

KENNEDY: Athlete learned discipline and focus in sport

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toward peak performance — his diet, meditation, stretching.

“My senior year, I didn’t miss a workout the entire year,” he said.

Kennedy acknowledges that it wasn’t always a smooth path to outstanding athletic achievement.

“I actually got kicked off the team because I was on and off academic probation,” he recalled.

Adrift in a major that didn’t fit him, his performance in the classroom was less than stellar. His coach, Monty Cartwright, kicked him off the team and pulled his scholarship and told him to drop out of college because he was wasting everybody’s time. That might have been a slap in the face, but Ross used it to fuel his fire. He switched majors from biology to exercise science, which kick-started him academically. The next term he pulled a 3.75 GPA and finished school with a cumulative 3.3 GPA.

“I’m so thankful for that wakeup call,” he said. “It showed me I was going to have to work, how important school was scholastically.”

Cartwright drove down to Ashland from Portland to be part of the induction ceremonies.

“It was awesome to

shake his hand, give him a hug and just thank him and let him know that he was a huge influence on my life,” Kennedy said.

The five inductees mingled at an event on Friday evening, then gathered for the induction ceremony and breakfast on Saturday morning. All the new inductees were recognized at halftime during Saturday’s Southern Oregon University football game.

“...don’t be afraid to set the bar high and work to go after it.”
— Ross Kennedy

“Being associated with the other hall-of-famers is a huge honor,” Kennedy said.

He was also delighted to get to see old teammates and coaches who turned out for the event.

Kennedy’s mother, his children, and his father-in-law John Keenan were also in attendance.

“It was really cool that my kids got to be there, for them to see what I did,” Kennedy said.

The discipline and direction he learned in his hall-of-fame athletic career is an example of what sports can do for a young person in setting them up for success in life. Kennedy reflected on those lessons learned.

“I’d say to young people, don’t be afraid to set the bar high and work to go after it.”

New boutique has mix of old and new

By Jodi Schneider McNamee
Correspondent

Gone Wishin’, the newest boutique on Hood Avenue, may be modest in size, but has big possibilities for its patrons.

Owner Sandy Hinshaw has wanted a shop filled with an eclectic mix of this and that from yesterday and today, for a very long time. Hinshaw remembers the boutique that her sister Linda had in California.

“My younger sister Linda, who is very artistic, had a really cute shop years ago, and I thought how fun it would be if I opened my own boutique. And that was 20 years ago.”

But life got in the way for Hinshaw, who’s been a busy registered nurse since 1971.

Hinshaw and her husband, Rod, moved from California to Sisters 10 years ago after Rod retired from being a trauma surgeon.

“My husband’s son lived in Bend for years, so Rod bought some land just outside of Sisters, and we decided to move here. He may have retired, but I wasn’t ready to,” Hinshaw said.

Hinshaw works full-time at St. Charles Medical Center in Bend.

“I’m like the house-mom, and I represent administration after business hours. I’m kind of like the ombudsman for the hospital,” said Hinshaw.

“But, I still had that wish of



PHOTO BY JODI SCHNEIDER MCNAMEE

Sandy Hinshaw has Gone Wishin’ in Sisters.

opening a shop on my bucket list and figured I better get it marked off soon,” Hinshaw said. “So both my sisters, Linda and Annette, came up from California to help me decorate Gone Wishin’ last April. Linda painted the ceilings, walls and the quote by Francis Clark: ‘There wouldn’t be a sky full of stars if we were all meant to wish on the same one.’”

“Many of the items in my shop are vintage things that I have collected over the years that are in great shape, and all the rest of the pieces I picked up at different places here and there. I want other people to have the opportunity to take these things that have been special to my heart home with them. I also travel back and forth to California, and stop at little out-of-the-way places to find things.”

So where does Hinshaw find the time to run Gone

Wishin’?

“Right now I am able to be in the shop most weekends,” she said.

Hinshaw’s granddaughter, Erynn Ricker, a sophomore at Sisters High School, is in a student work program and has been working with Hinshaw to gain experience in a business setting.

“I made her the manager, and Erynn does what she can for me at the shop when she’s not tied up with school and athletics. She’s learning the responsibility of running a business,” Hinshaw said.

“Right now with the help of Erynn, I’m striving to have Gone Wishin’ open Friday through Sunday.”

On November 19, Gone Wishin’ — along with the two shops on either side, Grizzly Ridge Upcycle and Dandelion Ranch — will be hosting “Holiday Happening” to kick off the holidays.

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