it that when you come home from work you always bring your briefcase?” The father replied that it was because he could not get all his work done at the office. The little boy said: “Dad, can’t they put you in a slower group?” The truth is that some of us probably need to put into a slower ‘group’ It’s not easy for us to disconnect from our busy lives. But we can choose to slow down, smell the flowers and make a conscious decision to connect.

This leads me to the next big question: How are we going to keep Bend — Bend-like? Have you ever heard people say they wish they could build a wall around the city the day after they relocate here? Have you heard others complain how the endless tourists don’t even know how to navigate our numerous roundabouts? I think we all have and yet we are all part of the problem as it is easier to focus on the challenges rather than potential solutions. I believe being against something only weakens us and being for something empowers us. Rather than being against congestion and tourism maybe we can shift our thoughts to creating mindful growth. Instead of having little tolerance for people moving here, as most of us have had at one point, maybe it would benefit everyone if we were more patient with newcomers as they acclimatize to our slower pace of life. Nothing good happens when we approach these challenges with aggression.

Back in 2008, when I was the Chairman of the Bend Chamber of Commerce, I would kiddingly say when one moves to Bend, they must purchase a Subaru Outback, a Labrador Retriever, flip flops with a beer opener and take a half-day course titled: Bend Etiquette. This fictional course may be more relevant than ever before to help maintain our values and not slowly lose our unique “je ne sais quoi”. However, I do believe we long-time locals should play our part. As Bendites, we have a deep responsibility to participate in ways that make a positive difference in our community. Thank you, Allison, for making a profound difference. For you readers out there, if you'd like a poster, please reach out and I will make sure you receive one. How can we spread these words? Wouldn't it be great if this message greeted every guest entering their hotel room, Airbnb or when they receive the bill at a restaurant?

We live in such an amazing place that it deserves to be created by design rather than by default. Most of us who have relocated here over the years have made a conscious decision that this is where we want to live more than any place else to raise our families, start our businesses, recreate, enjoy our retirement years or any combination of the four. I have never experienced another area where almost everyone is here because they have consciously chosen to be! Abraham Lincoln stated: “You are only as happy as you make up your mind to be.”

Bend is so very busy. Life is so very busy. Working hard and having a strong work ethic is very important, but I find that one of the best ways to succeed in life and business—is to keep a reasonable pace in one's life. I hear people say that someday their life will settle down. I do not believe this will automatically happen. Settling life down is a choice. Author and Philosopher Wayne Dyer stated: Remember yesterday, dream about tomorrow but live today. These words can serve you—and your fellow Bendites—well as long as we can get out of our own way, connect with those around us and focus on solutions rather than challenges. In the meantime, lead by example. Smile, slow down just a bit and as Allison states: Evolve. Together. Be welcoming and feel welcomed.


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RosellWealthManagement.com
New staff at Big Brothers Big Sisters Central Oregon (BBBSCO) will support existing mentoring matches, reignite the program in Madras and Jefferson County and better serve the Latino community in all of Central Oregon. David Rivera, who joined BBBSCO in 2020, has helped launch Big Brothers Big Sisters in Jefferson County in 2005 and continued until 2015. During that time, he was elected to the Culver City Council and then became Mayor, a position he held until 2020. Rivera-Diaz came out of retirement to relaunch BBBSCO in Jefferson County in May 2021. She has a passion for helping our youth reach their potential in life. For more than 20 years, Diaz has been a volunteer with Jefferson County Fire District as an emergency medical responder. She enjoys spending time with family, and plans to travel with her husband when not working. She enjoys cooking and loves spending time with family and friends.

CASA of Central Oregon is currently accepting applications for anyone interested in becoming a volunteer advocate.

Washington Trust Bank has hired Craig Chenoweth to serve as vice president and relationship manager within the bank’s commercial banking division in Bend. Chenoweth comes to Washington Trust Bank with experience in banking and a 17-year history in planning and development for the City of Bend.

Chenoweth joins Washington Trust Bank from H.A. McCoy Engineering & Surveying, where he spent the past year as a project manager. Before his time at H.A. McCoy Engineering & Surveying, Chenoweth worked for U.S. Bank as a commercial banking business relationship manager, specializing in commercial real estate, construction projects and investment portfolio management. Chenoweth also spent 17 years with the City of Bend as a development services manager and planner, responsible for overseeing the local real estate entitlement process, city policy and operations and served as a liaison for the business community.

A native of Oregon, where he earned a bachelor of science in political science, Chenoweth spends time volunteering within his community. Chenoweth serves as a board member for Building a Better Bend and is active on advisory boards for the City of Bend.

The bank is currently serving Bend and Central Oregon customers at a temporary office space in The Collective NWWX, located at 2900 NW Clearwater Dr., Ste. 200, while our new financial center at 1203 NW 3rd St. is under construction.

Local children in foster care now have 14 more Court Appointed Special Advocates (CASA) volunteers advocating for them. On October 28, 14 new CASA volunteers were sworn in remotely by Judge Bethany Flint. The CASA volunteers represent the child’s best interest in court and in the community during their time in foster care. All volunteers complete a thorough training process that includes 40 hours of trauma-informed training, a background check and an interview with a Judge before being sworn-in as an officer of the court and assigned a child or sibling group currently in foster care in Crook, Deschutes or Jefferson counties.

Last year, 407 children spent time in foster care in Central Oregon. More than 350 of these children were served by a CASA volunteer. The goal of CASA of Central Oregon is to recruit, train and support enough volunteers so that every child in foster care has a personally assigned CASA volunteer.

CASA of Central Oregon trains and supports volunteers to serve children in foster care in Crook, Deschutes and Jefferson counties. CASA volunteers are adults from many different backgrounds who are dedicated to advocating for abused and neglected children.

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CASA of Central Oregon is currently accepting applications for anyone interested in becoming a volunteer advocate.
Mills took the helm of COHC at a time when the organization was beginning to expand its role as the community governing board of the coordinated care organization (CCO) for Central Oregon. Since then, Mills has:

• Served as a leader and resource in the State of Oregon to other regions establishing a council model at conferences around the country
• Pivoted the work of the COHC during the COVID-19 pandemic to support health care providers and nonprofit organizations, both financially and in helping to coordinate crisis response, including building a regional resource website
• Unveiled Central Oregon Health Data, a new community health data website, in partnership with the public health departments of Black Deschutes, Jefferson and Crook Counties and Oregon Health and Science University
• Managed an extensive investment portfolio and transitioned the organization to a grant management plan
• Served as a leader and resource in the State of Oregon to other regions establishing their own health councils
• Been invited to educate and share the benefits of the unique Central Oregon Health Council model with conferences around the country.

Mills has been praised for her clear-sighted leadership, strategic guidance, innovative thinking, financial acumen and skill at bringing disparate partners to the table to recognize and achieve common goals.

In our 25th Anniversary year, STEELE Associates Architects of Bend announces that Chris Thome has been promoted to principal.

Thome was born in Iowa and graduated from North Dakota State University with a bachelor of architecture and a bachelor of science in environmental design. He is a highly skilled architect who leads a team working on mixed-use, senior, medical, public, and commercial projects in multiple states. Thome is a registered architect in Oregon, Washington and Montana.

Applications Welcome for New Ten-Month Creative Writing Program

Irene Cooper writes poems, reviews, essays and fiction. She works and teaches in communities in Central Oregon. Committal, a speculative spy-fy novel about family, was published in 2020. Her debut full-length book of poetry, spare change, came out with Finishing Line Press in March 2021. (irencecooperwrites.com)

Mike Cooper holds an MFA from Oregon State University, Cascades in Bend, where he lives with his family. Mike is a writer of fiction and an editorial coach. His short stories have been finalists in Glimmer Train, The Lascaux Review, and Cutthroat. He is president of the Central Oregon Writers Guild and teaches writing at Central Oregon Community College and Oregon State University-Cascades, as well as creative writing workshops. He is a licensed CPA and spent 15-minute conference: theforgewriting@gmail.com, or theforgewriting.com theforgewriting.com

For more information about the program, visit theforgewriting.com/contact.

Applications are due by December 31, 2021.

To register: theforgewriting.com/contact.

More information about the program: Contact program director, Information and Writing Services.

Businesses Serving Community

CASCADE YOUTH & FAMILY CENTER

Cow Creek Umpqua Indian Foundation is helping foster kids learn life skills for independent living. One of the difficulties as youth ‘age out’ of foster care is most suddenly find themselves on their own. Unprepared for self-sufficiency, many youth are never able to find their way out of and can end in chronic homelessness or incarceration.

Cascade Youth & Family Center (CYFC) offers an Independent Living Program, which works to help youth at this very vulnerable stage successfully make this transition. Their case managers help current and former foster kids age 16-20 prepare for adulthood. They offer mentoring and connect them with discretionary funds, housing programs and more in this transition. Their case managers help current and former foster kids age 16-20 prepare for adulthood. They offer mentoring and connect them with discretionary funds, housing programs and more in this transition.

The Cow Creek Band of the Umpqua Tribe of Indians recently awarded CYFC’s Independent Living Program $12,000 through their foundation. With the goal of improving the communities in which they live and work, the Cow Creek Umpqua Indian Foundation makes grants to eligible nonprofit organizations in communities in Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane counties. This grant will go far to help improve the futures of foster youth in our community.

Cascade Youth & Family Center provides shelter and services to runaway and homeless youth. CYFC programs include crisis intervention and family mediation, emergency shelter, transitional living shelter, independent living and street outreach. CYFC is a program of JB Jar Youth Services.
Bend-Redmond Habitat for Humanity is thrilled to announce the completion of their first-ever Net Zero cottage development for 11 families in need of affordable housing in Bend. Families moving into these homes work in our local community as hairstylists, educators, health care workers, small business owners, nonprofit staff, law and service professionals, and their children attend local schools.

These affordable, Pacific Northwest-style cottages are located on the west side of Bend and the homeowners will enjoy a sense of community living in this development. The homes were designed by Wooster Design Inspirations and the land donated by Dirk & Judy Van Houewling. Many other businesses, individuals and partners contributed to this incredible project including Les & Judy Alford, Aero Barrier, Bend-Redmond Habitat Board of Directors, Bend Foundation, Brian’s Cabinets, Central OR Association of Realtors, The City of Bend, D&S Hydraulics, Energy Trust of Oregon, Estate of Shirley Ray, First Interstate Bank, Oregon Housing & Community Services, Maybelle Clark McDonald Fund, Sunset Plumbing, Taylor NW, US Bank, Wells Fargo, Weston Technology Solutions and Zero Energy Project.

Habitat is also thankful for the many individual and business volunteers who helped build these homes. Habitat is successfully providing affordable housing because of the support from donors, community members and volunteers. Racheal Baker, The City of Bend Affordable Housing Coordinator, said, “The City of Bend values its partnership with Habitat for Humanity, which provides a chance for Bend’s moderate-income community members to attain home ownership and greater financial stability. Bend’s Affordable Housing Program appreciates Habitat for developing these cottages where multiple neighborhood opportunities exist and with energy efficiencies for these homeowners. City staff look forward to working with Habitat on future home developments and creating greater financial stability for Bend’s community members.”

“We have seen the change that owning a Habitat home has made in people's lives. We want to see many others have that same opportunity,” said donors Les and Judy Alford.

Bend-Redmond Habitat is one of the few affordable housing builders in Central Oregon providing opportunities for homeownership for low-to-moderate-income people who are housing unstable and make 40 percent to 80 percent of the area median income. With their homeownership program, families and individuals are required to volunteer hundreds of hours as the down payment for the home, attend monthly financial education classes and participate in a matched savings program for the closing costs. When those requirements are fulfilled and the house is constructed, the families and individuals purchase it with a below-market rate loan for 30 years.

Habitat isn’t building these homes on their own. In fact, it takes roughly 5,000 people, directly or indirectly, partnering with them on each home so that people have a chance at a different life. A home creates an opportunity to become stable, for security, a feeling of tranquility and empowers people to become better. To learn how you could help Habitat build and serve more, visit bendredmondhabitat.org.
The determining factors in understanding which type of injury you may have. Dr. Dave says, “Symptoms vary in severity, but are similar for both types of injury. How do We Treat Sprains & Strains? Now that we’ve got a pretty good idea of what types of injuries we might be looking at when we have that impromptu slide on the ice, let’s see what Dr. Dave recommends in terms of care. Chiropractic care is essential for these injuries, as it helps to make sure the brain is communicating with the injured body parts.” This can allow for a faster healing process can begin when chiropractic care is received. Dr. Dave also says that at-home treatments are another beneficial tool to our recovery process. He tells us, “Home care for each injury is very similar. The ‘old’ method of treatment used to be RICE, which stands for rest, ice, compress and elevate, however this treatment actually slows the healing process by limiting blood flow to the injured area. More effective treatment now follows the acronym CEM, which slows the healing process by limiting blood flow to the injured area. More effective treatment now follows the acronym CEM, which stands for compress, elevate and move. This is important for two reasons: 1) Swelling will continue to flush with this method without slowing blood flow to the area as ice does, and 2) it allows the brain to start rebuilding connections with the injured area faster, which will help prevent future injuries.” As we recommend chiropractic care, so also do we recommend a visit to your primary care physician. Dr. Dave recommends seeing your PCP in particular “If you can’t move or bear any weight on the affected joint, have pain directly over the bone or if you have numbness in the injured area.” These could be an indication that there’s something more going on that needs extra care. Check with your doctor in these instances to see what type of additional care they recommend. Booking Your First Appointment At Elk Ridge Chiropractic & Wellness Center, we are currently accepting new patients. To book your first appointment, where you’ll receive your primary exam, initial adjustment and treatment plan set up with Dr. Dave, give us a call at 541-388-3588, or email us at elkridgechiropracticgmail.com. Our hours of operation are Mondays and Wednesdays from 9am-6:30pm, Tuesdays and Thursdays from 2:30-6:30pm and Fridays from 9:30am-1pm. We hope to see you soon! In the meantime, stay safe out there!

Sources: Palmer School of Chiropractic. palmer.edu/about-us/what-is-chiropractic
thebendchiropractor.com

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**Slip on the Ice? How About Chiropractic Care?**

**Learn the Difference between a Strain & a Sprain, plus Tips for Getting Back On Your Feet**

by ABIGAIL MORSE — Elk Ridge Chiropractic & Wellness Center

The temperature’s dropping, which means we’re out early, scraping our cars, walking the dogs, hoofing our kids to school over frosty blades of grass and ice-covered sidewalks. Maybe we’re prepared. We’ve got our traction snow boots on. We’re doing the ‘slide walk’ never really taking one full step, all the while hanging on for dear life to our kids’ hands, our spouse’s arm or that large walking stick you bought five years ago for that hike through Alaska you never went on. You barely manage to stay upright until at last, we inevitably stumble.

Like all things in life, we fall. Sometimes it’s a graceful recovery. Others times... not so much. We twist and turn, slaying out our feet in desperate attempts to stay vertical, but to no avail. Hip, knee, hand, foot. Back, our bis, our knees. We try to break the fall by throwing out our arms. That jarring bit of whiplash hits us.

Sometimes it’s a little worse. We hit our heads, we tumble and turn and before we know it, we’re out on our faces with a mouth full of snow and everything hurts.

As an emergency room doc, this time of year can be treacherous to our bodies, which means we need to prepare for when these accidents happen. Because let’s face it. They will happen. Whether it’s you, a loved one, a friend, some stranger on the street, we need to have a plan if things get bent out of shape. But how do we know when we need help? How do we know when that we fell, or even partially fell, we’ve actually hurt ourselves?

We may think we’ve sprained something, but maybe it’s a strain instead. In our attempts to stay upright, we feel like we’ve twisted something and just don’t feel right. Or, if worse comes to the worst and the fall happens, we feel the twist of something unsavory going on and the sinking dread of knowing something bad has just happened. Either way, we’re hurting. Maybe we don’t feel it at first, but over time, the soreness starts to settle in and we won’t quite get our stride back.

With whatever failure, whatever the injury and whatever the pain, it’s going to be a good idea to get treatment as soon as possible. One of our recommendations is to visit some chiropractic care, in addition to physical therapy, to help you get back on your feet.

Let’s start with why chiropractic care and physical therapy are great ways to keep your body nimble from the get-go.

**What is Chiropractic Care?**

Palmer College of Chiropractic tells us that chiropractic care “focuses on the spine and other joints of the body, and their connection to the nervous system. The word ‘chiropractic’ means ‘done with hands’.” Chiropractic care uses adjustments to restore joint function and support the nervous system. They help patients maintain optimal health while avoiding unnecessary drugs or surgery. Just think of it this way: it’s a very safe, specific, controlled force applied to a joint to restore proper function and mobility. Accidents, falls, stress or overexertion can negatively impact your spine or other joints. These changes impact tissues, the nervous system and other areas of the body. Left unresolved, this can make you more susceptible to chronic problems. Chiropractic adjustments reduce pain, increase movement and improve performance.

**How about Physical Therapy?**

Olean Physical Therapy Professionals in Olean, New York, tell us that physical therapy is, “a non-invasive discipline that helps individuals develop, maintain and restore maximum body movement and physical function. Physical therapy can help clients recover from an injury, relieve pain, prevent future injury or deal with a chronic condition.”

Utilizing a wide decregial stimulating technique, such as ultrasound, traction and many others, physical therapy helps to restore range of motion and improve quality of life, making this form of treatment a great go-to when that nasty fall hits us....literally.

So what’s the difference? How do we know when we need them? The short answer is, all the time. Whether for a new injury, stress, aches and pains or chronic conditions, it’s good to receive regular care. For standard maintenance to account for our daily lives, weekly or monthly visits are recommended to maintain proper alignment and range of motion.

Since we’re focusing on new injuries, such as when we slip on the ice and have a world-class tumble, let’s go a little bit deeper into what those injuries may look like, and how we can get them treated.

For example, when we fall, we can sometimes experience the instant feeling that we’ve sprained something. It could actually be that we strained something instead. But what’s the difference? And how do we know to go to the doctor, a chiropractor or both?

Let’s take a closer look.

**What is a Sprain?**

We’re all familiar with this term. We had Elk Ridge Chiropractic & Wellness Center’s very own Doctor of Chiropractic, David Juravitch, give us his take on what constitutes a sprain.

Dr. Dave defines it as “a moderate to severe injury, in which the bone-to-bone connections are stretched or torn. Ankles and wrists are the most likely to be sprained due to the high mobility of those joints. Sprains typically happen after high impact, such as a fall or collision.”

**What about a Strain?**

Alternatively, Dr. Dave tells us that, “A strain, sometimes referred to as a ‘pulled muscle,’ is a mild to moderate injury in which either the muscle itself or the tendon where muscles attach to bone is damaged. Strains can happen after a variety of events, but most commonly after failing to warm up and cool down, shortly after returning to sports from the off-season, overcompensating when falling or simply doing too much too soon.”

**How do We Know if We Have a Sprain or a Strain?**

Dr. Dave says, “Symptoms vary in severity, but are similar for both types of injury. These include pain, swelling, bruising, limited movement in the affected area, and/or head/neck injury.”

While symptoms tend to be similar, there are things to look for that will help you differentiate which of the two is a more likely diagnosis for your pain. Dr. Dave identifies this for us:

“A strain will likely have associated muscle spasms, while a sprain will have pain with a lot of movement.” Be on the lookout for these symptoms in particular, as they might be the determining factors in understanding which type of injury you may have.

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**Contact Us**

At Elk Ridge Chiropractic, we are currently accepting new patients. To book your first appointment, where you’ll receive your primary exam, initial adjustment and treatment plan set up with Dr. Dave, give us a call at 541-388-3588, or email us at elkridgechiropractic@gmail.com. Our hours of operation are Mondays and Wednesdays from 9am-6:30pm; Tuesdays and Thursdays from 2:30-6:30pm and Fridays from 9:30am-1pm. We hope to see you soon! In the meantime, stay safe out there!

Sources: Palmer School of Chiropractic. palmer.edu/about-us/what-is-chiropractic
thebendchiropractor.com

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"There is no power for change greater than a community discovering what it cares about."

- MARGARET J. WHEATLEY

For questions about applications, vacancy announcements or positions please email SM.FS.Des_TempHire@usda.gov.

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**RECENT TRANSACTIONS**

**SALES**

Brokers Graham Dent and Dan Kemp, CCIM with Compass Commercial Real Estate Services represented the seller, 15th and Reed, in the sale of 1069 SE 15th Street in Bend. The 1.5 acre parcel sold for $785,000.

Compass Commercial Real Estate Services broker Bruce Churchill represented the landlord, Three Sisters Holding, LLC, in the lease of a 13,878 SF industrial suite located at 3525 SW Empire Drive in Prineville.

Broker Robert Raimondi, CCIM with Compass Commercial Real Estate Services represented both the Seller, Aero Facilities, LLC, and the buyer, NJ2, LLC, in the acquisition of a 4,900 SF hangar located at 63205 Gibson Air Road in Bend.

**CONSTRUCTION**

There were three notable retail transactions during the quarter. Two 9,000 SF suites were under contract in the $200/SF range. The third notable transaction was the acquisition of a 4,900 SF hangar located at 63205 Gibson Air Road in Bend.

**RENTS**

**BEND INDUSTRIAL MARKET**

Total 73,939 SF of industrial space currently available in the market.

Leasing: The slight increase in vacancy is not an indicator that demand has slowed whatsoever. The most notable leasing activity occurred in the West Side submarket, where 4,679 SF was leased, and 11,170 SF was leased in the East Side submarket, where 11,170 SF and 6,739 SF was leased.

Rents: Average asking rates on industrial space in Bend are between $0.85 and $1.25/SF/Mo. NNN.

**CONSTRUCTION**

The slight increase in industrial rental rates is generally for new or highly improved spaces and may be affected by the amount of available industrial space.

**Remote Work**

Small businesses in the U.S. were targets of cyberattacks in 2020, and that number will only increase until 2021. It's now part of the fabric of the small business, large business rule book that investment in cyber security is a must.

**Retain, and Retool**

With the repeated shutdowns, rule changes and regulations that continue to change and shift due to the COVID-19 pandemic, your business needs to be proactive about retraining employees and vendors and offering opportunities to retool skillsets so that your team can stay abreast of the shifting regulatory and industry landscape. According to an article by McKinsey.com, 30 percent of the U.S. workforce will be going remote this year, and three-quarters of workers are using digital channels for the first time in their careers. That makes the need for retraining imminent to the success of your team or organization in the long term.

Ultimately, your bottom line will thank you if you are proactive in responding to the new trends in work, food service, and technology in the marketplace.

At Northwest Key, we see a transformation occurring in many industries and companies, but this transformation does not need to negatively affect your investment or business. The opportunity to grow, shift, and evolve has arrived. How will your company pivot?

Contact one of our brokers at Northwest Key for more information about available commercial properties and lease opportunities in Central Oregon.

nwkeyrpm.com

**Waypoint Hotel**

Continued from page 3

Continued from page 7

**Compass Commercial**

Continued from page 7
COMMERCIAL PERMITS WEEK ENDING 10-22-2021

City of Bend

$800,000.00 - Commercial (Alteration) 73 sf. at 1219 NE 3rd St. Ste. 120 Bend 97702 OR Builder: Associated Construction, Inc. 503-251-4487 Permit # PRRE202104200

$18,000.00 - Commercial (New) 576 sf. at 932 SE 4th Ct. Redmond 97756 OR Owner: Lawrence Johnson 20920 Kachina Ave. Redmond, OR 97756 Permit # 711-21-002208

$20,500.00 - Commercial (New) 150 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Permit # 711-19-002390

$70,000.00 - Commercial (Tenant Improvement) 816 sf. at 300 NW Oak Tree Ln. Redmond 97756 OR Owner: Wal-Mart Stores, Inc. PO Box 8050 Bentonville, AR 72712 Builder: McClinton Home Finishes, LLC 541-990-6763 Permit # 711-21-001837

$2,500,000.00 - Commercial (New) 24,375 sf. at 425 SW Tamarack Ct. Redmond 97756 OR

$520,960.00 - Commercial (Multi Family) 5180 sf. at 1238 SW Obsidian Ave. Redmond 97756 OR Owner: Redmond Pacific Associates, LLC 430 E State St. #140 Eagle, ID 83616 Builder: R & H Residential Construction 503-228-7177 Permit # 711-19-002389

City of Bend

Deschutes County

$55,000.00 - Commercial (Tenant Improvement) 885 sf. at 63330 Powell Butte Hwy Bend 97701 OR Owner: City of Bend 710 NW Wall St. Bend, OR 97701 Builder: Rawhite Equities, LLC 541-410-1056 Permit # 247-21-006379

$18,000,000.00 - Commercial (Addition) 7500 sf. at 51615 Huntington Rd. La Pine 97739 OR Owner: La Pine Building Supply Company PO Box 439 La Pine, OR 97739 Builder: Precise Construction, LLC 503-784-7466 Permit # 247-21-006990

$746,025.00 - Commercial (Alteration) 6350 sf. at 300 NW Oak Tree Ln. Redmond 97756 OR Owner: Wal-Mart Stores, Inc. PO Box 8050 Bentonville, AR 72712 Builder: McClinton Home Finishes, LLC 541-990-6763 Permit # 711-21-001837

City of Bend

$232,730.00 - Commercial (Alteration) 7367 sf. at 1120 SE 3rd St. Ste 300 Bend 97702 OR Builder: Kellcon, LLC 541-312-4034 Permit # PRRE202104600

$65,000.00 - Commercial (Alteration) 1937 sf. at 70 SW Century Dr. Bend 97702 OR Builder: Kellcon, LLC 541-312-4034 Permit # PRRE202104600

City of Bend

Deschutes County

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November 11
9am La Pine Rural Fire Protection District Regular Board Meeting at 51550 Huntington Road., La Pine.

November 16
9am Visit Bend Virtual Board of Directors Meeting.

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Building Permits

November 8
5:30pm City of Bend Virtual Planning Commission Meeting.

November 11
9am La Pine Rural Fire Protection District Regular Board Meeting at 51550 Huntington Road., La Pine.

November 16
9am Visit Bend Virtual Board of Directors Meeting.

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A colorful mural celebrating Oregon and its diverse cultures has been unveiled at Redmond Municipal Airport as part of a media event also featuring performances by Warm Springs drummer Carlos Calica and the Redmond High School Jazz Band.

Featuring artwork from the new Oregon Cultural Trust license plate, it is one of four full-scale murals being installed at airports in the state, including Medford, Eugene and Portland, through a partnership with GreenCars.com (a division of Lithia Motors).

Redmond Mayor George Endicott spoke at the event, emceed by Community Arts Coordinator for the Oregon Arts Commission Liora Sponko. Also in attendance was Bend resident and Cultural Trust board member Chris Van Dyke, who served with fellow board members ad hoc to oversee the creation of the artwork.

Dubbed “Celebrate Oregon!” the piece was created by Eugene-based artist Liza Burns and is a vibrant tapestry of Oregon geography into which are woven 127 symbols representing different aspects of our collective arts, heritage, history and cultural practices.

It is the result of a year-long, inclusive process that began with a group of statewide nominators sharing the creative brief with artists and designers. A total of 36 artists submitted statements of interest and work samples, with the final selection approval being decided by a diverse jury.

“The new design, built on a panorama of Oregon geography, reflects and respects the diversity of our culture at a time we need it most,” said Cultural Trust Board Chair Niki Price. “Cultural expression is how our communities define themselves — how they live their everyday lives, their traditions, their heritage, their creativity, their celebrations, their values and how they connect with one another. Our culture is the glue that can bind us together as Oregonians.”

Cultural Trust Executive Director Brian Rogers added, “We knew that reflecting the breadth of Oregon culture, and how it brings us together, in one design was an extremely ambitious goal.”

“Liza’s creation does that and so much more. It captures the spirit of Oregon and also serves as an educational tool for exploring our diversity. We are incredibly proud and excited to share it with Oregonians.”

The license plate artwork is accompanied by an interactive visual key that explains each of the symbols and how they connect to Oregon culture, accessed via a QR Code.

CulturalTrust.org

PHOTOS | COURTESY OF OREGON ARTS COMMISSION