

WHAT WE HAVE BEEN DOING

Alisa spent her time off this summer camping at Twin Lakes, heading to Yachats to escape the smoke, and practicing her skills as a used car saleswoman on Craigslist. Her youngest son Alex just turned 16 so she's no longer tasked with being a chauffeur, and she is enjoying her newfound freedom.

Marvin escaped the heat of Oregon and went to Phoenix, Arizona for a week. It was quite hot there too, but no smoke. He went to attend a friend's surprise birthday party and met up with an old classmate from Culver now living in Arizona, and enjoyed seeing everyone. As fall arrives, he will miss the warm weather, but not the smoke.

Josh has been busy traveling and spending as much time outdoors (and away from the smoke) as possible, and climbing each of the Cascade volcanoes. He watched the eclipse from Madras, and was fortunate to be able to spend a few weeks working out of the Bend office this summer.

Sarah is dividing her time between tracking market and economic data, political events, natural disaster relief efforts and how many days it's been since her new baby Archer pooped last. She is looking forward to a visit from her folks from Alaska this fall. Grandma and Grandpa will get in some long-anticipated baby time. Sarah has big plans to see a movie with her husband, eat a meal using both hands, get a haircut, or take a nap, all being equally appealing options.

Shelly has had a great summer. She was able to attend 2 weddings, one for a niece and another for a nephew. She reconnected with family members she hasn't spent time with in several years. She was excited to be able to take a week with her family and go enjoy the milder weather at the beach. The rest of the summer was spent gardening, camping and getting together with friends. As the weather cools down she is looking forward to going for long walks in the evening and watching the colors change on the trees. She is getting ready to start renovating her home and hopes to have some major projects completed before the winter sets in.

This summer has provided many distractions for **Cheri**. With friends and family in harm's way from wildfires and hurricanes, the Eclipse has almost been forgotten. Thankfully everyone is safe. She has been enjoying the company of her parents, who escaped the Arizona heat by coming to Bend for a few months. It has worked out well, especially since her Mother likes to garden and bake. With fall just around the corner, she is working to accomplish her summer goals. Who knows, she may get the garage cleaned out yet!

Audra had a very busy and eventful summer, and it seemed far too short! On August 21st she got to watch the Solar Eclipse together with a nice group of Lithuanian friends, and soon after the eclipse her granddaughter was born. She's a very happy Grandma.

Tyler and his family had a good summer. Even though the baseball ended sooner than they wanted, it meant they were able to take a family camping trip to Northern Idaho and Glacier National Park in Montana. Now that school has started again Tyler and Catherina are busy driving kids around Oregon watching youth sports.

Listen in to our show!

Hear Troy & Tyler on these local stations:

Bend: KBND 1110AM: Sat. 10-noon

Portland/Hillsboro KUIK 1360AM: Sat. 10-noon

John Day: KJDY 1400AM: Sun 12-2pm

Eugene: KUGN 590: Sun 4-6pm



THE Top View

When I was young my mother taught me an important lesson. "Never ask a woman if she is pregnant unless you know for sure she is". Good advice I have always heeded, for good reason. I have found in my 55th year that this applies to me.

In 2011 my wife, Adrienne and I, both under took a lifestyle change. Together we lost 70 and 50 pounds each. Through a lot of hard work, we were able to maintain this weight for six years. Early this spring we decided to move closer to our ideal weight and both shed an additional 30 pounds. In both instances, the changes in our bodies were obvious.

I found in both weight-loss efforts, as you approach and pass the 50 years of age mark, I became much like the pregnant woman. Many people were shy to ask about our weight loss because at my age sometimes you lose weight due to illness versus desire. Losing weight and changing our food lifestyle has really made a difference in our lives that we are proud of.

Check out the difference yourself in the pictures from 2011 and 2017. I cannot even imagine the difference in how I and my wife look today. I think that if I never was overweight, people probably would never ask "are you ok?". We realize for our height we are now in our healthy weight range.

I do have something else I want to share with you. In what was a three-year odyssey of tests, about a year ago I was diagnosed with Multiple Sclerosis (MS). It has slowed me down a little bit especially on my left side, MS for me has not been significantly debilitating, nor has it caused me any cognitive issues.

If you were going to have Multiple Sclerosis believe it or not there is a good kind and a bad kind. By the grace of God, I have the good kind. Good is defined as, there are drugs to slow progression and the prognosis is I will live an average lifespan, albeit with some disability. Since my initial symptoms, I have been stable with no more progression of the disease.

To tell you the truth, my diagnosis has been somewhat of a blessing. It has made me slow down and enjoy life more; not to talk so fast, not to walk so fast, enjoy moments more and enjoy my food, slowly! I really believe the hardest part of the disease is learning humility -- I think God is trying to teach me a lesson -- a good one.

If you have questions or concerns about my weight loss or my disease please feel free to ask me. I promise you no question is "off-limits" or unwelcome. I am comfortable in my skin now and very capable of sharing about this journey I am now on.

Finally, I want to make it crystal clear that neither my weight transformation or my MS diagnosis will take away from my duty and passion to help in your wealth building efforts. I plan on working for you and with you for many, many years to come.

Warmest Regards,

Troy Reinhart

