

The IRON lady

Nonagenarian tries for another world record

BY TIM TRAINOR • Redmond Spokesman

Catherine Kuehn finds her grip on the steel bar as weights dangle intimidatingly from each end. Her muscles tense, her veins bulge. The world record holder takes a deep breath and deadlifts the apparatus with ease — up and down in a smooth, fast motion. Not bad for a 94-year-old.

“Oh, it’s something to do,” said Kuehn of lifting weights, setting records and approaching 100. “I never feel too accomplished about any of it.”

The Redmond weightlifter is, however, accomplished. Kuehn has two world records to her name: Deadlifting titles for 147-pound weight class for women aged 80-90, and in the 132-pound class for women 90 and older. And she is not stopping there.

At 90, she could deadlift 93 pounds clean off the mat. That’s in the record books. And this weekend in Reno she’s going for another world

record — lifting 104 pounds at age 94.

“Most people her age have a hard time lifting their keys,” said her trainer Dean Munsey. “What she’s doing is extraordinary.”

This extraordinary ability came late in life. Kuehn said she never worked with weights, played sports or even did much exercise until she was in her 60s.

“Oh heavens no,” she said. “Never. But I did like to sew.”

She spent much of her life as a doctor’s wife. Kuehn grew up in Indiana before marrying her husband Dick,



Dean Guernsey/The Bulletin

Catherine Kuehn, 94, of Redmond works on her lifting at Emergence Physical Therapy in Redmond.



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Trainer, Dean Munsey works with Catherine Kuehn, 94, of Redmond during a workout at Emergence Physical Therapy in Redmond.



Dean Guernsey/The Bulletin

Peggy Neil of Bend, left, and Catherine Kuehn of Redmond watch a weightlifting video at Emergence Physical Therapy in Redmond.

a pediatrician. He practiced for decades in Corvallis, then moved to Iowa for a short stint before they retired to Redmond. She got the nickname “Kay” when she was young, but prefers Cather-

ine — because that’s what her husband liked.

“He always called me that with such affection,” she said. The Kuehns raised three children. Catherine was what in those days qualified as an

older mother. She didn’t give birth until she was 34 and their youngest, their only son, didn’t arrive until she was 40.

“In those days you were asking for trouble, having a kid at that age,” she said.

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‘A total relief’

Local veterans say psilocybin can heal past trauma

BY NICK ROSENBERGER
Redmond Spokesman

Prescription pill bottles filled James Jarvis’ cabinet. There were pills for anxiety, pills for depression, pills to help him fall asleep. He couldn’t keep track of when to take them all.

According to Jarvis, 30, the Department of Veterans Affairs thought the solution to his military trauma was to prescribe medication after medication — but none seemed to help.

“All I wanted to do was kill

myself,” he said. “I felt like a zombie.”

After traumatic experiences during his two tours in Afghanistan from 2011-2014 as a radio technician for the U.S. Air Force, Jarvis had multiple stints at psychiatric wards statewide. He said the VA came to the same conclusion every time: more pills. He tried self-medicating with cannabis, but that just sent him into a tailspin of paranoia and anxiety.

“I don’t want to live life like that. I want to live life in a fulfilled way,” he said. “Psilocybin does that for me.”

Psilocybin treatment centers, which will be on the ballot in Deschutes County and

Redmond this November, offer an alternative that some veterans say gives them the independence to help themselves — without the endless pills and their side effects.

Jarvis hesitated when his friend first offered him psilocybin — more commonly known as magic mushrooms — but decided to try it.

It felt like he was dosed with the strongest antidepressant possible. After the effects wore off, he said he was clear, focused and hyperaware the next day at work.

It was as if he’d put on prescription glasses after a lifetime without them.

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James Jarvis in the converted school bus where he lives near Bend.

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SUNDAY
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