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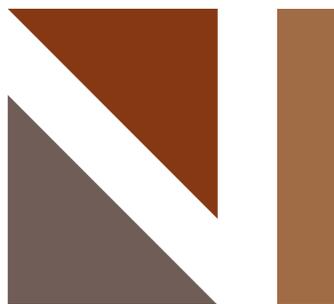
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A PASSION FOR PASTA

There's nothing better on a cold winter's night than a steaming plate of pasta. Even better if it's prepared by one of Bend's best chefs. Dine in or take out, and dig in.

WRITTEN BY KAILEY FISICARO

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THE BEST OF BEND

Its that time of year again! You, our readers, voted on your favorite Bend places to sip, dine, shop, and more. Now 2020's top dogs are revealed in full glory. Congratulations to the winners of our annual Readers Choice awards.

WRITTEN BY KIM COOPER FINDLING

84

CURLING IS FUN ON ICE

It all begins with a rock, broom and a thin sheet of ice. The old Scottish sport of curling has taken Central Oregon by storm. Meet the movers and shakers of the Bend curling scene.

WRITTEN BY SUZANNE JOHNSON

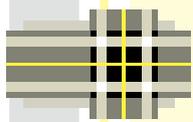


ON THE COVER

Belly up to the bar at Dogwood Cocktail Cabin.

PHOTO BY THE MIGHTY CREATURE CO.

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**DISCOVERY
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WORDS *and* PICTURES



• K.M. COLLINS

• An avid paddler, rafter, snowboarder, biker, rollerskater and freelance media producer, K.M. Collins tells stories through writing, photography and modest filmmaking. With a master's degree in geology, she finds solo expeditions, natural sciences and the intersection of social change are her favorite story topics. Locally, she manages communications for many small businesses and is passionate about supporting and uplifting female entrepreneurs and enterprises. Virtually adventure with her at @GUERRILLAMEDIBEND. In this issue, she wrote about Mt. Bachelor stoke for the ski season (pg. 35).

TOR HANSON

Local historian Tor Hanson has lived in Bend for more than twenty-five years. He holds an information and public relations degree from Skurup Folkhögskola in Sweden. Tor is a former board member of the Deschutes County Historical Society. Married to Nancy, they have two daughters, Chandra and Viveca. He is currently researching the fascinating history of birdmen and barnstormers for an upcoming book about aviation in Central Oregon. In this issue, he wrote about the life and times of the Skyliners Ski Club, the earliest local snow enthusiasts to build a ski area in mountains outside of Bend (pg. 47).



• SUZANNE JOHNSON

• Suzanne Johnson lives, writes and plays in the Cascade Mountains around Bend. Her writing focuses on nature and the environment, family and travel. Most of all, she loves to talk with interesting people and learn what makes them tick. Suzanne has written about 4-H rabbits and Deschutes County Search and Rescue for *Bend Magazine* in the past. In this issue, she profiles curling, the quirkiest of winter sports, and the players who are building it into the hottest league in town (pg. 84). You can find more of her writing at SUZANNEMYHREJOHNSON.COM.

TAMBI LANE

An entrepreneur at heart, Tambi has run a portrait photography business since 2006. She loves collaborating with, and supporting, other local artists. Currently, she is focused on food photography and shot our story on pasta dishes for this issue (pg. 92). She has been published in *Sunset* magazine and photographed two nationally published celebrity cookbooks. When she's not cooking, eating or photographing food, you can find her in the garden, doing something outdoors or creating something new and fun. See TAMBILANE.COM and ALLTHINGSFOODBEND.COM.



• TREVOR LYDEN

• Trevor Lyden hails from Juneau, Alaska, but for the past seven years he has called Bend home. In 2017, he graduated from OSU-Cascades with a degree in tourism and outdoor leadership. When he's not shooting photos, Trevor is shooting rapids in his kayak, bombing trails on his mountain bike or snowboarding the backcountry slopes around Central Oregon. Trevor likes shooting action photography because it allows him to capture fast-paced extreme sports in a brief moment in time. In this issue, he photographed the curlers of Bend at the Pavilion Ice Rink (pg. 84).

MIGHTY CREATURE CO.

Mighty Creature Co. is the creative collaboration between local photographers Ryan Cleary and Adam McKibben. Sharing a passion for Bend life and story-driven imagery, the two joined forces in 2016 and have been creating imagery for local, national and global brands ever since. They've been contributing photographers to *Bend Magazine* for more than four years. In this issue, Ryan and Adam captured the winners of our annual Readers Choice awards (pg. 74).





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PUBLISHING • MARKETING

PUBLISHED BY OREGON MEDIA

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JOSH CLARE

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KOREY GULBRANDSON

"Heart of Gold" 30"x30" mixed media



TOM BROWNING

"Brush Poppin" 18"x14" oil



MICK DOELLINGER

"Distant Bugle" 27" bronze ed. 22



CHRISTIAN BURCHARD

"Black Vessel #9" 21" madrone root



ALEXANDRA BECKER-BLACK

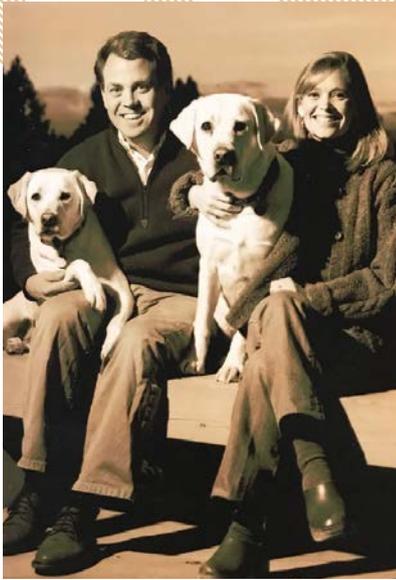
"Salt" 24"x18" watercolor

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FROM *the* PUBLISHER



Happy New Year

As we look back on 2020, it's easy to say that this is a year we will never forget. And as we spend some time to reflect on all we've been through this past year, the main thing we keep coming back to is how grateful we are for so many things.

A highlight for us in 2020 was the celebration of our 20-year wedding anniversary. We were married at the Great Hall in Sunriver on May 28, 2000, and got to spend our twentieth anniversary back out in Sunriver

on the first weekend they reopened after their two month closure. It wasn't quite the European holiday we had planned to mark the occasion, but it was even better. We were back where it all began and we were supporting our local community. And most importantly, we were together and healthy. Thank you Sunriver Resort for welcoming us with open arms and making our stay so special!

The photos above were taken 20 years apart on the deck of the home we purchased in Bend in 1999. We've done a lot of renovations over the years and although we weren't planning to do anything this year, a kitchen flood in April forced an entire gutting of the kitchen. Not exactly welcome news at the time, but as the remodel wrapped up in December, we looked back and agreed we would have done it all over again. Thank you Danny Duggan at Century Insurance for helping us through the process!

When the pandemic hit this year and none of us really knew what to expect, it was a very scary time for a small publishing business in Bend. With almost all of our revenue coming from advertising support there was just no way of knowing how we would survive. Thanks to the incredible support from our advertisers, our custom publishing clients and the entire community, we will exit the pandemic even stronger than when it started. This community believes in what we are doing here, and to those advertisers that have been able to continue on with us, we can't thank you enough for your support. A huge thank you as well to Gary O'Connell and the entire team at Summit Bank for helping us navigate through such a crazy time.

At Oregon Media, we publish *Bend Magazine*, *Bend Home + Design*, the *Central Oregon Visitor Guide*, *Eastern Oregon Visitor Guide*, *Travel Southern Oregon Visitor Guide* and the *Visit Corvallis Visitor Guide*, as well as doing the design and advertising sales for UO's *Oregon Quarterly* magazine. In total, we published 18 issues in 2020. No small feat in normal times. It is because of our incredible staff that we are able to do what we do. Thank you to each and every one of our 14 team members who have never given up and who continue to do some of the very best work day in and day out. We truly appreciate each and every one of you.

And last but certainly not least, we are so grateful for our incredible friends and family who buoy us every day. We won the jackpot and we know it.

While 2021 won't be without its challenges, we know we can conquer whatever comes our way. We are excited to begin the next roaring 20s as we all get back to some sort of normalcy, hopefully later in the year. Happy New Year to each and every one of you and thank you for allowing us to do what we love to do.

Cheers, Heather & Ross

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FROM *the* EDITOR



Discovering the Best of Bend

I moved to Bend in the summer of 1995 and began the delightful process of exploring a place that was entirely new to me. Back then, the population was a third of what it is today, and discovering “Bend’s best” was a quick process mainly accomplished in a tight loop around downtown. Nevertheless, there was plenty to love. Deschutes Brewery was in its youth at seven years old. Bend Brewing Co. had opened only that year. The Pine Tavern anchored downtown at an impressive sixty years old. Surrounding these were fun shops, casual hangouts and friendly services, against a backdrop of natural wonder and outdoor fun.

While some beloved businesses have come and gone, it

has been rewarding to see “Bend’s best” grow and evolve over the past twenty-five years. As the population has increased, our opportunities for dining, shopping, arts and entertainment have only flourished. In this issue, we reveal our annual Readers Choice awards—*Bend Magazine’s* yearly opportunity to spotlight the most beloved destinations in town. You, our readers, nominated your favorite spots in several categories, and then we offered up the nominees for a community-wide vote to arrive at our winners list.

What gives me pleasure as a long-time local is to see the mix of old and new on this year’s lineup. Donner Flower Shop, Deschutes Brewery, The Pine Tavern, Sunriver and Powder House—businesses that have been here for decades—shine alongside relative newcomers such as Vanilla Urban Threads, Lemon Drop Hair Salon and The Dogwood Cocktail Cabin. Read about these wonderful businesses and many more in our Readers Choice story, revealed on page 74.

There is plenty more of Bend’s best to be found in this issue. Our city finally got its own ice rink five years ago, and the ice has been booked solid ever since. Read about the curling teams that brought an old Scottish sport to Central Oregon in our feature story. Ski season is off and running, and we spotlight both Mt. Bachelor and Hoodoo ski areas in our Explore section. In Heritage, read about Bend’s first ski club and the efforts early members made to introduce downhill skiing a century ago. At the end of a day on the ice or the slopes, treat yourself to a chef-made pasta meal or a winter warmer cocktail, both illuminated in our Palate section.

The best thing about “Bend’s best,” perhaps, is that it is a matter of taste and an ever-evolving discovery. Exploring Bend when it was new to me all of those years ago meant appreciating amazing businesses others had created, but it also meant learning what it was I personally loved about those places. Even after a quarter-century as a Bendite, I find new things to love in this town every year. Use our Readers Choice list as inspiration, but go forth with an explorer’s mindset to create your own personal “Bend’s best” list this year. You might be surprised by what you discover, about Bend and about yourself.

Kim Cooper Findling, *editor in chief*



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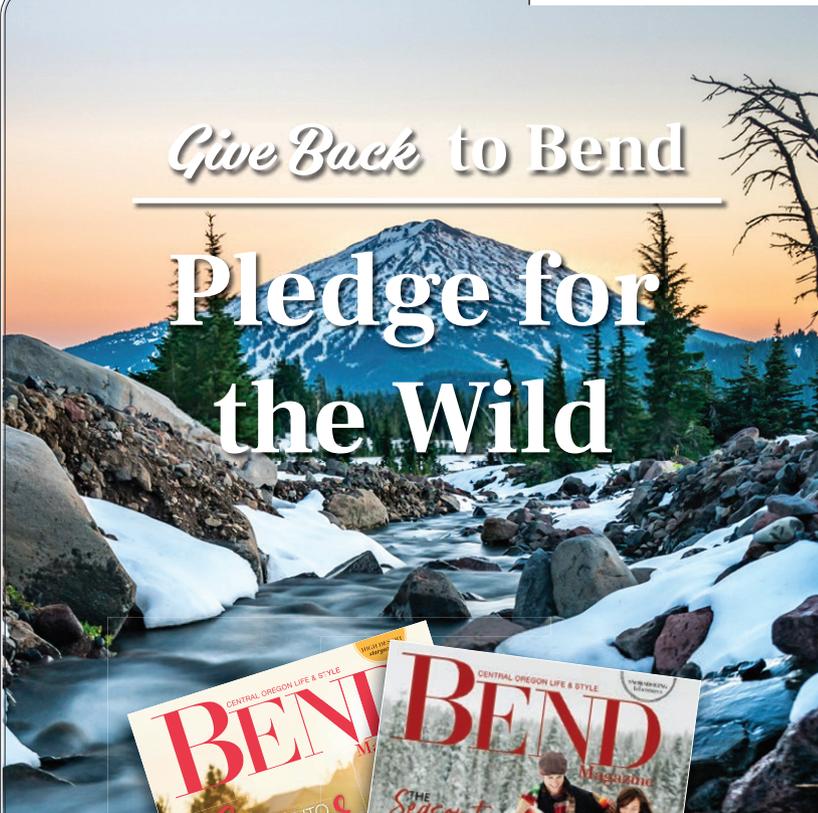
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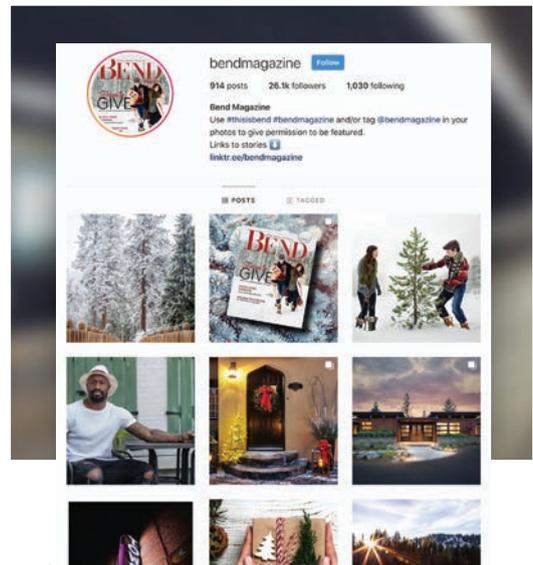
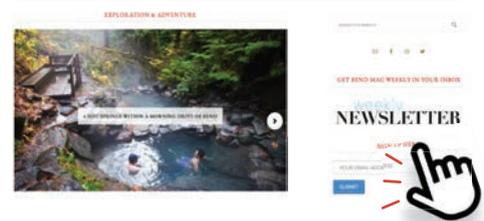
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BEND BUZZ + CENTRAL OREGON NEWS

OUTDOOR DINING

Huts, Cabins, and Igloos

WHILE RESTAURANTS HAD A TOUGH GO OF IT IN 2020, many of these businesses powered through with optimism and creativity. This meant new in-the-street dining areas in downtown Bend, expanded outdoor seating and strategies to separate patrons safely and comfortably. Innovations continued into the colder months, with restaurants looking for ways to carry on outdoor dining but still keep diners warm, comfortable and apart. A prime example was at west Bend's 10 Barrel Brewing Co., where newly constructed "pub huts" around the patio firepit were added, offering semi-private spaces for families and groups. Inspired by mountain warming huts found on Central Oregon's popular cross-country skiing and snowshoeing trails, the pub huts seat as many as eight to ten people from the same dining party, have individual space heaters inside and are decorated in fun themes, including one with Mt. Bachelor resort décor and retired resort signs. Elsewhere in Bend, other early adopters of creative outdoor seating include the Boss Rambler Beer Club, which debuted clear patio huts, San Simón cocktail bar in downtown Bend's Tin Pan Alley, which added mini cabins and firepits, and 5 Fusion & Sushi Bar, which added open-air bubble igloos.



10 Barrel Brewing Co., West Bend

PHOTO TODD CAREY

■ *higher ed*

Oregon State University-Cascades Enrollment Increases

While universities across the nation have reported significant decreases to their overall enrollment in the wake of COVID-19 and the online-only schooling that followed, Oregon State University-Cascades Campus has witnessed an overall increase in their enrollment. Fall Term 2020 at the university saw an overall increase in student enrollment by 4.8%, when compared to the previous year's Fall Term enrollment. How has OSU-Cascades managed to increase enrollment when nearly every other four-year university in Oregon has reported the opposite? The OSU school system was creative with their online outreach and how they recreated college tours and welcome programs completely online, but that doesn't explain why the Corvallis campus saw fewer students while the Bend campus saw more. Becky Johnson, vice president of the university, believes that many local high school students opted to stay closer to home during the pandemic by remaining in Bend. Sixty percent of the OSU-Cascades student population comes from Central Oregon. Another explanation lies with the city of Bend, itself. When bars, restaurants, and many other types of gatherings are either limited or non-existent, more people are spending their time socially distancing in the outdoors. When given the option, it seems students chose to stay where they could ski, snowboard, mountain bike and more. See OSUCASCADES.EDU.



■ *free lunch*

Bend-La Pine Schools Extend Free Meals Program

Thanks to an extension from the USDA, the Bend-La Pine School District will be able to extend a program that provides free meals to children 18 and younger for the remainder of the 2020-21 school year. This extension is warmly welcomed, considering that around 17,000 meals were served in just one hour of the district's Thanksgiving service, signaling a high need for affordable meals. Nutrition Services Supervisor Garra Schluter explained that the district is able to reduce the potential for COVID-19 exposure by foregoing the collection of meal payments and by serving meals in a "Grab and Go" style. Nutrition Services provide around 8,200 meals a day for children across the district. Meals are provided at 19 different school sites, and they are even delivered to some eligible neighborhoods. Seven different schools will be offering Brown Bag pickups every Monday until Dec. 28. Each bag will contain food for breakfast, lunch, and dinner for four days. "We're excited to be able to continue providing nutritious breakfast, lunch and supper meals for children in our district," Schluter said. "The extension will allow us to focus on our number one priority of ensuring our kids are fed without worrying about how they will pay for meals." See BEND.K12.OR.US.



■ *development*

\$22 Million Sale of Stevens Road Tract Finalized for Mixed Uses

The Oregon Department of State Lands reported that it has closed a \$22 million dollar deal with real estate firm Cushman & Wakefield for a 382-acre tract in southeast Bend to be developed into a master planned mixed-use development called Stevens Ranch. Despite COVID-19 causing some bumps in the road, the deal was finalized on schedule on November 19, 2020. The buyer, Lands Bend Corp., is working with the city of Bend to develop the new land in ways that accommodate the rapid growth Bend has seen for years. President of Lands Bend Corp. Gary Miller said that in addition to parks and schools, the sale and subsequent development will provide "much needed housing, commercial centers and industrial opportunities. Bend is undoubtedly the finest city in the state, and Stevens Ranch, one of the largest master plan communities in the Pacific Northwest, will strive to meet the expectations of the community." With a population of more than 100,000 people, Bend is the largest urban area east of the Cascades in Oregon, with corollary attainable housing demands. The proceeds from the land sale will go towards the Common School Fund, which sends millions in funding to Oregon public schools every year.

PHOTO TOP COURTESY OREGON STATE UNIVERSITY - CASCADES, BOTTOM COURTESY BEND-LA PINE SCHOOL DISTRICT

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photo by Fredriksson

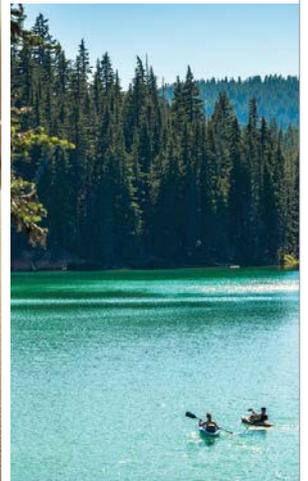
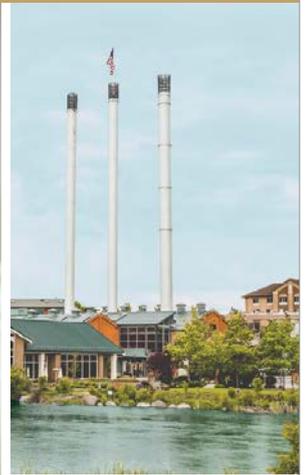
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■ **business**

Oregon Tire Company Sells to Meritage Group

Born and raised in Bend, Leslie “Les” Schwab founded the Les Schwab Tire Company in 1952 after serving in the U.S. Army Air Forces during World War II. This year, Les Schwab Tires announced an agreement to sell the company to an investment firm called Meritage Group. “The decision to sell has always been about securing the long-term success of the company,” Les Schwab Chief Executive Officer Jack Cuniff said in a statement. “Meritage Group has a history of preserving culture and values while growing its companies with investment over time. This is a great fit and aligns well with Les’ vision and all we have built together.” When the founder Les Schwab passed away in 2007, it became the family’s duty to carry on his vision. The family shareholders have stated that they are confident in the Meritage Group, and that while the decision was a difficult one to make, they believe it was the right decision to help maintain the company’s commitment to their grandfather’s vision. The Meritage Group stated, “The company’s exceptional employees and programs, strong financials, and respected, customer-focused brand set it up for success for years to come.” The sale is expected to be completed by the end of the year.

■ **perseverance**

Businesses Share Stories of Survival

The SAGE Business Awards hosted by the Bend Chamber of Commerce have celebrated the achievements of the Bend business community for the past 30 years. The event honors winners in the categories of large and small businesses of the year, nonprofit of the year, a “people’s choice” award and more for their hard work and commitment to bettering the Bend community.

For 2020, the Bend Chamber made the event virtual, releasing a video last month titled “Stories of Resilience.” Local businesses shared stories of surviving COVID-19 and the lockdowns that came with it. Witness Central Oregon business owners and organizations sharing their challenges and perseverance through photos and video on the Bend Chamber’s communication channels. See BENDCHAMBER.ORG.



■ **taxes**

Bend City Council Proposes Fee to Assist Homeless and Low Income Families

The Bend City Council is considering an increase to the existing construction excise tax, or CET, to help fund programs that assist the Bend homeless and low income populations, defined by those making 30 percent or less of the average annual income for a family of four. The existing CET takes 1/3 of 1% of the total Building Permit Valuation for residential, industrial, and commercial developments and uses these funds to address the need for affordable housing. Lynne McConnell, the city’s affordable housing manager, says that the best practice for managing a successful housing project for people experiencing homelessness is to have the funding for services for them lined up before



the building is constructed. The new proposition would take the original CET of .33% and increase it anywhere from an additional .17% to .33%. It is estimated that an additional .17% added to the existing CET would increase the total tax revenue by nearly \$300,000, while an increase of .33% would bump that number up to \$581,000. This proposal however comes with healthy debate. Critics claim that the CET increase could kill

construction projects, while advocates cite Bend’s steady construction activity as reason to go forward with the proposal. The city of Bend’s partnership with Shepherd House Ministries is one way that they are combating homelessness. SHM has been working with the city to create new winter warming shelters that can house up to 70 people when the weather outside is dangerously low.

PHOTO TOP COURTESY BEND CHAMBER OF COMMERCE

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■ *nature*

Museum Debuts Pollinator Habitat

A new habitat at the High Desert Museum south of Bend will be all the buzz with the region’s pollinators, including bees and butterflies. The museum in October introduced to the public its new quarter-acre, 900-plant pollinator habitat, which is packed with native plants known to attract pollinators. The habitat is a way to help these species, which have faced extreme population declines in recent years. The museum worked with the U.S. Fish and Wildlife Service for funding, as well as Discover Your Forest, a Central Oregon nonprofit that supports the Deschutes and Ochoco national forests. The purpose of the habitat is to help pollinators thrive, in part so that they’re able to continue their work in food production, pollinating such crops as marionberries, blueberries and pears in Oregon. Museum visitors will see signs pointing out the habitat and offering education about its purpose, and they might be inspired to create pollinator habitats of their own at home. See HIGHDESERTMUSEUM.ORG.

■ *technology*

Grant Boosts Tech on Madras Campus

A pair of grants from the Roundhouse Foundation are poised to benefit students and community members who visit Central Oregon Community College’s Madras campus. The private foundation is investing in infrastructure with a \$16,000 grant aimed at improving video conferencing equipment, laptops and other technology at the campus, which serves as a community hub. A second \$10,000 grant will specifically help with equipment costs for students in the veterinary technician and automotive technology programs, paying for materials like stethoscopes and toolsets for an estimated 114 students. “Our trustees are committed to collaborating with community partners and other organizations to help ensure long-term success and sustainability,” said Erin Borla, executive director of The Roundhouse Foundation. “These two grants to Central Oregon Community College do just that by investing in a mix of student aid and infrastructure needs.” The foundation, based in Sisters, was originally formed in 2002 and has since given more than \$4 million to more than 100 different organizations in Central Oregon and rural parts of the state. See ROUNDHOUSEFOUNDATION.ORG.



Tom McCall
Elementary Cafeteria
& Classroom Addition



Vern Patrick
Elementary Cafeteria
& Classroom Addition

■ *education*

Redmond School Bond Passes

Redmond voters in November gave a thumbs up to a bond measure meant to modernize and increase space in their local schools. The \$27.5 million bond will be used for health, safety and security upgrades at all of the district’s thirteen facilities, and for adding new elementary classrooms to address growing enrollment in the district. While the bond measure carried a large pricetag, it was likely attractive to voters because it isn’t leading to an increase in homeowner taxes, thanks to previous bond refinancing and a growing overall tax base. The money will fund projects including renovating building entrances for security, adding or improving intercom systems and adding or replacing security cameras across the district. Passing the bond allowed the district to qualify for a matching grant from the state of \$7.6 million, giving the district more than \$35 million overall to spend. “The passage of this bond measure is a significant milestone for Redmond’s students,” said Tim Carpenter, Redmond School District board chair. “The district will now be able to make urgent safety and security upgrades that will benefit generations to come. We cannot thank our community enough for showing up at the ballot to support this needed school bond.” See REDMOND.K12.OR.US.

RENDERINGS COURTESY REDMOND SCHOOL DISTRICT

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EXPLORE

SKIING

Get Stoked!

A big-fun, back-to-basics La Niña winter season at Mt. Bachelor

WRITTEN BY K.M. COLLINS

PHOTO TYLER ROEMER, SNOWBOARDER LUCAS WACHS



By late November, snow enthusiasts were poised anxiously at the winter starting line. Sequestered since last spring, Central Oregon's ski enthusiasts were beyond ready for some time on the hill. Come December seventh, opening day, Bachelor's 62nd season was off to a shotgun start. Take your mark, get set, ski!

The slopes were primed by sixty-eight inches of snow from several early storm cycles, and locals took advantage by hiking the cone three full weeks before opening day. Two words: La Niña. One staffer noted 400 cars in the parking lot after seven inches of snow overnight. Partaking patrons were stoked to get their early season laps in, even if they had to hike for them, before parking reservation requirements kicked in for the season.

Locals have been embracing Mt. Bachelor's Back to Basics approach to unavoidable, well-implemented COVID-19 prevention measures, put in play by parent company POWDR, with guidance from Oregon Health Authority, Deschutes County Health Department and The National Ski Area Association "ski well be well" campaign. The upshot of Back to Basics includes many new mountain amenities and a huge retrofit aimed at catering to locals.

Vehicle Base Camp

From opening day, visitors to Mt. Bachelor have been invited to make their vehicles their base camp. For many diehards and dirtbags, Oregonian and otherwise, the art of car camp has been refined over decades: midday defrosting, heating vents full blast, food and beverages tailgate-style.

"Back to Basics is our safe operating plan," said Leigh Capozzi, Mt. Bachelor brand and marketing director. "This means coming prepared, booting up at the car and maintaining the highest level of personal responsibility. This is very authentic to the DNA of Oregonians and a throwback to the early days at Mt. Bachelor. With a managed volume of skiers and riders on the mountain at any given time, guests will have plenty of room to spread out, soak up the Cascades and may feel that the [winter recreation] experience is in some ways better."



PHOTO TOP TYLER ROEMER, SNOWBOARDER JOSH DIRKSEN, BOTTOM COURTESY MT. BACHELOR

Provisions

Already embracing the Pacific Northwest's love of food carts with Egan's Outpost, Bachelor blew up their mobile meal game with new pods at West Village in the Red Chair area and Sunrise, near Early Riser lift. Cuisine options have included specialty sausage and brats and colcannon potatoes at Egan's. BBQ, Asian (Dump City Dumplings), burritos and veggie bowls (Lucky Woodsman) are also among rotating offerings. Finally, resort partner Subaru built a convenient mobile "Subie Shack" that supplies hot and cold beverages and grab-n-go food at the top of the West Village hot walk.

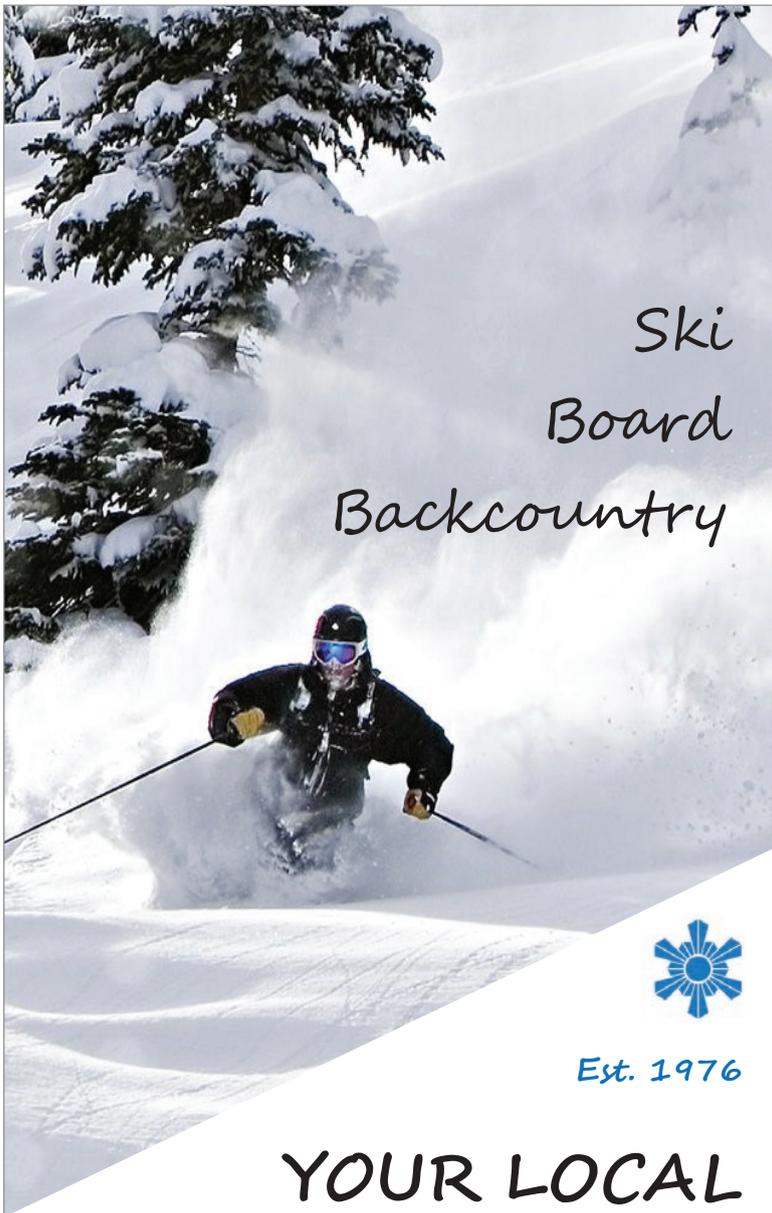
Woodward lessons and rentals

Woodward Mountain Park opened winter 2019, introducing a network of featured terrain zones. "While many resorts may not be building parks this season, we will be building out the entry level offerings—intermediate to advanced parks for locals, families looking to take some park laps together and athletes in training," Capozzi said.

Multi-week lessons, a big favorite with locals, are now offered as half-days on Saturday, Sunday or newly added Wednesdays. Guests may take a lesson as a family, a parent/child, or small self-designated group. Another new offering is the long-awaited season-long rental package. Pre-reserved daily rental options are now an option as well.



PHOTO TOP COURTESY MT. BACHELOR, BOTTOM K.M. COLLINS



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Parking parks

No matter if you are skinning, visiting as a tourist or fulfilling your stoke as a season pass holder, reserving parking is a must. The process to accomplish this is outlined on the Bachelor site and enlists a smart and savvy app, ParkWhiz. Whether coming up for a few morning groomers, a full ski day or an afternoon Nordic skate ski, guests must reserve parking. That just means that after the drive up the hill, guests can rest assured they'll have a spot for their car.

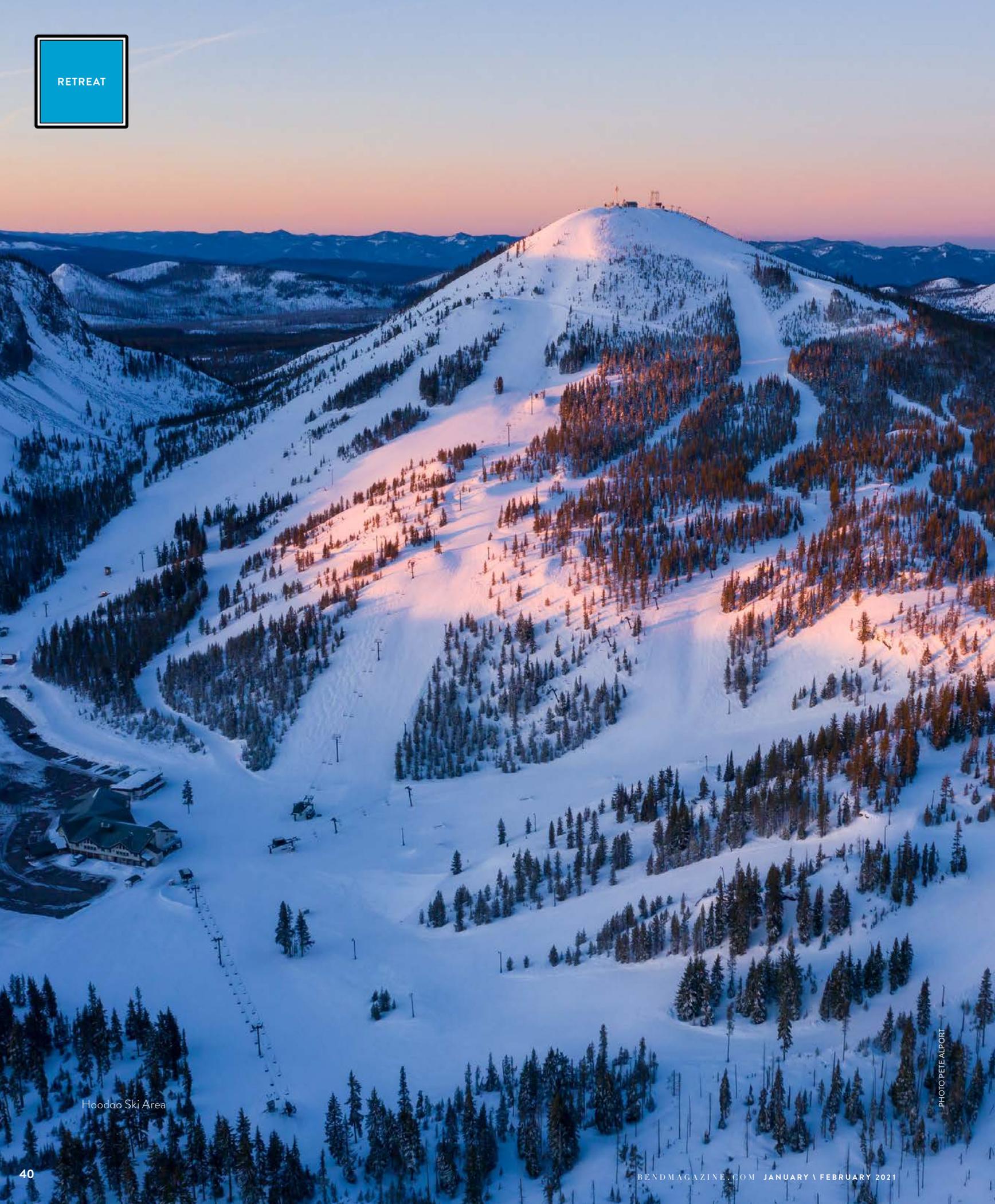
Just got up there

What hasn't changed are the home-sweet-home reliable Bachelor luxuries like 4,323 acres of skiable terrain, 56 kilometers of groomed Nordic trails, powder turns off the charming Red Chair, hot laps on Northwest and hiking Summit to descent the pinnacles. "Outdoor recreation has proven to be a welcomed respite for us all as we navigate dynamic times and establish a new normal of living in the midst of a pandemic," Capozzi said. "Pure skiing, snowboarding and Nordic experiences offer our community and guests fresh air, wide-open spaces and a safe opportunity to enjoy the natural environment we choose to call home."

Perhaps the biggest projected blessing to snow sports enthusiasts this season—totally uncontrollable by any governing body in the ski industry—is that it's a La Niña year, for which skiers and snowboarders are thanking their lucky stars. What are the trademarks of a La Niña season, you ask? Typically, above-average precipitation with a wild card factor as to how much precipitation will fall in the form of solid or liquid. Still, the ingredients are all there for a killer season. Make your reservation and head for the hill! **IB**



RETREAT



Hoodoo Ski Area

PHOTO: PETE ALPORT

WEEKENDER

Ski Staycation

Ski Hoodoo and stay in the Sisters area for a winter getaway without the long travel

WRITTEN BY KIM COOPER FINDLING

From the top of the Hodag Chair, the Cascade peaks and alpine forests roll to the north, catching the last light of day in shades of pink. Your skis are lined up and you're ready to go. It's the last run of the day, so you better make it count, but it helps to know the fun is far from over. Just down the hill is the little cabin in the woods you rented to stay in tonight with your friends. Fire, food, conversation, a great night's sleep under dark and starry skies, followed by another full day of skiing to look forward to tomorrow.

There is something about a weekend getaway that requires less than an hour's drive that feels like getting away with something. You're away from home and all of its responsibilities, but you've been spared the onerous travel of a longer drive or air travel. The trip goes by in a blink of an eye and the weekend starts earlier. Maybe, if you've planned well, your overnight destination puts you that much closer to the fun and adventure you seek.

That's the case with a retreat to the Sisters/Camp Sherman area for a ski weekend at Hoodoo. There are a number of terrific lodging options here in the woods at the base of the Cascades, and the snowy slopes and speedy lifts are just up the hill.

Hoodoo is one of Oregon's oldest ski areas, dating back to 1938. Perched atop Hoodoo Butte, a volcanic cinder cone on the top of the Santiam Pass, Hoodoo's five ski lifts sit on the northeast and northwest sides of the

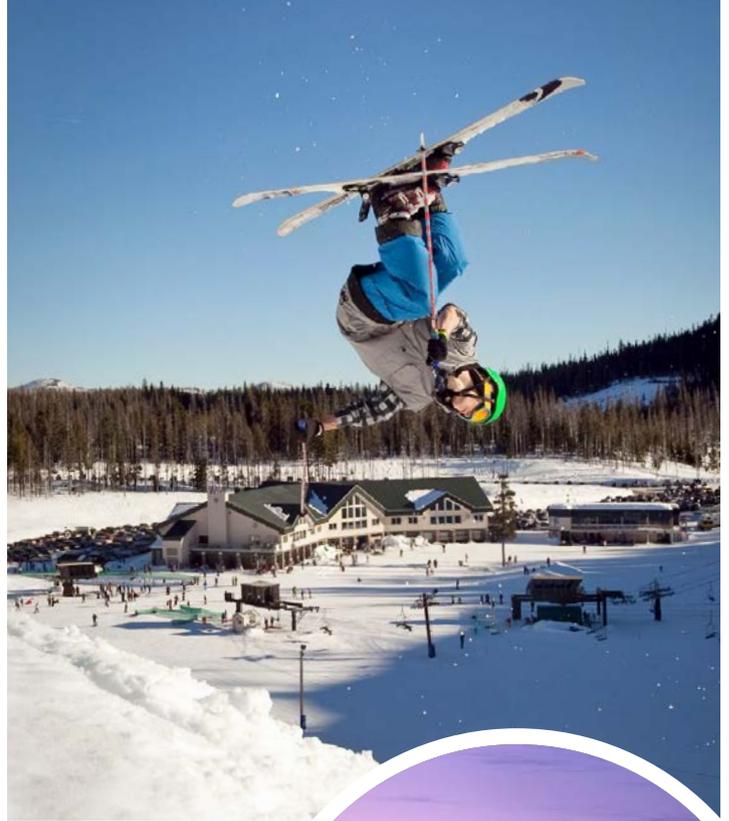


RETREAT

butte. Eight hundred acres of terrain, thirty-four runs and a terrain park with rails, tabletops and jumps provide plenty of options for skiers and boarders.

Hoodoo has the reputation of being a bit more family friendly, and affordable, than some of its Oregon ski area cousins—“cheaper, deeper and steeper,” they like to say. The ski slopes are on a big, rounded butte, with lots of wide-open terrain. The backside of the hill boasts deep and challenging powder, the front side offers finely groomed runs. A major draw is the night skiing. Wednesday through Sunday nights, zoom down twenty-three lit runs until 9 p.m. There’s nothing quite like skiing under a starry sky and a rising moon—another perk that’s not available at every ski area in the West.

Not a skier? The Autobahn Tubing Park on adjacent Hayrick Butte will keep you speeding downhill all day. Hoodoo has plenty of Nordic skiing trails, too. There’s no lodging here, though you can RV camp in the parking lot. Or, stay at one of these lodging destinations located just to the east.



PHOTOS TOP TO BOTTOM: AUSTIN SHEPARD, KATE THOMAS KECOWN, COURTESY FIVE PINE LODGE

BLACK BUTTE RANCH

Fifty years old last year, Black Butte Ranch is a beloved year-round vacation destination for Pacific Northwest families. Come winter, it’s a great basecamp for Hoodoo ski adventures. Located west of Sisters, BBR is a mere 13 miles from Hoodoo. Choose a ski lodging package wherein you stay two nights in a full-service accommodation and receive two lift tickets for free. Black Butte offers a wide array of lodging options from condos to large houses, several restaurants on site, and a spa and recreation center with a spacious hot tub for those post-ski soaks.



FIVEPINE LODGE

Sisters’ luxury lodging getaway offers romantic cabins tucked in the forest, on a campus including a brewery, athletic club, movie theater, spa and restaurant. Stay at FivePine Lodge this winter two consecutive nights midweek (Sunday – Thursday) in any cabin or upper lodge suite and receive two adult lift tickets to Hoodoo. Twenty-two miles from Hoodoo, FivePine offers proximity to the slopes as well as all of the amenities of the town of Sisters, including dining, shopping and the chance to hit the famous Sisters Bakery before your day on the slopes.



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RETREAT



Sledding outside Suttle Lodge

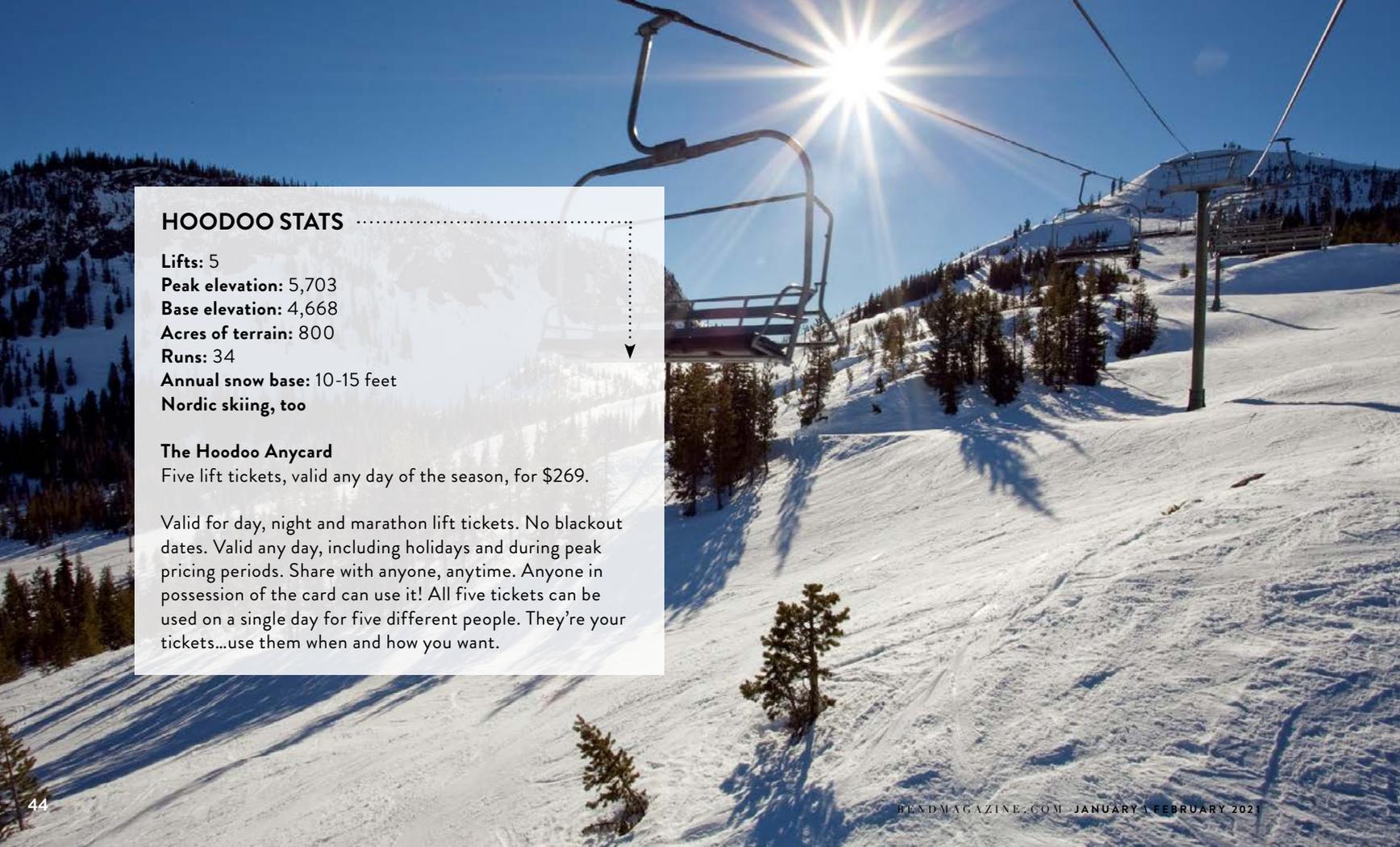
SUTTLE LODGE

Suttle Lodge sits on scenic Suttle Lake at the base of the Cascade Range. The resort offers both deluxe and rustic cabin retreat experiences as well as dining and a bar onsite. Overnight ski and stay packages start at \$99 and include one adult ski pass and one house-beverage voucher at their Skip Bar. Suttle Lake is just nine miles from Hoodoo—rise with the sun and reach the slopes first from this classic lodging destination.

LAKE CREEK LODGE

Lake Creek Lodge is a collection of cabins on a meandering creek under a canopy of trees in one of Oregon's coziest, old-time communities, Camp Sherman. Dine just a few minutes away in Camp Sherman or bring a feast to cook up in your own cabin, as each has a full kitchen. Located sixteen miles from Hoodoo, Lake Creek Lodge is a peaceful and quiet retreat after your day of skiing. Don't miss a game of foosball or pool in the lodge. **B**

PHOTO TOP BUDDY MAYS. BOTTOM AUSTIN SHEPARD



HOODOO STATS

- Lifts:** 5
- Peak elevation:** 5,703
- Base elevation:** 4,668
- Acres of terrain:** 800
- Runs:** 34
- Annual snow base:** 10-15 feet
- Nordic skiing, too**

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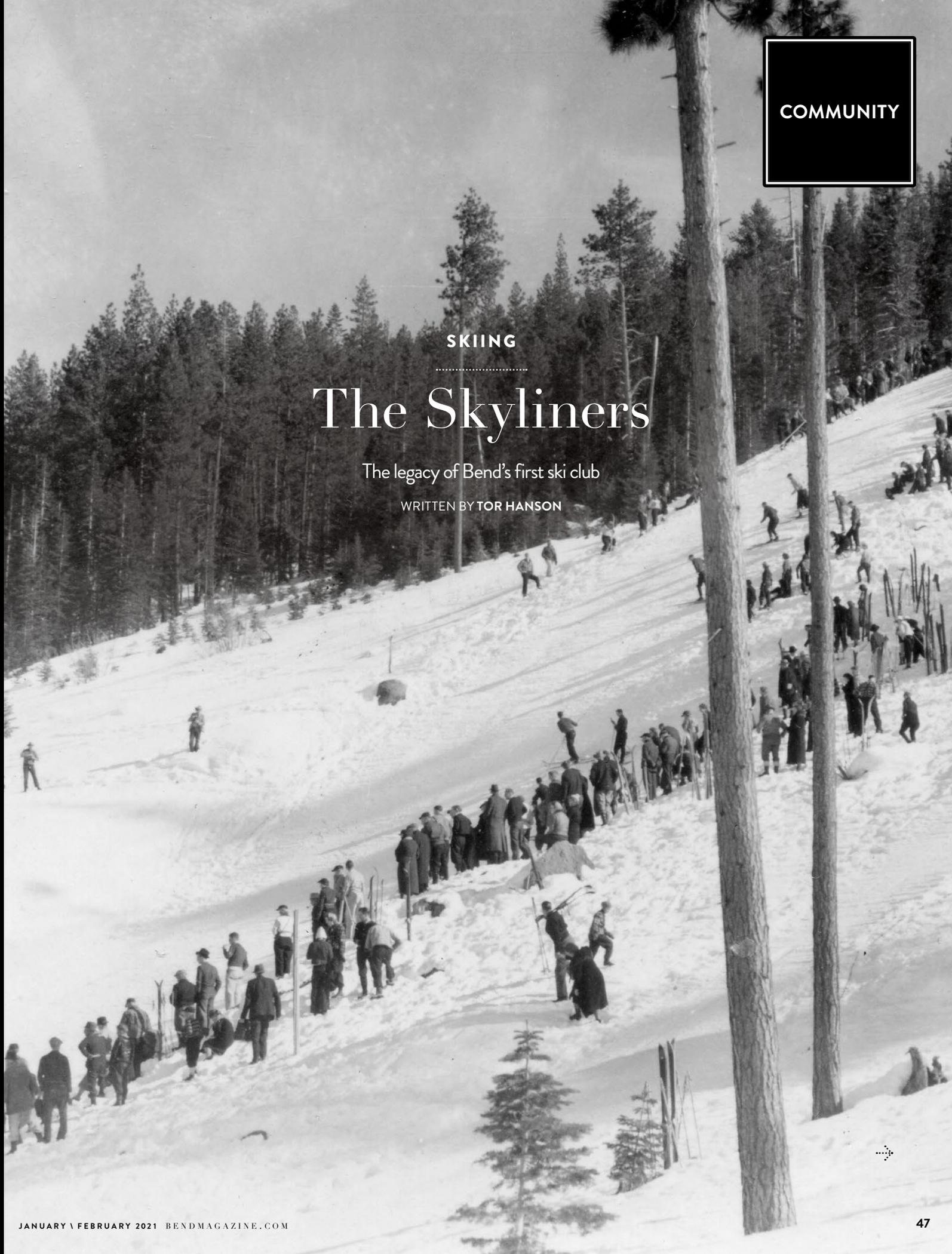
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VIEW: ***Life & Depth** - A short film made with the support of BendFilm tells the stories of three families and highlights how palliative care and Hospice House supported them as they dealt with life-limiting illness. Email to request the YouTube video link.*

HEAR: ***Life's Too Short** - June 23rd podcast titled “What is Palliative Care?” is available via Apple or Google podcast platforms, or email to request the link.*

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COMMUNITY

SKIING

The Skyliners

The legacy of Bend's first ski club

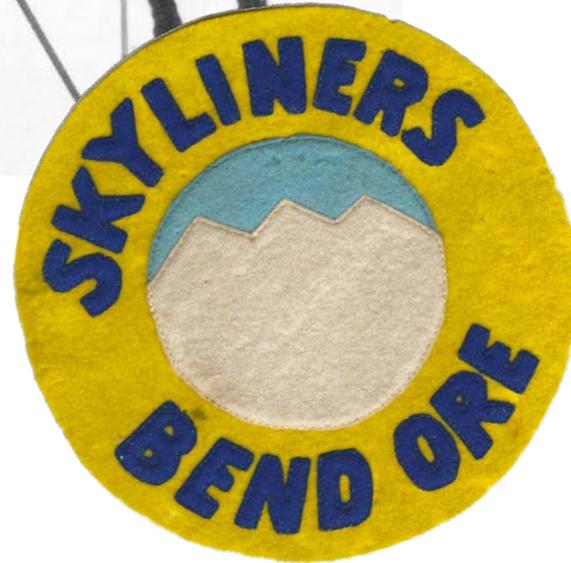
WRITTEN BY TOR HANSON





LEFT The Four Musketeers of the Cascade Mountains: Chris Kostol, Nels Skjersaa, Nils Wulfsberg, and Emil Nordeen.

BELOW A Skyliners patch from the early 1930s.



Two dollars was all it took to create one of the most enduring legacies in Bend's ski history. Paul Hosmer, the newsletter editor for Brooks-Scanlon Lumber Company, claimed the cash prize after suggesting the winning name—Skyliners. Founded in 1927, the club and its name still carry weight in the community.

The founding of Skyliners harkens back to the late twenties. "Friluftsliv," or outdoor living, was one of the cornerstones of Skyliners' mission. The founders of the ski club were new arrivals to the U.S.; Norwegians Kris Kostol, Nels Skjersaa and Nils Wulfsberg, and the lone Swede, Emil Nordeen, were brought up in societies which valued the outdoor lifestyle.

The ski club grew out of a rescue mission in the Three Sisters mountain range after a devastating Labor Day snowstorm stranded two young mountain climbers in the area. The four Scandinavians joined other rescue organizations and made several high-profile climbs on the North and Middle Sister in blinding snowstorms in search of the lost youths.

During the cold nights at the Frog Lake staging area, the mountaineers retreated to campfires. They discussed how to create rescue organizations with skilled outdoor enthusiasts. Energized, Wulfsberg, Kostol, Skjersaa and Nordeen returned to Bend with an idea.

Wulfsberg was a recent Oslo University graduate, whereas his colleagues Kostol, Skjersaa and Nordeen had basic educations, albeit a lot of street smarts. As one of Wulfsberg's friends described his impact, "He flashed through Bend like a meteorite and influenced the town."

Beyond the rescue part of the club's mission, Wulfsberg realized a ski club would extend the tourist season into winter and bring money into the local economy.

Eloquently (and prophetically) describing his vision, Wulfsberg said, "If Bend becomes a center for winter sports, with annual ski carnivals, with contests attracting attention over all Oregon and neighboring

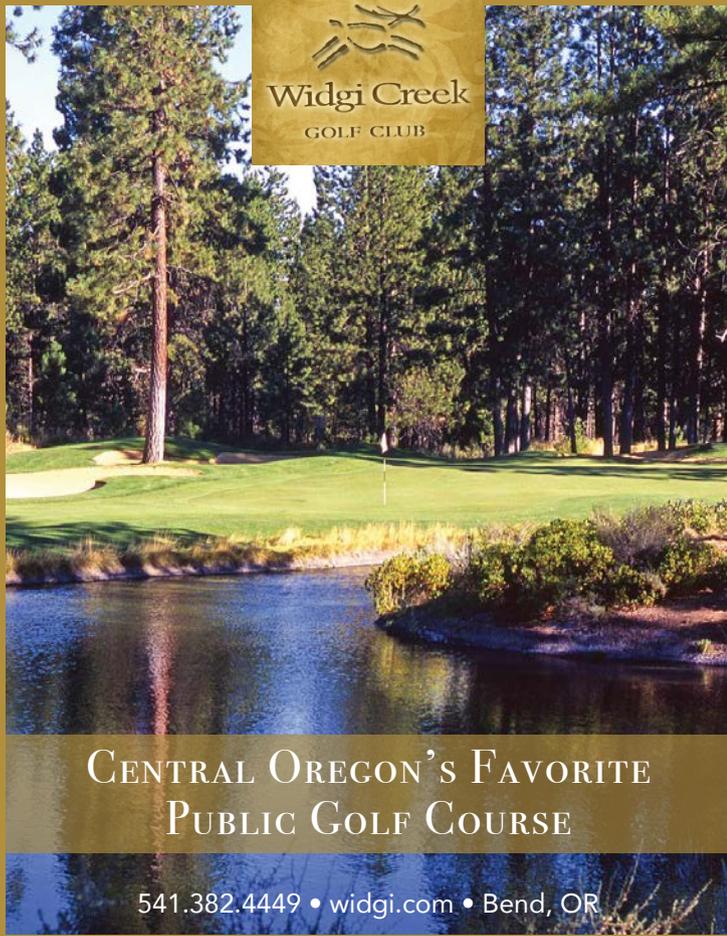
states, with winter resorts in the close neighborhood, it will mean that the name of Bend will be brought before large crowds on the days of contests and before tourists throughout the winter."

It was sweet music to the members of the Bend Chamber of Commerce, and they willingly signed on to the idea.

In line with the Scandinavian tradition of using winter sports to promote healthy living, Wulfsberg continued, "Nothing is more invigorating than fresh, cold winter air—air which brings the blood into circulation, stimulating energy, courage and initiative."

By December 1927, the club had a name. It was time to build a winter headquarters. The club decided on a spot on the Old McKenzie Pass, eight miles from Sisters, just east of the current snow gate.

The Skyliners became a force to be reckoned within the up-and-coming Pacific Northwest ski community. Nordeen won the famed Klamath race, a 42-mile cross-country race from Fort Klamath to Crater Lake and back; Skjersaa was named on the all-American cross-country ski team when the National Ski Association published its ranking for 1931; and Kostol became a sought-after ski official. Unfortunately, Wulfsberg died shortly after leaving Bend in 1928.



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At the end of January 1930, Skyliners announced plans to hold a ski tournament at their McKenzie Pass headquarters, the first such event in Central Oregon. The day of the carnival, 2,000 spectators crowded the winter playground. Skyliners had held up their end of the bargain with area merchants.

But Skyliners was much more than just a ski club. It ended up being an important social gathering place for the mill workers—a place to blow off steam after a Monday through Saturday work week at the Brooks-Scanlon or Shevlin-Hixon mills. In the socially stratified Bend, Skyliners was an outlier. The club was decidedly a social leveler. Mill workers, mill officials, and Bend businessmen could be seen skiing and ski jumping together.

In the 1930s and 1940s, Skyliners athletes competed against skiing greats such as Ole Tverdahl, Henry Sotvedt and Leif Flak of the Seattle Ski Club; Hjalmar Hvam and John Elvrum of Cascade Ski Club in Portland; and Nordahl Kahldahl, Tom Mobraaten and Hermod Bakke of Leavenworth Ski Club. The Central Oregon ski club held their own against the big city athletes.

After the McKenzie Pass headquarters proved too limited for the club, the Skyliners built a new winter sports complex at Tumalo Creek, inaugurated in early 1938. It offered all the amenities needed for large competitions and featured classic Nordic skiing facilities—two large ski jumps as well as expansive cross-country trails. Adapting to changing trends, Skyliners included areas for both downhill and slalom.

The ski club weathered the Great Depression. Ahead of its ten-year anniversary and the first competition at Skyliners' new playground, Nordeen wrote a letter to the editor of *The Bend Bulletin*, published in December 1937.

“Ten years have now elapsed since the cornerstones were laid. The club often seemed on a none too solid foundation. It teetered and swayed dangerously; an impending crash often loomed in the background. But now the Skyliners playground is about to be completed.”

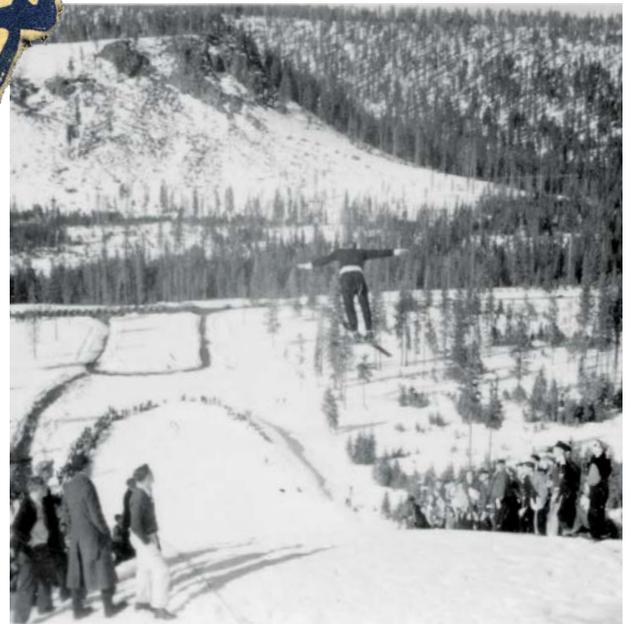
By then, the founding members had largely stopped racing and a new cadre of skiers and ski jumpers took their place. Olaf Skjersaa, Bert Hagen, Sam and Phil Peoples, Tom Larson, Cliff Blann and Gene Gillis carried on the tradition of Skyliners.



TOP Members of Skyliners at their winter headquarters at McKenzie Pass. The original lodge was expanded several times to make room for an expanding membership.

RIGHT The ski jump at Skyliners' McKenzie Pass headquarters. The jump hill was reconfigured many times, including the addition of a taller starting platform to accommodate longer jumps.

ABOVE The Skyliners patch was redesigned in the 1950s.



World War II put the ski club on hiatus when the younger generation was called into service. When Bill Healy decided to build a new ski area in 1958, the members of the Skyliners knew the best place around—Bachelor Butte, a place which we now know as Mount Bachelor. Skyliners made their final move.

Under the tutelage of Head Ski Coach Frank Cammack, the club developed a new generation of skiers. Kiki Cutter, Karen Skjersaa, Sherry Blann, Mark Ford and Mike Lafferty competed at national and international tournaments.

Skyliners finally merged with Mount Bachelor Ski Education Foundation in 1986. But the club left an indelible mark on skiing in Central Oregon. The annual Skyliners Ski Swap introduces the name to future skiers and the Great Nordeen Ski Race in early January or February, depending on the snowpack, took its name from one of the founders of the ski club.

And don't be surprised if you meet a skier who proudly announces he or she is a former member of Skyliners. There are still plenty of them around in Bend. ■

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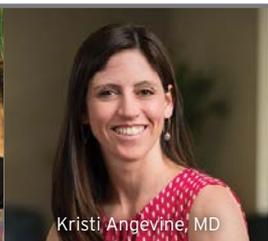
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ACCESSIBILITY

Outdoors for All

Oregon Adaptive Sports gets everyone moving

WRITTEN BY NOAH NELSON

Oregon Adaptive Sports was born twenty-three years ago, when members of the Central Oregon skiing community sought to create opportunities for members of the community with disabilities. Today, OAS, led by Executive Director Pat Addabbo, carries on that legacy by providing opportunities to people with disabilities in both summer and winter sports, such as skiing, mountain biking, rock climbing and others.

In an outdoor mecca like Bend, there are boundless ways to enjoy nature. It just makes

sense that OAS would focus on sharing Bend's natural bounty, because there is so much to share. Through OAS, athletes can rent the adaptive equipment they need for a huge discount, and they get to train with a volunteer in their respective sport.

The mission to bring a love of sports and the outdoors to people with disabilities is one that is driven by passion and personal experience. Addabbo's first experience with adaptive sports happened when he was in college. He recalls a ropes course that was accessible to people with varying disabilities,

partly because people with disabilities were included in the planning process. This experience showed Addabbo that with effort, inclusion was not just a vague possibility, but an achievable reality.

This mindset drives Addabbo to this day. "When you approach things with the right mindset, access to the outdoors can be the key to a healthy and thriving life," Addabbo said.

Two people who have benefited greatly from OAS and their services are George Hamilton and Julie Hackbarth. Hamilton spent 20 years with the Air Force before retiring and

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BELOW OAS supports all kinds of athletes in various sports, year-round.

RIGHT Julie Hackbarth and George Hamilton on the snow.



picking up skiing. Hackbarth is a winter volunteer who works with Hamilton and skis with him on a tether system. This means that when Hamilton uses his sit down bi-ski, Hackbarth is tethered behind him to help control his speed.

Hamilton has a brain injury that makes him a wheelchair user as well as impairing his hearing and eyesight. He recalls his time before OAS when the mountain seemed less accessible. "I was the world's biggest lodge-sitter, and I simply did not want to sit anymore," he said.

Hackbarth's passion for adaptive sports comes from high school where she was part of a program that paired her with students who had disabilities to help them around campus. Her teacher gave her a list of things that her partner could and could not do, and that did not sit well with her. "People with disabilities can do a lot more than what most people expect of them," she said.

Together, Hamilton and Hackbarth have created an incredible bond through years of

"People with disabilities can do a lot more than what most people expect of them."

skiing together. Hamilton even claims the only time his wife won't worry about him is when he's with Hackbarth.

The adaptive part of OAS is so much more than just finding the right piece of equipment for an affordable rate. Volunteers constantly adapt their coaching style to best fit the needs of their athlete. "I have so much confidence when I'm out with Julie, and I'm grateful because it has truly changed and

improved me," Hamilton said. "There is nothing I could tell you about what we do together that isn't special."

Speaking to Hackbarth, Hamilton said, "You have empowered me, and OAS was a huge part of it. Your encouragement has helped me reach out and go after more than I thought was possible."

To Hackbarth, the joy of volunteering for OAS comes from seeing someone achieve something they worked so hard for; something they may have previously thought impossible. "You go out there and want to give back, but the experience makes you so happy that you feel like you got just as much out of it as they did," Hackbarth said.

The work OAS does is made possible by the community. Generous donors as well as more than 250 annual volunteers make life changing experiences like Hamilton's come to life. OAS continues to support the Bend community by providing these opportunities and increasing accessibility to this outdoor paradise, one person at a time. **IB**



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RENOVATION

DIY Dream Home

Three Rivers couple turned Instagram influencers take on DIY remodel

WRITTEN BY TERESA RISTOW

Courtney Equall was walking her boxer Rudy on their regular stroll through their Three Rivers neighborhood two years ago this spring, when she spotted a rare “for sale” sign. While her own home was only a few hundred yards away, the listed property was right on the Deschutes River, and she was intrigued. She called her husband Nate Equall with a kind of crazy idea, and he immediately started running the numbers to see if they might be able to buy it. “We called the realtor, and I think we looked at it the next morning,” Nate said.

It took a few months to close the deal, because the couple had to sell their current home to get the next, but by late summer the property was theirs. It was “a real fixer” Courtney said, and hardly move-in ready—a 1984 build with mostly original features, old worn carpet and a dark, cramped kitchen right off the entrance. The couple would have their work cut out for them. But a project like this wasn’t intimidating for the Equalls. In fact, it would be their third go-around fixing up a house themselves, and this time they’d have their largest audience yet. Because as the couple planned to renovate their new 1,400-square-foot home into a bright, open, space, they’d have their 136,000 Instagram followers watching along the way.

GROWING A FOLLOWING

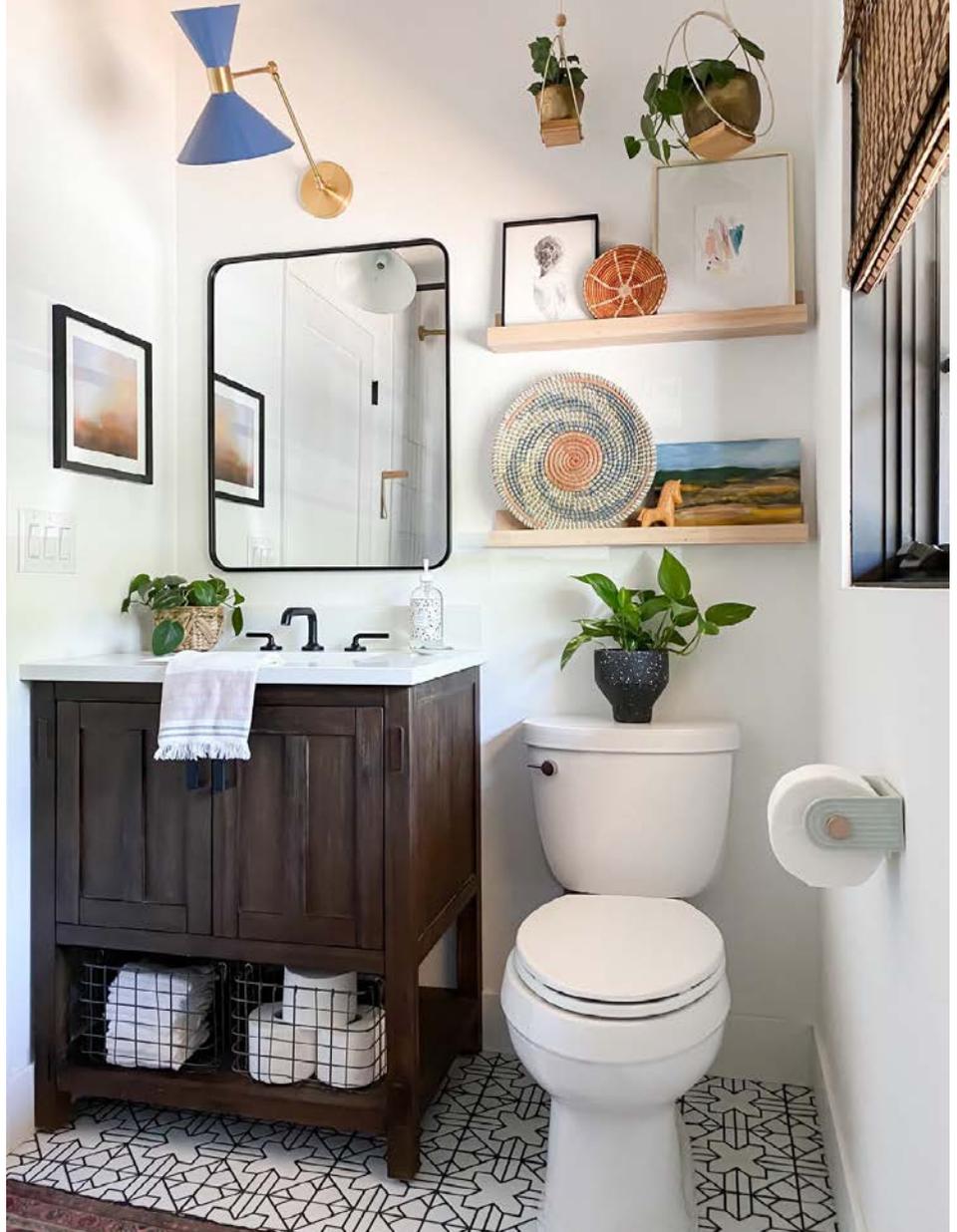
It had all started when the Equalls moved from Portland to Texas in 2014 for Nate’s job in advertising. As they started working on DIY home projects, family back home encouraged Courtney to start a blog to share their progress. She set up girlandgrey.com to post photos and updates. “Girl” was for their daughter, Nolan, now 11, and Grey is their first son, now 9. They’ve since had a second son, Urban, now 4.

In 2017, the couple moved home to Oregon, this time to the Three Rivers area, and continued to share their DIY projects on the blog and Instagram account. They were amassing followers along the way and attracting the interest of companies such as The Home Depot and Sherwin Williams that wanted to collaborate and connect with the @girlandgrey audience. When it came time to move into house number three on the Deschutes River, they had a captive and eager following ready to cheer them on.



The Equall family





ONE ROOM CHALLENGE

If not for their online friends, things may not have moved as quickly in the new home after the Equalls got the keys. But, they had signed on with *Better Homes and Gardens* to be a featured participant in the One Room Challenge, a six-week project to renovate one room in your home. The couple chose the kitchen as their project space, and started tearing things apart days after moving in. They would have to balance the renovation work with their regular lives—Nate working remotely as the director of advertising for an investment research firm and Courtney, who holds a master’s in education, helping raise the couple’s three kids. As they had in their first Three Rivers house, they enlisted the help of Courtney’s father, Jeff Price, who taught Nate most of what he knows about carpentry over the years. They ripped out dated cupboards from the 1980s to open up the space, removed the drop ceiling and swapped one small window for three large black-framed windows that look out onto the street. They added sage-green cupboards, a countertop-to-ceiling white tile backsplash behind the oven and fresh new hardwood floors, which extend throughout the main floor. “We just wanted it to be bright and open, with Northwest vibes,” Courtney said. It was a close call, but the couple completed the kitchen project in the six weeks of allotted time for the One Room Challenge.

DAY BY DAY DIY

As the chaos of the kitchen project faded away, the Equalls were on to the next thing, and then the next. They transformed their downstairs bathroom, adding sleek black and white tile on the floors, an all-white tiled shower-bath combo and a new sink and vanity. The resulting space is clean and modern, but still incorporates Courtney’s boho-inspired style with hanging plants, and one of her many repurposed art pieces thrifted from Goodwill on the shelves above the toilet. After the bathroom came the entryway, followed by a backyard firepit and then a refresh of the laundry room, complete with new open shelving and fun polka dot wallpaper behind the appliances.

Between all the smaller projects, Nate was busy outside on something much bigger—repainting the entire exterior of the house and swapping windows and the front door. Thanks to the @girlandgrey following, the couple collaborated with Sherwin Williams to get paint in exchange for documenting the process. While they initially thought they had a shade of black in mind, it was actually the Instagram audience who ultimately chose another called “Tricorn Black.” “I take a lot of polls when I’m choosing something like tile or color, and everyone loved that color,” Courtney said.



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“It’s the most fun thing in the world. It’s like this whole group of people out there that feel like my buddies.”



PERPETUAL PROJECTS

While the Equall’s Three Rivers home looks like a finished product in many of the photos they post today, experienced DIY-ers like them are always looking to what’s next. They have an upstairs bathroom that still exudes vintage vibes, and there’s a house addition they hope to tear down and rebuild in a couple of years. As they go, the couple will turn to their online following for support and feedback. “I feel like it’s my biggest passion,” said Courtney of her love of design and sharing it with others. “It’s the most fun thing in the world. It’s like this whole group of people out there that feel like my buddies.”

While six years ago in Texas, big renovation projects sounded like scary undertakings, the couple say they’ve gotten more confident with every project. “Anyone can do it. You learn a lot as you go,” Courtney said. “I think if it’s something you want to do, go for it.” **IB**

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ACCENTS

Amazing Aqua

Catch one of the year's hottest
color trends

Each year, trend forecasters make their guesses for what colors will sweep the design world. WGSN and Coloro have their bets made on a shade they dubbed A.I. Aqua—as in, "artificial intelligence" aqua. The color nods to our high tech, digital world, while still adding brightness and warmth to your surroundings. This year, aqua is coming your way like a big, beautiful, watery wave. Take inspiration here to aqua up your favorite home space. **B**



High Style

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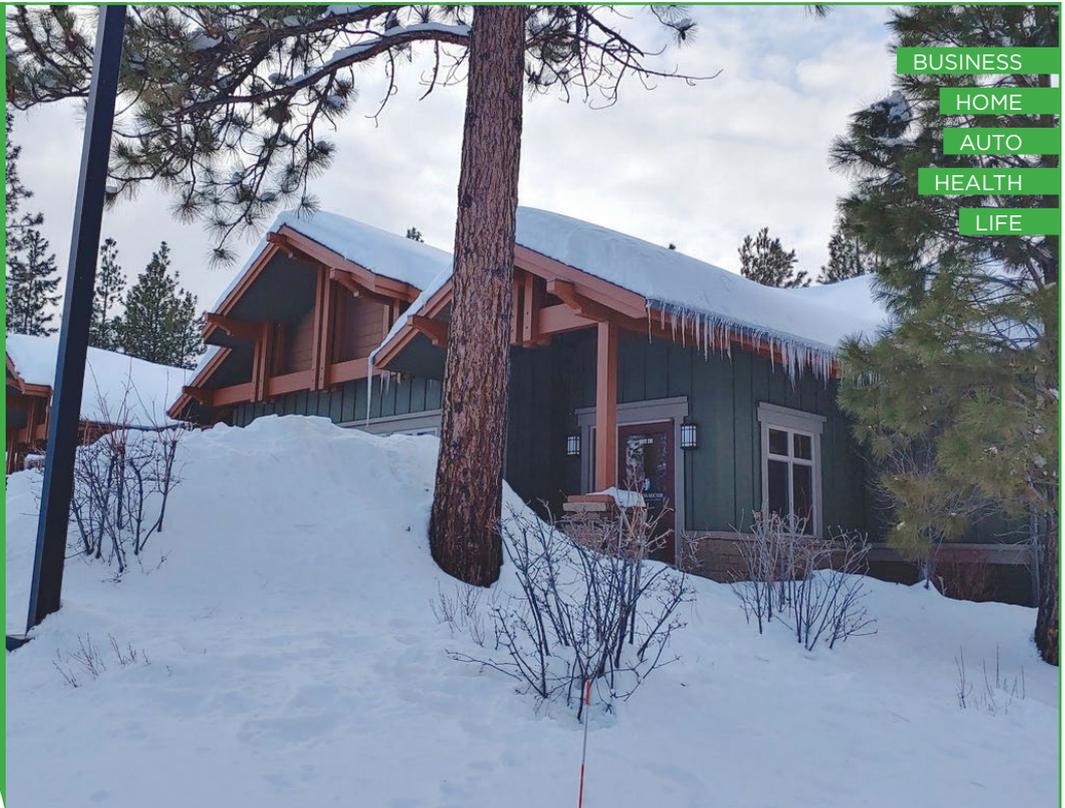


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ADAPTATION

Masks for the Masses

Blackstrap Industries pivots from ski accessories to pandemic essentials

WRITTEN BY LUCAS ALBERG

BLACKSTRAP

BLACKSTRAP

BLACKSTRAP



In a span of just ten days, Blackstrap Industries owner Abe Shehadeh pivoted his business from making facemasks, headwear and neck gaiters for the ski, snow and action sports industry to addressing the COVID-19 pandemic head-on with the manufacture of facemasks for public safety. Like most business decisions, it wasn't an easy one at first.

"It started with employees suggesting we make masks, but I didn't want to capitalize on the pandemic," Shehadeh said. "But we kept getting more and more requests because nobody anywhere had them. Then we started seeing the disposable surgical masks everywhere—on the streets, sidewalks, in trash cans; that's when we decided to pivot."

Shehadeh and Blackstrap saw an opportunity to cut down on the waste of disposable masks by producing facemasks that could be washed and reused. This endeavor paired nicely with the company's existing Waste-Zero program, the goal of which is to upcycle fabric scraps into new gear for consumers. "We were able to push our own green initiatives while providing good quality masks for people who needed them," Shehadeh said. "With our Civil Mask program, we've saved roughly 77,000 pounds of fabric from going into a landfill. It's truly a win-win all around."

Another mandatory for Blackstrap was the implementation of

a giveback program associated with the facemasks. With every mask sold, the company would give one to someone in need. "Close to 65,000 masks were donated and delivered, which is just shy of \$1 million MSRP," said Jim Sanco, brand manager at Blackstrap. "As a facemask company, it was the right thing to do. We needed to be able to walk the talk."

The list of beneficiaries is a long one at more than 300 businesses around the country, with nearly one-third of them located in Central Oregon. Businesses range from medical facilities like the St. Charles hospital system and Mosaic Medical to city government including the Bend Police Department and Bend Park and Recreation. In addition to donations, the company also offered larger quantities at or below wholesale costs to benefit existing programs designed to keep the community safe.

One such program was the Masks for Children Project, a partnership between Central Oregon Pediatric Associates, PacificSource and the Central Oregon Health Council. Designed to help reduce the spread of disease in hopes of getting kids back in school, parents back to work, and the community back to thriving, 15,000 masks are being distributed free to children during COPA visits, as well as through a number of local nonprofit organizations.

“We were able to push our own green initiatives while providing good quality masks for people who needed them.”



CLOCKWISE FROM BOTTOM LEFT Blackstrap masks in use at Bend Rock Gym, Owner Abe Shehadeh, masks put to the test at Crux.



“The Blackstrap masks are terrific, and kids love them, so they’re more likely to keep them on,” said COPA CEO Wade Miller.

Blackstrap, whose corporate office is headquartered in Bend, manufactures entirely in the United States with its factories in Los Angeles. It was this domestic production that allowed the company to move so quickly. “We’ve been in the industry for ten years,” Shehadeh said. “We know fabrics, we know quality and we’re 100 percent American made so we knew we could pull it off in a rapid timeline.”

The colorful and fun patterns were a hit with the public and the Civil Mask sales skyrocketed. More machines were bought and factory production more than tripled in size. Staffing was ramped up and employees more than doubled to fifty people between the Bend and Los Angeles locations. “When everyone was closing doors and laying off employees we were hiring,” Shehadeh said. “I’m happy that in a town with a strong service industry, we were able to hire people who had recently lost their jobs due to COVID. That’s something we’re all very proud of.”

At the height of summer, public safety mask production comprised nearly 80 percent of Blackstrap’s business. In a six month period, the company was producing between 25,000 and 50,000 units per day, distributing throughout Central Oregon and across the country. Additionally, these new products opened doors for the businesses that were previously closed.

“Through the pandemic, we went from being in fifty REI stores around the country to all stores, as well as into all 862 Dick’s Sporting Goods stores,” Shehadeh said. “The Civil Masks have allowed these retailers to see the value of our brand and what we can



bring to this category, which has translated into additional SKUs in additional doors.”

That also translated to sales. In the second half of 2020, sales grew over 700 percent from the previous six months, shattering records along the way. Now with the manufacturing expansion and operations infrastructure solidly in place, Blackstrap is once again focused on its prime business season. “We’re 90 percent back to our normal production schedule and ready for winter,” Shehadeh said.

The company plans to keep producing masks for public safety as long as they’re needed, though hopes the demand will lessen as more and more people keep wearing them. “We started out making these for people in need,” Shehadeh said. “But the ultimate goal is to be part of the solution and contribute to stopping the spread of this so that eventually, we’ll no longer need to wear masks.”

Until then, Blackstrap facemasks are available online at BSBRAND.COM and at retailers around Central Oregon. **IB**

SPORTS TRAINING

Epoch Ascent

Dewayne Hornbeak trains Bend's elite athletes

INTERVIEW BY KIM COOPER FINDLING

Dewayne Hornbeak launched *Epoch Ascent* in 2015, bringing his background as a U.S. Marine and his work with the State Department in high-threat protection to creating a sport-specific training facility. Today, Hornbeak trains competitive athletes, tactical athletes such as firefighters and law enforcement professionals and “everyday folks” who just like to push hard. Bend Magazine sat down with him to learn more about elite training, adaptation in the COVID-era and the “mad scientist” part of his work.

What led you to create *Epoch Ascent*?

My biggest inspiration has been Gym Jones out of Salt Lake City, Utah, founded by former alpinist Mark Twight, who trained the actors for the 2007 movie “300”. After reading about Twight’s climbing exploits, I developed my own interest in starting a gym with the understanding that it’s not just for people who want to go and do aimless workouts. I wanted to build a facility and training model that was purposeful, planned and sport-specific minus anything that was accidental, random or unnecessary. I set out to develop a training methodology where preparation for outside performance was paramount and closely mirrored various aspects of real life (hardship, integrity, courage, adaptation, failure and perseverance).

Who is your typical client athlete?

The common thread binding my clients is a want; they all want to be immersed in a “no social hour” culture of hard work, calculated stress and consistent adaptation. One of my main wheelhouses is mountain athletics which includes local and visiting climbers,



skiers, downhill riders, backcountry hunters and endurance athletes. Another is “tactical athletes,” which includes fire/rescue, law enforcement, mountain/ski rescue, and individuals wanting to prepare for military special operations. Not everyone who wants to train here has to be an accomplished mountain sports or tactical athlete. They do have to be willing to commit, to go the distance and push hard alongside their peers who have a similar understanding.

What are your strengths as a trainer and as a motivator?

I feel that I’m good at being an enabler that understands there are many different paths for each individual to reach that next level. One thing I’ve learned in twenty years as a coach, mentor and team-builder is the significance of helping others progress and with that I constantly strive to offer the greatest training to each member I take on. I accomplish this through teaching, succeeding (and sometimes falling short),

experimentation, listening, being restlessly ambitious, leading by example and by constantly expanding my base of knowledge.

What do you love about the work you do?

I love the “mad scientist” aspect of what I do. Similar to my experiences as a father, I’m afforded opportunities to be a motivator, myth buster, educator and a psychic mind reader all in the same day, and sometimes even within the same hour-long training session. Every time someone walks into my gym I know they are going to present me with another puzzle that we get to work through, whether I have four weeks to get them ready, or a year. It’s not like we can adjust one piece of that puzzle and all is well, oh no. We not only have to work on the physiological aspect of training, but also their foundational nutrition, their post workout recovery and their mental toughness.

What is the biggest challenge you face in your work?

I often meet athletes (mainly on the mountain and field sports side of the house) that make the mistake of training for their sport by only doing their sport. This works to some degree for a while, and then things like injuries, boredom and an overall lack of “adequate stimuli” leads to stagnation in their progress. The challenge I face is altering the preconceived notion that training in the gym space only leads to being heavier and as a result, less capable. On the contrary, appropriate programming and training in the gym increases an athlete’s power output, resistance to fatigue, and a durability making them far less likely to get injured and reduces down time if they are.

Can you share a recent satisfying success story or two?

One of my athletes that I'd consider a "success story" is Janessa Bork, a local Mt. Bachelor athlete and owner of ViVi Designs Co. She's been training with me for a couple of years now and placed first at the Gerry Lopez Big Wave Challenge against some very tough competition. She also won the Women's Masters Division, and has won a number of the local banked slalom contests. Another of my athletes is Aaron Tiegs, one of the head instructors at Clarks University here in Bend and an up and coming top competitor on the Brazilian Jiu Jitsu scene. He won his last two UFC fight pass fights quickly and confidently.

How have you had to adapt to COVID-19?

It's been an endurance challenge for the mind, and I'd be lying if I didn't say that the impact has been anything less than significant. We saw a drop of about 50

percent of the members within the first couple of months alone. The shutdowns had me moving quickly to implement new plans in order to stay afloat despite not receiving a loan, a grant or having any of my business expenses like rent waived.

I turned to remote programming in order to keep the members I still had supplied with training they could do from home. Everyone was caught off guard, so very few had any chance to stock up on home training equipment before everything started selling out. As a solution, much of the remote programming was written so that members could train with items on-hand or no equipment at all.

When we were able to return to in-gym training not much changed as far as 1-to-1 training goes. I already maintain "social distance" as a professional courtesy, even before COVID, and the need to go hands-on with a client or athlete is pretty rare.

What's next?

As a part of Epoch's post-COVID contingency plan, we now have an online library with just over fifty programs with the intention of adding a few hundred more. This library covers training for those interested in mountain sports, tactical and general fitness preparation. Epoch's programs are also purpose built for a whole spectrum of individuals from those with access to a commercial gym to those that have little to no training equipment.

Why is Bend, Oregon your choice location?

It's beautiful here with plenty of mountains to climb and backcountry to get lost in. I've lived in big complex cities like Vancouver, Canada, Osaka, Japan, and more recently Seattle, and found the simplicity of Bend to be good change of pace and safe place to start a family. No frills here, just plenty of trails, mountains and desert for outside activities. **B**

BY THE NUMBERS

2021 NEW YEAR NEW YOU

Among those who make New Year's resolutions:

-  **50%** resolve to be more active
-  **20%** resolve to pick up a new sport

 **1 in 4** adults is not active enough

 **2+ days per week** should include muscle-strengthening activities

 **59%** of Americans say they don't plan on renewing their gym memberships once the pandemic is over



150 minutes of moderate-intensity or **75 minutes** of vigorous-intensity physical activity is recommended for adults each week

11% of gym memberships are sold in January (more than any other month)



20% of Americans have a gym membership of some kind



57% of Oregon adults achieve recommended levels of physical activity

Source: World Health Organization, Centers for Disease Control, IHRSA, Ipsos, TD Ameritrade, Fortune



choice PICKS

CENTRAL OREGON VOTES ON A FEW OF OUR FAVORITE THINGS

WRITTEN BY KIM COOPER FINDLING

PHOTOS BY MIGHTY CREATURE CO.

The verdict is in: *Bend Magazine's* third annual Readers Choice awards brought the heat. It was hard to know what to expect with our annual “best of” roundup this go around, in what would be a summary point for a year that no one deemed normal in any possible way. But you, Central Oregon, showed up. You used your voice to weigh in on Bend’s best of many things, and what we hear loud and clear is this: There’s a lot of cool stuff around here, and a lot of people who are passionate about that cool stuff.

Four categories. 212 contenders. Two weeks of voting. 10,330 votes. Thirty-four winners. Most votes cast in a single category: best brewery. Followed in total vote counts by best breakfast, outdoor dining, baked goods and tacos. Most hotly contested category: best burger.

Seems safe to say that we may be a town of outdoor adventurers, but what we get most excited about is food and beverages. But that’s not all there is to life, you say—toys, outdoor gear, staycation destinations, spas and items for our pets are all here, too. Read on, and then go forth and support the amazing, local, favorite businesses of Bend.

2020
READERS
choice
— WINNER —

BEST *brewery*

DESCHUTES BREWERY

In this brewtown of brewtowns, there is no question who is the grand daddy. Deschutes Brewery was founded in 1989 and laid the groundwork for a gazillion gallons of craft brew to follow. The pub downtown on Bond Street remains a Bend go-to for visitors and locals alike, with summertime waitlists of an hour or two not uncommon. “For over thirty-two years, our pub has been a comfortable gathering place for people from all walks of life to come together over a beer and some great food in a warm, welcoming atmosphere,” said Founder Gary Fish. “Our beer, food and our people live for just the opportunity to deliver on that commitment. Any time our team can be recognized for succeeding at our most important task, that being to ‘blow our customer’s minds,’ it is gratifying beyond words.” Belly up to Bend’s original brewery bar for an imperial pint of Mirror Pond ale and pay tribute to the past, present and future of great Central Oregon brews.

Brian Faivre, Brewmaster

2020
**READERS
choice**
WINNER



Phoebe Pedersen, Co-owner

BEST cocktails

THE DOGWOOD COCKTAIL CABIN

Doug & Phoebe Pedersen opened the Dogwood Cocktail Cabin in 2014, bringing cocktails, food and a little bit of high-class nightlife to downtown Bend. Known for creative drink concoctions made from scratch and top-notch service, Dogwood is in a class of its own. “I think what makes us stand out is creativity, originality, balance and consistency. It’s harder to pull off than it sounds,” said Phoebe Pedersen. “We are beyond flattered and appreciative to have so much support here in Bend, Central Oregon, and beyond. There is no better feeling than to be recognized for something you have created from scratch.”

WINE LIST

Ariana

BURGER

Bend Burger Company

TACOS

El Sancho Taco Shop

BREAKFAST

McKay Cottage Restaurant

PIZZA

Pizza Mondo



BEST desserts

IDA'S CUPCAKE CAFÉ

There is wisdom in choosing one simple thing, and doing it very, very well. Consider, for example, the cupcake. Ida's Cupcakes owner Autumn Lodge Persinger said, "I believe we stand out, in part, because of our customization. Our cupcakes are all made-to-order—you can pick your size, your cake, your frosting, your sprinkles—and we make it on the spot to your specifications." Ida's has long partnered with other local businesses to create custom flavors, like the cafe latte cupcake made with Riff Cold Brew, as well as cupcakes including beer and cider from local breweries and cideries. In short, they do one thing well, and have fun doing it. "I'm a strong believer in doing what you love, and I feel blessed to come to a job I love every day and work with other people who also love what they are doing."

Autumn Lodge Persinger, Owner



A chef in a black uniform is holding a tray of sushi. The background shows a restaurant interior with warm lighting and wooden accents. The word "BEST" is in green and "sushi" is in white script.

BEST sushi

5 FUSION & SUSHI BAR

For a decade, Joe Kim has been the sushi king of Bend. The 5 Fusion & Sushi Bar chef, co-owner and hometown boy Kim is a three-time James Beard Award semifinalist in the Northwest, one of very few chefs east of the Cascade Mountains to receive the honor. The innovative dishes he creates at the downtown restaurant extend beyond sushi—but you can be assured that the sushi is always on point. “We are honored and humbled to be chosen by readers for the best sushi,” said 5 Fusion co-owner Lilian Chu. “Our commitment to our community is at the forefront of our business approach. We choose the finest seafood, hand-cut meats and the highest quality sushi while using many locally produced ingredients, and we treat our customers with excellent service and kindness.” Whether you pull up a barstool for a late-night snack or get a table and go for a multi-course meal, at 5 Fusion you’ll always feel like you’re dining like royalty.

Chef Joe Kim

FOOD CART

El Sancho Taco Shop

COFFEE

Backporch Coffee Roasters

BAKERY

The Sparrow Bakery

OUTDOOR DINING

Pine Tavern Restaurant

TAKEOUT

Wild Rose Northern Thai Eats

BEST pet store

BEND PET EXPRESS

You had us at dog wash. In Bend, we love our pets something fierce, and this store gets that. Two locations, the very best food and gear products for your canine and feline, and yes, dog wash services, make this the people's choice for best pet store. Did we mention free delivery and a give-back program that helps pets in need? "We're not the big box guys, so we know your name when you walk in. We genuinely care about customers, and I think people can feel that difference," said President Ryan Kwaterski. "We gave out over 20,000 meals and we raised over \$10,000 for our community this year. That is where you start to be more than just a place for people to get pet supplies and start to become a real asset to your community." East side or west side location, you, Fido and Felix are going to love this store.



Ryan Kwaterski and puppy Hazy

2020
**READERS
choice**
WINNER

Shayna Kendrick



BEST
*jewelry
store*

SILVERADO JEWELRY GALLERY

Sometimes you just need a little bling. Silverado in downtown Bend hits the jewelry shopping mark from the first welcome—there are two separate entries and plenty of friendly staff—to the final decision, gift-wrapped if you wish. In between are hundreds of bejeweled and shiny self-adornment options from casual to fancy, affordable to pricey. There's something for your mother, your spouse and your child here as well as yourself, which makes it pretty tough to leave without at least one little parcel of happiness.

BEST ski shop

POWDER HOUSE SKI & SNOWBOARD

What were you doing in 1976? One Bend family was opening a new ski shop on the west side, and they named it the Powder House. Still family-owned, Powder House remains a community favorite after all of these decades. "We're very excited about this and couldn't have done it without our amazing staff, some of whom have been with us for twenty years," said owner Todd McGee. Pick up all the gear you need from skins to hats, and visit the Powder House on the way to the mountain for rentals, boot fitting and tuning, and maintaining your skis and snowboards.

BEST WOMEN'S CLOTHING

Vanilla Urban Threads

BEST MEN'S CLOTHING

REVOLVR Menswear

BEST NURSERY/FLOREST

Donner Flower Shop

BEST GROCERY STORE

Market of Choice

BEST BIKE SHOP

Hutch's Bicycles

BEST OUTDOOR GEAR

REI



Morgan Rooney, Manager



2020
**READERS
choice**
WINNER



BEST
*toy
store*

Suzy Reininger, Owner

LEAPIN LIZARDS TOY CO.

The best toy stores don't make you wait to play until you get home and open the packages. At Leapin Lizards, they strongly believe that play is important for all ages, and as often as possible. This independently owned, specialty toy store in downtown carries a wide range of hand chosen, educational and fun toys and gifts. Interactive displays and a very child-friendly play space are part of the deal. Free gift wrapping? Yep, that, too. Take to heart the Leapin Lizards motto—George Bernard Shaw said, “We don't stop playing because we grow old; we grow old because we stop playing.”

BEST Spa

SAGE SPRINGS CLUB & SPA

Ahhhh. There is nothing like a day at the spa to work out all of the stress and busyness of modern life. Sage Springs at Sunriver takes the spa day to the max. The spacious facility offers the full array of spa services from massages to facials, an expansive relaxation room, a salon, divine soaking pool and a fitness center next door. Kick back and make a day of it—or check in to Sunriver Lodge and make an entire vacation of it. **B**

STAYCATION

Sunriver Resort

GOLF COURSE

Tetherow

TOUR COMPANY

Wanderlust Tours

FLY SHOP

The Patient Angler Fly Shop

GYM/WORKOUT SPOT

Athletic Club of Bend

HAIR SALON

Lemon Drop Hair Salon

VETERINARY CLINIC

Bend Veterinary Clinic

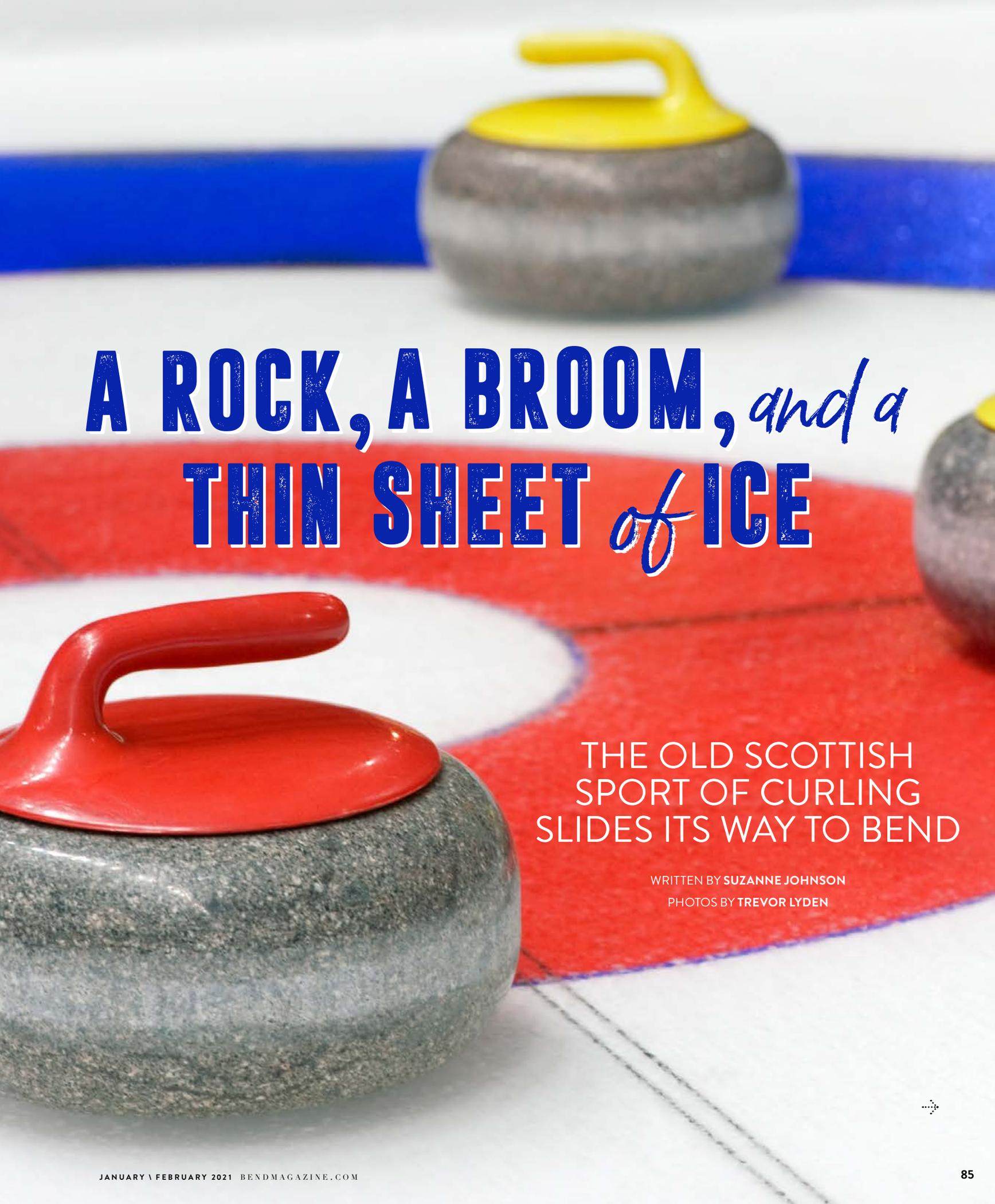


Leiana Smith, Spa Director



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GORVO



A ROCK, A BROOM, *and a* THIN SHEET *of* ICE

THE OLD SCOTTISH
SPORT OF CURLING
SLIDES ITS WAY TO BEND

WRITTEN BY SUZANNE JOHNSON

PHOTOS BY TREVOR LYDEN



On blustery Sunday evenings from November through February, most folks tuck into their cozy homes to wind down the weekend. That's not the case for Bend locals Shawn and Joe Anzaldo. They'll be bundling up and heading out to the Pavilion, Bend's sole ice rink, to join a group of hardy souls with brooms over their shoulders, grippy-soled shoes on their feet and huge smiles on their faces. These are the curlers, and Sunday evening is league night. "Yep, it's cold. Freezing, literally. Sometimes the games go late, and the scoring is complicated. But it's so dang fun—and I love being part of this team," Shawn said.

What draws people to this sport? It's accessible—anyone can play. The slo-mo glide of the rock across the ice is mesmerizing, and the final scoring is unpredictable until the last push. And on dark, cold winter nights, curling league at the Pavilion can be the hottest spot in town.

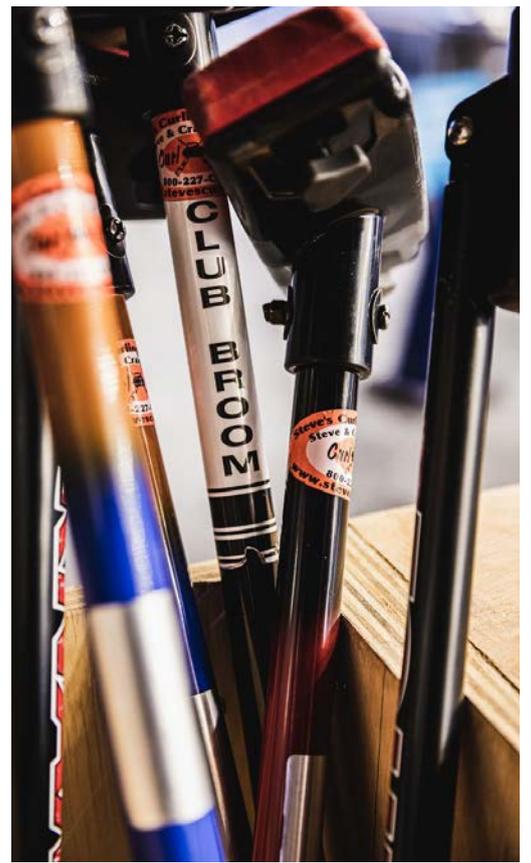
The game has been refined since its origins in Scotland hundreds of years ago—think woolen tweeds swapped for puffy jackets and frozen ponds for covered ice rinks—but its heart remains the same: a team sport that is simple to learn but difficult to master, a serious competition with room for laughs and silliness, and a way to actively gather with friends and embrace the cold dark winter.

ABOUT THE GAME

Curling is a 500-year-old Scottish pastime that can be described as a winter version of shuffleboard. History suggests it began in the 16th century when a Scottish monk and his cousin began sliding stones across a frozen pond. That friendly competition grew into a team sport that spread across winter-loving cultures from the Netherlands and Scandinavia to Canada. Since the Pavilion opened five years ago, it's taken hold in Bend, as well.

Modern curling involves two teams of four players who take turns sending stones, carved from Scottish granite, down a narrow sheet of ice, 146 feet in length. One player delivers the stone with a graceful, lunging push, sending it gliding toward the target. Two players then use specialized brooms to furiously scrub the ice ahead of the moving stone, to guide its path. The skip, or team captain, stands behind the target calling out instructions for the sweeper: "Scrub hard! Let it curl! Off!" The strategy lies in guiding the stone to land within the target—and to knock opponents' stones out of play. All points go to the team with the stone closest to the button, the center of the target.







CURLING SEASON IN BEND

As outdoor temperatures drop in early November, the Bend Park and Recreation District begins preparing the Pavilion's ice for skating, hockey and curling. Four permanent curling lanes stretch the length of the rink, with concentric rings (the "house") embedded in the ice at the lanes' ends. Meanwhile, hopeful curlers wait for the park district's curling league registration to begin.

"Registration for teams opened at 8 a.m. this year, and we had twenty teams signed up by 8:05," said Joel Lee, program coordinator at the Pavilion. Forty teams can participate in the Sunday evening league. The district has added a Wednesday brunch league and drop-in "Learn to Curl" clinics on Friday mornings. All gear for league games is provided—stones, brooms, grippers and sliders (see sidebar).

Lee credits the welcoming, laid-back atmosphere for the sport's popularity in Bend. "Curling is not like most team sports because it's new for almost everyone. Experienced players love to help, and people learn quickly that it's just as fun as it looks," Lee said.

The Anzaldos have played for several years on the Miller Lumber Legs team, with skip Charlie Miller. The camaraderie keeps this tight-knit crew coming back for another season. Each player goes by a nickname, and Miller keeps them entertained and connected with game recaps that highlight moments big and small. All the teams find ways to keep it fun—some wear matching hats or outfits. "We see a lot of plaid and wigs," said Lee and laughed.



LEARN THE LINGO

10 terms every curler (and spectator!) needs to know

BONSPIEL A curling competition that brings teams from different areas together. Bonspiels are often held on dedicated ice that is used only for curling.

BURNED Once a stone is set in motion, it cannot be touched by a player or by a broom. A moving stone that has been touched is considered burned, and is removed from play.

BUTTON: The bullseye center of the house is called the button. The team with a stone closest to the center of the button wins points for that end.

CURL Stones can spin clockwise or counter-clockwise as they travel down the ice, curling their path slightly. Sweepers can control the degree of curl by scrubbing the ice just ahead of the stone.

END Like an inning in baseball, an end is one section of a curling game. Each team throws eight stones during an end, the points are decided, and the game continues play in the other direction. A curling match consists of ten ends.

HOG LINES The player who shoots the stone must release it before crossing the near hog line, and the stone must travel far enough to pass the far hog line, or it is taken out of play.

HAMMER The sixteenth and final stone to be played on an end. The team who has the hammer delivers the last rock has an advantage in getting the best placement and winning points.

PEBBLE Small droplets of water sprayed on the ice before a match, which freeze into a pebbly texture that cuts down friction and helps the stones glide smoothly.

SHOT ROCK The stone closest to the button is known as the shot rock. The team with the shot rock will try to keep it in place; the opposing team will try to knock it out of position.

WEIGHT The speed with which the stone travels. The skip may signal whether the stone should travel with force, to knock an opponent stone away, or slowly to block the house.





THE BEND CURLING CLUB

On Saturday evenings throughout the winter, the Bend Curling Club takes over the Pavilion. This group of curling enthusiasts works with the district to support the sport. They arrive early to set up equipment and spray water droplets on the lanes to pebble the surface. The sessions begin with instructions for newcomers, covering everything from how to avoid falling to proper lunging form. And then the games begin, with a bit more intensity and competitive strategies than seen in the Sunday leagues.

Many club members have past experience with curling. Instructor Janice Robbins remembers curling as a child in New England. “We didn’t have real stones. We filled tea kettles with water to push across frozen ponds all winter,” she said. Another curling club member, Roma Larsson, joined soon after relocating to Bend from Canada. “I played quite a bit in Canada, so I was thrilled to find a curling group here in Bend,” she said. Some members, like Jason Burge, just fell in love with the game and the community that surrounds it.

Burge serves as the curling chairperson for Bend Ice, the community organization for ice sports in Bend. His love of curling began as a spectator, watching the Olympic games and learning the strategies that

give curling its nickname, “chess on ice.” As a player, he’s drawn to the social side as much as the competitions. “It’s a gentleperson’s sport. We all help each other, even if we risk losing an advantage,” Burge said. “Plus, there’s broomstacking (a post-game gathering) after the games—winners buy the beer!” he added. Bend Curling Club members also travel to regional competitions, often in Portland and Salt Lake City.

The Bend Park and Recreation District and Bend Curling Club have adapted the curling rules as needed to prevent the spread of COVID-19. Curling is one sport that is particularly suited for COVID-prevention guidelines. This year, teams use one sweeper at a time instead of two. Players stand apart, and the four lanes start the games on alternate ends. The open walls of the Pavilion keep fresh air circulating, and as Burge noted, “It’s not so bad wearing a mask when we’re playing in cold temperatures anyway.”

Bend Curling Club has doubled its roster to sixty members since its inception in 2016. They plan to keep reaching out to local athletes of all ages and abilities and generating support for additional ice space in Bend. Learn more about the club at bendice.org or the Bend Ice Curling Facebook page, and check out BPRD curling opportunities at bendparksandrec.org. Then get your rock, your broom and go for it! 🏈



GEAR FOR THE GAME: CURLING EQUIPMENT

STONES are still made from Scottish granite and weigh 44 pounds each. Sixteen stones are used in a curling match—eight per team.

BROOMS have evolved to be more of a stiff brush on a stick than a traditional broom. The scrubbing motion smooths the ice in front of the moving stone, helping it glide farther and straighter.

GRIPPERS fit over shoes or hiking boots to walk safely on the ice. Like old-school galoshes made from extra tacky rubber.

HACKS serve as a foothold for the curler throwing the stone, much like a starting block for runners on a track. One foot pushes off from the hack, and the other foot steps on a friction-free slider as the curler lunges forward.



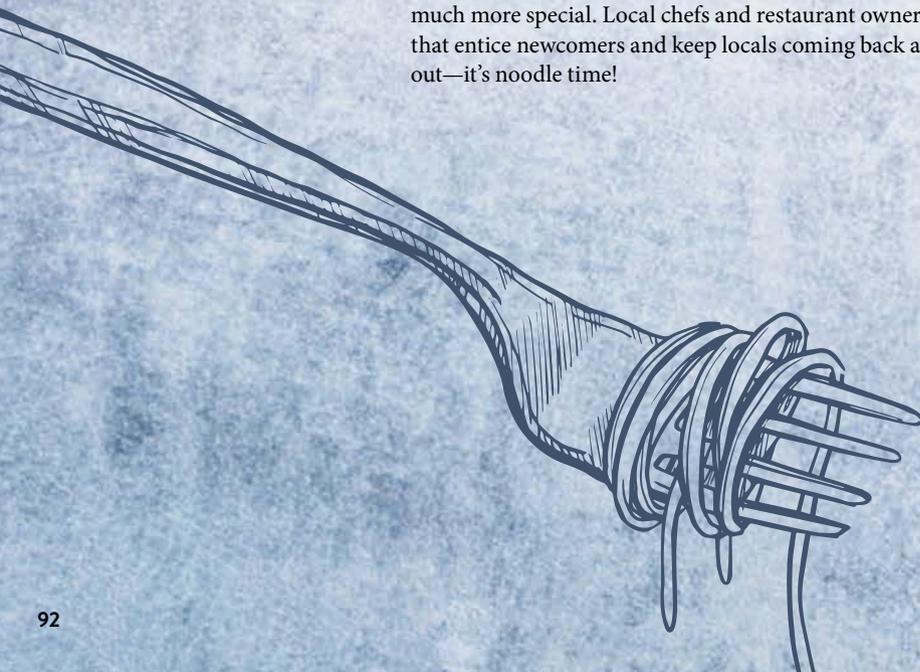
Twirl A FORK, SAVOR A Mouthful

Dive into delicious noodle dishes at local restaurants

WRITTEN BY **KAILEY FISICARO** | PHOTOS BY **TAMBI LANE**

For fans of Italian cuisine, biting into a forkful of pasta cooked, sauced and paired to perfection is one of life's simple joys. Taking in a warm bowl of noodles is even more rewarding and comforting in contrast to frosty outdoor weather.

Bend and Central Oregon are spoiled for choice when it comes to downright delicious pasta dishes by local restaurateurs. Winter is the perfect time to indulge in a plate of pasta cooked by the experts when you need a break after a week of cooking or to make your date night that much more special. Local chefs and restaurant owners show off their favorites here—dishes that entice newcomers and keep locals coming back again and again for more. Dine in or take out—it's noodle time!





Puttanesca, Marcello's Cucina Italiana



*pappardelle
alla
chiantigiana*

TRATTORIA SBANDATI

ASKED TO CHOOSE A FAVORITE DISH to share, Trattoria Sbandati's chef Juri Sbandati said the decision would come down to "sharing the memory of a landscape or the memory of a person, both nostalgic and intimate." Sbandati chose pappardelle alla chiantigiana, highlighting the memory of the Tuscan landscape.

"I close my eyes and I see happy pigs roaming in the Tuscan countryside, rolling hills, red wine flowing through a land that was made what it is today by the hard work of stubborn people," said Sbandati, who was born in Florence, Italy.

To make the dish a "small, humble tribute to that land, terra," and his fellow Tuscans, Sbandati said, the pappardelle, a wide, ribbon-like pasta, must be made by hand. To start, Sbandati stir fries together extra virgin olive oil and chopped leeks, then adds sausage from Primal Cuts Market, fennel and plenty of Chianti wine. In the end, paired with the pappardelle, the result is a spicy, shiny tomato sauce with pieces of sausage, topped with parmigiano reggiano cheese.



BRICKHOUSE

AS EXECUTIVE CHEF AT BRICKHOUSE'S locations in both Bend and Redmond, Sharon Fabiana has honed the restaurant's seafood pasta featuring an alfredo sauce over years' time. The fettuccine dish includes jumbo prawns, fresh sea scallops, Alaskan-caught salmon and halibut when it's in season (from about the middle or end of February all the way to around the second week of November), sourcing West Coast seafood whenever possible. Serving fresh seafood with cheese isn't classic in Italian cuisine, Fabiana explained, but because of just the right balance of cheese used in the dish—it includes an eight-month aged parmigiano reggiano—it's been a hit at Brickhouse.

"I wanted to do something a little different. I thought something more rich and powerful would work well," Fabiana said. "Sometimes I like to step outside the box. That's what makes a chef a chef—anyone can probably make a recipe, it's about choosing to infuse flavors."

The pasta is highly popular and often requested on what are Brickhouse's busiest nights of the year: New Year's Eve and Valentine's Day.

*seafood
pasta*





mushroom fusilli

JACKSON'S CORNER

YOU CAN THANK OREGON'S mushroom-friendly environment for keeping fusilli pasta on the Jackson's Corner menu year-round, according to Parker Vaughan, executive chef and partner. The ability to access fresh mushrooms any time of year has made fusilli pasta a staple menu item pretty much from the start. Jackson's Corner makes fresh pasta on a near-daily basis, often in about 10-pound batches, using flours from Bob's Red Mill and another Oregon producer, Camas Country Mill.

Fusilli isn't the only shape they make, but it's the cut of choice for the mushroom pasta dish, as its twists offer the perfect vehicle for

mushroom-on-mushroom flavor, including maitake, oyster and wild mushrooms. Cooked to order, Vaughan's team pan roasts mushrooms, mincing them and adding garlic, thyme, shallot and sherry vinegar to make a duxelles that's then added to the cream-based sauce with pancetta. Then more big "meaty chunks" of mushrooms are pan roasted and added to the plate.

"Comfort food is something that is growing even more now although it has always been popular," Vaughan said. "It's a nice and hearty, earthy dish."

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MARCELLO'S CUCINA ITALIANA

THOUGH THE KITCHEN'S RECIPE has surely been tweaked over time, linguini puttanesca has been served at Marcello's Cucina Italiana in Sunriver since it opened forty years ago, according to Thad Lodge, owner, who has been part of the ownership for the past fifteen years. When guests order the savory seafood dish, they may ask after the flavors it features or which wine it pairs best with. The interesting bit that doesn't always come up? The origins of the dish's name.

"Puttanesca" in Italian is said to roughly translate to "lady of the night"—or what we might more bluntly call "prostitute." Lodge tells it like this: "at the establishments where men would frequent in the past, they would often have a seafood stew cooking." Over time, the stew and the term for the ladies who often served it became one in the same.

In most cases, puttanesca dishes use a red sauce, often with anchovy, but at Marcello's it's a little different, as they've added their own spin to the Italian classic, Lodge said. They toss linguini in a light basil pesto white wine sauce with jumbo prawns, sea scallops, wild salmon, artichoke, mushrooms, capers and diced tomatoes. **B**



puttanesca

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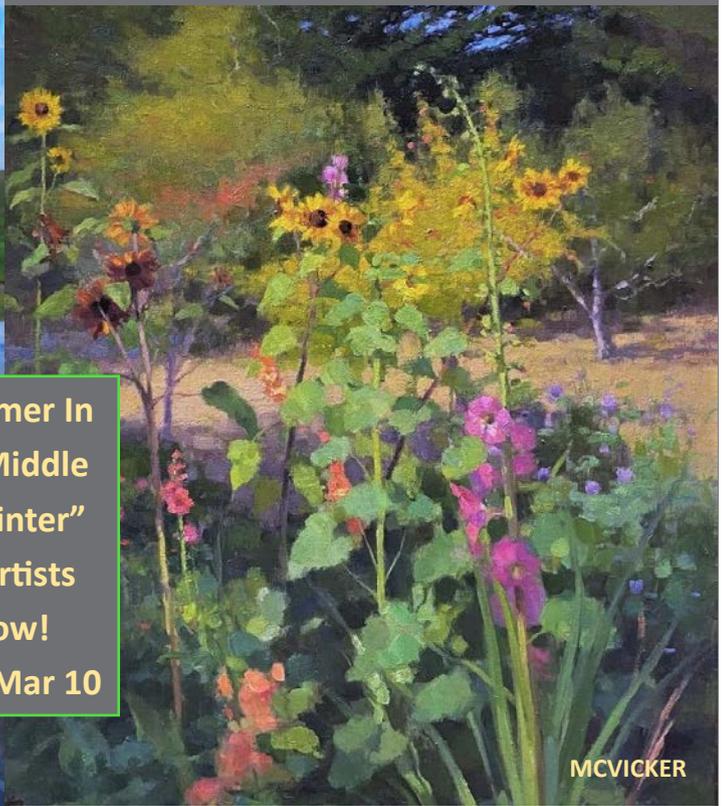


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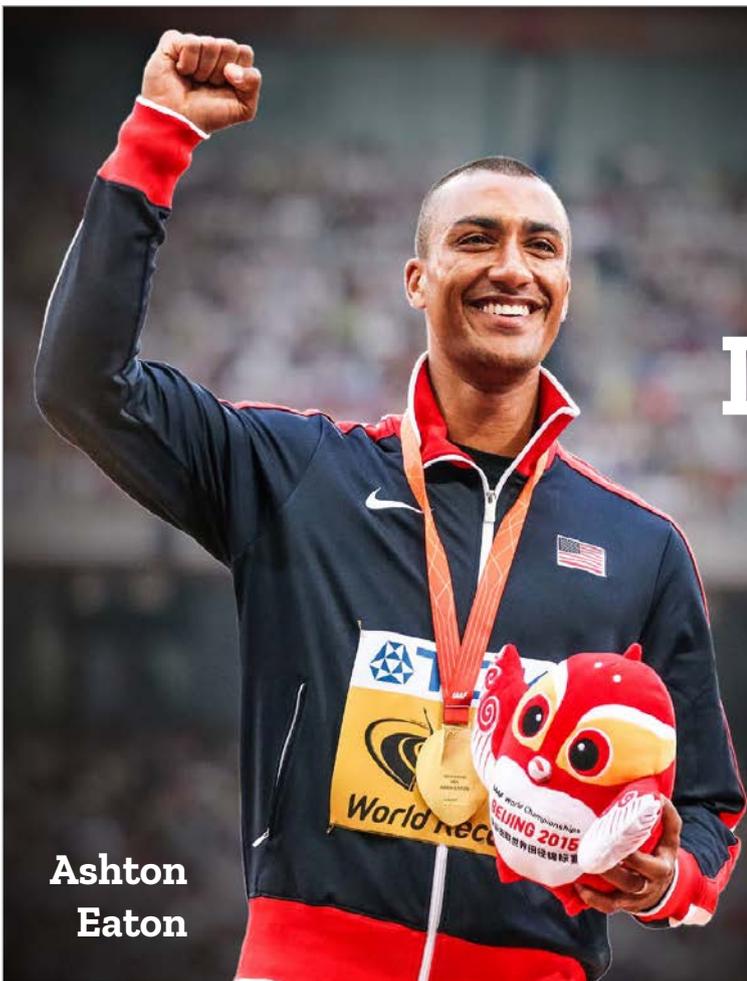
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Deeply Rooted owner Devin Sims

VEGAN

Deeply Rooted

A plant-based restaurant and cocktail bar in downtown Bend

WRITTEN BY TERESA RISTOW

Eating vegan has evolved rapidly in the past couple of decades and gone are the days of wondering how vegans get their protein or whether they just eat tofu with every meal—or at least those days should be in the past. The evolution of plant-based eating can be seen firsthand at Bend's new vegan eatery and cocktail bar, Deeply Rooted. The menu isn't all salads and soy protein (though they do offer both) but is a well-rounded mix of appetizers, fresh juices, rice bowls and meaty-sounding entrees like burgers, fish and chips and chicken tenders. The proteins come from mushrooms,

walnuts, hearts of palm (that's the inside of a palm tree) and a variety of other plant-based sources, including protein-rich veggies such as broccoli in everything, according to Deeply Rooted owner Devin Sims, who has followed a vegan lifestyle for a decade himself.

"It's kind of more of why not?," Sims said about his decision to eat vegan. "It's not just about the animals anymore. It's about the environment, and the future of our species on the planet."

Sims moved to Bend in 2018 from southern California and soon began putting his dream of creating a vegan eatery into full swing.

PHOTOS THIS SPREAD ALEX JORDAN



Whiskey sour



“I’d worked in restaurants for a long time, and I’d always liked restaurants, but I wanted to be on the other side of things,” said Sims, who was drawn to Bend for the outdoor lifestyle and access to whitewater rafting and kayaking. He considered a food cart, but wanted to offer cocktails, too, so he instead held out to find the right location for his new restaurant.

When the former Bad Wolf Bakery & Bistro location opened up at the corner of Wall Street and Newport Avenue, Sims decided to take the leap. He opened his doors on March 23, 2020, a week which by now everyone realizes was not the most opportune time for an opening. “We reduced our menu by half, and went to takeout and delivery only,” Sims said. As restrictions loosened, the restaurant opened for dine-in counter service, with tables inside or spots around the bar, where fresh juices and cocktails made with local spirits are served up. Outside, there’s more seating in the sunshine overlooking Newport Avenue and the edge of downtown, along with a big wraparound couch and fire table, offering a cozy atmosphere on cool evenings. By the summer, business at Deeply Rooted had doubled and was continuing to grow. “This is a very busy street, so there’s been a lot of word of mouth,” Sims said.

The menu is modest but offers a wide

“It’s not just about the animals anymore. It’s about the environment, and the future of our species on the planet.”

variety, including highlights like the Infinity & Beyond, a Beyond Beef patty with smoked gouda, caramelized onions, stone ground mustard and typical fixings, served on a pretzel bun with a salad.

For another meat-like dish, try the Gone Fishin’—a fish and chips-style beer-battered heart of palm fillet and French fries. The heart of palm has “the taste similar to an artichoke, but the consistency is more like a flaky fish,” Sims said.

Try your meal with a handcrafted cocktail, like the popular Green Lantern, which pairs tequila with Hatch chili vodka from Crater Lake Spirits, mixed with green juice of pineapple, mint and jalapenos made in-house. Or try a vegan White Russian, made with oat milk and hazelnut espresso liqueur. They also offer a handful of wines

and local craft beers.

While Deeply Rooted seems to be the first vegan restaurant with a bar in Bend, it’s one of a growing number of vegan options. Salud Raw Food on Franklin Avenue near downtown is a raw food vegan café (it temporarily closed in September for an undetermined amount of time) and there’s a vegan food truck, Toasty, that has set up shop at Podski’s near the Box Factory.

Sims said he refers to Deeply Rooted as plant-based, versus vegan, in hopes of attracting customers who might be reluctant to walk into a strictly vegan restaurant. When those non-vegan eaters do give the food a chance, they’re pleasantly surprised, he said. “We had a guy come in last night, wearing an ‘I put bacon on my bacon’ shirt, and the girl he came in with was vegan, but he wasn’t,” Sims said. “And he liked it.”

As he looks toward the future, Sims is hopeful that the vegan lifestyle grows in popularity, and more vegan spots open in Central Oregon. “My dream is to see a predominantly vegan world,” he said. “It’s the future for the sustainability of our species and the health of our planet, not to mention the ethical side of it and the treatment of animals, both wild and domestic. There’s a well-known saying, ‘peace begins on your plate.’” **IB**



Après Ski Lift

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AFTER HITTING THE SLOPES

Whether you're a long-time local, a recent transplant or on a trip to Bend, it always feels like vacation at Seventh Mountain Resort. When you sit outside underneath the pine trees and the snow starts to fall, memories of high school hot tubbing, ice skating with grandpa and après ski condo time instantly come rushing back. It's been a favorite Central Oregon place for decades for a reason.

After you get in a long day of chasing clouds, exploring the outback and reaching for the summit at Mt. Bachelor, loosen those ski boots and head to the resort's Outfitter Bar for a well-earned libation. You'll find a fun list of specialty cocktails and favorite local beers on tap, along with a hearty bar menu featuring brats and burgers.

Order a Ski Lift and take it outside to the fire pit, where you can sip the mug of steaming hot chocolate spiked with coconut rum and peach schnapps while you watch ice skaters joyfully circle the rink. Look up through the strings of white lights and shadowed boughs to the winter's starry sky and be glad you can call Oregon home (even if it is only for the weekend).

— Sara Freedman

SEVENTH MOUNTAIN SKI LIFT

1 oz. coconut rum

1 oz. peach schnapps

1 cup of hot chocolate

Garnish with whipped cream and toasted coconut flakes

Add coconut rum and peach schnapps to an Irish coffee glass mug. Fill remaining glass with steaming hot chocolate. Top with whipped cream and toasted coconut flakes. (To make the coconut flakes, use fresh coconut and toast in oven until golden brown.) B

EAT EXPLORE CENTRAL OREGON

Restaurants in the region continue to be nimble, with many offering outdoor seating, takeout and dine-in service, when permitted, while following social distancing guidelines and safety protocols. Central Oregon restaurants would love to receive your order. As always, buying a gift card is a great way to support your favorite eateries any time of the year. Contact individual restaurants for details.



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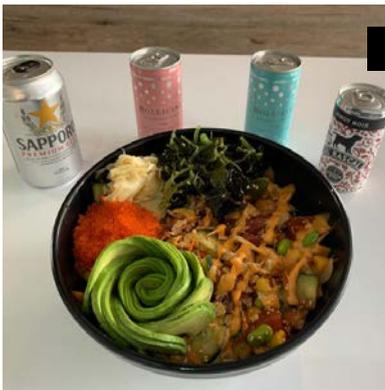
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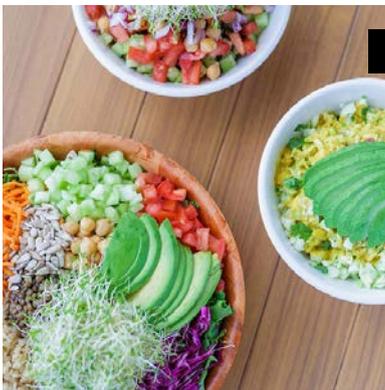
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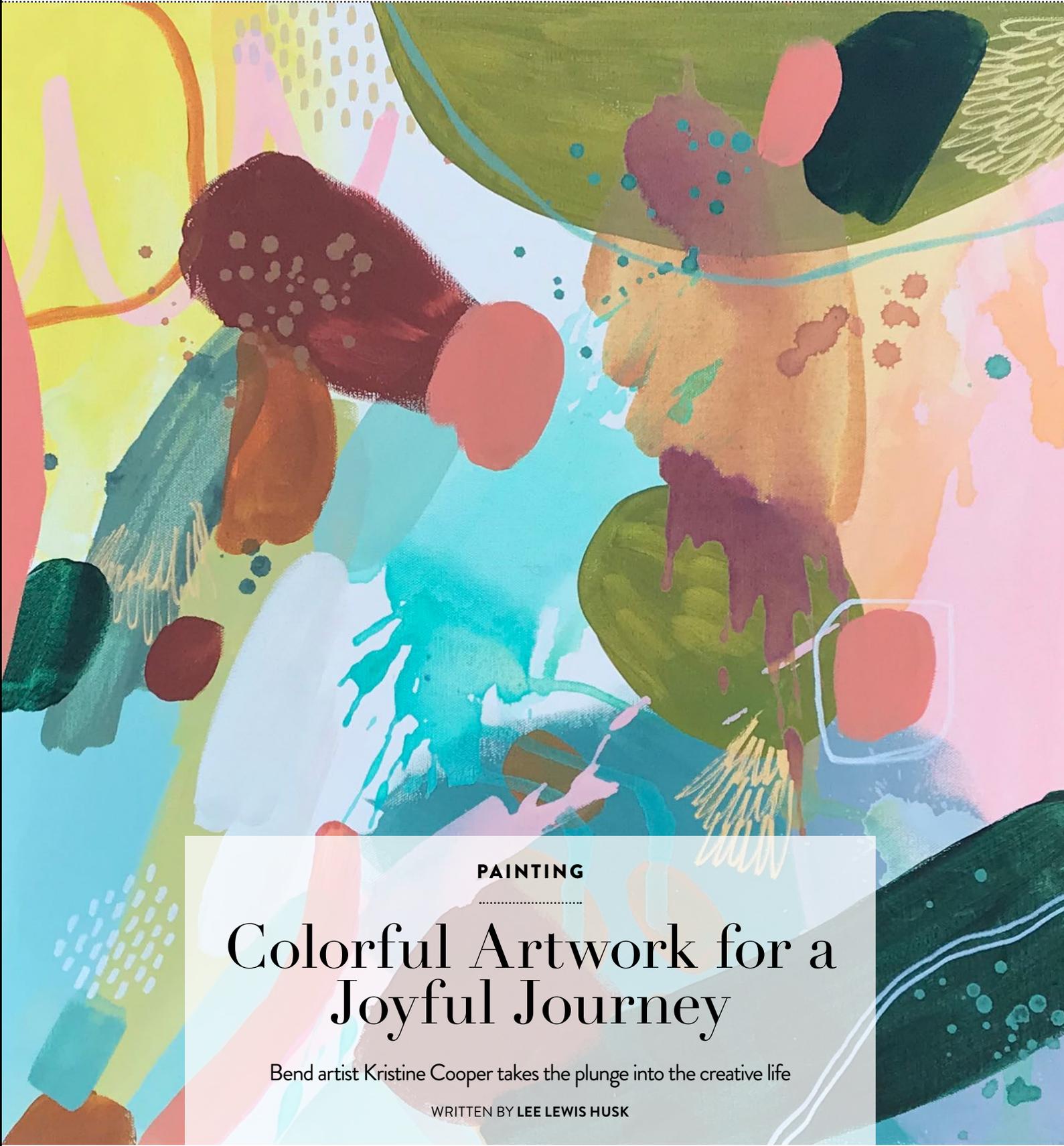


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PAINTING

Colorful Artwork for a Joyful Journey

Bend artist Kristine Cooper takes the plunge into the creative life

WRITTEN BY LEE LEWIS HUSK



It's a brave new world for Bend artist Kristine Cooper, who quit jobs in retail management and the building industry to support herself as a full-time artist. "I realized this summer that I was no longer being fulfilled in my 9-to-5 job and decided to move toward creating something from my soul," she said.

The young artist—just 26—wanted to be a full-time creative professional after graduating from Seattle Pacific University's studio fine arts program in 2016, but she had little encouragement from those around her. "I tried working full time while pursuing my art on the side but ended up exhausted and unfulfilled," she said.

"Since COVID slowed life down, I had time to be intentional and process what I was doing with my life," Cooper said. She was making money selling her artwork on the side and decided that devoting her whole being to art would open new doors. Quitting her jobs and starting her own business was the scariest thing she's ever done, but she said, "The universe takes care of you when you're doing what you're really meant to do."

Cooper creates a visual diary of her life through abstract and playful canvases, murals and textiles in vibrant colors and bold shapes. Some are energetic with swirling patterns and dripping paint; others hint at representational subjects such as people and landscapes. Her medium is primarily acrylic paint but often incorporates mixed media such as pencils, charcoal and oil pastels. She builds texture with thick and thin layers of paint and adds specks of gold "to create visual interest across the canvas."

"I create what's been in my head for weeks or days, such as a shape that occurs while hiking," she said. "I don't try to evoke any particular feeling, but [my] art can bring out a sense of joy, playfulness or a light feeling."

When working from her home studio, she sets up an easel, listens to music "to make my brain think in different ways," and loses herself in the process, working in long segments. When she wants to draw inspiration from the desert and her environment, she does plein air painting.

Like many new transplants, Cooper moved



“I can fully dedicate my time toward my work and create boldly. I’m trusting the process and the gifts I’m meant to share.”



to Bend for the outdoor lifestyle. “I can get on a trail in 20 minutes instead of being in Seattle traffic for hours,” she said, adding she’s found her artistic voice in Bend since arriving in 2017. Cooper regularly shows her work in cafés and retail spaces, such as Thump Coffee, Revolv, Velvet, The Commons and Nancy P’s Café & Bakery. Her work has also been exhibited at Franklin Crossing, Cascade Sotheby’s, the Oxford Hotel and Sunriver Lodge.

These shows are sources of sales, as are her website and others such as Etsy—from which the president of DreamWorks once bought a large-scale abstract called “Second Chances.” “It was an eye opener to have a client like that

buy a piece,” she said. “I’ve seen continued momentum—you never know who is going to buy or who you’ll meet.”

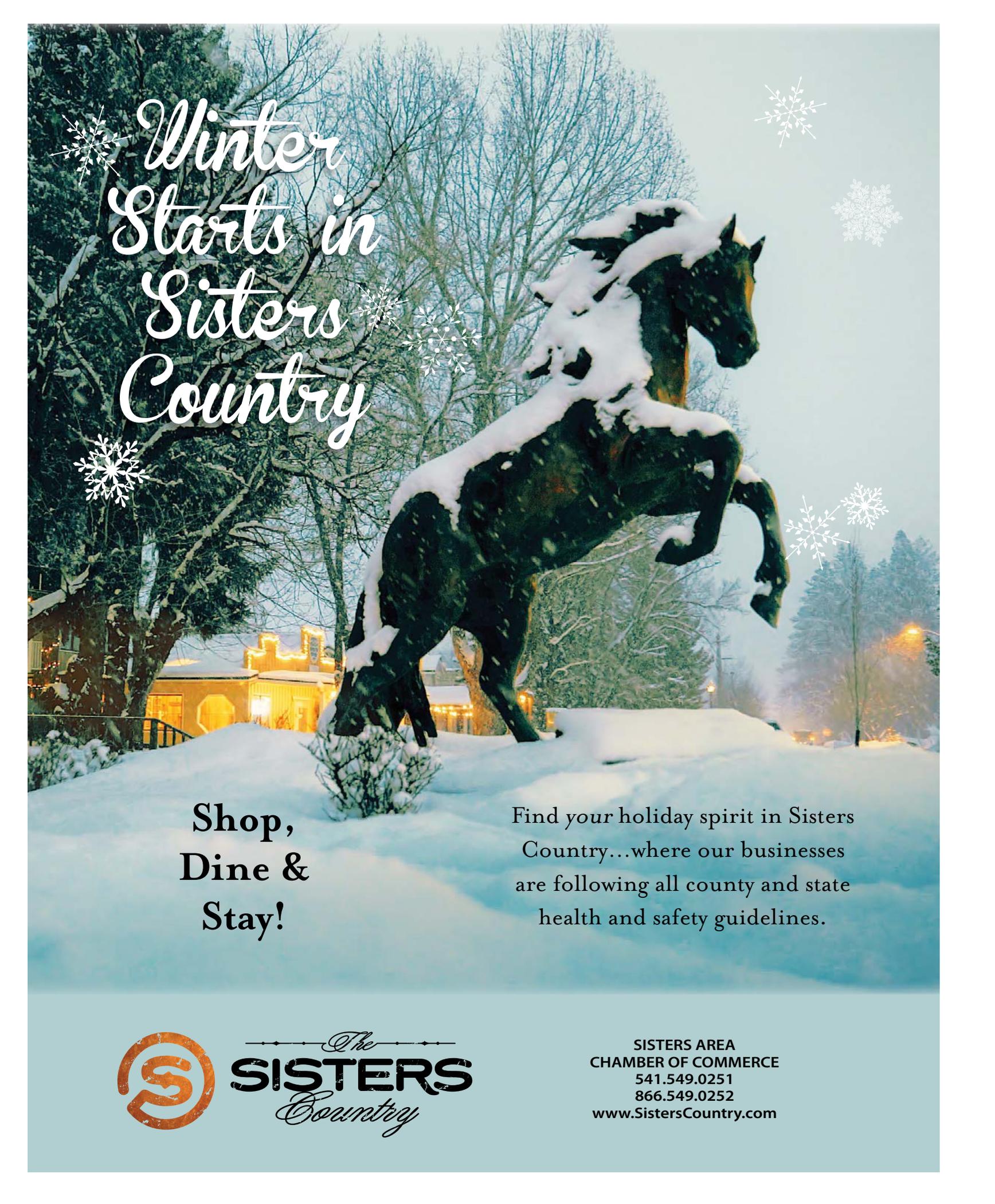
Other avenues she’s exploring are commissioned murals in homes and businesses. Anna Spengler of Bend chose Cooper to do a mural in her living room after seeing her website and the joyful mood of her art. “Her work really speaks to me, especially her magical mountain scenes,” Spengler said. “She uses vibrant, fun colors and has an eclectic and bold style. Her mural brings my living room to life, and the colors inspire creativity.”

Cooper has also begun attracting clients who want help with their home’s interior

styles, such as how to blend vintage or antique furniture with modern elements. This includes repurposing people’s treasures in a creative way that brings them new life. “I want to help people make their space unique and bring art into a home for a cohesive design,” she said.

Since starting Cooper Art and Abode, she no longer holds herself back. “I can fully dedicate my time toward my work and create boldly,” Cooper said. “I’m trusting the process and the gifts I’m meant to share.”

To see Cooper’s artwork, visit Fix & Repeat, a restaurant in the Box Factory, in January. See more at COOPERARTANDABODE.COM.



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MEMOIR

A Not-Depressing Memoir About Mental Illness

A Sisters author opens up the darkest corners of her mind

WRITTEN BY BRONTE DOD

She was going to stab her doctor, but she wrote a book instead: that's the hook for *Prozac Monologues: A voice from the edge*, a memoir released last fall from Sisters author Willa Goodfellow and She Writes Press.

Prozac Monologues is really two books. One is the raw stream-of-consciousness monologues Goodfellow wrote over the course of three weeks in Costa Rica in 2005 after she decided to quit taking Prozac. The second part, acting as a sort of epilogue after each monologue, provides the medical history and context for Goodfellow's state, and offers resources for those who may be struggling with bipolar disorder. The result is something completely original.

According to the National Alliance of Mental Illness, 2.8 percent of the population is diagnosed with bipolar disorder; 83 percent of those cases are classified as severe. Bipolar disorder is often misdiagnosed as depression, and for years Goodfellow, an Episcopal priest, tried a slew of medications that offered some relief, but mostly dangerous side effects. "Bipolar disorder is not diagnosed and not treated appropriately for an average of 7.5 years," according to a 2006 study cited in the book.

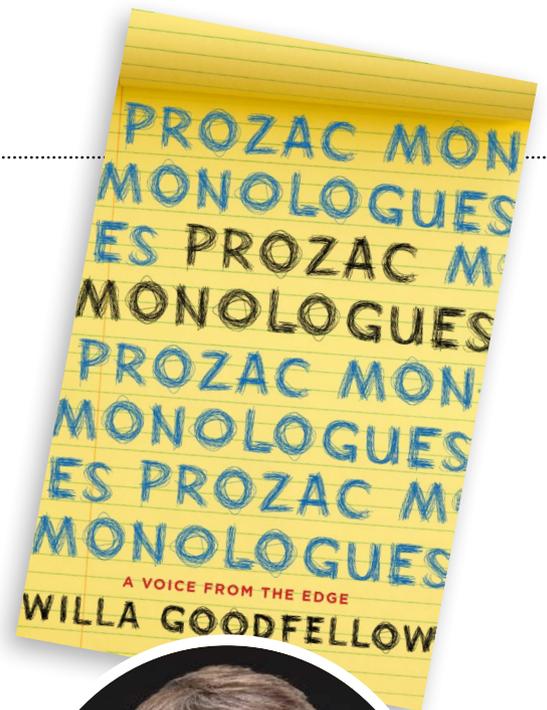
Goodfellow manages to strike the right balance in a tone that is serious and moving in nature but also comedic and witty, which makes the difficult moments of the book easier to swallow. One irony is that in the manic writing episodes there are snippets of great writing and clever insights. For

example, "In short, it's hard to know whether depression is a problem of distorted thinking or the consequence of clarity." Or while recounting a hike in Costa Rica, "Forget your camera. You can't capture an experience on film. While you are trying to preserve the moment, inevitably you fail to experience part of the moment." And, "Depression is so depressing. And you can't get help unless you talk about it. And if you talk about it, you get more depressed." Each essay gains in clarity, direction and coherent thoughts as the Prozac works its way out of Goodfellow's system.

Goodfellow was raised as a Roman Catholic but became an Episcopalian in college. She graduated from Reed College and has a master's degree from the Yale Divinity School. She has a blog where she offers reflections on mental illness and critiques contemporary writing about mental health. Though she never had formal ambitions to write professionally, being a priest and writing sermons and her blog each week honed her writing skills, creating a form that feels conversational and friendly while offering important insights into mental health.

"When I first was writing this, all the memoirs of depression were so depressing," she said. "Humor is a communication strategy. I can go as dark as I want. When I turn [my experience] into a joke, non-suicidal people don't dial 911, and suicidal people hear me. They know that I see them and they see me."

For some, the monologues may be difficult to parse. But read closely and see a thread



Willa Goodfellow

that's one of the most illuminating parts of the book. In the editing process, the bulk of the monologues were kept intact, to let the writing speak for itself. "I didn't want to lose the hypomanic sense of it," Goodfellow said. "That's one of things that people with bipolar can do. We can find connections in things that don't look connected."

While her book tour has been moved online, Goodfellow continues to work on new writing projects. These days—when anxieties are high from COVID-19, climate change and political instability—Goodfellow said she is grateful to have meaningful work to do.

"In any circumstance, we need to find the thing that gives our life meaning. Putting together puzzles fills the time if it's going to be short term. Over the long term, what is it that I can do that matters? So this is what I'm doing." ■

Prozac Monologues can be purchased online at local bookstores and indiebound.org. Find more of Goodfellow's writing at PROZACMONOLOGUES.COM.

■ literary series

Author! Author!

The full line-up for Author! Author! 2021 features best-selling authors in online conversation, presenting in the first three months of 2021. The popular literary series from The Deschutes Public Library Foundation kicks off with Tayari Jones, in conversation with Elizabeth Gilbert. *The New York Times* bestselling writer is the author of four novels. Jones' most recent release, *An American Marriage*, was an Oprah's Book Club Selection and appeared on Barack Obama's summer reading list as well as his year-end roundup. Next up

will be Ta-Nehisi Coates, in conversation with Mitchell S. Jackson. Coates is a distinguished writer in residence at NYU's Arthur L. Carter Journalism Institute. He is the author of the bestselling books *The Beautiful Struggle*, *We Were Eight Years in Power* and *Between the World and Me*, which won the National Book Award in 2015. Coates is a recipient of a MacArthur Fellowship. He is also the current author of the Marvel comics *The Black Panther* and *Captain America*. Finally, *The New York Times* reporters Nicholas



Kristof and Sheryl WuDunn, who received a Pulitzer Prize for their coverage of China's Tiananmen Square movement, take the "stage." Kristof and WuDunn are the authors of the bestselling book *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*. Their most recent book, *Tightrope: Americans Reaching for Hope*, follows, in part, the lives of some of the people Kristof grew up with near Yamhill, Oregon. For tickets see DPLFOUNDATION.ORG/AUTHOR-AUTHOR.

■ classic events

New Film Features The History of Bend's Water Pageant

From 1933 to 1965, a floating parade on Mirror Pond drew thousands to Drake Park in downtown Bend for a one-of-a-kind July 4th celebration. Relive the pageant through the archives of the Deschutes Historical Museum and the memories of past pageant royalty with the newly released short film, *Let There Be Light*, by Future Filmworks and produced by the Deschutes County Historical Society. "The farther away in time the Water Pageant recedes, the more memories we lose from those who participated in the event," said Kelly Cannon-Miller, executive director at Deschutes



County Historical Society. "We wanted to make sure we captured some of those memories before too much time passed." Born out of a drive to increase commerce during The Great Depression, the annual event united history and theatrics with civic pride. Using the archives of the Deschutes Historical Museum and interviews with former pageant royalty and organizers, the film details the unique night-time parade of floats on Mirror Pond that married theater and historical pageantry. "When people who

never experienced it hear about the water pageant, they have so many questions. Namely, why did it stop and can we bring it back. We wanted to show how special and important the pageant was to the city for over

three decades. None of the annual events on Bend's calendar now come even close to replicating the city-wide creativity and involvement that went into the pageant."

The film was funded through a generous gift from Cascade Heritage Foundation. Screenings are available through BendFilm's Virtual Tin Pan Theater; a \$5 ticket allows fourteen days to stream the film. Proceeds from sales benefit the Deschutes County Historical Society. See TINPANTHEATER.COM.

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