CENTRAL OREGON LIFE & STYLE

BEND Magazine

DISCOVER *Rogue River* ROAD TRIP

SUMMER *Adventure* GUIDE

REGATTA REDUX

A *century* OF SAILING AT ELK LAKE

FOOD TRUCK TOUR

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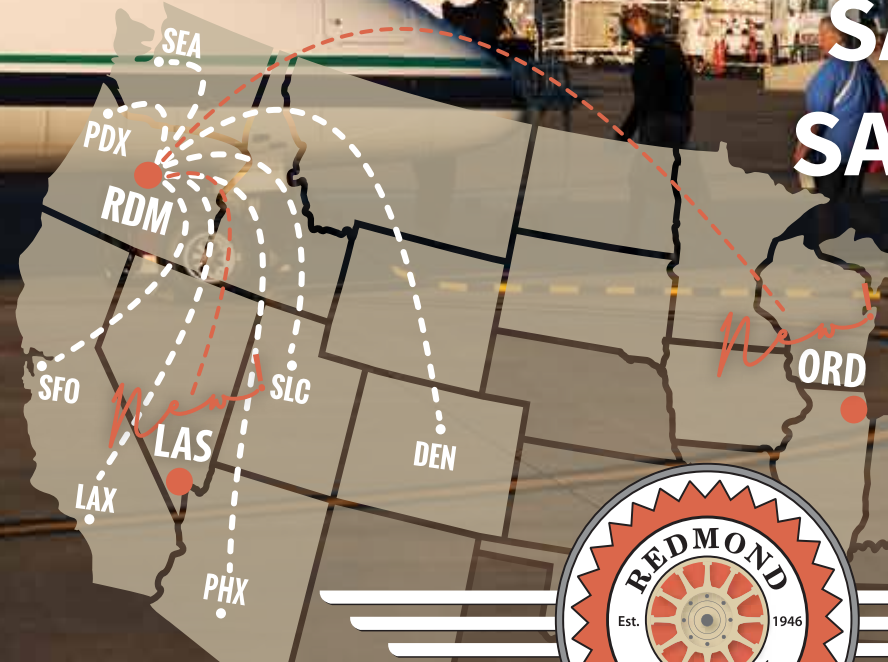

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MAKING WAVES
Blasting down Big Eddy is a great way to jumpstart your summer. Find out what else should be on your Central Oregon bucket list, from base jumping to disc golf on a mountain side, in our summer adventure guide. (p. 110)

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PHOTO BY ANDY BEST

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PHOTO ALEX JORDAN

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WORDS *and* PICTURES

ANDY BEST

Andy has studied art his entire life, starting with pastels, sketching, and oil painting in his grandmother's studio. He attended film school in Portland, then worked as an independent commercial filmmaker turned photographer. While chasing his dream of sharing the beauty of Earth, he hopes to inspire others to leave it a better place. Andy is a regular contributor to *National Geographic Adventure*, *ROAM*, and his production company, Lone Bison Films. He truly enjoys time with friends and working with brands that share his passion for the outdoors. For this issue, Andy provided our cover photo.

TALIA JEAN GALVIN

Talia has captured images from around the state for numerous publications and clients. She returned to her native northeastern Oregon a few years ago to raise a family amidst the splendor of this sparsely populated corner of the state. She still finds time for her work, including a recent trip to the Minam River Lodge. There, she swooped into a backcountry airstrip to capture life behind the scenes at this remote getaway in the heart of the Eagle Cap Wilderness. (p. 35)

JEFF KENNEDY

Jeff Kennedy is a second generation Bend native. He owns ijk Productions and specializes in conceptual portraiture, high school seniors and families. When not shooting portraits, he can be found playing fetch with his dog in their field, smooching with his lovely wife or playing tennis with the boys. In this issue, Jeff photographed Poet Jarold Ramsey (p. 106). You can find out more about Jeff and view his work on his website IJKPRODUCTIONS.COM

PETER MADSEN

A midwestern ex-New Yorker, Peter Madsen splits his time between Bend and Eugene. A former Manhattan bicycle courier, Peter began bike racing when he moved to Bend for a newspaper job nearly four years ago. For this issue, Peter keeps up with the legendary Tuesday night Hammerfest ride to write about the paradoxical inclusion that defines this long-running, social—if breathless—group ride that has incubated several professional racers. (p. 49) Peter also writes about the work of Brad Logan, a local stained glass artisan. (p. 83)

DANIEL O'NEIL

Originally from Portland, Daniel remains fascinated by Oregon's east-west contrast. He especially likes to gaze at both sides of the state from atop a chairlift, snowboard underfoot. That's one reason he lives on Mt. Hood's western flank. Before that, Daniel lived for ten years in France and Spain, until his home mountain, ocean, forests and rivers called him back. He earned an MFA in Writing from Pacific University in 2015, and also writes for magazines like *Coast Mountain Culture* and *The Snowboarder's Journal*. In this issue, Daniel profiled Oregon poet and Madras native Jarold Ramsey. (p. 106)

JP SCHLICK

JP Schlick joined Bend Magazine in June as the newest member of the Oregon Media team. He has a love for storytelling both on the page and through visual mediums. In recent years JP has captured compelling moments from behind the lens and is now coming back to his roots embedded deep in the world of writing. Having sampled mountain towns from Utah to Lake Tahoe, this East Coast native found his goldilocks zone in 2014 when he settled in Bend. With past clients that include ESPN, Intel, and Animal Planet, JP is excited to share his perspective and experiences in print. In this issue, he talked to Bend's newest paddleboard maker, (p.94), visited a free meals program in downtown Bend (p. 73) and interviewed a piano prodigy (p. 69).

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FROM *the* EDITOR

Building Your Summer Bucket List

Bend is a year-round destination, but summer is the season that literally shines. There is so much to see and so much to do, that it seems as if there aren't enough hours in a day or days in a week (and certainly not enough days in a weekend) to scratch the surface. Whether you want to explore lakes and rivers, scale a mountain, sink a birdie putt or catch a desert sunrise, the opportunities for adventure and exploration are boundless. It is with that plethora of pursuits in mind that we set out to build our summer bucket list: once-in-a-summer or maybe once-in-a-lifetime outings and excursions that will get you thinking outside the box about how to plan your free time in Central Oregon. Our bucket list includes boundary-pushing activities, like bungee jumping off an abandoned bridge into a river gorge, to more sublime itineraries like completing the Deschutes River Paddle Trail, a 100-mile scenic journey that stretches from the headwaters near Lava Lake to Sunriver.

Summer is also a time for travel, and we have recommendations for great getaways outside of Central Oregon, as well as a few local destinations. We visited the historic Morrison's Rogue River Lodge, exploring this iconic destination that offers a combination of riverside relaxation and whitewater paddling thrills. On the other side of the state, we paid a visit to the Minam River Lodge that has been restored to its former glory by new owners who have taken an artisan approach to the guest experience at this remote getaway.

On the topic of renovations, we found an inspiring midtown remodel that combines style, personality and functional family living space. We love how the custom remodel made great use of a mid-century split-level layout, incorporating the home's existing DNA with modern flourishes, like seamless indoor-outdoor living. We talked with stained glass maker Bradley Logan about how he is applying this old-world craft in modern home designs with amazing results.

We visited with a couple more artists, including the piano-playing, funky phenom Maxwell Friedman, a 15-year old prodigy who recorded a debut album this past winter and is preparing to play one of the biggest gigs of his life, a slot at the vaunted High Sierra Music Festival in northern California. We ventured up to Sisters to chat with Paul Alan Bennett, an artist whose whimsical night sky paintings have been gathered into a beautiful new book that paints some of Oregon's most well-known landscapes in a whole new light.

As always, it's been a pleasure connecting with the people and places that make living and working in Central Oregon such a pleasure. We hope you find the time to make the most of this season among family and friends. Share your favorite moments with us by tagging us in your photos and posts with @bendmagazine #bucketlist.

Happy exploring,
Eric Flowers, *editor*

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Pictured: Co-owner Becky Jones planting a tree with the youngest member of her family, Ava (age 5)

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FROM *the* PUBLISHER

Summer, Bend and Family

Welcome summer! In our 22 years as Bend residents, we have come to love all seasons in different ways. But you can't argue with summer in Bend, and its long sunny days, delightfully warm air, and hundreds of ways to have fun—or simply kick back and relax.

This June, our daughter Hannah graduated from high school. The completion of secondary education for a family's oldest child is always a time of pride, reflection and transition. Hannah was born in Bend, as was her younger brother Fletcher, and we've raised our family here in the last two decades.

Watching our children grow, alongside watching Bend grow, has been rewarding and eye-opening. In 2001, the year of Hannah's birth, the population of Bend was 54,000. The current population is nearing 100,000. Growth—in the instance of both parenting and our hometown—has brought opportunities and challenges. We love the cultural, culinary and entertainment opportunities that have come with more residents and more visitors. Bend parks have multiplied and are some of this town's best features. As a family and in our business, we have encountered amazing people in both long-term residents and newcomers.

Visit Bend recently launched a campaign called Visit Like a Local, which encourages guests to our mountain town to pick up trash, practice sustainable travel options like bringing a reusable water bottle, and leave the place better than they found it. The Discover Your Forest $1 for Trails program, likewise, encourages visitors to donate $1 per purchase at partner shops to go towards making the Deschutes National Forest a better place.

These programs are helpful and forward-thinking, but the truth is that the responsibility to make Bend better is something that falls to all of us every day, whether we are visitors or 22-year residents. In the pages of this magazine, each issue, we strive to portray amazing people doing meaningful things around this city and throughout Central Oregon. We also hope to inspire everyone to treat Bend like it is our own children—to nurture and protect, to celebrate and shelter. Our children will move on without us, but the mark we made on them lasts a lifetime. Let's treat Bend the same way.

Thanks for reading, and hope you have a wonderful summer with your friends and families.

Cheers!
Heather and Ross Johnson

Romona Youngquist | Old Farm | 40 x 30 | oil

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Bottom Row (left to right): Alan Dale, Lindsay Gardner, Brent Wilkins, Katie Clason, James Fraser, Melissa Lande

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CONSERVATION

Protecting the Painted Hills

Proposal would add 58,000 acres of wilderness around the popular monument.

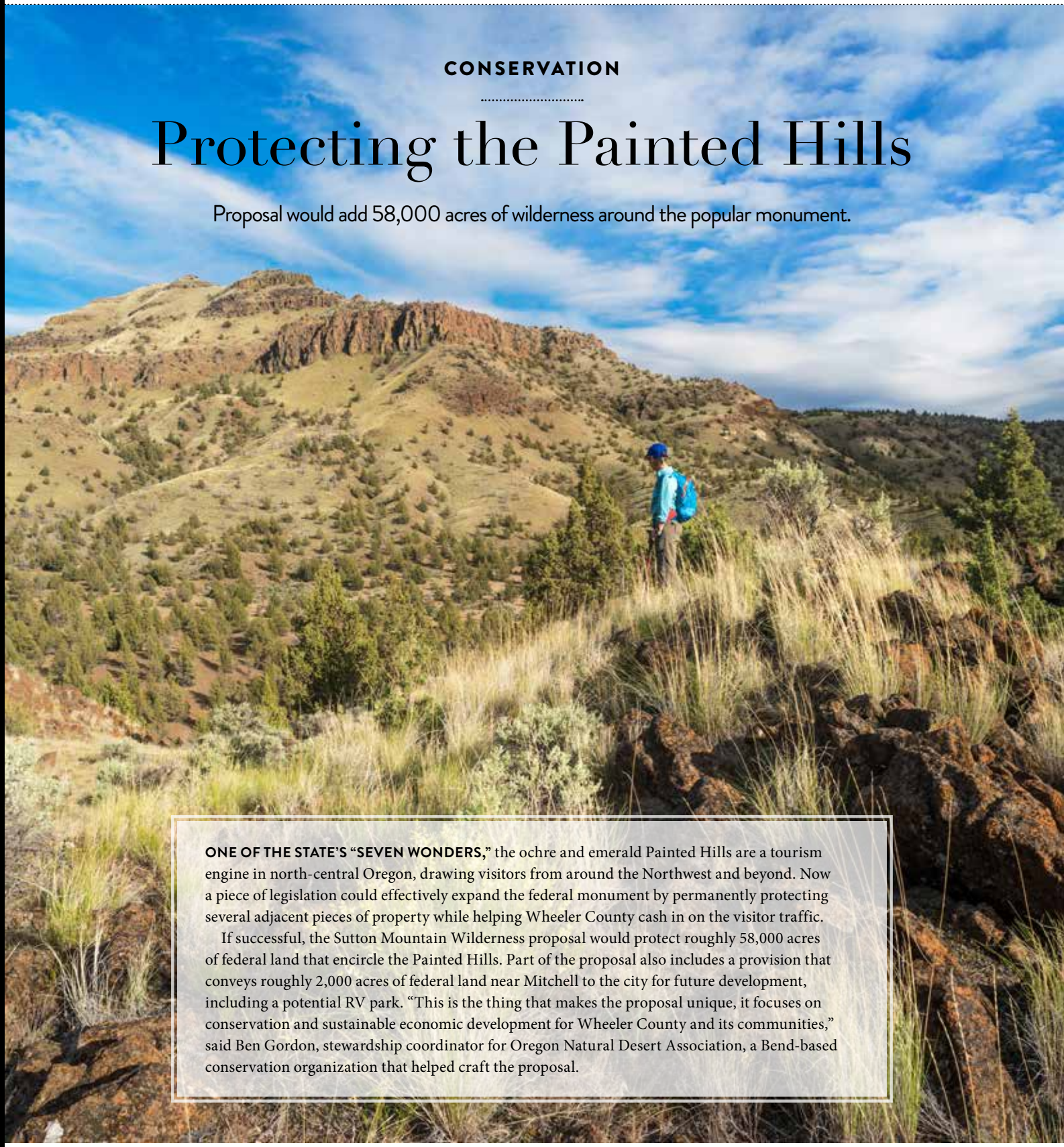

PHOTO TYSON FISHER

ONE OF THE STATE'S "SEVEN WONDERS," the ochre and emerald Painted Hills are a tourism engine in north-central Oregon, drawing visitors from around the Northwest and beyond. Now a piece of legislation could effectively expand the federal monument by permanently protecting several adjacent pieces of property while helping Wheeler County cash in on the visitor traffic.

If successful, the Sutton Mountain Wilderness proposal would protect roughly 58,000 acres of federal land that encircle the Painted Hills. Part of the proposal also includes a provision that conveys roughly 2,000 acres of federal land near Mitchell to the city for future development, including a potential RV park. "This is the thing that makes the proposal unique, it focuses on conservation and sustainable economic development for Wheeler County and its communities," said Ben Gordon, stewardship coordinator for Oregon Natural Desert Association, a Bend-based conservation organization that helped craft the proposal.

■ Climbing

Rock Gym Expands Into Bouldering Zone

When it comes to rock climbing in Central Oregon, the bold ascents at Smith Rock get all the press. But one of the sport's most popular niches doesn't involve bolted routes and ropes. Bouldering is a low elevation form of free climbing that ranges from scrambles to highly technical ascents. Dozens of areas around Central Oregon have long been a haven for bouldering. Now the movement has spread indoors in a big way with the opening of a new 11,000 square-foot bouldering gym this summer. Bend Rock Gym, the popular indoor climbing venue, opened the facility in mid-June near its existing building off Reed Market Road. The facility is geared toward members and punch-pass holders and will not offer single-use, day passes.

■ Housing

Home Prices Set Record Highs

A limited housing supply and continued population growth in Bend pushed home prices to a record high here in April. According to a report by Beacon Appraisal group, the median home sale price in Bend hit $463,000 in April, up almost $50,000 from the same time last year and $18,000 from the previous month. Other markets around Central Oregon saw similar increases in prices. The median home sale price for April in Redmond was $326,000, also a record. That's up almost 13 percent from April 2018.

■ MBSEF

Training Facility to Be Named for Bill Healy

A new state of the art training center for aspiring athletes will be named after Mt. Bachelor founder Bill Healy, whose family foundation donated $750,000 to Mt. Bachelor Sports Education Foundation (MBSEF) for the building's construction. The donation brings MBSEF to within $1 million of its $4 million fundraising goal for the training center that will be located in Bend off Lolo Drive. It also allows the foundation to begin construction, which is slated to happen later this year with an expected completion date sometime in 2020. Founded in the 1920s as the Skyliners Ski Club, MBSEF provides training and support to young athletes in winter and summer, offering programs in alpine and nordic skiing as well as cycling. MBSEF graduates include Oympians Kiki Cutter, Tommy Ford and Laurenne Ross. The Bill Healy Training Center will be the organization's first permanent home with year round-support and services for athletes.

NANCY MELROSE

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Front Deck ■ *central oregon*

■ *education*

Smokejumper for a Day

The US Forrest Service is hoping a proposed 5,500-square-foot visitor center at the Redmond Smokejumper Base will bring in tourist dollars and help aid in the understanding of fire ecology and the practice of fire management. With a focus on education, the plan—which currently has a $5.3 million price tag—is to allow visitors to view firsthand how a smokejumper operates. While the base currently hosts informal tours, the demand for access has increased. If approved the visitor center will feature self-guided exhibits and guided tours that will allow visitors to see smoke jumpers repairing their parachutes and sharpening their saws. The Forest Service detailed the plan recently to Deschutes County commissioners who like the idea but were skeptical of the price tag. The agency plans to undertake an initial fundraising effort to gauge how much local interest exists in funding the proposed center in the absence of federal dollars.

■ *wilderness areas*

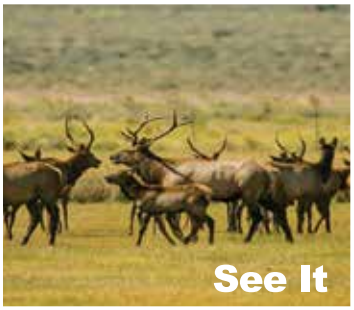
Pay-To-Play Permit System Set for 2020

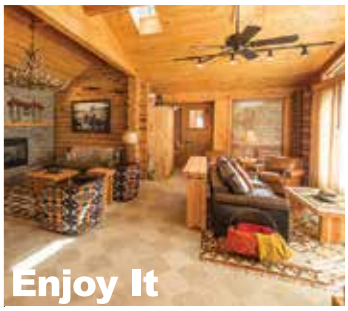
The US Forrest Service is attempting to mitigate some of these pains felt by the most popular trails in Central Oregon by implementing a new permit system for roughly a quarter of the trails in the Three Sisters, Mt. Washington, and Mt. Jefferson Wilderness areas. The Forrest Service reported that certain trailheads in the Three Sisters Wilderness saw a dramatic 500 percent increase in visits between 2012 and 2016 with an average increase in use of 180 percent across all trailheads in the region. Slated to take effect around Memorial Day 2020, 19 of the 79 trails in those popular wilderness areas will require paid day-use permits and all 79 areas will require permits for overnight camping. The Forest Service will use the system to limit how many daily and overnight visitors will be allowed at any given time. The new system has been scaled back from the originally planned 30 trailheads though it still has its critics. The USFS has yet to fully reveal some key aspects of the new system such as how much day-use permits will cost, though they have said they would like to keep them around $5 per person.

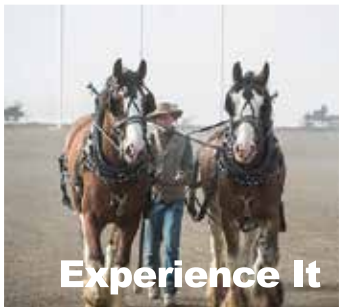
■ *history*

Camp Polk Meadow Open to Interpretation

So much of what is considered newsworthy these days is about all things shiny and new. It's comforting to know that some organizations are doing all they can to preserve our past. The Deschutes Land Trust—one of those organizations—announced on June 6 that it has established a new historic interpretive trail at the Camp Polk Meadow Preserve just outside of Sisters. The half-mile trail features detailed signs with historical photos that provide some of the only interpretation of the historic Santiam Wagon Road east of the cascades. The half-mile trail will meander along Hindman Springs and will feature signs with detailed photos that will explain the storied history of this area.







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Front Deck ■ *brewing*

Follow Matthew Ward, aka Bend Brew Daddy, on Facebook and Instagram @Bendbrewdaddy.

■ *what's brewing?*

Q&A with Matt Molletta

IF YOU'VE CRUISED DOWN Galveston Avenue lately, you probably noticed something bright, shiny and new. That would be Bend's newest brewery taproom, **Boss Rambler Beer Club**. Founders Matt Molletta and Jacob Bansmer have been joined by **Megaphone Coffee** to create a community gathering place that thrives all hours of the day. We talked with Molletta about the new taproom.

Where did the Boss Rambler name originate?
It's a fun name that actually came to me while I was driving around in my old 1960 Ford F100 truck. We wanted a name that was different and spoke to the spirit of what we're all about: adventuring, keeping on the go and just having good times along the way.

What kind of brewing experience preceded Boss Rambler?
Jacob brewed at Crux for the past three years prior to starting Boss Rambler. He manned both the pub and production brewhouses. Prior to that, he did an internship at both Corshair Distillery in Nashville and Deschutes Brewery here in Bend while in OSU's Food Science Program.

Talk about the beers and beer styles we can expect to see from Boss Rambler.
We're going to keep things fresh and fun, making beers that we want to drink but also beers that we think the public wants to drink. When it comes to style, we have a penchant for the tropical side of things: juicy, dry IPAs and clean, cold lagers. So far the response has been amazing so we're looking forward to keep brewing beers that are going to keep the people stoked!

How did the partnership with Megaphone Coffee happen?
We're big coffee fans and couldn't figure out why Galveston, with all it's food and drink options, didn't have a local coffee roaster on the strip. The light went off and we decided we were going to fix that "problem" by opening in the morning for coffee. We were big fans of Megaphone and thought they would be a perfect fit for the space so we approached them with the concept.

New Beer Spotlight: Crux Fermentation Project Pre-Pro Lager

Crux Fermentation Project started a sixteen-ounce can release program recently, making one-off beers easy for consumers to take home to drink. The latest in the series is Prowell Springs Pre-Pro Lager, a Crux favorite for some time. Using a pre-prohibition recipe including corn, this beer is easy to drink and portrays what American beers were like before Prohibition.

Sample Flight

Monkless Belgian Ales has announced that they will be opening a riverfront restaurant in the former Craft Kitchen location later this summer that will be called **Monkless Brasserie**. The food will be European inspired and will feature moules frites, bratwursts, charcuterie, spaetzle and more. Currently, their plan is to keep their existing taproom on the north side of town open two to three days a week.

Bend BrewFest is getting ready for another beer party on the lawn at Les Schwab Amphitheater, happening August 15-17. With more than 200 beers, wines and cider pouring, this is a festival for all tastes and palates. Two week later, Bend's biggest little beer festival returns to the Deschutes Historical Society parking lot and lawn with the **Little Woody Barrel Aged Beer Fest**, August 30-31.

PHOTO TOP DUSTEN RYEN

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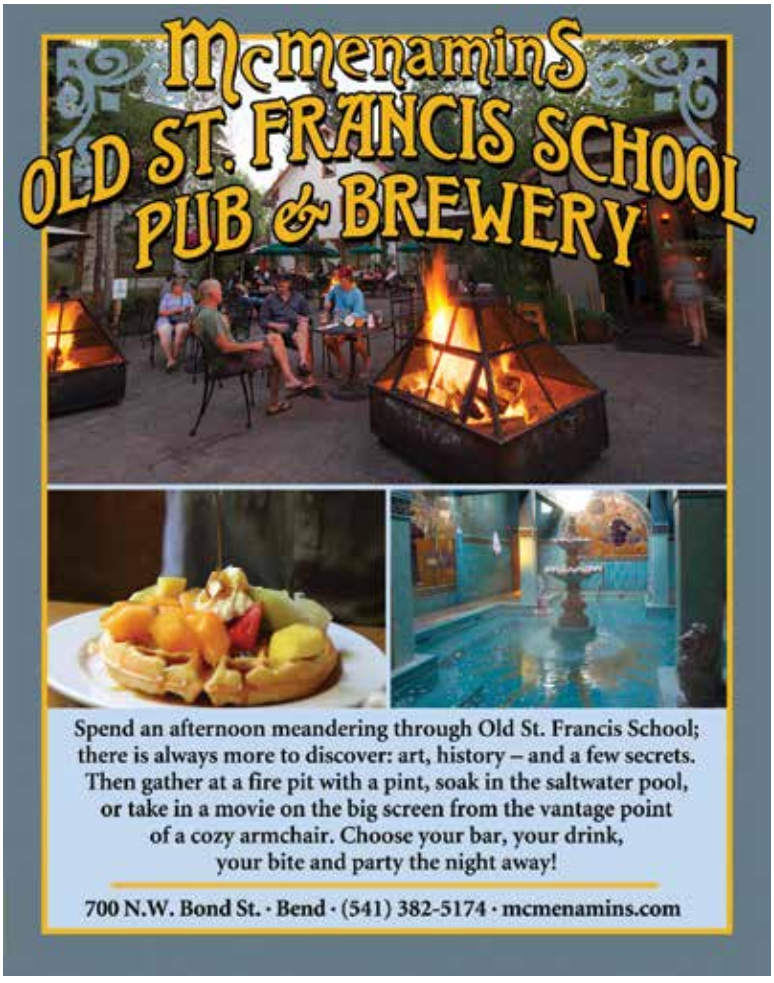

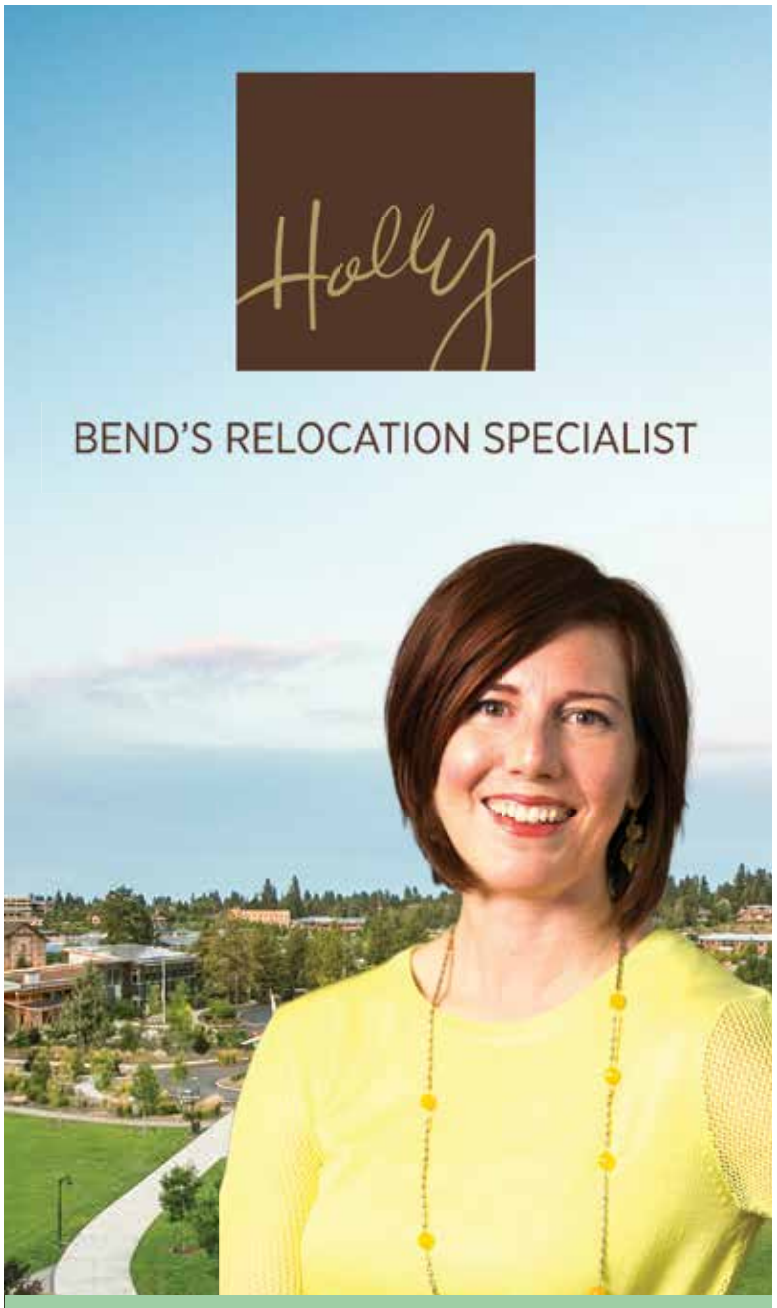

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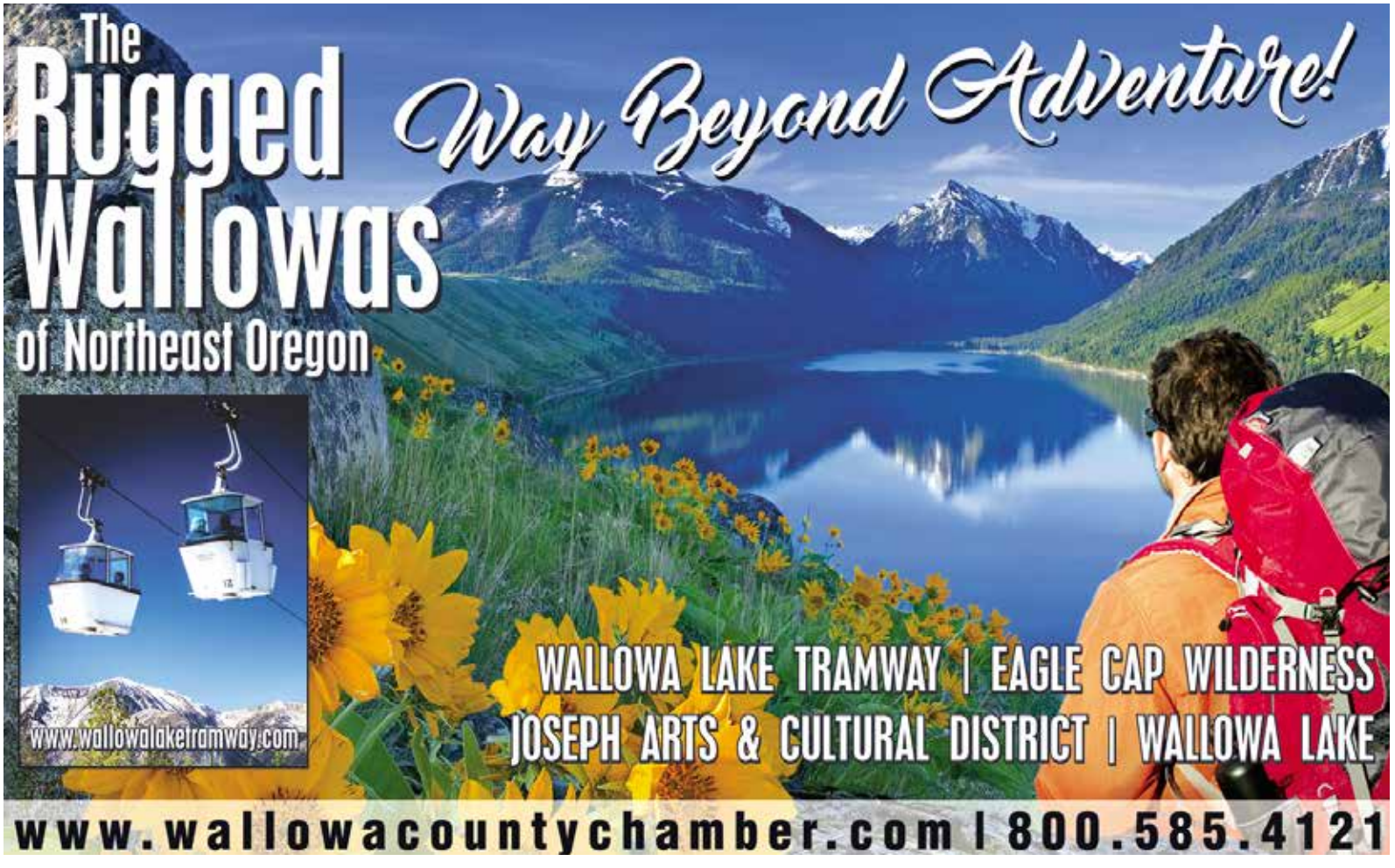
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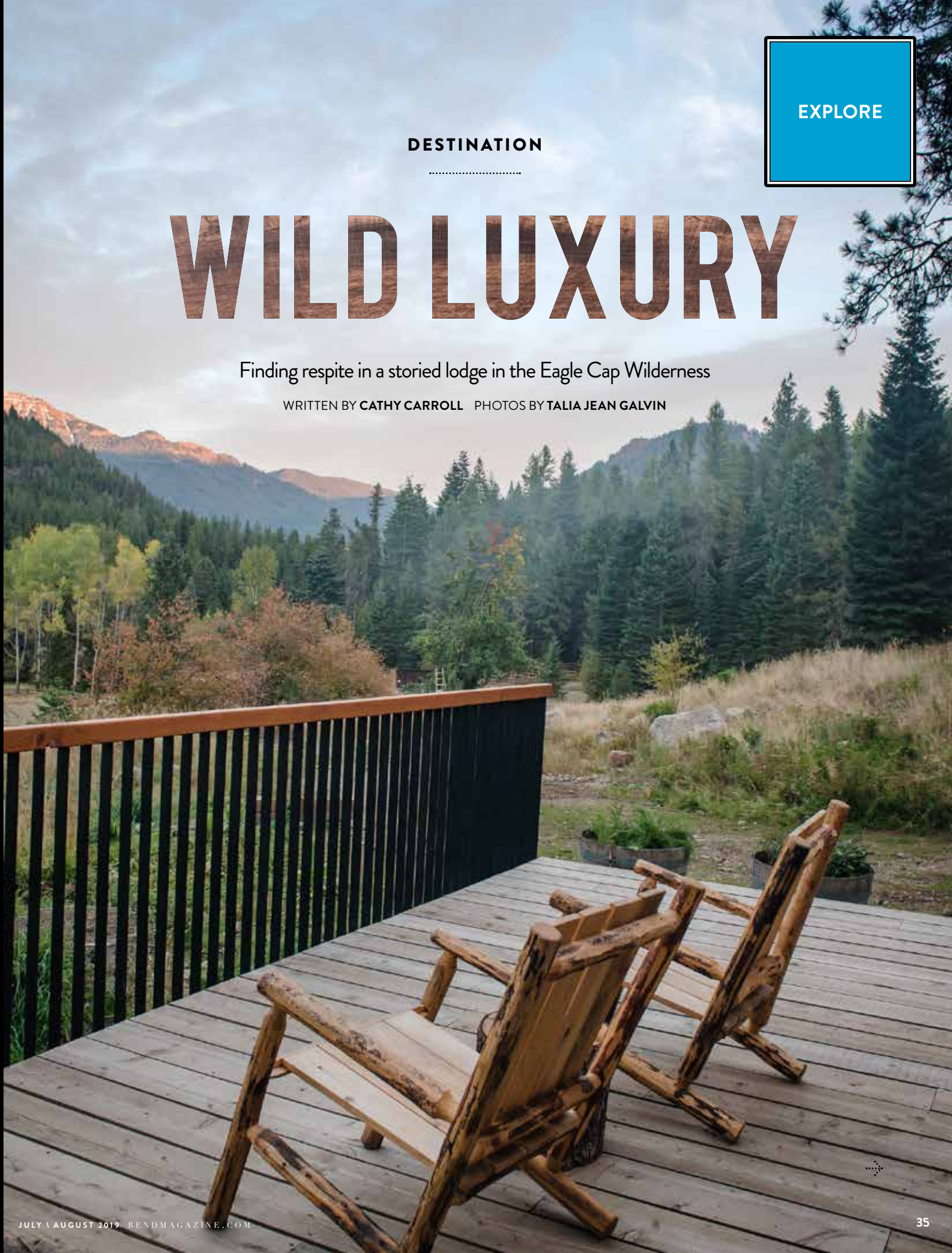
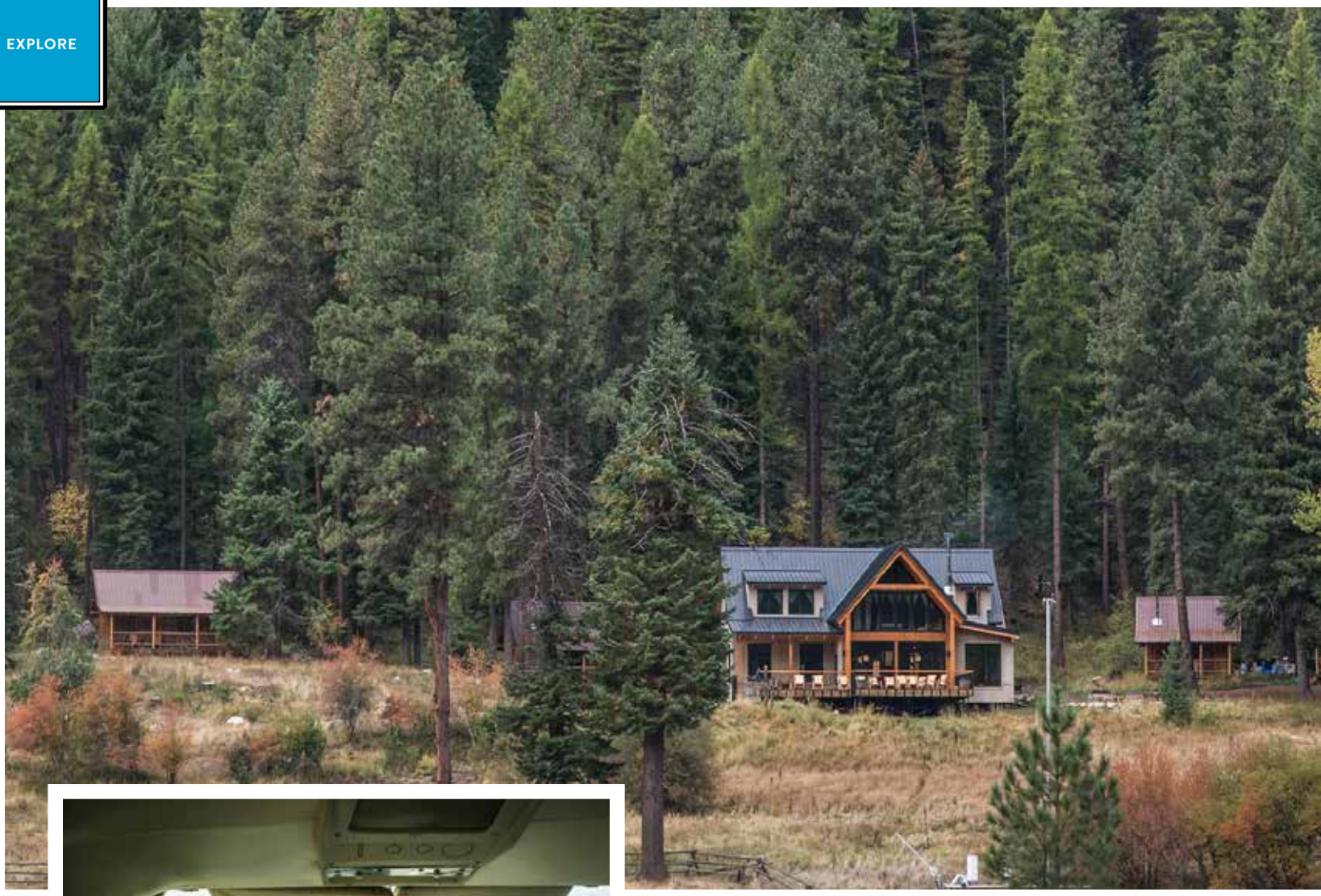
DESTINATION

WILD LUXURY

Finding respite in a storied lodge in the Eagle Cap Wilderness

WRITTEN BY **CATHY CARROLL** PHOTOS BY **TALIA JEAN GALVIN**





Joe Spence, piloting his four-seat Cessna, is rhythmically chewing gum, gliding the craft amid dozens of 9,000-foot granite peaks that yield to high ridges—sleeping giants with great, forested fingers reaching down into the glaciated valleys of the Wallowa Mountains in northeastern Oregon. The wild, trout-laden Minam River ribboned through, sparkling in the sun.

Spence has been making the twenty-minute flight west from tiny Enterprise, Oregon, into the Eagle Cap Wilderness for thirty years, a reassuring thought when thick legions of ponderosas, standing at welcoming attention, gesture toward a grassy, bowling-lane-sized airstrip.

Putting the wheels on the ground, Spence's gum-chewing doesn't skip a beat as he lands at the Minam River Lodge, which is enjoying a renaissance after it had lay dormant and neglected for a decade.

Its reinvention had been fraught with obstacles so powerful, though rational minds feared the land might be cursed, that natural forces conspired to dash mortal efforts.

The five-foot, four-inch Spence, his hands in his pockets, cocked his head to one side as he strolled a few feet toward three women from the lodge staff, perched on some cut wood, one with a banjo, another with a guitar.

"Winter's come and gone, a little bird told me so," the trio sang to him, harmonizing the Gillian Welch tune. "...Been so lonesome, shaking that morning chill." Quaking aspens added gentle percussion. That's how people say thank you in this piece of wilderness—and it goes to the heart of how a core group of the staff here drew on timeless skills—from art, agriculture and architecture to country grit, backwoods know-how and well-honed project management, to realize a vision shared by a man with memories, a mission and money—who couldn't have reopened this place without them.

That sense of love for this place set the stage for me to fall hard for it, too.

LEFT The lodge occupies one of the few pieces of private land in a vast swath of forested wilderness.

RIGHT A multi-year restoration effort forged strong bonds among the staff.

THE RIGHT STUFF—HARD WORK

It took six years to recreate the last remaining public lodge in the Eagle Cap Wilderness before it opened in May 2017. Owner Barnes Ellis had first discovered it in the late 1980s, while working as a reporter at *The Oregonian*. "I loved the place for its rugged beauty and the romance of living in the wilderness," said Ellis. "I never forgot it."

He'd left journalism in the early 1990s and had gone into investing in Portland. In 2009, he'd heard that the lodge was for sale. Two years later, he paid $605,000, to buy it—a fraction of what he would pay to revive the lodge in an inspired-by-nature style.

He had hundreds of loads of building supplies, from heavy-timber trusses to delicate solar panels, flown in. Workers harvested trees from the lodge's 126 acres, skidding them across the frozen river, milling lumber on-site, recycling materials from the original structures, hand-building nine guest cabins, a 4,000-square-foot lodge, a house for staff—everything down to curating works of local artists, from historic photos for the walls to handmade ceramic dishes. When they were finally done, they—well, they weren't.

"They couldn't leave," said Ellis. "The place has a certain pull to it. Also, I have a lot of faith in them. We have been through a lot together."

Ellis and construction superintendent-turned-lodge manager Isaac Trout didn't seek staff with traditional hospitality resumes. Those best suited to welcoming guests were already there, the hand-picked team that helped build it.

"This place has a certain pull to it. Also, I have a lot of faith in them. We have been through a lot together."

A CHIEF, THE DUDES AND AN INVESTOR

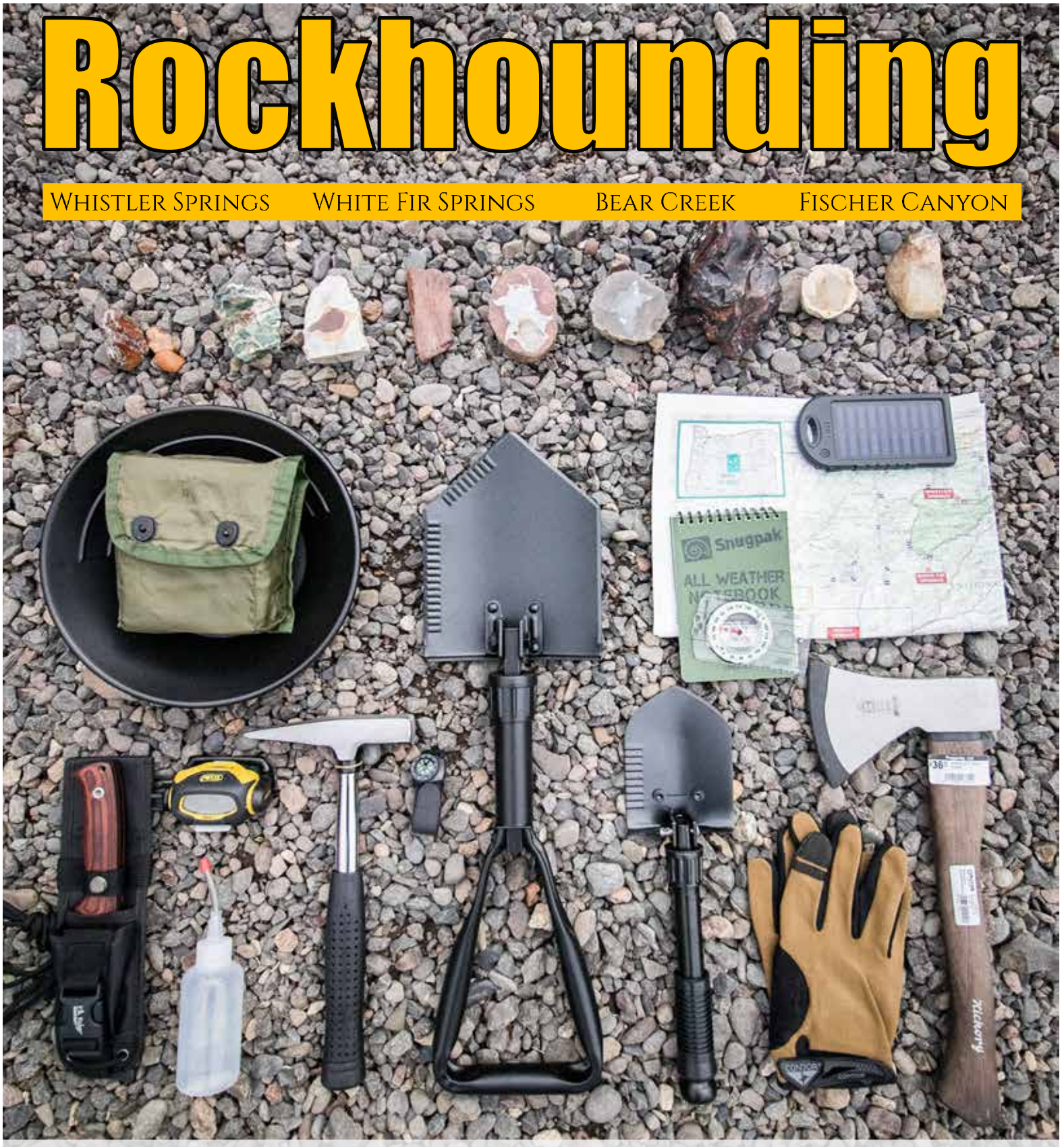
The Minam River Lodge lies on the edge of Nez Perce ancestral lands, hunting grounds for bighorn sheep and deer, which drew the tribe in 1400 A.D. In the 1870s, Chief Joseph's band of Nez Perce summered and gathered huckleberries here. As the U.S. government drove them out, Joseph gained fame as he called for freedom and equality, futilely. By 1890, settlers were homesteading on the lodge property.

Fur trappers, miners, loggers and ranchers followed. In 1950, Erma and Mert Loree built the original Minam River Lodge, bringing materials over the mountains by mule. The lodge bustled with hunters hungry to hunt black bear and elk in "Mert's Meat Locker." Less than a mile away, Red's Horse Ranch, a local legendary dude ranch, drew silver screen celebrities such as Burt Lancaster as well as carousing cowboys.

Over the years and a succession of owners, the lodge fell into disrepair. When Ellis bought it in 2011, he hadn't seen it in more than a decade. Looking back, he's glad about that. "I would've scared myself out of it," Ellis said.

Rockhounding

Whistler Springs · White Fir Springs · Bear Creek · Fischer Canyon



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HOSPITALITY, ORGANICALLY

In the garden outside the lodge, one of the women who'd played guitar and sung to the pilot earlier that afternoon was now cultivating hundreds of organic vegetable plants, from heirloom tomatoes, Swiss chard and lettuces to tender herbs and heart-shaped radishes in a forty-foot-long greenhouse.

The fare travels mere feet to the kitchen of Chef Carl Krause, who's tapped into the terroir. He lays alder wood over smoldering coals, subtly heightening the umami of pork and grass-fed beef from Wallowa family ranches. (He'd gotten an assist when a guest, piloting his own plane, clipped an alder on the landing.) He'll forage for morels between the cabins, or tell guests who hike there to pluck porcinis while en route, so he can incorporate them into fresh pasta dishes.

Krause learned Native Americans would eat the cambium layer of ponderosas and made an extract of the bark's heady, cinnamon-vanilla aromas. It adorns summer peaches and vanilla ice cream and is the signature of the Old Minam bourbon cocktail. Sip one on the lodge deck as the sun slips below the ridge.

The lodge guest book revealed others felt as I did there, be it a family from Switzerland or those who signed, "Happily Close, Joseph, OR." Carrie Brownstein, co-founder of the punk-indie trio Sleater-Kinney and the *Portlandia* cable series, wrote, "Immensely grateful for the reprieve from both city life and the busyness of my own brain. Wonderful company, conversation, food and experience." Another entry simply said, "Best place in Oregon. Possibly, Earth."

GETTING THERE, HIKING AND RIDING

The Minam River Lodge is a rare piece of private land, the only one open to visitors in the Eagle Cap, the state's largest wilderness area, with 359,991 acres. Access it by hiking or on horseback, 8.5 miles, or via small plane.

Minam River Lodge Trail and Hiking Guide by Douglas Lorain details easy strolls and week-long jaunts amid peaks, canyons, four rivers and nearly sixty alpine lakes — all from the lodge porch. Downloadable from MINAM-LODGE.COM

Reserve riding trips from the lodge as far in advance as possible. Details: MINAM-LODGE.COM

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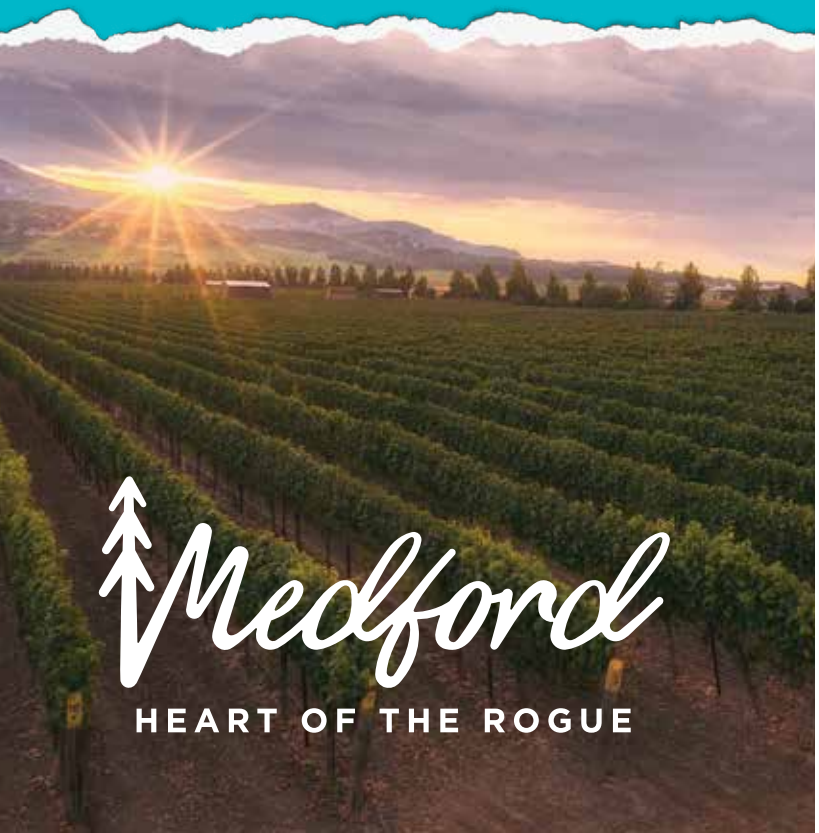

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ON THE *Rogue* AGAIN

A weekend getaway on the Rogue River delivers a balance of peaceful retreat and whitewater thrill.

WRITTEN BY **KIM COOPER FINDLING**

We awoke to the high cry of an osprey in search of breakfast. The air was fresh with the scents of pine and eucalyptus, holding the promise of heat as the July day warmed. From the deck of our little cabin on stilts, we took in the sights of a quaint old lodge of bird's eye pine, an expansive lawn dotted with geese and the majestic Rogue River that cut through a canyon in the near distance.

Morrison's Wilderness Lodge is twelve miles downstream from Grants Pass, Oregon, on a bend of the famous Wild and Scenic Rogue River as it exits Hellgate Canyon. This place has a long history as a renowned fishing hole, and in 1945 Lloyd Morrison built a lodge to accommodate anglers who braved the rough road into this rugged country to catch young steelhead as they returned from the ocean.

Fishing is still a huge draw here, as is whitewater rafting. The road is better and much has been modernized, but Morrison's Lodge holds the weight and charm of history, as well as the peace and quiet of a rustic getaway from any era.

PHOTO ALEX JORDAN

We arrived from Bend the afternoon before and checked into a river-view cabin set a story's height above the ground—a reminder of the famous Oregon flood of 1964, which completely wiped out the first cabins built here. The sun was still high in the sky, and my two daughters cooled off from the long drive and hot day with a dip in the swimming pool. We rendezvoused with our friend, photographer Alex Jordan, and watched from shore as she leveraged a borrowed standup paddleboard into the river eddy for a quick paddle, which she described as an encounter with a stronger current than she bargained for.

A Morrison's standard is the excellent four-course prix fixe dinner served on the deck each evening. After our watery pursuits, we reported to the outdoor dining area and settled at a table adorned with fresh flowers, overlooking the river. A first course of crab cake stuffed mushrooms was followed by a garden salad with a tangy house dressing, accompanied by a house specialty said to have been made onsite daily for the past fifty years—orange rolls, a savory dinner roll wound up like a small cinnamon roll but not nearly so sweet. Charbroiled halibut with garden veggies followed, and a brownie with homemade chocolate whipped cream ended the meal and delighted the children (and adults) as the sun dipped low on the horizon.

An early bedtime was an easy choice, as we expected to rise for a 7 a.m. breakfast followed by a half-day float on the Rogue River. A few years ago, Morrison's Lodge merged with Rogue Wilderness Adventures, a longtime local rafting company. Morrison's Rogue Wilderness Adventures and Lodge offers half-day to multi-day floating adventures. After a hearty breakfast, we were outfitted with a PFD and a dry bag, and hopped into a van for the shuttle to the put-in.

The morning float is the mellowest offered, taking in only the splashy fun of Class I and II rapids, as well as amazing scenery. The Rogue is known for its remote nature, and the lush forest and steep canyon contribute to a feeling of isolation and thrill, even on a short float. We spotted tons of wildlife,

PHOTO ALEX JORDAN

CLOCKWISE FROM TOP

Splashy fun on the Rogue River morning float. Maris Findling cools off in the Morrison's pool with style. Morrison's sits on the Rogue River overlooking a large bend just past Hellgate Canyon. Fresh grilled halibut was served on the deck for the delicious evening meal. The Findling girls, outfitted and ready to float.

PHOTOS ALEX JORDAN

including bald eagles, herons, turtles and so many osprey. Black-tailed deer wandered the bank, and the occasional monster-fish swam underneath us. One of the advantages to a guided trip is anecdotes provided by the guide, and we learned that the early Rogue was unpassable by boat until a liberal application of dynamite opened it up. That was before the Wild and Scenic designation, of course—but thousands of rafters a year benefit from the efforts of those early enthusiasts willing to take drastic action for river access.

The last twist and turn of the trip took us through Hellgate Canyon, the deepest canyon on the Rogue, water dipping to darkness under our oars with cliffs towering just as high overhead. The scenery is so dramatic, it was no surprise to hear that *Rooster Cogburn* and *River Wild* were filmed here, among other movies. We pulled up to shore right where we'd started, on the Morrison's Lodge riverfront. The river continued to the sea without us, as we reluctantly headed for home.

Nearby Attractions

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PHOTO JUSTIN BAILIE

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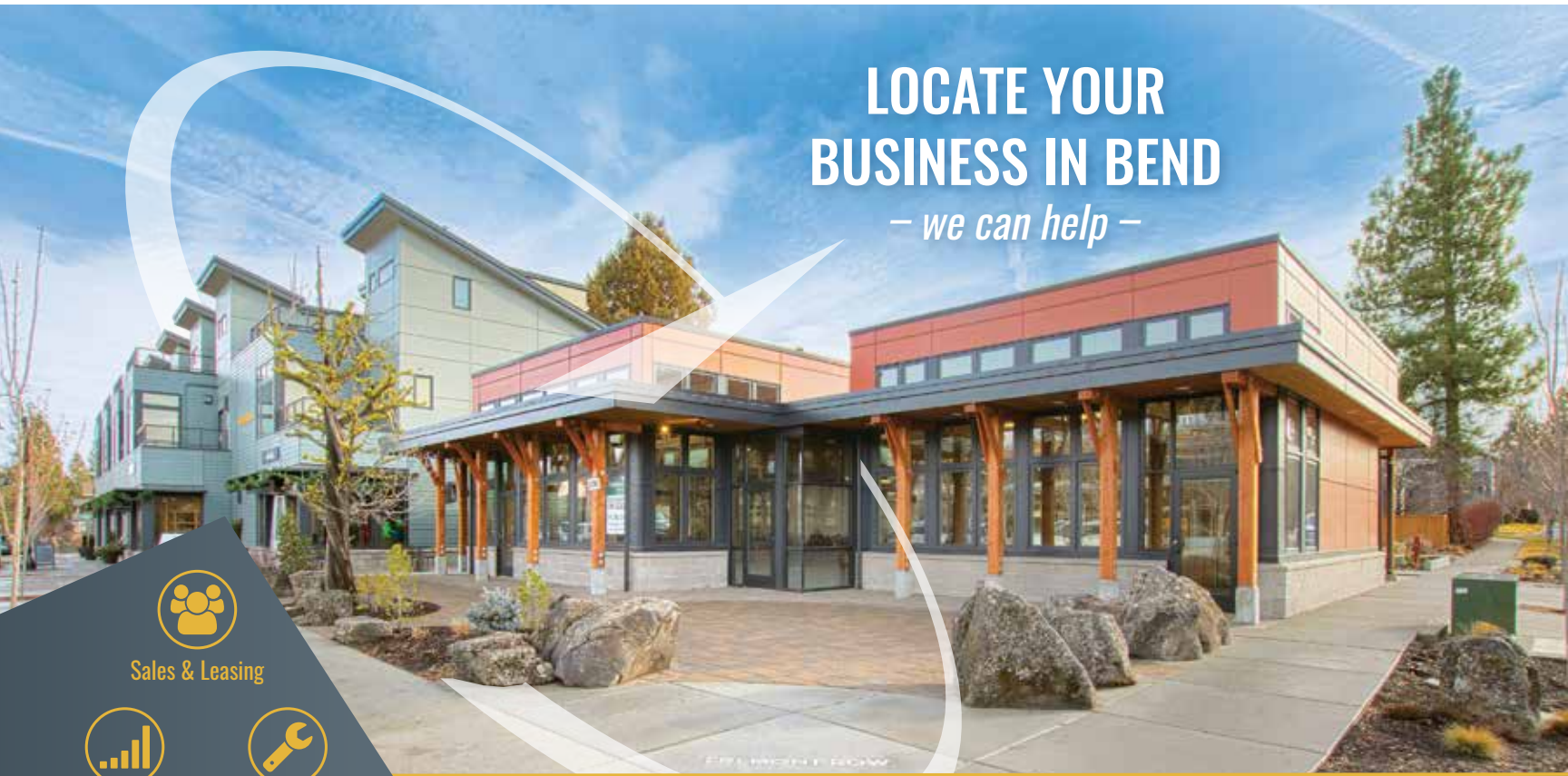

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CYCLING

Hammer Time

Tuesday night ride is a tradition and a trial for local road riders.

WRITTEN BY **PETER MADSEN**

Bend is home to almost a dozen bike shops and about as many public group bicycle rides. The Bend Area Cycling Enthusiasts, for example, lead casual rides that often cover scenic gravel roads. The Dirt Divas offer all-female romps on mountain bikes. But only one local group ride is proudly a "drop ride"—that's to say, if you can't keep up, that's your problem.

For its exclusivity, the leaderless road ride, which rolls from Bull Springs Road at Johnson Road at 6:15 p.m. each Tuesday, is known as "The Hammer Fest," a derisive yet fitting nickname that eventually stuck. It's not for everyone. Mentioning The Hammer Fest in mixed cycling circles often elicits sidelong glances and snarky opinions. It also inspires some deep-throated enthusiasm from supporters. (For a less concussive Tuesday group ride, try WebCyclery's Rubber Mallet, which adamantly regroups to avoid dropping riders.)

The Hammer Fest traces the thirty-six-mile Twin Bridges Scenic Bike Loop north of Bend. For some local cyclists, particularly those who structure rides around race schedules, hanging with The Hammer Fest, and perhaps sparking a few attacks, is a point of pride. Most of the two dozen cyclists who regularly show up know each other. And despite the ride's warlike tactics, some are even friends.

Each week's ride is a variation on a recurring theme. At 6:15 p.m., someone hollers "We're rolling!" Cyclists stream across the median and ride two-abreast on Johnson Road's northbound shoulder. The group's speed soon reaches thirty miles per hour along the smooth descent. The riders leading the pack spin in high gears while those behind tuck into their drafts, coasting and resting their legs in anticipation of the series of punchy climbs and attacks that can split the group during the ride, which is usually about an hour into the ride. Sometimes the leaders break away—and stay away. Other times, the main group reabsorbs them, amoeba-like, at an overall average speed of twenty-three miles per hour or faster. Inevitably, less experienced or slower riders slip off the rear. Direct wind force makes catching back up a herculean effort. These "popped" riders are not seen again until next week, if at all.

It's a Y-chromosome heavy group. But on a recent Tuesday evening, Sophie Andrews, wearing a neon-and-blue kit and riding a matching yellow bike, cranked up Shevlin Park Road to join the growing group of mostly male cyclists straddling their bikes at the intersection with Bull Springs Road. Some chatted while others stood silently as they made last-minute arrangements to gear or sipped electrolyte-enhanced water. Andrews, 25, is a newcomer, but no stranger. Her father Robert Andrews rode the Hammer Fest regularly in the early aughts. Recently, a friend and teammate encouraged Andrews to give it a shot. Upon arriving, she chatted with Austin Arguello, 28, a

PHOTO ALEX JORDAN

"'It's kind of a feral ride that's gained a life of its own."
– Susan Conner, Sunnyside Sports

friend she made at the University of Oregon in Eugene. They raced on the school's cycling club while earning undergraduate degrees. Arguello, an elite road racer, recently relocated to Bend after spending summers here as a junior racer. Andrews and Arguello swapped training details in anticipation of the Cascade Cycling Classic race series, which was held in Bend in late May.

One of the Hammer Fest's most challenging moments arrives after a swooping, forty-mile-per-hour descent where Twin Bridges Road spans the Deschutes River. There, riders click through their cassettes as they climb up a twisty switchback. A subsequent false flat on Swalley Road further punishes riders before a fast descent into Tumalo. On this particular Tuesday, the group stuck together. Andrews tackled Twin Bridges and settled into an energy-sparing paceline into Tumalo. Later, during the gradual climb into Bend along Johnson Road, Andrews stuck with the lead group to one of the final hills near Bull Springs Road. When several riders attacked, Andrews responded with an assault of her own. After each week's Hammer Fest, Andrews calls or texts with her father to recap the race-like efforts. He intends to join her on the ride later this summer once his fitness is up to the task.

Andrews would have joined the Hammer Fest sooner if there were more women, she said. She hopes her participation will spur other female riders to join. Her father isn't surprised that she's taking the lead in that respect and holding her own on the road.

"Sophie understands the nuance to excel at that level," Robert said. "She loves the strategy. When she's intimidated, that motivates her more."

Sophie Andrews

Longtime Hammer Fest riders peg the ride's origin to 1996. The group originally departed from the parking lot of Sunnyside Sports, whose team once lead a group of five or ten along the Twin Bridges loop. The shop is no longer affiliated with the Hammer Fest, said Susan Conner, the co-owner of Sunnyside Sports. The ride moved its meetup spot to its current location in spring 2018 to avoid in-town traffic snarls.

"It's kind of a feral ride," Conner said with a laugh. "It's gained a life of its own."

Professional cyclist Carl Decker has ridden the Hammer Fest since the mid aughts. Decker is one of a handful of local pros who enjoy the ride because they can mix with old friends and Bend's newest generation of riders. The Hammer Fest is indispensable for cyclists who are serious about racing, Decker said.

"It's really hard to do this kind of thing by yourself. It's painful and awful and miserable and terrible," Decker said with a laugh. "But doing it with a group is fun. Somehow."

PHOTOS ALEX JORDAN

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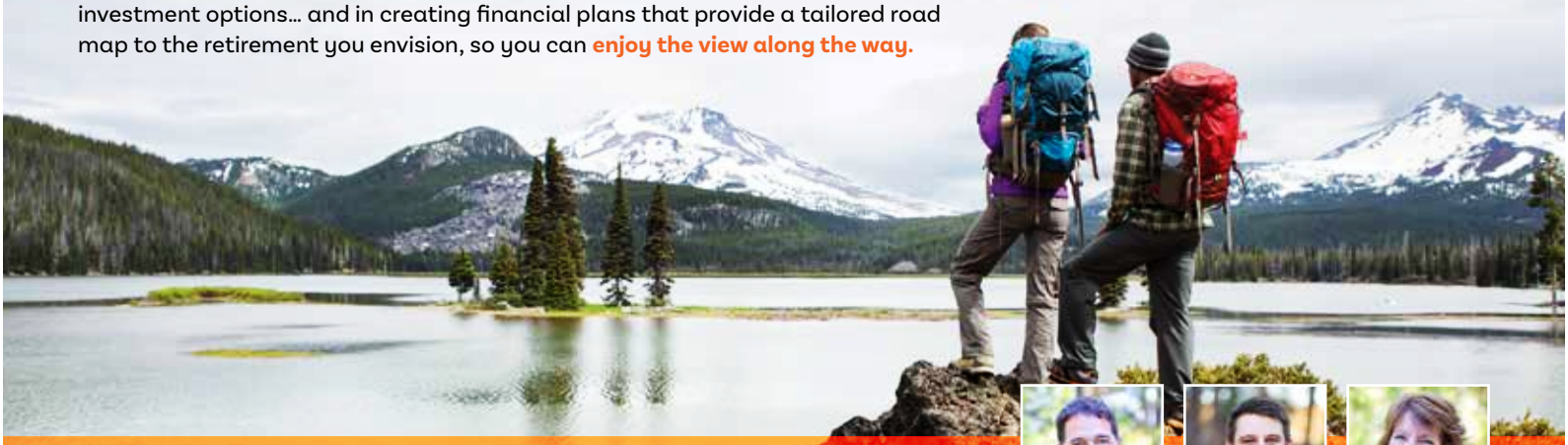

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GOLF

If the Club Fits…

TrueSpec custom club fitter arrives at Pronghorn.

Curiosity may have killed the cat, but it's saved the golf equipment business in an era when declining public participation has led to slumping golf club sales. Curiosity is what brought Steve Magidson out to Pronghorn on a recent drizzling weekday to test out irons and wedges at TrueSpec, the exclusive golf resort's new custom club fitting business where members like Magidson, but also anyone from the general public, can make an appointment to go through a club fitting process, akin to what players on the PGA tour enjoy when they're upgrading clubs.

Magidson wasn't sure if he was in the market for new clubs, but he wanted to know if he could squeeze a few more yards out of his irons and woods. Jason Owens, TrueSpec's master club fitter in Bend, believes that he can. Everyone can, in fact, according to Owens who has fitted hundreds of players with clubs suited to individual swings, no two of which are the same.

While most players have visited a demo day in which a single manufacturer brings their entire arsenal of clubs to a local golf course and allow players to swing away, TrueSpec carries

golf clubs from all of the top manufacturers. A proprietary adapter system allows Owens to quickly change between TaylorMade and Titleist irons while swapping in different flex shafts designed to control variables like ball height, backspin and launch angle to maximize distance and increase accuracy, two key elements of scoring well.

It's one of the few places in the country and the only in Central Oregon where players can compare different manufacturers side by side to see what feels right but also what performs the best based on data.

"I'm like a kid in a candy shop," said Magidson, as he neatly picked golf balls off a green hitting mat and sent them sailing out a bay door onto an expansive driving range. (The indoor-outdoor fitting facility shares space with Pronghorn's instructional center and allows Owens to do fittings year round in almost any kind of weather.)

The entire process stretches over a few hours. Owens will extend or truncate parts of the process depending on a golfer's strength and stamina. Typically older golfers can hit fewer balls before fatigue sets in, while younger golfers may hit hundreds of balls, allowing Owens to zero in swing details.

"Everything we do is data driven," Owens said.

And the numbers don't lie. An average-at-best golfer like me can pick up ten to twenty yards of distance with the right club and shaft combination.

Is a new set of clubs in my future? Probably not this year, according to my wife. But when I go shopping, I'll know where to start.

PURSUITS CALENDAR

RUNNING

Bend | Cascade Lakes Relay
August 2, 2019

Bend | Haulin' Aspen 2019
August 10, 2019

Bend | Sixth Annual Run for a Child 5k and 10k
August 10, 2019

Bend | 2019 Twilight 5k Run/Walk
August 15, 2019

Sunriver | Sunriver Half Marathon for a Cause
August 31, 2019

WATER

Bend | Lower Deschutes Whitewater Camp
August 23, 2019

Maupin | The Deschutes Downriver
September 14, 2019

GOLF

Sunriver | 2019 PacAm
September 22, 2019

MOUNTAIN BIKING

Bend | Gravicross Presented by 10 Barrel Brewing
July 13, 2019

Bend | High Cascades 100 2019
July 20, 2019

Bend | Volcanic Bike & Brew Festival
August 24, 2019

MULTISPORT

Bend | Deschutes Dash Sports Festival 2019
July 14, 2019

Bend | Oregon High Desert Classics
July 18, 2019

Bend | Subaru Outside Games
July 25, 2019

Maupin | Ride-Row-Run
September 14, 2019

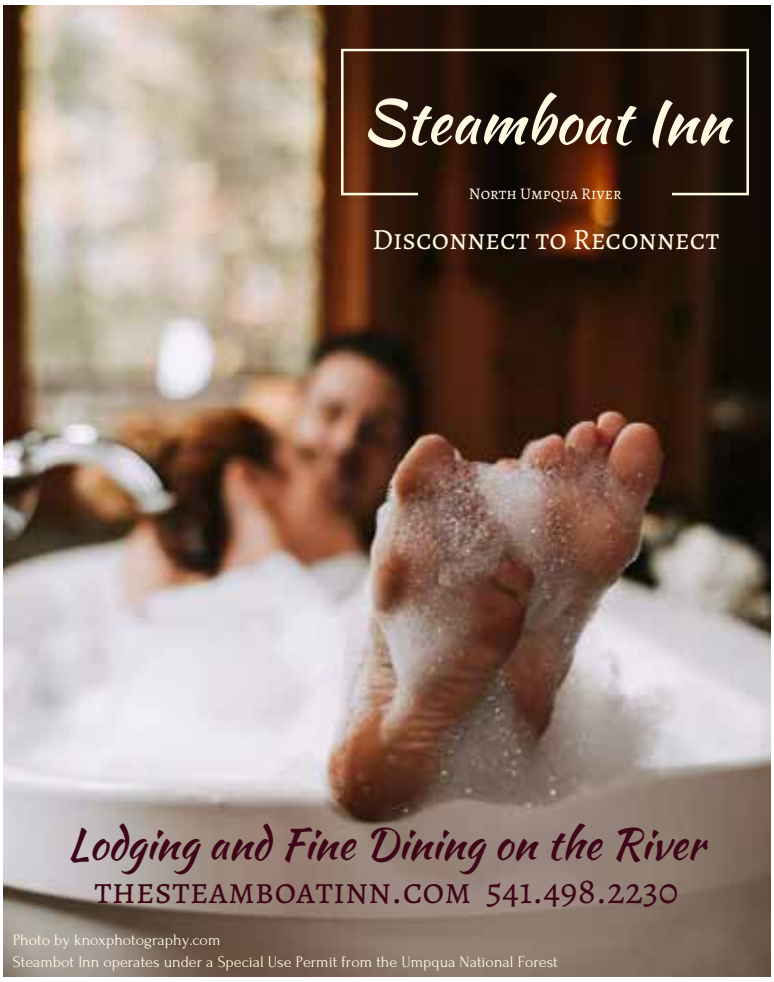

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PHOTO BUDDY MAYS

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ELK LAKE

A Century of Sailing

Elk Lake Sailing Club is gone, but its legacy endures on the eve of a 100-year anniversary.

WRITTEN BY **TOR HANSON**

With the wave of a flag, the twelve sailboats were off. The flatties picked up speed as the mountain winds came rushing down from Mount Bachelor. Searching for the best angle of attack, Ray Peoples steered his sixteen-foot Typhoon toward the buoy on the other side of Elk Lake. The first annual Elk Lake regatta of 1938 was off to a good start.

Peoples is synonymous with sailing on Elk Lake. Born in Chicago in July 1890 to missionary parents, Peoples was brought up in Siam (nowadays, Thailand). At the age of nine, he developed a life-threatening case of malaria, and was sent back to the U.S.

Taken in by foster parents in Minnesota, his adoptive family was part of the Shevlin,

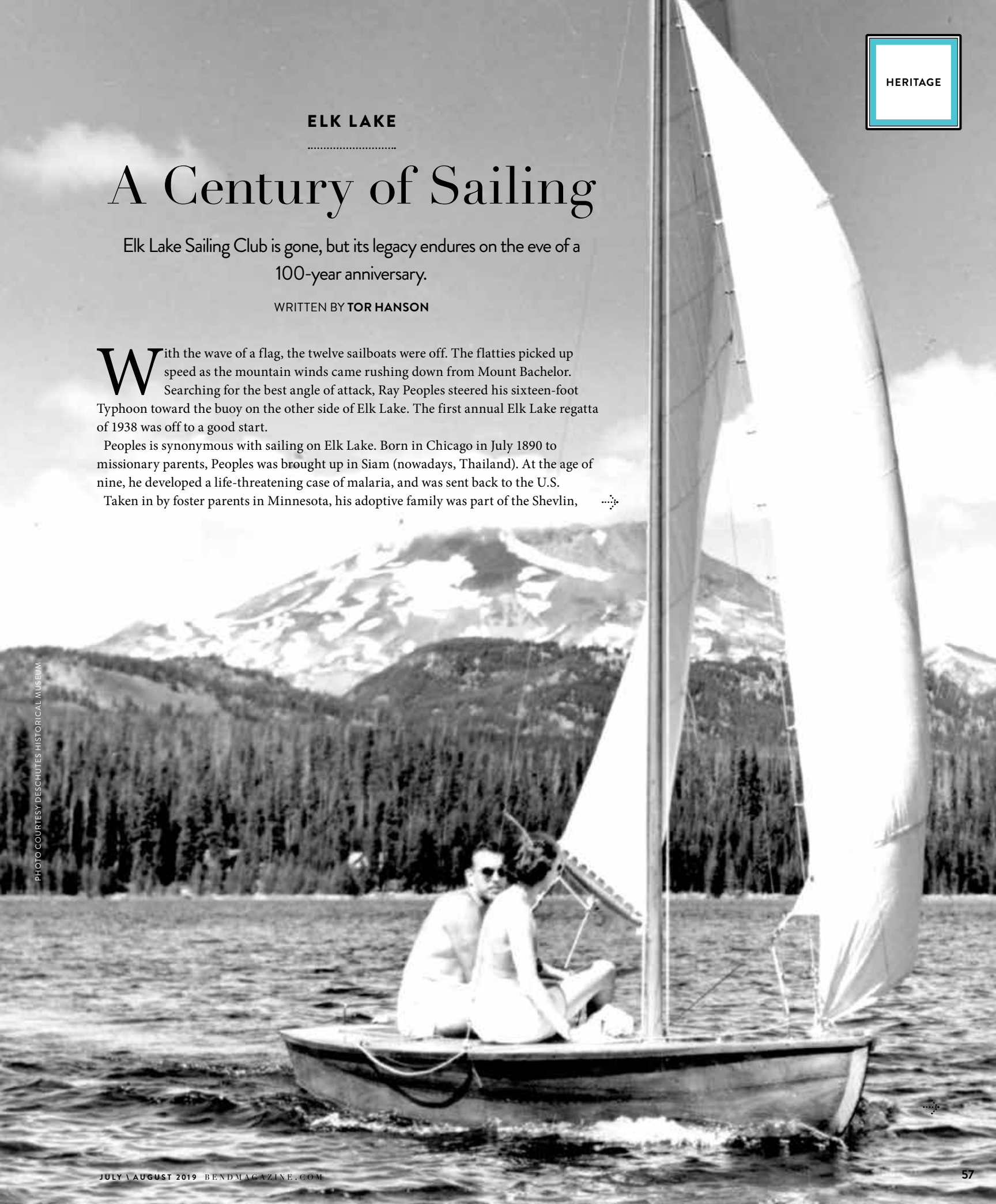

PHOTO COURTESY DESCHUTES HISTORICAL MUSEUM

Ray Peoples (left) and Myron Symons (right) in Peoples' home-built sailboat.

Carpenter, Clarke Lumber Company. The family had a house in Minneapolis and a summer home on Lake Minnetonka, a sprawling lake west of the Twin Cities.

"My dad was into sailing long before he came to Bend," said People's oldest son, Phil, in a 2009 interview.

Ray Peoples sailed on a thirty-two-foot, eight-man crewed "Inland Scow" on Lake Minnetonka and won several regattas hosted by the Inland Sailing Association.

In 1919, Peoples was sent to Bend to learn the lumber trade working for Shevlin-Hixon Lumber Company. He rented a room with the Mahoney family on Delaware Avenue.

"He had sailing in his blood when he arrived in Bend," said Phil Peoples. "The first thing he did was to build a boat in Mahoney's basement."

The sixteen-foot, a flat-bottomed sailboat was the first to be launched at Elk Lake, the second largest of the natural lakes along Cascade Lakes Highway. Framed by the Cascade mountains, Elk Lake was already a destination for early Bend residents and growing more popular with the completion of Elk Lake Lodge that Allen Wilcoxen broke ground on in 1920. The same year, officials from the Deschutes National Forest staked out thirty-some lots around the lake. The idea was to lease them for a nominal rate so families and local organizations could build summer homes on the lots.

Eventually promoted to supervisor of Shevlin-Hixon's box factory, Ray and his friend Paul Hosmer, editor of the Brooks-Scanlon newsletter, rented a cabin at Elk Lake. Peoples founded the Elk Lake Yacht Club in 1925. The annual membership fee was $2.

"Nobody enjoyed himself more on a sailboat than Ray," said Hosmer's son, author Jim Hosmer, in his book *Random Recollections of the Elk Lake Yacht Club*. "He was always eager to teach and encourage others by giving patient, friendly advice, instruction and encouragement in the finer points of reading winds and trimming sails."

Saturdays were work days at the mills, so Sunday sailing became a staple at Elk Lake. The sailing season stretched from early June through Labor Day.

Perhaps sensing a better economic climate after the worst of the Great Depression had passed, the members of the yacht club instituted the Elk Lake Regatta. The first regatta took place on Sunday, August 28, 1938.

Typical for the annual regatta, the festivities ended with a banquet at the Elk Lake Lodge with Paul Hosmer as toastmaster. Mostly for fun, yacht club members invented the "Rainbow Special," a drink made from equal parts bourbon and Elk Lake water. The "Special" was said to taste like a drunken rainbow trout, and the winner of the regatta had to down one.

The annual regattas went on from 1938 until 1942. The following year, the event was

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TOP Small, flat-bottomed boats designed not to capsize made up the bulk of the early fleet.

INSET Elk Lake boomed as a destination after the completion of the Elk Lake Resort in the 1920s.

cancelled due to war restrictions. After the war, sailing returned to Elk Lake.

Orthopedic surgeon Bill Guyer joined the party when he bought a cabin at Elk Lake in 1959.

"The cabin came with a twelve-foot long snipe," said Guyer.

Naturally, Guyer decided to learn how to sail. Several of the other cabin owners acted as mentors, among them was Peoples.

Guyer's friend Chuck Cleveland eventually moved to Bend and started North Pacific Products Company on Century Drive, making toy balsawood gliders.

"We decided to use the back end of his factory to build two Geary 18 (boats), one for each of us," said Guyer.

Randall Barna was a pioneering windsurfer in Oregon in the 1980s. He discovered the sailing races at Elk Lake and became hooked. He bought a Geary 18 and sailed in the Sunday races.

There was strong camaraderie amongst the sailboat owners on Elk Lake, according to Barna. But that did not mean a squat when a blast from the airhorn started the race.

"It is like any other competition—you can be best friends, but once you're on the starting line, I'm out to beat you," said Barna. "It was serious, good competition."

Almost fifty-five years after the founding of the yacht club, sailing fizzled out on Elk Lake. Windsurfing became the next big thing. Eventually, windsurfing races at the lake went the same way as the sailing races, and there was not enough interest to continue. The resort remained, and now a new generation of sailors has returned to Elk Lake, riding the wind.

As the 100-year anniversary of the first sailboat launch at Elk Lake is nearing, Bend custom homebuilder, Greg Welch is planning an Elk Lake regatta at the end of July this year. He is a part owner of Ray Peoples' cabin at Elk Lake.

"We want to celebrate Ray, sailing and Elk Lake," said Welch.

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GOLF

LPGA golfer finds a home at Tetherow

After six years on the pro tour, Katie Burnett puts down roots in Bend.

WRITTEN BY **HEATHER CLARK**

For the past six years, Katie Burnett circumnavigated the globe thirty weeks a year playing professional golf.

A card-carrying member of the LPGA Tour and the Ladies European Tour, Burnett's career included three runner-up finishes, eight top-10s, and nearly a million dollars in total earnings.

In 2018, Burnett was growing weary of the exhausting travel and tournament schedule. When her wife, former Dutch national team golfer and now head coach Dewi Schreefel, suggested they relocate to Bend, Burnett, 29, decided to transition from pro golfer to golf pro. She landed at Tetherow Golf Club, where she now provides instruction to members and guests who want to improve their golf game.

The Georgia native was a stand-out softball player who at age 14 was attracting the attention of college recruiters.

"My dream was to play on the USA softball team," Burnett recalls. "Golf was just something to fill in the gap when I wasn't playing softball."

But when the sport was removed from the Summer Olympics in 2012, Burnett says her softball dreams "went out the window," and her focus shifted to golf.

"I realized I was pretty good at golf, even though I didn't practice that much," Burnett says. "A friend of mine was playing at Stanford, and I would practice with her all the time when she was home. She helped me improve really fast."

Burnett would go on to play for the University of South Carolina, where she holds the all-time scoring record for the Gamecocks and was a two-time All-SEC Second Team selection and a Second-Team All American.

After making it through Qualifying School for both the LPGA and Ladies European tours, Burnett gained experience and success quickly, including a top-5 finish in her first tournament as a pro.

Her career-best result occurred in 2016 at the LPGA Lotte Championship in Hawaii, where she led through three rounds going into championship Sunday. She lost by a stroke to a golfer who shot an extraordinary 8-under par that day.

"That was a great feeling," she recalls. "To know that I was good enough to win, but I just got a little unlucky that day."

While Burnett is largely retired from professional golf, you can catch her at her favorite event of the year, the Cambia Portland Classic, an LPGA event held Labor Day weekend at Portland's Columbia Edgewater.

"That was a great feeling. To know that I was good enough to win [on tour]."

For now, Burnett is happy to stay in one place and get to know all her new home has to offer.

"What I like most about Bend is that the community is really athletic and outdoorsy," she says. "There's golf, but also all these other sports. In Georgia, people who play golf, that's the only thing they do. At Tetherow, our golf members and guests are also really good skiers or mountain bikers. I love that about being here."

PHOTOS LYNDSEY DUPUIE

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DIET

Eat like an Elite Athlete.

Stephanie Howe Violett offers seven tips for the active Bendite.

WRITTEN BY **CATHY CARROLL**

Stephanie Howe Violett believes that eating and physical activity should be a beautiful, enjoyable part of everyday life. She is a champion ultra-distance runner—she won the 2014 Western States 100, set a course record for the 2015 Lake Sonoma 50, plus many more achievements—and has a Ph.D. in nutrition and exercise science. She coaches people balancing athletics, nutrition, work, family and play.

Here are Violett's tips for how to eat like an elite athlete to achieve better health, no matter your fitness level and goals.

1 PRIORITIZE PLANNING

Think about all meals ahead of time. For example, pull meat from the freezer for dinner that night, or go to the farmers' market. "When it's not last minute, it tends to lead to better choices, and eating real food is the core to healthy nutrition," said Violett.

2 GET BACK TO THE LAND

Avoid foods that come in a package or box. Think of food as things that are grown, that come out of ground and are recognizable. "You can recognize a carrot, it's not processed, unlike a bag of chips, for example," she said. "But you don't have to cut out all chips and crackers, just make meals centered around real, unprocessed food.

3 EAT BREAKFAST

It's not necessarily the most important meal of the day, but it kick-starts your metabolism after fasting all night, supplying energy to work out and start the day with a sharp mind. Studies have proven this. "Those who ate breakfast, particularly before a workout, eat less during the day. Your hunger will catch up with you," Violett said. Include a good quality source of protein from plain, whole milk (full fat), Greek yogurt, or an egg fried in olive oil or poached on toast with avocado slices.

4 GET PERSPECTIVE ON CARBOHYDRATES

Seek out locally baked, artisan breads, because they have just a few, whole ingredients and no preservatives. A slice is fine, but get most carbohydrates through vegetables, fruit, and cooked, whole grains, such as quinoa, farro, oats and rice. Think about building a plate or bowl, and let the base, the bulk, be nutrient-dense vegetables—leafy greens, such as spinach, or sweet potatoes. Top that with a lesser amount of grains—rice, quinoa, a slice of bread, or a cup of pasta (avoid eating pasta daily, advises Violett) and on top of that, protein such as ⅓ cup of beans or lentils, three or four ounces of turkey, chicken, salmon or any lean protein such as local, high-quality beef.

5 (GOOD) FAT MEANS FLAVOR

"Fat makes everything taste good," said Violett. Choose mostly unsaturated olive oil, avocado, or a little butter.

6 REFUEL WITHIN 30 MINUTES AFTER WORKING OUT

"Chocolate milk tastes good, and it's well formulated to help with recovery," she said. "A latte is even a decent choice—it's mostly milk, and dairy is good for muscle repair." A savory option: tortilla chips with salsa and guacamole replenish sodium.

7 DRINK WATER

Carry water with you or keep it handy on your desk. The best way to assess your hydration? Your urine should be pale yellow.

Need more ideas on how to eat for optimum health? Check out Violett's recipes at STEPHANIEHOWEVIOLETT.COM

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ARTIST

Maxwell Friedman

Getting to know the local piano playing prodigy who makes a big debut this summer.

INTERVIEW BY **JP SCHLICK**

PHOTO JP SCHLICK

Maxwell Friedman is already coming into his own. The fifteen-year-old Bend Senior High School freshman has somehow figured out how to balance being a piano prodigy with being a teenager. He has recently released his first album, Beyond Neblar (Live In Bend)*, with the Maxwell Friedman Group (MFG). The album was recorded live at McMenamins Old St. Francis School and features nine tracks, seven of which are originals that Friedman penned himself. Amidst his busy schedule, Friedman found time to sit down with* Bend Magazine *to discuss his invitation to the High Sierra Music festival and where he plans to head in the future.*

On the Recently Played List

Christian McBride's album *Live at the Village Vanguard* is a really good project that I need to listen to more. If you haven't heard him you should start listening, he's amazing. This next one is more a specific song that I'll listen to all the time. "Pinzin Kinzin" by Avishai Cohen who's an Israeli bass player; it's kinda cool because there are very few Jewish jazz artists, and I am lucky to self-identify as one, being from a Jewish family. I just recently listened to the Tyler The Creator album *Igor* over and over again, because it has a lot of jazz and soul influences on it.

"I want to write at least 500 songs in the next 30 years. I would like to get to the point where I am composing something every week."

Maxwell Freidman Group

On Growing Up In Central Oregon

Living here has broadened my perspective on how I view music. You could be from one part of town and listen to a certain type of music and you could be further outside of town and listen to a completely different type of music, which is what is so cool about our community. I have gotten into bluegrass, and I used to not identify as a country music fan until I heard some of these bands like Greensky Bluegrass and other bands at the 4 Peaks Music Festival and Sisters Folk Festival. It's an amazing genre if you think about it.

On Finding Balance

I think the biggest thing with balancing stuff, even though it seems like a paradox, is staying busy. When you have nothing to do, you will just waste your time doing random stuff like watching TV or playing video games. I do all the things that a teenager does. I find that prioritizing what I am doing really helps with staying organized, which naturally is very hard for me. I am a very ADD-type person so staying in one spot and doing one thing gets hard. Homework always comes first, then practicing music, then if I am done with all that I will either produce or hang out with friends.

On Playing High Sierra Music Festival

I've been to the High Sierra Music Festival six or seven times. When I first went, I wasn't super into the jazz stuff but over the years I would start to play with some of the musicians there and made my way up to sitting-in with musicians. This year I am officially an Artist-At-Large, which is a huge achievement that I have been looking forward to. I am really grateful to be part of that [High Sierra] family and have my name on the poster of a festival that I love.

On Long-Term Goals

I want to write at least 500 songs in the next thrity years. I would like to get to the point where I am composing something every week. I also want to work on giving back to the arts and to schools which is huge. I went to a magnet-turned charter school for middle school, and they did not have a music program. It was a different type of curriculum, which really helped my learning style but there's very little funding for the arts programs in schools, and I want to make that available for kids.

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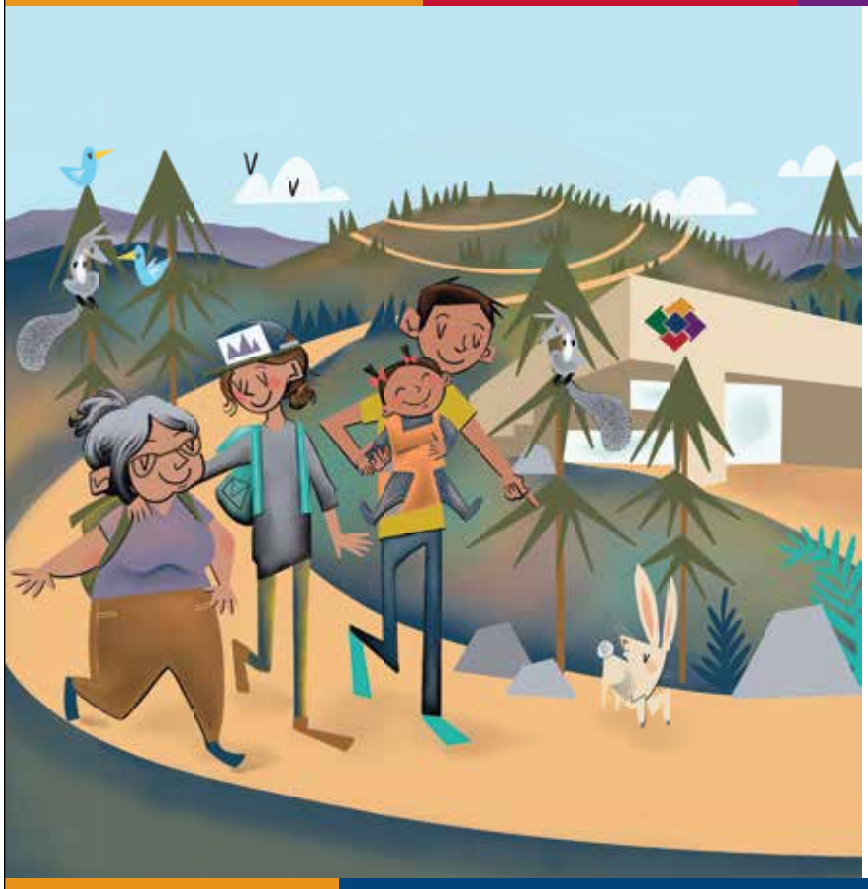

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ASSISTANCE

Food For All

For more than three decades, Family Kitchen has provided free meals for anyone in need

WRITTEN BY **JP SCHLICK**

Walk through the door of Family Kitchen on the corner of Idaho Avenue and Wall Street in downtown Bend and you will be greeted by fresh loaves of bread, the aroma of home-style cuisine and a friendly staff eager to feed anyone who enters.

Family Kitchen is now in its 33rd year of feeding the community in Downtown Bend. "It was started in 1986 by six women from Trinity Episcopalian Church, though today the organization has no religious affiliation," explained Donna Burklo, Program Director at Family Kitchen. Her office doubles as a pantry and at the time was filled with dry dog and cat food. "We almost always have food for the diners to take back for their pets."

According to Burklo, Family Kitchen was started in response to the closing of the Brooks-Scanlon Mill. "The ladies were concerned for families that might be struggling due to the loss of jobs. So they started by making a meal once a week at home. It started growing from there to where we are today, serving 8 meals a week—a little bit over 5,000 plates each month."

There are now approximately 400 volunteers, organized in dinner and lunch teams that represent different companies and organizations from around town. For some, it's an extension of their workplace. For example, Burklo said that the Dutch Bros. team brings its signature enthusiasm and high-energy to Family Kitchen, which provides a welcomed change of pace for the diners.

While the food for Family Kitchen is provided by many individuals and local businesses,

Newport Avenue Market has really been the premier contributor. "Every December, Newport Market runs a program called Food For February. It's now far beyond the scope that the title implies but the name stuck. Shoppers can donate at the register and Newport Market will match dollar for dollar. Last year Family Kitchen got around $20,000 from the program," Burklo said. Desserts are provided by Safeway and Costco at no charge.

Family Kitchen is open to anybody and Burklo takes that point very seriously. "I am here because anybody can walk through that door and get a meal. That includes the wealthiest person in town, as well as a person who hasn't showered in three months." B

PHOTOS JP SCHLICK

CHASE OSBORNE

Nine-year Family Kitchen volunteer

Chase Osborne was looking for some way to fill the void brought on by retirement when he started volunteering at Family Kitchen after learning about it through a notice in his church's bulletin. A regular on the rotation, Osborne volunteers at Family Kitchen three days a week and makes the soup on Fridays. "It's very social. It's like meeting your friends at Starbucks for a cup of coffee. We get plenty of chances to talk to one another in addition to serving food."

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Back to the Future

A Bend family's DIY revamp of a '70s-era home blends eclectic styles with a nod to the past.

WRITTEN BY **LEE LEWIS HUSK** PHOTOS BY **BRANDON NIXON**

When Abby and Bill Caram bought their mid-century home in Bend's Orchard District in 2015, they knew a remodel was in their future. "The house was beautiful when we bought it, but it had undergone many non-professional remodels," Abby said. The Carams loved the neighborhood, which grew up around St. Charles Hospital after it moved to the east side in the 1970s. They believe the house was custom built for a physician who needed to be near work.

For advice on the remodel, they turned to their close friend, Erich Hohengarten, described by Abby as "a great mix of engineer, artist, designer and contractor." Hohengarten dismisses those credits, saying he's foremost an artist with experience in the building trades. The trio worked out a collaboration—Bill and Abby would serve as the general contractors, pulling permits and other functions of a builder,

TOP Sisters Adele and Margot entertian while sitting at an accordion window that merges inside and outside spaces.

ABOVE A key principle in the redesign was bringing more natural light into the mid-century, split-level home.

and Hohengarten would be the consultant and interior designer. The couple who juggle careers and family (Bill works for Deschutes River Conservancy and Abby is the operations manager at BendFilm) spent almost a year discussing the project, which gave the Carams time to try on ideas and modify the scope as their needs and wants evolved.

The first thing they did was examine the floor plan and how spaces were used. "I'd ask myself, 'What is it that's missing to help it flow and function better?' " Abby said. The group decided to leave the layout alone, including bedrooms and baths, but they would add a mudroom. The windows had been updated, and the structure was solid. But multiple remodels had left the interior with mismatched doors, poorly laid tile, multiple flooring materials and a mix of wall textures and patches. "One of the primary goals was to bring all the finishes to a much higher standard, something we all felt the original layout of the house was worthy of," Hohengarten said.

An overarching theme was to design around the family's active lifestyle which includes two daughters, two dogs and a cat, as well as keep their aesthetics in mind, which lean toward clean and cohesive contemporary lines with a nod to the home's mid-century roots.

In the kitchen, the couple chose to replace a small vinyl window above the sink that overlooked the deck. They selected a much larger and screenless accordion window to create an expansive feeling of indoor-outdoor

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living. The girls, Adele and Margot, often eat breakfast outside on the deck while mom and dad pass food back and forth. The new windowsill is made of live-edge Northern California oak. "If you stop by in the summer months, this beautiful window is open all the time," Hohengarten said.

The accordion window also meant that wall cabinets had to be torn out, precipitating a cascade of other changes. The family sacrificed part of the two-car garage to add a mudroom and kitchen pantry to make up for the lost cabinets and to increase storage. They refaced all the remaining kitchen cabinets, even encasing the refrigerator to create an entirely white wall.

A unique feature of the kitchen is the floor-to-ceiling wall of cork. "Bill had purchased a quantity of cork flooring that he really liked for the downstairs master bath and bedroom," Hohengarten said. "Once we decided to install white oak floors in the whole house, we repurposed the cork as a wall cladding in the kitchen." This now serves as a large cork board for the girls' art, adding color and a playful feel to the space. A favorite feature of the new floor is the "wood waterfall" pattern on five steps leading from the dining room into the living room. The wood grain flows in a vertical pattern instead of across the steps in a typical horizontal configuration.

Other unifying elements involved painting all the walls but one white, removing all the trim and recessing the baseboard so that it is flush with the wall. "To the untrained eye, this small detail is what gives your sixth sense the feeling that the space is very svelte and streamlined," Hohengarten explained.

The spacious living room is filled with natural light from two large angled windows and several clerestory windows on either side of the wood-burning fireplace with a gray wall and an old-fashioned metal mesh screen. And even though the house has nearby neighbors, large trees provide a natural privacy screen and the feeling of being in the woods. Abby

BELOW Bill and Adele share a quiet moment together amid the natural light of the living room.

BOTTOM An entire wall of cork flooring backstops the family's creative impulses, adding a playful feel to the space.

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"This small detail is what gives your sixth sense the feeling that the space is very svelte and streamlined."

took full advantage of the natural light to grow numerous house plants, which she says do well because of the light and not any green thumb on her part. The room has all the comforts of a family gathering space, including a special desk Abby bought for a new pastime, jigsaw puzzles.

Light fixtures, furniture and art add pop and color. A Sputnik-style chandelier that came with the house is a focal point in the dining room, and another retro light pendant adorns the informal kitchen nook above a '50s-era yellow Formica metal table and chairs. The house is filled with original artwork the couple has been given by their many friends in the art community. A nice touch includes new square glass doorknobs throughout the home.

Entrance to the multi-level dwelling is off a driveway where the family parks its RV, their temporary home during remodeling. They replaced the former front door with two contemporary clear-glass window-pane doors that let light into the foyer. A favorite wood carving by Sisters artist Dayton Lanphear greets visitors as they enter this uniquely Caram home.

In the end, the couple achieved its goal of striking a balance between form and function. Bill's advice to others? "Have a vision for the whole house, and if you can, do it all at once, especially the floors," he said. "It's lovely to live in a home that matches one's personality."

Resources

General Contractor: Bill and Abby Caram

Interior and construction: Erich Hohengarten

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Local artisan, Bradley Logan

STAINED GLASS

A Touch of Glass

A Bend artisan quietly revives an ancient artform with stained glass installations.

WRITTEN BY **PETER MADSEN** PHOTOS BY **WILLIAM MANTANI**

In Jerry Johnson's Bend home, sunlight, wood and glass commingle in timeless artistry. Past a solarium, light streams through a large stained-glass medallion window situated above French doors that are also fitted with stained and beveled glass. The colors riff on the hues of surrounding woodwork.

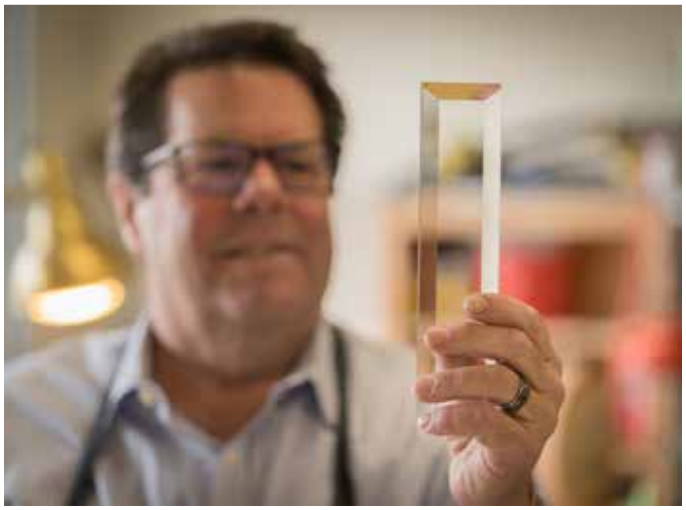
The decision to use stained glass, a product that relies on light, as a finishing touch was deliberate.

"We wanted the artwork to reflect that our house is a passive solar-powered house," Johnson said.

Johnson, 80, has commissioned several stained glass pieces over the years, but it's the work of a local stained glass artisan, Bradley Logan, that takes center stage in Johnson's home. Logan, 60 and a Bend resident, founded High Desert Stained Glass in early 2017.

The two connected after Johnson, who has a lifelong fondness for stained glass, first spied Logan's work at a local home show. Since then, Johnson has also commissioned Logan to create multiple pieces, including two vineyard-themed stained glass panels. The works are outfitted with adjustable LED light boxes and situated along the cylindrical staircase that leads to Johnson's wine cellar.

The pieces are the culmination of an almost lifelong interest in glass for Logan, who got his start building stained glass in the 1980s. It took several decades and a career detour to find his way back to stained glass. But Logan, who moved to Bend in 2012 and works days as the operations manager at Bend Broadband, has found a way to transform his hobby into a thriving small business that connects customers like Johnson with an artform that traces its roots back to ancient Egypt and Rome. It was there that



PIECE BY PIECE

TOP Assembling the components of a project.

LEFT Beveled edges add another dimension.

glassmakers discovered that adding metals could produce an array of colors in finished glass.

Modern stained glass came into popular use during the Middle Ages when the Catholic Church was one of Europe's major art patrons. The subsequent proliferation of Christianity across Europe filled newly-constructed churches with stained glass. Stained glass wasn't limited to Christian nations. Arabic artisans created stained glass, too, by adding elements like manganese, nickel, cobalt and iron oxide to molten glass to achieve desired colors. Various rolling techniques afford distinct textures. Centuries later the process is largely unchanged. Artisans like Logan cut glass pieces and fit them into flexible lead cames, that frame each piece. Then they solder the corners to secure the pieces.

While churches remain the primary showcase for stained glass, Logan had a more secular introduction. After attending Dixie State University in St. George, Utah (he later received a business degree from a different institution), Logan took a job with a small glass company that specialized in commercial storefront windows. Logan said he found the owner tinkering with a small stained glass window one evening. Logan was already cutting and working with glass, but he hadn't been exposed to glass work as an artform. His former boss, whom Logan describes as a master, took him under his wing.

"He taught me the right way," Logan said.

Logan moved to Southern California in the 1980s where he worked at a stained glass studio for fifteen years. A subsequent career shift to telecommunications relegated Logan's interest to hobby status, but it also provided him the means to eventually found High Desert Stained Glass. Logan intends to open a storefront location and hire an apprentice in the coming year. He'd also like to offer classes to aspiring stained glass artisans.

"Stained glass is what I would like to do for the remaining part of my career," Logan said. "I want to get back to what's comfortable and what I'm passionate about. That's key—if you can make a living doing something you love to do, that's all that matters."

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GARDEN

Water Music

The soothing sounds of a backyard water feature provide respite from the high desert's heat, relief from the sun's glare, and a haven for people, pets and wildlife.

WRITTEN BY **STEPHANIE BOYLE MAYS**

Tucked into a backyard corner in an established northeast Bend neighborhood sits an oasis in the Central Oregon high desert. A slight waterfall cascades down a terrace of stacked slate into a small catchment from where the water recirculates up through the stone and back down again. Blocking out sounds from passing cars and the chatter from neighbors, the waterfall was built by homeowner and experienced DIY-er Al Beekman. Beekman used slate given to him by a neighbor, a circulating water pump purchased at a Tumalo Community School auction and other materials.

Throughout Central Oregon you can find similar sanctuaries that can range in size and complexity, from a pond large enough for swimming to a single jar-style fountain. All provide respite from the high desert heat, relief from the sun's glare, the soothing sound of flowing water and a haven for people, pets and wildlife.

While many of these projects share similar construction steps, they are usually only built by veteran DIY-ers or landscape professionals. "If you're going to build a pond—with or without a waterfall—you probably should get help," advised Shannon Lester, who with her husband owns Blooming Desert, a landscaping design and build firm based in Powell Butte. "It isn't just the cost of materials. There's also the cost of repairs if things go wrong or if installation is incorrect," added Suzanne Day Audette, a

landscape architect and contractor who has been called in to redesign and replace leaky water features.

Almost every project starts with a shovel, and excavation can be particularly tricky here given the shallow layer of lava rock beneath the topsoil. Once the site is prepped, a layer of sand is added, followed by a pond liner. For smaller projects, premade pond forms can be used in place of the sand and liner. Some designs call for a fountain while others require the use of a pump and hose to circulate the water to the top of a waterfall. Both require electrical connections. "You want to be careful whenever you're working with electricity and water. And you also don't want standing water," said Audette. "You need the water to move quickly enough so that you have the sound, and you don't also have a breeding area for mosquitoes or flies." Once the pond is built, plantings should be added to obscure the construction edges and to integrate the area with the rest of the landscape.

Both designers agree that homeowners should consider several factors when adding a water feature. These include any homeowner association regulations, the location's exposure to sun or shade, maintenance time (the larger the feature, the more the work), measures to combat evaporation, smart technology, safety for family members and pets, and the wildlife that the homeowners may, or may not, want to attract. A final important factor is schedule. According to Audette, the smartest planners make arrangements in the fall or early winter for the next spring or summer's installation.

Pondless waterfalls, where water cascades down a boulder or series of rocks, through a gravel or stone bed and then recirculates to flow again, are becoming increasing popular. Lester and Audette recommend them rather than a pond in homes with children or pets or for those homeowners who want to encourage the local bird, bee and butterfly populations rather than deer or elk.

If you want immediate gratification, however, the shortest route to a water feature can be found at local garden centers, such as Landsystems Nursery or Tumalo Garden Market, which are only two of the many local outlets that sell fountains that are ready to plug and play. Fountains range in size and style from tiered concrete composite arrangements that would rival Rome's Trevi Fountain to sleek ceramic jars to a small boulder outfitted with a bubbler. There is a suitable design for every Central Oregon home.

For Beekman, the water feature adds an extra level of enjoyment to his family's backyard. "The waterfall faces the house and the sound can also be heard inside," he said. "It really drowns out the city noise and is just such a soothing sound."

Going Wild

No matter what the size of your backyard haven or whether you have a pond, waterfall or fountain, including a water feature is one of the prerequisites for getting your outdoor space certified as a National Wildlife Federation Garden for Wildlife. Other requirements are providing food from plants or feeders, cover to provide shelter and areas for wildlife to raise their young. For additional details visit NWF.ORG and click on Garden For Wildlife.

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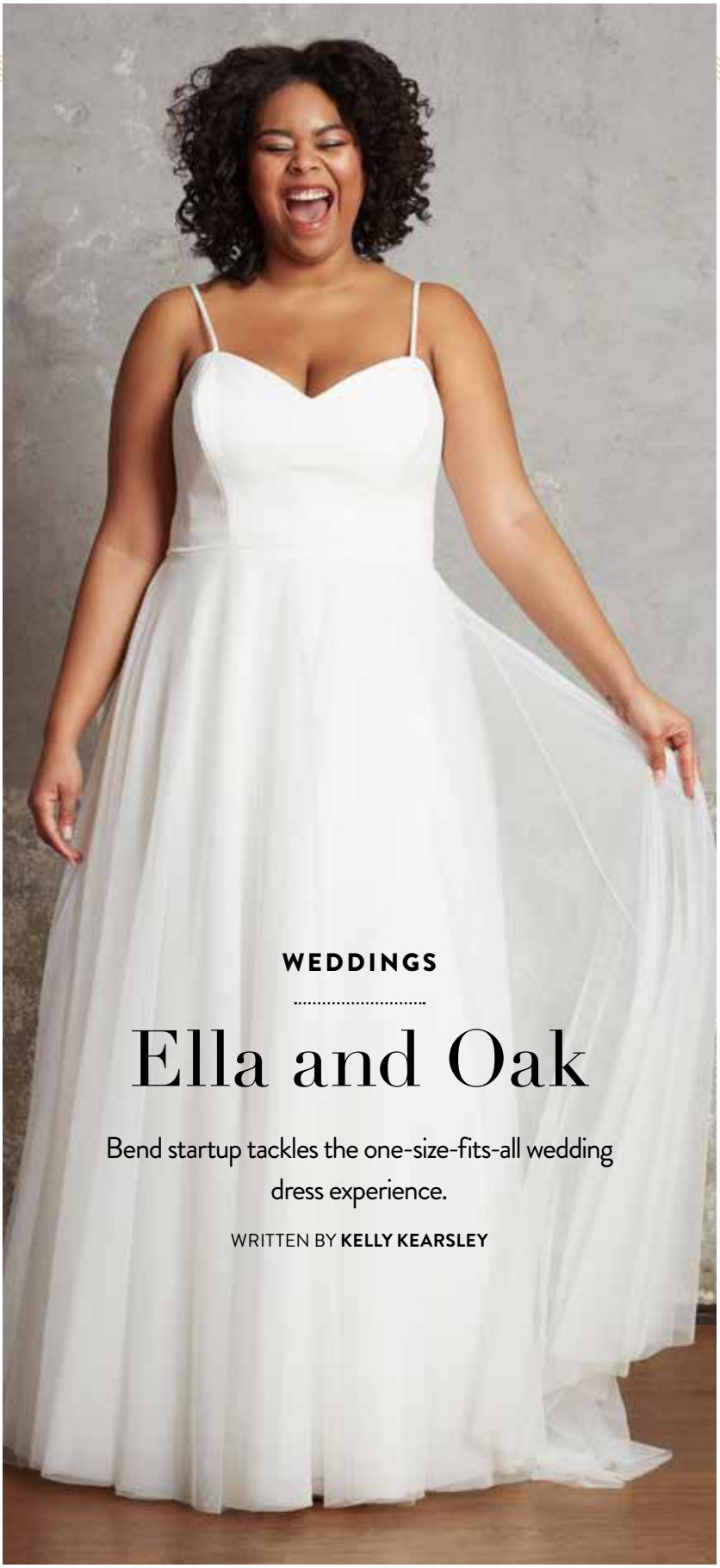

PHOTO COURTESY ELLA AND OAK

WEDDINGS

Ella and Oak

Bend startup tackles the one-size-fits-all wedding dress experience.

WRITTEN BY **KELLY KEARSLEY**

Shopping for a wedding dress is a rite-of-passage for brides-to-be. You bring friends or family to a shop, select dresses from the rack and revel in the oohs and aahs as you try on gown after gown. Sometimes there's champagne. Lots of times there are happy tears.

Yet, while this experience is touted in wedding magazines and portrayed in TV and movies, it's often a wholly different experience for plus-size brides. Christine Callahan realized this after one of her best friends struggled to find gowns in her size—she's a size 18 and stores rarely carry higher than a size 12. Instead of a happy experience, for her friend, finding a wedding dress was exceptionally stressful. She ended up having to try on a gown that was way too small and then buying based on that less-than-ideal sample. Fit wasn't the only thing nagging at Callahan. When shopping for her own wedding dress, she had a difficult time finding something she liked. She also wanted an online alternative, with the ability to order something and try it on at home—much like what Warby Parker offers for glasses.

Callahan wanted to reimagine the entire experience. She launched Bend-based Ella & Oak in January with that mission in mind, providing plus-size brides with designer wedding dresses and a fun, at-home shopping experience to match.

"Most brides feel such anxiety around this experience that they either put it off until it's too late, or settle on something that isn't their dream," Callahan said. "We're making the experience fun again—for brides of all sizes." Ella & Oak works with designers to create dresses specifically for plus-size brides. Then to improve on the shopping experience, the company mails customers three dress samples, in size 18 or 24, to try on at home or wherever works for them. When they decide on a dress, they can order it in their size.

"Every woman deserves to have a beautiful wedding dress, regardless of her size," Callahan said.

"Women should feel beautiful and confident every day, but especially on one of the most important days of their lives."

Bringing Ella & Oak to life

The first six months of Ella & Oak has been dedicated to building partnerships with individual dress designers, learning more about their customers and fine-tuning the logistics of shipping sample wedding dresses around the country.

Callahan and co-founder Sam Brody, who is located in New York, launched the company with a small number of beta brides to test the service. For example, Ella & Oak hosted a live event last spring for two brides to try on dresses in person. Ella & Oak provided champagne, the location—a room at the Ritz Carleton—and, of course, the wedding gowns.

"The brides were nervous when they got there," Callahan said. "It's a high-pressure, anxiety-filled experience for a lot of people." The company transformed that for these brides, who ended up doing catwalks for their friends and family in stunning dresses and having a great time. The event not only helped the brides with their shopping process, but also provided the cofounders with some key information about how and when their customers shop.

The company has identified target geographies around the U.S. and aims to serve the population of brides that live a few hours from a larger city and multiple bridal boutiques. The cofounders plan to expand their sizing options, including offering the ability to select different sized tops and bottoms.

Pop-ups and partnerships

So far, the startup has received lots of positive feedback and has a waitlist of more than 350 brides. While the company is currently based in Oregon, Callahan is on the road often, with multiple plans for pop-ups and partnerships across the U.S.

The cofounders plan to expand their product line to include rehearsal and bridal shower dresses, accessories and their own private label line of wedding gowns. Down the road, they'd like to incorporate technology with potential augmented reality try-ons and an online dress-building tool.

For now, the company is currently raising money to help scale Ella & Oak's efforts to serve what Callahan sees as a wildly underserved market.

"We value the dress because we value the bride," she said. "Women should feel beautiful and confident every day, but especially on one of the most important days of their lives."

A DIFFERENT MODEL

TOP Ella & Oak co-founders Sam Brody and Christine Callahan.

ABOVE Ella & Oak caters to larger brides who don't always have access to the same designer styles in dresses.

PHOTOS COURTESY ELLA AND OAK

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Bend Or Bust

Aquaglide drops anchor in Bend with plans for growing its watersports business

JEFF CUNNINGHAM WANTS YOU to have fun on the water. As the General Manager and VP of Sales for Aquaglide—a producer of commercial-grade custom Aquaparks, inflatable kayaks, and stand-up paddle boards—Cunningham is responsible for bringing Aquaglide to Bend, which was no small feat.

When in the spring of 2018 he met with John Archer, the President and CEO of Kent Watersports, he was charged with a simple task: "I was there to facilitate Kent's acquisition of Aquaglide and move the operation—then based in White Salmon, Washington—down the road to Snoqualmie."

Founded in 1995 by a windsurfing distributor named David Johnson, Aquaglide now operates in over 70 countries and offers over 120 unique products. The company was a natural fit in the Kent Watersports portfolio and both Archer and Johnson were eager to see the deal go through. Cunningham also understood the importance of the deal for both Aquaglide and his own career, but there was a catch. Moving from Bend, where he had been working remotely for six years, was a deal-breaker.

"It was the first time in my life where I've actually chosen where to live," Cunningham said, referring to his 2013 move from Seattle to Bend. No stranger to working for big corporations, Cunningham has lived all over the country from California to Vermont to Tennessee and Washington. He had visited Bend while in college for mountain biking and rock climbing but after graduation, he began what he refers to as "chasing chairs." "I was moving from company to company trying to grow and attain the next position up."

The purchase of Aquaglide by Kent was the biggest deal of Cunningham's career; it had to go through, but the "Bend or bust" mantra that he and his co-workers adopted complicated things. It took months of negotiations and a shared vision by both Cunningham and Archer. "I had to show him that the quality of life that Bend offers would make Aquaglide a better company," Cunningham said.

As of December 2018, Aquaglide, the newest subsidiary of Kent Watersports, moved to Bend. With ten employees, most of whom are local hires, it is likely that Central Oregon will see its first Aquapark in the not too distant future. — *JP Schlick*

BY THE NUMBERS

$10.00
Average retail price per gram in Oct. 2016

Source: OLCC

A GROWING SUPPLY

Recreational Marijuana is big business in Oregon. However, Oregon's licensed growers are producing more cannabis than Oregonians and our visitors can consume. A recent report by the Oregon Liquor Control Commission (OLCC) provided a glimpse into the oversupply issue. Here's a look at the numbers

635
Total number of recreational retailers in Oregon

$5.00
Average retail price per gram in Dec. 2019

6
The number of years of supply in the recreational system as Jan. 1, 2019

8 MILLION
Pounds of pot harvested annually if all pending apps were OK'd

4 MILLION
Total pounds of wet untrimmed plants harvested in 2019

PHOTO TOP COURTESY AQUAGLIDE

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TRAVEL

Ready to Roll

EarthCruiser founder Lance Gillies builds off-road vehicles for an international market that sees no boundaries to travel.

INTERVIEW BY **ERIC FLOWERS**

Tucked into Bend's southeast side, near auto glass and detailing shops, a small sign announces that you've arrived at EarthCruiser, the North American headquarters for a business that manufactures the preeminent off-grid adventure vehicle. Meet the self-sustaining four-wheel drive camper that looks like a marriage of a military troop transport vehicle and Volkswagen Westfalia. The made-to-order vehicles have a top speed of about 70 miles an hour, a range of 900 miles and can make their own clean water. They are the premier survival vehicle for anyone seriously contemplating self-imposed, off-grid exile. We talked with founder Lance Gillies about EarthCruiser.

How was EarthCruiser born?
Coming from Australia, which is essentially a big island, we are very used to long-distance remote travel by vehicle. We started to build out what would become an EarthCruiser, and someone wanted one. We never planned to go into business. Seriously, we didn't. We thought we might build one or two, but we were going to do it properly. That was ten years and 200 EarthCruisers ago.

How different did that first prototype look from today's model?
It's almost identical. There are continual subtle improvements, but if you put them side by side, you wouldn't be able to tell the difference.

PHOTO ALEX JORDAN

How long did it take to concept the product?
Two years. It was very, very simple. Our design process is always the same—we start with the end in mind. What is the product designed to do? We didn't design this product to sell it. We designed it to travel. So, it's very, very different. We didn't go looking for an easy way to make things. We built something that is above all functional for what we want. And we knew what we wanted from having the experience of travelling. If you look at an EC (EarthCruiser), the angle of the walls is 12.5 degrees. The reason for that is the pressure wave of semi-trailer passing you dissipates at 11 degrees. So, you can hold your finger on the steering wheel of an EarthCruiser and not get blown off the road. None of those things is an accident.

Did you have a lot of market information when you started?
We didn't really expect there to be as many like-minded people as us. For what we charge for these things—they are normally between $250 and $300 grand—they're not cheap. But people realize that, yes, they can go and buy a great big motor coach for the same amount of money. Of course, you can and it's going to have three showers, granite countertops and all that stuff. But people realize that all you can do with them is be with other people just like them[selves].

Given the price, who is your market?
We are finding that the age of our customer is coming down significantly. It was retirees sixty-plus and mid-fifties; now we have customers in their twenties, because [EarthCruisers] are a house, and three hundred grand doesn't buy you a great house—not anymore. So, they are saying, we want to travel now while we can. And with the changing of how people earn money, you can do that from an EarthCruiser.

LEFT Gillies and wife, Michelle, tested the EarthCruiser to the extreme.

BELOW EarthCruisers travelling in file.

BOTTOM The interior is functional first and based in part on nautical design.

Do you feel that the market for off-grid self-guided adventure has always been there, or is it just emerging now?

People have been traveling around the world by camel since the dawn of time. So, is there a travel market out there? Of course. But people have gotten used to things like having a flushing toilet and a nice bed. We don't want to have to set up a tent. People say, 'Yes I want to go and do all those things, but I want to be comfortable.' And that market is growing exponentially. Look at all of the Sprinter [vans] they didn't exist five years ago, but they are everywhere now.

Given that these are twice the cost of a nicely appointed sprinter van, what is the appeal of the EarthCruiser to the adventure traveler?

The answer is very simple, and it starts at the beginning where we start with the end in mind. Everything about an EarthCruiser was designed with one thing in mind: comfortable travel—off road. The Sprinters and the rest are fabulous vehicles, I love them to death. But they have got to fit so many markets, if you like, that it's compromise after compromise. We don't have that limitation. What we do is build a tool for our customers to go and do the things they want to do. And do that faster and more efficiently.

You offer customers options, but you don't do customization. Why not?

The EarthCruiser is not a custom one off anything. And this is a really key thing. The reason we are getting younger and younger people buying [EarthCruisers] is because normally they resell for exactly what [customers] pay for them, or they make a small profit. And the reason for that is it's not a modified truck. They are registered as an EarthCruiser.

What was the biggest challenge of moving the business from Australia to America?

Everything was a challenge from the manufacturing [side] because we are so small. We never said we are going to sell thousands of these things. The first thing suppliers ask you is how many are you going to sell. Well I have no idea. I might sell two. Well [mimics sound of phone hanging up]. So how are you supposed to get started? We bought so much stuff from Europe and Australia because no one wanted to talk to us. But that changes over time.

How did you solve that?

We say that we don't mind what it costs; charge us whatever you have to. The cost for us is not the issue. What's important for us is the quality of the product. We will take quality over price every single time. Charge us double what you think you should be charging. Just make sure the product is right. You have no idea how hard that is. Because [their] mission is to make as many as [they] can as cheap as [they] can. Our mission is to do the opposite: to make as few as we can for as much as we can. I have no interest in penny pinching. Zero. Completely the opposite of the RV industry here.

PHOTOS COURTESY EARTHCRUISER

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A HAZY SHADE OF SUMMER

NEW RULES AROUND SMOKE MANAGEMENT ALLOW FOR MORE PRESCRIBED BURNING, BUT CRITICS SAY **THEY DON'T GO FAR ENOUGH.**

By **Eric Flowers**

It's a perfect late spring day in Bend. A powder-blue sky contrasts with the craggy, snow-dusted peaks on the western horizon. It's the kind of afternoon that makes even the most dedicated office denizen want to put down the spreadsheet and grab a mountain bike or running shoes. But today the usually busy biking and hiking trails just west of Bend are largely deserted, closed temporarily so Forest Service employees clad in green khaki pants and yellow, fire-resistant Nomex shirts can do something that predecessors at the once notoriously fire-adverse federal agency could never have imagined—stand back and watch trees burn.

It's nothing terribly unusual. In fact, it's regular housekeeping for the Forest Service, which manages much of the public land around Bend and burns anywhere from 1,000 to 6,000 acres of forest land annually in the spring and fall. The burns help rejuvenate the forest and create a buffer between wildfire-prone public lands and the city of Bend, where population growth, particularly on the west side of the city, has encroached on the nearby forest.

When everything goes right, a plume of smoke rises over the forest canopy and then disperses on the prevailing winds, as it does on this day. On the ground, fire engulfs some smaller trees and brush, but barely scars the larger trees that will benefit from less competition and be better prepared for a real wildfire, should it arrive. When it doesn't go as planned, the smoke from these controlled fires lingers in the foothills, and as the air cools, drops into the river canyon where it often drifts into Bend, aggravating allergies or worse.

A LINGERING ISSUE

The question of how to deal with these smoke "intrusions" vexes fire managers, public health officials, public interest groups and politicians. Until this year, Oregon's air quality managers enforced what was essentially a zero-tolerance policy for smoke derived from prescribed fires. That policy severely limited when, where and for how long forest managers could light fires. It also created a huge backlog of prescribed fire projects (more than 100,000 acres) that managers say would take decades to complete even if no more acres were added to the roster. But more are being added every day. Some 100,000 acres of fire-ready projects are set to come on-line in the next few years across the Deschutes National Forest.

In an effort designed to find some middle ground between protecting public health and promoting healthy forests, the state of Oregon, led by the Department of Forestry, rewrote the rules around smoke management this year. The zero-tolerance policy was abandoned in favor of a new rule that sets smoke exposure limits that are based on federal air quality standards set by the Environmental Protection Agency. The rules are intended to create some flexibility around controlled burns, especially in places like Bend, where they are key to promoting both long-term forest health and public safety, while balancing public health concerns. Critics, including the Forest Service, say the new rules don't go far enough, placing the community in the literal line of fire.

"If we really want to protect our communities, then we are going to have to burn more," said John Allen, the outgoing Deschutes Forest Supervisor, in a May interview.

"It's unfortunate. You don't want to have fear-driven motivation, but Paradise (California), the Camp Fire, can happen here," said Allen, referencing the deadly fire that swept through the community of Paradise, California, outside Chico, last year. That fire, which was sparked by a utility line, killed eighty-five people, many of whom burned to death in their cars attempting to evacuate the fast-moving blaze.

"Our responsibility is to make the public aware of that possibility, and to try to reduce the risk of that happening here," Allen said.

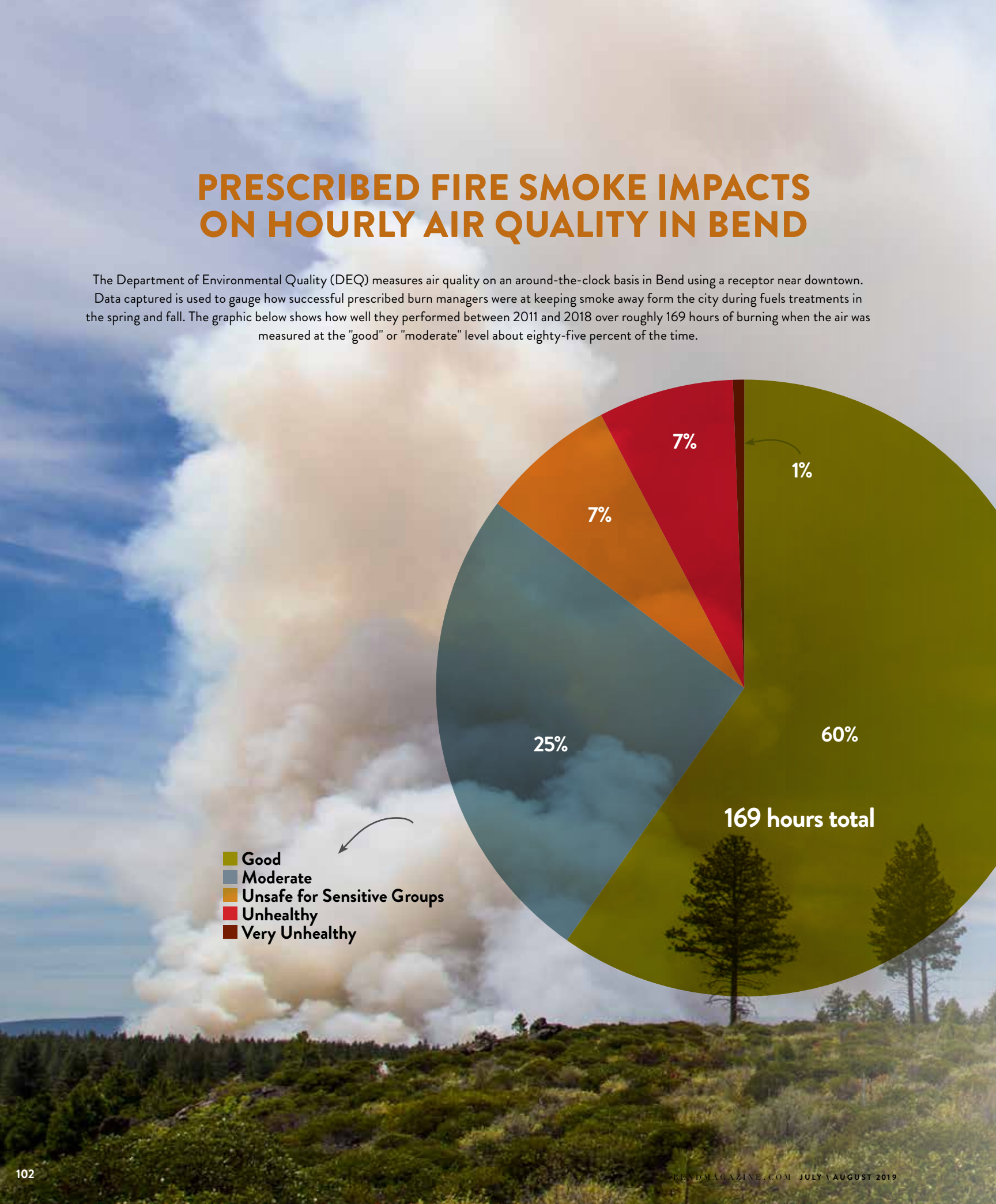
The issue of community safety gained urgency in recent years as the fire season has grown longer and hotter, and the prospect of a large fire near Bend seems less a matter of if, but when. A recent survey that looked at several factors contributing to wildfire risk exposure put Bend as one of the five most at-risk cities in Oregon (Redmond and Prineville were also in the top ten). Another report by the Forest Service listed Bend as one of the most at-risk for wildfire among cities in the entire West. A mix of climate, a century of fire suppression on public lands, and people's desire to live closer to the forest in places like Bend, have all contributed to the problem. There is no silver bullet, but nearly everyone agrees that prescribed, or controlled, burns are the most cost-effective way to create the important buffer zones between cities and forests. These controlled fires are intentionally set on pre-determined parcels, usually under 400 acres, where low-intensity fire can be used to remove smaller trees and vegetation. The fires are closely monitored by fire suppression crews and usually burn out within a few hours.

They also perform important ecological functions in places like Central Oregon where the forests evolved with fire as an integral part of the natural system, a key check in a system of checks and balances that created the mature, healthy ponderosa forests that drew lumber barons to the area more than a century ago. Those forests are long gone, replaced by a second-growth forest of largely uniformly aged, fire-prone trees and supplemented by thick brush that just adds more fuel to the mix.

"We can't throw more air tankers and fire trucks at the problem," said Bob Madden, a veteran wildland firefighter and deputy chief of fire operations at the city of Bend. Madden heads up the city's coordinated efforts to deal with the wildfire threat. He said the key is getting ahead

PRESCRIBED FIRE SMOKE IMPACTS ON HOURLY AIR QUALITY IN BEND

The Department of Environmental Quality (DEQ) measures air quality on an around-the-clock basis in Bend using a receptor near downtown. Data captured is used to gauge how successful prescribed burn managers were at keeping smoke away form the city during fuels treatments in the spring and fall. The graphic below shows how well they performed between 2011 and 2018 over roughly 169 hours of burning when the air was measured at the "good" or "moderate" level about eighty-five percent of the time.



of the problem by identifying opportunities and having a cohesive strategy.

"We have to make the community safe, and we have to make the forest more resilient. You still need to have a response, but in the past that's where all of our focus has been, and it's totally reactive," Madden said.

Being proactive means smarter urban planning that incorporates fire-resistant home designs, coordinated responses to fires including evacuation and sheltering plans, and well-designed street grids that can handle a high volume of traffic in a short window to get residents out of harm's way. But the best tactic is to keep fire away from the city by promoting good forest management, including using prescribed fire. Both Madden and Allen cited the example of the 2017 Milli Fire in Sisters where firefighters were able to contain a blaze that threatened dozens of homes. The fire slowed when it reached an area where the Forest Service had previously conducted a prescribed burn, essentially robbing it of fuel.

"Like most things in life there are trade-offs," Allen said. "If it hadn't been for our prescribed fire and fuel treatments, we would have lost the Tollgate and Crossroads subdivisions. And those are the trade-offs."

BALANCING ACT

The state's new smoke management rules will help bring a little more balance to the public health versus public safety debate, said Allen. This year the Forest Service is on track to burn roughly 6,000 acres, most of it around Bend, Sisters and Sunriver, in an area dubbed the WUI (wildland urban interface). That's more than the agency has been able to burn in any previous year, thanks in large part to the new rules that allow smoke into populated areas, up to certain thresholds.

However, Allen would like to see the state go further, by setting those thresholds at the federal clean air standards, instead of the more restrictive standards that the state adopted as part of a year-plus review process. One of the major sticking points is a one-hour standard adopted at the request of the Oregon Health Authority (OHA) that is designed to limit intense short-term smoke exposure. When those levels are exceeded, the Oregon Department of Environmental Quality (DEQ) and the Oregon Department of Forestry (ODF) are charged with working with the offending agency or landowner—in Bend that's usually the Forest Service—to determine why the threshold was breached. The DEQ won't hand out monetary fines, but they want violators to avoid a repeat offense. DEQ says it's a learning process as the agency works to establish best practices around the new clean air rules. But there are consequences. Exceeding an air quality threshold on a burn means that a burn in similar size is not likely to be permitted in the future under similar conditions.

"Even though they say it's a learning process, the quote from the Deschutes National Forest is that, 'learning equals limiting," said Pete Caligiuri, a forest ecologist with the Trust for Public Land in Bend.

Like Forest Supervisor Allen, Caligiuri would like the state to adopt the federal clean air standards, which give more flexibility when it comes to forest management. That's something that makes sense in Central Oregon where the forests evolved with wildfire and smoke is a natural part of the landscape. More flexibility also decreases the chances of a wildfire spreading near Bend and other Central Oregon communities—something that would have a devastating impact on the landscape and the area's smoke sensitive populations, including the elderly, the sick and the young, he said.

"Basically by creating this rule, you're inadvertently creating a disincentive for us to get the highest priority burning done in the wildland urban area," Caligiuri said.

This is evidenced by the fact that one of the burns undertaken this year near Bend in a high priority area for the Forest Service, violated the one-hour threshold without violating the twenty-four hour standard set by the state and EPA, Caligiuri said.

The current approach doesn't do enough to balance both sides of the equation.

"We are saying that we are not inventing this (wildfire risk). Help us think a little more holistically. Help us at least do what we can to put our forests and our community on a safer trajectory here," he said.

RISK AND RESPONSIBILITY

The new rules were rolled out statewide in April around the start of the prescribed burn season when the forest begins to dry out, but before the heat of the summer when conditions are harder to control. They were the product of input from half a dozen community meetings including two in Central Oregon. They included input from three state agencies, a stakeholder group and federal agencies, including the Forest Service. The goal from the beginning was to provide more leeway to managers like Allen who would like to address the backlog of burn projects, which he said will improve forest health while protecting homes and assets like wildlife habitat and the popular hiking and mountain biking trails that help to drive the region's tourism economy.

Michael Orman oversees DEQ's clean air program for the state and said the smoke management rules are revisited once every decade or so, but this process was different in scope and the intent.

"Most of the reviews have been toward more regulation," Orman said. "Recently, with this last review, there was some pushback based on the reality that wildfire was destroying a lot of the forest, and that we need to do more prescribed burning. The idea was to allow for more opportunity to do that, and that not allowing [smoke] intrusions into [cities] definitely needed to change."

WHAT IS PRESCRIBED FIRE?

Prescribed fire is a planned fire; it is also sometimes called a "controlled burn" or "prescribed burn," and is used to meet management objectives. Prescribed fire is one of the most important tools used to manage fire today. A scientific prescription for each fire, prepared in advance, describes its objectives, fuels, size, the precise environmental conditions under which it will burn, and conditions under which it may be suppressed. The fire may be designed to create a mosaic of diverse habitats for plants and animals, to help endangered species recover, or to reduce fuels and, thereby, prevent a destructive fire. Each "burn" must meet several criteria prior to ignition. Those include: the safety of the public and fire staff, weather, and probability of meeting the burn objectives.

Source: National Park Service

But just where to draw the line when it came to acceptable levels was a matter of contention from the beginning. Public land managers and forest advocates like Caligiuri wanted more flexibility and a recognition that constricting burning to small acreages in just a few days each season could put the entire community and resource at risk. On the other side, the Oregon Health Authority wanted protections for smoke sensitive populations. OHA was particularly concerned about short-term events where sensitive populations might be exposed to a high dosage of smoke. The agency said that these types of incidents aren't covered by the federal standards that average exposures over twenty-four hours, and, therefore, tend to minimize the severity of events that are focused over a shorter window.

"There is really strong evidence that when you reach a certain level of exposure in a short period of time, as short as one hour, that it causes health problems for certain vulnerable populations," said Kirsten Aird, OHA's chronic disease program manager who worked on the new rules. Averaging those incidents out over twenty-four hours doesn't adequately account for that risk, said Aird.

While the one-hour threshold may not be part of the federal guidelines, it's based on the EPA's own research that was included in its Integrated Science Assessment released in October. "It's over 1,000 pages and decades of research. I don't want to minimize how very solid the research is," Aird said.

In the end, the state settled on a compromise. Communities that could develop a plan to inform and protect their vulnerable populations could apply for an exemption to the one-hour standard. Bend and Deschutes County are currently in the process of seeking that exemption, but the initial application filed by Deschutes County on Bend's behalf was rescinded in April at the state's request. Deschutes County forester Ed Keith, who worked on the rules and the exemption, said the state requested that the county withdraw the application and rework it or face the prospect of the state formally rejecting the request.

Keith said the state has asked for a more detailed communication strategy and contingency plans, which can include things like opening clean air shelters. As of early June, Keith and other team members were working on a revised application. That will include actions like public service announcements and mass media bulletins, and direct outreach to smoke sensitive populations through text messages. In the end, though, people living in Central Oregon will have to learn to deal with smoke whether from prescribed burns or the ever more frequent wildfires, Keith said.

"Some of this is a level of personal responsibility. I can't come into your house and close your windows for you at night. But that's the best thing you can do to help yourself," Keith said.

DESCHUTES FOREST PRESCRIBED BURNED

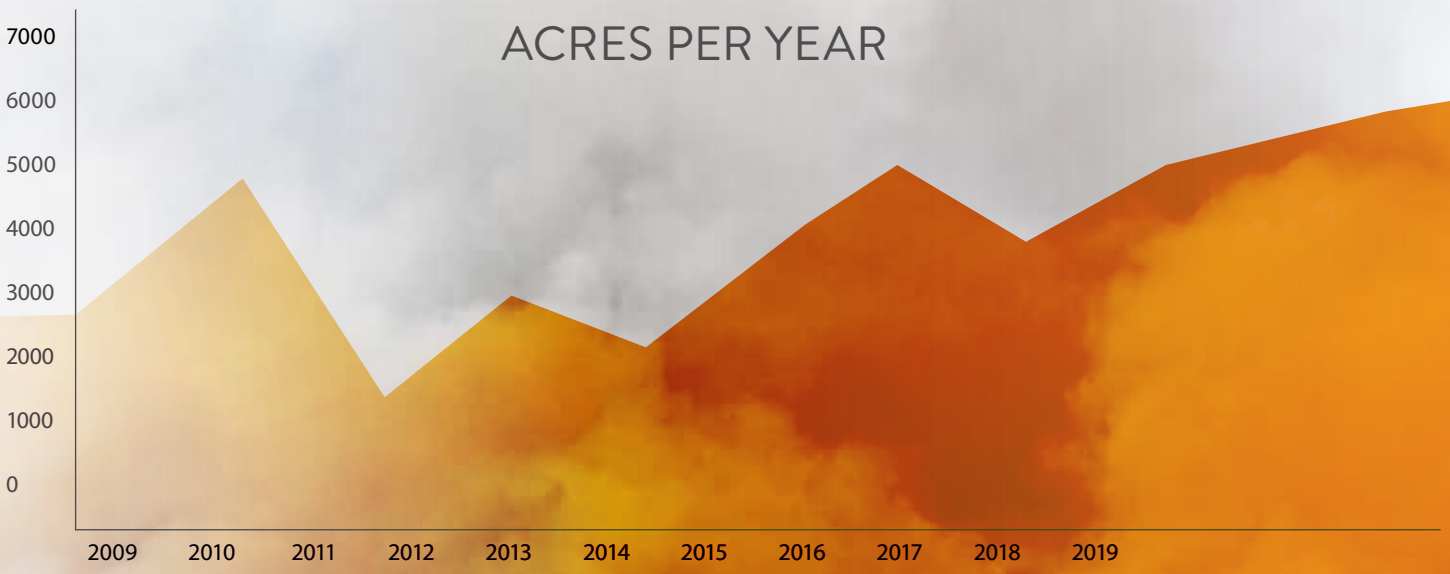


PHOTO JEFF KENNEDY

FERTILE GROUND

Poet Jarold Ramsey's connection to the land of his youth eventually brought him back home.

WRITTEN BY **DANIEL O'NEIL**

"There is, it seems to me, something uncanny, something 'mental' about canyons, as if they were as much states of mind as brute geological structures." — *Jarold Ramsey*

Jarold Ramsey grew up on a farm perched at the edge of a canyon that connects two communities and two worlds. His home sat between the tribal town of Warm Springs and the farming community of Madras. This proximity to both cultures has shaped Ramsey's life and his art ever since.

Recognized as one of Oregon's literary legends, Ramsey's poetry is influenced by the land and the people that shaped his earliest memories. He calls canyons "the memory of our landscape," and has spent his life exploring the layered recesses of a collective cultural memory that is deeply linked to the land. His award-winning poems and short stories tapped into Ramsey's own deep connection to the land of his youth and his reverence for traditional native culture.

Descended from a family of early homesteaders, Ramsey's imagination is grounded in this land of juniper and rimrock. As a child, he absorbed the local idiom and lore while listening to his great-aunt Minnie McCoin tell stories about those early pioneer days. Minnie grew up with Ramsey's maternal grandmother and great-uncle on Gray Butte, some fifteen miles west of Prineville, where their parents arrived in 1886, twenty years before Bend would be incorporated as a city and three decades before Deschutes County was carved out from the sprawling Crook County. It was hard land and hard living, endured by hearty folk like Minnie McCoin, whose father made a living hauling wool and wood products from Prineville to The Dalles. He came back with fruit and seeds that would become an orchard on the family's homestead where Minnie was raised. "A spellbinding storyteller," Ramsey wrote of Minnie in his recent book *Words Marked by a Place*, her recollections "by turns funny, frightening, terribly sad, shocking, earthy." She lived to be 101.

Ramsey's grandfather arrived with a second wave of settlers. He moved his family west from Missouri in 1902, planting the Ramseys and the wheat seeds they carried with them from the Great Plains on Agency Plains, northwest of Madras. Mount Jefferson firmly in view, the family flourished in their new home. Friendship with Warm Springs families introduced the Ramseys to native culture, and the land itself offered up tangible influences that would eventually surface in Ramsey's work.

The farm where his family made their home had once been a way station for bands of Wascos, Warm Springs and eventually Paiutes who lived on the Warm Springs Reservation. As they traveled to and from the Ochoco Mountains to dig camas bulbs and hunt, they left traces of those journeys and clues to a nearly forgotten history.

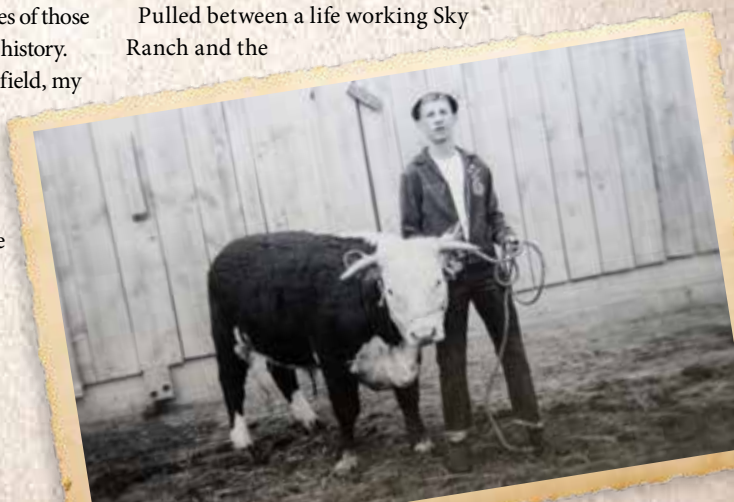
"Every time my dad would plow the field, my brother and I would be right there to pick up Indian artifacts," Ramsey said. "That kind of cemented the connection with the Indians. I was aware that there was a dimension here that went way back, long before we were here."

and their stories that, half-forgotten, nearly dead
for lack of telling, seem still to echo
my own voice along the rimrock . . .

• • • • • • • • • • • • • • • •

In Ramsey's youth, Central Oregon remained largely isolated from Portland, cut off by the steep walls of Mill Creek canyon. The Deschutes River had yet to be dammed. Change, though, was coming rapidly. By 1948 the Mill Creek Bridge opened what would become Highway 26 and the North Unit Irrigation project was completed, bringing a reliable source of water to Jefferson County farmers. Irrigation increased the value of the previously drought-prone land. Ramsey's father, a dry wheat farmer, opted to cash out. He sold the farm, but kept the family home, and purchased an old sheep ranch to the east. They renamed it Sky Ranch, and switched to raising Hereford calves, work that Ramsey enjoyed. Meanwhile, he and his older brother Jim began pioneering climbs at Smith Rock and summiting Mount Jefferson, cutting unique trails in life.

Pulled between a life working Sky Ranch and the



pursuit of language, Ramsey finally enrolled at the University of Oregon. His interests began to lead him away from the high desert. Ramsey earned a Ph.D. from the University of Washington, and in 1965 accepted a job teaching his specialty, Shakespeare, at the University of Rochester in upstate New York. He and his wife Dorothy, also from Eastern Oregon, departed for the other side of the continent where they raised three children and remained for thirty-five years.

Absence, however, made the heart grow fonder. Distance ignited a steady longing for the canyons of his youth, and for Sky Ranch. A friend in Rochester introduced Ramsey to the work of Oregon's premier poet, William Stafford, whose descriptions of areas dear to Ramsey spurred him to capture in verse his own memories. He published his first book of poems, *Love in an Earthquake*, in 1973.

I close my eyes and there we are, you and I,
next summer maybe, in a humming meadow
by the boulder-rolling creek the Indians called Why-Chus

• • • • • • • • • • • • • • • •

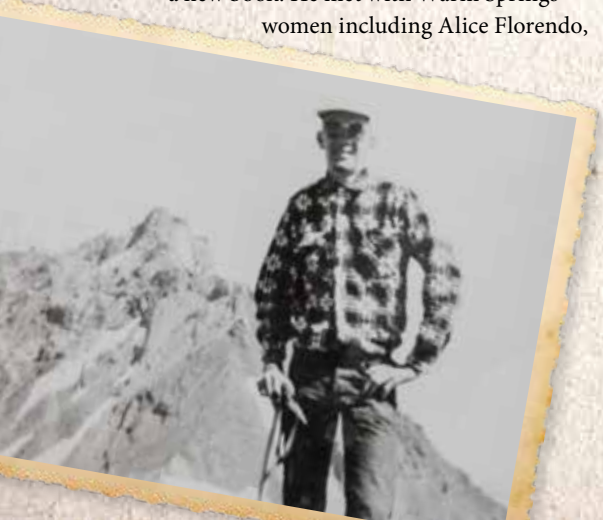
By now, Ramsey was drifting away from Shakespeare."Back there in Rochester, with the isolation and homesickness, I began to delve into that part of what I thought was a neglected heritage," Ramsey said. He recognized that "this was part of the American literary heritage," one that was almost entirely ignored, "and yet there was wonderful material there to be read and enjoyed and celebrated."

Traveling back and forth between Oregon and New York, Ramsey began to explore a new region of scholarship and to prepare a new book. He met with Warm Springs women including Alice Florendo, a Warm Springs tribal member who was raised on the reservation and managed to gain an education when few other women did. Florendo shared a few still-untranscribed stories from the Wasco oral tradition that had been handed down from generation to generation but never put to paper. Florendo also introduced Ramsey to Verbena Greene, another tribal member, who Ramsey called "an ambassador for her culture to the Anglo culture that was across the way." Greene translated her stories as she told them to Ramsey, who included these rare tales in his groundbreaking *Coyote Was Going There: Indian Literature of the Oregon Country*, first published in 1977.

"My main concern was to bring examples of the original material, as transcribed, into the mainstream. But also to get opportunities for young Indian writers to be read, taught, and understood." He wasn't the only one interested in connecting with this history. A revival in Native culture was unfurling around him. "After that, I sensed there was a possibility to help create a new academic field, and that was Native American literature," said Ramsey.

Warm Springs writer, and previous Oregon Poet Laureate, Elizabeth Woody came across *Coyote* in her late teens. Her family had heard the Wasco and Wishram stories before, "but nobody was telling them in my family directly," Woody said. Now she could go to a book and not just read them, but believe them. "Jarold stayed true to the stories, and to their origins and sources. He wanted his scholarship to be part of something that would last." And it has.

Indian, flat on your back in this cave you
made what I would, a prayer to your gods:
a sign to your people you were here
but left. I follow you into stone.



Coyote Was Going There

Published in 1977, *Coyote Was Going There: Indian Literature of the Oregon Country* opened the world's eyes to the stories of the state's native peoples. For more than ten years, Jarold Ramsey compiled little-known legends which had been translated and transcribed by earlier scholars, and he recorded other stories for the first time. Coyote is still the most extensive anthology of myths and tales as told by tribes like the Klamath, Tillamook, Wishram, Nez Perce, and Coos. Ramsey asked the University of Washington Press to release a 40th Anniversary edition, but they said there was no reason, because it was still selling well. The book was most recently reprinted in 2015.

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"Coming back into the canyon after a year's or even a season's absence is like rediscovering a fertile part of your mind that you've lost touch with," Ramsey wrote in an essay titled *The Canyon*, included in his book *New Era*. In 2000, after retiring, Jarold and Dorothy returned to the same house where Jarold grew up, along the basalt rim of Agency Plains, which Dorothy calls his "other 'spiritual' home."

Collections of historical and anecdotal writings followed. He and Dorothy co-authored a book on the life and poetry of a rebellious Irish priest, and Jarold's poems of recent and old appeared in his book *Thinking Like a Canyon*.

Having returned to his sacred canyons and Sky Ranch, Dorothy said "Jerry was ready to give back, thus his interest in helping to preserve the history of the area." Ramsey today serves as a director of the Jefferson County Historical Society, and publishes their journal, *The Agate*. His latest book, *Words Marked by a Place: Local Histories in Central Oregon*, arrived in 2018.

As a scholar, Ramsey devoted decades to collecting and publishing Oregon's Indian stories. Kim Stafford, Oregon's newest Poet Laureate, has known Ramsey since his father William befriended Ramsey in the 1970s. "Jerry grew up working with cattle and crops, and wandering, camping, fishing, climbing spires for the long view," Kim said. "He is placed in Central Oregon, reading the history and living seasons of the land like a book of entrancing mysteries. He is our Shakespeare of that wider view from across the mountains." B

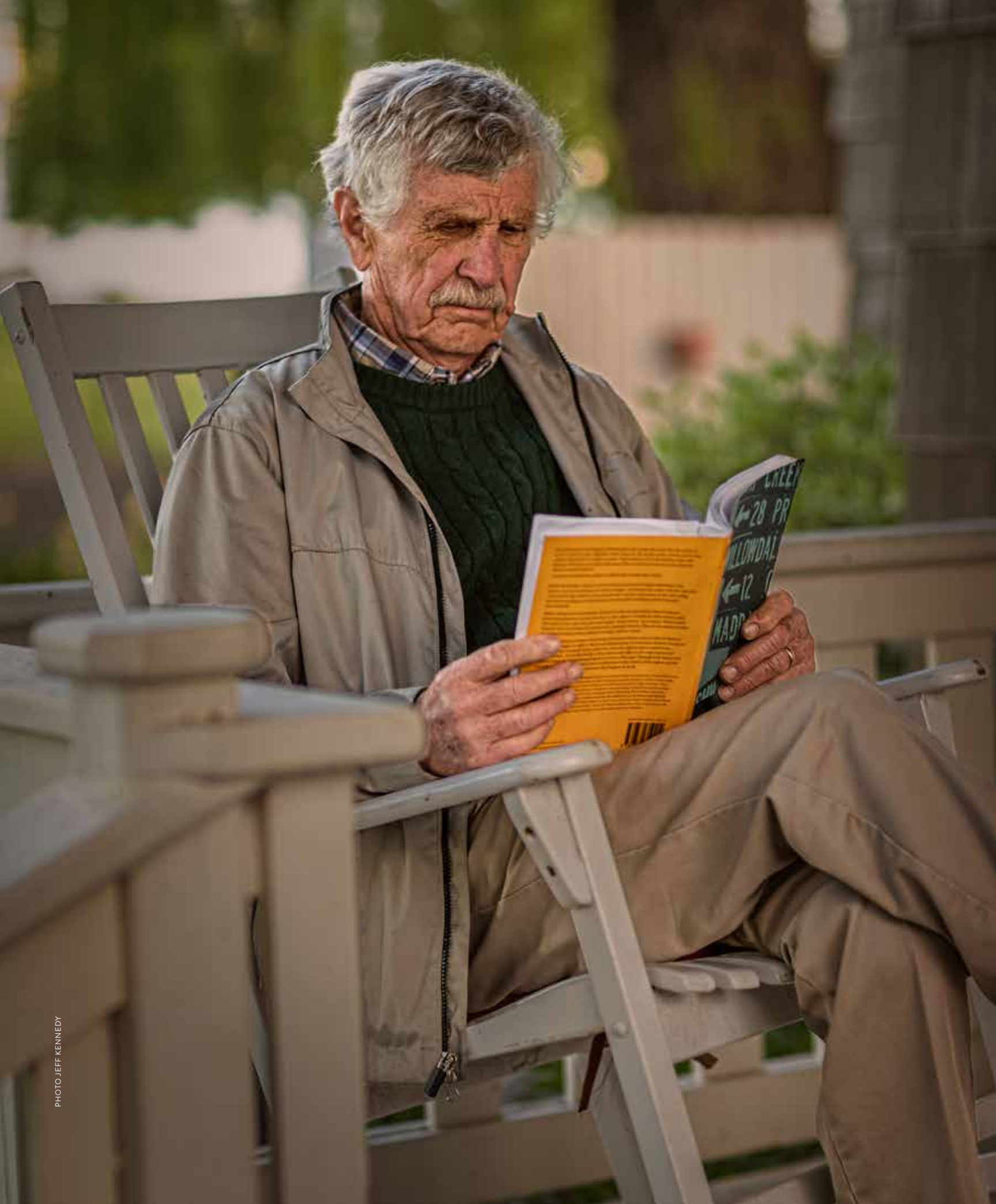

PHOTO JEFF KENNEDY

Adventure BUCKET LIST

Tackle these ambitious itineraries before summer is gone.

WRITTEN BY **BEND MAGAZINE STAFF**

SUMMER IS A TIME FOR ADVENTURE and exploration. Whether you're staying local or ready to hit the road, there's much to be done before the sun is gone. This year, plan ahead to "go big" with your plans by knocking off as many of our Summer Bucket List items as you can before your lungs, legs and nerve give out.

Air

Jump in a Helicopter

A growing legion of tour companies offer to whisk you around Central Oregon's popular sites. You can see downtown Bend by Segway scooter; you can see the Old Mill and environs on an electric shuttle or pedal pub; you can explore the desert in an off-road rally vehicle. But only one company is ready to show you it all from a bird's eye view. Big Mountain Heli Tours offers several ways to see the region by helicopter, ranging from ten-minute hops over the Old Mill and downtown to the hour-plus Ring of Fire excursion that whisks passengers over the Cascade peaks, including Broken Top and South Sister. Mid-summer is a great time to take flight as the warmer temperatures allow the pilots to jettison the doors opening the views to the dramatic landscape below that includes glacier-capped peaks, river canyons and unique perspectives on popular destinations like Smith Rock State Park. Scenic tours are just the tip of the proverbial iceberg at Big Mountain, where customers can book wine tasting trips, golf outings at popular resorts and even trade vows on a remote mountain top with an elopement flight.

Throw a Frisbee from a Mountain

If you're not a twentysomething mountain biker, you might think there isn't much incentive to visit Mt. Bachelor come July. That's a bit of a shame, because the short ride up from West Village Lodge on the Pine Marten lift affords some of the best views of Broken Top and South Sister that you'll find anywhere around. Here's a great excuse to catch a ride to mid-mountain: you can play what might be Oregon's most unique disc golf course, an 18-hole layout that zigzags down the mountain under Pine Marten lift, finishing at West Village Lodge. On weekends, you can enjoy a "19th hole" beer at the Clearing Rock bar, a popular watering hole that serves the mountain's signature Mazama Bloody Mary and some of the area's most popular craft beers that are best enjoyed with a heaping plate of pork nachos.

PHOTO TOP COURTESY BIG MOUNTAIN HELI TOURS, BOTTOM MT. BACHELOR

Jump off a Bridge

Yes, your mom told you not to, but she also told you not to talk to strangers. So if you have the nerve, take a swan dive off Oregon's highest fixed point with Central Oregon Bungee Adventures. Operated by veteran basejumper James Scott, Central Oregon Bungee invites brave souls to pitch themselves off the old Crooked River Bridge into a vast chasm with the Crooked River rushing below. What the heck, it's cheaper than jumping out of a plane and likely safer. #sendit

PHOTO JILL ROSELL

Trail

Bomb a Blue Run

You don't need a chairlift to go downhill skiing. But it sure helps. So why did it take so long to apply the same mechanical model to mountain biking? We're not really sure. But we are glad that someone finally thought to, so dirt fanatics in Bend can be whisked to mid-mountain at Mt. Bachelor where singletrack trails have been scratched into popular ski runs like Leeway and DSQ. This year marks the third season that Mt. Bachelor has welcomed summer guests to bomb down the mountain on two wheels. It also marks the debut of a new experts route, dubbed Redline, that is expected to open in early to mid-July. The "jump trail" was designed by legendary freestyle rider Kyle Jameson, who worked with local trail builders last summer to develop the route that pushes the boundaries of Bachelor's bike park offerings. "It's a pretty unique trail unlike anything else in Oregon that's lift accessed," said Anelise Bergin, Mt. Bachelor's marketing manager. You don't have to be an expert to enjoy what Mt. Bachelor has developed at the bike park. Bergin said the resort has put an emphasis on developing a progression of routes that range from beginner and basic to experts only. The resort has also extended hours and days of operation to make getting up easier than ever. Bike and gear rentals are available on mountain, as well as instruction and guided rides from Mt. Bachelor's partners at Grit Clinic.

Play the Big Three

To say that Central Oregon is a golf mecca would be an understatement. A person could build an entire extended vacation around golf in Central Oregon without ever playing the same hole twice. While the quantity of golf is remarkable, it's really the quality of golf that sets the region apart. Make the most of this abundance of riches by cherry picking three courses that consistently rank among the very best in the country, Tetherow Golf Resort, Pronghorn Resort and Sunriver's Crosswater. Assemble a small group of friends and barnstorm them all in a single epic weekend.

Bag a Peak

Due to a happy accident of history and geology, Central Oregon boasts world class rock climbing as well as top notch mountaineering opportunities. Contrary to what you might think, you don't have to possess the skill of Alex Honnold or the fortitude of Sir Edmund Hillary to experience both of them. In fact, it can be done in the span of a weekend with a little help. Enter Timberline Mountain Guides, one of the states oldest guiding services for would-be climbers and mountaineers. TMG's expert guides offer an array of trips around the Central Oregon Cascades and Mount Hood. Co-owner Pete Keane recommends that newcomers to the sport sign up for a two-day outing that combines literally learning the ropes with a basic mountaineering expedition on Three Fingered Jack. Clients work with a professional guide on day one at Smith Rock, mastering the basics of multi-pitch climbing with ropes and belay tactics. They bring those skills into the field on day two. An extended approach to the summit of Three Fingered Jack culminates in a roughly three-hundred foot climb. It may sound intimidating, but Keane assures that anyone in reasonably good hiking shape is fit enough to handle both the rock climb and mountaineering aspects of the voyage. "It's pretty fun. People are scared of climbing, but it's more doable than they think," said Keane, who added the biggest challenge is covering the roughly ten miles in and out on the trail on day two. "You'd be surprised what you can do," Keane said. Timberline offers trips on a first-come, first-served basis from July through mid-September.

Essential Gear

DAN MCGARIGLE, *OWNER PINE MOUNTAIN SPORTS*

Da Kine Hot Lap Waist Pack

At first I thought I would miss having the pack on my back, but now I only ride with my waist pack for most of my rides. It's super sensible for most of my one to three-hour rides. The Hot Laps 5 carries seventy ounces of water, tools, and still has room for food and personal items. I can even compress it down as needed. No pack on my back means I stay cooler, and it helps me bring only what I need for my next ride.

MATT DEACON, *MANAGER THE GEAR FIX*

Gear Aid Repair Tape

Rips and tears are just part of being in the backcountry, but they can also torpedo a trip. Make repair tape a mandatory item in your pack. It's perfect for on-the-spot patching of jackets, tents, backpacks, etc.

KEVIN GANEY, *MANAGER MOUNTAIN SUPPLY*

Goal Zero Crush Light Chroma

A must-have, award-winning item for the campsite, nighttime paddle or your next disco party! The light is collapsible, solar chargeable and color changing allowing you to cast any light you wish without ever needing access to power. Why get one when you can have multiple.

PHOTO FACING PAGE COURTESY MT. BACHELOR

Water

Whitewater Rafting

The earliest travelers and trappers used rivers as a means of transportation and rapids were an obstacle that had to be navigated as a matter of course. The stakes were high. Hit a rock and risk wrecking your wooden boat and swamping your supplies. Despite the danger, it's hard not to imagine these trail-weary explorers letting out a whoop or two as they rushed down the river into the unknown. Today, the rivers are mapped and the routes well established, but it's no less thrilling. In Bend, several tour groups, including Ouzel Outfitters and Sun Country Tours offer would-be paddlers the au naturel thrill of running rapids. The Big Eddy tour is a short three-mile, scenic jaunt down the Deschutes, flanked by a massive lava flow that forces the river into a series of chutes and drops. The same companies offer more ambitious day trips to the renowned North Umpqua, Upper MacKenzie rivers and the Lower Deschutes. Splash. Giggle. Repeat.

Elk Lake Day Dock

Just twenty-five minutes from downtown Bend, Elk Lake has been the destination de jour for locals and visitors alike for more than a century. Back then it was a cool oasis for flannel-clad timber fellers. Today, it's a shot of fresh mountain air for office and cubicle denizens. But as Bend has grown, so have the crowds at popular destinations like the Elk Lake resort and marina. The solution? Grab a little slice of the shoreline for yourself by renting the resort's full service "Day Dock" a large party barge, complete with a barbecue grill, that is moored at the resort. The day dock accommodates up to thirty-two people, perfect for a family reunion, bachelorette party or just a day with friends.

PHOTO BRANDON NIXON

Complete (Some) of the Paddle Trail

The day is warm, the water is inviting and the desire to float is overwhelming. So off you go in your innertube, canoe or inflatable kayak humming "Cruising Down The River" when you hear a noise ahead and spot a sign stating "Falls Ahead." In no time at all, the mellow float has become an encounter with Killer Fang Falls. That's because the Deschutes River Trail offers a variety of river travel over its close to 100-mile length starting near La Pine and flowing north. The trail is mapped, so there's no mistaking what type of water exists on each section of the river. Get a map, chart a safe course, and have a wet and mild to wet and wild river experience. B

Mt Bachelor

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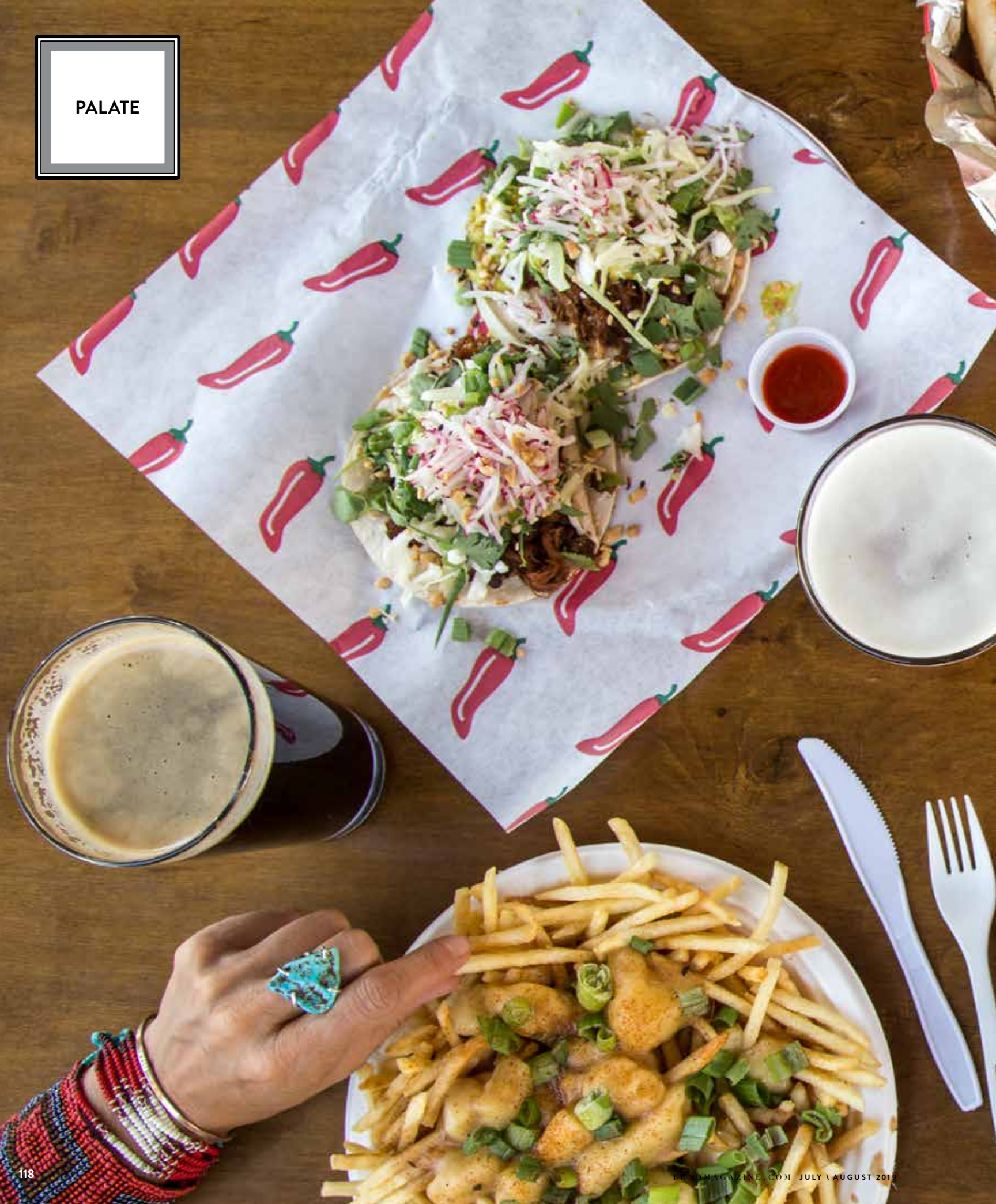

FOOD CARTS

Cuisine á la Carte

Must-taste dishes from four food pods that serve as the hub of Bend's food truck revolution.

WRITTEN BY **BEND MAGAZINE STAFF** PHOTOS BY **ALEX JORDAN**

It's been a decade since the first food truck popped up in Bend, the iconic silver Airstream trailer with the Spork name emblazoned on the side. That pioneering food cart showed that great cuisine doesn't require a reservation, a cloth napkin or even a table. Since then, the food truck scene has blossomed. Today you'll find dozens of food carts sprinkled across Bend and beyond. There are food carts in Redmond, Sisters and Sunriver, but the epicenter of the revolution is in Bend where food truck clusters like The Lot and On Tap have become go-to destinations. Here's a look at what you'll find around Bend along with a few recommendations on what to eat.

On Tap

TUCKED IN A LOT ON BEND'S EASTSIDE near the hospital is On Tap, a food cart pod with a view of Pilot Butte. The attractive three-sided structure at the center of the action presents over 30 rotating taps featuring a wide variety of beer, cider, wine and kombucha. A handful of tables are inside, and a clear plastic tarp closes off the structure entirely to ward against the weather in the off-season. More tables are outside, as well as cornhole, fire pits and more casual seating to enjoy on warmer days. "What shall we eat?" we asked Elliot the bartender. "Do you want quality or quantity?" was his response. We opted for both. Quality came at the Bleu Rooster by way of the P.B.L.T (see below). Quantity was Phillystyle Bend's cheesesteak hoagie—thinly sliced steak with your choice of cheese (cheez whiz is an actual choice) and fried onions on an authentic Amoroso roll. (We overheard another patron happily refer to this selection as a "fat-kid sandwich.") If neither is your cup of tea, the six trucks on site deliver a little bit of everything, from shave ice and acai bowls to BBQ to momos—hand-made dumplings stuffed with meats and veggies, noodles, and other delights inspired from the Himalayas. Visit on Monday for local's day with happy hour prices on beverages all day, and check the website for regular trivia nights and live music events. Kick back in the summer air and give a toast to the sun setting over Pilot Butte at this eastside enclave.

DISH NOT TO MISS

Bleu Rooster: PBLT

THE FORMER EXECUTIVE CHEF of Bend local's favorite brunch restaurant CHOW brought his culinary genius to the food truck Bleu Rooster, to make "global cuisine, family-inspired." The menu is lush with dishes like pomme frites to a Cubano, but the piece de resistance is the PBLT—crispy pork belly with Sriracha aioli, lettuce, tomato, and house made bacon-tomato jam on Big Ed's brioche bun.

The Lot

IF IMITATION IS THE HIGHEST FORM OF FLATTERY, then Dave Staley should be downright embarrassed at all the praise for The Lot, his west side food cart collective that has become the template for nearly every food truck business in Central Oregon. Staley and his wife Michelle acquired what was previously a "weed covered lot" in 2012 and spent more than a year working through the permitting process for the business, the first of its kind in Bend that provided not just food carts, but a central gathering space to enjoy the diverse food options, plus craft beer on tap to wash it down. Staley obsessed over the details, designing a scale model of The Lot in his garage prior to construction, and it shows. He designed the decorative lava rock wall, added a gas fire pit and then worked to evolve the design, adding roll-up garage doors that made it suitable as a four-season destination. "That was part of the fun, doing something that no one had done," said Staley. He hasn't stopped tinkering and experimenting, as evidenced by his decision to buy an old double decker bus that he converted into a food truck kitchen in partnership with Brandon Chambers of À la Carte, one of the tenants at The Lot. Dubbed Frickin Faco, the bus/truck specializes in fried chicken and fish tacos and offers patrons seating on the upper deck of the retrofitted double decker.

DISH NOT TO MISS

À la Carte: Vladimir Poutine

WE LOVE A GOOD PLAY ON WORDS and this shareable dish hits all the right notes. Cheese curds nestled greasily on a bed of thin-cut fries and topped with beef and and cajun season scream cardiac collusion. For something more traditional, try the Po Boy Fried Chicken Sandwich from Frickin Faco. Battered and deep fried hunks of chicken are stuffed into a Big Ed's potato bun and topped with homemade slaw, pickles and lime aioli.

River's Place

THE RESTAURANT SCENE HAS BEEN traditionally sparse on the east side. A pair of food truck lots has helped to fill the void. The newest of those is River's Place, a homey space tucked behind the Subaru dealership (welcome Westsiders!) near Costco. River's Place follows the winning formula developed at places like The Lot and Tumalo's The Bite, with a mix of indoor and outdoor seating separated by a pair of roll-up garage door/windows that easily seal out the elements on those days when a puffy coat just isn't enough. But River's Place really shines in summer when customers can sprawl out across the lawn that includes a kids' play area, gas fire pit and casual seating flanked by almost half a dozen food carts. Choose from hand-tossed personal pizzas, island flavors, hoagies and more. Inside, welded stools let you belly up to high-top tables and take in a ballgame or drill down on a bingo card. Casual seating in the corner is there for extended chill sessions and quickly converts to a stage for live music. Use a Costco run as an excuse to drop by if you must, but River's Place is a worth a trip.

DISH NOT TO MISS

Jerk Kings: Caribbean Bowl

JAMAICA'S NUMBER TWO CULTURAL export after reggae music (OK, maybe number three), jerk seasoning is a smorgasbord of spices that includes allspice, thyme and onions that impart a smoky, sweet tang unlike anything else. Jerk Kings executes it to perfection in the Caribbean Bowl that includes brown rice, coconut black beans, avocado, toasted okra and sweet potato. Keep it island style by ordering it with shrimp.

Podski

WITH HALF A DOZEN FOOD CARTS and more on the way, Podski is a culinary alcove that can handle overflow traffic from the adjacent Box Factory area, but is a destination in its own right. Add in a dash of retail—there's a mobile hair salon—and a soon to-be indoor beer garden and there's more to Podski than meets the eye. Developer Mikel Lomsky said he's made it a point to develop an eclectic mix of food and businesses in the space, which debuted in 2018 and is already expanding. (A half a dozen more businesses and a fully enclose-able beer garden and seating area are set to debut in time for summer.) "I'm trying to get a taste of everything around. You can get your southern chicken from Tin Pig and Polish pierogis from Big Skis. You can get your Thai dish or tacos. It kind of depends on what part of the world you want to do that day," said Lomsky, who wisely declined to say if he had a favorite dish among his among his vendors' offerings. With four new carts joining the roster in the next few months, including a sushi cart from Ronin Sushi and a charcuterie-themed cart, it's hard to blame him for not being able to single out just one for praise. B

DISH NOT TO MISS

Tin Pig: Southern Chicken Sandwich

TIN PIG BLENDS FAMILY Southern recipes with flavors from the owners' respective homes of Tucson and Virginia to provide a down-home taste with a twist. Perhaps the best example is the fried chicken sandwich, a deep fried, diet-busting flavor hammer that sets the bar by which other chicken sandwiches are measured.

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The Suttle Lodge

SOMEHOW, EVERYTHING TASTES BETTER

in summer, especially when you've just emerged from an alpine lake surrounded by towering conifers, and the food is rustic yet updated — just like the 1930s-era Suttle Lodge near Sisters, reimagined four years ago by some of the team behind the Ace Hotel in Portland.

While kokanee and brown trout ply the waters at your feet, nibble on small plates of smoked trout and salmon dip, or toast with English peas, shaved ham, arugula and flaky grana cheese. Lodge wings, onion rings and curly fries keep it real. Sink your teeth into a cheeseburger, grilled cheese oozing with cheddar, provolone, fontina and grilled onions, or square-cut pizza — whether it's simply mozzarella, basil and oregano, or with salami and peppers, or with asparagus, scallions, bacon, onion cream and three types of cheeses. Ease into sunset with a frothy microbrew or cocktail. Through August, Wednesdays are cookouts with beer tap takeovers and guest chefs from Portland and Central Oregon — from Guero, Jackson's Corner, Noraneko/Giraffe, and Hell Chicken. Free wine tastings happen Thursdays, and free live concerts are on the lawn overlooking the lake on Friday nights, just bring a blanket or chair. Yoga and kayaking classes, movie nights and Junior Ranger activities for kids, are offered, too — most for free, and all are open to the public.

PHOTO TOP COURTESY THE SUTTLE LODGE

HAPPY HOUR

Resort Drinking

TAKE A MINI-VACATION TO BRASADA RANCH FOR SUNSET COCKTAILS

We can't always be on vacation, but we can pretend. Slide a little easy living into a summer day by day-tripping to a local resort. One of my favorites is Brasada Ranch in Powell Butte, which we visited on a recent balmy afternoon. A twenty-minute drive northeast of Bend delivered us to this modern ranch resort, where casual western style meets luxurious lodging and eats under some of the best skies in Central Oregon. From the two restaurants perched on the edge of the butte, a sweeping view over a sagebrush sea leads the eye to the Cascade Range in the distance.

Come for sunset. Sit on the deck of the Ranch House or the Range Restaurant. Order a Blood Moon Old Fashioned. Sip. The amber liquid glides easily over the tongue. The blood orange bitters provide a little spice and the demerara syrup delivers a rich toffee-sweetness. A single extra-large cocktail ice cube keeps the concoction cold until the last drop.

We paired this perfect cocktail with the jumbo prawns, grilled with cherry tomato relish and asparagus and served over creamy polenta. The tangy, smoky flavor perfectly complemented the cool rye whisky. Sip, taste, repeat. Watch the sun slip behind the mountains. Feel the desert air cool. Smell the smoke from the firepits nearby, where children roast housemade s'mores. It's the very best in resort living, if only for an evening. — *Kim Cooper Findling*

BLOOD MOON ORANGE OLD FASHIONED

2 oz Bulleit rye

2 dashes housemade orange bitters

1 bar spoon demerara syrup

Blood orange wheel (garnish)

To make the housemade bitters:

1 mason jar with lid (large)

Cheesecloth or fine mesh strainer

1 cup high-proof spirit (high proof vodka or Everclear – at least 100 proof or 50% alcohol by volume)

Peels of three oranges (muddled)

Instructions:

In a sterilized and completely dry mason jar, combine alcohol and orange peels; seal tightly.

Store in a cool dark place for at least ten days, shaking once a day to keep ingredients mixed. Strain mixture with a cheesecloth or fine mesh into a small serving jar (dash bottle) and store in a dark cool place for up to three months. If you don't have three weeks, Fee Brother's Orange Bitters work well also.

To make demerara syrup:

Mix simple syrup with demerara sugar.

For the Blood Orange wheel garnish:

Dehydrate thin slices (a mandoline works best) of blood orange topped with sugar in the raw. If you don't have a dehydrator, place the slices in a regular oven set to 200 degrees for 8 hours, on top of a greased cooling rack with tray.

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BEEKEEPING

The Bees Needs

Apricot Apiaries is a beekeeping operation out of Kimberly, Oregon that uses their bees to pollinate farms and orchards, and produce a variety of honey and beeswax products.

WRITTEN BY **BRONTE DOD** PHOTOS BY **ASHLEY STEVICK**

Most people have probably never heard of Kimberly, Oregon. It's an unincorporated community on the John Day River in Eastern Oregon in between Spray and Monument, tucked in a valley that's an oasis for orchards and farms. It's also the home of Apricot Apiaries, a small beekeeping operation that's responsible for pollinating orchards from the Columbia River Gorge to Northern California, which means that if you've eaten fruit or nuts, and you like to know where your food comes from, you should know where Kimberly, Oregon is.

Matt Allen and Liz Lovelock started Apricot Apiaries almost a decade ago. They landed in the region when Lovelock took a job doing research and work in the John Day Fossil Beds. Lovelock is a paleo botanist and Allen is an aquatic biologist—both have a

"We're farmers taking advantage of what [bees] do naturally."

thing for science and bugs. They are married and live on the property of Thomas Orchards with their two young sons, and caught the beekeeping buzz when Allen got two hives for fun. Set on the edge of the John Day River, with the river meandering through, ancient canyon walls surrounding them and wildflowers galore, one can see why they've stayed in the area for so long.

Beekeeping quickly went from an interest to a hobby to an obsession to a full-time career. The learning curve was intense. The couple lost entire colonies when they were first starting out. Allen and Lovelock credit their beekeeping mentors who taught them the nuances of caring for bees, producing hives and turning the operation into a business. Each year since 2013 they've been able to double the number of hives.

Today, they manage about 500 colonies around the region and Northern California that are used to pollinate orchards and farms—a more than full-time job, especially in the spring. Allen will drive countless miles (often overnight to avoid bees overheating) to set colonies in farms, orchards and ranches. Their income also comes from raising and selling queens as well as the splits of colonies to other beekeepers.

"At our scale, it pays off to have a diverse business profile," said Allen.

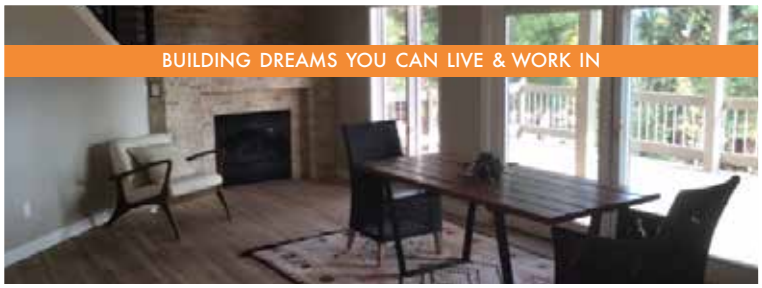
One of Allen's pet peeves is when people (read journalists) start asking about the total numbers of bees in the operation. Instead, he said bees should be thought of as parts of a superorganism, the colony. Colonies are made up of tens of thousands of bees—drones, who Matt refers to as "flying sex bullets" that try to mate with unfertilized queens and female worker bees, who do all the other jobs in the hive—all serving the queen bee. If the hive is managed well, it'll keep growing and can be used to create a new colony.

"We're farmers," Allen explained. "It's managing biology and taking advantage of what they do naturally."

The popular narrative of honeybee populations in decline is another pet peeve. Bee populations have held steady and have actually increased since 2016, according to the U.S. Department of Agriculture. Beekeeping has changed since the 1980s, when a parasite arrived contributing to colony collapses. However, in places where colonies are managed well, the bees are thriving.

"As long as there are beekeepers, honey bees won't disappear," Allen said.

Apricot Apiaries hosts beekeeping education workshops for those interested in starting a colony. Their products can be found online, at their farmstand in Kimberly and at local farmers markets.



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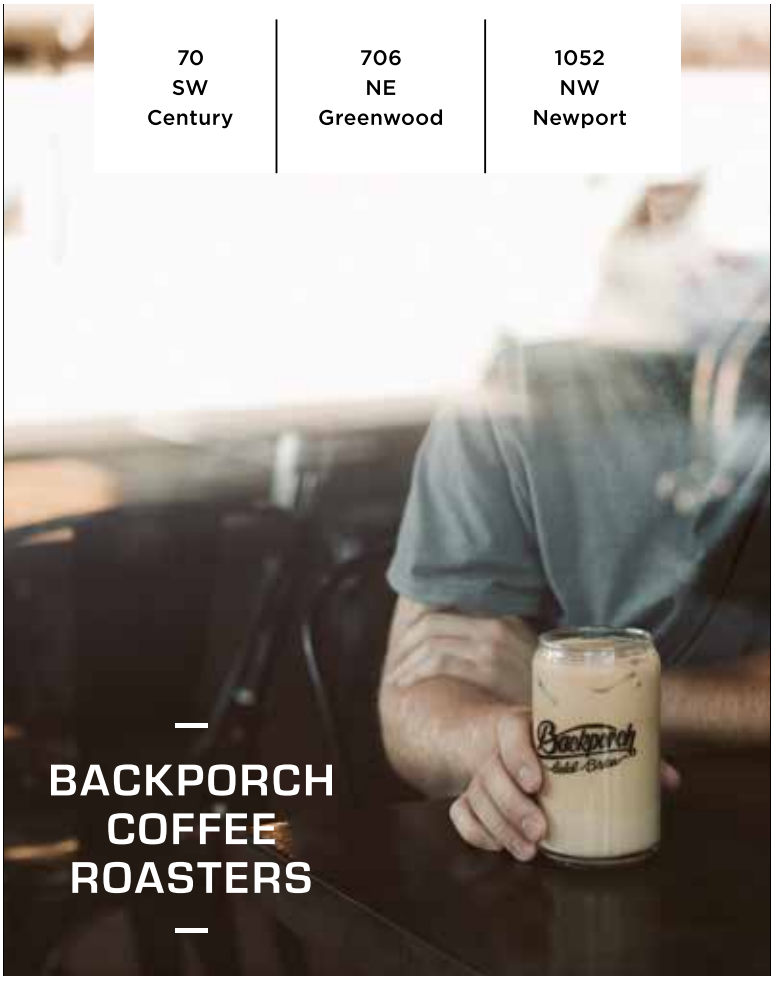

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PHOTO JERRY BALDOCK

FABRIC

In Stitches

The Sisters Quilt Show

ONE SUNNY SUMMER SATURDAY more than forty years ago, Jean Wells Keenan hung a dozen quilts outside her quilt shop, The Stichin' Post in Sisters. How could she have known that day in 1975 that she had launched what would become the largest outdoor quilt show in the world? Today, the Sisters Quilt Show attracts more than 10,000 visitors from all around the world to see more than 1,300 quilts on display around the small town for one magical and colorful day. Quiltmakers range in age from 10 to 92, and special show-and-tell exhibits feature quilts by first-timers, children and men. Also during Quilt Week, master quilt makers teach workshops and classes to aspiring quilters. The Sisters Quilt Show is always held on the second Saturday in July—this year, mark your calendars for July 13.

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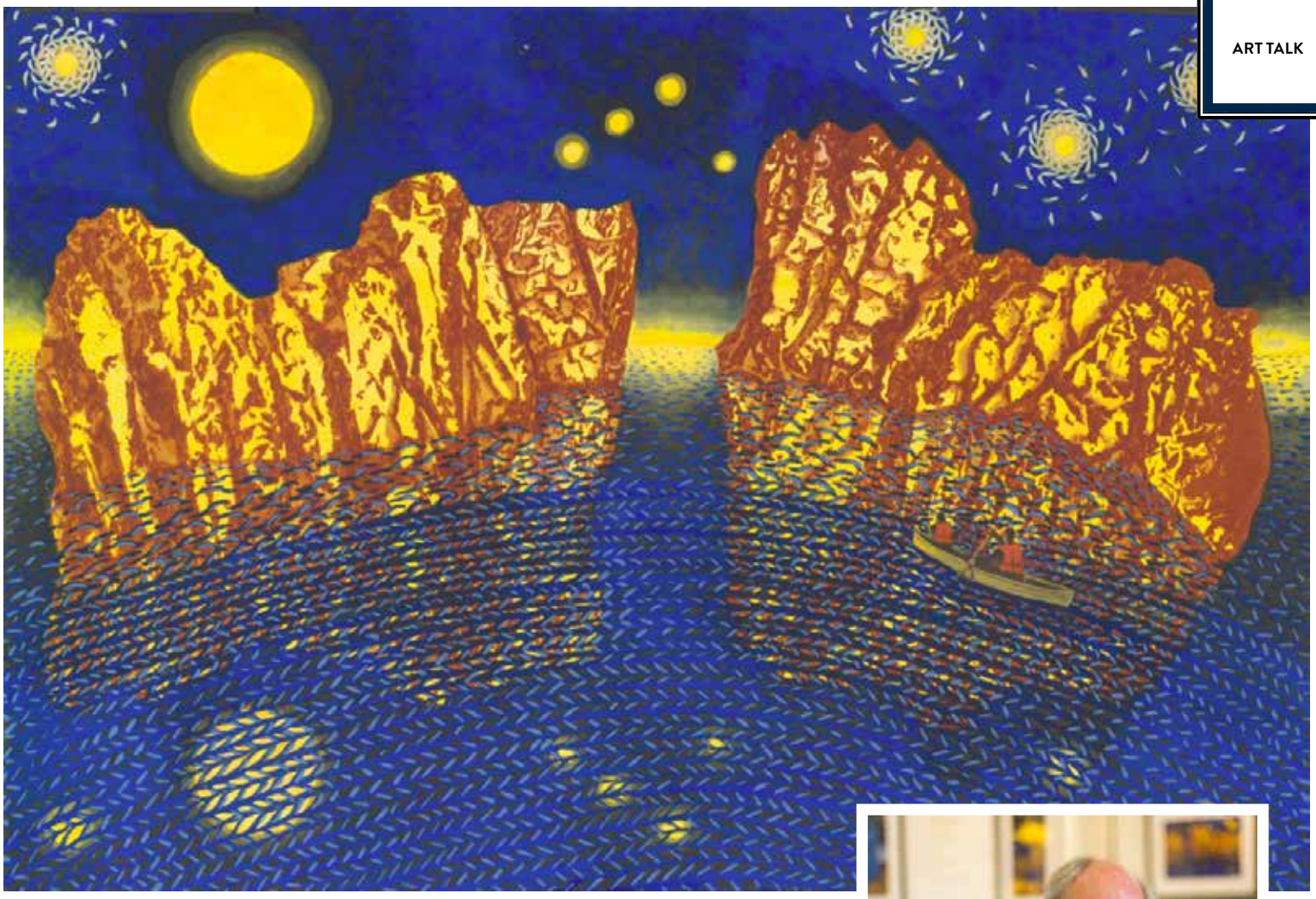

PHOTO INSET ALEX JORDAN

PAUL ALAN BENNETT

Starry Night

Sisters artist marries iconic desert landscapes to the heavens in a new book of works, *Night Skies.*

WRITTEN BY **CATHY CARROLL**

It's 1986, and Paul Alan Bennett is driving alone around midnight toward the tiny town of Jordan Valley, near the Idaho border. He's on the road through Paleolithic-age marshes, en route to rural schools as part of a state program to bring art lessons to remote communities. The headlights illuminate the path, with waves lapping over it from Malheur Lake, swollen with melting snow. The lake appeared endless, with nowhere to turn off the two lanes of asphalt.

"I just had to keep going, and I became so aware of the landscape and the power of it," said Bennett. "I was amazed at how dark the sky can be and how many stars I could see. I found it spoke to me—driving off in the night sky—the sense of the scale of things."

Although he was born in Montana, this was new to him. He came of age in Baltimore, went to the Maryland Institute of Art, and earned a master's in Greek history at the University of LaVerne in Athens, Greece—places where the night sky is obscured by city lights and pollution.

That night on the road not only inspired the first of scores of works about Earth's celestial ceiling, but it also ignited his passion for stargazing, informed by the Greek mythology behind the constellations. Bennett wrote a play themed on the night sky and penned star-themed songs for ukulele. Most recently,

he self-published the hardcover book *Night Skies*, which includes forty-four of his paintings. Employing his signature style, the look of knitted fabric created with watercolor, he depicts headlights projecting into the night beyond the blacktop, to a swirl of planetary splendor above.

There's a paddleboarder with a dog under a full moon and Virgo skies, a climber atop a Smith Rock spire beneath the constellation of Cygnus and a lone red car with beaming headlights joining the Corona Borealis, mythically formed when Dionysus tossed Ariadne's wedding crown into the night sky.

Each illustration is accompanied by short bits of text such as:

"Look up. Feel the wonder and mystery above you."
"Feel the moon welcoming your gaze."
"Feel the night upon your skin."

More Than a Muse

Yet the night sky is more than Bennett's muse. He believes it's a rich part of the human experience now largely ignored.

"That's how people lived—watching the night sky—it was their Facebook," he said. "That's how they would navigate and know when to plant. For thousands of years we were connected [to] the night sky, but that's not the case anymore."

Bennett advocates for stargazing's soothing, nurturing effects on the human brain.

"It's like a battery of wonder, to be connected and aware of this world, this spinning globe that we're on and the swirling stars above," he said. "When you get into negative thinking, or your brain gets stuck in the monkey mind, or maybe just being angry with yourself or thinking bad thoughts and you can't seem to shake it, you're in your head, and so the idea of looking at the stars is to get out of your head … getting people out of their computers, their phones and their heads."

Just as people have embraced a Paleo diet, looking up seems to tap healthy benefits embedded in our DNA too, he said.

"I talked with people about the night skies and it's almost always a personal, powerful experience," said Bennett, 69. "It's a time to connect with the bigger, vaster universe in which we live. It found a way into my work, and I found people really liked that."

Free Shows, Nightly

Central Oregon's night sky is an asset as great as its mountains, rivers and trails, but doesn't get as much attention. "We live in a planetarium, and we have a free show here every night. Well, where's the money in that?" he said.

Each evening, he looks up from his front porch in Sisters, where he's lived since 1990 with his wife, Carolyn Platt, also an artist and teacher, and where they raised their son, Parker Bennett, now 27 and studying in Berlin. "I don't own a telescope, I just like standing on the front porch and seeing what I can see," he said. "I like the feeling of vastness—nothing between my eye and the night sky."

It's his artistic eye that draws partners and gallery owners. Pendleton Woolen Mills created sixteen tapestries based on his images. People even wear his work, printed on leggings and dresses sold along with his book, original works, prints and cards on his website.

Myrna Dow, owner of High Desert Frameworks, recalled discovering Bennett's work shortly after opening her gallery in Sisters in 2001. One piece stood out to her. "It featured the Owyhee River. To this day I love the colors, pattern and lyrical feeling of the river and surrounding land," said Dow. "I knew right then that Paul was a wonderful artist with a unique style. That style is proven to be a very collectible characteristic that is loved by many." B

Paul Alan Bennett talks about his book of art Night Skies *at Herringbone Books in Redmond, July 19, 6:30 p.m. (Expect some tales based on Greek mythology and likely a humorous song he's written for ukelele, too.)*

CELESTIAL INSPIRATION

TOP LEFT Paul Alan Bennett at work at the Bend Art Center

TOP RIGHT Bennett wrote a play themed on the night sky and penned star-themed songs for ukulele.

INSET Bennett's recently published book of

PHOTOS TOP LEFT AND RIGHT ALEX JORDAN

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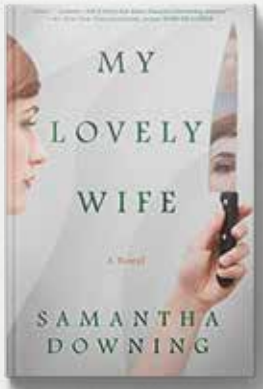
5 Summer Beach Reads

Dive into these page-turners while you're lounging by the lakes or river this summer.

WRITTEN BY **BRONTE DOD**



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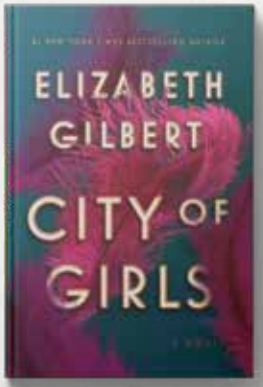

2

3

4

5

> *Now I'd embarassed her so severely with my failure that she could barely stand the sight of me. Whenever she passed me in the hallway of the house, she would nod at me like a career diplomat. Polite, but chilly.*
> *— Elizabeth Gilbert, City of Girls*

1 ***My Lovely Wife***
by Samantha Downing

My Lovely Wife is a mystery that doesn't follow old tropes and sets a new standard for the genre. A husband and wife in a boring marriage decide to take up murder, but then one of the bodies turns up where it shouldn't.

2 ***City of Girls***
by Elizabeth Gilbert

Elizabeth Gilbert is most well-known for *Eat Pray Love*, but her fiction should not be overlooked. Set in the 1940's New York City theater scene, *City of Girls* is a love story told in Gilbert's exquisite prose that will keep all readers engaged.

3 ***Stay Sexy and Don't Get Murdered***
***by* Karen Kilgariff and Georgia Hardstark**

This memoir from the duo behind the favorite podcast My Favorite Murder is packed with all the same wit and humor that they bring to the show. It's part memoir and part manifesto for advocating for yourself.

4 ***The Unhoneymooners***
by Christina Lauren

For fans of romantic comedies, *The Unhoneymooners* is a sure-bet for a great summer read. The author-duo that goes by Christina Lauren has perfected the genre. Their latest sharp and fun novel follows two people who are walking the fine line between love and hate on a vacation together.

5 ***The Lost Night***
by Andrea Bartz

A young woman's puzzling death goes unquestioned for ten years until a chance encounter leads a friend to question whether there is more to the story. It's a debut in the genre that will keep you on your toes and reading into the night.

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■ ***film***

A Screen of Their Own

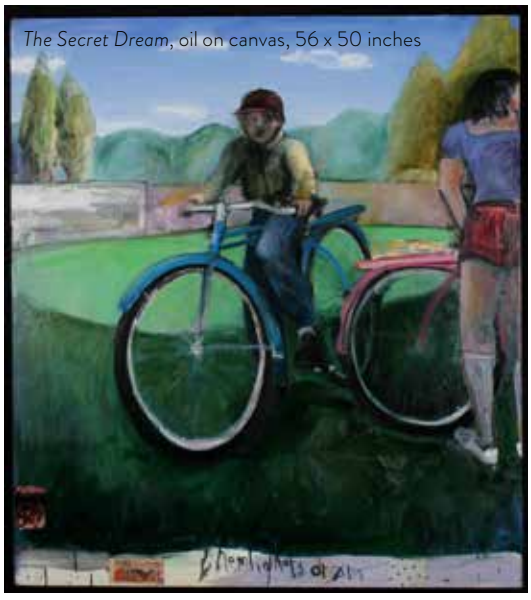
The Bend Film team at the Tin Pan Theater

BEND'S INDEPENDENT FILM LOVERS got welcome news this past spring when BendFilm announced that it had acquired the Tin Pan Theater in downtown Bend, a 30-seat venue that specialized in bringing non-mainstream movies to the big(ish) screen. That commitment to independent cinema and diverse voices will continue and expand under BendFilm's management, said the organization's executive director Todd Looby. He hailed the deal as major win for film buffs, but also for BendFilm which he says will be able to further its mission of bringing great cinema to new audiences while creating conversation and dialogue around important social issues. "One of the biggest challenges today is personal interaction. People are really losing the ability to interact with each other in meaningful ways," Looby said. By bringing people together in a space like Tin Pan Theater, Looby said he hopes to create an atmosphere where people can learn, share and discuss, using film to drive the conversation. One idea is to bring artists like Jayson Graham AKA Mosley Wotta into the fold to host movies and discussions centered around those films. There is also the possibility of doing thematic-based series, such as an Iranian film series that Looby said the organization has on tap. He also hopes to reach a younger generation of filmgoers with programs such as an early-release initiative that would get middle and high schoolers into Tin Pan on Wednesdays when students are dismissed early. Looby said there are no plans to overhaul the space, which is functioning well as is. However, the seats will be reupholstered to make the filmgoing experience a little more relaxing. There is also a plan to create an online ticket sales option that will allow filmgoers to buy advance tickets for shows. –*Eric Flowers*

■ ***at liberty***

Nebeker's "Night Window"

ROYAL NEBEKER TAUGHT FOR more than thirty years at Clatsop Community College, but his art traveled the world. Now an exhibit of the prominent Northwest artist and teacher's work is coming to At Liberty, Aug. 1 to Sept. 28. That exhibit kicks off with a performance by Blind Pilot, the band founded by Nebeker's son, Israel. One of Oregon's most accomplished artists, Astoria-based Royal Nebeker exhibited his work throughout North America and Europe, including the Louvre in Paris. Clatsop Community College renamed its art gallery for him after his death in 2014. The At Liberty exhibit, "The Night Window," will include paintings, etchings and lithographs that explore Nebeker's fascination with dreams, fantasy, human figures and his own narratives and memories.


The Secret Dream, oil on canvas, 56 x 50 inches

As an adjunct to the exhibit, At Liberty collaborated with the Tower Theatre to bring Portland-based Blind Pilot to perform on Aug. 2. The gallery will host an after party for the band and concert goers. The exhibit is free; go to TOWERTHEATRE.ORG for concert tickets.

OTHER EXHIBITS

Running Aug. 2-30 at **Peterson/Roth Gallery** in downtown Bend are the works of Bend resident and impressionist Donald Yatomi and Tyler Swain, a young Idaho artist who paints everyday objects and scenes.

Mockingbird Gallery in downtown Bend will feature artists grouped in themes: July is "Summer Rhapsody" with Marc Hanson, Richard McKinley and John Traynor, opening July 5; August is "From Here to There" with work by Richard Boyer and Romona Youngquist, opening Aug. 2; and September is "Western Visions," a group exhibition opening Sept. 6.

PHOTO TOP JILL ROSELL

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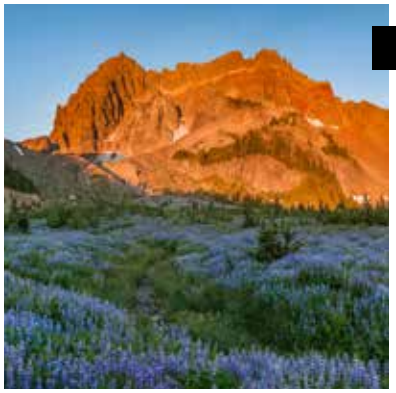

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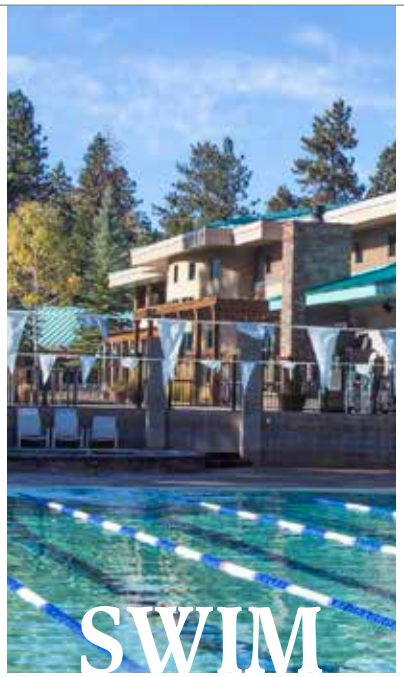
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Back Deck ■ *datebook*

JULY

3-6

LA PINE

FRONTIER DAYS

La Pine Frontier Days is a longstanding Fourth of July tradition. There's an apple pie baking contest, barbecue throwdown, beard and mustache competition, lawnmower races, fireworks, fun runs, kid's games and more throughout the holiday weekend.

4

BEND

PET PARADE

Bend's annual Fourth of July Pet Parade dates to 1932. Each year, Bendites parade their usually costumed pets through downtown. Get a spot on the sidewalk early in the morning to catch the line-up of dogs, cats, lizards, turtles, horses, snakes, birds and more.

4

BEND

OLD FASHIONED FESTIVAL

Local artisan vendors, food trucks, lawn games and more await at the Old Fashioned Festival. The Fourth of July event is held at Drake Park. There will be live music plenty of activities for kids and families.

4

SUNRIVER

SUNRIVER 4TH OF JULY FESTIVAL

Another family-friendly Fourth of July Festival takes place in Sunriver. From 10:30 a.m. to 4 p.m. there will be activities for kids, entertainment, live music, local food and more. Try your skills on a rock wall or join the watermelon-eating contest.

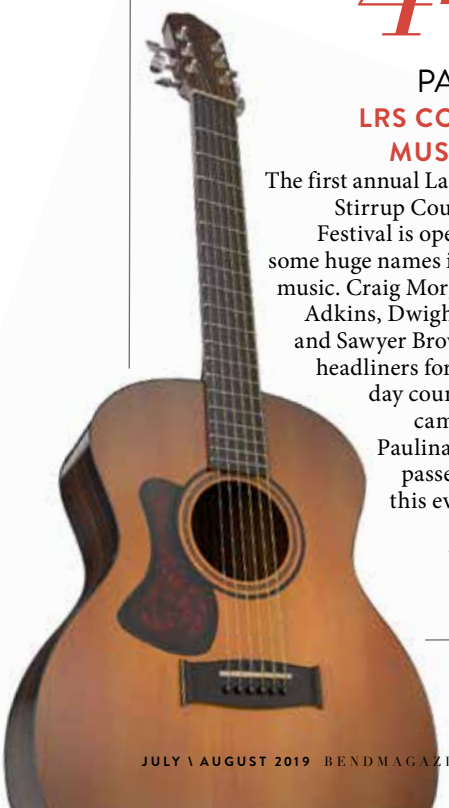
26-28

BEND

BALLOONS OVER BEND

Balloons Over Bend kicks off at sunrise Friday morning with a hot air balloon launch. Throughout the weekend there will be more launches, including the popular Night Glow launch Friday night at Riverbend Park. Kids and families will love the Children's Festival from noon to 8 p.m. on Friday.

4-7



PAULINA

LRS COUNTRY MUSIC FEST

The first annual Lazy Rockin' Stirrup County Music Festival is opening with some huge names in country music. Craig Morgan, Trace Adkins, Dwight Yoakum and Sawyer Brown are the headliners for this four-day country music campout near Paulina. Get your passes early for this event that is sure to sell out.

12-14

BEND

BEND SUMMER FESTIVAL

A three-day food and music event in downtown Bend. There will be bands playing live shows on two stages throughout the day, gourmet food and wine, an artisan goods market, family play zone and fine art promenade.

12-14

SISTERS

OUTDOOR QUILT SHOW

Head to Sisters to witness the incredible display of textile artistry that is the Sisters Outdoor Quilt Show, the largest of its kind in the nation. Each year, hundreds of quilts are hung outside around the town, and thousands of people arrive to view it all. It's a one-of-a-kind event that is not-to-be missed.

26-27

SISTERS

SISTERS RHYTHM & BREWS FESTIVAL

The Sisters Rhythm & Brews Festival is back for its second year at the Village Green Park. The music line-up this year include Larkin Poe, Mr. Sipp, Hillstomp, Joanne Shaw Taylor and more. In addition to great live music all weekend, there will also be great local brews for festival goers.

26-28

LA PINE

NEWBERRY EVENT MUSIC & ARTS FESTIVAL

The Newberry Event Music & Arts Festival has grown into one of the favorite events in Central Oregon each summer. This family-friendly festival will have more than twenty bands playing throughout the weekend, as well as activities for kids, local food and drink vendors and art.

Back Deck ■ *datebook*

AUGUST

7/31-8/4

REDMOND

DESCHUTES COUNTY FAIR & RODEO

The Deschutes County Fair & Rodeo turns 100 this year. There are carnival rides and rodeo competitions, delicious fair food and local brews. The concerts take place each night and will include Collective Soul, Old Dominion, Nitty Gritty Dirt Band and Michael Ray.

7-10

PRINEVILLE

CROOK COUNTY FAIR

The theme of this year's Crook County Fair is "Footloose at the Fair." This community event in Prineville will have family games and activities, mutton busting competitions, the Western Express Railroad, pony rides and live music to top it off each night.

10

TUMALO

BIGSTOCK BEND

Bigstock Bend turns ten this year. It's the largest fundraiser of the year for Oregon Adaptive Sports and takes place on a ranch in Tumalo. The all-day music festival will be headlined by Big Head Todd & The Monsters. There will be a silent auction, local food trucks, drinks and more.

9

SUNRIVER

SUNRIVER ART FAIR

Browse art vendors at the Village at Sunriver during the annual Sunriver Art Fair. Find jewelry, ceramics, glass, painting, photography, sculpture, textiles, woodwork and more at this event that draws hundreds of artists. There is free entertainment and a children's art station.

10-22

SUNRIVER & BEND

SUNRIVER MUSIC FESTIVAL

The annual Sunriver Music Festival takes place throughout the month of August and features a variety of classical music performances. The events take place in Sunriver's Great Hall and in Bend, showcasing classical musicians and vocalists from around the country.

23-25

BEND

ART IN THE HIGH DESERT

Bend's premier art event returns this summer, with 120 artists selected from the United States and Canada to showcase their work. Art in the High Desert is a juried, fine art festival held along the Deschutes River in the Old Mill District.

15-17

BEND

BEND BREWFEST

Bend Brewfest is one of the largest beer festivals in the state and attracts thousands of attendees. Sixty-eight craft breweries and wineries will be at the festival presenting a line-up of more than 200 beers, ciders and wine, including brews you won't be able to try anywhere else. The event always turns into a party with music and dancing at the end of each day.

23-24

MADRAS

AIRSHOW OF THE CASCADES

There is a lot to see at Airshow of the Cascades, including vintage aircraft and automobiles, flight shows, live music and fireworks. Anyone who attends the Airshow of the Cascades will also receive free entry to the Erickson Aircraft Collection, one the country's largest private WWII-era airplane exhibits.

30-31

BEND

THE LITTLE WOODY

One of the most anticipated craft beverage festivals of the summer is the diminutive Little Woody. The two-day festival features barrel-aged beer, cider and whiskey. Held at the Deschutes Historical Museum, the event has local vendors as well as live music.

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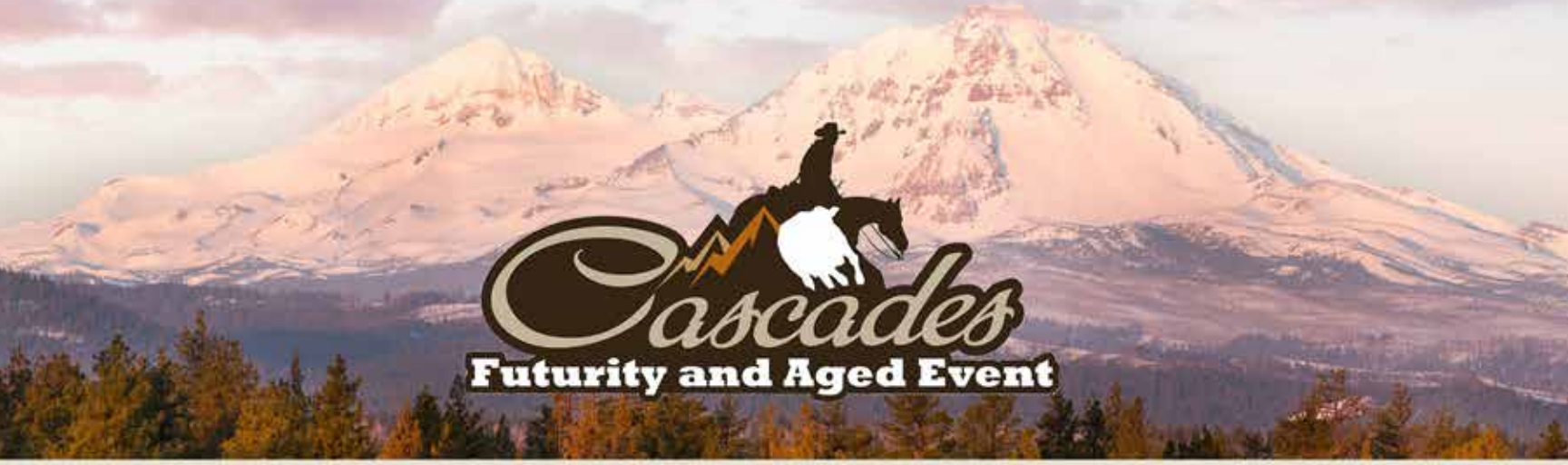

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Classic Challenge Open - 1st Go
Open Derby - 1st Go
Cow Up in the Cascades Welcome Party

Monday, AUG 12
Open Futurity - 1st Go
NCHA $25k Novice - $1,000 Added #1

Tuesday, AUG 13
Open Classic Challenge - 2nd Go
Open Derby - 2nd Go
NCHA Open - $1,000 Added #1
NCHA Non-Pro - $1,000 Added #1
$50K Am - $1,000 Added #1
NCHA $25k Novice - $1,000 Added #2
Lip Sync Battle

Wednesday, AUG 14
Open Futurity - 2nd Go
NCHA $50K Am - $1,000 Added #2
Open Classic Challenge - FINALS
Open Derby - FINALS

Thursday, AUG 15
Non-Pro Classic Challenge - 1st Go
$200k LTD Non-Pro Derby - Go/No Final
Open Futurity - FINALS
Open IM Derby - FINALS
Open IM Futurity - FINALS
Open IM Classic Challenge - FINALS
Party in the Ponderosas Awards Dinner

Friday, AUG 16
NCHA Open - $1,000 Added #2
NCHA Non-Pro - $1,000 Added #2
Non-Pro Futurity - 1st Go
Unlimited Amateur Derby - Go/No Final
Non-Pro Classic Challenge - 2nd Go
Non-Pro Derby - 1st Go
Unlimited AM Classic Challenge - Go

Saturday, AUG 17
$50K AM Derby - Go/No Final
Futurity NP - 2nd Go
Non-Pro Derby - 2nd Go
$50k AM Classic Challenge - Go/No Final
Vern Weible Memorial Youth Scholarship #1
$2,500 Added
Way Out West Series NCHA Open - Go
Way Out West NCHA Non-Pro - Go
Way Out West NCHA $50K Am - Go
Spirited Ice Cream Social

Sunday, AUG 18
$200k LTD NP Classic Challenge - Go/No Final
Vern Weible Memorial Youth Scholarship #2
$2,500 Added
Unlimited AM Classic Challenge - FINALS
Unlimited AM Derby - FINALS
Non-Pro Classic Challenge - FINALS
Non-Pro Derby - FINALS
Non-Pro Futurity - FINALS
Way Out West Series NCHA Open - FINALS
$10,000 Added
Way Out West NCHA Non-Pro - FINALS
$10,000 Added
Way Out West NCHA $50K Am - FINALS
$10,000 Added

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WAY OUT WEST

****1st Leg of the Way Out West Cutting Series****

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WWW.CASCADESFUTURITY.COM

RIPPLES PHOTOS STACIE MULLER, ALL OTHERS JILL ROSELL

1. Kylee Wood, Alexis Wallace, April Hinton, Jessica Morgan at Deschutes Chidlren's Foundation's Ripples. **2.** Pete and Jen McCaffrey, Jay and Katie Lyons at Ripples. **3.** Maeve and Ben Perle at Ripples. **4.** Bobbi and Irv Western at BendFilm's Power of Film Fundraiser. **5.** Micaela Guthrie, Natalie Dent, and Dana Wilson at Power of Film Fundraiser. **6.** Valerie Warren and Lawrence Fisher at Power of Film Fundraiser. **7.** Matthew Bowler and John Stafford at Oregon Media's May First Friday. **8.** Oregon Media team at Oregon Media's May First Friday.

PHOTOS JILL ROSELL

1. Chrissy Capri and Jenna McDevitt at the AAA Grand Reopening Event. **2.** Phil Doza, Tim Morgan, and Kimberly Stroup at the AAA Grand Reopening Event. **3.** Clark Cosart, Janne and Scott Redd at the AAA Grand Reopening Event. **4.** Gerry Frank and Win Francis at the AAA Grand Reopening Event. **5.** Tyson and Quinn Keever and Kelly and Tim Cunningham at Deschutes River Conservancy's Riverfeast Dinner & Auction. **6.** Ron Nelson, Marisa Hossick and Jay Henry at Riverfeast Dinner & Auction. **7.** Tim Coffey and Katherine Hilst at Riverfeast Dinner & Auction. **8.** Casey Davis and Gen Hubert at Riverfeast Dinner & Auction. **9.** Keith and Sue Studwell at Riverfeast Dinner & Auction.

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