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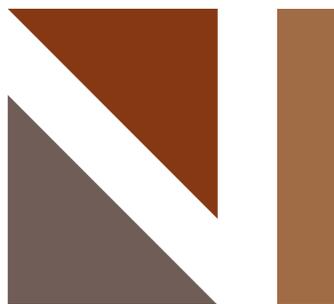
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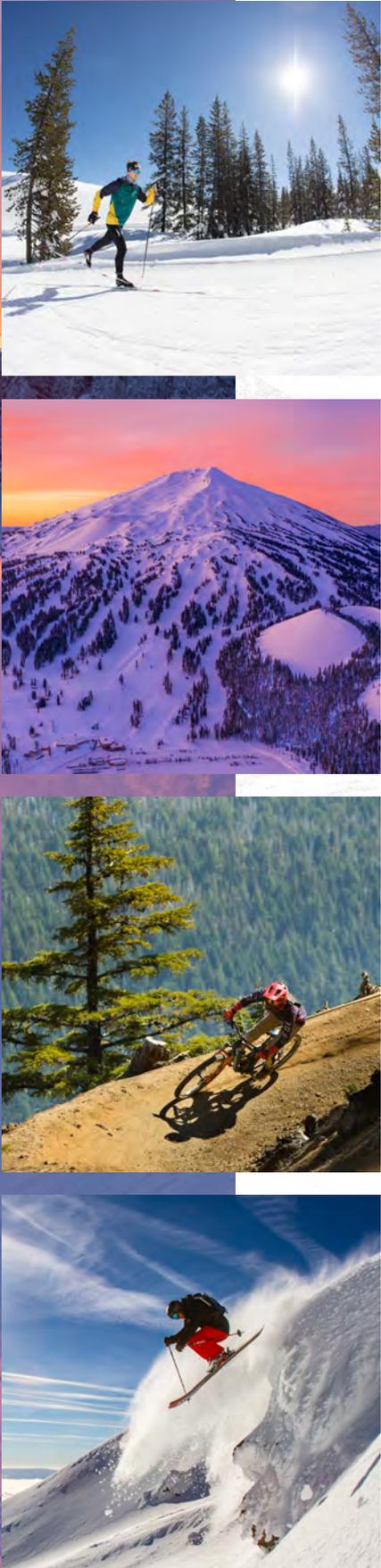
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30

STEENS-BOUND

Road trip into the desert this spring to discover migrating birds at Malheur Wildlife Refuge, the charms of the Alvord Desert and the snow-free lower flanks of Steens Mountain.

WRITTEN BY MATT WASTRADOWSKI

TABLE *of* CONTENTS

Features

May \ June 2021

74

HIDDEN GEMS

Off the beaten path adventures, underground pleasures, tucked away surprises—whatever you call the discovery of wonderful new experiences, we have a terrific round up of them for you.

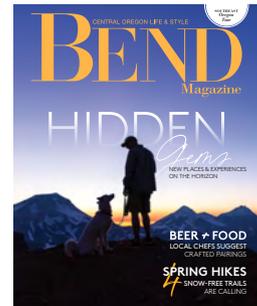
WRITTEN BY BEND MAGAZINE STAFF

82

A CENTURY OF DRAKE AND SHEVLIN

Two beloved Bend parks have big birthdays this year. Happy one hundredth birthday to Drake Park and Shevlin Park.

WRITTEN BY SUZANNE JOHNSON

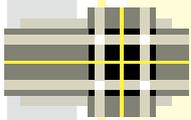


ON THE COVER

Summer sunset over the Cascade Mountains.

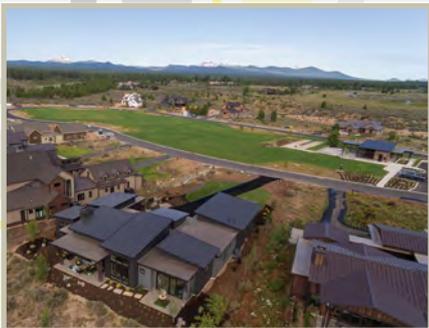
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TABLE *of* CONTENTS

May \ June 2021

90

BEER + FOOD = YUM UNDER THE SUN
Local brewpub chefs suggest their favorite craft beer and menu item pairings for summer.



24

Front Deck

BEND & CO NEWS The High Desert Museum up for a major award | IPA collab | Deschutes Brewery buys Boneyard | Bend Park and Recreation District's new community center opens for business

108

Back Deck

ART BEAT Sarah Root draws in pencil **CULTURE** Old Mill District gets a new mural | Children's book celebrates the outdoors | Museum awarded grant **AESTHETIC** Olivia Harms sings authentic country

Departments

30

EXPLORE

Getaway to Malheur, Steens and Alvord | Spring hiking trails near and far

42

COMMUNITY

Local athlete Lew Hollander | An actor at bat in local baseball history | Tips from Travel Oregon's Take Care Out There

56

HOME

A 1970s redux on Bend's westside | Outdoor living style tips

68

VENTURES

Old time motels on the rise | The Colima Market and the flavors of Mexico

90

PALATE

Food and beer pairings | CHOWBURGER | Stoller Wine comes to town

Also in this issue

- 16 Contributors
- 20 Editor's Letter
- 22 Connect with Us
- 112 #thisisbend

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BEAU EASTES

A native Kansan, Beau Eastes is a freelance adventure and beer writer based out of Bend. With a soft spot for coffee stouts, old forest roads and forgotten baseball teams, Eastes regularly contributes to travel magazines throughout the Pacific Northwest. His herculean efforts to find Oregon's finest fried chicken and friendliest dive bars have earned him the adulation of dozens. In this issue, Beau wrote about actor Kurt Russell's time playing baseball for the Bend Rainbows in the 1970s (pg. 49).

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. Her work 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. In this issue, Tambi photographed food and beer pairings (pg. 90). See TAMBI.LANE.COM and ALLTHINGSFOODBEND.COM.



LEE LEWIS HUSK

Someone called Lee a unicorn—an acknowledgement that anyone raised in Bend is a rarity in the fast-growing city. As a teen, she skied at Mt. Bachelor and snuck out of her parents' home to swim at Juniper at night. After graduation, she left for 30 years but returned in 2000 to raise kids and be near family. She still skis at Bachelor, and no longer has to sneak into the Juniper Swim & Fitness Center. Being a freelance writer allows her to connect with her community and cover everything from science and medicine to travel, art and architecture. In this issue, Lee wrote about artist Sarah Root (pg. 104).

NOAH NELSON

Bend Magazine staff writer Noah Nelson graduated from Oregon State University with a B.A. in history with a minor study in journalism in 2020. The former assistant editor of the OSU college magazine, *Beaver's Digest*, Noah loves the research, writing and opportunities to talk to people to learn what they are passionate about that his job entails. A Bend native, he is delighted to be back home, and especially enjoys writing about restaurants, outdoor sports, festivals and Oregon's indigenous and pioneer history. In this issue, Noah wrote about athlete Lew Hollander (pg. 42) and singer Olivia Harms (pg. 109).



TONI TORENO

Toni is the owner, photographer and wanderlust spirit behind Bend Photo Tours. A published photographer, business guru and Bend enthusiast, her love for photography has taken her around the world, capturing photos from seven continents, 54 countries and 38 states. Toni loves the artistic side of photography and enjoys sharing her photographic knowledge. Toni also works as a business consultant, and is often hiking up and/or skiing down a mountain with a camera in hand and her pup Maya by her side. Toni contributed to our spring hikes and century parks stories (pgs. 37 and 82).

KATRYNA VECILLA

Katryna Vecella joined the Oregon Media team this year as the marketing director. She's spent the past eight years discovering her passions for travel, writing, and interacting with people of all sorts, which ultimately brought her to Bend. When she's not working, you'll find her trying anything and everything outdoor-related. Katryna spends her time skiing, mountain biking, or finding the best patio to enjoy a beer, depending on the season. In this issue, she wrote about the new Stoller wine bar in the Box Factory (pg. 102).



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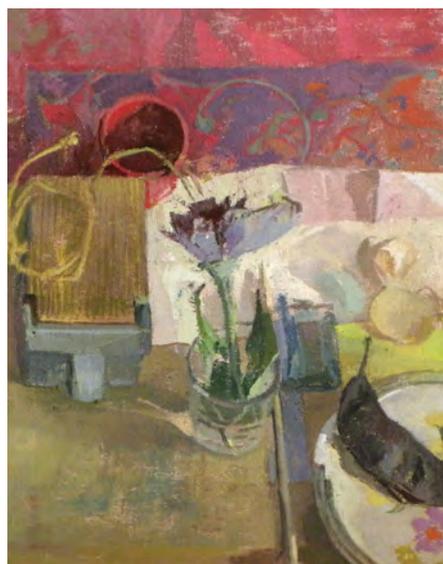
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"Higher Ground" 24" bronze ed. 22



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"Harley Davidson Model B Single" 36"x60" oil

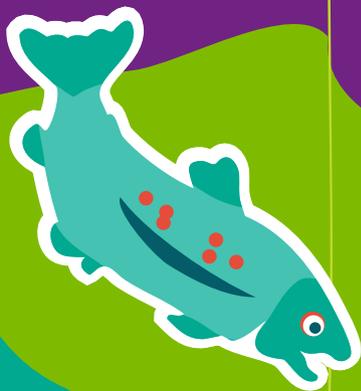
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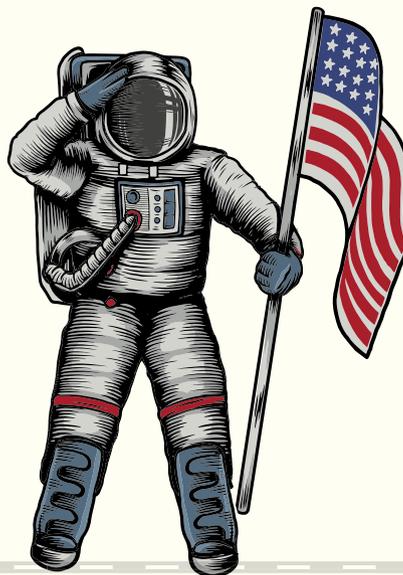
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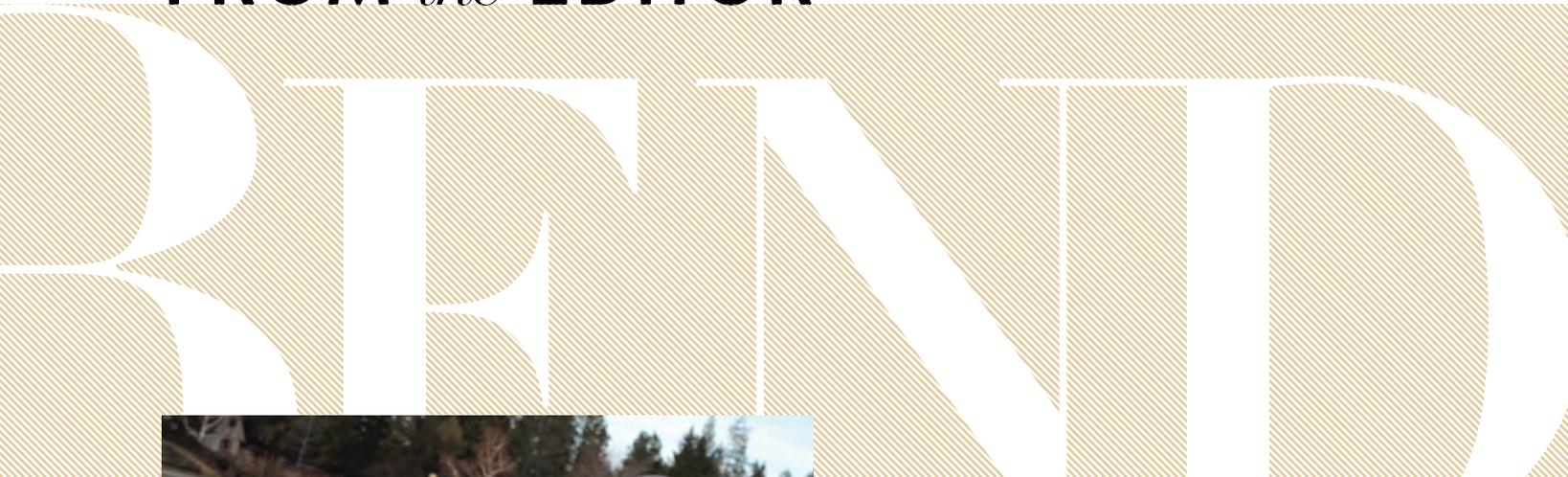
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A Centuries-long Connection to Place

In Bend, we have a strong sense of place. Surrounded by so much natural beauty, the land intertwines with our daily lives. It can feel as if the landscape becomes an integral part of ourselves.

In this issue, we look at the hundred-year-anniversary of the establishment of two beloved Bend parks—Drake and Shevlin. Bend as a pioneer settlement was founded by Alexander Drake after his arrival here in 1900, becoming a city in 1905. Early on in the city’s history, in 1921, Bend residents had the foresight to set aside two special parcels for protection and enjoyment for all future generations to come. Long

before the establishment of the parks, the lands of Drake Park and Shevlin Park were important to Native Americans, who traveled seasonally along the Deschutes River and Tumalo Creek, seeking berries, fish, game, and organic materials to use to make baskets. The land was home to trees, plants and animals, too. Centuries of visitors have made memories on the land that comprises Drake Park and Shevlin Park. Many humans have grown up exploring these natural spaces, forging a strong connection to place over time.

The next time you wander a trail through the woods at Shevlin Park or kick back in the grass in Drake Park, imagine all of those who have done so before you. Think of the stories of one hundred years’ worth of visitors to Drake Park and Shevlin Park, and stories from even longer ago, before the places carried the names they do today.

We explore other long-beloved Oregon places in this issue, too, including a road trip tour of Steens Mountain and Malheur Wildlife Refuge. In our hiking story, venture near or far to the Deschutes River Trail, Tumalo Falls, Crack in the Ground and the John Day Fossil Beds National Monument. Our cover story on Hidden Gems leads readers to more treasures of place and discovery in and around Bend.

Also read about a brand-new Bend park or two, the renovation and rebirth of old-time motels around town, craft beer and food pairings suggested by local chefs to tempt your taste buds this season, and a family-owned market offering the authentic flavors of Mexico. Prineville-based singer Olivia Harms tells us about her quest to produce authentic Western music, and artist Sarah Root reveals her passion for drawing wildlife in colored pencil.

Wherever your journeys take you this season, enjoy your exploration of and connection to this place we call home.

Kim Cooper Findling, *editor in chief*

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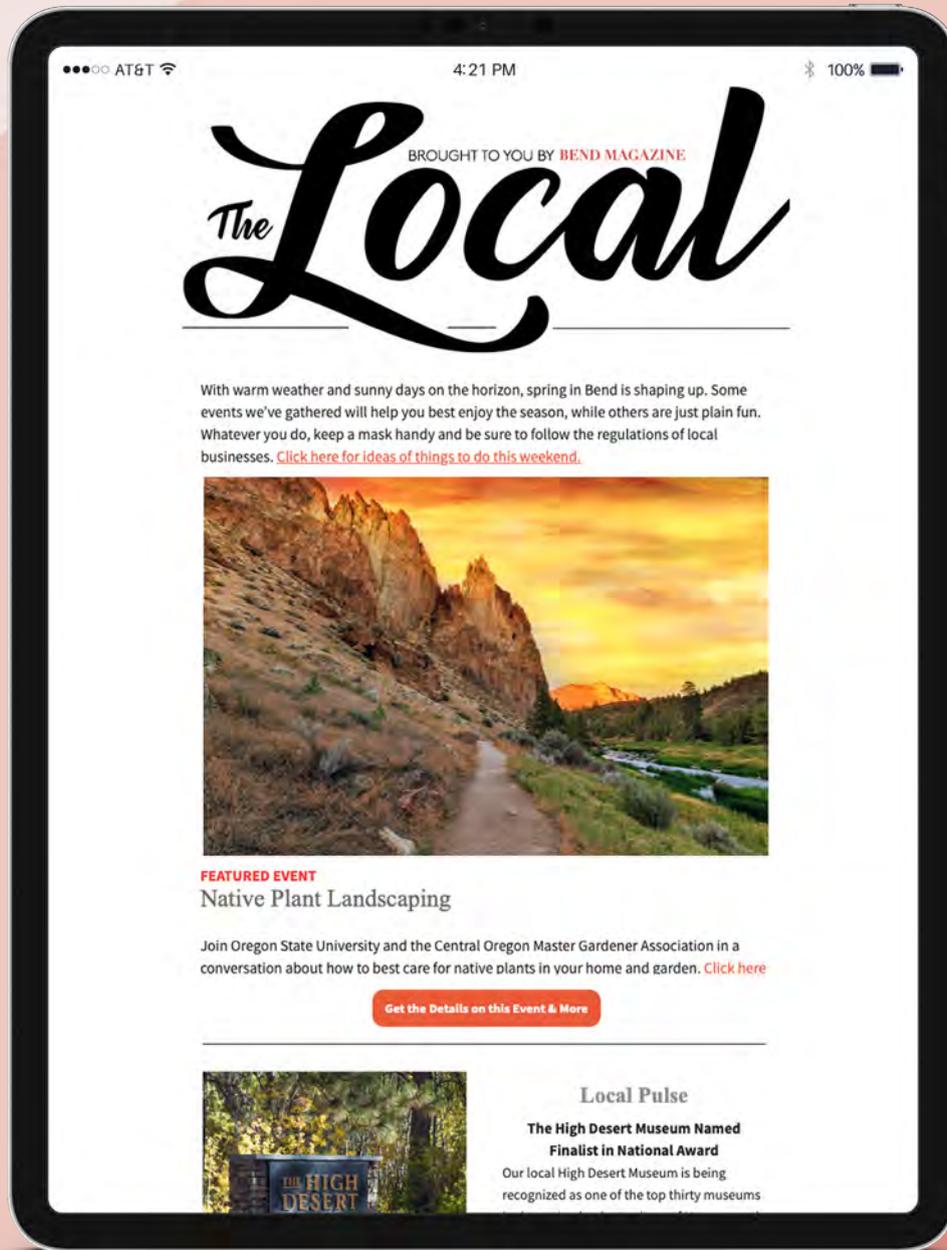


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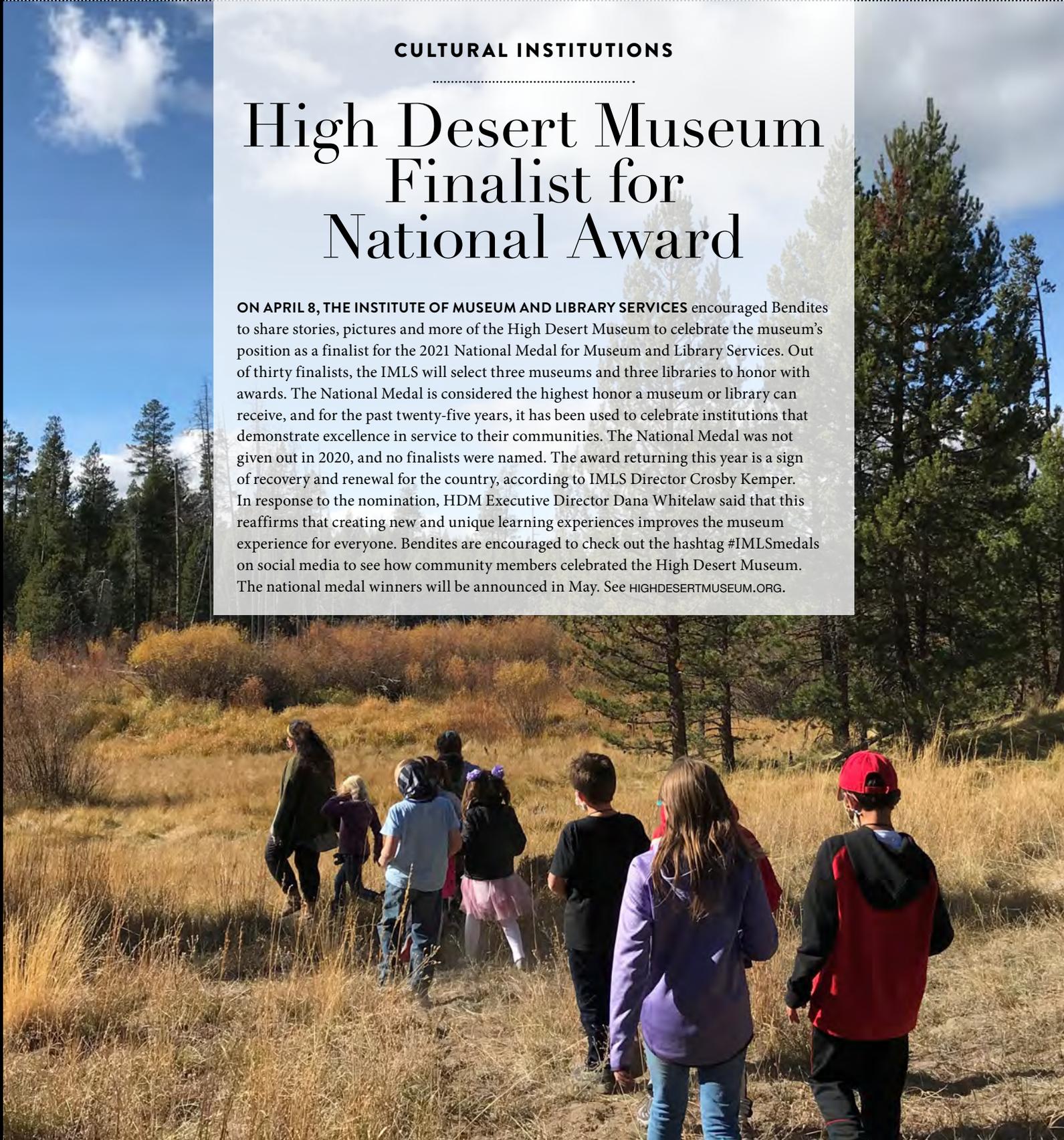
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BEND BUZZ + CENTRAL OREGON NEWS

CULTURAL INSTITUTIONS

High Desert Museum Finalist for National Award

ON APRIL 8, THE INSTITUTE OF MUSEUM AND LIBRARY SERVICES encouraged Bendites to share stories, pictures and more of the High Desert Museum to celebrate the museum's position as a finalist for the 2021 National Medal for Museum and Library Services. Out of thirty finalists, the IMLS will select three museums and three libraries to honor with awards. The National Medal is considered the highest honor a museum or library can receive, and for the past twenty-five years, it has been used to celebrate institutions that demonstrate excellence in service to their communities. The National Medal was not given out in 2020, and no finalists were named. The award returning this year is a sign of recovery and renewal for the country, according to IMLS Director Crosby Kemper. In response to the nomination, HDM Executive Director Dana Whitelaw said that this reaffirms that creating new and unique learning experiences improves the museum experience for everyone. Bendites are encouraged to check out the hashtag #IMLSmedals on social media to see how community members celebrated the High Desert Museum. The national medal winners will be announced in May. See HIGHDESERTMUSEUM.ORG.



■ *business*

Deschutes Brewery Acquires Boneyard Beer

The beer giant, Deschutes Brewery, has recently acquired the also Bend-based brewery, Boneyard Beer, in a new joint venture that aims at promoting greater expansion for Boneyard Beer. The venture does not include Boneyard's line of sparkling CBD beverages or the Boneyard Brewpub; these will both remain separate entities. The founders of both Boneyard and Deschutes Brewing, Tony Lawrence and Gary Fish respectively, will be working together again like they did nearly thirty years ago when Lawrence was a twenty-one-year old employee at Deschutes Brewing. One of, if not the most significant aspect of the acquisition is that both companies will retain their separate identities; this means Boneyard Beer isn't disappearing within Deschutes. On the acquisition of his company, Lawrence said that this is "a dream come true." He hopes that partnering with Deschutes and gaining access to their distribution network will help spread Boneyard Beer throughout the Pacific Northwest, to the elation of many "boneheads" out there, looking forward to enjoying the award winning Boneyard RPM IPA in new locations. See DESCHUTESBREWERY.COM.

■ *craft beer*

New IPA Celebrates Local Collaboration

Last March, two local companies, Bend Brewing Company and Newport Avenue Market, combined forces to create a new, limited-release 16-oz canned beer called Not Your Usual IPA. The brew itself is a collision of different worlds; the traditionally Northwest IPA hops are combined with more modern, juicy-style hops to create a flavor profile that is traditional and familiar, while being bold and cutting edge. The BBC Head Brewer Zach Beckwith said that the collaboration is a "no brainer," because the entire Newport Avenue Market team has always been huge supporters of BBC. The release of Not Your Usual IPA also has a philanthropic component; two dollars from every six-pack purchase will be given back to the Hunger Prevention Coalition to help fight food insecurity in Central Oregon. The beer will be exclusively available at BBC, Newport Avenue Market and Oliver Lemon's in Terrebonne and Sisters. See BENDBREWINGCO.COM.



■ *park improvements*

Bend Park and Recreation Staying Busy with New Projects

The Bend Park and Recreation District is staying busy with a host of new projects coming to completion or launched this year. First, BPRD has broken ground on a new community park in southeast Bend called the Alpenglow Community Park. The park will include an open lawn area, demonstration garden, area for bouldering, playground and sprayground, event pavilion, off-leash area for dogs and several trails and multi-use pathways. The park is currently slated to open by summer 2022. BPRD has also opened up a new trail that connects Shevlin Park to Discovery Park called the Outback Trail. Now park-goers can utilize the parking at Discovery Park and walk the Outback Trail to Shevlin Park, where parking is far more sparse. Lastly, the Larkspur Community Center, which stands as an expansion of the Bend Senior Center, opened April 5. The new facility features more than 34,000 square feet of pools, fitness centers, tracks, spas and more, and is designed to be a gathering place for people of all ages and abilities. See BENDPARKSANDREC.ORG.





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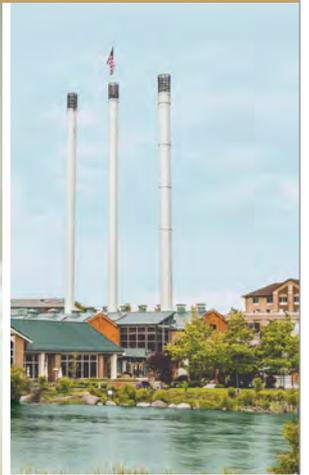
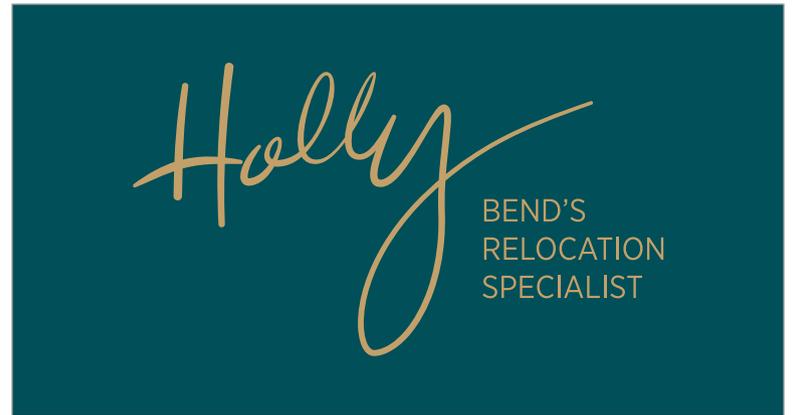
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■ **transportation**

Navigate Oregon Aims to Provide Clean and Convenient Transport to Mt. Bachelor

Visit Central Oregon has been awarded \$40,000 in investment funds for a transportation program called Navigate Oregon through a partnership with Oregon-based charter company Northwest Navigator Luxury Coaches. Navigate Oregon aims to provide quick and easy transportation to Mt. Bachelor from both Bend and Sunriver, and can help decrease the need for parking at the mountain. As a pilot program, Navigate Oregon will also be used to gauge whether or not transportation services like this can succeed in Bend. Visit Central Oregon has found that Central Oregon has a difficult time competing with other popular skiing destinations that offer similar transportation options, and hope that this can increase the popularity of Bend as a ski destination. Every bus has an “Extreme Triple Clean Commitment” that goes even further than state regulated COVID-19 regulations, and the maximum capacity has been reduced from fifty-six to thirty-five passengers per bus. Tickets are \$15 one-way and \$30 for a roundtrip. Passengers must reserve their spot online at navigateoregon.com before they can be picked up at one of the various pick-up and drop-off locations in Bend and Sunriver, which can be found on the Navigate Oregon website, NAVIGATEOREGON.COM.



■ **culinary**

Wild Mike's Relocates to Redmond

Wild Mike's Ultimate Pizza, a third-generation frozen pizza manufacturer presently operating in the Portland Metro area that distributes products to school districts and grocery retailers across forty-six states, has announced plans to relocate all of their operations from Clackamas County to Redmond. The company plans on investing \$40 million into a 46-acre parcel located in northeast Redmond that will employ 114 people. The projected number of employees and the total investment exceed the numbers required to qualify the project for a fifteen-year tax exemption; a factor that played a significant role in the company's decision making. This move will allow Wild Mike's to pursue the goal of becoming America's largest pizza manufacturer, without having to leave the state where the CEO and his family were born and raised. Along with the tax exemption, Wild Mike's has agreed to pay a community investment fee that is projected to earn the city approximately \$70,000 a year. See WILDMIKESULTIMATEPIZZA.COM.



■ **education**

Technical College Opens Operations in Prineville

The Baker Technical Institute, headquartered in Baker City, Oregon, began holding regular classes in Prineville this spring. The technical college's courses prepare students for careers in fields like health sciences, heavy equipment operation, welding and metal technology and more. Through partnerships with local employers, BTI offers students hands-on work experience in technical fields. The college believes that planting their flag in Prineville is a worthwhile decision because of two main factors: Central Oregon businesses are in desperate need of technically trained workers, and Crook County's blue collar culture is likely to create a large amount of potential students. BTI did not construct a traditional campus, and instead holds classes in portable classrooms and spaces donated to them by the city and local businesses. This allows the classes to meet in non-traditional places such as construction sites to give students more opportunities to learn in person. Prineville Mayor Jason Beebe said that the expansion into Prineville was a win-win because local companies would have greater access to skilled labor, while local citizens would be able to secure a higher-paying job with their education. Learn more about the college at BAKERTI.ORG.

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DESERT GETAWAY

THE STREETS

Springtime blooms in Southeast Oregon

WRITTEN BY MATT WASTRADOWSKI



PHOTO AUSTIN WHITE

It's a popular saying around town that Bend enjoys two seasons: winter and construction season. And while it's a sentiment typically played for laughs, there's some truth to it: nearby Cascade peaks enjoy a light dusting of snow as early as October, lines form at Mt. Bachelor by December and overnight snow showers linger well into March.

With such a long winter, it's easy to lose sight of spring—which is why an early-season outing to Southeast Oregon offers a welcome respite. Signs of the changing seasons abound with chattering bird calls, lemon-scented sagebrush blooms and clear night skies throughout the region.

The vaguely brick-shaped Steens Mountain may be the sun around which the rest of the region orbits—with Malheur National Wildlife Refuge at its northern edge, the historic Frenchglen Hotel at the base of its gentle western face and the Alvord Desert at the foot of its sheer eastern face—but snow keeps the higher reaches of Steens Mountain closed until midsummer. The peak is the largest fault block mountain in the northern great basin, after all. So in spring, the comparatively low-elevation attractions around the mountain get top billing.

And a long weekend is just the right amount of time to soak up that first dose of spring when it hits the region in May and June. Here's how to make the most of a trip with a counterclockwise loop around Steens Mountain.



TIP

Understand the Region

South of Burns, you'll encounter only a few quiet communities, most of which are 45 minutes to an hour apart. Roads vary between pavement and gravel, though a base-model sedan in good condition should suffice.

PHOTO: AUSTIN WHITE



SPOT MIGRATING BIRDS AT MALHEUR NATIONAL WILDLIFE REFUGE

Driving the 42-mile Blitzen Valley Auto Tour Route south from Malheur National Wildlife Refuge, it's easy to forget that—as recently as the 1880s—the North American bird population was in freefall. By the dawn of the 20th century, most of the long-necked egrets at Malheur Lake, for instance, had been killed by hunters who wanted their feathers for decorating high-priced headwear and growing the United States' nascent hat industry.

To save what remained of the declining egret population, President Theodore Roosevelt established the refuge in 1908. More than a century later, thousands of egrets frolic and feed in the wetlands around Malheur Lake (the first stop on the Blitzen Valley Auto Tour Route) each spring—one of more than 340 species of birds that have been spotted around the 187,000-acre refuge.

On a recent springtime outing, I spied a few sandhill cranes soaring over the placid lake and Canada geese lounging in its waters. Farther south, at an overlook above the Blitzen Valley, a peaceful violet-green swallow relaxed on a sagebrush branch; the bird's colorful coat makes it easy to see in the dusty landscape.

SLOW DOWN IN FRENCHGLEN

There's never a bad time to visit the no-stoplight hamlet of Frenchglen, just 45 minutes south of Malheur via Highway 205, but spring brings its own rewards. Summertime crowds passing through town and fanning out to the rest of the region haven't arrived yet—so it feels as if the community takes a deep breath before road-trip season hits its stride.

It's only fitting that the town's main attraction, the Frenchglen Hotel, is the kind of place that forces overnight guests to slow down and take a deep breath along with the locals. Built in the 1920s, the eight-room inn originally served as an overnight stop for stagecoach travelers. Today, the Frenchglen experience doesn't feel as if it's changed much in the century since opening: On a recent stay, wooden floorboards creaked under my feet, landscape photography in my room recalled the region's ranching heyday and a wooden rocking chair on the screened-in patio offered the right kind of comfort for watching the sunset as darkness descended on the sagebrush steppe below Steens Mountain.

TIP

Plan Ahead

Advance reservations for lodgings are highly recommended, and bring plenty of food and water to tide you over between services.

TIP

Gas Up

South of Burns, the only gas stations you'll find are in Frenchglen and Fields; both keep shorter hours than what you might expect in Bend, so it's a good idea to fill up the tank more often than what may seem necessary.



PHOTO TOP: GEORGE OSTERTAG / ALAMY STOCK PHOTO. BOTTOM: GREG VAUGHN / ALAMY STOCK PHOTO



SOAK UP THE SUN IN THE ALVORD DESERT

The Alvord Desert sits less than 90 minutes southeast of the Frenchglen Hotel—but after hitting the southernmost point of your loop at the tip of Steens Mountain and then heading north along the gravel Fields-Denio Road, it feels a world away.

Heading north, the first breathtaking view of the Alvord Desert comes from atop a nondescript hillside, the desert's khaki-colored surface almost blinding on a sunny afternoon. The dry lakebed is among the driest places in Oregon, receiving barely

enough precipitation each year to fill a bathtub and extending twelve-by-seven miles to the east.

Even base-model sedans can drive onto the Alvord, at least if it hasn't rained recently—but the area's most magical experience comes on the desert's western shore, at the Alvord Hot Springs.

The hot springs can be accessed as a day trip or as part of an overnight outing, because Alvord Hot Springs offers campsites and bunkhouses. Daytime trips mean an opportunity to unwind en route to your next

TIP

Respect the Land

The desert is more delicate than it looks, and the wildlife need their space to thrive. Heed signage, stay on trails and pack out what you take wherever you go.

destination—but the magic of the Alvord Hot Springs really reveals itself on a clear night, when a quiet fog of steam rises from the pool and some of the darkest night skies in the contiguous United States give way to

some of the brightest night sky displays in Oregon. On a moonless night, the entire Milky Way rises above the Alvord, and millions of stars seem to dance against the pitch-black sky.

Everything about the experience—the warmth of the pool, the clear night sky, the refreshing anticipation of what else the region hides—feels like a long exhale. It feels like spring. **B**

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Spring hikes for everyone

WRITTEN BY DAMIAN FAGAN

Raise your hand if you're ready to get outside and explore! Spring can be tricky—what trails are free and clear of snow? Try these four shoulder season hikes located in the high desert or Cascade foothills while waiting for hot summer days to open up the high-country trails.

PHOTO DANITA DELMONTE/ALAMY STOCK PHOTO



CRACK IN THE GROUND

Christmas Valley

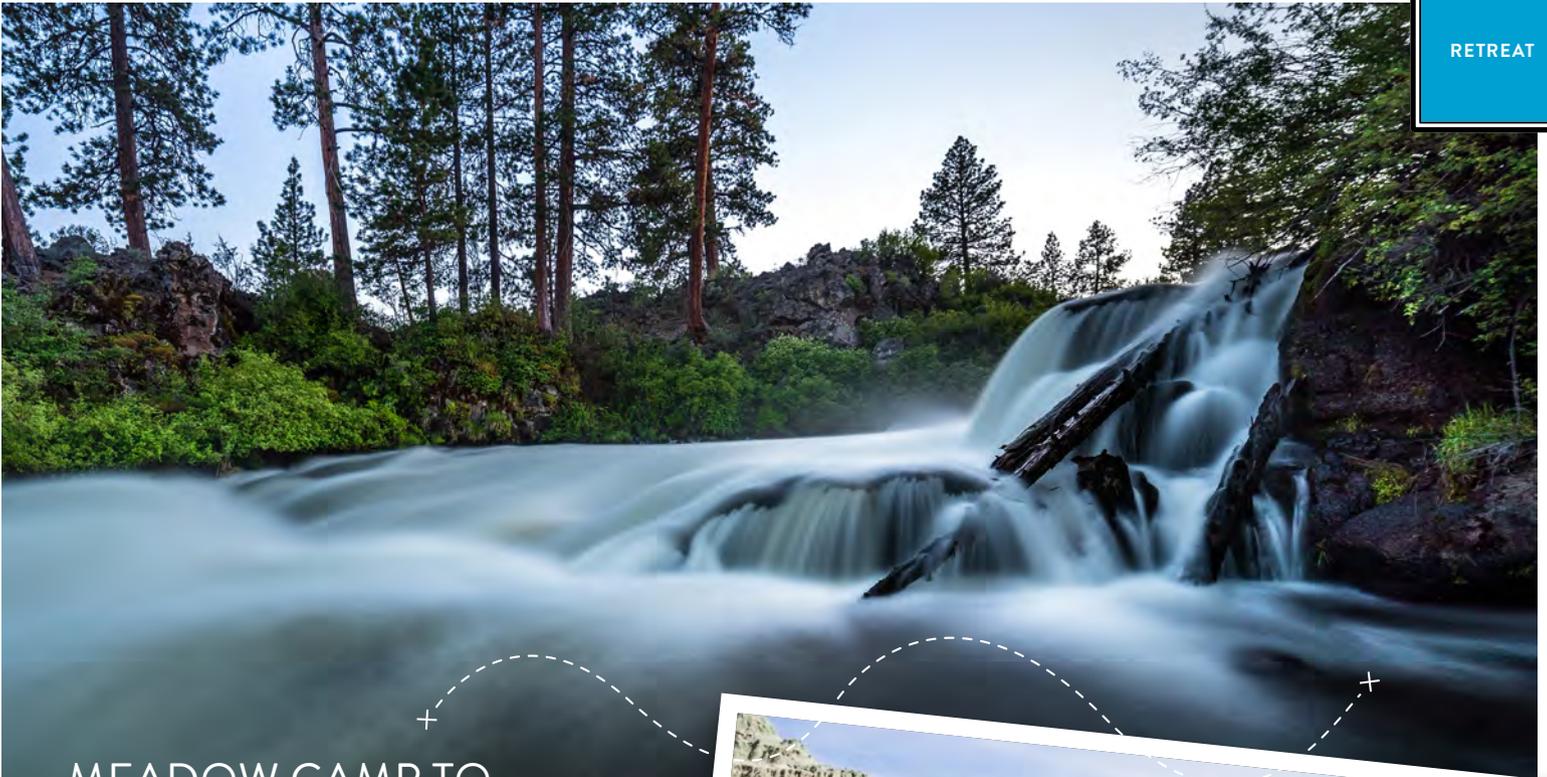
105 miles southeast of Bend off
County Highway 5-1

Of the many interesting geologic features in the Fort Rock/Christmas Valley area, one provides a “cool” spring experience. Crack-in-the-Ground, located about seven miles north of Christmas Valley, is a narrow, two-mile-long tension fracture in a portion of the Four Craters Flow. From the trailhead, an old two-track leads to the head of this narrow, 70-foot-deep fissure. The trail descends into the fracture’s shady recess which may be twenty degrees cooler than up on the rim.

In spots, hikers need to scramble over and around some of the boulders that have fallen into the fracture. These obstacles may need a rear spotter or occasional “butt boost,” so know your traveling companions well!

A few segments terminate at dead ends but offer glimpses into subterranean chambers where only lizards and small rodents tread.

The fun exploration of this trail is enhanced by fluting on the canyon walls and the occasional “chockstone” boulder wedged high above making hikers pause before quickly passing beneath. At the fracture’s end, hikers may return to the parking lot along the rim of this high desert adventure.



MEADOW CAMP TO BENHAM FALLS

Deschutes River Trail
7.5 miles southwest of Bend off
Cascades Lakes Highway

The Deschutes River, known as “Towarnehooks” by Native Americans or the “Rivière des Chutes” by French fur trappers, courses more than 250-miles from its headwaters at Little Lava Lake to the Columbia River.

Historically, the Deschutes flowed around Pilot Butte on its way to the Columbia. About 7,000 years ago, Lava Butte erupted and blocked the river’s channel with a basaltic dam. Ancient Lake Benham backed up to the Sunriver area before the river wore through the dam and created Benham Falls.

Hikers, runners and cyclists enjoy an 8.5-mile stretch of the Upper Deschutes River Trail between Meadow Camp and Benham Falls. Several trailheads, including Lava Island, Aspen and Dillion Falls offer access points to the trail for out-and-back trips. One popular segment connects Dillion Falls to Benham Falls (3.4 miles), slipping past the new habitat enhancement project at Ryan’s Ranch Meadow.

The Aspen area, which doubles as a whitewater rafting boat launch, connects upstream to Dillion Falls (1.4 miles) or downstream to Meadow Camp (3.7 miles). Along this stretch, observant hikers may spy a river otter or osprey hunting for fish.



BLUE BASIN LOOP

John Day Fossil Beds National Monument
120 miles northeast of Bend along Highway 19

The aquamarine bluffs of the Blue Basin area, comprised of volcanic ash and lake sediments dated twenty-five to thirty million years ago, have yielded a treasure chest of plant and animal fossils such as oaks, hackberries, three-toed horses, mouse-deer, sheep-like oreodonts and predatory bear-dogs, as well as turtles from which this geologic layer, the Turtle Cove member, derives its name.

Exploring this sculptured basin is via two trails. The one-mile round trip Island in Time trail explores the amphitheater-like interior of the formation, providing close-up views of embedded fossils. Several interpretive panels tell the geologic story of fossil preservation and discovery.

The upper, 3.25-mile round trip Blue Basin Trail climbs up a series of switchbacks to outstanding views of the John Day Valley. What goes up 600 feet, must come down on the other side. Note: hiking the loop clockwise is easier on the knees.

Other Sheep Rock Unit trails explore the Foree and Cant Ranch areas. Not to be missed is the Thomas Condon Paleontology Center (check website for hours), which houses incredible fossil displays and colorful murals which portray prehistoric life of this region.



TUMALO FALLS TO HAPPY VALLEY

Deschutes National Forest

14 miles west of Bend off Skyliners Road

During the spring snowmelt, Tumalo Creek thunders over an eight-nine-foot-high cascade, forming the spectacular Tumalo Falls. Leaving the trailhead, it's a short climb up to the overlook to feel the misty spray of this glacier-fed stream. The viewpoint also provides a glimpse at nature's recovery from the 1979 Bridge Creek Fire which devastated this valley.

From the falls, hikers continue up the North Fork trail to Happy Valley (four miles), and pass by numerous waterfalls including Double and Upper Tumalo Falls. The gradual uphill trek crosses over the Middle Fork of Tumalo Creek on a log bridge with a hand rail. The trail continues upwards weaving between the Middle and North Forks before intersecting with the Swampy Lakes Trail which heads south and loops back to the parking lot. This loop crosses over the Bend Watershed into Bridge Creek (no dogs or bikes) and is a better summer hike when the water level drops and the one log crossing (no handrail) isn't so intimidating.

Otherwise, hikers continuing up on the out-and-back route to Happy Valley reach an aptly named area: meadows bursting with spring wildflowers that hikers are "happy" to reach. **IB**

PHOTO BOTTOM TONI TORENO, INSET JILL ROSELL





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— FROM THE DESK OF —
Dr. Laurie Martin, Director of Breast Imaging

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The Iron Man

Lew Hollander's life as a physicist, athlete and blue ribbon winner

WRITTEN BY NOAH NELSON

Lew Hollander is a ninety-year-old retired U.S. Navy physicist and world champion endurance athlete who knows a thing or two about aging. Turtle Rock Ranch, Hollander's home in Terrebonne, Oregon, is truly a sight to behold. The seventy-six acre plot of land Hollander affectionately calls his "playground" has pristine views of the Cascade Range, private river access, a trail network and a perfect view of the nearby Smith Rock State Park. Hollander purchased his ranch in 1981 and has been living there full time for ten years. Before that, he called Santa Cruz, California his home, and he chose to live in Central Oregon because of the equally idyllic sunny weather.

PHOTO KEVIN KUBOTA



THIS IMAGE Hollander and his wife, Karen, at the Pole Pedal Paddle competition in Bend in 2019.
BELOW RIGHT Hollander and the Prince of Bahrain, Sheik Nasser bin Hamad Al Khalifa, in 2015.



Hollander is passionate about the topics of athleticism and aging. “You are designed to die at thirty-five or forty. Your pituitary slows down hormone production, you stop repairing, you stop replicating cells, you get old, and you die. Okay? That’s the plan...and we don’t like that plan,” said Hollander, who moves better than most people thirty years younger than himself.

“So you want to know how I get around?” Hollander asked with a chuckle, as if he’s been asked the question many times before. The incredibly accomplished Ironman triathlete, marathon runner and a hall of fame-inducted endurance equestrian rider has held multiple Guinness world records for being the oldest and/or fastest person to complete these races, of which he claims to have completed “thousands.” His life as an endurance athlete is so prolific that he has been nicknamed “The Ironman’s Ironman.”

“Look at me,” Hollander said as he twirled his arms around his body and fully above his head, “No pain. Every morning I jump out of bed with no joint pain, none. You know why? I run up this hill everyday with this beautiful lady,” Hollander said, as he pointed along the steep ridgeline that bordered his property with one arm, and put the other around his wife, Karen.

“It’s that moment when I can’t breathe that I say ‘I have to make it to that next tree,’ then when I do, I’m really dead! But I keep pushing. That’s the secret everyone asks about.” Hollander’s secret philosophy for staying fit in old age is a simple one; if you are not exercising until you are out of breath, you might as well not exercise. “If you can still hold a conversation during a workout, something is wrong,” Hollander said.



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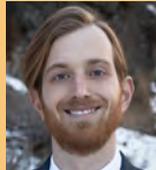


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Hollander first got into ultra running back in 1976 when a friend and fellow-competitor did something that Hollander thought was impossible during an endurance equestrian race. “I thought no one could run 100 miles in one day. No one. Sure enough I complete the race on horseback, and I see him run all 100 miles right alongside his horse,” said Hollander. “Right there, it was like a dream was born.”

Hollander says he’s nearly lost count of how many titles, ribbons and trophies he’s won. An entire wall of his home is covered in awards, of which he claimed were “just a tiny fraction” of his total collection.

It is rare to find a man as accomplished in one field as Hollander is in two. He is also a retired physicist who worked for the U.S Navy and Lockheed Martin. “I was three or four when someone asked me what I wanted to be when I grew up, and I knew then I wanted to be in the sciences,” Hollander said.

Hollander had a chemistry set in his room growing up, and even remembers getting a cough and realizing later that it had been caused by storing chemicals—considered toxic by modern standards—in his room. His early interest in chemistry was brought on by an innate curiosity of reactions; specifically, explosions. His first homemade compound? Gunpowder.

Hollander was eventually able to create an explosive compound that detonated on impact, and he was selling it to other kids at

“If you are not exercising until you are out of breath, you might as well not exercise.”



FAR LEFT The 2020 PDX Virtual Triathlon, which Lew completed completely on his Terrebonne property, June 2020

MIDDLE At the Hawaii Ironman; winner of the Performance of the Year Award at age 80

BELOW Pole Pedal Paddle team, 2019



OVER THE YEARS, LEW HOLLANDER HAS RACKED UP AN IMPRESSIVE LIST OF ACHIEVEMENTS, INCLUDING:

- Thirty Pole Pedal Paddle completions
- Tied for the oldest person to complete the Championship Ride
- Completed the Hawaii Ironman dozens of times and holds the record for the fastest person above 70
- Personally invited by Bahraini Prince Sheik Nasser bin Hamad Al Khalifa to compete in the Bahrain and Dubai half Ironmans
- Thousands more medals, certificates, ribbons and records

school. “I was about nine or ten,” said Hollander. “We were playing football one day and I had my explosives in a jar. I told the other guys to watch out for it, because it might explode. Some kid said ‘you can’t make explosives’ and it was this kid I didn’t like, so I said back ‘you light it, then.’”

Nobody was seriously injured, but some kids—Hollander, included—walked away with a few scars from that day. “We had different rules back then,” he added.

Hollander would eventually switch interests and obtain his Master’s degree in physics at the age of twenty. Although he wouldn’t be making any more bombs, he would go on to study the effects of the hydrogen bomb after live testing with the U.S Navy. Hollander has accomplished more in his life than most people dream of. Still, he has an incredibly optimistic attitude about what he can accomplish in the future. “I’m very excited. I genuinely believe that my best years are yet to come.”

You can read more about Lew Hollander’s life in a new book releasing soon by Dana Burnett called Use It Or Lose It (Pathways To Healthy Living), The Incredible, True Adventures of Lew Hollander, a Senior International Triathlete. 📖



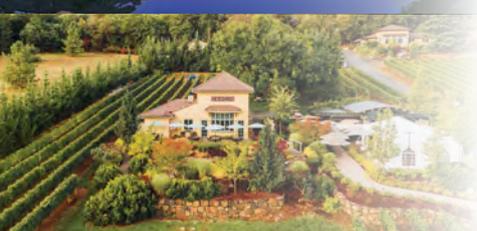
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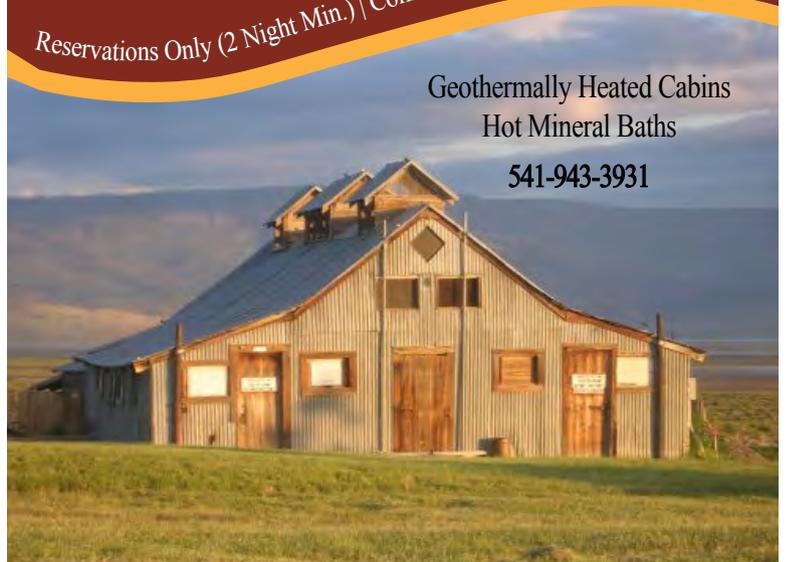
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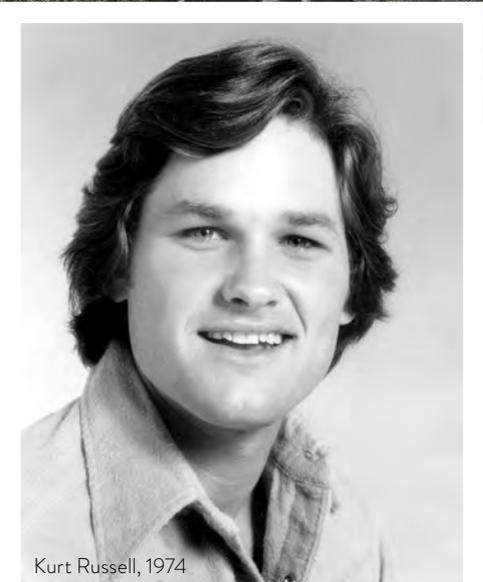
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BASEBALL

Hollywood Heat

Kurt Russell's short-lived tenure on the Bend Rainbows minor league baseball team

WRITTEN BY BEAU EASTES



Kurt Russell, 1974

For one glorious summer fifty years ago, the computer who wore tennis shoes played second base for Bend's first minor league baseball club.

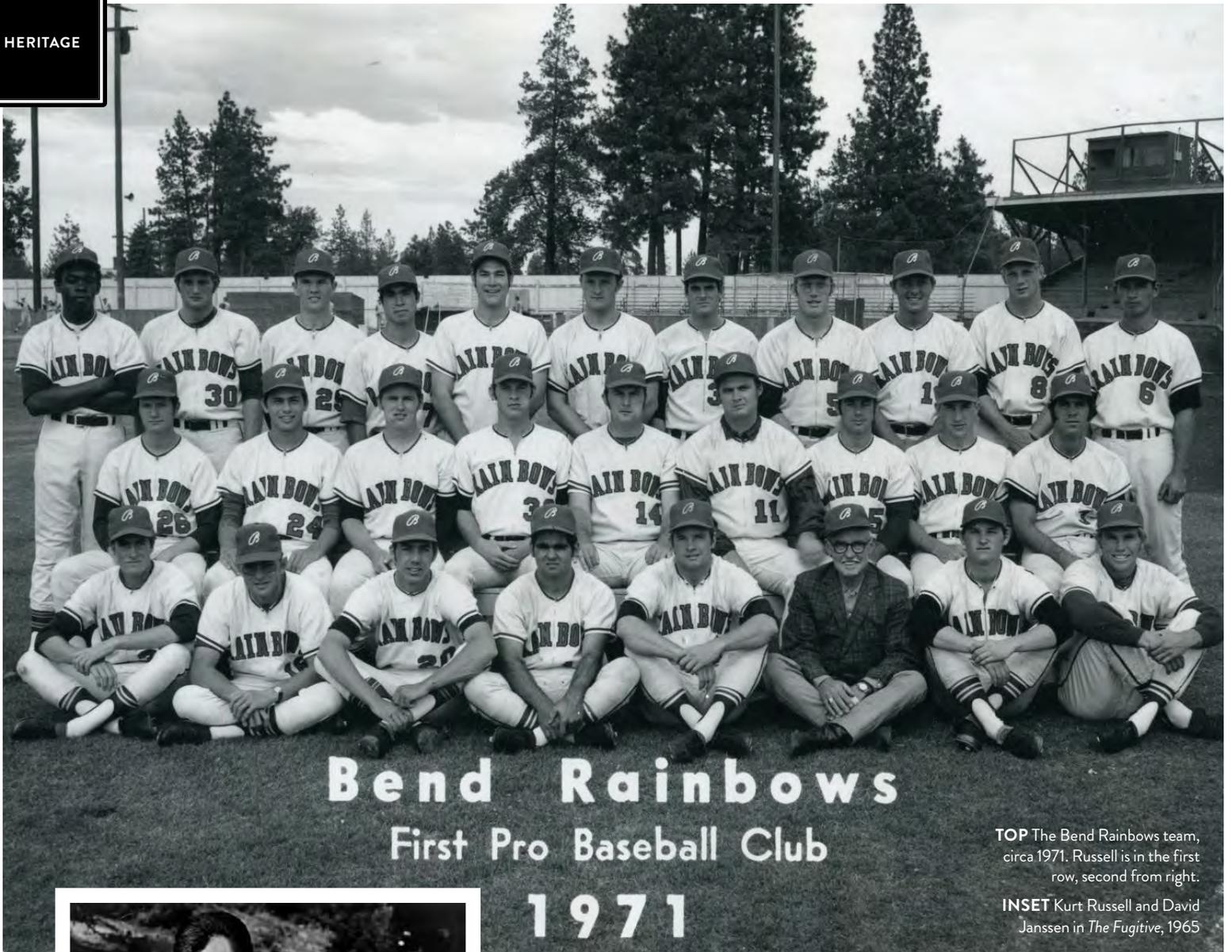
Yes, before he escaped from New York as Snake Plissken, before he got into big trouble in Chinatown as Jack Burton, before he led the charge against the Soviets as Herb Brooks, and before he teamed up with Doc Holliday as Wyatt Earp, Kurt Russell hit .285 over fifty-one games as a 20-year-old infielder for the Bend Rainbows in 1971.

"He was a lot like me...just a smart player," Russell's Rainbow teammate Tom Trebelhorn, who went on to manage seven years in Major League Baseball, told MiLB.com in 2019. "Kurt knew the game, he played it well and was a good teammate."

The son of longtime Hollywood actor Bing Russell, Kurt grew up in the business and appeared in more than a dozen TV shows as a child actor, including classics such as *Gilligan's Island*, *Lost in Space*, *The Fugitive*, *The Virginian* and *The Man from U.N.C.L.E.* By the time he made his first appearance at Vince Genna Stadium in June 1971 (it was Municipal Ball Park then) Russell was a household name, starring in a series of charming but forgettable Disney teen movies, most famously *The Computer Wore Tennis Shoes*. Russell missed the first game of the Rainbows' 1971 season finishing up production of *The Barefoot Executive*, a film whose plot revolved around a beer-chugging chimpanzee who could predict TV ratings. Released the

same year as *The French Connection*, *The Last Picture Show* and *A Clockwork Orange*, somehow *The Barefoot Executive* was shut out at the 1972 Academy Awards.

PHOTO TOP: DESCHUTES COUNTY HISTORICAL SOCIETY, BOTTOM: ABC TELEVISION, PUBLIC DOMAIN, VIA WIKIMEDIA COMMONS



Bend Rainbows First Pro Baseball Club 1971

TOP The Bend Rainbows team, circa 1971. Russell is in the first row, second from right.

INSET Kurt Russell and David Janssen in *The Fugitive*, 1965



“The local theater won’t be the only place that will showcase Hollywood actors in Central Oregon this summer,” the *Bend Bulletin* wrote on May 6, 1971, announcing Russell’s signing. “Young Russell’s decision was not a complete surprise. Baseball has been his ‘first love’ for years, and he even had a stipulation put in one of his television contracts that he be through work early enough in the day to play baseball.”

While Russell’s signing absolutely wreaked of a publicity stunt—the Rainbows had struggled with attendance in 1970, their first year in Bend, and would eventually leave for Walla Walla, Washington after the 1971 season—Russell more than held his own in his first season of pro ball in a league that included Trebelhorn and multiple future big leaguers. Arriving directly off the set of *The Barefoot Executive* with no pre-season preparation, Russell led off and started his first game with Bend at second base, promptly going 2 for 5 with a double and two runs scored. A switch hitter with a good eye but not much power—he walked almost as much as he struck out and finished with a .385 on-base percentage—Russell made the Class A Northwest League all-star team in 1971, a league made up mostly of recently drafted high school and college players, and





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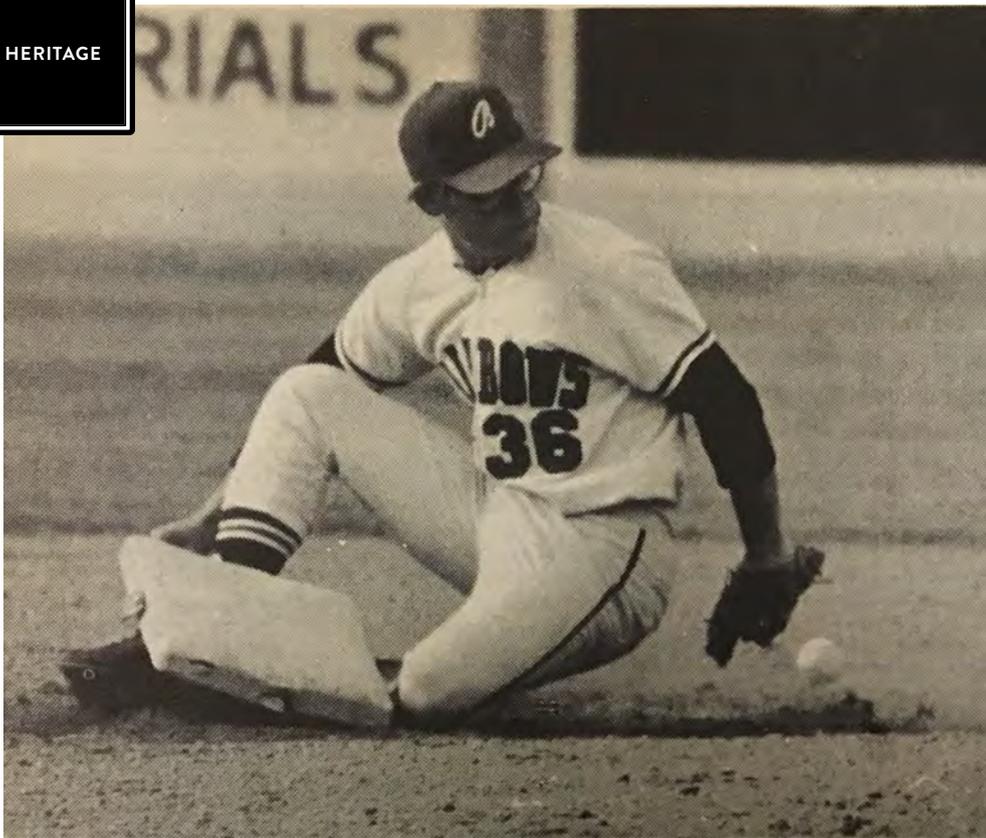


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Tim Matheson and Kurt Russell in *The Quest*, 1976



helped Bend go 42-36, the best record in the NWL's South Division.

"If I could have everything my way, I would play pro baseball and produce movies," Russell, who in his teens played competitive semi-pro baseball in southern California, told *The Oregonian* that summer.

Batting first or second most of the year for

manager/pitcher Ed Cecil, a Bend native who went on to coach American Legion baseball in the area for decades, Russell built off his solid 1971 season in Central Oregon and hit .325 in twenty-nine games for Walla Walla in 1972, again earning a spot on the NWL all-star team.

"My picture commitments at Disney now revolve around my playing ball," Russell

"I still look at the world through the eyes of a ballplayer. On a (movie) set, I want to make the team. If necessary, I'll carry this team."

told *The (Louisville) Courier-Journal* in 1972. "I'm really lucky to have so much freedom in my filming schedule." That same year Russell starred in *Now You See Him, Now You Don't*, a Disney comedy in which a college chemistry student invents an invisibility spray that a local crook tries to steal. One of the unintentionally hilarious taglines Disney used for the film was, "It's the invisible vapor caper of the year!"

Russell opened the 1973 season at Class AA El Paso, just two rungs below Major League Baseball, and was hitting a blistering .563 over six games before tearing his rotator cuff turning a double play, effectively ending his baseball career. Later that summer he played twenty-three games for the Portland Mavericks, a club his father owned, as a designated hitter, but his days in the field were behind him.

Russell continued his string of Disney teen comedies for several years after he injured his arm before earning widespread acclaim in the 1979 TV biopic *Elvis*, which was helmed by the up-and-coming director John Carpenter of *Halloween* fame. Carpenter cast Russell as the lead in *Escape from New York* in 1981 and again in *Big Trouble in Little China* in 1986, by which time the former Bend middle infielder was a bonafide action star. Despite playing just 110 games over four seasons, Russell's pro baseball experience left a lasting mark.

"I still look at the world through the eyes of a ballplayer," Russell told the baseball history organization Society for American Baseball Research in 2019, more than forty years after his last at-bat in the minor leagues. "On a (movie) set, I want to make the team. If necessary, I'll carry this team." ■

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ENVIRONMENT

Keep Bend Clean and Green

A call to protect our land and communities

WRITTEN BY NOAH NELSON

It's no secret that the pandemic changed life drastically for everyone. People, of course, have been dramatically impacted, but one ripple effect of the past year is a toll on local wildlife and the public lands they need to thrive and survive. Once people could go places, they chose the outdoors, where social distancing was easier. U.S. Forest Service Public Affairs Officer Kassidy Kern said the pandemic has brought "absolutely unprecedented numbers" of visitors to public lands in Central Oregon, and with them, unfortunately, a host of problems.

"We are currently cleaning up a lot of garbage from people, repairing trails and roads that have deep ruts or trail braiding, as well as assessing soil compaction and the degradation of wildlife habitat from off-roading and parking outside of designated areas," Kern said.

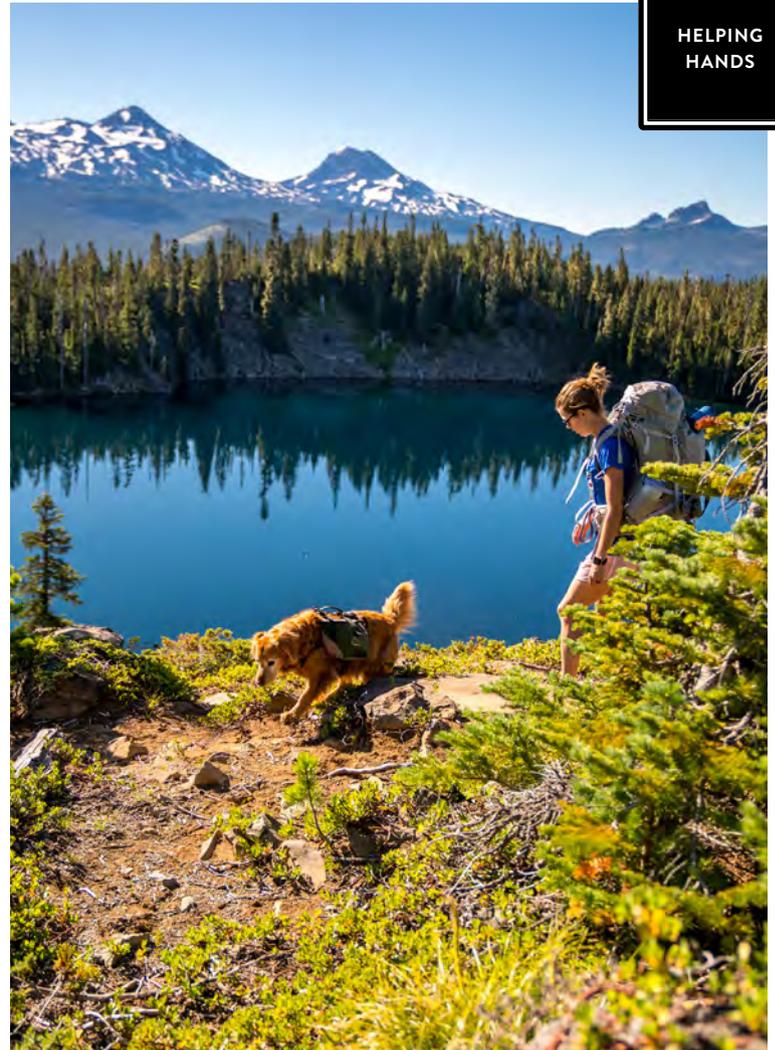
Bend residents have reported increased amounts of litter in public areas and the roads that lead to them, like China Hat and the Cascade Lakes Highway. Even snow areas such as Wanoga Sno-Park and Mt. Bachelor have had issues with litter.

The tourism pros at Travel Oregon had already noticed an uptick in impacts to our wild lands prior to the pandemic. They launched the "Take Care Out There" campaign in 2019, aiming to educate Oregonians and tourists alike in how to properly enjoy and maintain Oregon's natural beauty. Now more than ever, everyone who enjoys visiting the outdoors needs to take measures to protect it. "We support and encourage people to make these memories with friends and family, but also remind visitors that recreating comes with a responsibility to take care of these special places," Kern said.

Here are a few helpful tips to keep in mind as you explore this summer, to keep our public lands healthy and accessible for generations to come.

PREPARE

Do some research on current guidelines and local regulations and try to plan a trip that avoids busy crowds. Have a backup plan in case a destination is closed or at capacity and try to limit groups to ten people. Be sure to dress appropriately for the weather and pack essentials. Don't forget to bring some cash for the occasional parking fee at state parks and check road conditions before heading out.



CARE

When everyone is mindful of their surroundings, it makes exploring public lands and state parks all the more enjoyable. Avoid crowds and don't linger in parking lots or points of interest for too long. Know your limits and don't do anything that puts you or others in danger. Follow posted signs, stay on the trails and be sure to wear face coverings when crossing paths with other visitors. Pack out everything that was packed in, including trash such as disposable face coverings and drink containers. When nature calls for both people and pets, be respectful and have a plan to leave no trace.

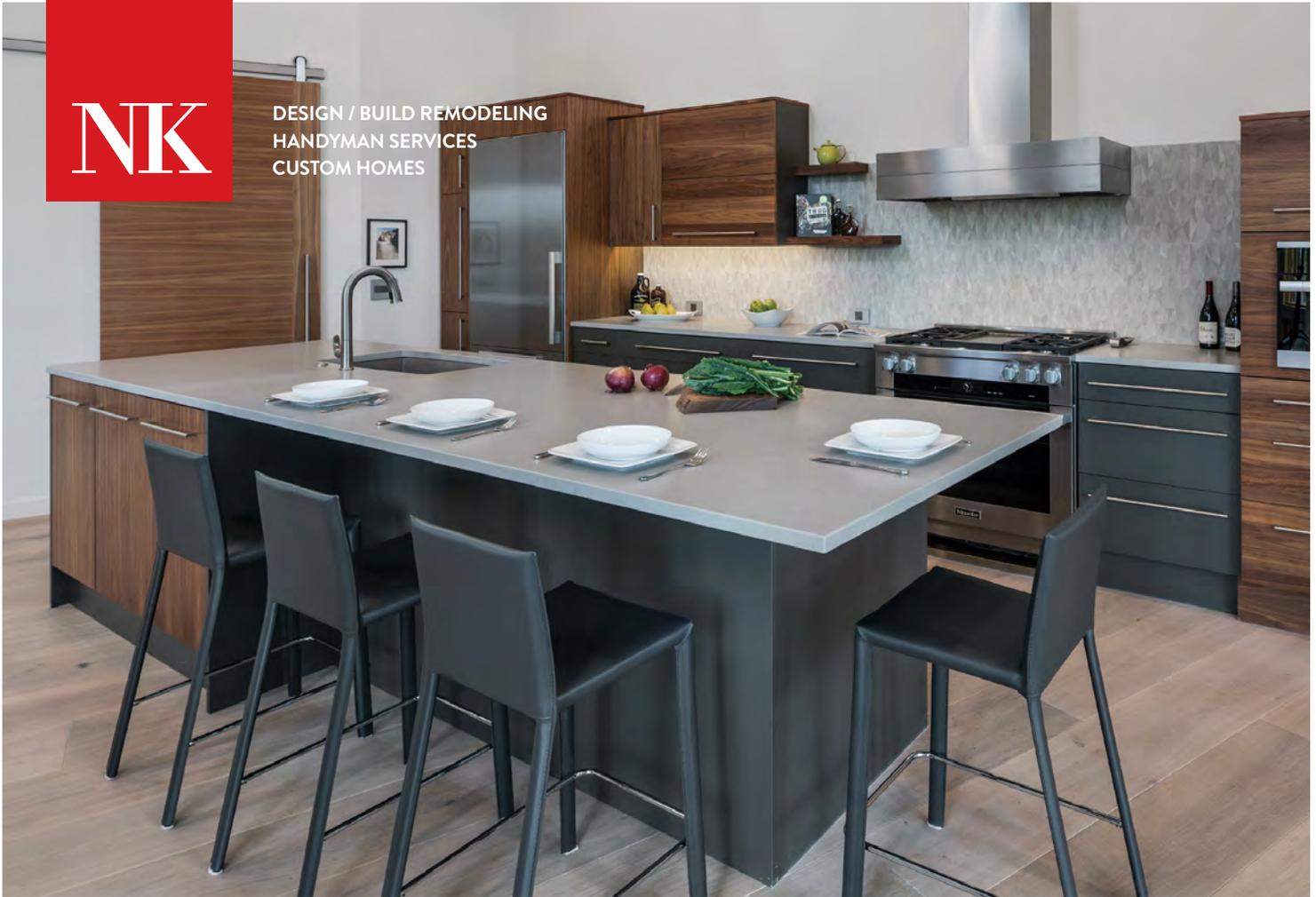
CONNECT

Take some time to learn about the diverse landscapes of Central Oregon and the communities that call them home. Wherever you go, be sure to share a smile and some kind words with the people you encounter on the trail and in town. During COVID-19, be patient and understanding with others as recent events have impacted many people's well-being.

Lastly, always remember to show your appreciation. Say "thank you" to those you meet along the way. Try to eat, drink, shop and stay locally to ensure that the communities near Central Oregon's public lands thrive into the future. 📍



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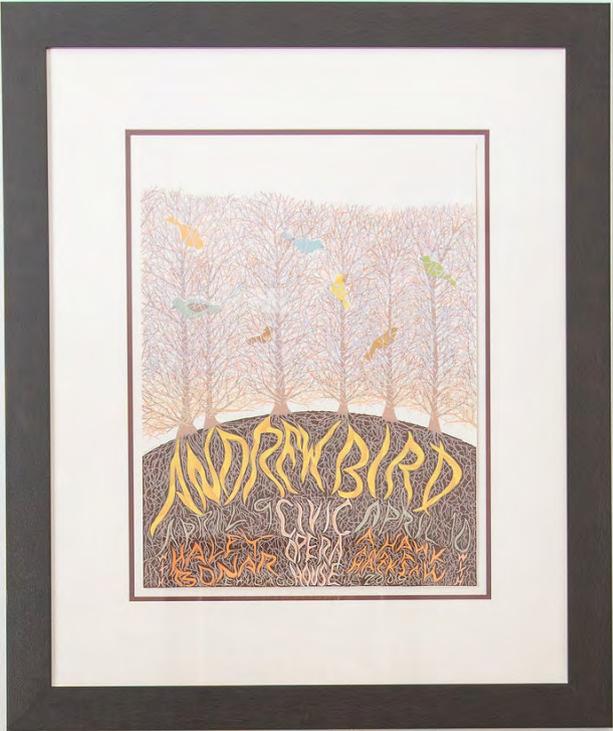
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RENOVATION

Westside Redux

A fresh look for a 1970s Valhalla Heights ranch home

WRITTEN BY TERESA RISTOW | PHOTOS BY KAYLA MCKENZIE



Barb Myers knows that designing a functional, purposeful home works best at an unhurried pace. Mapping the ideal placement of kitchen utensils and appliances, considering optimal lighting and thinking through room layouts are tasks best accomplished over time, as residents get to know their spaces. That was the case at least for Myers, who moved with her husband and son to Bend from Portland in early 2016. They found the Valhalla Heights neighborhood in a wooded area in northwest Bend, and settled on a 1970s single-story ranch home that would be in need of at least some remodeling.

“We liked the neighborhood and the price point at the time,” said Myers, a designer who has taught digital media and filmmaking at the college level and recently branched out as an interior design consultant. After settling on a 2,100-square-foot home on a slightly hilly lot on the edge of the neighborhood, Myers moved in, along with husband Eric Eggers, a consultant for medical device companies. A zipline from one tree to another in the front yard was a draw for their son Sebastian, now 10, and the family requested the sellers leave the zip setup behind.

The family knew a remodel was in order, but didn’t rush the process. They painted the inside of the home to give it a fresh, clean look, while Myers began dreaming up the rest of the changes. By 2019, it was time to execute the bigger projects.



The family worked with Bend's RD Building and Design to knock out two walls and open up the small kitchen space. This created a larger great room, with a spacious dining area, a cozy seating area and a connected living room space, with seating, a fireplace and television cabinet for occasional movie nights. An oversized kitchen island offers more kitchen prep area for Myers, who enjoys cooking and baking, and two skylights above the island help to brighten up the space. The kitchen's one wall of cabinetry isn't excessive, and Myers spent time taking careful inventory of which kitchen gadgets they actually used, carefully designing cabinetry for only what was needed and ditching the rest. An old telephone nook was taken out and some dead space behind the kitchen was turned into a small walk-in pantry for food storage.

"It's one of the easiest remodels that I've done in the last five years, because she had everything lined out for me," said Colby Summers, who heads up the remodeling division for RD Building and Design. Summers said Myers was extremely organized and knew exactly what she wanted, and that shows in the finished product. "She hit it out of the park," Summers said.

Myers' interest in design is coupled with an interest in art, and unique pieces were integral to guiding the design of the entire space. Above the seating area in the main room is a collection of abstract, circular clay pieces, each filled with fabric, created by artist Carolyn Hazel Drake. They're clustered together in a

"I love breathing new life into what's already existing."

way that seems random, but loosely depicts the mountains of the Sawtooth Range in Idaho. The art sits above a velvety orange couch over a shaggy rug, nods to the home's 1970s history.

In the dining room, the art is a series of prints from Rafal Oblinski, a Polish illustrator and designer of Opera house posters whom Myers learned about while living in New York. Her home there was down the street from the School of Visual Arts where Oblinski was an instructor. "I was drawn to the surreal, dreamlike and psychological nature of his work," she said. The dining table and seating benches are topped with beautiful white oak slabs, welded together by a neighbor, Mike Caligure. Together the dining area, seating area and kitchen island seating will provide ample spaces for guests down the road. "We used to entertain a ton, and will again someday," Myers said.

Down the hall, each of the home's three bedrooms—a main bedroom, Sebastian's room and a guest room—offer simple, clean design, with thoughtful art pieces and colorful details that match the modern-yet-retro color scheme of the home. In the





Sunny, the family's rescue cat, naps in the sunshine of the seating area adjacent to the kitchen. A bright, velvety couch and shaggy rug are reminders of the home's 1970s history.



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main bedroom's bathroom, extra space was realized by expanding into a coat closet, allowing room for a double vanity and spacious shower. White oak is seen through the home, including the cabinets in this room and flooring throughout.

A spacious bonus room has space for three workstations, a convenient addition finished before the beginning of the pandemic. There's also a library for the family's book collection, and plenty of window views of quail and squirrels outside to enjoy. "It's really kind of our catch all space that we didn't know we would really, really need," Myers said.

Off the main living area is one more room that mixes function and design—the laundry room/mudroom/sunroom, a favorite spot for Sunny, the family cat rescued from the shelter in Redmond. The long room includes a purposefully designed laundry station, with cupboards and space to hang freshly cleaned clothes, while also serving as an unloading spot for gear after a day of Nordic skiing; a favorite activity for the family.

The interior remodel took about four months and was followed up last October with an exterior paint job, transforming





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the home's outside with a crisp black—Sherwin Williams Caviar—paired with real copper gutters offering a modern, elegant accent. While the home today is mostly done inside and out, Myers is still looking forward to future projects, such as a redoing the backyard's entertaining areas and landscaping. She's enjoyed the slow process of designing over time, and the result is a livable home with carefully considered details. "If you have the time, it's nice to do slow design," Myers said. "You really feel like you get to know the home. I think it's okay to take your time."

Myers is using the home as an example piece for her new design consulting business, Branch Home, where she helps other homeowners navigate the same process she's gone through with the family's home. She's worked with some neighbors in the Valhalla Heights development, and expects to see a growing number of remodeling projects take place in the coming years, especially in west Bend, where many homes are older and ready to be refreshed. Myers said, "I love breathing new life into what's already existing." **IB**

Resources

- ||| **Designer:** Branch Home
- ||| **Interior remodel:** Colby Summer, RD Building and Design
- ||| **Painter:** Justin Van Patten, Shield Construction & Painting
- ||| **Copper gutters:** Central Oregon Gutter Co.
- ||| **Windows and door:** Parr Lumber
- ||| **Garage door:** Cascade Door, Inc.
- ||| **Landscaping:** Alpine View Landscaping

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2 FOUNTAIN Four feet high, concrete and fiberglass; \$1,500; earthsart.net

3 ADIRONDACK CHAIR Ocean style in the color Aruba; \$249; powderhousebend.com

4 STEEL FIREWOOD RACK Black, 48 inches; \$82.95; lowes.com

5 FIREPIT COFFEE TABLE Castelle, 49 inches, Classical Round; \$3,293; patioworldbend.com

6 TRIBAL PATTERN INDOOR/OUTDOOR RUG seven different sizes; \$39-\$379; arearugconnection.com

7 OUTDOOR BLUETOOTH SPEAKERS Wireless, waterproof with LED mood lights; \$166.99; amazon.com

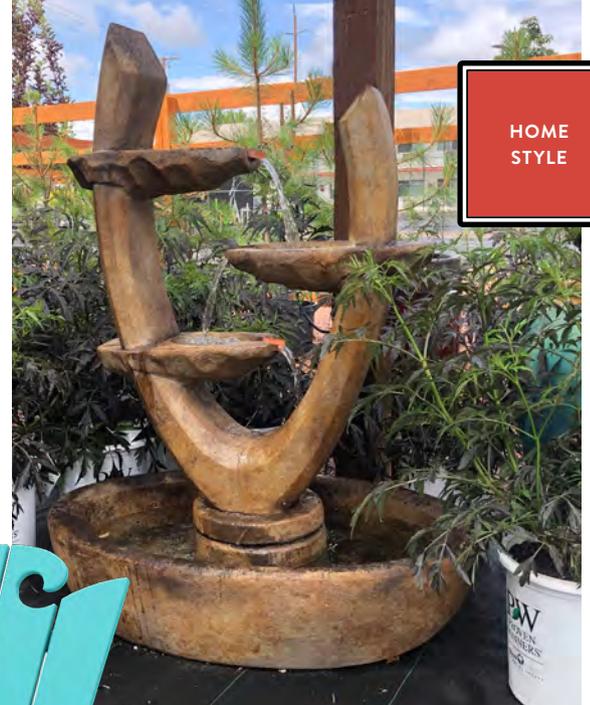


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LOGGING

From Gloom to Boom

The rebirth of the motel lifestyle in Central Oregon

WRITTEN BY LUCAS ALBERG

LOGE Camp

Once upon a time post-WWII, the American middle class boomed, automobile sales surged and road trips took their first steps into the lore of Americana. The creation of the nation's interstate system in the 1950s and the burgeoning blacktop wanderlust that followed spurred the beginnings of the iconic roadside motel, providing weary travelers a functional, clean and reliable place to stopover for the night while traveling.

Motels (which originated from the combination of “motor” and “hotel”) were keenly differentiated from their hotel counterparts in that they were generally comprised of one or two floors, no central corridor or elevators and they provided automobile-loving Americans the opportunity to roll right up to their door.

Motels saw their heyday in the 1950s and 1960s but as the highway system evolved over the ensuing decades, freeways were built and the majority of motels were bypassed alongside the towns that contained them. Instead, travelers began staying in the newer, more standardized hotel chains sprouting up alongside the freshly laid pavement. Motels began to deteriorate, shut down and ultimately become relics of a bygone era.

Fast-forward to the last decade and motels are starting to see a resurgence. Americans are yearning for more authentic experiences, an ability to connect to the communities and places they visit and longing for the nostalgia of the past when life seemed simpler. Many savvy hoteliers saw a unique opportunity with these old motor lodges as they provided an affordable, scalable opportunity to build on top of an already established foundation.

“It’s expensive to build from the ground up right now,” said Gavin Burns, head of business development for LOGE Camp, formerly the Entrada Lodge. “We try to embrace the funkiness of the former property and keep those quirks but then refine them to our vision.”



“We wanted to be at the center of where outdoor recreation is.”



LOGE Camp



Burns said the location on SW Century Drive was a perfect alignment for LOGE Camp. “We approached the Evert Family [the location’s original owners] early in the history of the LOGE hotels,” he said. “We wanted to be at the center of where outdoor recreation is.” The motel setup lends itself further to this active lifestyle, according to Burns. “People can pull right up to their doors, pull out their gear and be in their rooms in a matter of minutes,” he said. “And in just a few more, be ready to be back out and on the trails.”

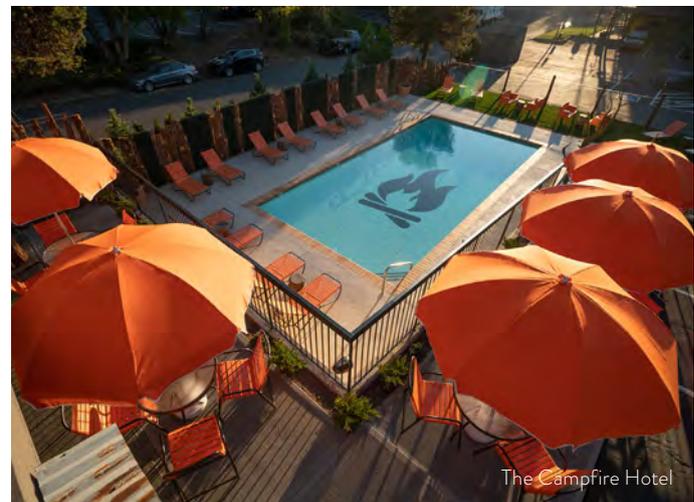
Situated right next to public lands and singletrack trails, LOGE Camp is a hip motel basecamp for the outdoors. The simple yet attractive rooms are decked out with products from outdoor gear companies and a partnership with on-site adventure tour company Cog Wild Tours allows guests (and non-guests) to rent bikes and utilize shuttle services to Mt. Bachelor. Additionally, the motel rounds out the offerings with snowshoe, XC ski, sled and paddleboard rentals.

The newest addition to Bend, the Campfire Hotel on 721 NE 3rd Street opened its doors in October 2020. Formerly the Three Sisters Inn, the Campfire focuses on community and nostalgia channeled straight from the hotel’s brainchild, Tod Breslau. Breslau, who is also behind both The Hood River Hotel in the Gorge and Portland’s highly successful Jupiter Motel, said the idea for the Campfire came from his own experiences traveling as a youth with his family.

“The Campfire Hotel is a nod to the great American road trip and to some of my fondest childhood memories of traveling in our trusty station wagon,” Breslau said. “The Campfire experience is about delivering that nostalgic vibe with modern touches and convenience. Check-in, jump in the pool, gather around the fire and meet new friends.”

Breslau said the site was chosen for its central location. “It was just kismet,” he said. “Everything just all came together. The location was available, and it was exactly what we were looking for—close enough to walk downtown and to restaurants, and easy to find.”

“The Campfire Hotel is a nod to the great American road trip.”



The vintage component was important for Breslau and the Campfire is the perfect mix of retro-cool with local interwoven throughout. Central Oregon juniper adorns the property and rooms have nostalgic touches such as rotary style phones and floor to ceiling photos depicting outdoors scenes when wool coats reigned supreme over puffies. The three separate buildings pay homage to



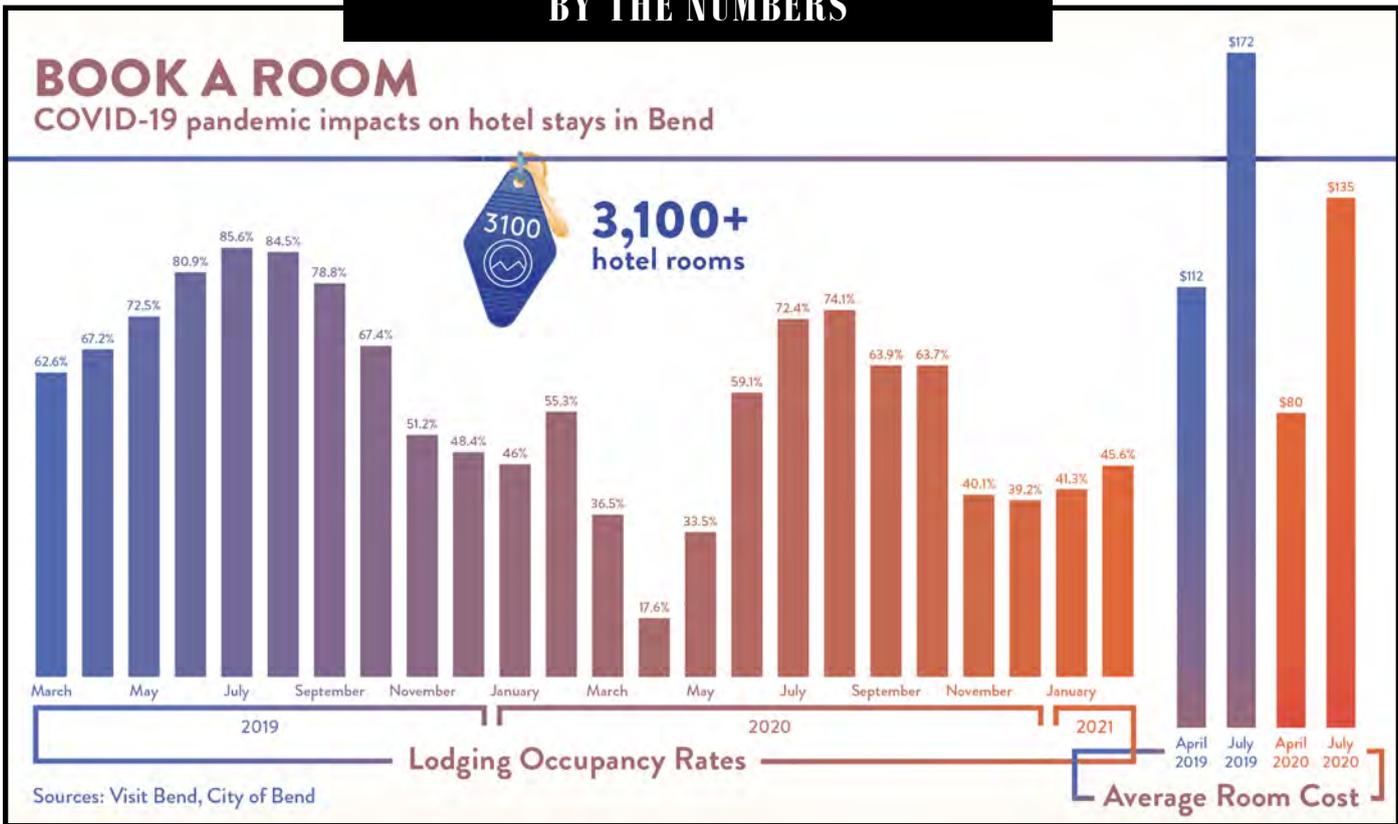
the former site by distinguishing themselves as North, Middle and South Sister, and the rooms within have local touches that include Breedlove Guitars.

One of the earliest adopters to the motel renovation trend was longtime Bend family, the Kelleys, who opened the Wall St. Suites (1430 NW Wall Street) in 2013. Having already remodeled another motel on the Oregon Coast, the family saw a unique opportunity to restore a once prominent Bend motel back to its glory. “The Plaza Motel was cutting edge at the time it was built in the 1950s,” said Owner Kelsey Kelley Carson. “It was a big deal—celebrities would even stay there.”

guests to the community in a meaningful way?” Some highlights include locally made Dani Naturals bath products, photography by both Joel Chadd and Toni Toreno, artwork by Sheila Dunn and in-room Metolius Tea and Bend Roasting coffee. Oh, and did we mention Deschutes beer upon check-in?

“When I travel, one of the first things I like to do is have a beer and settle in, so we thought let’s do the same,” said Kelley Carson. “Pair it with some good recommendations for a local restaurant and it provides a richer experience for people and a connection to the local community. That’s what people want when they’re traveling.”

BY THE NUMBERS





Kernutt Stokes Partners (left to right): Ron Boyd, L.M. Shelly Sorem, Terry Niegel, Jonathan Powell, Kevin Bell, John Mlynczyk, Dean Huber, Steve Ritchie, Warren Barnes, Haley Lyons, Pat Deming, and Don Lance.

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GROCERY

It's All Familia

The Colima Market brings a slice of Mexico to Central Oregon

INTERVIEW BY NOAH NELSON

The Colima Market, located on Northeast Greenwood Avenue, is a traditional Mexican market run by the Chavez family that provides authentic Mexican and Central American goods to Bend. Many goods come directly from Mexico, and the Colima Market is one of the only places in Central Oregon where you can find them. The market includes a bakery where pan dulce (sweet Mexican bread) and hand-made tortillas are made fresh daily, along with a meat and dairy section that includes chorizo, queso fresco and other Mexican ingredients; the very same ingredients that are used in the owner's brother's food truck, El Taquero, among at other restaurants in Bend.

The Colima Market was originally owned by a family from Colima, Mexico. They retired about eight years ago and sold the market to their friends, the Chávez family, who are originally from Guerrero, Mexico. The daughter in the Chávez family, Yamely Chávez Kennedy, is the current owner and manager of the Colima Market and oversees day to day operations.

How did your family go from living in Guerrero, Mexico to owning a small business in Bend, Oregon?

Poverty was the main reason my dad decided to come to America twenty-four years ago. My father had a very sad and difficult childhood where he suffered from homelessness and near-starvation. He came to America to provide for his children a better, safer future than what he had. We lived in California for eight years and then moved to Oregon after we came up to visit the state and immediately fell in love with it. My parents worked very hard and eventually got the opportunity to buy



Griselda Pano, Hansel Chávez, Ulises Torreblanca and Yamely Chávez Kennedy

a small Mexican store in Madras, Oregon and that's how we started. Then, the opportunity came up to expand into Bend when our friends put the Colima Market up for sale. We have owned and operated the market in the eight years since then.

How has your business been received by the community, and have there been any challenges along the way?

In general, we receive more positive feedback than negative. We are so grateful and fortunate to be a part of a community that, for the most part, supports our culture. Coming from Mexico to California to Oregon was definitely hard to adjust to at first; we were missing our culture and traditions. This is why we focus on bringing more of that into our stores

so we can bring a part of Mexico to our customers and the entire community.

What plans do you have for the Colima Market in the future?

We're concerned about competition from bigger stores, but we hope to still be in business ten years from now! We hope our customers keep supporting us even if big corporations come in. We are working very hard as a family to keep expanding and remodeling our little store, to add more departments and more authentic Mexican goods. We plan on expanding the bakery, meats and dairy section to provide a higher quantity of quality goods to our customers. We are dreaming big! We hope to one day become as big as Safeway or Fred Meyer, but Mexican style. 🌮

HIDDEN *Gems*

LIKE THE INTREPID EXPLORERS OF
LONG AGO, TAKE A DETOUR OFF
THE BEATEN PATH THIS SUMMER IN
SEARCH OF NEW ADVENTURES

WRITTEN BY BEND MAGAZINE STAFF

A day trip to a gorgeous alpine lake, a stroll through charming downtown, a float through one of the West's best wave parks, sigh, yawn. Do Bend's best outings have you a little bored? Here we offer a collection of hidden gems to spice up your season. This roundup offers tasty tidbits from culture to adventure--places and experiences that are not exactly secrets, because we do believe that some places deserve to remain hidden. And yet we hope this smattering of off-the-beaten-path options will brighten your days and enliven your senses as summer takes hold. Have fun exploring!

PHOTO: BRANDON NIXON



SPELUNKING

There's a lot going on underground. Formed by lava flows many moons ago, underground caves remain to be discovered. Tour Lava River Cave, operated by Newberry National Volcanic Monument near Lava Lands Visitor Center, or book a tour to other local caves with Wanderlust Tours (they even host a cave cleanup tour!). If you go out on your own, please respect these delicate environments, home to native bats and fragile ecosystems.



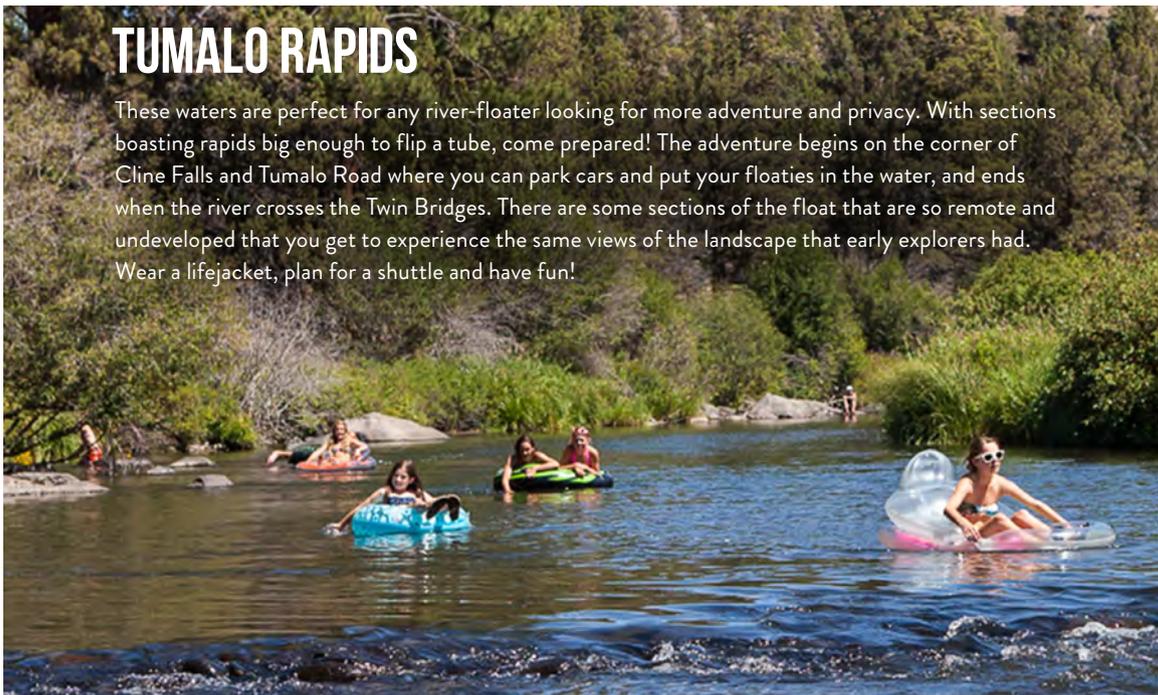
STARGAZING

Astronomy enthusiasts are spoiled in Central Oregon; wide open spaces combined with very low levels of light pollution make most of the region perfect for stargazing. There are a few observatories in and around Bend (even in a local brewery), and even more places to park a car and gaze out into the universe. Try the top of Pilot Butte, the Sparks Lake camping area or any other place with some elevation.

OUTDOOR *adventure*

TUMALO RAPIDS

These waters are perfect for any river-floater looking for more adventure and privacy. With sections boasting rapids big enough to flip a tube, come prepared! The adventure begins on the corner of Cline Falls and Tumalo Road where you can park cars and put your floaties in the water, and ends when the river crosses the Twin Bridges. There are some sections of the float that are so remote and undeveloped that you get to experience the same views of the landscape that early explorers had. Wear a lifejacket, plan for a shuttle and have fun!



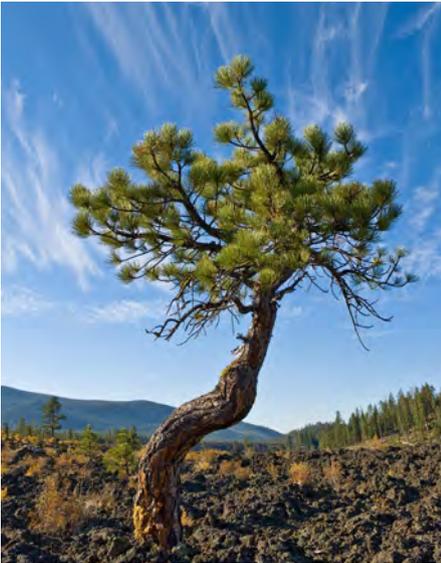
WIZARD FALLS FISH HATCHERY

Originally constructed in 1947, this hatchery is used for incubation and rearing of fish including kokanee salmon, rainbow trout, spring Chinook and summer steelhead. See the fish from a viewing platform, bring a picnic to enjoy in the park-like setting and keep an eye out for Canada goose goslings in May and June. Closed in 2020, hopes are high that the hatchery will reopen this summer.

PHOTO TOP RICHARD BACON, BOTTOM JILL ROSELL

PAULINA PLUNGE

The Paulina Plunge Downhill/Waterfall Mountain Bike Tour combines mountain biking, hiking and natural waterslides in one big adventure. This guided adventure takes off from Sunriver and includes shuttle service to and from Newberry Crater, mountain bike, helmet and even a backpack. Head out with a guide and explore six miles of forest trails by bike—stopping to jump in waterfalls and slide down natural waterslides in Paulina Creek.



LAVA CAST FOREST

Lava Cast Forest is a little bit difficult to understand until you've seen it, but basically it's a collection of fossilized trees, or really the fossilized absence of trees. Here's how it works—lava flowed from the northwest flank of Newberry Crater 7000 years ago around a forest of living trees. The hot lava incinerated the wood within, but hardened into a mold of what had been there. An interpretive trail winds past several tree casts, and makes for an easy and interesting family hike.



RILEY RANCH NATURE PRESERVE

Tucked away along the northwest edge of Bend, this 184-acre nature preserve features thirty-five acres along the meandering Deschutes River and another thirty acres along jagged rimrock cliffs. Unlike most parks in and near Bend, neither dogs nor bikes are allowed here, offering a unique opportunity to soak in the landscape and look for wildlife.

FOOD & DRINK

THE MOUNTAIN JUG

One of Bend's best brewers and her husband opened this little beer drinking joint six years ago. It's still under the radar, and still very cool. The Mountain Jug has twelve regional craft brews on tap to drink there or take home in a growler. There isn't much in the way of food, but other charms prevail. Check out their vintage arcade console (isn't it high time you taught the kids to play Donkey Kong or Pacman?), AC/DC pinball machine and catalog of over 1,000 vinyl records to choose from.

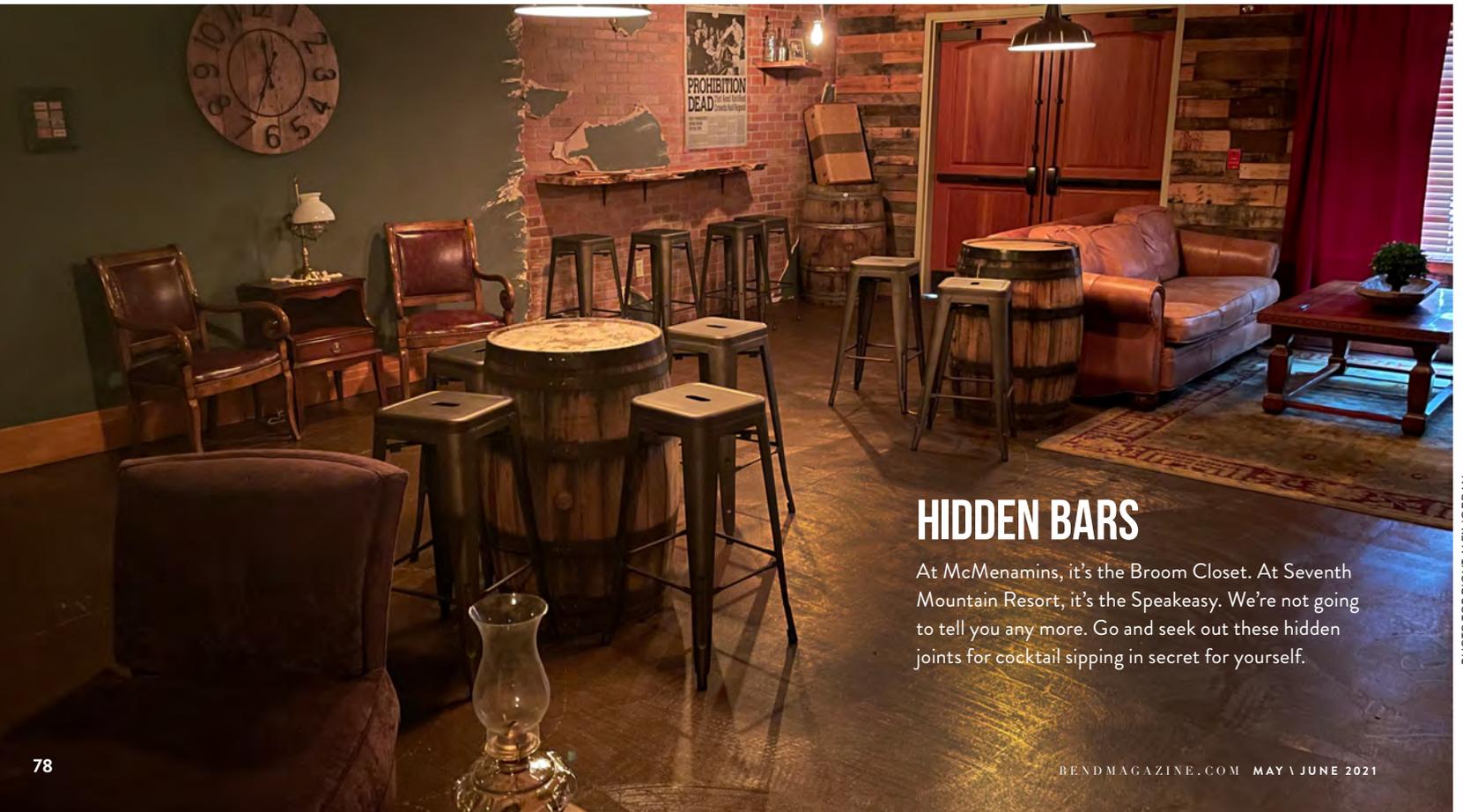


COWBOY DINNER TREE

It's a bit of a drive south into the Oregon Outback, but the trip and the meal are as memorable as it gets. Cowboy Dinner Tree is a destination in itself. The reservation-only restaurant provides a generous meal—think a whole chicken to a plate and steaks bigger than your head—all without using electricity. It's a family-friendly dining experience, where you'll leave on a first-name basis with the owners and chefs. Bring your to-go box and you'll be eating for days.

AUTHENTIC FOOD FINDS

Bend has a wide variety of international cuisine that aims to be innovative, but if you look hard enough you'll find a few places where tradition and old cooking styles remain king. EsTa BiEn offers some of the most authentic tacos around, Hola! has a traditionally Peruvian menu, and Pho Viet & Café boasts a menu that contains traditional Vietnamese recipes.



HIDDEN BARS

At McMenamins, it's the Broom Closet. At Seventh Mountain Resort, it's the Speakeasy. We're not going to tell you any more. Go and seek out these hidden joints for cocktail sipping in secret for yourself.

PHOTO TOP RIGHT ALEX JORDAN



MUSEUM AT WARM SPRINGS

Head north for a visit to the 25,000-square-foot Museum at Warm Springs, the first tribal museum in Oregon. See one of the largest artifact collections of any Native American museum, including family heirlooms and tribal keepsakes from the Warm Springs, Wasco and Paiute tribes. Discover paintings, ceremonial clothes and beadwork, cultural demonstrations, and more than 5,000 photographs dating back to the 1850s.

DOWNTOWN MURALS

An award-winning collection of public art can be found throughout Bend, much of it visible downtown and in the Old Mill District. Take an exploratory tour to find colorful tunnels under the parkway, stairs and walls in the Old Mill and the Tin Pan Alley art collection. Much of the art is accompanied by artist's statements to enrich your viewing experience.



CULTURE

THE TIN PAN THEATER

This sweet little theater is tucked away in an alley in downtown Bend. Seating only twenty-six, guests can grab a snack and a beer and kick back with friends for a very intimate showing of independent films. The pandemic didn't stop this little spot, and owners BendFilm began screening films outdoors in the alley—a fun idea that just might stick.





HOT AIR BALLOONING

There is nothing like the feeling of floating on air beneath a huge colorful balloon. Based out of Culver and launching near Smith Rock, Big Sky Balloon Co. books private flights for two to six people. Float gently over the high desert terrain of juniper and sage, volcanic rim rock, deep river canyons and rural farmland. It's dreamy.

FAMILY *fun*

ELK LAKE PARTY BARGE

There are day-trip boat cruises, and then there's the Elk Lake Scenic Cruise, otherwise known as a ride on the Party Barge. The two-masted, thirty-five-foot long wooden vessel accommodates twenty passengers and cruises around Elk Lake to explore the shoreline dotted with beaches, campgrounds, cabins, hidden coves, and stretches of quiet forest. Elk Lake Resort also rents floating day docks for chilling with your peeps just offshore. Welcome aboard!



PHOTO TOP: AARON BENDER



THE MADRAS AQUATIC CENTER

Like an oasis in the desert, the Madras Aquatic Center is the perfect place to cool off when the high desert sun is high in the sky. The beautiful facility has a lazy river, a rope swing and a 300 foot slide, all with panoramic views of the nearby Cascade Mountains.

POND FISHING

Remember tossing your first line in a pond when you were a kid? Bend kids can get that same thrill at two local parks, each featuring ponds stocked by Oregon Department of Fish & Wildlife. Shevlin Park's pond is open to youth, 17 years and under, and anglers with disabilities. At Pine Nursery Park's pond, all ages can cast a line. Limit two fish per day. Juvenile fishing license required. Fish on! 🎣

ROCKHOONDING

Rocks are all around us in Central Oregon, but most of the time we pay them no mind. Take the kids and go searching for thundereggs at public digging areas outside of Prineville or north of Madras. A bit farther afield is the Sunstone Public Collection Area, north of Plush and the Warner Mountains in Southeast Oregon, where the Oregon sunstone is sparkingly there for the picking.



PHOTO BOTTOM: BEND PARK & RECREATION DISTRICT

OPEN SPACE

for one and

FOR ALL

TWO SIGNATURE BEND PARKS HIT THE CENTURY MARK

WRITTEN BY SUZANNE JOHNSON

Just over a century ago, the tiny settlement of Bend was roaring into the 1920s. It was a land of adventure and opportunity, similar to current times in many ways. The population had expanded tenfold, from 536 residents in 1910 to 5,436 a decade later. Dense pine forests fueled the economy, and the Old Mill and Box Factory areas bustled with loggers and millworkers. A new dam on the Deschutes River provided the first electric power in town, creating Mirror Pond in the process. Entrepreneurs platted out new streets for homes and neighborhoods, with the bend in the river at the center.

In the midst of this boom, a few key local leaders recognized the value in preserving outdoor space for gathering and connecting with nature. Their vision led to the creation of Bend's first parks: Drake Park along the east bank of the Deschutes River in the heart of downtown Bend, and Shevlin Park, a natural area wrapped around Tumalo Creek, on the western edge of town. In doing so they set the stage for Bend's ongoing culture of outdoor recreation and love of nature. These parks, both established in 1921, remain the crown jewels in Bend's park system today.

BEFORE THERE WERE PARKS

Long before European Americans reached Central Oregon, this land was important to the ancestors of the Warm Springs, Burns Paiute and Klamath tribes. Native Americans traveled seasonally along the Deschutes River and Tumalo Creek, seeking resources like berries, basket materials, medicine, fish and game. Bend is located within the lands ceded to the United States government in 1855, as part of the Treaty with the Middle Tribes of Oregon.

In 1843, explorer John Fremont passed through Central Oregon on a mapping expedition from The Dalles to Nevada. Along with guides Kit Carson and Billy Chinook, the Fremont party camped in what is now Shevlin Park. Billy Chinook eventually returned to The Dalles and became a leader of the Wasco tribe. He served as an advocate during the 1855 treaty negotiations, and Lake Billy Chinook is named in his honor. Fremont's maps and guidebooks identified an easily crossed stretch of the Deschutes River, opening the door to settlers and loggers. By the turn of the century, Bend was on the map.

PHOTO: TONI TORENO



TWO PARKS
turn
100



DRAKE PARK: AT THE HEART OF BEND

Bend's favorite gathering space might easily have ended up a neighborhood of historic homes, if not for the Women's Civic Improvement League and its founder, May Arnold. When the landowners drew up plans for homesites along the east bank of the Deschutes River, Arnold successfully spearheaded an effort to turn the riverside property into a city park. The women gathered 1,500 signatures from the townspeople to put a bond measure on the ballot. It passed, and the city purchased its first park for \$21,000. Drake Park is named for Alexander Drake, who platted the original townsite and built Bend's first lumber mill, irrigation canals and the hydroelectric dam that created Mirror Pond.

From the beginning, Drake Park was intended to provide a gathering place, according to Julie Brown, communications and community relations manager for the Bend Park and Recreation District. "The Women's Civic Improvement group rallied for a town square type of park that would be at the heart of the community. Their forward-thinking vision of what this could mean for the town has had a lasting impact," Brown said.

The first organized events established the park as the site for music and celebrations: In the summer of 1920, volunteers gathered to pull weeds, build benches and enjoy performances by the Shevlin-Hixon band. By the summer of 1921, local merchants planned Bend's first Fourth of July celebration as a high-speed, non-stop event. As described in the *Bend Bulletin* on May 10, 1921, the day would start with a parade, horse races and carnival games and ended with street dancing on the new pavement, until well after midnight.

Bend's enthusiasm for spirited celebration in Drake Park has held through the decades. The Water Pageant, an Independence Day tradition from 1933 into the 1950s, involved flotillas of lighted floats and local pageant queens atop a giant floating swan—a spectacle that brought thousands of visitors to town each year. More recently, Drake Park has served as home for the Kids' Pole Pedal Paddle competition and the Munch & Music concert series. In between organized events, informal gatherings abound: from family picnics to slacklining teens to sports teams running drills through the



PHOTO TOP BETH DIXSON / ALAMY STOCK PHOTO, BELOW JILL ROSELL, TIMELINE PHOTOS DESCHUTES COUNTY HISTORICAL SOCIETY



1921

City purchases 11 acres of riverside property to create City Park

1928

re-named Drake Park after Alexander Drake



1930

The footbridge was built across the river. The wooden structure was rebuilt in 1953 and again in 1997

1956

The original home built by Alexander and Florence Drake near the north end of Drake Park is demolished



1961

The final year of the Water Pageant

1971

The 65 competitors in the first Pole Pedal Paddle finish the event with a run and paddle in Drake Park



PHOTO TOP ADAM MCKIBBEN

park, all under the shade of the towering Ponderosa pines that were preserved a century ago.

Drake Park has grown to almost a half mile of river shoreline, stretching from the Galveston Avenue bridge to the backyard of the Pine Tavern. Mirror Pond's reflective beauty still represents the heart of Bend, but not without controversy or negative impacts. Silt from the dam is filling up Mirror Pond, as the community debates the best solution. Crowds of people erode the riverbanks and degrade riparian habitats, keeping the Bend Park and Recreation District

busy with restoring the vegetation and repairing rock walls. And about those goose droppings...feeding geese bread and popcorn is not healthy—for either the birds or the park.

Trail improvements slated for this year will improve accessibility on the trails and continue the park district's goal of connecting pathways along the river. Brown explained, "A new boardwalk will cross the river at the north end of Drake Park, at the Newport Avenue bridge. This will connect into the Deschutes River Trail system up to Sawyer Park."

1982

The Cascade Festival of Music kicks off a 27-year tradition of orchestral performances in Drake Park, with eight nights of classical and world music

1991



Bruce West's stainless steel sculpture Cascade Landscape is moved from Kenwood School to Drake Park

2003

A renovation project added new restroom facilities, paved pathways and updated lighting

2017

Three large ponderosa pines in Drake Park are added to Oregon's Heritage Tree list

2021

BPRD plans new footbridge to connect Drake Park to the Deschutes River Trail going north





PHOTO TOP ADAM MCKIBBEN, TIMELINE PHOTOS
DESCHUTES COUNTY HISTORICAL SOCIETY

SHEVLIN PARK: CONNECTING TO NATURE

While Drake Park is at the heart of Bend, Shevlin Park may well be at its soul. Just three miles west of Drake Park, Shevlin Park encompasses 900 acres of mixed conifers and volcanic rock outcroppings, with Tumalo Creek tumbling along the canyon floor. There’s no playground or bandstand—just trails, trees and water. “People come here to walk, find a bit of solitude, connect with nature and escape the busy-ness of town,” said Jeff Hagler, park steward manager.

Like many locals, Bend resident Sue Dougherty feels a special connection to Shevlin Park. “The first time I hiked these trails, after we moved here in 2003, it brought me to tears. I was so happy to belong to a community that would preserve a place like this, when it could have been logged off or developed,” Dougherty said. An avid birdwatcher and photographer, she tracks the changing seasons by what happens in the park. “For years I’d see a pair of mountain bluebirds in a certain snag, and I’d know spring was close,” she said. Birdwatchers can also spot Pygmy owls, woodpeckers and sapsuckers, an occasional great blue heron, and a number of migratory songbirds in the dense creekside willows and aspens.



1921

Bend officially adopts the 350 acre donation of uncut timberland from Shevlin-Hixon to create Shevlin Park

1930

The Skyliners Ski Club adapts the closed fish hatchery site into a skating rink

1944

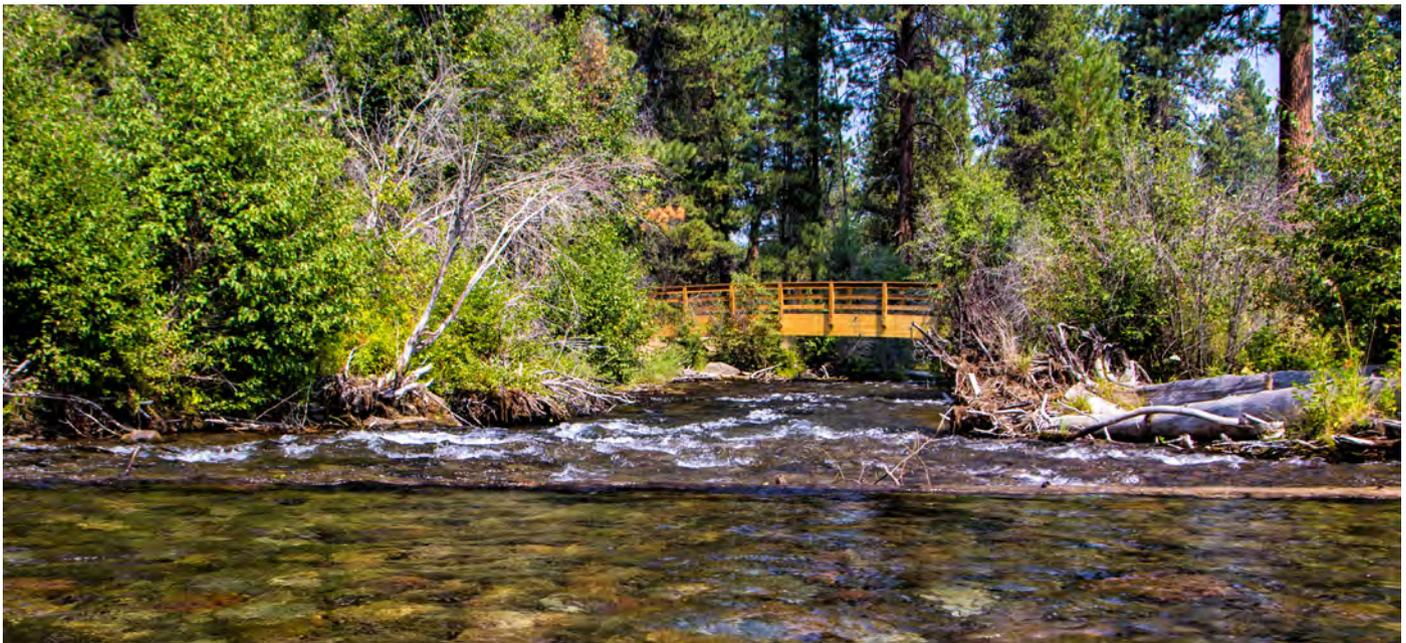
The lumber companies build a railroad trestle through Shevlin Park to access timber north and west of Tumalo Creek

1950

The logging industry shrinks as Shevlin-Hixon is purchased by Brooks-Scanlon. The last trainload of logs crosses through the park in 1956 and the trestle is dismantled the following year

1974

John Wayne and Katherine Hepburn film *Rooster Cogburn* on site



Despite its natural appearance and majestic old pines, Shevlin Park was once a working part of the timber industry. The Shevlin-Hixon Lumber company owned more than 200,000 forested acres around Bend, including Tumalo Canyon. As the logging cleared whole tracts of land around them, the company management recognized what could be lost if sections of the Cascade forests were not preserved. F. P. Hixon, Shevlin-Hixon's president, and Tom McCann, general manager, began outlining protection for forested land around Dillon Falls and along the Dalles-California Highway (U.S. Route 97). They also designated 350 acres around Tumalo Canyon and creek to donate to the city, to be used as a park.

The park was named in honor of Thomas Shevlin, founder of the company. Shevlin was a larger-than-life Midwesterner, an athlete and entrepreneur. After building the lumber company in Bend, he traveled east to coach football at Yale, his alma mater. Shevlin contracted pneumonia and died in 1915, at age 32. The land donated in his name was donated with the stipulation that it remain a natural park for the public to enjoy, in perpetuity.

When townspeople came out to the new park, they also would visit the fish hatchery north of today's Shevlin Road entrance. The hatchery land was added to Shevlin Park in 1929, and the Skyliner Ski Club used the pond as a skating rink for many years. Today the hatchery building is the site of Aspen Hall, and the old skating rink is home to a youth fishing pond. The pond stays stocked with rainbow trout for Bend's kids to learn to cast and land a fish.

Shevlin Park makes it easy for people to enjoy being outside, said Hagler. "It's such a safe place. I love that our visitors can be here without worrying, and just do their thing," he added. Parents with strollers and kids on bikes might stick to the paved pathway; nature lovers can hike the 6-mile Loop Trail or the 2.5-mile Tumalo Creek Trail. The park also links into the Mrazek Trail for mountain biking and hiking, with a trailhead near the park entrance and a connecting trail at the south end of the park. This summer, a new trail will connect Discovery Park to Shevlin Park. The Outback Trail meanders through thirty acres of natural, undeveloped land and offers a safer, non-motorized access to Shevlin Park.



1988

The old fish hatchery building is replaced with Aspen Hall, with a patio and full kitchen

1991

The Awbrey Hall fire, started by serial arsonist on upper rim of Shevlin Park, burns 3500 acres in ten hours, but the canyon is spared

2002

A conservation easement along the upper east ridge adds 44 acres to buffer the park from new housing developments

2017

The Tree Farm development transfers 300 acres to Shevlin Park, bringing it to the current size of 981 acres

2019

The covered bridge over Tumalo Creek, built in 1993 for the movie *Homeward Bound*, is dismantled due to safety concerns



LOOKING AHEAD AT BEND PARKS

In the decades since these two founding parks got their start, Bend has added eighty more, ranging from playgrounds to off-leash dog parks to community gardens—with more than seventy miles of trails. This year, the park district broke ground on its eighty-third park: the Alpenglow Community Park in SE Bend. Alpenglow Park will include a “sprayground” water feature, event pavilion and grassy lawn, an off-leash dog play area and multi-use trails. The park is expected to open in 2022. **B**



TWO PARKS
turn
100

Interested in supporting Bend's parks and trails?

Through BPRD's Adopt-a-Park program, local volunteers care for parks, trails, and off-leash dog areas.

The program is open to families, groups, businesses and individuals.

Volunteers may help with litter pickup, pulling invasive weeds, and checking for vandalism or other damage. Learn more at www.bendparksandrec.org.



Matches MADE IN Heaven

LOCAL CHEFS TEASE THEIR MOST
DELICIOUS SUMMER FOOD AND
BEER PAIRINGS

WRITTEN BY KAILEY FISICARO | PHOTOS BY TAMBI LANE

Every year when Central Oregon's weather finally turns to warm temperatures full-time, taking in a refreshing beer and a mouthwatering meal feels as right as shrugging off your puffy coat in the sunshine. So many different combinations of flavors and aromas say summer. Maybe you're looking to refuel in a big way after a day of hiking, or you're simply craving something fresh and seasonal. Here, local chefs from breweries in Redmond, Sisters and Bend share dishes with a well-paired beer, to elevate your meal from tasty to memorable.

SILVER MOON *Brewing*

LUMBERJACK BOWL AND MANGO DAZE PALE

As owner of the new food truck Lucky's Woodsman, Jackson Higdon has happily been juggling running his truck on Mount Bachelor while serving food in town at Silver Moon Brewing. Forged in the pandemic, the partnership made sense for both Higdon and Silver Moon. Higdon calls his food elevated backcountry cuisine. In the lumberjack bowl, he combines "midnight brisket," fourteen-hour smoked Cedar River Farms organic grain-fed steer, with forbidden rice, arugula pesto, cotija cheese, chipotle aioli, and charred Brussels sprouts and radishes. Silver Moon's Mango Daze, a "super sociable malty, not-so-bitter, easy-drinking pale ale," as Higdon describes it, complements the "roastiness" of the brisket. Brewed with real mangoes and fruity Northwest hops, the beer comes in at 6 percent ABV, or alcohol by volume, and 25 IBU, International Bitterness Units.





INITIATIVE *Brewing*

HAWAIIAN BURGER WITH HOPPY HABITS IPA

Initiative Brewing's head chef Matt Anderson has creatively infused Asian, South American and European flavors into pub favorites at the Redmond brewery. One of his classics with a twist? The Hawaiian burger, a seven-ounce grass-fed beef patty from southeastern Oregon's Roaring Springs Ranch, teriyaki ham, Tillamook swiss, lettuce, tomato and finished with a house-made pineapple jam and ginger aioli, served with salad, house-cut fries or Asian coleslaw.

Anderson and Chris Brumley, Initiative's co-owner and brewmaster, said their Northwest style house IPA Hoppy Habits, at 7 percent ABV and 53 IBUs, is the ideal pairing, offering a tropical fruit and citrus hop profile. "It has a nice wheat and salty flavor, which the aioli kind of smooths over," Anderson said.

THREE CREEKS *Brewing*

CARNITAS TACOS AND TRES ARROYOS MEXICAN LAGER

At Three Creeks Brewing where Mark Perry is manager and head chef, he encourages a team atmosphere. So when kitchen staffer Sal whipped up carnitas tacos for himself, Perry ran with it.

For Sal's carnitas tacos, pork is braised in a light beer until it's fall-apart tender, then finished with fresh lime juice, cilantro and extra seasoning in a white corn tortilla. Cilantro rice and black beans are served on the side.

The tacos go best with Tres Arroyos Mexican lager, a seasonal beer so popular, they transitioned it to year-round. A batch of the lager takes about two months to make, Perry said, describing it as light, crisp and refreshing and coming in at an ABV of 4.5 percent and 15 IBUs.





WORTHY *Brewing*

SUMMER CITRUS SALAD AND EASY DAY HAZY IPA

Lots of textures and color. That's what Worthy Brewing's executive chef and food and beverage director Monica Kline likes on her menu, balancing pub staples with equally delicious healthy dishes. Inspired to pair Worthy's new low-calorie Easy Day Hazy IPA series at 3.4 percent ABV, Kline used the grapefruit Easy Day to create a hazy avocado poppy seed vinaigrette for salad and bowl options (more flavors are expected to join the grapefruit and tangerine in the IPA series this summer).

The summer citrus salad tosses spring mix, grapefruit segments, quinoa, red onion and salty cheese in the dressing. For the bowl, ancient grains are warmed in the vinaigrette, then topped with carrot, avocado, cucumber, watermelon radish and yellow sweet drop peppers. Add grilled chicken, steak or steelhead to either.

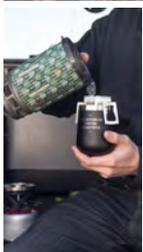
SUNRIVER BREWING *Company*

GOIN BEEF ENCHILADAS AND DESEO MEXICAN LAGER

Head chef Justin Goin is somewhat bashful about his name gracing Sunriver Brewing's Goin beef enchiladas, but he's proud to have recreated a dish he grew up eating in El Paso, Texas, and Tucson, Arizona. It's not uncommon for visitors from Texas, Arizona and New Mexico to ask to meet the chef.

Goin takes New Mexico Guajillo dry chile pods, rehydrating them, mincing and grinding them for the sauce. The enchiladas are then layered similar to lasagna, with aged white cheddar, the guajillo sauce, beef and lettuce, with a fried egg placed on top. Sunriver's Deseo Mexican lager at 5 percent ABV and 20 IBUs is the right pairing for the spicy dish, Goin explained, as the beer helps clean the palate between each rich bite.





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Monkless Belgian Ales owner Robin Clement calls their European-influenced Belgo burger a “fork and knife burger.” Executive chef Stacie Cruikshank intended it that way. “You’re going to need napkins,” Cruikshank said. “It’s decadent, fatty and delicious.”

Layered with Oregon ground chuck, butter leaf lettuce, dill pickle, a pile of caramelized onions and Muenster cheese on a buttery grilled Big Ed’s Kaiser bun, the burger is sauced with dijonnaise, which, Cruikshank said, they “do not go shy on.”

To complement the burger Cruikshank recommends their Samaritans Saison at 6.2 percent ABV and 34 IBUs. A Belgian farmhouse style, the beer is a bit tangy, pairing well with the rich burger’s natural fats. Diners can choose frites or salad for their side. **▣**



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BURGERS

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Chow Down

CHOWBURGER offers simple menu, fast-casual setting in west Bend

WRITTEN BY TERESA RISTOW | PHOTOS BY ALEX JORDAN



A restaurant space off Galveston Avenue in west Bend almost became a few things in the couple of years since a group of Central Oregonians invested in the space. Would the hole-in-the-wall space be a good spot for Thai food? Chinese? Something else? The chefs and restaurateurs behind Central Oregon's Bend in Spoon restaurant group have expansive backgrounds in everything from fine dining to brunch and Asian food to bakeries, so the options for the location were somewhat limitless. "We had the space there off Columbia for a good two years before we actually opened it," said Ryan Sturmer, a chef and part-owner of the restaurant group best known for operating Bend's popular brunch restaurant, CHOW. "The concept of what it would be changed four or five times, and changed again when the virus hit."

Sturmer said that ultimately he and Bend in Spoon co-owners David Touvell and Marc Holcomb decided on CHOWBURGER, a fast-casual burger joint with a small menu, offering just burgers, grilled cheese, fries and milkshakes. The space at 735 NW Columbia Street opened in August. "We decided to do something simple that everybody loves and something that's missing from that



TOP The double Chowburger with fries to go

ABOVE Co-owners David Touvell and Ryan Sturmer in front of their little burger shop on Bend's Westside

LOCAL
FLAVOR



“It’s just a couple of items that are done really well.”



side of Bend,” Sturmer said. “We wanted to keep it simple, efficient and with low overhead.” With just a few menu items, there’s less perishable food inventory, which works well in times of limited supply, as has sometimes been the case during the pandemic.

For burgers, CHOWBURGER offers a single or double “Chowburger” served with just the simple fixings of American cheese, lettuce, tomato, onion and pickles, with a little mayo, ketchup and mustard, offered up for \$7 as a single and \$8 as a double. There’s also a vegan Chowburger made with a Beyond Beef patty along with a vegan bun and Daiya cheese for \$10.25. “It’s just a couple of items that are done really well,” Sturmer said.

The restaurant offers a small lobby, perfect for quick takeout orders, especially when indoor dining isn’t permitted. Menu items are displayed inside on a diner-style letterboard menu, and diners place their orders in plain view of the grill in the back, evoking some of those retro diner vibes of decades past. Outside, there are wooden patio tables on the sidewalk along Columbia Street, with more tables planned for the side of the building, adjacent to food cart pod and open-air taphouse, The Lot. Sturmer said by late spring, they hope to have the expanded outdoor seating ready for customers, as well as a license to serve beer and wine in addition to the Mexican Coca-Cola available.

There are also plans in place to develop the attached space into another restaurant concept, Sturmer said. He envisions the suite

next door as a takeout sushi spot, with both restaurants taking advantage of the property’s big backyard for ample outside seating. Sturmer said there’s a big market right now for fast-casual dining, and he’s been pleased with the feedback they’ve received since opening. “We’ve been totally surprised with the response from Bend and the visitors that come to town,” Sturmer said. “It’s a fun, cool little concept that we’re having fun with.” ■

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WINE BAR

Stoller Comes to Bend

A new tasting room celebrates Willamette Valley wines and community

WRITTEN BY KATRYNA VECELLA



After years of searching, Stoller Wine found a place in Bend to call home. The new wine bar opened in February 2021 and is located across from the Podski Food Cart Lot and next to River Pig Saloon in the Box Factory. It serves as the perfect place for Bend locals and visitors to stop in, sit down and stay awhile with a drink in hand.

“The concept behind this space is to create a bridge between the winery in Dundee Hill and Bend,” said Steven Benson, director of consumer sales at Stoller Wine Bar.

The place does just that with its keen ability to craft any experience someone may be looking for. The open-air room and patio emanate hospitality with a comfortable atmosphere and friendly prices for both wine novices and seasoned veterans alike. Children have an invite, as well. Abuzz with laughter and conversation, the space is unlike a traditional tasting room.

“We think of wine very much as part of a well-rounded lifestyle,” said Michelle Kaufmann, Stoller Wines communications director. “Whether you’ve been out hiking all day or you just hit the slopes, and you’re coming in off the mountain, [Stoller Wine Bar] is the place to stop, grab a drink and reset before you go home and make dinner or go out to dinner.”

The labels Stoller, Chehalem, Chemistry, History, and Canned Oregon are under one roof. Get a taste of the variety of the Oregon wine country when you choose from the Willamette Valley Flight or Reserve Flight, go straight for a full pour from their draft wine selection, or commit to a full bottle; you won’t be disappointed. A local’s favorite has been the Pinot Noir Rosé. If you’re not a wine drinker, you can opt-in for their beer or cider offerings or indulge in various snacks, including cheese, charcuterie and flatbreads.

Stoller Wine is the ideal place for day-drinking with friends, grabbing a beverage before dinner downtown or rounding out a perfect day in Bend. No matter your preferred time, reservations are recommended. **IB**



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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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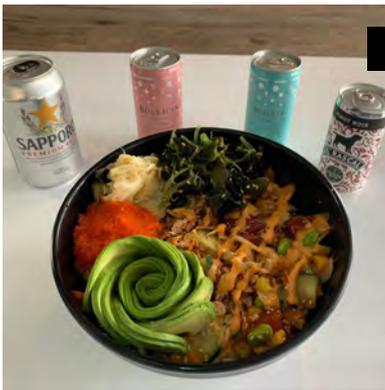
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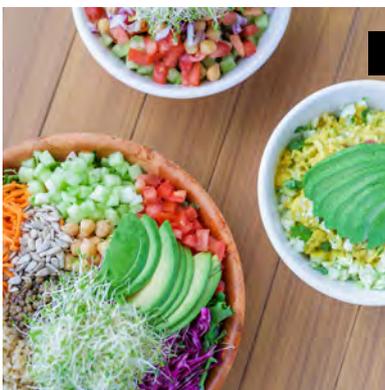
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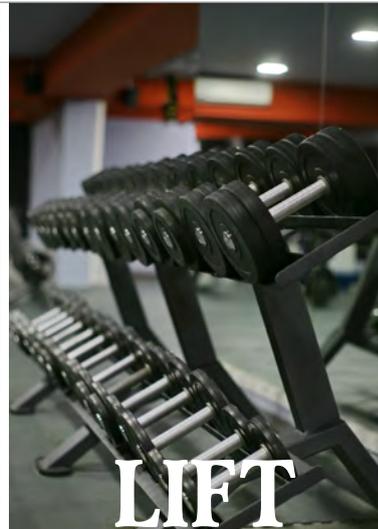
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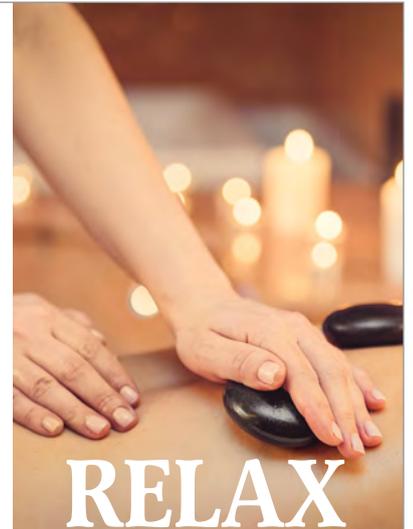
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Manifested by Nature

In Sarah Root's works, wildlife soars to life

WRITTEN BY LEE LEWIS HUSK

PHOTO DREW CECCHINI

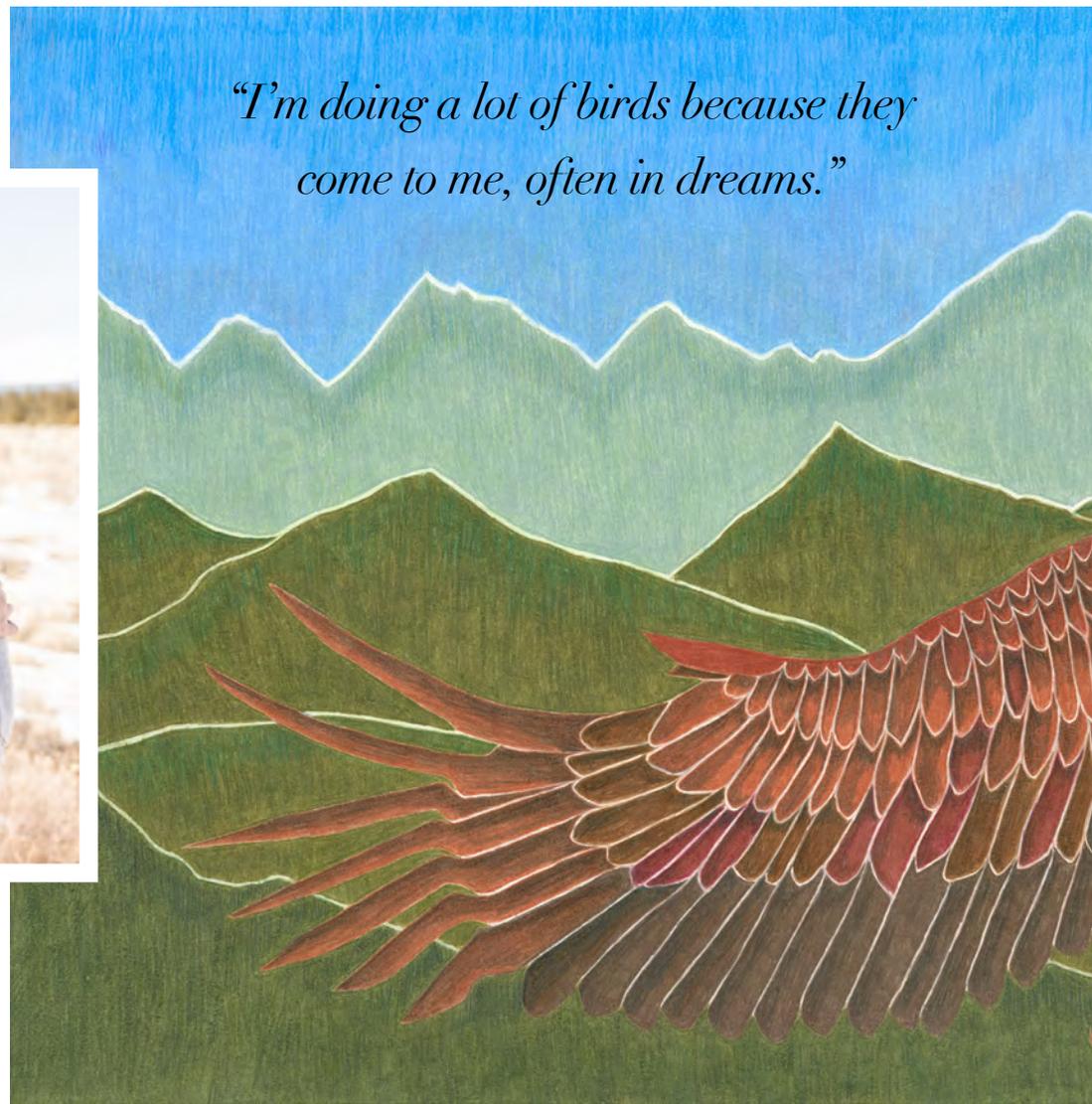


Sarah Root's studio contains no easel, no messy half-tubes of paint or palette, no hodgepodge of stacked work. In fact, her home studio is tidy and clean with plastic and plexiglass protecting the carpet. Her colored pencils stand upright in canning jars on a tray. "I'm a double Virgo, and Virgos are neat freaks. We find peace in order," she explained.

Root creates solely in pencil, though she received training as a painter and printmaker. She sketches feverishly when inspiration strikes and draws layer upon layer until the paper is saturated in color, resulting in work that resembles a textured painting. Shapes become patterns, and patterns become familiar life forms. On occasion, she incorporates metal leafing.

"My drawings are inspired by my close friendship with nature and animals," she said. "I'm doing a lot of birds because they come to me, often in dreams." Owls, eagles and ravens soar with outstretched wings. Other wildlife—polar bears, hawks and foxes—find equal expression through Root's pencils.

In her studio, the large piece she was working on was affixed to the floor, which immediately raises the question: how does



"I'm doing a lot of birds because they come to me, often in dreams."

she sketch? The answer: on her belly or cross legged, positions she can maintain for hours.

When she finishes a piece, she has it photographed and made into prints and gift cards of various sizes, which she sells on her website (sarahrootart.com), at the High Desert Museum and in businesses in Central Oregon. The original is available to a buyer who connects with it. "I don't hoard my work, even though I instill a lot of love," she said. "I want it out where others can enjoy it."

"I rarely see someone who follows their inner guidance like Sarah does," said John Hummel, Deschutes County District Attorney and a collector of her art. "When I see those pieces she's drawn, I know they're a manifestation of what calls out to her."

Raised as a second-generation Buddhist, Root grew up in a family of artists with a strong Japanese aesthetic. Her mother, Marlow Brooks, is a gallery-worthy

calligrapher and her uncle, Stephen Brooks, is an artist, writer and producer of plays.

"Uncle Steve educated me. I saw seven operas with him, countless shows, and I've viewed art with him in Paris, New York City and Minneapolis," she said. The noted calligrapher and Japanese Zen priest, Kobun Chino Otogawa, was "a steady source of love and a dear mentor," she added.

Her family lived in Nova Scotia, rural Vermont, Colorado and England, moving often. For college, Root chose Sarah Lawrence College in Bronxville, New York, where she studied philosophy and art. After graduation, she moved to Portland and ran a print gallery.

But service to others was in her DNA. She started helping students at Portland's Roosevelt High School with college applications. It was there that she had an ah-ha moment and decided to become



an educator. She became an accredited instructor for students with dyslexia and other learning differences through the Academy of Orton-Gillingham and began tutoring children in 2010. As a fellow dyslexic, she empathized with her students. In 2015, she moved to Bend and established Wild Roots Learning to provide specialized services for students with dyslexia and learning differences.

The Pacific Northwest also provided the landscape for rock climbing, mountaineering and volunteer work as a wilderness first responder. “I was spending less time doing art and more chasing mountains,” she said. But she suffered a traumatic brain injury which made physical activity and socializing nearly impossible. “When I hit my head, it shifted things,” she said. She continues to struggle with the aftereffects of the injury and says it



ABOVE Root’s eagle drawing is titled “Brave”
LEFT Root working on her newest piece “Modern Love,” posed on the floor in her unconventional drawing position

significantly altered her path. “(But) it renewed my commitment to creating animal scenes and reminding people of their connection to the wild,” she said.

In addition to her sketches, Root has published a children’s book, *Warrior Friends*, and has submitted another book to a publisher.

Hummel says of the owl he purchased, “It’s small but when it soars, it’s majestic. Sarah captured so well the strength of that owl’s spirit. She helps her kiddos realize they are that owl. They may feel that they’re small, but she helps them spread their wings.” **IB**

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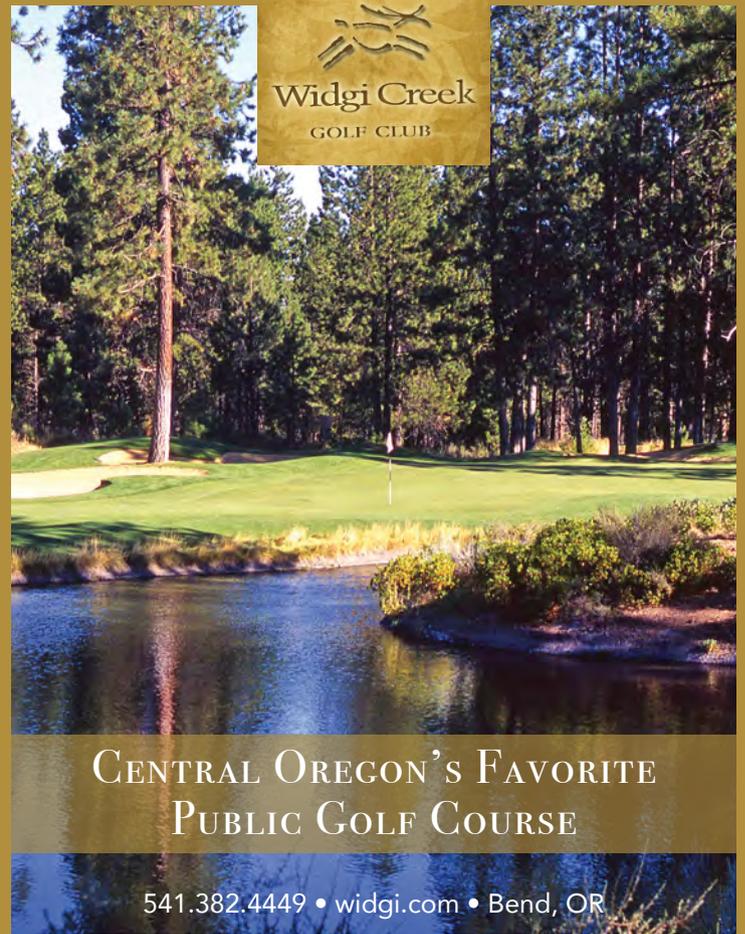
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MUSIC

The Boots Match the Roots

How Olivia Harms is bringing back real country

WRITTEN BY NOAH NELSON

The first line in Prineville-based country musician Olivia Harms' song "Canby" encapsulates not only her country roots and her hometown pride, but her paramount objective in any of her music; to write about lived experiences, and to form connections with her listeners. "I should not write things that are not authentic to me, because you can't relate to music that isn't authentic. My first rule of songwriting is to always have the experience to back up the story," Harms said.

And back it up, she does. Harms grew up as a member of the FFA on her family's century farm in Canby that was homesteaded in 1872; a farm that is only thirteen years younger than the state of Oregon. She participated in 4-H and grew up to be more comfortable wearing Carhartt than Prada.

Harms believes that real country music comes from a real country lifestyle; growing up on her family farm in Canby taught her a strong work ethic and a deep sense of pride in her roots. These are the traits that the songwriter always brings to her creative process. "I figured if I was gonna be a country music artist, one day I'd need a song about my hometown so folks would know where I came from," Harms said.

Harms began a career in music in high school, playing locally in and around Canby. While obtaining her undergraduate degree at Oregon State University, she played around twenty shows a year. After graduation, Harms moved to Prineville. "I had always loved central Oregon, and since there are many live music venues in the area I decided to make the move in 2017," she said. "With Prineville being the cowboy capital of Oregon and a little less expensive, I thought it was the perfect fit."

Soon after, she decided to go full-time with her music career, acting as her own booking agent, publicist and manager. "I contacted every venue I could around the area and throughout the Northwest, slowly creating tours and adding dates to my calendar. The first year and a half was definitely a learning curve, but I started seeing the progress by 2018. In 2019, I played over 130 dates and substantially grew my social media following."



During this time, Harms was commuting back and forth to Nashville to record her singles, meet successful recording artists and co-write songs with them.

"Canby" was Harms' first song to gain some traction and propel her career. After that came a song called "Gypsy" that spoke about life on the road and drifting from one town to another; Harms spends half her year in Oregon cowboy capital Prineville, living the life she sings about, and the other half in Nashville, recording her music.

"I had folks coming up to me after shows who would just gush about how they relate to my songs. Even if they hadn't been to the towns I had been to, they related to the lifestyle I was singing about," Harms said.

Out of all the country music heroes that Harms can talk about, her biggest inspiration

is her mom and local country music legend, Joni Harms. Joni has released eleven studio albums and even had a chart-topping track back in '89 called "I Need a Wife."

"My mom has always been my biggest fan. Although she mostly lets me fly solo now, she was instrumental in teaching me everything I know about country music," Harms said. "I feel like it's always been in my blood."

Harms has a new studio album coming out May 21 that aims to showcase her diverse songwriting skills while utilizing an old Western sound. "I want to bring back real country," Harms said. The album's first few singles, "Gypsy," "Road of Lies," "Kiddie Pool" and "Hey There, Cowboy" have all been released.

Harms originally planned on recording her new album back in March of 2020, but the world had other plans. Eventually, Harms decided to record her album in Nashville, pandemic or not. "I always figured you can either focus on the bad in a bad situation, or choose to see the good. The world needed music and I wasn't going to put my dreams on hold, so I went to Nashville, followed every legal precaution and got the record made," Harms said.

In true country music fashion, Harms believes in persevering through hardships to achieve her goals, "You can't always control what life throws at you, but you can always choose how to react." **IB**



■ public murals

New Old Mill District Mural Celebrates Connection Between Bend and Hawaii

It's unlikely visitors will see an elephant in the Old Mill District, but as of this spring, an elephant ear or two are on display. A new mural in the Old Mill District's collection of public art portrays the Colocasia Esculenta plant, more commonly known as elephant ear. The tropical plants are found in Hawaii, where muralist Danny Fry, owner of Sutiki Emporium, grew up. In Hawaii, the plant is known as taro, and is one of the main staples of Hawaiian food culture. Fry said the inspiration for this piece came from his childhood in Hawaii and the connection between Bend and Hawaii. Sometimes called the lava connection, Bend and Hawaii have long had ties. For Fry, the vibrant colors of the leaves represent the mix of people in Bend, and the many plants together represent growth and positivity. The mural, titled The Colocasia Esculenta, is located between Lululemon and Somewhere That's Green in the Old Mill District. See OLDMILLDISTRICT.COM.

■ philanthropy

High Desert Museum Picks Up \$6 Million Donation

In February, the Sisters-based Roundhouse Foundation awarded \$6 million to the High Desert Museum, the largest single donation in the museum's nearly forty-year history. The gift will support the long-term vision for the future of the museum, which includes more capacity for educational programming, immersive experiences to bring visitors into the forest canopy, and, in collaboration with Tribal partners, an update of the museum's permanent exhibition on the past and present of the Indigenous people of the Columbia Plateau, *By Hand Through Memory*. The vision also includes adding a permanent art gallery, providing the eastern side of the state with its first dedicated art museum. The museum opened in 1982. Founder Donald M. Kerr envisioned the space as an immersive experience that highlights the wonder of the high desert, often saying that its mission is to "wildly excite and responsibly teach." The Roundhouse Foundation started in 2002 as a collaboration by Sisters resident Kathy Deggendorfer and her mother, Gert Boyle. The organization supports and encourages creative thinking and efforts to help increase the viability of the arts as a large part of the Sisters and Central Oregon economy, as well as supporting social services, education and environmental stewardship throughout rural Oregon and beyond.

"Central Oregon is fortunate to have a top-flight museum," said Kathy Deggendorfer, a founder and trustee of the Roundhouse Foundation. "The High Desert Museum is a cultural hub and portal for learning about the high desert. There's no place else in the region that does that." See HIGHDESERTMUSEUM.ORG and ROUNDHOUSEFOUNDATION.ORG.



■ book release

Local Author and Illustrator Team Up for New Children's Book

Goodnight Great Outdoors, a children's book published by Adventure Time Publications, was released on March 9. The book's author, Lucas Alberg, also a *Bend Magazine* contributing writer, teamed up with local illustrator Megan Marie Myers to create a dreamy, nature and camping based bedtime story for active and adventurous families. *Goodnight Great Outdoors* aims to celebrate nature while reading kids to sleep. The book is written in short rhyming schemes, while the illustrations show a family camping, calm, starry nights and sleepy animals. The book is written for children up to four years old, and is Alberg's first children's book to be published. Alberg is a native Kansan who moved to Oregon in 2001 in search of adventure. His first work, *Trail Running in Bend and Central Oregon* was published in 2016. Myers' illustrations are available in shops around Bend and online as posters, greeting cards and more. *Goodnight Great Outdoors* is available for purchase locally through Roundabout Books and Barnes & Noble. See ADVENTUREPUBLICATIONS.NET.

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- ★ \$750 entry fee with no additional fee to enter the Open
- ★ Intermediate Open is a class within the Open
- ★ All horses must be entered in the Open

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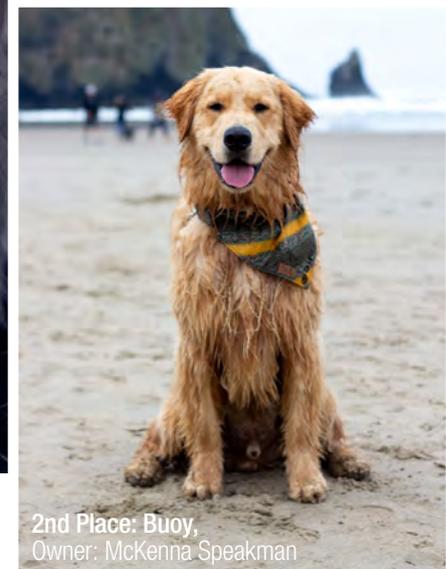
Dog Photo Contest

Sponsored by Bend Pet Express

In March, *Bend Magazine* and Bend Pet Express held an online dog photo contest and giveaway. Readers submitted images of their pooches at their best. Flip the page to see more of our most popular shots.



WINNER: BISCUITS



2nd Place: Buoy,
Owner: McKenna Speakman



1st Place: Biscuits. Owners: Summer Olson and Michael Carlini. Biscuits' Bio: I moved to Central Oregon at nine weeks old and have been living my best life ever since! I get to go on endless adventures here in the high desert, from sunset hikes to early morning snow days, to showing off my skillz on our stand up paddle board! I have made countless friends on my adventures around Central Oregon and I'm proud to call it my home. Every day is sunny in any of the four seasons, thanks to our Cascade mountain range keeping all that doom and gloom out! I truly live where everyone else wants to vacation! Anyways...BRB, the mountains are calling again...I must go!!!



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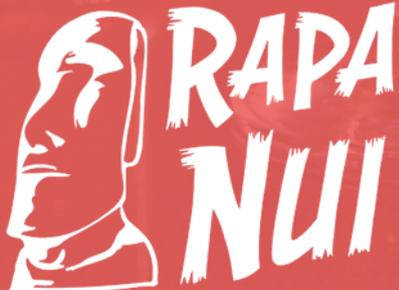
Cascade | **Sotheby's**
INTERNATIONAL REALTY



1. Penny, Owner: Roxana Hendricks 2. Remington, Owner: Heather Dollarhyde 3. Burton, Owner: Emily Keene 4. Molly, Owner: James Domings 5. Tucker, Owner: Jasmine Reddick 6. Blue, Owner: Laurelle Wood 7. Finley, Owner: Malcolm Lowery 8. Tsuki, Owner: Kristina Bergstrom 9. Juni, Owner: Rebecca McLenna

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Together is a great place to be.

Sometimes, in the middle of challenges, opportunity arises. On our journey to a new normal this year, we're grateful for relationships that grew even stronger, learning that never stopped and perspectives that enhance our services.

At the start of the new year, we proudly welcomed Valentine Ventures, one of Central Oregon's leading wealth management firms, to our ASI team. The merger was based on a commitment to shared values and the ongoing pledge to always take amazing care of our clients.

Like you, our new story is just beginning – and together, the services we offer our clients will be even better. We'll see you soon!



Wealth Management



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