Social Security Boost: Taking early, Normal or **Delayed Benefits**

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Enhancing & Promoting the Economic Vitality of Central Oregon Since 1994

Trans-Global Path to Energy Fuel **Inspiration**

Epic Bike Adventure Proved Spark for Central Oregon's "Trail Butter" Pioneers

by SIMON MATHER — CBN Feature Writer



JEFF BOGGESS | PHOTO COURTESY OF TRAIL BUTTER

recipe almost 9,000 miles in the making proved the key ingredient for success for Sisters-based natural energy food specialists Trail Butter, with the company continuing a healthy growth curve in the manufacturing sector and looking at widening expansion into international markets.

The base product has been called everything from a blended trail mix to a spreadable bar during its evolution over the last decade. But the calorie-dense, high (good) fat, high protein fuel has won rave reviews from trail enthusiasts and endurance athletes alike as a tasty all-natural energy food alternative that provides balanced, slow-burning energy in a convenient portable package, all while using real food elements.

Trail Butter CEO Jeff Boggess and Co-Founder — and brother — Wade Boggess are lifetime adventurers who credit their parents for teaching them how to craft delicious meals and snacks with real foods to fuel their wanderlust.

That grounding led Jeff Boggess to pack natural nut butters, mixed nuts, honey and dried fruits when he decided to embark on an epic 8,900-mile bike tour from Germany to California, by way of Europe, Northern Africa and the United States.

As far as navigating the vast expanse of ocean in between, he sailed the Atlantic by joining as a crew member on a 46-foot ketch sailboat, going from the Canary Islands to Martinique in the Caribbean, over 26 days.

Along the way, he found that his energizing snacks being packaged in heavy jars or inconvenient containers took up precious space in his small bike panniers (carriers that attach to a bike's rear rack).

So, "somewhere in Arkansas," it dawned on him that he could save space and create an even tastier snack by combining

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Central Oregon —

A Leader in Manufacturing Jobs

by KRISTINE THOMAS — CBN Feature Writer



ortitech Direct is one of the newest manufacturing companies to relocate to La Pine. CEO Dave Ross said he chose La Pine for a variety of reasons including the welcoming business community and developed infrastructure at the La Pine Industrial Park.

Hortitech Direct manufactures custom-designed greenhouse kits sold nationwide to both commercial and residential clients. "The kits are shipped to a location where they are constructed," Ross said. "Each greenhouse is designed and outfitted to meet a client's needs." As a newcomer, he was surprised to learn La Pine has 16 manufacturing companies including Legend Cider, Badlands Distillery, Wood Products and Forest Contracting, Quicksilver Contracting and Scott Logging.

Sunriver La Pine Economic Development (SLED) Executive Director Patricia Lucas said three manufacturing companies have moved to La Pine in the last three years and three existing businesses plan to expand in the next year or more. The diversity of the manufacturing companies in La Pine reflects what is happening throughout Central Oregon and the state of Oregon.

According to the Oregon Business & Industry Education and Research Foundation and the Oregon Business Council, Oregon ranks 16th in the United States for manufacturing as a share of state gross domestic product. Manufacturing jobs in Oregon employ 214,000 people or eight percent of

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Beer for the People

Cascade Lakes Brewing Declares Not-for-Profit Status

by NOAH NELSON — CBN Feature Writer

'ascade Lakes Brewing is a well-loved local classic. The original pub opened on Bend's Westside in 1994, with the Redmond pub opening their doors in 1996. Since then, Cascade lakes has become a welcome addition to the Central Oregon craft brewing scene, garnering some local and national awards along the way.

In an unprecedented move among local breweries, Cascade Lakes has officially declared themselves, "Central Oregon's first and only not-for-profit brewery."

This does not mean that Cascade Lakes has filed themselves as a tax-exempt, 501(c)(3) nonprofit. Instead, this declaration means that Cascade Lakes and their owners, the Rhine family, will donate the brewery's net profits to an array of local charities.

Andy Rhine, the general manager of Bend's pub and son of the company's founders, said that the motivation for this move is simply "to do good for the community and avoid being a company that is exclusively profit-focused."

The idea to move to a not-for-profit model has been sitting with Andy's father, Bruce Rhine, since the inception of the first pub. "We've always been more focused on the community and had these goals to give back as much as we can," Andy said. "This declaration just lets us keep doing that, even more effectively."

As a not-for-profit, the Rhine family will continue to own and operate the brewery. Profits will go towards nonprofits that primarily focus on land stewardship, conservation and animal welfare efforts. While the Rhine family wants



(L-R) CHEF JEFF KELLY, DIRECTOR OF CULINARY OPERATIONS AND RYAN SCHMIEGE, DIRECTOR OF BREWING OPERATIONS \mid PHOTO COURTESY OF CASCADE LAKES BREWING CO

to help the community in many ways, they feel especially passionate about these issues.

The brewery's history with nonprofits and charity efforts goes far back. The founders, Bruce and Martha Rhine, are co-founders of the Three Rivers Care For Kids nonprofit, and each of their adult children also serve on the board of directors for other local nonprofits, including the Central

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RECENT TRANSACTIONS

Compass Commercial Real Estate Services brokers Pat Kesgard, CCIM and Kristie Schmitt represented the buyer, Joseph Gills, in the acquisition of 61561 American Lane in Bend. The 4,000 SF industrial building on 1.3 acres sold for \$1,575,000.

Tom Tapia, CCIM, Principal, of Fratzke Commercial Real Estate Advisors, Inc., represented the Seller; and Brian Fratzke, CCIM, Principal, of Fratzke Commercial Real Estate Advisors, Inc., represented the Buyer in the sale of 9.5 acres on 9th Street, in Redmond for \$1,463,000.

Brokers Jay Lyons, SIOR, CCIM and Grant Schultz with Compass Commercial Real Estate Services represented the landlord, Charbonneau, LLC, in the lease of a 3,540 SF medical suite located on the northwest corner of York Drive and Charbonneau Street in Bend.

Ryan Cook, Broker & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Sellers in the sale of 1598 SE Hwy 97, in Redmond for \$1,700,000.

Compass Commercial Real Estate Services brokers Peter May, CCIM, Russell Huntamer, CCIM and Eli Harrison represented the landlord, Forum Westside, LLC, in the lease of a 2,412 SF retail suite located in Westside Yard at 210 SE Century Drive in Bend.

Brian Fratzke, CCIM, Principal, & Tom Tapia, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Seller in the sale of 1012 NE 15th Street, in Redmond for \$612,889.

Compass Commercial Real Estate Services Brokers Bruce Churchill, Russell Huntamer, CCIM and Eli Harrison represented the landlord, Rhine Spencer, LLC, in the lease of a 2,077 SF restaurant space located in the Reed South development on the corner of SE 27th Street and Reed Market Road in Bend. Compass Commercial brokers Peter May, CCIM, Huntamer and Harrison represented the tenant, Great Greek.

Tom Tapia, CCIM, Principal, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Seller in the sale of 1015 NE 17th Street, in Redmond for \$620,000.

Brokers Jay Lyons, SIOR, CCIM and Grant Schultz with Compass Commercial Real Estate Services represented the landlord, Vision Plaza, LLC, in the lease of a 2,630 SF office suite located at 404 SW Columbia Street in Bend.

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Deschutes Public Library Takes Next Steps in Purchasing Property for Site of New Library in Southeast Bend

As Deschutes Public Library comes to the close of its 90-day due diligence period on property in southeast Bend, the Library Board voted on Wednesday to move forward with a Purchase Sales Agreement (PSA) on the 9.37 acre parcel. The land, located at the northeast corner of 27th Street and Wilderness Way in Bend, is the intended site for an approximately 100,000-square-foot library, which was part of a \$195 million bond issue approved by voters in November 2020.

The extensive search for suitable property included reviewing more than 40 sites that ranged from five to 15 acres, including the proposed Central District in Bend.

"While we had the chance to review multiple possibilities, this piece of property was the one that checked the most boxes in our search," said Ann Malkin, Library board president. "It provides ease of access off of 27th in a growing part of Bend and will help facilitate faster distribution of library materials throughout Deschutes County."

The parcel of land is part of the Stevens Ranch development, formerly owned by the State of Oregon. More than 1,400 new housing units, as well as parks and schools, are planned in the surrounding area. The property

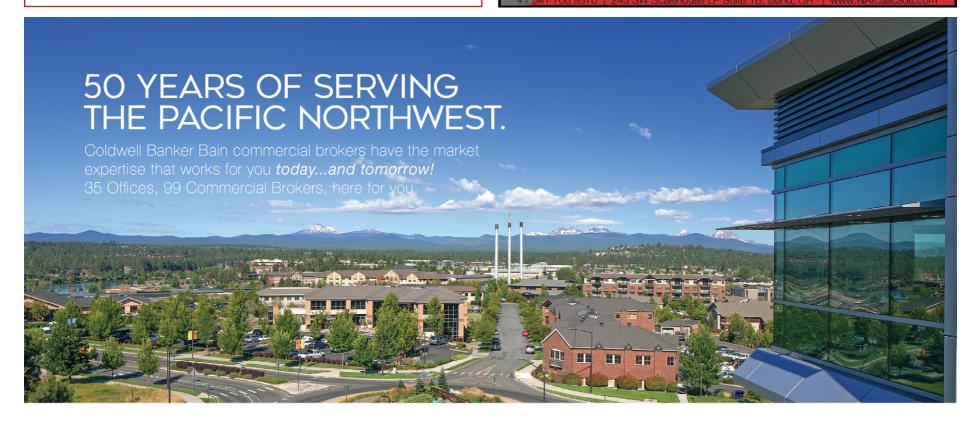
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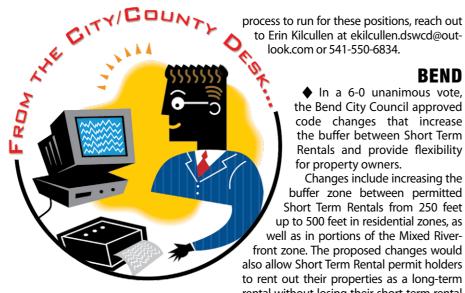
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Business & Industry



DESCHUTES COUNTY

◆ Deschutes Soil and Water Conserva-

tion District has two Board of Director posi-

tions that are available and need to be filled

for the election in November 2022: Zone 1

(Redmond) and Zone 4 (Alfalfa). These are

four-year terms. The map of the zones can be

• Must reside within the boundaries of the

To run for these positions, Individuals:

• Be a registered voter in that District.

of ten or more acres of land in the

· Reside within the conservation

• Be involved in the active management

· Reside within the zone that is repre

sented, and actively manage ten or

At this point, these positions are open for

write-in candidates. Individuals may file a

Declaration of Intent and Request for Write-

In Votes to be Tallied form with ODA to have

write-in votes cast in their behalf tallied. Candidates must file this form no later than 5pm

If you need more information about the

more acres in the conservation district

conservation district.

boundaries; or

district boundaries

found HERE.

district by:

on October 25, 2022.

to Erin Kilcullen at ekilcullen.dswcd@outlook.com or 541-550-6834.

BEND

♦ In a 6-0 unanimous vote, the Bend City Council approved code changes that increase the buffer between Short Term Rentals and provide flexibility for property owners.

Changes include increasing the buffer zone between permitted Short Term Rentals from 250 feet up to 500 feet in residential zones, as well as in portions of the Mixed River-

front zone. The proposed changes would also allow Short Term Rental permit holders to rent out their properties as a long-term rental without losing their short-term rental license for up to three years.

These code changes were informed by results from a Short Term Rental property owner survey that was conducted earlier this year.

Based on the survey results, property owners were supportive of incentives to rent long term, including waiving the proof of use requirement to keep the Short Term Rental operating license. Currently, the Bend Development Code doesn't allow a property owner to keep their Short Term Rental license if the property isn't rented out as a Short Term Rental for more than 12 months.

Under the previous 250-foot buffer, 66% of residential zoned properties were eligible to become a Short Term Rental.

With the buffer increasing to 500 feet, the percentage of residential zoned properties that can qualify for a Short Term Rental permit is reduced to 46%.

The intent behind these changes is to address one of the Council's 2021-23 biennium goals to "reduce regulatory barriers for housing development, with an emphasis on incentivizing rent and price restricted affordable housing, middle income housing, and housing that serves vulnerable community members."

♦ Community committees are a great way to get involved with City government. The City has a number of Council-appointed boards, committees, commissions and advisory groups that make recommendations to City Council or City administrative staff. There are several openings coming up. Applications are being accepted for the Bend Economic Development Advisory Board, Budget Committee, Environment and Climate Committee, Human Rights and Equity Commission, the Neighborhood Leadership Alliance and the Planning Commission.

Bend Economic Development Advisory Board

The Bend Economic Development Advisory Board is seeking one member for a threeyear term. Members may be reappointed for an additional three-years at the conclusion of their first term. Contact: Ben Hemson, Business Advocate, 541-388-5529, bhemson@ bendoregon.gov

Budget Committee

The Budget Committee is seeking two members — one for an initial three-year term and one for an initial four-year term. Members may be reappointed for an additional four years at the conclusion of their first term. Contact: Janette Townsend, Finance Director, 541-323-8559, jtownsend@bendoregon.gov

Environment and Climate Committee

The Environment and Climate Committee is recruiting two new members for terms beginning January 2023. Contact: Cassie Lacy, Senior Management Analyst, 541-323-8587, clacy@bendoregon.gov

Human Rights and Equity Commission

The Human Rights and Equity Commission will be recruiting four new members for both two- and four-year terms. Contact: Mickie Derting, Interim Equity Department Director, 541-316-9935, mderting@bendoregon.gov. Neighborhood Leadership Alliance (NLA)

The NLA is recruiting for a representative for the Southern Crossing Neighborhood Association to begin immediately. Those interested in applying for the committee should first verify that they live or own a business in Southern Crossing Neigh-

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borhood Association by using the online map found at bendoregon.gov/neighborhoods. Applications will be shared with the Neighborhood Association board for consideration. The Neighborhood Association board will follow up with applicants and provide their appointment recommendations to the Mayor and City Council. Contact: Makayla Oliver, Community Relations Manager, 541-323-8571, moliver@bendoregon.gov.

Planning Commission

The Planning Commission will be recruiting at least one new Commissioner for a term that will begin in January of 2023. Contact: Colin Stephens, Director, 541-693-2119, cstephens@bendoregon.gov

How to apply to a committee:

Fill out the online advisory committee application form at www.bendoregon.gov/ government/committees/apply.

Applicants can also come to City Hall, 710 NW Wall Street, Monday through Friday between 9 a.m. and 4 p.m. to fill out an application. Please contact Robyn Jones to set up an appointment at 541-323-8575 or rojones@ bendoregon.gov.

Applications are due by end of day, October 31, 2022.

Appointments will be determined based on the Council's availability and upcoming meeting agendas.

Learn more at bendoregon.gov/ committees.

Stipends:

Earlier this summer, the Bend City Council approved the creation of a stipend program for City advisory board, committee and commission members. This will expand opportunities for community members to connect with the City and lower barriers to engagement. The program would provide members of permanent City advisory boards, committees, and commissions with a stipend of \$40 per meeting, not to exceed \$500 a year per person. This stipend covers assumed costs of volunteering on an advisory group such as travel, parking, stable internet connection and other expenses.













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Attendance Policy Best Practices for Employers

by BRUCE GARRETT, Attorney & BECKY ZUSCHLAG, Law Clerk — Barran Liebman LLP

ttendance policies are commonplace in many workplaces. A typical policy will provide employees with information about attendance expectations and procedures for requesting time off. Additionally, policies may provide negative or positive incentives for employees who adhere to the attendance rules. When written and enforced uniformly and correctly, at-





Bruce Carret

Becky Zuschlag

tendance policies can be a valuable tool. However, there are many traps for the unwary and it is easy for an employer to inadvertently create or apply an attendance policy that violates an employee's rights.

A common type of attendance policy utilizes a "point system" — where an employee receives a point for every absence. After an employee receives a specified number of points in a given period of time, the employer will typically discipline or terminate the employee for poor attendance. Employers that are using this type of attendance policy should exercise caution. If you are applying points for all absences, without exception, you may be in violation of state, federal, and/or local protected leave laws. For example, if your employee misses work for medical care or treatment, those absences may be protected by the federal Family and Medical Leave Act (FMLA), the Oregon Family Leave Act (OFLA) or the Oregon Sick Leave Law. Additionally, an employee who is not entitled to leave through one of those programs may be entitled to leave as a reasonable accommodation under the Americans with Disabilities Act (ADA) and/or Oregon disability law. When employees take leave pursuant to one of these laws, employers are prohibited from reprimanding or disciplining employees because their protected absence led to a violation of the employer's attendance policy.

Similarly, an attendance policy that rewards employees for taking limited time off or for giving advance notice before taking time off could also be in violation of various state and federal leave laws if an employee has utilized protected leave. In other words, an employer generally may not count protected leave against an employee when determining the employee's compliance with the attendance policy or eligibility for bonuses or rewards based on attendance. Consult with counsel to determine when protected leave can and cannot be

counted when determining attendance-based bonuses or rewards.

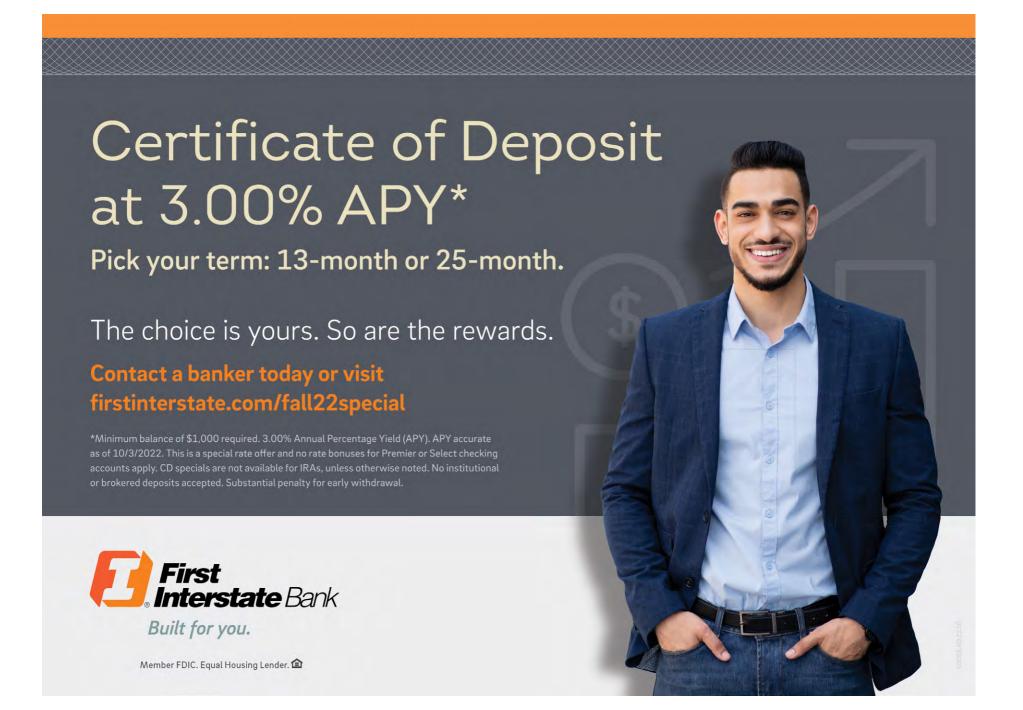
The simplest way to reduce your risk of violating the law is to determine why an employee is missing work, and whether that reason is protected. You might be surprised to learn some of the less talked about, but still very much protected, reasons that employees miss work. For example, Oregon law provides protected time off to eligible employees of covered employers for the following reasons:

- Leave for victims of domestic violence, harassment, sexual assault or stalking;
- Leave to attend criminal proceedings;
- · Leave to donate bone marrow;
- · Leave to testify before the legislature;
- Leave to serve as a volunteer firefighter or for search-and-rescue;
- Leave for Olympic athletes;
- · Leave to attend jury duty; and
- · Leave for eligible veterans on Veterans Day.

Attendance policies can be an important tool for employers and provide necessary guidance and incentives for employees to follow the policies. However, a well-intentioned attendance policy can become the focal point of litigation. It is important to carefully review your company's attendance policy and examine how it is enforced. Specifically, consider how and when employees are disciplined or rewarded with respect to attendance and be sure protected absences are not held against employees.

Bruce Garrett is an attorney and Becky Zuschlag is a law clerk at Barran Liebman LLP. For questions about attendance policies, contact Bruce at 503-276-2175 or bgarrett@barran.com.

barran.com



Portland-based Hacker Opens Office in Bend

by MATT ANDERSON

acker has announced the opening of their new office in Bend. The Bend office will complement the firm's Portland office and help to support the studio's increasing presence in central Oregon. Recent work in the area includes: The Grove, a new development in Bend including the recently completed Grove Market Hall and Assembly workspaces, and the soon to be completed Arête condominiums; the Universalist Unitarian Fellowship of Central Oregon, a new home for community gathering for spiritual growth and fellowship; and the Lodge at Black Butte Ranch, an amenity building designed to capture the spirit and beauty of the Ranch through connections to the surrounding high desert and mountain landscape.

"Central Oregon is such a unique and dynamic landscape," notes Corey Martin, principal designer for several of the firm's Bend area projects. "There's no place like it anywhere in the world and over the past 40 years, we've been dedicated to designing buildings uniquely suited to this high desert landscape." Notable projects found in the region and beyond include: the nationally recognized High Desert Museum, which is celebrating its 40th Anniversary this year; the downtown Bend Library for Deschutes County; the Columbia Gorge Discovery Center & Museum in The Dalles; and the Lakeside Bistro and Pool at Black Butte Ranch.

Interior designer Sarah Weber, associate principal, and architect Tom



HACKER'S BEND OFFICE IS LOCATED INSIDE THE ASSEMBLY, A CO-WORKING SPACE WITHIN THE GROVE



THE GROVE AT NORTHWEST CROSSING, A NEW MULTI-FUNCTION DEVELOPMENT DESIGNED BY HACKER IN BEND | PHOTOS COURTESY OF HACKER

Schmidt, associate, both Bend residents, are looking forward to having a space in which to collaborate in their hometown. "The Bend region is important to the firm," notes Weber. "Some of the firm's earliest work is in the region and that experience has been fundamental to helping to define how we relate to landscape and local environments."

The Bend office will be located at 2838 NW Crossing Drive, Suite 206 inside the Assembly, a co-working space within The Grove, a 67,000-square-foot, multifunction development including office space, retail, a food hall and housing. "This makes our tenth project in the area," notes Tom Schmidt. "What's great about The Grove is that it rethinks how development occurs in places such as Bend. It creates a comfortable sense of density while preserve our natural landscape by minimizing sprawl."

About Hacker:

Hacker is an architecture and interior design studio with a staff of 50+ based in Portland, Oregon, with an office in Bend. The firm is united by a desire to create spaces that enrich the world — spaces that connect people to the landscape and each other. The firm's devotion to craft and 30+ year history of environmentally progressive design, their expressive use of materials and natural light — above all, their reputation for seeking clarity and meaning in every aspect of the work — has earned the firm an international, national and regional design awards, top prizes in national design competitions and publication internationally.

hackerarchitects.com

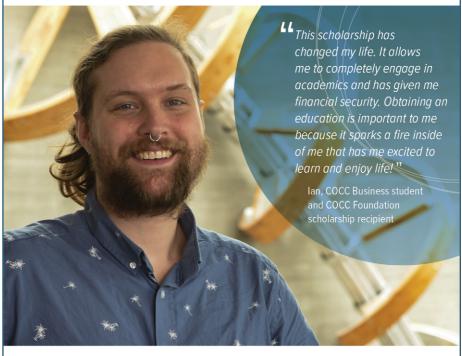




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Innovation vs. The Entrepreneurial Centrifuge

by MICHAEL SIPE, President — CrossPointe Capital

s a business owner, it's easy to get distracted. It's easy for your employees to get distracted as well. With limited time and resources, how do you prioritize your efforts and keep your team focused on activities that yield the highest return?

Management guru Peter Drucker, once said, "Because of the nature of business, it has just two functions and only two: Innovation and Marketing. Innovation and Marketing make money. Everything else is just a cost."

Innovation for its own sake is not the point, however. You can get hooked into the concept and try to innovate in too many areas or in the wrong areas. Well-meaning employees head off chasing the next shiny object, and the company loses focus. The result can be inefficiency, frustration and poor results...all under the guise of innovation.

This is an example of what we call the Entrepreneurial Centrifuge. Maximum power is at the center of your business, but it dissipates as the inertia of the "bodies" (you and your team) tend to spin you away from your essential core activities. One useful way to evaluate where you should direct your innovative energies is to separate things that happen in your company into four categories; and then to look at them from two perspectives: an operational perspective and a marketing perspective.



GRAPHIC | COURTESY OF CROSSPOINTE CAPITAL

Four Aspects of Your Business

1. Your Central Offer. This is at the very core of your business. It's what you offer and deliver to the marketplace. It's what people pay you to do. If you do this well, you can make millions. If you do it poorly, you can lose millions. The risk and reward levels are both very high. Therefore, focusing your attention and that of your team in this area provides maximum return. It is here that you should put your maximum internal energy to innovate and market. Of course, this is intellectually obvious, but it's easy to lose sight of in the daily pressures of business.

2. Critical, But Not Central. Some activities are clearly essential to the delivery of your Central Offer, but despite their importance, you can't devote significant internal resources to them. These are activities that if they go undone or get done poorly can devastate your business. The trap is that devoting internal resources and trying to develop expertise in them does not get you much return. So, the risk factor is high, but the reward factor is low. A good example is your computer system. An effective IT system has become critical to most

Continued on Page 8 ▶



rossPointe Capital Continued from page 7

small companies. If it fails, you can get badly hurt. You can waste a lot of internal resources fussing with your IT trying to innovate and make it work better, but you're simply not going to get the same return as if those same resources are focused on your Central Offer. Consider outsourcing these Critical, But Not Central IT functions to trustworthy vendors whose Central Offer is optimizing computer systems. Make sure you pick partners that are actively innovating in this domain... so you don't have to.

3. Necessary, But Not Critical. Many business activities are necessary just to sustain the business operations. However, it doesn't matter how well you do them, because they don't really produce a return. If you do them poorly, that doesn't hurt you much either. In other words, both the risk and reward factors are low. Investing a lot of money, time and staff resources in these areas does not make sense. Unfortunately, well-meaning but misdirected employees can suck up limited resources making things incrementally better in these areas, to no real benefit. They can look like attractive places to spend time "innovating," precisely because they are low risk/low reward. Since there is no significant way to measure the value of incremental improvements, some people like to hang out here looking busy. If you've ever had someone invest 200 hours "perfecting" a safety manual, you know what I mean.

The slogan, "If it's worth doing, it's worth doing well," can actually be a pitfall in this category. Simply "good enough" should be the standard here. It's the job of management to decide how good is "good enough," and how to accomplish that as efficiently as possible. If you outsource these Necessary, But Not Critical, functions, you're simply looking for an adequate vendor at the lowest cost. This conserves your energy and capital.

4. Irrelevant. The name sort of says it all, other than to note that every business at times finds itself spinning out of control due to the pull of the irrelevant, so constant vigilance is in order.

Operational and Marketing Perspectives

From an Operational perspective, your internal resources need to be focused

on the Central Offer. Outsource the Critical, But Not Central activities to the best vendors you can find...and focus on the overall value they provide, not price.

Find the most cost-effective way to handle the Necessary activities and rigorously purge the Irrelevant.

From a Marketing perspective, there is little merit in spending money promoting products and services that prospects find irrelevant. Yet we see this all the time, where an entrepreneur invents a product he thinks is cool, but it really doesn't matter to anyone else. Millions of dollars are wasted promoting the irrelevant offering, and the market responds: "Who cares?"

If your products and services are perceived as Necessary, But Not Critical to your prospects, you are going to experience downward price pressure and margin squeeze. For small companies, investing excessive amounts of money in advertising and promoting these low-margin offerings is a death spiral. That's a game only the big, deep-pocket guys can play. Your marketing must be much more creative and efficient. Internally, your innovations must be directed toward:

- producing your product or service more cost-effectively, and
- developing new high-margin products and services that address Critical, But Not Central issues for your prospects.

Where the Money is:

From a marketing and business development perspective, high-profit margins are found in the areas prospects see as being Critical, But Not Central for them, or in areas that clearly augment their Central Offer. That's where your innovation and marketing energies should be tightly focused to achieve maximum returns for your customers and, as a result, for your business. Educating prospects and building a case for how your products and services provide valuable assistance in their Central and Critical areas is the job of marketing.

Michael Sipe is an entrepreneur, local business consultant and candidate for HD53 State Representative.

CrossPointeCapital.com

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Michael Sipe, President CrossPointe, Inc.

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Legend Cider Continues to Grow in La Pine

by KRISTINE THOMAS — CBN Feature Writer

he first time it happened, Tyler and Adrianne Baumann were serving Legend Cider at the CiderFest in Hood River. "There were 12 other cider companies at the festival, yet we had the longest line and people kept coming back time and time again for our cider," Adrianne recalled. "The reaction to our cider solidified to us that we were on the right track, and that people realized our cider was unique. We didn't expect to be a sudden success."

Since starting the company in 2015, the Baumanns have continued to receive the support from businesses and cider fans to grow their business. In 2019, they relocated from The Dalles to La Pine. They recently opened a taproom in Talent and in the next few months, they are relocating their cidery and taproom to a space three times larger than their current space. "When we first started, we had thought this would be a fun hobby but the positive feedback we have received has turned it into a viable and successful business," Adrianne said.

Using unfiltered all-natural cider made from Northwest-grown apples and all-natural juices, Tyler handcrafts several ciders including PCT (Pineapple, Coconut, Tiki) Punch, Siskiyou Strawberry Lemonade, Columbia Gorge Grape, Mt. Mazama Mango, Paulina Pomegranate, Broken Top Blood Orange, Pacific Pog, Smith Rock Strawberry Kiwi and Bachelor Blueberry.

A family-owned and operated company, Adrianne said it's important to her and Tyler to be a part of their community and contribute where and how they can. Both growing up in small towns, Adrianne and Tyler wanted to find a similar experience for their two-year-old daughter. "EDCO was a big reason why we chose La Pine," Adrianne said. "We received support from Sunriver Brewing Company owner Marc Cameron who helped connect us with EDCO. The La Pine City government was also welcoming and helped us find grants to flip the current taproom from a tire shop to a food production facility."

Legend Cider is currently sold in kegs to bars and restaurants in Oregon. They don't use any preservatives in their cider, however, they are working on a recipe so that one day it can be sold in cans or bottles. "We had to move to a new location because we completely outgrew our current space," Adrianne said. "They will be a larger tasting room and production facility. We are currently selling out our cider before it's made."

Both Adrianne and Tyler are incredibly grateful to the La Pine community for their support. "People here really take pride in the business including our mug club members," Adrianne said. "People enjoy our products and the atmosphere and want to be a part of it. The new location will be in the center of town, making it easier for people to walk to."

They are fortunate to have a lower turnover employee rate. "I am grateful I get to work with my husband, and we make a great team," she said. "Whenever we do face a challenge, we are both quick to solve it, being creative problem solvers."

They are excited to open the new taproom and will share the space with Wild Oasis, which will sell its bison meat, the local smoothie cart and a few other small

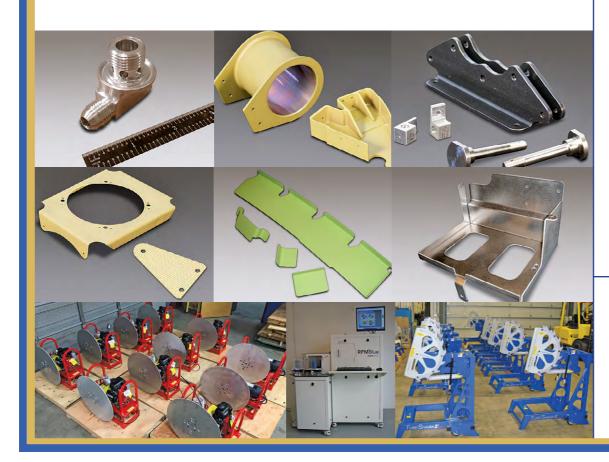


ADRIANNE AND TITLER BAUMANN | PHOTO COURTEST OF LEGEND CIDER

businesses. "For us, it's all about being part of the community," Adrianne said. "We want to support other businesses in the same way we have been supported." legendcider.com



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ascade Lakes Brewing

Continued from page 1

Oregon Running Klub and the Central Oregon Trail Alliance. On the brewery's side of things, multiple special-release beers that give profit back to the community have been produced, including the Street Dog IPA, which supports local nonprofit Street Dog Hero, and the Elk Camp IPA, which supports the Oregon Hunters Association.

Aside from charities, Cascade Lakes plans on using their profits to give back to their family of employees; the two breweries currently employ about 80 people, and the opening of their new Eastside Bend location will bump that number up to about 120.

"We believe in treating our employees right," said Andy. "This move will help us provide our employees above average industry wages, high-quality healthcare and other benefits."

The Rhine family believes that happy workers make a big difference, and this move shows that they are committed to that belief.



Looking to the future, this declaration will help Cascade Lakes continue and increase their philanthropic efforts. "Our goals include holding more community fundraisers, more fundraising beer releases and overall just doing good in the community," Andy said. "The simple goal is to do good, help out our neighbors and not be driven by profits. It's as simple as that."

Grab a craft brew and high-quality pup fare at either location, or the upcoming Eastside Bend location, and enjoy your meal knowing that your purchase is giving back to the community in more ways than one.

cascadelakes.com



entral Oregon Continued from page 1

the state's employment with a median income of \$55,000 compared to \$47,000 for all other industries. "Oregon has emerged as a leading manufacturing state during the past half century – with production and employment growth routinely outpacing the U.S. average," the report read. "Oregon's manufacturing employment increased 14 percent from 1969 to 2019 while U.S. manufacturing jobs declined by 34 percent during the same time."

Central Oregon Leading in Manufacturing Jobs

EDCO CEO Jon Stark shared that manufacturing jobs grew from 2010 to 2019 by 15.1 percent in the United States; 28.4 percent in Oregon; 67.7 percent in Deschutes County and 97.7

percent in Redmond. Manufacturing jobs account for eight percent of Central Oregon's employment. The manufacturing companies the largest number of employees include Bright Wood Corporation, Deschutes Brewery, Epic Air, Keith Manufacturing Co., 10 Barrel Brewing Co., and Sunriver Brewing.

Founded in 1981, EDCO is a nonprofit corporation supported by private and public members and stakeholders.

EDCO's mission is to create a balanced and diversified economy with a strong base of middle-class jobs in Central Oregon. Working with business and government leaders in Madras, Prineville, Sisters, Redmond, Bend and La Pine/Sunriver, it helps traded-sector companies to move, start or grow in Central Oregon.

Manufacturing industries in Central

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entral Oregon
Continued from previous page

Oregon are aviation/aerospace, bioscience, brewing and distilling, building projects, food manufacturing, high technology and outdoor gear and apparel. Manufacturing accounts for 26 percent of jobs in Jefferson County; 15 percent in Sister; 13 percent in Prineville/Crook County; eight percent in Redmond; six percent in Bend and less than four percent in La Pine.

Eric Strobel is EDCO's area director for Sisters. Throughout the United States, Strobel said the major challenges facing manufacturing companies are labor and supply chain shortages. Manufacturing companies that are expanding are implementing advancements in automation to offset the labor shortage.

At a recent business roundtable held in Sisters, Strobel said manufacturers listed workforce housing, transportation for commuters and lack of daycare as their top three issues. "We expect to see the automation trend continue as companies look for improved efficiencies and productivity," he said. "For those companies wanting to expand and build new facilities, high construction costs are a major hurdle for projects, but there are a lot of expansions taking place right now."

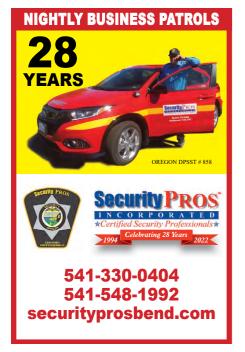
Stark shared many manufacturers are still recovering from the pandemic's impact on the last two years. "The pandemic was a huge setback for manufacturing companies especially at the beginning when it was being determined how people could safely work," Stark said. "The short-term shutdowns contributed to the supply chain shortages."

Today, he said, companies are still trying to find solutions to inflation, worker shortages, increased wage demands and higher prices for everything from fuel to supplies. "EDCO is working with manufacturers in Central Oregon to help address their challenges including connecting them with employees," he said.

Despite the challenges, Stark said manufacturing companies are still relocating and expanding in Central Oregon. "We receive inquiries every week from companies interested in Central Oregon," he said.

Building a Diversified Economy

Traditionally known as a timber town with All American Timber and Scott Logging being the two oldest businesses, La Pine is attracting the attention for a diverse range of manufacturing companies. A contributing factor to La Pine's economic development is the La Pine and Sunriver Economic Development (SLED), which is a partnership between the city of La Pine, Deschutes County, the private business sector and Economic



Development for Central Oregon (EDCO).

Over the past six years, SLED has assisted 11 new and existing businesses with capital investments of more than \$11.6 million, resulting in the creation of 135 jobs. La Pine has several timber industry manufacturing companies. "I am currently working with businesses from a variety of sectors considering locating in La Pine," Lucas said. "In the past few years, manufacturers have opened in the greenhouses, distillery, specialty beverage

and data mining sectors.

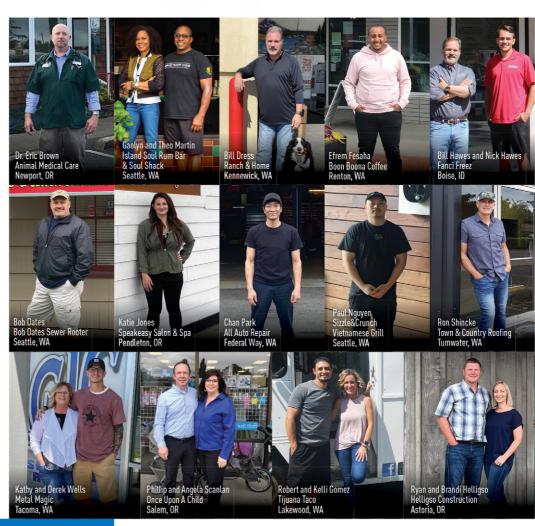
There are currently 183 jobs in the manufacturing sector in La Pine, with the range of employees at companies from one to 59. Lucas said the La Pine Industrial Park has attracted attention to manufacturing companies looking to move, start or grow.

The 330-acree industrial and business park has land parcels ranging from .2 to 40 acres, including 76 acres of statecertified parcels, shovel-ready lots for

building and complete with curbside infrastructure. In the last year, five transactions have closed, more than that have closed in the past five years.

Owning and operating a manufacturing company comes with its challenges, but Lucas said there are several resources ready to help including SLED, EDCO and many more. These can be found on the La Pine and EDCO websites.

edcoinfo.com/find-info lapineoregon.gov/ed





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Central Oregon Manufacturing

Largest Manufacturing Deschutes County (Listed by Number of Staff with at least 5 employees)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Business Description
Les Schwab Tires Centers - Headquarters 20900 Cooley Rd., Bend, OR 97701	541-447-4136	541-416-5363	www.lesschwab.com	Reception	916	1952	Tire centers located throughout Central Oregon.
BasX Solutions 3500 SW 21st Place, Redmond, OR 97756	541-647-6650	N/A	www.basxsolutions.com mtobolski@basxsolutions.com	David Benson, Matthew Tobolski	340	2012	N/A
JELD-WEN Millwork Manufacturing Bend 62845 Boyd Acres Rd., Bend, OR 97701	541-385-1444	541-382-2215	www.jeld-wen.com leebo@jeld-wen.com	Lee Bouck	315	1968	Wood products & wood window parts.
JELD-WEN, Inc. 62845 Boyd Acres Rd., Bend, OR 97701	541-382-4411	N/A	www.jeld-wen.com	Lee Sparks	315	1977	Wood products & wood window & door parts.
Medline ReNewal 1500 NE Hemlock, Redmond, OR 97756	541-923-3310	541-923-3375	www.medlinerenewal.com customer.service@medlinerenewal.com	Steve Bettis	267	1997	Manufacturing & reprocessing of medical devices. A FDA-registered device reprocessor.
10 Barrel Brewing 62950 NE 18th St. (Brewery & Pub) 1135 NW Galveston Ave. (Pub), Bend, OR 97701	541-585-1007	541-585-1008	www.10barrel.com info@10barrel.com	Kyle Mckee	235	2006	Handcrafted beer.
PCC Schlosser 345 NE Hemlock Ave., Redmond, OR 97756	541-548-0766	541-548-6579	www.pccstructurals.com	Keith Covlin	226	1989	Titanium investment casting foundry for the aerospace & medical industries.
Epic Aircraft 22590 Nelson Rd., Bend, OR 97701	541-318-8849	541-382-5125	www.epicaircraft.com info@epicaircraft.com	Doug King	221	2004	Kits for building aircraft, including the LT-6-place turboprop which is currently in the process of being certified with the FAA. Training on site.
Nosler, Inc. 107 SW Columbia St., Bend, OR 97709	541-382-3921	541-388-4667	www.nosler.com catalog@nosler.com	Zach Waterman	164	1948	Manufacturer the industry's finest bullets, ammunition, component brass & rifles for hunting & shooting enthusiasts.
Deschutes Brewery 901 SW Simpson Ave., Bend, OR 97702	541-385-8606	541-383-4505	www.deschutesbrewery.com info@deschutesbrewery.com	Gary Fish	150	1988	Craft brewery.
Knife River 64500 OB Riley Rd., Bend, OR 97701	541-388-0445	541-388-8932	www.kniferiver.com chris.doan@kniferiver.com	Chris Doan	150	1968	Paving mixtures, asphalt, aggregate & construction.
Bright Wood Corporation - Redmond 630 SE First St., Redmond, OR 97756	541-475-2234	541-475-7782	www.brightwood.com info@brightwood.com	Dallas Stovall	138	1960	Wood products.
Quality Truss 1000 SE Lake Rd., Redmond, OR 97756	541-923-2759	541-923-0023	qtruss@qtruss.com	Ted Hormel, Andy Scott	133	1985	Roof & floor trusses.
Suterra LLC 20950 NE Talus Pl., Bend, OR 97701	541-388-3688	866-326-6737	www.suterra.com customercare@suterra.com	N/A	132	1984	Sustainable, pheromone-based insect control for commercial agricultural markets.
Microsemi Corporation 405 SW Columbia St., Bend, OR 97702	541-382-8028	541-388-0364	www.microsemi.com	Mark Gabler	130	1984	Mixed-Signal integrated circuits & discrete semi-conductors & RF components.
Systema 265 NW Franklin Ave., Ste. 201, Bend, OR 97701	541-602-2092	N/A	www.systema-usacorp.com	Travis Stevens	130	1993	Provides software solutions, processes & services to the high technology industry that are cost-effective, improve productivity & meet regulatory compliance requirements & more.
Hooker Creek Companies, LLC 95 SW Scalehouse Lp., Ste. 100, Bend, OR 97702	541-389-0981	541-389-4763	www.hookercreek.net info@hookercreek.net	Scott M. Carlson	120	1984	Ready mixed concrete, sand & gravel, equipment rentals, supplier of construction materials.
Cascade Lakes Brewing Company 2141 SW First St., Redmond, OR 97756	541-923-3110	N/A	www.cascadelakes.com chris@cascadelakes.com	Chris Justema, Andy Rhine	85	1994	Brews six beers year-round: Blonde Bombshell, 20 inch Brown, Salted Caramel Porter & more, as well as many seasonals throughout the year: Slippery Slope, Drop the M.I.C., Paulina Lake Pilsner & more.
Grace Bio-Labs 1015 SW Emkay Dr., Bend, OR 97702	541-318-1208	541-318-0242	www.gracebio.com lhale@gracebio.com	Lisa Hale	85	1995	Global provider, local manufacturer. Developing laboratory products, services & custom solutions for research & diagnostics applications.
Ruff Wear 2843 NW Lolo Dr., Bend, OR 97703	541-388-1821	541-388-1831	www.ruffwear.com support@ruffwear.com	Patrick Kruse	70	1992	Performance gear for dogs.
Brian's Cabinets 20780 Sockeye Place, Bend, OR 97701	541-382-3773	541-382-7021	www.brianscabinets.com info@brianscabinets.com	Sean Brisbine	65	1977	Cabinet & closet manufacturer.
Eberhard's Dairy Products 235 SW Evergreen Ave., Redmond, OR 97756	541-548-5181	541-548-7009	www.eberhardsdairy.com ebdairy@eberhardsdairy.com	Mark Eberhard	50	1951	Milk, ice cream, cottage cheese & butter manufacturer & distributor.
EP Climbing USA 63085 18th St., Ste. 101, Bend, OR 97701	541-388-5463	541-388-3248	www.epusa.com info@epusa.com	Sander Culliton	50	1988	Artificial climbing walls, handholds & Clip N Climb elements.
Mike's Fence Center, Inc. 59 SW Hayes Ave., Bend, OR 97702	541-388-1625	541-389-4578	www.mikesfence.com sales@mikesfence.com	Ryan Higgins	50	1980	Fence construction, fence supplies (retail), automated gates & mobile mix concrete.
Northland Furniture 681 SE Glenwood Dr., Bend, OR 97702	541-389-3600	541-389-4943	www.northlandfurniture.com sales@northlandfurniture.com	Brian Noll	50	1976	Custom furniture manufacturer for the hospitality, healthcare & senior living markets. Manufacture multi-family kitchen cabinetry.
Qorvo, Inc 63140 Britta St., C106, Bend, OR 97703	541-640-8651	N/A	www.qorvo.com crystal.ferris@qorvo.com	541-640-8651	50	2005	Design & manufacture RF Solutions for mobile, defense & infrastructure markets.
Oregon Wild Harvest 1601 NE Hemlock Ave., Redmond, OR 97756	541-548-9400	541-923-7235	www.oregonswildharvest.com questions@oregonswildharvest.com	Pam Buresh	47	2014	Herbal supplement manufacturer distributed nationally.
Bendistillery, Inc. 19330 Pinehurst Rd., Bend, OR 97703	541-318-0200	541-318-1886	www.craterlakespirits.com alan@bendistillery.com	Alan Dietrich	45	1996	Fully operating distillery, farm, tasting room & more. Produce Crater Lake Vodka, Crater Lake Gin, Crater Lake Hazelmut Espresso Vodka, Crater Lake Pepper Vodka & more.
Zamp Solar 63255 Jamison St., Bend, OR 97703	541-728-0924	N/A	www.zampsolar.com support@zampsolar.com	Coner Miller	45	2010	Zamp Solar specializes in 12-volt solar charging systems for off-grid, RV, marine, agriculture & other applications. Offer a variety of portable & hard mounted solar kits made right here in Bend, OR USA.
Aircraft Rubber Manufacturing (Fuel Safe Systems) 1550 NE Kingwood Ave., Redmond, OR 97756	541-923-6005	541-923-6015	www.fuelsafe.com sales@fuelsafe.com	William Hare	42	1988	Fuel cells for race cars, planes & boats. Armored tanks, industrial tanks. Welding & fabrication. Liquid storage containers.
Host Industries, Inc. 20526 Murray Rd., Bend, OR 97701	541-330-2328	541-330-9002	www.hostcampers.com dave@hostcampers.com	Mark Storch, Dave Hogue	42	2001	Manufacture truck campers.
Metabolic Maintenance 601 N Larch St., Sisters, OR 97759	541-549-7800	541-549-3299	www.metabolicmaintenance.com info@metabolicmaintenance.com	Karla Cross	40	1984	Vitamin supplement manufacturers.
Metolius Mountain Products 63189 Nels Anderson Rd., Bend, OR 97701	541-382-7585	541-382-8531	www.metoliusclimbing.com info@metoliusclimbing.com	Doug Phillips	40	1983	Mountain climbing equipment
Proshop Millwork & Design 63085 NE 18th St., Bend, OR 97701	541-388-4340	541-388-3440	www.proshopmillwork.com chuck@proshopmillwork.com	Chuck Mazzola	40	1980	Residential & commercial cabinetry, countertops & pro shop display features.
CLS Fabrication Inc. 20522 Builders Ct., Bend, OR 97701	541-749-4257	541-749-4263	www.clsfab.com bmitchell@clsfab.com	Eric Fleming, Ben Mitchell	39	1984	End to end fabricator & manufacturer of metal based products included commercial grade cabinetry & OEM sheet metal/structural goods. Primary processing is via CNC machinery with in-house design services.
Breedlove Guitar Company 61573 American Loop, Bend, OR 97701	877-800-4848	541-385-8183	www.breedlovemusic.com info@breedloveguitars.com	Tom Bedell	38	1990	Acoustic guitars & mandolins.







High Quality Work Core of CLS Fabrication & Baldhead Cabinets' Success

by KRISTINE THOMAS — CBN Feature Writer

n 1985, Eric and Barbara Fleming founded CLS Fabrication in their garage in Costa Mesa, California. They started by building coin-operated laundry machine security devices. Over the years, CLS added commercial and general security products, third-party sheet metal products and started its luxury Baldhead Metal Cabinet product line.

CEO Peter Fleming said his parents' inspiration to start the company was seizing an opportunity to do a higher quality manufacturing job for the coin laundry security industry. "In the beginning, we outsourced manufacturing and as quickly as we could, we rented our first building, bought some equipment and brought manufacturing in-house. The product line grew into a nice little business, and we eventually got into third-party manufacturing as well," Fleming said.

In 2002, they started manufacturing their cabinet product line, Baldhead Cabinets. They were installing cabinets for a client who had recently retired and moved to Bend, when a seed was planted. "The rising cost of doing business in California along with the vastly different lifestyle that Oregon offered were the

vastly different lifestyle that Oregon offered were the Fleming sa

main contributing factors to eventually relocating to Bend," Fleming said.

In 2005, CLS Fabrication expanded and moved its operations to Bend. Over the years, the company holds true to its basic tenets of working hard, always striving for continual improvement and reinvesting profits in infrastructure and equipment to ensure persistent growth.

Over the years it has been in business, CLS Fabrication has made everything from Dutch Bros. tip jars to fuel cans for NASCAR and aircraft maintenance stands for Boeing and ladders for helicopter maintenance. "We also create miscellaneous parts and pieces for a variety of up-and-coming robotics companies in the San Francisco Bay Area," he said.

Baldhead Cabinets primarily manufactures tool and storage cabinets for high-end residential garages, car condos, hangers and "toy" barns. "We have a very niche clientele, most of whom are affluent "car guys" who are building their dream garage," he added.

Looking at what's happening in today's economy, Fleming said he doesn't know if it would be possible

to relocate his family's company. "I don't know how anyone could do it with the high costs of rent, property and wages," he said. "Those things make it difficult to do business so finding a way to lower them would be beneficial. We were blessed to move here when we did."

Fleming said his company faces many of the same challenges as anyone running a business, especially a business in Bend. "It's never been cheap to live here, and it's only getting worse," Fleming said. "We are doing whatever we can to retain employees by increasing our wages and benefits along with rethinking our culture and doing our best to make this a place that people want to come to work every day has been at the top of our to



PHOTOS | COURTESY OF CLS FABRICATION

do list. Supply chain issues have been a thing over the past year or so but fortunately in our case, it was never anything debilitating."

Despite the challenges, Fleming takes pride in the products his companies create as well as what other manufacturers are producing. "Manufacturing is alive and well in the good old USA, and I wish there was more of it," he said.

clsfab.com • baldheadcabinets.com

Largest Manufacturing Deschutes County (Listed by Number of Staff with at least 5 employees)

CO Year Company / Address Phone WebSite/Email Staff Contact **Business Description** Est. Kawak Aviation Technologies, Inc. Steven Sawyer, Offers a full spectrum of products & disciplines from specialized product lines & engineering services to production & fast track development programs in a global market. www.kawakaviation.com 541-617-985 20690 Carmen Loop, Ste. 102 Bend, OR 97702 541-385-5053 Mike Reightley, Andrew Sawyer 34 andrew@kawakaviation.con BlackStrap Industries Inc. 1305 SE Armour Rd., Ste. 100, Bend, OR 97702 Domestic manufacturer of facemasks & active accessories in the global snow sports & outdoor recre-541-213-2500 info@bsbrand.com info@bsbrand.com Bend Plating Inc. 550 SE Bridgeford Blvd., Bend, OR 97702 Shairleen Chambers 541-388-3456 541-388-3450 www.bendplating.com 30 1969 Decorative gold, nickel, chrome electroplating CR Fabrication Ltd. 833 SE First St., Redmond, OR 97756 www.cr-fab.com Produces fabricated & manufactured metal products & services for the aviation industry with ground 541-548-4369 541-504-5493 28 2000 Casey Mott ISCO Industrial Service Company 63055 Corporate Pl., Unit 1, Bend, OR 97701 Machinery & computer numerical control (CNC) machine shop; ISO 9001 certified, abrasive waterjet cutting; aircraft parts, job shop & prototype fabrication & more. www.iscomach.com narlenew@iscomach.co 541-382-1573 541-382-6902 Craig Gribskov 1973 McConnell Labs/Light Elegance Nail Products 406 Umatilla Ave., Redmond, OR 97756 Manufacture of Light Elegance nail products. Specializes in private label nail products. In addition to manufacturing high-quality UV & LED cured gels & gel polishes, offers pumping & more. Jim & Lezlie McConnell www.mcconnelllabs.com 541-526-5570 28 2003 sales@mcconnelllabs.com www.buy-ei.com support@buy-ei.com Electronics, Intl., INC. 63296 Powell Butte Hwy., Bend, OR 97701 541-318-6060 541-318-7575 26 1979 Manufacturers of aircraft instruments Tyler Speed Smith Bros. Pushrods 2895 SW 13th St., Redmond, OR 97756 www.pushrods.net smithbrothers@pushrods.net 541-389-8840 541-388-8188 Scott Mills 26 1999 Pushrod manufacturing & custom machining www.be-bop.net bgolden@be-bop.net Be-Bop Biscotti 601 NE First St., Unit B, Bend, OR 97701 541-388-8164 541-389-6185 Bob Golden 25 1999 Newhouse Manufacturing Co. 1048 N Sixth St., Redmond, OR 97756 www.newhouse-mfg.com 541-548-1055 541-548-4144 25 1953 Manufacture farm equipment, parts, drive lines & belts. info@newhouse-mfg.com Outback Manufacturing, Inc. 63076 Crusher Ave., Bend, OR 97703 Brent Bourgault, Danno Shawe www.outbackmfg.com 541-318-9397 541-388-1046 Production & high tech CNC machining services Danno@outbackmfg.com Carlson Sign Company 1605 NE Forbes Rd., Bend, OR 97701 pcarlson@carlsonsign.com Precise Flight Inc. 63354 Powell Butte Rd., Bend, OR 97701 www.preciseflight.com karen.conard@preciseflight.com Aircraft safety & performance equipment BTL Sales & Lining, Inc. 3451 SW Empire Dr., Prineville, OR 97754 800-280-0712 541-447-0759 Jared Santoro 22 1981 Pond liners & greenhouse covers. info@btlliners.com Christopher L. Design & manufacture of portable energy & power measurement instruments. 22 sales@dentinstruments.com Tracy Huettl, Commercial Powder Coatin www.commpowder.com Started with powder coating as the core to the business & has continuously grown to meet customer 541-330-1141 541-330-8979 21 1999 20554 Builders St., Bend, OR 97701 thuettl@commpowder.com base, which is mostly comprised of commercial customers. Offers powder coating, sandblasting & more Key Technology/Redmond Operations 1011 SE Lake Rd., Redmond, OR 97756 541-923-3997 541-923-1170 Susan Edwards 20 1984 Design, manufacture & market process automation systems for food & other industries. sedwards@kev.net www.norco-inc.com 541-382-2362 541-383-5996 Wayne Barker 20 1960 Industrial gases, welding machinery & safety equipment. Durable medical equipment. 63024 Sherman Rd., Bend, OR 97703 Sat Pak Communications Inc. 1492 N Sixth St., Redmond, OR 97756 www.satpak.com 541-923-5925 1983 541-923-0467 Bill Park Electronic cable assemblies The Deleone Corp. 1258 SE Lake Rd., Redmond, OR 97756 www.cascadelabels.com Michael De 541-504-8411 541-504-831 20 1972 Label manufacturer Butler Aircraft Services LLC 541-923-1355 541-923-4181 18 1946 Airplanes/aircraft services, charter service, aerial firefighting. 705 SE Salmon Ave., Redmond, OR 97756 info@butleraircraft.com Chapman-Huffman Inc www.chapman-huffman.com 541-382-7869 541-382-4999 Jason Nyman 1979 Dental components & replacement parts. 320 SE Bridgeford Blvd., Ste. 1, Bend, OR 97702 jason@chapman-huffman.com

Central Oregon Manufacturing

Largest Manufacturing Deschutes County (Listed by Number of Staff with at least 5 employees) • CONTINUED FROM PAGE 13

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Business Description
Hydro Flask 900 SE Wilson Ave., Ste. H, Bend, OR 97702	888-58- HYDRO	N/A	www.hydroflask.com info@hydroflask.com	Travis Rosbach	18	2009	The only all-insulated bottle company in the world that produces double-wall vacuum insulated bottles that are BPA & toxin free.
SisTech Manufacturing 63068 Lower Meadow Dr., Bend, OR 97701	877-792-2779	N/A	www.sistechmfg.com	Lorraine Kennedy	18	2009	Electronic assembly & box builds.
VocalBooth.com, Inc. 1103 NE 11th St., Redmond, OR 97756 PO Box 6569, Bend, OR 97708	541-330-6045	801-659-2475	www.vocalbooth.com info@vocalbooth.com	Calvin Mann, Freddie Gateley, Guy Coleman	18	1997	Modular & portable sound enclosure booths.
Bend Cabinet & Fixtures Inc. 62890 Boyd Acres Rd., Bend, OR 97701	541-382-6093	541-382-6097	bendcabinets@bendbroadband.com	Kelly Wilson	16	1976	Commercial cabinet & fixture shop.
Aerospace Instrumentation Research 2244 SE Airport Way, Ste. 100 Redmond, OR 97756	541-548-7500	541-923-4141	www.mhoxygen.com sales@mhoxygen.com	Brad Stankey	15	1985	Research, design & manufacturer of patented state-of-the-art digital aviation oxygen equipment. Company is known particularly in the general aviation, glider & more.
Cement Products Manufacturing 1945 SE First St., Redmond, OR 97756	541-548-5910	541-548-6917	www.cementproductsmfg.com joedemeyer@cementproductsmfg.com	Dick Yancey	15	1980	Complete line of masonry products including cement blocks, baffle & fire brick for wood stoves. Real stone & manufactured stone.
Mountain High Equipment & Supply Co. 2244 SE Airport Way, Ste. 100 Redmond, OR 97756	541-923-4100	541-923-4141	www.mhoxygen.com sales@mhoxygen.com	Eric Westeren, Patrick McLaughlin, Brad Stankey	15	1985	Aviation oxygen equipment & supplies.
CIES, Inc. 1375 SE Wilson Ave., Ste. 150, Bend, OR 97702	541-977-1043	N/A	www.ciescorp.net scott.philiben@ciescorp.com	Scott Philiben	14	2010	Largest supplier of fuel quantity indication systems in aviation. Over 95% of the general aviation market. Supplies fuel sending units units to solve difficult issues for the automotive, marine & LPG tank markets.
Laserline Manufacturing, Inc., 1810 SE First St., Ste. H, Redmond, OR 97756	541-548-0882	541-548-0892	www.laserlinemfg.com laserline@laserline.net	Mike Vanneman, Bob Vanneman	14	1995	Lasers for construction, road striping trucks, snow plow guidance, parking lot striping, tunneling, mining, dredging & direct reading grade rods.
Sullivan Glove Company 537 SE Glenwood Dr., Bend, OR 97702	541-382-3092	541-382-5369	www.sullivanglove.com	David & Terri Hayes	14	1948	Leather gloves.
GlasWeld Systems Inc. 20578 Empire Blvd., Bend, OR 97701	541-388-1156	N/A	www.glasweld.com info@glasweld.com	Sales	13	1983	Worldwide provider of glass restoration products: windshield repair systems, scratch removal systems, headlight restoration system, training available.
Leoni Fiberoptics, Inc. 340 SW Columbia St., Bend, OR 97702	541-385-0170	541-385-0168	www.leoni.com	Shannon Fields	13	1990	High power fiberoptic cables & connectors for industrial, defense, scientific, medical & homeland security applications.
RDD Enterprises 2244 Airport Way, Ste.130, Redmond, OR 97756	541-504-0305	N/A	www.rddent.com info@rddent.com	David McRae	13	2006	Research, design & development group. Aircraft maintenance & fabrication.
Straw Propeller Gourmet Foods 725 SW Umatilla Ave., Redmond, OR 97756	541-886-5783	N/A	www.strawpropeller.com info@strawpropeller.com	Sandy Anderson	13	2011	Woman-owned & operated gourmet food manufacturer that creates a variety of gourmet oatmeal & muesli products. All products made with certified gluten-free oats, non-GMO, all natural & Kosher certified ingredients.
Bend Steel Supply & Fabrication 20698 Brinson Blyd., Bend, OR 97701	541-383-3113	541-383-9073	www.bendsteelsupply.com sales@empiretruckworks.com	Jonathan Fay	11	2018	N/A
Willamette Graystone Inc.	541-388-3811	541-388-3812	www.willamettegraystone.com	Rex Turney	11	1979	Cultured stone, concrete block, brick & pavers, septic tanks.
64978 Deschutes Pleasant Ridge, Bend, OR 97701 Advanced Machining Services LLC	541-617-9500	N/A	rext@willamettegraystone.com amsbend.com	Craig Achatz	10	2002	A full-service machining shop excelling in CNC machining & design, specializes in precision-machined
20690 Carmen Loop, #100, Bend, OR 97702 Beverly Pacific Company	541-548-0810	541-548-0816	info@amsbend.com www.beverlypacific.com	Gary	10	1988	components from the aerospace industry to custom projects. Air filter system, cellular antenna concealment products.
1266 SE Lake Rd., Redmond, OR 97756 Easybar	888-294-7405	503-624-6741	gary@beverlypacific.com www.easybar.com	James Nicol	10	1968	Manufacturer & supplier of innovative devices that regulate the amount of liquor or beer poured in
63015 Layton Ave., Bend, OR 97701 Heritage Brand	855-389-9889	N/A	info@easybar.com heritagebrand.com	Jessica Crouch	10	2002	bar drinks. Luxury handbag manufacturer based in Bend. Designed & manufactured high-end leather goods that are
19885 Seventh St., Bend, OR 97703 Max Manufacturing, Inc.	888-644-0280	541-382-2556	contact@heritagebrand.com www.maxmfg.com	Mike Garoutte	10	1973	sold throughout the world. All items are handcrafted in Bend. Laser cutting & processing, precision sheet metal fabrication, custom motor vehicle parts.
20651 High Desert Ln., Bend, OR 97701 Snowline Manufacturing, Inc.	541-617-1107		mikeg@maxmfg.com www.snowlinemfg.com		10	1990	
63360 Powell Butte Hwy., Bend, OR 97701 Cascade Cycleboats		541-617-1108	mikes@snowlinemfg.com www.cycleboats.com	Mike Snow			Fabricates & welds aircraft products. Rock screening products. Manufacture the high-quality U.S. Coast Guard Certified tour boats & recreational work boats in our
340 SE Logsden St., Ste. 150, Bend, OR 97702 Ocean Equipment	541-848-8442	N/A	kyle@cycleboats.com www.navpod.com	Kyle Allen	9	2012	22,000-square-foot production facility in Bend. Shop houses a brake press, CNC cutting table & more.
20655 Carman Loop, Bend, OR 97702	541-318-1272	541-508-4066	orders@oceanequipment.com	Rob Walsh	9	1991	N/A
Western Roller Corporation 63393 Nels Anderson Rd. Bend, OR 97701	541-382-5643	541-382-0159	www.westernroller.com	Doug Collver	9	1972	Polyurethane processor. Make parts for industry soft feed roller systems.
Light Elegance 406 Umatilla Ave., Redmond, OR 97756	541-526-1417	N/A	www.lightelegance.com sales@lightelegance.com	Lezlie McConnell	8	1999	Manufactures a non-yellowing Light Elegance Nail product. Continuing to develop a international market.
Satterlee Jewelry Repair & Design 513 NW Fir Ave., Redmond, OR 97756	541-548-8788	Call first	www.satterleejewelers.com info@satterleejewelers.com	Sean & Keri Satterlee	8	1941	Custom jewelry design, manufacturing, repair & restoration.
Imagine Stoneworks 1320 SE Armour Dr., Ste. A-1, Bend, OR 97702	541-312-3885	541-312-3899	www.imaginestoneworks.com trent@imaginestoneworks.com	Trent Gardner, Rob Angelo	7	2003	Natural & engineered stone slab designs for countertops, floors, bathrooms, fireplaces & large quantity CNC production runs.
Jed's Woodworking 63008 Sherman Rd., Bend, OR 97703	541-382-6287	541-382-8099	jedswoodworking.com Kory.JedsWoodWorking@gmail.com	Kory Langley	7	1978	Custom kitchen specialists & cabinetry for home & office.
M.C. Smith Signs 1515 NE Second St., Bend, OR 97701	541-389-2471	N/A	www.mcsmithsigns.com sales@mcsmithsigns.com	Rick & Laurie Hetherington	7	1974	Full service direct to garment printing & embroidery service to add your logo or message to a complete line of wearables.
MicroRidge Systems, Inc. 56888 Enterprise Dr., Sunriver, OR 97707	541-593-1656	541-593-5652	www.microridge.com mary@microridge.com	Mary Chisholm,	7	1983	MicroRidge designs & manufactures a broad range of wired & wireless measurement collection solutions for industrial & manufacturing environments to monitor or improve their quality process.
Pyrotect 975 SW First St., Redmond, OR 97756	541-504-0340	541-504-0342	www.pyrotect.com support@pyrotect.com	Steve Russell	7	1972	Known for innovative advances in auto racing safety, it makes a range of products, including helmets, fire suits, gloves, shoes, protective wear, safety gear & more.
Rose Machinery Inc. 61543 American Lp., Bend, OR 97702	541-388-0856	541-388-7930	www.rosemachinery.com rayr@rosemachinery.com	Ray Rose	7	1978	Metal fabrication & machine shop that manufactures custom machinery.
Swan Industries Inc. 633 NE First St., Bend, OR 97701	541-389-4668	541-389-4068	www.swanindustries.com sales@swanindustries.com	David Swan	7	1978	OEM Supplier to the RV industry.
B & R Continuous Guttering Co., Inc. 827 SE Business Way, Ste. G, Bend, OR 97702	541-389-8008	541-389-6508	www.brgutters.com richard@brgutters.com	Jean or Richard	6	1978	Continuous metal (aluminum & copper) rain gutters & custom specialty profiles.
Cascade Spa Covers 63378 Nels Anderson Rd., Bend, OR 97701	541-388-7963	541-388-0384	steve_cascadespacovers@yahoo.com	Steve Chambers	6	1987	Spa cover manufacturer.
Central Composites 4626 SW 21st Ave. Redmond, OR 97756	541-280-6704	N/A	www.centralcomposites.com info@centralcomposites.com	Marcus & Lindsey Sahlgren	6	2011	Specialize in advanced composite practices such as resin infusion, RTM lite & prepreg processes as well as more conventional hand layup techniques.
Custom Pro Shops 3002 NW Fairway Heights Dr., Bend, OR 97701	541-633-7117	N/A	www.procraftgolfshops.com contactus@procraftgolfshops.com	Jeff Miller	6	1987	Custom pro shop interiors & millwork.
Diversified Products, Inc. 62860 Boyd Acres Rd., Unit C, Bend, OR 97701	541-385-5794	541-385-8510	www.diversifiedsteelproducts.com dpigreg@bendbroadband.com	Greg Shoffner	6	1996	Fabricated metal, acoustical enclosures, laser cutting, precision forming & welding
Maverick Publications 63324 Nels Anderson Rd., Bend, OR 97701	541-382-6978	N/A	www.maverickbooks.com moreinfo@maverickbooks.com	Gary Asher	6	1968	Book manufacturing catering to self-publishers. Print-on-demand capabilities.
Pacific Wood Works	541-323-3667	541-382-2573	www.pacwoodworks.com	Rick Fletcher	6	1982	Millwork - doors, windows & hardware.
20514 Murray Road, Bend, OR 97701 Uni-Latch Inc	541-312-8920		jane@plateauwoodworks.com www.mikefence.com	Mike Tanner	6	1994	Gate manufacturing, ornamental fencing & custom powder coating.
59 SW Hayes Ave., Bend, OR 97702 Bend Machine Inc.	541-382-0402	N/A	sales@unilatch.com www.bendmachine.com	Jeff Frink	5	1988	General machine shop (job work), tool & die shop, welding & fabrication & water jet services.
267 W Sisters Park Dr., Unit B, Sisters, OR 97759 Downtown Ornamental Iron, Inc.	541-389-8186	541-385-8085	bmi@bendcable.com www.downtownornamentaliron.com	Skye Kimel	5	1985	Ironwork & fabrication work including railings, artwork, home decor & textured decorative metals.
63023 Layton Ave., Ste. 1, Bend, OR 97701 Northwest Custom Log Homes, Inc.	541-593-5610	541-593-9741	questions@downtownornamentaliron.com www.nwcustomloghomes.com	Dennis King	5	1981	Design services. Log homes, log accents, restoration. General contracting, Custom conventional homes.
17273 Satterlee Way, Bend, OR 97707 Windward Performance LLC	541-382-1056	Call first	nwcustomloghomes@gmail.com www.windward-performance.com	Greg Cole	5	1999	Composite sail plane & aerospace design & manufacture.
63010 Powell Butte Hwy., Bend, OR 97702	5 ,1 502-1050	Jan 1115t	info@windward-performance.com	Site Cost		1///	osserposite one paint & accorpace design & mandiaethe.

rail Butter Continued from page 1

everything into one container. The resulting flavor explosion and energy burst took its creator by surprise.

Wade tried the new concoction and in a eureka moment after getting hooked himself, exclaimed "Trail Butter?!"

With the brothers united in determining to develop this idea and starting out with a few flavors to offer, the pair set up shop in Portland in 2012 and began selling their nut butter blends via bicycle pop-ups at local farmer's markets.

Little by little, Trail Butter became known by athletes and food lovers alike for its all-natural goodness, going from the bike to the shelves of stores specializing in organic foods, like Whole Foods Market.

Jeff Boggess said, "We asked ourselves in today's grab-and-go world, why couldn't naturally shelf-stable, whole-food ingredients be packaged in convenient, portable pouches to provide lasting, slow-burning energy, so we started creating the nut butter blends that would evolve into Trail Butter

"The origin of the name is quite simple really — we like to think of it as one part 'trail mix' and one part 'nut butter'; meld the two together and you've got 'Trail Butter.'

"Our mission was to create delicious, all-natural energy alternatives using whole foods, plant-based, naturally sweet and never processed ingredients and since day one, we've operated under the mantra, 'Be Trail Ready!'."

With blends packed in easily portable squeezable pouches, as well as offering wholesome granola, the products have proven ideal to take on-the-go or smear on anything from toast to apples, and pancakes.

An appetizing line-up of flavors catering to any palate, with rotating seasonal offerings, includes Original Trail Mix — Smooth; Original Trail Mix — Chunky; Maple Syrup & Sea Salt; Dark Chocolate & Coffee; NW IPA Nut Butter; Spiced Chai and a Red, White & Blue 'Tribute' Blend

As well as its taste profile, Trail Butter has found favor for being all-natural, low sugar and gluten-free, with a long shelf life and a variety of sizes — from jar to resealable pouch or single-use packet — ideal for cycling, backpacking or hiking.

Jeff Boggess said the move to Sisters was motivated in part by a desire to be based in an outdoor-focused town near the mountains, with the added attraction of voluminous trail running and recreation adventure opportunities.

He added, "Outdoor enthusiasts are a key part of Trail Butter's brand identity. We love the vibrant business community in Sisters and nearby Bend, with many like-minded outdoor and food companies already calling the area home."

He also praised the assistance of the Sisters branch of Economic Development for Central Oregon (EDCO) in connecting with supportive resources as part of the relocation

For its part, EDCO hailed the outfit as a notable example of a traded-sector company (one that exports most of their products or services out of the tricounty area) viewed as key to economic prosperity, especially in a target industry of outdoor recreation seen as an optimal fit with the region.

Boggess continued, "We have been in Oregon since the beginning and have experienced good growth over the last five years and are looking to expand internationally, currently in Europe and Japan.

"We have a key core team operationally, as well as 28 elite-level endurance athletes and photographers who act as 'ambassadors' that promote our product.

"We are also committed to raising money for environmental causes and select nonprofits."

He said future plans include continuing to expand the product line, bringing in new accounts and broadening an international reach.

Along with his brother, Cal Poly San Luis Obispo graduate Boggess said they are proud to have taken a homegrown product from a pop-up farmers market bike stand to a thriving, internationally distributed snack food, enabling high-performing individuals to fuel their 'adventures' effectively and conveniently, all while contributing to long-term, whole-body health.

A lifelong pilot with thousands of hours in the remote backcountry and with a major airline, co-founder Boise State University graduate Brad Boggess brings experience in graphic design, web development and operation of his own businesses in the past to guide big-picture strategic decision-making as Trail Butter grows.

As part of the company's development, athletes, nutritionists and community members have collaborated and offered their expertise over the years to make sure that Trail Butter is equal parts flavorsome and nutritious and specially crafted to meet lifestyle, training and performance needs, regardless of interests or activity level.

Trail Butter is entirely naturally sweetened, predominantly with clover honey and maple syrup, and a single-serving packet (1.15 oz) contains around 190 calories. Each flavor, which is kneaded to mix the ingredients before consumption, contains 16-17 grams of the "good" fat per serving and none of





PHOTOS | COURTESY OF TRAIL BUTTER



the flavors contain "trans fats" helping to sustain energy through a workout, a long ride or a long workday.

Another option is a combination of Trail Butter's Almond Butter, Maple Syrup and Sea Salt Granola in one ingenious package called the "Lil' Crunch" which can conveniently slip right into a running vest front pouch ready to be tipped back.

Loaded with 360 calories and 10 grams of plant protein, this non-GMO, vegan, gluten-free granola comes in a resealable pack ready for trail action.

Thanks to an optimal balance of healthy fats, protein, antioxidants and fiber, plus being easy to digest, athletes benefit from eating the nut-based blend as a slow-burning energy source that when combined with carbohydrates, makes for great fuel.

Trail Butter is also a proud member of The Conservation Alliance and 1% for the Planet. Through these channels and other nonprofit partners, the company is committed to supporting critical social and environmental causes through the donation of at least 1% of its gross annual revenue.

As well as supporting relevant events, it also raises funds through the release of special seasonal flavors, known as the Butter4Good Initiative.

One recent example is a partnership with TB Pro, Tyler Green and the Forest Park Conservancy (FPC) for a limited edition "Northwest Triple Berry" blend to support the efforts of FPC to maintain trails, restore native habitat and inspire community appreciation and future stewardship of Portland's urban forest for generations to come. Some 10% of the profits from this initiative will be donated to FPC. Learn more at forestparkconservancy.org.

Trail Butter is available through the company website, Amazon and select retail outlets (see store locator link on website).

Its jars are a BPA-free, polyethylene terephthalate (PET) plastic that is fully recyclable.

trailbutter.com • info@trailbutter.com



Central Oregon Manufacturing

Manufacturing Crook County (Listed by Number of Staff)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Business Description
Endura Products 1155 N Main St. Prineville, OR 97754	541-447-4195	541-447-6479	www.enduraproducts.com sales@enduraproducts.com	Casey Jackson	206	1946	Moulding, millwork & engineered wood components.
Bright Wood Corporation - Prineville 1941 Industrial Park Rd. Prineville, OR 97754	541-447-5962	541-447-1081	www.brightwood.com info@brightwood.com	Dallas Stovall	64	1960	Wood products.
Helena Agri-enterprises 1225 N Gardner Rd., Ste. 200 Prineville, OR 97754	541-447-5609	541-447-1403	www.helenaagri.com spauldingb@helenaagri.com	Britt Spaulding	42	1961	Fertilizer, chemical & seed.
Dayspring Hardwood & Moulding, Inc. 2816 SW Cessna Dr. Prineville, OR 97754	541-447-0222 x112	541-447-0223	www.dayspringinc.com sales@dayspringinc.com	Mike Engel, Michael Newman	35	1986	Hardwood mouldings, flooring, stair treads/risers, handrails, crown mouldings, engineered/recycled flooring & specialty items.
Consolidated Pine Inc. 1951 NW Lamonta Rd. PO Box 1375 Prineville, OR 97754	541-447-5635	541-447-6525	N/A	Laura Barbeau, Steve Cole	29	1952	Wood products, finger-joint, primed mouldings & solid mouldings.
Mill Power, Inc. 3141 SW High Desert Dr. Prineville, OR 97754	541-447-1100	541-447-1101	www.millpower.com emailtesterone@gmail.com	Dale Tompkins, Alison Muilenburg	20	1968	Design & manufacturing of custom vibrating industrial process equipment including conveyors, screens & feeders.
Advanced Cabinetry, Inc. 2853 SW High Desert Dr. Prineville, OR 97754	541-447-7024	N/A	advcabinetry@gmail.com	Jason McCollum	10	1997	Custom cabinet making.
Rohrer Manufacturing, Inc. 2261 NW Industrial Park Rd. Prineville, OR 97754	541-447-7749	541-447-5190	www.rohrermfg.com info@rohrermfg.com	Dan Rohrer	8	1989	Air operated post drivers, farm related manufacturing & design.
ABC Fence Company 421 NW Tenth St. Prineville, OR 97754	541-447-6780	541-447-1974	www.abcfencecompany.net fencegal1@gmail.com	Serena Wood, Rawlin Smith	7	1984	All types of fence products & installation.
Northwest Sign Recycling LLC 1415 NW Murphy Ct., Prineville PO Box 2424 Redmond, OR 97756	541-279-0386	541-383-2072	www.nwsignrecycling.com tory@nwsignrecycling.com	Penny Eddington Tory Allman, Wendie Every	5	2004	Hydrostripping & recycling aluminum highway signs for cities, counties, states, other agencies & private sector.
RYCO Manufacturing, Inc. 2959 SW High Desert Dr. Prineville, OR 97754	541-416-9313	541-416-9315	www.wildhorsemesa.com dave@rycomfg.com	David Ryan	2	1976	Custom metal fabrication.
Daniel R. Kentner Welding & Machine 14497 SE Wagonwheel Ln. Prineville, OR 97754	541-447-7987	541-447-8649	www.EZlitefirestarter.com dkentner67@gmail.com	Daniel R. Kentner	1	2001	Fire starter manufacturer, welding & machine.

Manufacturing Jefferson County (Listed by Number of Staff)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Business Description
Bright Wood Corporation - Madras 335 NW Hess St. PO Drawer 828 Madras, OR 97741	541-475-2234	541-475-7758	www.brightwood.com info@brightwood.com	Dallas Stovall	848	1960	Wood products.
Keith Manufacturing Company 401 NW Adler St. PO Box 1 Madras, OR 97741	541-475-3802	541-475-2169	www.keithwalkingfloor.com mediadept@keithwalkingfloor.com	Mark Foster	199	1950	Moving floor conveying systems.
The Sweetwater Co., Inc. dba Earth20 812 C St. PO Box 70 Culver, OR 97734	541-546-2464	541-546-3468	www.earth2o.com nscifert@earth2o.com	Nick Seifert	72	1991	Natural, sustainable, manufacturer of bottled water. SQF Level 3 certified.
Warm Springs Composite Products 3270 U.S. Hwy. 26, Bldg. #8 PO Box 906 Warm Springs, OR 97761	541-553-1143	541-553-1145	www.wscp.com contact@wscp.com	Jacob Coochise	60	1994	Fire rated door components & frames & roofing closer strips. Ballistic materials.
Central Oregon Seeds, Inc./ Central Oregon Basalt 1747 NW Mill St. Madras, OR 97741	541-475-7231	541-475-7233	cosi.ag	Michael Weber	56	1979	Grass, vegetable seeds & soil amendment, Cascade Minerals.
Helena Agri-Enterprises 505 C St. PO Box 117 Culver, OR 97734	541-546-5222	541-546-2237	www.helenaagri.com spauldingb@helenaagri.com	Britt Spaulding	42	2012	Fertilizer, chemical & seed.
Shielding International Inc. 2150 NW Andrews Dr. Madras, OR 97741	541-475-7211	541-475-6628	www.shieldingintl.com info@shieldingintl.com	N/A	23	1996	Manufacturer of X-ray protective apparel & Accessories
Bright Wood Corporation - Culver 710 C Street Culver, OR 97734	541-546-5543	N/A	www.brightwood.com info@brightwood.com	Dallas Stovall	19	1960	Manufactures wood components for doors & windows, mouldings, millwork & long-length engineered dimension lumber.
Double Press Manufacturing 515 NW Cherry Lane Madras, OR 97741	541-475-4239	541-475-1952	www.double-press.com info@doublepress.net	Dan Jacques	18	1993	Bale compressors to compress hay for export.
Maragas Winery 15523 SW Hwy. 97 Culver, OR 97734	541-546-5464	N/A	www.margaswinery.com info@maragaswinery.com	Doug Maragas	8	1999	Wine.
WB & D Technologies 182 NW Earl St. Madras, OR 97741	541-475-7211	541-475-6628	www.shieldingintl.com info@shieldingintl.com	Carol Locke	5	1996	Manufacturer of lead sheeting.
Albina Asphalt 400 NW Paul Jasa Way Madras, OR 97741	541-475-6638	541-475-6168	www.albina.com madras@albina.com	Mike McCool	4	1989	Asphalt emulsion.
Griffin Seed International 3815 SW Culver Hwy. Metolius, OR 97741	541-546-2801	541-546-2906	www.griffinseedinternational.com sales@griffinseedint.com	Robert Griffin	4	1987	Sells vegetable seeds.
Meuret Pump, Inc. 6039 SW Franklin Ln. Madras, OR 97741	541-546-2992	541-546-7940	meuret69@outlook.com	Frank Summers	3	1945	Pumping & farm equipment, conveyors & pipe fitting.
Oregon Embroidery 182 NW Earl St. Madras, OR 97741	541-475-7211	541-475-6628	www.facebook.com/Oregon-Embroidery	Kriste Lofting	2	1988	Direct embroidery of garments & accessories.

Artisan No-Bake Cookies Crafted in Bend

by KRISTINE THOMAS — CBN Feature Writer

arol Healy wanted a healthy snack to give her four children along with the customers who visited the Expressway Market in Bend, which she and her husband, Tom, have owned for more than 25 years. "During much of that time, I made the desserts for the store," Carol said. "Our no-bake cookies were by far the customer favorite. Having products that did not contain preservatives or artificial ingredients was really important to me, especially in the convenience stores."

Carol's no-bake cookies were sought after by customers who would stop by the store to see what no-bake cookies she had made that day. The positive feedback she received about her homemade no-bake cookies inspired her to start The No-Bake Cookie Co., in 2012.

Handcrafted in Bend, The No-Bake Cookie Co. specializes in artisan no-bake cookies using premium ingredients. The cookies are non-GMO and glutenfree. The recipes were inspired by Carol's nostalgia for the simplicity of 1950's desserts and with updating the recipes with healthier ingredients. The no-bake cookie flavors include chocolate, peanut butter, coconut macadamia and café mocha.

Carol and Tom have lived in Bend their entire lives, with Tom's father, Bill Healy, being the founder of Mt. Bachelor Ski area. They and their four children all graduated from Bend High School. Their sons, Eric and Daniel, joined the company several years ago and are responsible for building the business to where it is today.

The Healys recently brought in investors and new management to operate their company. "We recently stepped down from our daily responsibilities at The No-Bake Cookie Co., so we can focus on grandchildren and property development projects. We remain the majority owners," Carol said.

Manufacturing in Bend has several unique challenges, Carol said, especially when distributing products outside of Central Oregon. "Not only are we not connected to a major interstate but getting supplies in and products out in the winter months have been exceptionally challenging when roads are

covered in snow. Shipping charges are also much higher when distributing out of the area," she explained.

Carol also shared that a large majority of food products are produced by copackers, which is a much simpler way to own a food company. "Our unique cookies, however, were not something that could easily be replicated by a co-packer, so out of necessity we manufacture our own products," Carol said. "The pros to manufacturing in-house is it allows us to control the quality of our products and ensure that we are always able to fulfill our orders by not having to rely on a co-packer who could impose production limits."

For the first ten years, the no-bake cookies were manufactured in a leased industrial space in Bend. As the company grew, they were able to expand into additional units. "As Bend grew, so did the price of industrial space," Carol said. "We reached a point a few years ago that not only had we outgrown all the available space in our complex, but the rent had skyrocketed so much that building our own manufacturing plant was inevitable." In August, The No-Bake Cookie Co. moved into a 20,000-square-foot manufacturing facility in Northeast Bend, owned by the Healys.

The No-Bake Cookie Co. distributes its products to more than 20,0000 locations

by about 20 national and regional distributors. The cookies are sold in grocery and convenience stores as well as military and food service locations. "Our cookies are the number one selling natural cookie in the convenience channel according to SPINS Data for the last two years," Carol said. "Currently, we produce around 60,000 cookies a day."

Carol said her company faces the same challenge as many other manufacturing companies in Bend. "When we started our company ten years ago,



PHOTO | BY GALLIVAN PHOTOGRAPHY IN BEND

finding production workers in Bend was not a problem, however hiring management positions with experience in food manufacturing was challenging. Of course, today hiring employees in Bend is very challenging," she said.

Running a company in Bend that manufactures and distributes products nationally has proven to be very challenging, Carol added. "With perseverance, we have overcome most of the challenges," she said.

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Windermere Central Oregon Real Estate

Central Oregon Recycling

Garbage & Recycling Companies (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
Advanced Systems Portable 1300 SE Wilson Ave. Bend, OR 97702	541-389-5646	541-385-5226	www.advancedportabletoilets.com Cust2912@wcnx.org	Erwin Swetnam	5	1965	Portable restrooms & storage units.	Central Oregon
Alfalfa Transfer Station At Walker Rd. Alfalfa, OR 97709	541-317-3163	541-317-3959	www.co.deschutes.or.us/sw	Customer Service	1	1999	Saturdays 8am-4pm.	Deschutes County
Cascade Disposal (Waste Connections) 1300 SE Wilson Ave. Bend, OR 97702	541-382-6660	541-385-6061	cascadedisposal.com cust2012@wasteconnections.com	Erwin Swetnam	44	1965	Garbage hauling, curbside recycling, commercial, residential, special events, clean ups, roll offs & yard debris & food waste for city customers.	S Greenwood & Newport & South of Alfalfa Mkt road, Sunriver
City of Sisters PO Box 39 Sisters, OR 97759	541-549-6022	541-549-0561	www.ci.sisters.or.us kkeeton@ci.sisters.or.us	Kim Keeton	17	1946	Provides water & sewer services.	Within Sisters City Limits
Crooked River Sanitary, Inc. 13918 SW Commercial Loop Rd. Terrebonne, OR 97760	541-548-1542	541-548-0217	www.crsanitary.com info@crsanitary.com	Dave Jones	4	1996	Garbage hauling & more.	Crooked River Ranch
Deschutes County Department of Solid Waste 61050 SE 27th St. Bend, OR 97702	541-317-3163	541-317-3959	www.deschutes.org/sw	Customer Service	16	1995	Summer: May 1-October 31, 7am-5pm, 7 days per week. Winter: November 1-April 30, 7am- 4:30pm Monday through Saturday, closed Sunday.	Deschutes County
Deschutes Recycling 61050 SE 27th St. Bend, OR 97702	541-388-1910	N/A	www.republicservices.com/centraloregon sbaker6@republicservices.com	Rusty Davis	12	2001	Knott Landfill recycling depot. Recycling of computers, refrigerators, appliances, tires, scrap metal, glass, cardboard, etc. Composting facility for disposal of yard debris & sales of SoilBuilder & BioFine compost.	Central Oregon
Knott Landfill 61050 SE 27th St. Bend, OR 97702	541-317-3163	541-317-3959	www.deschutes.org/sw solidwaste@deschutes.org	Chad Centola	21	1972	Monday-Saturday, 7am-4:30pm Nov. 1-April 30; May 1-Oct 31, 7 days a week, 7am-5pm.	Deschutes County
Madras Sanitary Service 1778 NW Mill St. Madras, OR 97741	541-475-2071	541-475-9244	www.madrassanitary.com madrassanitary@madras.net	Melanie Widmer	24	1976	Garbage & recycling services, medical waste disposal, document destruction.	Jefferson County
Negus Transfer Station 2400 NE Maple St. Redmond, OR 97756	541-548-7232	541-317-3959	www.deschutes.org/sw	Customer Service	1	1993	Monday-Saturday 8am-4pm.	Deschutes County
Northwest Transfer Station 68200 Fryrear Rd. Bend, OR 97701	541-548-3437	541-317-3959	www.deschutes.org/sw	Customer Service	1	1993	Wednesday-Saturday 8am-4pm.	Deschutes County
Republic Services (formerly Bend Garbage & Recycling) 20835 NE Montana Wy. Bend, OR 97701	541-382-2263	541-383-3640	www.republicservices.com/centraloregon sbaker6@republicservices.com	Kristin Steiner	50	1960	Curbside garbage & recycling collection. City curbside yard debris / food waste collection. Drop box & Rent-A-Bin services. Junk cleanup, SecureShred document destruction services. Delivered compost from Deschutes Recycling. Medical waste collection.	N Newport & Greenwood/Alfal- fa Mkt. & Tumalo
Republic Services (formerly High Country Disposal) 1090 NE Hemlock Ave. Redmond, OR 97756	541-548-4984	541-548-2309	www.republicservices.com/centraloregon sbaker6@republicservices.com	Kristin Steiner	30	1967	Curbside garbage & recycling collection. City curbside yard debris collection. Drop box & Rent-A-Bin service. Junk removal, document destruction service & compost sales.	Redmond, Ter- rebonne, Sisters, Black Butte Ranch, Camp Sherman.
Southwest Transfer Station 54580 Hwy. 97 La Pine, OR 97739	541-317-3163	541-317-3959	www.deschutes.org/sw	Customer Service	2	1993	Wednesday-Saturday 8-4.	Deschutes County
Wilderness Garbage & Recycling PO Box 2669 La Pine, OR 97739	541-536-1194	541-536-9507	www.wildernessgarbage.com wgcs2@wildernessgarbage.com	Anne Wiley, Stuart Martinez	12	1984	Garbage, drop box service from Sunriver to Beaver Marsh. Recycling depot. 8am-4pm Mon- day-Thursday,8am-1pm Fridays	Southern border of Sunriver, La Pine, Crescent, Chemult, Gilcrest, Crescent Lake Jct.

This is only a partial listing. CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email cbn@cascadebusnews.com.

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Why You Should Teach Your Child to Recycle

by SAM BOWMAN — EarthTalk

ost kids learn that you should recycle plastic water bottles and paper — and that's often the extent of their recycling education. However, there's quite a bit more to recycling than putting these items in blue bins. As a parent, you have the opportunity to teach your child how to be an environmentally responsible human early on in life. By instilling in your child a strong sense of environmental ethics, you can provide them the knowledge they need to minimize their carbon footprint, and can help make eco-friendliness second nature to them.

Although there are a great number of benefits to teaching your child to recycle, it's not always easy for children to understand complex topics like sustainability. Therefore, it's important to use child-friendly teaching strategies to help them recognize when and how to recycle, and encourage them to participate in other environmentally friendly practices.

Teaching the Benefits of Recycling

Recycling is something that happens everywhere: at home, in school or other public areas, and in the outdoors. Even when you try to be eco-friendly at home, it can be difficult to avoid using single-use plastics altogether in day-to-day life, so it's important to teach your child how to recycle in all areas. However, at home is where the lessons all start.

Recycling at Home

When your child is old enough, introducing them to recycling at home is the best way to build their foundational knowledge about recycling. A good first lesson is to create an assortment of trash and recyclables on a table, and have them help you separate the two into their respective bins. This gives them the chance to see and hear about what items are recyclable and which ones are not, and to ask questions about why.

As you teach your kids to recycle, you should emphasize the importance of properly sorting items to avoid contaminating the recycling. Just a tiny amount of a product that doesn't belong can make an entire bale of plastic or cardboard unrecyclable. Whereas recycling used to be more of a "when in

doubt, recycle it" mindset that would count on those in the back end to figure it out, last year's China ban, which essentially accepts no amount of contaminated recyclables, has changed this rule to "when in doubt, throw it in the trash."

But this doesn't mean that recycling is a lost cause now; it will just take learning your local ordinances and being extra mindful. As you're teaching them the basics of recycling, become familiar with your city's rules and follow some general best practices, which are:

Whether you're recycling juice bottles, soda cans, milk jugs, or thick plastic containers, it's always best to rinse it out before recycling it.

Plastics are often recyclable, but check your local recycling center's allowances and restrictions, as well as check the packaging for the arrows sign and number before you put it in the recycling in case it has special recycling instructions.

Almost all metals are recyclable; however, bigger products may need to be sent to a scrap yard or other location for large-scale recycling.

Paper is almost always recyclable, no matter how much ink is printed on it, but it shouldn't be stained by food, and it needs to be whole pieces of paper.

It's also important to teach your child about the difference between when items are recyclable and when they are not. Although most paper is usually recyclable, shredded paper cannot be recycled. Small bits of paper often fall through the screens where paper is placed to be recycled, and therefore, end up not being recycled when mixed in with other recycling. However, some recycling services do recycle shredded paper if it is separated into its own bag.

Recycling Outdoors

To really ingrain recycling into your child, it helps to expose them to as many recycling situations as possible. Some fun recycling field trip ideas could include a trip to the junkyard, where a child could see a car smashed down into tiny pieces and learn that it's possible to recycle 98% of a vehicle. You could also take them to some deserted beaches, where they could see the trash that comes up on shore and

learn about how polluted our oceans are.

These are good environmental concepts to teach children that may help them understand the magnitude of human waste and why it's so important not to be a part of it. As important as teaching your child to recycle is, you shouldn't stop there. Teaching them sustainable concepts, like the importance of refurbishing furniture when possible, or donating clothes instead of throwing them away in order to decrease waste are also important lessons.

Motivating Your Child to Recycle

Children are fast learners, and often highly empathetic, which makes them receptive to social and environmental issues. However, depending on their age, motivating them to recycle might take some extra work. It is not uncommon for children to be a little selfish throughout their childhood, and they may simply not want to put in the extra work to recycle. Therefore, consider having some heart-to-hearts with them to get them in the earth-conscious mindset.

You can also make recycling fun for them by using games to help them learn to recycle. One game that works great is a scavenger hunt for recyclable items. This can help kids get excited about finding items around the home that they may have previously considered trash and encourage them to recycle. At the end of the scavenger hunt, you can give them each prizes based on however many items they collect.

Whether you gift them a nice reusable water bottle so they never think about using plastic ones, or make recycling a part of their weekly chores to earn an allowance, providing incentives for recycling can prevent them from thinking twice about reducing their waste. As eco-friendliness becomes a part of their lifestyle growing up, your child will see the world in the way it should be seen: the planet is our home, and we need to take care of it if we want it to be able to take care of us.

EarthTalk is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk.

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BUSINESS HAZARDOUS WASTE DISPOSAL FACILITY



The Knott Landfill Recycling & Transfer Facility, located at 61050 SE 27th Street in Bend, has a hazardous waste facility available for business-generated hazardous waste disposal.

Contact the Solid Waste office or visit the website:

www.deschutes.org/sw

to receive a Business Hazardous Waste Collection application and to make an appointment for drop off.

Upcoming Appointment Dates:

October 14-15 & 28-29 November 18-19

December 9-10

January 13-14 & 27-28 February 10-11 & 24-25

March 10-11 & 17-18

Deschutes County Department of Solid Waste 61050 SE 27th Street, Bend, OR 97702 Phone: (541) 317-3163 Fax: (541) 317-3959 www.deschutes.org/sw

To request this information in an alternate format, please call (541) 317-3163 or send an email to solidwaste@deschutes.org.



Central Oregon Recycling

Recycled Products & Services (Listed Alphabetically)

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
B&R Auto Wrecking 64154 Hwy. 97 Bend, OR 97701	541-382-1987	541-389-6299	www.autowrecking.com/locations/bend sales@autowrecking.com	Dan Gilder	7	1978	Complete auto recycling, selling used auto parts.
Bar Seven A Recycle 1060 SE Lake Rd. PO Box 890 Redmond, OR 97756	541-548-4747	541-548-0460	www.barsevena.com admin@barsevena.com	Brian Skidgel	27	1967	Wood recycling Portable crushing Portable grinding Excavation. Commercial excavation.
Bend-Redmond Habitat For Humanity 224 NE Thurston Ave. Bend, OR 97701	541-312-6709	N/A	www.bendredmondhabitat.org rcooper@brhabitat.org	Robin Cooper Engle	28	1998	Bend-Redmond Habitat builds strength, stability & self-reliance through affordable homeownership for families & individuals in Bend & Redmond. We are dedicated to changing lives by bringing people together to help make a difference in our communities through affordable housing. Since 1989, Bend-Redmond Habitat has built 167 homes & repaired 146 more, providing more than 1042 children & adults a safe, secure & healthy home. The Bend ReStore is a home improvement resale center that accepts & sells a wide variety of building materials, appliances & home furnishings. All proceeds from the ReStore benefit Bend-Redmond Habitat's mission.
Brilliant Environmental Building Products 327 NW Greenwood Ave., Ste. 100 Bend, OR 97703	541-317-0202	541-550-2230	www.brilliantmaterials.com info@brilliantmaterials.com	Jorden Swart	2	2008	Specializing in sustainable building materials for the interior of a home such as wool carpet, cork flooring, bamboo, counter tops, paints, stains & more.
Crook County Landfill 110 SW Landfill Rd. Prineville, OR 97754	541-447-2398	N/A	www.co.crook.or.us Jacquie.Davis@co.crook.or.us	Jacquie Davis	8	1979	Landfill & standard recycling depot. Selling wood chips. Recycling facilities for corrugated cardboard, container glass, newspaper, motor oil & car batteries, antifreeze, aluminum & tin cans & magazines.
Deschutes Recycling 61050 SE 27th St. Bend, OR 97702	541-388-1910	N/A	www.republicservices.com/centraloregon sbaker6@republicservices.com	Rusty Davis	12	2001	Knott Landfill recycling depot. Recycling of computers, refrigerators, appliances, tires, scrap metal, glass, cardboard, etc. Composting facility for disposal of yard debris & sales of SoilBuilder & BioFine compost.
Fagen Trees & Chips 151 SE Second St. Bend, OR 97702	541-382-4997	541-382-9470	www.bendoregontreeservice.com treesandchips@gmail.com	Wade Fagen	4	1986	Certified Arborist, land clearing & tree services, wood chip bark mulch supplier, snow removal.
Northwest Sign Recycling LLC 1415 NW Murphy Ct., PO Box 2424 Redmond, OR 97756	541-279-0386	541-383-2072	www.nwsignrecycling.com tory@nwsignrecycling.com	Wendie Every, Penny Eddington, Tory Allman	5	2004	Hydrostripping & refurbishing aluminum highway signs for cities, counties, states, other agencies & private sector.
Opportunity Foundation of Central Oregon - Bend 275 NW Second St. Bend, OR 97701	541-322-0297	541-389-2084	www.opportunityfound.org info@opportunityfound.org	Susan Klampe	335	1965	Designated drop site for electronic waste recycling. Thrift store.
Opportunity Foundation of Central Oregon - Madras 1412 SW Hwy 97 Madras, OR 97741	541-475-6961	541-475-6971	www.opportunityfound.org info@opportunityfound.org	Kirstin Nilles	335	1965	Designated drop spot for electronic recycling. Thrift store.
Opportunity Foundation of Central Oregon - Redmond 835 E Hwy. 126, 3294 S Hwy. 97 PO Box 430 Redmond, OR 97756	541-548-5288	541-504-2115	www.opportunityfound.org info@opportunityfound.org	Marti Rasmussen	335	1965	Designated drop site for electronic waste recycling. Thrift store.
Printer Resources & Recycling, LLC 2669 NE Twin Knolls Dr., Ste. 205 Bend, OR 97701	541-318-5211	541-382-7882	www.MyPrinterResources.com frank@myprinterresources.com	Frank Patka, Mickey Meszaro, Jennifer Clark, Mark Giltner,	6	2000	Printer, multifunction, copier, plotter service & supplies. Discounted quality toner & inks, E-waste recycling services - printers, faxes, desktop copiers, computers, monitors, toners, inks, cell phones, home batteries; IT services.
Republic Services (formerly SecureShred) 20835 NE Montana Wy. Bend, OR 97701	541-382-2263	541-383-3640	www.republicservices.com/centraloregon sbaker6@republicservices.com	Joe Dear	2	2003	Complete on-site document destruction. Serving all of Central Oregon.
Schnitzer Steel 110 SE Fifth St. Bend, OR 97702	541-382-8471	541-382-3893	www.schnitzersteel.com sdoyle@schn.com	Scott Doyle	5	1971	Scrap metal recycling.
Sisters Habitat for Humanity ReStore 254 W Adams Ave. Sisters, OR 97759	541-549-1621	541-549-6695	www.sistershabitat.org Kris@sistershabitat.org	Kris Powell	4	2007	Recycled furniture, appliances, construction Materials & more!
Sisters Habitat for Humanity Thrift Store 211 E Cascade Ave. Sisters, OR 97759	541-549-1740	541-549-6695	www.sistershabitat.org Rick@sistershabitat.org	Rick Murray	4	2007	Used clothes, housewares, linens, books & more!
Strive Workplace Solutions 63011 Plateau Dr., Ste. 1 Bend, OR 97701	541-382-6688	541-389-1762	www.striveoffice.com kathym@striveoffice.com	Kathy Madison	5	1969	Office supplies, furniture, office machines, design planning, printing, janitorial & break room supplies.
Swift & McCormick Metal Inc. 3192 NE Sedgewick Ave. Redmond, OR 97756	541-548-4448	541-548-4061	carol.smmetals@yahoo.com	Dan McCormick	11	1987	Scrap metal recycling.
The Broomsmen 827 SE Business Way, Ste. M Bend, OR 97702	541-213-1131	N/A	www.thebroomsmen.com info@TheBroomsmen.com	Phillip Torchio	7	2015	Zero waste events, wedding services: event setup & cleanup, by appointment only. We work with your event team to ensure your waste & recycling is managed in a sustainable manner, whether planning a small fundraiser or a large music festival.
Tire Disposal & Recycling PO Box 177 Prineville, OR 97754	541-447-5121	541-416-9339	www.tiredisposal-recycling.com	Kevin Dehart	12	1988	Disposal of tires.

Six Eco-Friendly Ways to Recycle Pumpkins

by TIMOTHY JOHNSON — EarthTalk

umpkins are bright, beautiful and an essential part of Halloween. While they are ripe, they are utilized for a variety of things during the harvest season. It's not hard to notice that you'll without a doubt find pumpkins every way you turn.

However, after celebrations of National Pumpkin Day and Halloween are over, pumpkins may start looking a bit droopy — the carved smile turning into a grimace, the cheerful orange becoming somber. You know when it's time for the pumpkins to go. You may not know where they don't go: to the landfill. Pumpkins are 90 percent water and add tons of water to the landfills, contributing to the problem of groundwater contamination. As pumpkins break down, they create methane (CH4), a greenhouse gas that is more powerful than carbon dioxide (CO2).

With that being said, here are six ways to put the pumpkins to good use while respecting the environment.

1. Compost the pumpkins

Pumpkins are filled with nutrients. The water that is harmful to the landfill is beneficial to your compost pile. Clean out the seeds so you don't have unwanted pumpkins growing in the pile. Chop up the rind to speed up decomposition and bury it under dried leaves or sawdust to keep hungry critters away.

2. Feed your furry visitors

You may not want the critters raiding your compost pile, but that doesn't mean you can't feed them. Many backyard animals (e.g., deer, rabbits, squirrels, woodchucks) get that "pumpkin feeling" in the fall, and they can't pull up to a Starbucks like we can. You can leave the jack-olantern out as is for your furry friends to spack on or cut it up into pi

lantern out, as is, for your furry friends to snack on, or cut it up into pieces and scatter them about.

3. Feed your feathered friends also

Slice the pumpkin in half horizontally, fill it with birdseed and hang it from a tree branch or railing. You can also cut out a large, oval opening at the front of the pumpkin and clean out the inside. The birds will have a soft, cozy place to land in and have a snack.

4. Eat the seeds

Pumpkin seeds are bursting with vitamins and nutrients. Don't throw them away. Roast the seeds by first using a paper towel to blot away any pulp, then spread the seeds out on a paper bag to dry overnight. Next day, spread the seeds out on a cookie sheet and roast for no longer than 20 minutes. Season as you like — experiment. Bag the roasted seeds to have ready-to-go snacks or use them in salads, soups, burger mix. Try sprinkling them on your cereal.

5. Eat the skin

You may have to watch that your Thanksgiving guests don't fill up on your homemade Pumpkin Skin Chips before dinner. Like the seeds, the skin is full of vitamins and nutrients, as well as a rich, savory flavor. Carefully cut off the skin in



PHOTO | PIXABAY

long slices, as thin as you can get them. Put the skins into a large bowl, sprinkle generously with Kosher salt and toss well. Let sit for 10 minutes. Add a very small amount of extra virgin olive oil or sesame oil and toss well. Bake for 25-30 minutes at 400 degrees. Sprinkle the pieces of skin with paprika and sea salt and crisp in a dehydrator for additional flavor. Serves well by itself or with a dip.

6. Refresh your skin

If you haven't carved your pumpkin, make a homemade puree to use for pies, shakes, lattes, ice cream—anything you want! All those vitamins and nutrients can also be used to revitalize your skin. Cut up the rind, steam it until tender and puree it in a food processor or with a hand-held mixer. To make a face mask, mix about one-fourth of a cup of the puree with one egg and add an ingredient for your skin type, e.g., honey for dry skin, apple cider for oily skin. Apply the mask to your face, let sit for 15 minutes, rinse off with warm water.

Timothy Johnson is a green living and landscaping expert. He can often be found hiking with his two dogs or in the lavish garden he curates in his backyard.

EarthTalk is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk.

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

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Oregon Payroll Updates

If You Have Employees, You Need to be Prepared!

by LANCE BRANT, CPA & Managing Partner — Capstone CPAs, LLC regonSaves

All Oregon employers are required to offer retirement plans to their employees. If they don't, they are required by law to facilitate OregonSaves. At this time, with exception of employers with four or fewer employees, all Oregon employers should have registered for OregonSaves already. For employers with four or fewer employees, the deadline to register is March 1, 2023.



Sign-up is quick, easy and free. Don't wait until the registration deadline. You'll be notified by OregonSaves when it's time for your business to register. Go here and have the following ready:

- Your Federal Employer Identification Number (EIN)
- The OregonSaves Access Code from your notification
 - If you don't know your Access Code or if your combination of EIN and Access Code does not allow you to proceed to the next step, please contact clientservices@oregonsaves.com or 844-661-1256 for assistance.

If you are an employer and unsure if your company is registered and in compliance, please reach out to your Capstone payroll specialist directly or use the button below to have someone contact you.

NEW Paid Leave Oregon

Paid Leave Oregon requires all Oregon employers to allow employees to take up to 12 weeks of paid leave in a year. In some pregnancy-related situations, employees may be able to take up to two more weeks for a total of 14 weeks. Key things you should know:

• Educate your employees now:

- Here is a link to share with your employees: paidleave.oregon.gov/ employees/Pages/frequently-asked-questions.aspx.
- · Payroll deductions will begin on January 1, 2023
- Eligible employees can start getting benefits on September 3, 2023
- The employee's contribution rate will never be more than 60 percent of one percent of an employee's gross wages (ie. for every \$1,000 of gross wages, the employee will contribute \$6.00)
- If your business or organization has 25 or more employees, you are required to contribute to Paid Leave Oregon.
- Employers pay 40 percent of one percent of employee's gross wages (ie. for every \$1,000 of gross wages, the employer will contribute \$4.00).
- If you have fewer than 25 employees, you are not required to make payments, but your employees still pay their portion and you still need to collect and submit their payments.
- If you are self-employed or an independent contractor, you do not have to participate in Paid Leave Oregon. But you can choose to elect in if you want.
- If you already offer Paid Family Leave, you may be able to apply to use your own plan. Your plan must offer at least the same benefits as Paid Leave Oregon. You first need to get it approved by the Oregon Employment Department.

If you would like to know more about this new plan, please use the button below to request a call from one of our payroll specialists.

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Social Security Boost

Taking early, Normal or Delayed Benefits

by ED WETTIG, CFP — Cornerstone Financial Planning Group

very fall, the Social Security Administration makes an announcement that has a major impact on the 66 million people who receive benefit checks. The annual inflation adjustment is aimed at keeping seniors from losing purchasing power.

The Social Security Administration bases its cost-of-living adjustment, or COLA, on the inflation rate during the third quarter, or July through September. The agency this year announced its 2023 COLA of **8.7 percent.** This translates into an average monthly increase of \$144.10,

boosting the typical benefit from \$1,658 to about \$1,802 per month.

Given this increase, if you are nearing the age of 62, you may be wondering if you should start drawing your social security benefit sooner than later. Deciding when to begin taking Social Security is one of the most important retirement decisions you can make. You can start collecting as early as age 62, but your benefits will be reduced by as much as 25 percent to 30 percent from what they would be at your "full" retirement age (see the table on the right). Conversely, your benefit is increased by an annual rate of 8 percent if you delay taking benefits between your full retirement age and age 70.

Sometimes circumstances require people to begin taking benefits as soon as possible. But if you're thinking about retiring early and receive sufficient income from your retirement accounts, a traditional pension plan, and/or other sources, then you can be more flexible about when you begin taking benefits.

Another important factor to consider is your life expectancy. Regardless of when you begin taking benefits, Social Security is designed to pay you the same total amount over the life expectancy of everyone the same age as you. Because almost half of all Americans are expected to live longer than their life expectancies, taking higher, delayed benefits might make sense for you. If you're in good health and your parents lived beyond their life expectancies, then you too might live beyond yours.

Married couples should also consider their ages and health when deciding the time to start taking their personal Social Security benefits, especially if one spouse earned more than the other. Under certain circumstances, the amount of Social Security survivor benefits for a lower-earning spouse could exceed his or her personal benefits. In such a case, the surviving spouse can elect to take the higher survivor benefit. To learn more about maximizing your benefits, or the benefits of you and your spouse, visit ssa.gov/ retire/estimator.html or aarp.org/socialsecuritybenefits.

Deciding when to begin Social Security can be quite complex. You should



Your full retirement age

Your full retirement age is based on your birth year and is the age at which you're eligible to receive full Social Security Benefits.

YEAR OF BIRTH FULL BENEFIT AGE 1937 or earlier .65 1938 .65 and 2 months 1939 .65 and 4 months 1940 .65 and 8 months 1941 .65 and 10 months 1942 .65 and 10 months 1943-1954 .66 1955 .66 and 2 months 1956 .66 and 4 months 1957 .66 and 6 months 1958 .66 and 8 months 1959 .66 and 10 months 1960 or later .67

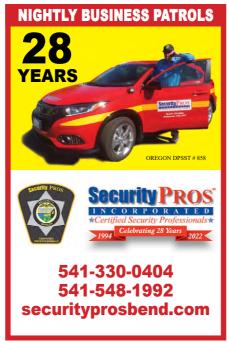
sit down with your financial advisor to help determine the best time to start taking your benefits. Ideally this would be before you or your spouse reaches age 62, the age at which you can begin collecting benefits.

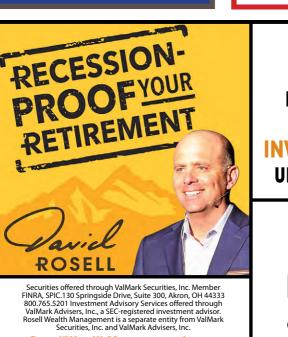
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cornerstonefinancialbend.com

Source: Social Security Administration







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UNCERTAIN TIMES.





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Billie Cartwright

Billie Cartwright, addictionologist for BestCare **Treatment Services**, was recently named the 2022 Oregon Physician Assistant of the Year by the Oregon Society of Physician Assistants.

Cartwright was primarily chosen for her work with BestCare's Medication Supported Recovery Clinic, an outpatient clinic that utilizes FDA-approved medications to treat addiction, primarily alcohol and opiate use disorders. The goal of the clinic is to use medication to support comprehensive treatment, which includes counseling and behavioral change.

Cartwright, 53, founded the clinic more than four years ago embedded within BestCare's outpatient services expanding to a program that treats more than 300 patients

with a team of ten staff that includes medical providers, medical assistants, drug and alcohol counselors, nurses and certified peer mentors.

Cartwright has been a practicing physician assistant since 2006 and has been with BestCare since 2015. Before that she served in Iraq from 2010-11 as a medical provider with the Oregon National Guard in the U.S. Army. She also served in a civil affairs unit in Afghanistan from 2002-03.

Cartwright earned a doctorate degree in Behavioral Health from Arizona State University in 2015 and a Master of Science from Duke University in 2006. She also earned a Bachelor of Science from Penn State University in 1996.

In her free time, Cartwright is an avid runner, trail rider, cross-country skier and paddleboarder. She lives in Sunriver with her partner Joe and dog Nitro.

Family Access Network Foundation (FAN) announces that **Erin Foote Morgan** of Bend has accepted a position on the FAN Foundation Board of Directors.

Foote Morgan is the owner and principal of FM Civic, a public affairs firm serving the Pacific Northwest. She is an Alaskan ex-pat who earned degrees at the University of Oregon and the University of Missouri before moving to Bend in 2004 where she and her husband Doug are now raising their four children. In the past 18 years, Foote Morgan has built a strong network of relationships in Central Oregon through former roles as a Bulletin reporter, Source Weekly managing editor, Central Oregon Community College instructor and administrator, Bend 2030 executive director and managing director of Hubbell Communications, a public



Erin Foote Morgan

relations firm based in Portland. This professional experience is rooted in policy development, strategic communications, fundraising and civic engagement. She believes FAN is one of the most important programs in our community for changing long-term outcomes for families and youth.



Bill **Elliott**

Crook County Sheriff John Gautney is announcing that Lieutenant Bill Elliott has graduated as a member of the 283rd session of the FBI National Academy. The graduation took place at the FBI National Academy in Quantico, Virginia on September 13, 2022. Lieutenant Elliott is the third person in Crook County Sheriff's Office history to complete this prestigious program. Nationally, less than one percent of officers have the opportunity to attend the program.

The Sheriff's Office is proud of Lieutenant Elliott for his dedication and sacrifice to the Crook County Sheriff's Office and the citizens of this community. Lieutenant Elliott has been committed to serving the citizens of Crook County for 19 years and says that he will continue to serve the community for several more years.

Lieutenant Elliott began his career with the Crook County Sheriff's Office in 2004. He has worked in the patrol division, the detective division and the jail division. He is currently filling the role as acting Undersheriff supervising the patrol division, the jail division and the parole and probation division.

Hawthorn Healing Arts welcomes Amy Kowalski LMT, Cht and Marisa Malzone MS, CNS-c.

Kowalski will be offering a wide range of massage therapy and bodywork services through Hawthorn Healing Arts Center beginning in October. Kowalski is a licensed massage therapist and certified hypnotherapist focusing on restoring health through deep intentional healing.

Kowalski has extensive training in Cupping Dynamix, essential oils, hot stone therapy and CBD oil massage and more. Over the course of her training and career Kowalski has treated a wide



Amy Kowalski

Marisa Malzone

variety of clients ranging in age from the very young to seniors. Using treatments from Deep Tissue, NeuroMuscular Therapy and Trigger Point Therapy to Swedish relaxation and light lymphatic drainage, Kowalski can adjust her level of pressure to meet any patient's need.

Malzone is a functional nutritionist who is passionate about helping people find their innate capacity for optimal health. With a master's degree in human nutrition and Functional Medicine and ongoing continuing education, she uses physical lab data, detailed client history and mental/emotional/spiritual information to formulate a unique plan for each individual. She is a firm believer in the healing power of nature and that health and joy go hand in hand.

The Westhoff Group welcomes Elizabeth "Lizzi" Schieldt and Karen Vera.

Schieldt has joined as their new sales assistant. Schieldt graduated from the University of Wisconsin in 2017 and comes with a strong background in risk management via the commodities industry. Before joining The Westhoff Group, she served as a risk management specialist helping dairy farmers manage and hedge their commodity prices to help generate predictable income.

Schieldt was raised in Wisconsin and



Elizabeth Schieldt



Karen Vera

moved to Oregon back in 2020. During her time in Oregon, she made the move to Bend with her fiancé, Andy, and has been enjoying the Central Oregon Outdoors like many of us here. Their favorite hobbies include camping, hiking, skiing and fishing.

With an eight-year customer service and banking background, Vera joined The Westhoff Group in 2021 as the director of Account Administration & Client Experience. In her role, Vera helps support the team with various administration duties and assist our office manager with our operations and on-boarding. She is dedicated to providing our clients with high-quality and effective services while anticipating and attending to their needs. Raised in Bend, Vera enjoys spending quality time with her husband and fur-bestie, Archie, exploring the wonderful Central Oregon outdoors. When they are not hiking along the trails or kayaking on lakes, Vera spends her free time cozying up to a good book or cooking and baking for her friends and family.

Gina Franzosa

Kôr Community Land Trust welcomes Gina Franzosa.

Franzosa joins senior project manager to support Kôr's growing pipeline. Franzosa has worked in the fields of engineering and project management for over 20 years, with an emphasis on sustainable building strategies in public and not-for-profit institutions. Prior to joining Kôr, Franzosa managed major development projects for Bend LaPine Schools, Lewis & Clark College and Trimet. She was also the inaugural State director for the Cascadia Green Building Council and was influential in advancing sustainable development practices statewide. Franzosa holds a masters and bachelors in engineering from Cornell University and an MBA from Portland State. She enjoys all the recreational activities Central and Eastern Oregon have to offer and

enjoys the challenge of gardening in the high desert.

Quota of Central Oregon has installed **Fran C. McCormick** as board president for 2022-23 fiscal year. McCormick has been an active member for 20+ years.

McCormick is a broker with Alleda Real Estate and works in the Central Oregon community.



Fran C. McCormick



Lisa Mensah

Lisa Mensah, the new president and CEO at Oregon Community Foundation, has been on the job just since September 19 and already her schedule is chock full, including travel plans throughout the state, beginning in Central Oregon with stops in Warm Springs, Madras and Sunriver.

who's who who's who who's who who's who who's who who's who

New hires, promotions, accolades, awards, retiring? Send us your

Who's Who!

Send a high resolution head shot and a short, 100- to 150-word writeup to CBN@CascadeBusNews.com to be seen in the next edition of Cascade Business News.

who's who who's who who's who who's who who's who who's who

2022 Building a Better Central Oregon Award Winners Selected

by SHANNON LAMPE WILCOX, Communications Director — Central Oregon Association of REALTORS & Multiple Listing Service of Central Oregon he Central Oregon Association of REALTORS (COAR) has selected the 2022 **Best Building Restoration**

Building a Better Central Oregon (BBCO) award winners. The BBCO Award's purpose is to recognize those who have enhanced their community with outstanding new or renovated residential, commercial, or industrial buildings. Projects are judged on economic impact, neighborhood improvement, unique design, or use of materials.

Outstanding Outdoor Enhancement to SE Bend

Alpenglow Community Park

Presented to Bend Park and Recreation District

Outstanding Community Enhancement in Sisters

The Barn in Sisters

Outstanding Business Enhancement Project in Redmond

BASX Solutions

Presented to BASX Solutions, EDCO, SunWest Builders

Best Community Service Remodel in Redmond

Bethlehem Inn

Presented to Bethlehem Inn and BLRB Architects

Outstanding Architecture and Innovative Learning Environment

Caldera High School

Presented to Caldera High School and BBT Architects

Outstanding Public-Private Venture to Benefit the Local Veteran Community

Central Oregon Veterans Village

Presented to Central Oregon Veterans Outreach and Bend Heroes Foundation

NeighborImpact Improves Access to Financial Achievement with Individual Development Accounts

provided by NEIGHBORIMPACT

uring the month of Hispanic Heritage Month (September 15-October 15) and LGBTQ History Month (October), NeighborImpact is spreading awareness about its Individual Development Account (IDA) program, which gives diverse communities the opportunity to overcome barriers and achieve financial goals.

Individual Development Accounts (IDAs) are matched savings accounts that allow individuals and families to save and generate money for a specific savings goal. For every \$1 participants save, they receive a match of an additional \$5, for up to \$10,000 of match funds. The program is State of Oregon funded and delivered under contract with Neighborhood Partnerships.

Through NeighborImpact, participants can use their IDA to save for a down payment or closing costs for a new home; start or expand a business; purchase a vehicle; and other specific savings goals. The program is especially beneficial to communities which have been historically excluded from these accomplishments. To date, NeighborImpact has distributed nearly \$3.2 million to 449 IDA program participants in Central Oregon. Funds provided to program graduates have facilitated the start-up of 86 local business, 177 home purchases and enabled reliable transportation for 36 individuals.

"If you provide the right tools, people are the best to setting their own path forward," said NeighborImpact HomeSource Director Sonia Capece. "People are the best stewards of their financial lives."

To be eligible for the program, applicants must reside in Crook, Deschutes, Jefferson counties or at the Warm Springs reservation and have a qualifying household income at or below limits listed here, with preference extended to individuals who come from challenging circumstances.

The Oregon IDA Initiative is supported by funding from the Oregon IDA Tax Credit. For more information, go to oregonidainitiative.org/donateIDA. To learn more about NeighborImpact's IDA program or to apply, visit neighborimpact.org/ida.

neighborimpact.org

Domaine Serene Wine Lounge Bend

Presented to Domaine Serene and BLRB Architects

Best Gathering Place in NW Bend

The Grove

Presented to Project^

Excellence in Integrated Health and Community Service

Mosaic Medical Conners (Bend) and Madras Health Centers Presented to Mosaic Medical, Jefferson County, and Housing Works

Outstanding Hospice Facility Fulfilling a Community Need

Partners in Care Hospice House

Presented to Partners in Care and COLE Architects

Best New Affordable Housing in Bend

Stillwater Crossing

Presented to Wishcamper Development Partners

Outstanding Community Repurpose/Enhancement Project

Presented to Compass Commercial and Next Development Group

COAR will present the awards on October 19, from 4-6pm at the Riverhouse on the Deschutes. The event is sponsored by Porchlight Property Inspection Services and Mid Oregon Credit Union. For tickets, please visit coar.com. The presentation will also be viewable on COAR's Facebook and YouTube pages.

About COAR:

The Central Oregon Association of REALTORS (COAR) is your voice for real estate in Central Oregon. COAR is a trade association serving the professional needs of its 2,500+ members. In addition, COAR is dedicated to enhancing and protecting the real estate industry. COAR believes we can build better communities by supporting quality growth, seeking sustainable economies and housing opportunities while protecting a property owner's ability to own, use, buy and sell property.

coar.com • oregondatashare.com



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United Way of Central Oregon Awards \$225,000 to Local & Regional Nonprofits

by SOPHIN ZOE PRUONG-MCCREERY, Operations Associate — United Way of Central Oregon nited Way of Central Oregon (UWCO) announced recently \$225,000 in Community Impact investments to 22 nonprofits serving Deschutes, Crook and Jefferson Counties, and the Confederated Tribes of Warm Springs. Each year, UWCO makes investments in a network of nonprofit partners working to advance a set of shared priorities. This year, UWCO identified positive mental health and well-being, culturally specific services and housing stability as the 2022 Community Impact priorities in response to current community needs.

UWCO works, in part, through a network of nonprofit and community-based programs called Community Impact Partners. In partnership with this network, UWCO is able to positively impact the lives of nearly one in four Central Oregonians across the tri-county region and Confederated Tribes of Warm Springs.

This year's UWCO Community Impact Partners and investments are:

- Big Brothers Big Sisters Central Oregon (\$5,000)
- Boys & Girls Clubs of Bend (\$10,000)
- Clear Alliance Crook County (\$5,500)
- **DAWNS House** (\$10,000)
- Diversability, Inc (\$5,000)
- Every Child Central Oregon (\$14,000)
- Family Access Network (\$18,500)
- Friends of the Children Central Oregon (\$12,000)
- Furnish Hope (\$5,000)
- Habitat for Humanity of La Pine Sunriver (\$7,500)
- Heart of Oregon Corps (\$18,500)
- J Bar J Youth Services (\$12,000)
- The Latino Community Association (\$15,000)
- NeighborImpact Housing & Homeless Services (\$10,000)
- Papalaxsimisha (\$18,000)
- Prineville Senior Center (\$5,000)
- Redemption House Ministries (\$5,000)
- The 1017 Project Crook County (\$4,500)
- Thrive Central Oregon (\$10,000)
- Volunteers in Medicine Clinic of the Cascades (\$8,000)
- Warm Springs Community Action Team (\$20,0000)

The work of UWCO is funded by community philanthropy. Investments in Community Impact Partners are made possible by the generosity of UWCO's individual donors, workplace campaigns and business and corporate sponsorships. We always welcome new donors, businesses and foundations to join our mission of bringing people together to improve lives for better, more resilient and equitable communities.

Lisa Hurley, board member and chair of UWCO's Community Impact Committee shared: "Central Oregon is fortunate to have so many incredible nonprofits supporting our community. I'm honored that United Way of Central Oregon and our donors get to be a part of investing in these nonprofits, and the impact they make in advancing positive mental health and wellbeing, culturally specific services and housing stability for the people who benefit from their work. I'm proud of United Way's continued focus on diversity and equity in our grantmaking and am excited to see how it impacts the lives of our friends and neighbors in Central Oregon."

We are proud to expand our partnership to five first-time recipients of United Way Community Impact Partner funds:

- Clear Alliance promotes community health and safety by providing substance abuse and impaired driving education. UWCO's investment is supporting their work in Crook County.
- **Furnish Hope** partners to transform empty houses into furnished homes for families in need across the region.
- Papalaxsimisha is a multigenerational program that creates community among Indigenous youth and families from cradle to grave using culturally based teaching.
- Prineville Senior Center provides quality meals, recreation and social services
 to foster independence and positive lifestyles for older residents and those
 with a disability in Crook County.
- The 1017 Project provides sustainable, high-quality beef to Crook County food banks.

About United Way of Central Oregon:

United Way of Central Oregon (UWCO) works to bring people together to build a better community. The organization has had a presence in the region for more than 70 years and built a legacy around promoting personal philanthropy, service to community and addressing critical human service needs through fundraising, grantmaking and incubating new programs. Partnering with community members, leaders and volunteers, we identify and elevate known needs in the region and then mobilize resources — time, talent, knowledge and financial support — to make an impact. Each year we make grants to a network of Community Impact Partners that support UWCO in our efforts to improve outcomes for children, families and seniors. UWCO is working to ensure all community members are cared for by directing efforts and resources to where they will have the greatest impact, especially for individuals identified as being part of our community's most vulnerable and marginalized groups.

Dermatology Health Specialists 'Wants to See People with Skin Concerns Before They Become Issues'

by ANDREA HINE

a Pine has a special place in my heart," said Tammy Wisco, taking time away from overseeing remodeling efforts at the former dental office on Third St. that will soon become the newest location of Dermatology Health Specialists (Derm Health).

A civil engineer and land-use planner who has worked as a consultant to the City of La Pine in the past, Wisco explained that she and her husband, Dr. Oliver Wisco (who founded Derm Health to provide advanced and personalized dermatologic care in medical dermatology, skin cancer treatment and prevention, Mohs surgery and aesthetics), chose the town "to expand the reach of our services to underserved communities."

As she elaborated: "Similar to outlying areas such as Lakeview, Burns and John Day — where the drive into our offices in Bend or Redmond can deter

patients from seeking the comprehensive services we offer — we go to them. Dermatology Health Specialists wants to see people with skin concerns before they become issues."

Specifically, "Central Oregon has a very high rate of skin cancer," said Wisco. "Several factors are suspected to contribute to this, such as the great number of sunny days in Central Oregon, its high elevation and our 'outdoorsy' lifestyle. We're finding so much skin cancer here — it's shocking."

On the plus side, however, Wisco emphasized that "when detected early, skin cancer is highly treatable. For this reason, Derm Health providers offer a full skin exam to all patients, as well as

personalized preventative treatments. To us, health is number one in importance, for both adults and children."

Wisco, who "grew up as a farm kid, and spent a lot of time in the sun," knows first-hand the importance of skin exams. "Five years ago, my husband discovered an early melanoma growth on my arm that I otherwise wouldn't have known about."

Another factor is that historically, she noted, "skin cancer hasn't been talked about as much as some other cancers — it hasn't been as high on the priority list. But that is changing for the better."

And, she said, "As the focus of our practice is on prevention, life balance and overall health, we also see value in certain treatments such as chemical peels — which can provide long-term health benefits for those suffering from acne, for instance. Another



PROVIDERS AT DERM HEALTH INCLUDE JILL CONWAY, PA-C, SHOWN WITH A YOUNG
PATIENT AND HIS MOTHER | PHOTOS COURTESY OF DERMATOLOGY
HEALTH SPECIALISTS

example is Photodynamic Therapy (PDT), or blue light treatment, which uses a photosensitive agent and a blue light to destroy pre-cancerous cells — while also typically resulting in aesthetic improvements such as reducing fine lines and minor skin discolorization."

Derm Health's goal is to open the 1,800-square-foot La Pine location on December 1 — "before the snow is really flying," described Wisco, "and initially see patients two to three days a week. We already have a presence here at La Pine Community Health Center, which has been a wonderful partner and assured us we can rent space there while we renovate our building."

Speaking on behalf of Derm Health, Wisco emphasized that "everyone is welcome in our practice — all ages and all insurances, including Medicaid and Medicare. No one is turned away."

derm-health.com



CENTRAL OREGON'S GREAT NUMBER OF SUNNY DAYS, HIGH ELEVATION AND 'OUTDOORSY' LIFESTYLE CONTRIBUTE TO ITS VERY HIGH RATE OF SKIN CANCER. (NOTE PROTECTIVE HATS ON THE PHOTO'S YOUNG LADIES)

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Toni Metherall, Executive Director 541-275-0328

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StrokeAwarenessOregon.org

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Street Dog Hero Sprints Past Fundraising Goal at Annual Benefit

2022 Nonprofit of the Year Recipient Holds Third Annual 5k Race Benefit

by KODY OSBORNE, Senior Development & Communications Manager — Street Dog Hero

he numbers are in! Street Dog Hero's (SDH) third annual Heroes on the Run 5k benefit has surpassed its \$75,000 goal with record attendance.

The \$75,000 goal was set to help Street Dog Hero execute their mission of rescuing and adopting dogs, low- and no-cost spay/neuter/wellness in Central Oregon and Mexico, and further their educational and outreach efforts. They flew by their lofty objective, raising over \$86,000, which will assist the organization in their goal of providing significantly more spay, neuter and wellness services locally, with a focus on areas and populations in which animals are least likely to receive care. The organization intends to begin regular low-cost wellness and vaccination clinics this fall, hosted at the new facility and has already started planning low-cost spay and neuter clinics to begin in 2023.

The event brought in 207 runners (not including their four-legged companions) for the 5K "fun run," 57 happy-faced kiddo-runners and 530 attendees with dogs-in-tow!

"It was such an amazing day!" said Diana Fischetti, SDH executive director. "With so much preparation on the part of the amazing SDH team, volunteers and sponsors, I was overwhelmed with joy when the race was off. The event far exceeded any of our expectations; we had more people and pups attend, more activities and vendors, and we raised more funds than we expected!"

With pristine late-September Central Oregon weather, the event went off without a hitch; featuring an array of local (dog AND people-centric) vendors, a built-in hype-squad with Mountain View High School's cheerleaders and live performances from Gotta Dance Studios and ISU Vana mamba. The event also touted local refreshments with a 10 Barrel and Cascade Lakes Brewing beer garden, Thump coffee, snow cones, hot dogs and a MASSIVE raffle that included a two-person cruise to a destination of choice.

"Watching our fundraisers grow over the last five years has been an unbelievable experience, and it still doesn't seem real," said Marianne Cox, Founder and Board President of SDH. "Words can't explain the feeling I got at HOTR this year. I am grateful to everyone who supported us this year and continues to support us year after year. I was speechless and in awe of our community who came together to help dogs in need both near and far."

This event was supported by dozens of local businesses; including Cascade Design Center, Fall River Health and First Interstate Bank. Cascade Design Center President and the very first foster for Street Dog Hero, Ronda Fitton says, that Street Dog Hero is "...a positive organization to donate your time and resources; a place where your kids can learn about responsible pet ownership; a place where so many people get to make a difference as easily as flying home from vacation with a puppy in tow. I'm proud to support Marianne and this organization and I'm grateful to live in Bend where we, as a community, foster and embrace this type of change."

SDH serves dogs in need worldwide and their communities through rescue, adoption, wellness, spay/neuter and education. This event coincides with the organization's five-year anniversary and the opening of its first-ever brick-and-mortar facility. To date, the organization has rescued over 2,200 dogs from more than a dozen countries like Mexico, South Korea and right here in the United States. Street Dog Hero has also provided more than 1,450 free or reduced-rate spay/neuter and other wellness services to owned and street dogs and cats around the world. Street Dog Hero is making lasting positive changes in the lives of animals and their humans, working towards a world where all dogs are healthy, safe, cared for and wanted.

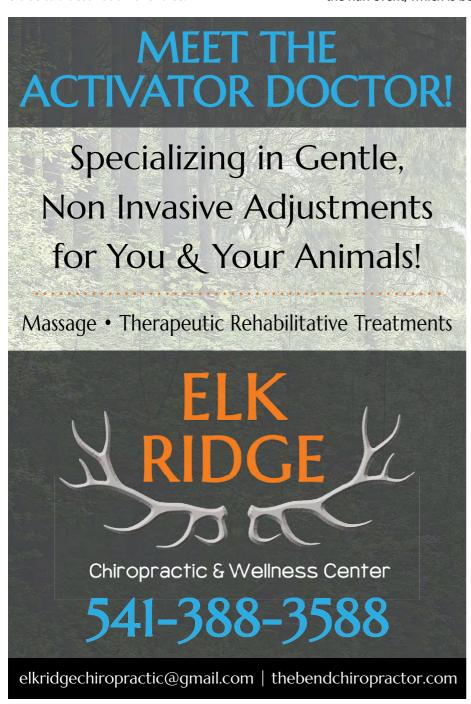
SDH already looks forward to next year's Heroes on the Run event, which is bound to be even bigger and



PHOTO | COURTESY OF STREET DOG

better. Visit streetdoghero.org to find out about more upcoming events from SDH and learn how you can help support this fantastic work.

streetdoghero.org





(541) 389-1411

615 NW Franklin Avenue Bend, Oregon 97701







Central Oregon Business Calendar

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

BUSINESS



October 19

5:30-8pm ConnectW Monthly Meeting: Avoiding Technology Disasters with Paula Sullivan at Open Space, Bend.

October 19

5:30-7:30pm Deschutes County Planning Division Bend Area 2040 Project Open House at Deschutes County Service Center Barnes and Sawyer Room, Bend.

October 20-21

EDCO Hybrid 19th Annual Bend Venture Conference.

October 20

4-6pm Deschutes County Planning Division Sisters Area 2040 Project Open House at Sisters High School Lecture Room, Sisters.

October 20

5:30-7:30pm The Environmental Center Rethink Waste Project Repair Café at the Deschutes Public Library, Sisters.

October 20

5:30-7pm Southern Crossing Neighborhood Association Virtual General Membership Meeting.

October 24

3-4pm COCC Virtual Community Forum, Working with a Multigenerational Workforce.

October 24

4-6:30pm Deschutes County Planning Division Sunriver Area 2040 Project Open House at Sunriver Homeowners Aquatic & Recreation Center (SHARC) Benham Hall, Sunriver.

October 25

6-8pm Deschutes County Planning Division Redmond Area 2040 Project Open House at Redmond City Hall, Rooms 207/208, Redmond.

October 25

7pm League of Women Voters of Deschutes County Virtual Discussion, Oregon and Deschutes County Ballot Measures.

October 27

Noon-1pm COCC Virtual Vet Tech Program Info Session.

November 1

9-10am COCC Virtual Vet Tech Program Info Session.

November 1

6-7pm Deschutes National Forest and Discover Your Forest Volunteer Information Night at Deschutes National Forest Office, Bend.

November 15

Bend Chamber 2022 Impact Conference at Riverhouse Convention Center.

November 15

5-6pm COCC Virtual Vet Tech Program Info Session.

December 1

Noon-1pm COCC Virtual Vet Tech Program Info Session.

WORKSHOPS & TRAINING



(Ongoing)

COCC Small Business Development Center Virtual Classes.

Building Permits

COMMERCIAL PERMITS WEEK ENDING 9-30-2022

City of Bend

\$546,448.00 Commercial (Addition) 425 sf. at 2500 NW Awbrey Glen Dr. Bend 97703 OR Owner: Awbrey Glen Golf Club, Inc. Permit # PRAD202203815

Commercial (Alteration) 15 sf. at 3194 N Hwy 97 Bend 97703 OR Owner: RPP Bend, LLC Permit # PRRE202205736

\$30,000.00 **Klamath County**

> \$400,000.00 Commercial (New) at 3810 S 6th St. Klamath Falls 97603 OR Owner: CH Town and Country, LLC 904 Silver Spur Rd. Ste. 244 Rolling Hills, CA 90274

Builder: Russell Hawkins Construction, Inc. 541-892-2294 Permit # 483-22-003513

Deschutes County

\$529,472.00 Commercial (New) 3,124 sf. at 18136 Forestbrook Lp. Bend 97707 OR

Owner: Caldera Springs Real Estate, LLC PO Box 3609 Sunriver, OR 97707 Permit # 247-22-005220

City of Redmond

\$60,000.00 Commercial (Alteration) at 1253 NW Canal Blvd Redmond 97756 OR

Owner: Cascade Healthcare Community, Inc. PO Box 5789 Bend, OR 97708 Permit # 711-22-001974

\$50,000.00 Commercial (Alteration) at 120 SE Glacier Ave. Redmond 97756 OR Owner: Fred Hodecker, Inc. PO Box 488 Redmond, OR 97756

Builder: Capital Tower and Communications, Inc. 402-786-3333 Permit # 711-22-002160

Lake County

\$75,000.00 Commercial (Addition) at 1275 S 12th St. Lakeview 97630 OR Owner: Quail Mountain, Inc. 4033 Miller Ave. Klamath Falls, OR 97603 Permit # 497-22-000439

COMMERCIAL PERMITS WEEK ENDING 10-7-2022

City of Redmond

\$600,000.00 Commercial (New) 4,000 sf. at 1120 NE 11th St. Redmond 97756 OR Owner: Dubisar Family Revocable Living Trust 1790 NW Oden Ave. Terrebonne, OR 97760

Builder: Advanced Precast Products, LLC Permit # 711-22-001481

\$16,249.00 Commercial (Tenant Improvement) at 1253 NW Canal Blvd Redmond 97756 OR Owner: Cascade Healthcare Community, Inc. PO Box 5789 Bend, OR 97708

Builder: M Brown Industries, LLC 503-632-2474 Permit # 711-22-001902

Lake County \$30,000.00

Commercial (Tenant Improvement) 5,800 sf. at 264 N P St. Lakeview 97630 OR Owner: Church Of The Open Bible PO Box 255 Lakeview, OR 97630 Builder: New Life Contracting, LLC 541-417-2274 Permit # 497-22-000453

City of Bend \$200,000.00

Commercial (New) 19,300 sf. at 1501 NE Medical Center Dr. Bend 97701 OR Owner: EPC Sparti, LLC

Deschutes County

Commercial (Multi Family) 16,041 sf. at 16510 Finley Butte Rd. La Pine 97739 OR \$2,230,661.00

Owner: 13 Finley Butte, LLC PO Box 449 Lincoln City, OR 97367 Permit # 247-22-003104

Commercial (New) 9,066 sf. at 15777 Burgess Rd. Bldg A La Pine 97739 OR Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 \$1,040,414.00

Builder: Mission Building and Renovation 541-550-2747 Permit # 247-22-003383

Commercial (New) 8,060 sf. at 15777 Burgess Rd. Bldg D La Pine 97739 OR Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 \$924,966.00

Builder: Mission Building and Renovation 541-550-2747 Permit # 247-22-003390

Commercial (New) 7,200 sf. at 15777 Burgess Rd. Bldg E La Pine 97739 OR Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 \$826,272.00

Builder: Mission Building and Renovation 541-550-2747 Permit # 247-22-003391

\$695,216.00 Commercial (New) 6,058 sf. at 15777 Burgess Rd. Bldg B La Pine 97739 OR Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 Builder: Mission Building and Renovation 541-550-2747 Permit # 247-22-003386

Commercial (New) 428 sf. at 2400 NE Maple Ave. Redmond 97756 OR Owner: Deschutes County PO Box 6005 Bend, OR 97708

\$128,000.00 Builder: Kirby Nagelhout Construction Company 541-389-7119 Permit # 247-22-004329

Commercial (New) at 15777 Burgess Rd. Water Cistern La Pine 97739 OR \$57,167.00

Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 Permit # 247-22-006141

Commercial (New) 6,058 sf. at 15777 Burgess Rd. Bldg C La Pine 97739 OR Owner: Blue Elephant Storage Burgass Road, LLC 61141 S Hwy 97 #705 Bend, OR 97702 \$695,216.00

Builder: Mission Building and Renovation 541-550-2747 Permit # 247-22-003388

eschutes Public Library

Continued from page 3

is adjacent to ten-foot-wide biking and pedestrian paths that will serve east Bend and connect into the Deschutes River Trail.

The due diligence period allowed the Library District to ensure the suitability of the property; the zoning of the site allows construction of a library as an outright use. The architectural firm designing the building for the Stevens Ranch library is Miller Hull, and the contractor is Kirby Nagelhout Construction Company.

Library Director Todd Dunkelberg says the library anticipates breaking ground in summer 2023, and completing construction in 2025.

"Central Oregon has grown exponentially since our last library was built more than 20 years ago," Dunkelberg said. "We are committed to carrying out the will of Deschutes County voters to create a new library that allows us to increase our collection, adds much-needed public meeting and gathering spaces, and ensures our ability to move items to our other libraries throughout the county quickly and efficiently."

In November 2020, Deschutes County voters supported the Library's bond measure to expand and improve libraries across the county. In addition to a new library, bond funds will also pay for building a new Redmond Library double the size of the current Redmond Library — as well as updating other libraries. The current Redmond Library will close in January 2023 to allow for construction of a new library on the existing site; it is scheduled to be complete in mid-2024. The La Pine and Sisters Libraries will also close in January 2023 for remodeling and updating; both libraries will re-open in fall 2023. The Downtown Bend and Sunriver Libraries will also be renovated following the completion of the other projects. Temporary locations will be provided while existing libraries are closed for construction or remodeling.

Deschutes County residents are invited to view the plans for each library at deschuteslibrary.org/future.

deschuteslibrary.org

RECENT TRANSACTIONS

Continued from Page 3

Tom Tapia, CCIM, Principal, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Seller in the sale 1.50 acres of industrial land on Deerhound Avenue, in Redmond for \$525,000.

Compass Commercial Real Estate Services brokers Peter May, CCIM, Russell Huntamer, CCIM and Eli Harrison represented the landlord, Forum Westside, LLC, in the lease of a 1,200 SF retail suite located in Westside Yard at 210 SE Century Drive in Bend. Brokers Huntamer and Harrison also represented the tenant, Precision Chiropractic.

Tom Tapia, CCIM, Principal, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Seller in the sale of 1.74 acres of industrial land on Deerhound Avenue, in Redmond for \$550,000.

Brokers Peter May, CCIM, Russell Huntamer, CCIM and Eli Harrison with Compass Commercial Real Estate Services represented the landlord, Forum Westside, LLC, in the lease of an 800 SF retail suite located in Westside Yard at 210 SE Century Drive in Bend.

Ryan Cook, Broker, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Tenant in a 60-month lease of 2,738 +/- SF of office space 233 SW Wilson Avenue, in Bend.

Compass Commercial Real Estate Services brokers Jay Lyons, SIOR, CCIM, Russell Huntamer, CCIM, Grant Schultz and Eli Harrison represented the landlord, Mt. Nolan, LLC, in the lease of a 2,269 SF retail suite located in the Nolan Town Center at 875 SE Rimrock Way in Redmond.

Ryan Cook, Broker, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Tenant in a 60-month lease of 2620 +/- SF of office space at 404 SW Columbia Street, in Bend.

Ryan Cook, Broker, of Fratzke Commercial Real Estate Advisors, Inc., represented the Tenant in a 48- month lease of 1,560 +/- SF of office space at 378 SW Bluff Drive, in Bend.

Brian Fratzke, CCIM, Principal, of Fratzke Commercial Real Estate Advisors, Inc., represented the Landlord; and Ryan Cook, Broker, of Fratzke Commercial Real Estate Advisors, Inc., represented the Tenant in a 36 month lease of 2744 +/- SF of industrial space at 335 NE Jackpine Court, in Redmond.

Dan Steelhammer, Broker, of Fratzke Commercial Real Estate Advisors, Inc., represented the Owner and Tenant in a 14,000 Sq. Ft. lease on American Lane, in Bend, OR.

Tom Tapia, CCIM, Principal, & Brian Fratzke, CCIM, Principal, both of Fratzke Commercial Real Estate Advisors, Inc., represented the Owner and Tenant in a 4,500 Sq. Ft. lease at 63820 Clausen Drive, in Bend, OR.

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