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2021
**READERS
Choice**
— AWARDS —

magazine

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OLYMPIC

Dreams

LOCAL ATHLETES AIM
FOR THE GAMES

*Dominic and
Sebastian Bowler
dream of competing
for Brazil
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OLYMPICS OR BUST

When the target event of your dreams only rolls around every four years, as is the case with the Olympic Games, the journey can be long and challenging. Read about a few Central Oregonians who have devoted their lives to going for the gold. WRITTEN BY SUZANNE JOHNSON



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READERS CHOICE

Our annual readers choice awards are the culmination of a two-tier voting process to elect Bend's best businesses and destinations. Read about the places voted by you, our readers, as all-around favorites.

WRITTEN BY NOAH NELSON

93

TACO TIME

What makes a taco authentically Mexican? Check out these local taco purveyors to read about what goes into the creation of a truly original taco—then seek out a couple of tacos for your next lunchtime treat.

WRITTEN BY NOAH NELSON

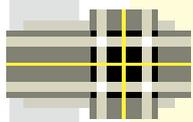


ON THE COVER

Bend-based halfpipe and slopestyle ski competitors Dominic and Sebastian Bowler.

PHOTO BY JOE KLINE

PHOTO COURTESY GILSON SKIS



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WORDS *and* PICTURES

Contributors



• **BRIDGETTE COYNE**
• Bridgette Coyne was born and raised in Cleveland, Ohio and moved to Bend in January of 2020.
• She received her B.F.A. in Illustration from the Savannah College of Art and Design, having always
• been interested in drawing and painting faces because of the amazing diversity and beauty in people.
• Aside from illustration, Bridgette also enjoys book binding, listening to music, attending concerts,
• snowboarding, running, surfing and exploring the outdoors. In this issue, Bridgette illustrated a handful
• of the Readers Choice winners for our feature story (pg. 76).

LEE LEWIS HUSK

Lee Lewis Husk has been called a unicorn—an acknowledgement that anyone who was raised in Bend is a rarity in this fast-growing city. Lee left Central Oregon for thirty years after high school graduation but returned in 2000 to raise kids and be near family. 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, she wrote about a new home construction project by SolAire Homes located near Sisters that took awards in last year's Tour of Homes (pg. 57).



• **JOE KLINE**
• Joe Kline is a portrait and editorial photographer, capturing storytelling moments. His style is
• informed by over a decade of documenting life as a newspaper photojournalist. Based in Bend,
• Joe enjoys the nearby peaks, climbing rocks and tasty local brews. For this issue, *Bend Magazine*
• dispatched Joe to do what he does best—capture portraits of Central Oregonians in their element.
• brothers, ski competitors and Olympic hopefuls Dominic and Sebastian Bowler for our cover and
• feature story on locals vying for a spot at the winter games (pg. 84). See JOEKLINEPHOTOGRAPHY.COM.

SHEILA G. MILLER

Sheila G. Miller has lived and worked in Central Oregon for fifteen years, writing about everything from murder trials to golf tournaments while enjoying the magic of this growing community. Sheila lives in Bend with her husband and their wonder dog, Felipe, where she does all she can to support the culture and restaurants that make this town feel a little bit more like a big city. To that end, she was thrilled to write about Winter PrideFest and the growing call for equity, inclusivity and diversity from the local LGBTQ+ community and its allies (pg. 47).



• **CHRIS MURRAY**
• Chris Murray is a photographer living in Bend, Oregon who specializes in architecture and scenics.
• He started shooting in 1988 with a Pentax MG that he bought in a pawnshop in Ketchikan, Alaska
• while he was helicopter logging. In the mid to late 1990s, he was Patagonia's lead photographer
• traveling internationally for about ten months a year. In his free time, Chris can be found exploring
• the Northwest. In this issue, Chris photographed downtown Bend's swanky new wine bar, Domaine
• Serene (pg. 104). See CHRISMURRAYPRODUCTIONS.COM.

NANCY PATTERSON

Nancy Patterson was born and raised in Sonoma County, where being a 'foodie' is a prerequisite for residency. She fell in love with Central Oregon's diverse and eclectic restaurant scene after moving to Bend, documenting her exploration of hidden restaurants, divinely crafted cocktails, and superlative dishes in her blog, *Eat Drink Bend*. Nancy spends most of her days photographing food and writing about all things culinary, including home recipes she develops in the kitchen with her baking-enthusiast three-year-old daughter, Gemma. In this issue, she wrote about Terra Kitchen in Redmond (p. 101).



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"The Quite Place" 36"x36" acrylic on aluminum



STEVE WORTHINGTON
"Sitting Toad" 10" bronze ed. 25



GLENN NESS
"Sunday Morning" 36"x48" oil



LIZ WOLF
"Gentle Rein" 17" bronze ed. 25



DOYLE HOSTETLER
"Speed King" 20"x18" oil



ROMONA YOUNGQUIST
"Rain Shadow in June" 58"x 88" oil

Traditional



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FROM *the* PUBLISHER



Cheers to a New Year

The past year was unlike any other as change became standard, and adapting and evolving with frequency prepared us for 2022 and beyond. Despite the challenges, or perhaps because of them, it's been a year of growth.

In one year, our team has adjusted to fit the new ways of work and life, published over twenty issues of various magazines and grown together both personally and professionally. The upcoming year looks bright and we are thrilled to announce that we're the new publishers of *Via Magazine* which is AAA Oregon/Idaho's travel publication—if you're a member, make sure to give it a read.

In addition, the twists and turns of 2021 didn't seem to sway our readers or amazing advertising partners. Because of you, *Bend Magazine* has become the largest selling magazine on a per capita basis in the country. This means the world to us and it is an honor to continue to publish here in Bend for years to come.

Central Oregonians have a way of supporting all things local, and that couldn't have been more prevalent with the record number of voters we had for the 2021 Readers Choice Awards (p. 76). Thank you for recognizing these innovative people and businesses who have helped build this impressive community. Congratulations to the nominees and winners—see the places our readers chose as their favorites in this issue.

Looking ahead to 2022 is inspiring, especially when you look at some of our Olympic hopefuls like Dominic and Sebastian Bowler, two local athletes hoping to compete in Beijing this winter. Like many, our family watches the Winter Olympics, taking pride in the athletes as they demonstrate their drive and competitive spirit with the world. In this issue, we share the journeys in our story "Bend's Olympic Hopefuls" (p. 84). What fun it would be to support these boys and the other local winter Olympians come February.

Also in this issue, we feature allyship on the slopes, authentic taco spots and the grand opening of Domaine Serene Wine Lounge, which are all a part of what makes Central Oregon great.

Cheers to a new year of continued growth and inspiration from the amazing community we live in. We are grateful to be a part of it.

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BEND + CENTRAL OREGON NEWS

RECREATION

Trail Improvements

WALKERS AND BIKERS HEADING OUT FOR SOME EXERCISE this winter might want to try the Haul Road Trail, which recently underwent a \$2 million makeover. A 3.3-mile section of the popular trail that runs from Bend west and into the Deschutes National Forest was upgraded late last year. The Haul Road Trail begins at the Bend Whitewater Park and travels up Colorado Avenue and along Southwest Century Drive to LOGE camp, where it merges with the Rim Rock Trail and continues on toward the Cascade Lakes Welcome Station. Work on the trail began in July and included trail repairs and the paving of the 1.5-mile section closest to the national forest. The Bend Park & Recreation District funded the project, with help from a \$685,000 grant from Western Federal Lands. The district manages the trail in Bend up to the national forest boundary, with the Rim Rock Trail section managed by the Deschutes National Forest Trail Crew. Work on the trail wrapped up in November. See BENDPARKSANDREC.ORG.



■ *veterans*

Permanent Transitional Shelter Opens

A permanent shelter for homeless veterans is offering hope as Central Oregon continues to see a rise in homelessness. The new Central Oregon Veterans Village had a fitting opening of its first five units on Veterans Day in November. The transitional shelter, located in north Bend near the Deschutes County dispatch center, aims to help homeless veterans get back on their feet. The village will eventually have the capacity to serve fifteen homeless veterans at a time in individual cottages, each equipped with a bed, toilet and sink in a small structure with a front porch. The village also has a communal building where showers, meals and other services will be offered. The project was a collaboration between the City of Bend, Deschutes County and private donors, with the village ultimately costing about \$1 million to build. The facility is being operated by the nonprofit Central Oregon Veterans Outreach. See CENTRALOREGONVETERANSVILLAGE.ORG.

■ *education*

Bend-La Pine Schools Launches COVID-19 Dashboard

A newly improved online tool is helping students and families that are a part of Bend-La Pine Schools keep informed about COVID-19 cases that might have a connection to district schools, students or staff. The district launched its new COVID-19 dashboard in early November, with data auto-updating every fifteen minutes with cases confirmed by Deschutes County Public Health, as well as info on related quarantines by school. “I want to thank the dedicated staff members who worked tirelessly to pull this tool together to provide a more transparent view of COVID-19 cases in our school and district communities,” said Superintendent Steven Cook. “This was a big lift but one I believe will make a meaningful difference to our staff and families looking for a more in-depth view of cases.” Families also receive notification letters when their students are identified as in close contact with a COVID-19 positive person. See BEND.K12.OR.US.

■ *music*

Les Schwab Amphitheater Renamed

After twenty years as the Les Schwab Amphitheater, Bend’s iconic outdoor music venue in the Old Mill District has a new name—Hayden Homes Amphitheater. News of the amphitheater’s name change comes a year after the venue partnered with concert promoter Live Nation, and shortly after undergoing a complete rebuild of the stage to position the venue to attract bigger acts. The original name of the venue, which hosted its first shows in 2002, was a nod to Bend native Les Schwab, the founder of Les Schwab Tire Centers. The venue’s new name is part of a name-in-title sponsorship with Hayden Homes, a Central Oregon homebuilder. “As a local homebuilder established in Central Oregon over thirty years ago, we are proud to partner with the Old Mill District and Live Nation to support an iconic venue that has a long commitment of bringing the community together,” said Steve Klingman, president at Hayden Homes. Last year the venue hosted twenty-five concerts, its most ever. See BENDCONCERTS.COM.



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■ *housing*

Sunriver Development Breaks Ground

The first significant development of new homes in Sunriver in fifteen years is underway. About seventy people gathered together in mid-November to celebrate the groundbreaking of Mirror Rock, a neighborhood within Sunriver Resort's Caldera Springs community. At the time of the groundbreaking, forty-two of the homesites were sold, with just a handful more available. The neighborhood includes its own lake, park and common open space. "The response to Mirror Rock has been tremendous," said Michael Diven, managing broker at Sunriver Realty. "The distinct characteristics of these new homesites paired with the popular amenities and experiences offered in Caldera Springs have proven to be incredibly desirable among buyers and truly differentiate this neighborhood from others in Central Oregon." Mirror Rock is part of a more than 600-acre expansion of Caldera Springs that will eventually bring 340 new homes, vacation rental properties and community amenities to the resort destination. Homesites start in the mid-\$300,000s and range from just under one-half acre to over one acre in size. See CALDERASPRINGS.COM.



■ *food trucks*

The Barn Opens in Sisters

A new food truck pod and taphouse opened in Sisters in November, owned and operated by the couple behind the city's popular Boone Dog Pizza food truck. Daniel and Kelly St. Lawrence are owners of The Barn, located at the corner of Main and Fir streets in downtown Sisters. The lot is anchored by a beautiful new wooden barn-style structure with inside seating and taps pouring local beverages. Outside are firepits and more seating, with space for food trucks. Boone Dog Pizza has moved over to the new location from its previous spot at Eurosports, a bike shop that serves as Sisters' other food truck pod. Other food trucks at The Barn include Pop's Southern BBQ, Chulitas with Mexican-style aguas frescas and Wrap Star, serving global fusion dishes. An outdoor stage for live music is also in the works on the site, and is expected to be ready for shows in the spring. See THEBARNINSISTERS.COM.

■ *homeless*

Redmond's First Shelter Nears Completion

The city of Redmond is now home to its first permanent homeless shelter, thanks to funds from a statewide program and local efforts. Bend's Bethlehem Inn purchased the Greenway Motel in downtown Redmond in the summer of 2021 and began the process of converting it into a shelter. The project was given \$2.7 million from Project Turnkey, a new Oregon initiative that provides funding for acquiring hotels and motels for the purpose of creating new shelter spaces. Additional funding came from Deschutes County, the City of Redmond and others. The first seven socially-distanced shelter rooms were completed in early December, with a total of twenty-two rooms planned when renovations are complete, according to Gwenn Wysling, executive director of Bethlehem Inn, which will operate the shelter. Up until the property was sold, it was a local hotel operated by the same family for more than two decades, Wysling said. "It really meant a lot to them to know their building would continue to serve the community and provide homes and housing to those in need," she said. Wysling said there's a significant need in Redmond for a project like this, and said Bethlehem Inn is honored to be a part of it. "We know how great the need is, and we're looking forward to being a part of the solution," Wysling said. See BETHLEHEMINN.COM.

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EXPLORE

TERRAIN PARKS

Freestyle Fever

Once seen as expert territory, more skiers and riders are exploring terrain parks

WRITTEN BY KATRYNA VECILLA

The world of snowsports progresses quickly. Every few years, gear, equipment and mountain culture have a way of reinventing themselves. Terrain parks have transformed in only a few decades. Starting as a counterculture pursuit for snowboard-rebels who carried around shovels and dug their own snow features while avoiding ski patrol, terrain parks are now an infrastructural, mainstream activity with accessibility for all daring enough to try something new. ➔



Once a rarity, today riders and skiers can find a terrain park at most ski areas in the country. Entire crews are sculpting artificial features daily—jumps, berms, rails, rollers and walls—for skiers and riders to attempt tricks, from spins and grabs to flips and grinds, and also catch air. Terrain parks range from small, more progressive and learning-based to large, expert parks with features comparable to the ones seen in the X Games.

Terrain parks are not only more prevalent, they're also becoming a priority for mountain resorts. Leading this shift is Woodward, a global action sports experiential company owned by POWDR, the parent company of Mt. Bachelor resort. Since 2019, Woodward has elevated the terrain park experience at Mt. Bachelor to be one of the highlights of the mountain's already playground-like terrain.

With more than fifteen dedicated

“Some love transition features and some are all about rails; everyone’s got their own thing.”

Woodward parks at Mt. Bachelor, ranging from the Start Park to a halfpipe and slopestyle performance venue in West Village, kids and adults alike are empowered to emulate their inner Shaun White on the slopes. Woodward parks are designed intentionally for intuitive progression, allowing skiers and riders—from beginners to

experts—to naturally discover their own skill and style, making growth more fun and safer.

The mountain remains fresh and exciting thanks to the hard work of park crew members, who use their creativity to change the layout of each park many times throughout the season. “There is so much variety for all ability levels in our Woodward Mountain Parks that each crew member probably has their own favorite build,” said Dustin Smith, senior slopes manager. “Some love transition features and some are all about rails; everyone’s got their own thing. I personally like Peace Park as I find so much variety in line choices in that terrain park.”

Peace Park—designed in collaboration with Danny Davis (Grand Prix Winner, X Games Gold Medalist and a U.S. Olympic Snowboard athlete) and the Mt. Bachelor terrain park team—uses natural terrain that reinvents



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EXPLORE



freestyle terrain with a focus on transition, creativity, flow and fun. The name comes from Davis's belief that people doing what they love in the outdoors freely and creatively were as close to peace as one can come.

Despite the inclusivity of terrain parks nowadays, getting in the lineup, calling your drop-in, and taking that first move with all eyes on you can still be quite challenging. "I would focus on features that don't intimidate you; maybe it's a small snow hip or roller jump," Smith said. "Whatever you think will help you gain more board or ski awareness with practice over time. Keep practicing and progressing as you become more comfortable on snow."

Check out the features you'd like to try and watch others prior to hitting them. Also, consider signing up for a park-specific lesson and learn from an experienced instructor

who knows the mountain and parks.

Skiers and riders can enjoy all that Mt. Bachelor has to offer by being respectful out on the slopes. "Be friendly, respect staff across the resort, and be stoked to be out there," Smith said. "If you have questions or want to connect, stop by and

talk to the Woodward Terrain Park crew as there are crews out daily keeping the parks tuned. Skiers and riders should be sure to call your drops and don't stop on top of any feature, stay clear of landing zones, and always be Park Smart." **IB**

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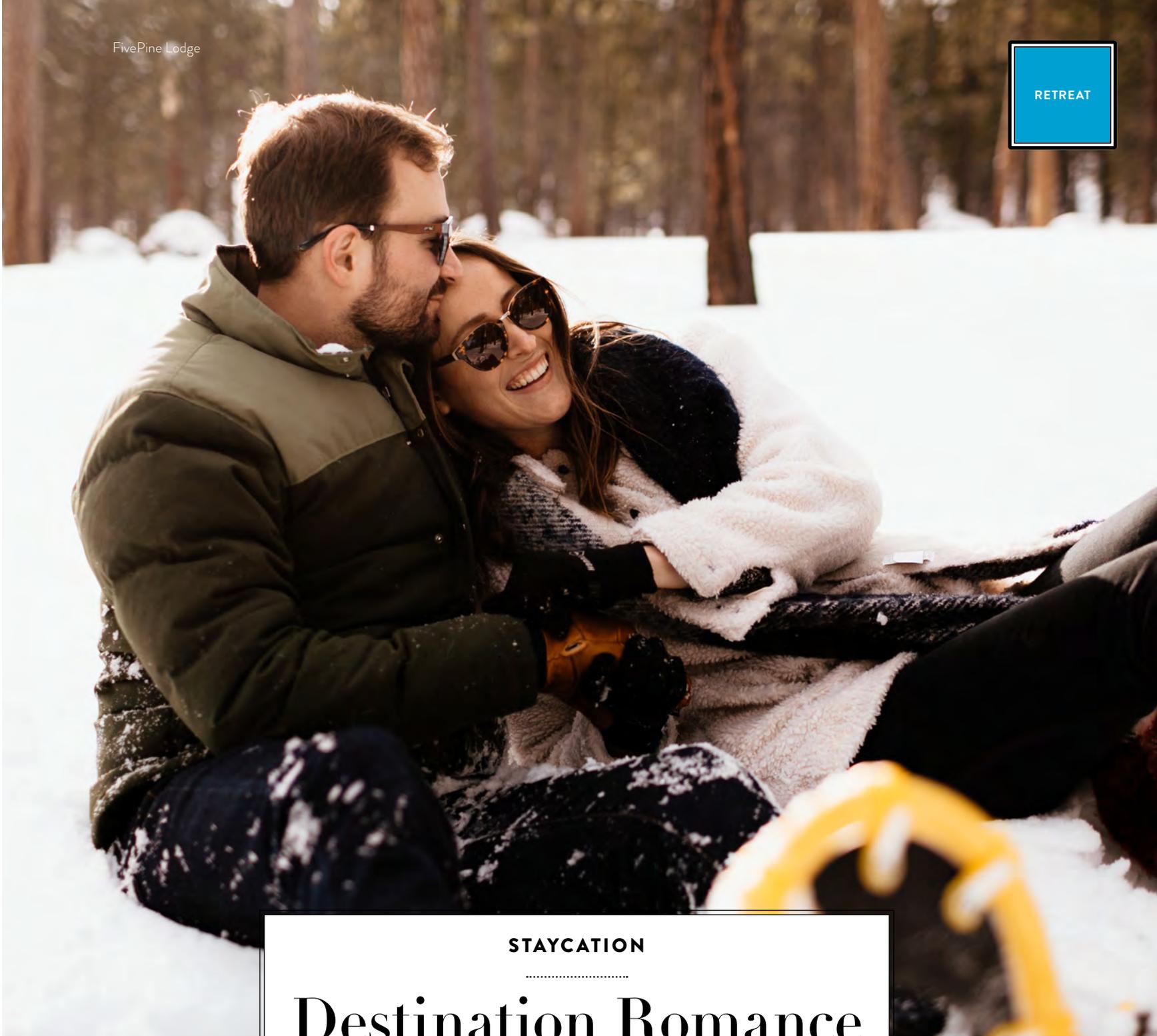
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STAYCATION

Destination Romance

Seeking out the most romantic getaways in Central Oregon

WRITTEN BY NOAH NELSON

PHOTO NATALIE PULS, COURTESY OF FIVEPINE LODGE & SPA

Central Oregon is a magical place that fills visitors with a sense of wonder, and sometimes, romance. There's just something about a getaway, an escape from the everyday humdrum of life, that fuels love. Maybe it's the sudden alleviation of stress upon leaving work responsibilities behind, or the free time to be attentive

to the relationship and spend fulfilling one-on-one time with your partner. Or, it could be the chance to indulge in plenty of wine, chocolate and local craft beer. Whatever it might be, there are some amazing places across Central Oregon where couples can connect with one another in romantic getaways.





Tetherow

Suttle Lake



THE SUTTLE LODGE

Located near the pristine waters of Suttle Lake about forty-five minutes from Bend, The Suttle Lodge embraces rustic Pacific Northwest style without skimping on quality, whatsoever. Nestled directly in the Deschutes National Forest, this getaway truly feels like an escape from all things urban. Outdoorsy couples will thrive with the opportunity to hike, snowshoe, stargaze, snowmobile, cross country ski and do pretty much any other activity one would do in a lakefront forest in the winter. From rustic, reasonably-priced cabins to the luxurious premium cabin, couples will find a lodging option that fits their taste and their budget. Don't forget to stop by SKIP, the cocktail lounge that features homemade, locally sourced drinks and meals.



Brasada Ranch

TETHEROW

Tetherow is perfectly situated near the edge of the Deschutes National Forest, but still only minutes away from the heart of Bend. Seven minutes from the Old Mill and twenty from Mt. Bachelor, Tetherow becomes the perfect home away from home for couples who love the best of both worlds: urban amenities and natural adventure. Stay bundled up and lounge by the fireplace on the private decks and patios in the many rental options offered, or go for a nature walk on the miles of available trails. Couples who love to do it all will enjoy Tetherow's proximity to Bend and the Deschutes National Forest, where they can shop and dine minutes away from skiing, snowboarding, snowmobiling and snowshoeing opportunities.

BRASADA RANCH

Nicknamed "The Ranch," Brasada Ranch is a quick thirty-minute drive northeast of Bend. Guests here are encouraged to connect with nature and "find your wild" as they pursue adventure while hitting pause on life. Lovebirds should check out the Romance at The Ranch package, which includes a two-night stay in one of The Ranch's luxury cabin accommodations featuring a private hot tub, wine with complimentary glasses to take home, locally made toffee and artisan bath bombs, all awaiting for guests prior to arrival. Brasada Ranch was named The Most Romantic Honeymoon Cabin in the US by *Brides Magazine* in 2021.

PHOTOS TOP TO BOTTOM RICHARD BACON | COURTESY OF TETHEROW RESORT | COURTESY OF BRASADA RANCH



PHOTO STEVEN HEINRICH, COURTESY OF VISIT CENTRAL OREGON

MCMENAMINS OLD ST. FRANCIS SCHOOL HOTEL

What was once a Catholic school for Bendites in the 20th century has since been renovated into a movie theater, pub, restaurant and hotel featuring unique rooms filled with old-school style. Couples can often be spotted in white bathrobes making their way from private accommodations to the soaking pool, a semi-enclosed pool room covered in turquoise tiles that depict images of St. Francis in a style reminiscent of Catholic churches. In fact, handmade tiles and stained glasswork are found across the entire property. Add some extra romance to any stay with the Add A Little Romance package, which adds sparkling wine, keepsake champagne flutes, chocolates and massage oil to any room.





THE OXFORD HOTEL

Perhaps the most urban stay on our list, the Oxford Hotel puts couples right in the middle of Bend, with seemingly endless options for entertainment. The rooms utilize a modern style that celebrates natural materials, neutral tones, clean lines and geometric features. From enjoying the plentiful shopping and restaurant scene downtown and in the Old Mill to wine tasting, brewery hopping and even play watching at the Tower Theater, the Oxford Hotel provides a high-end sanctuary and becomes a great basecamp for a romantic Bend adventure.

FIVEPINE LODGE & SPA

With a claim to be the most romantic getaway in Central Oregon, couples can expect to be wowed while staying at the FivePine Lodge & Spa, located in Sisters, a small town with a cute Western-themed downtown strip, about thirty minutes away from Bend. Select either the Classic Romance package or the Ultimate Romance Package to cater the stay to personal tastes, and prepare for a two-night stay in a private, luxury cabin with wine, chocolate, bubble baths, couples massages, two tickets to the Sisters Movie House and much more. It'll be tough to leave FivePine without feeling giddy about romance.

SUNRIVER RESORT

An ever-popular destination for weddings in Central Oregon, Sunriver Resort rests in the shade of the Deschutes National Forest under towering ponderosa pines, and overlooks plenty of sunny glades near the Deschutes River. The resort features forty miles of paved trails through idyllic nature scenes, ready to be explored on foot or by bike, and couples should consider special deals offered in the relaxing resort spa, such as couples massages and more. For a romantic night out, stop by the Oregon Observatory, a huge telescope sponsored by NASA, perfect for stargazing on clear nights. With 245 guestrooms and suites, along with many more fully furnished condos and vacation rentals, the resort is able to provide couples with any lodging they need. **IB**



The Oxford Hotel



Shower Spa, FivePine Lodge

FivePine Lodge & Spa



Sunriver Resort

PHOTOS TOP TO BOTTOM COURTESY OF OXFORD HOTEL | NATALIE PULS, COURTESY OF FIVEPINE LODGE & SPA | STEVEN HEINRICH, COURTESY OF VISIT CENTRAL OREGON

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LOOK UP

Dark Skies, Bright Lights

Winter stargazing is a low-key way to earn your awe factor

WRITTEN BY LUCAS ALBERG

Only in the darkness can you see the light. Such is the thinking behind the International Dark Sky Places program, which educates communities about responsibly curbing light pollution to protect and preserve the night sky. The program was created by the International Dark Sky Association (IDA), which recently recognized its first two certified Dark Sky Places in Oregon. Luckily enough, both just happen to be right outside of Bend.

But whether certified or not, Central Oregon has ample opportunity for any Bendite to find their spot. So, bundle up, mark your calendars for the next meteor shower (hint: the Quadrantids peak in early January) and read on for four of our favorite spots to catch a glimpse of the stars this winter.



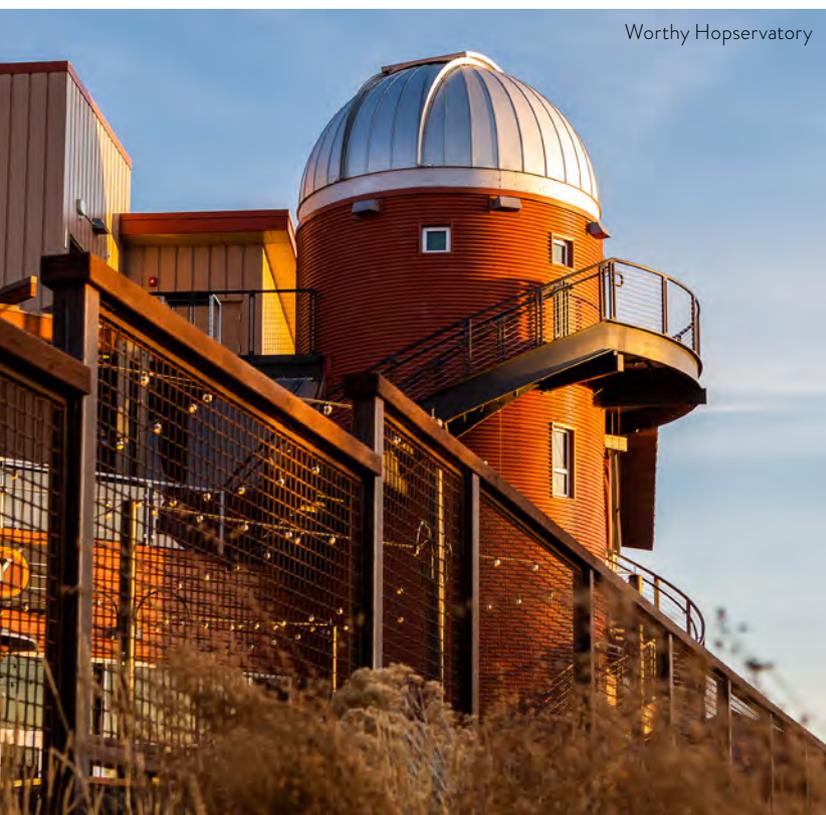
GUIDED ASTRONOMY BY THE EXPERTS

Designated as the state's first International Dark Sky Place by IDA, the Oregon Observatory in Sunriver boasts the largest fleet of publicly accessible telescopes in the country. Visitors can attend one-hour viewing sessions throughout the week with staff astronomers who are ready to assist and educate. \$20 per person; reservations required. For a full schedule and details, see snco.org/events.

DIY STARGAZING

Prineville Reservoir State Park was named Oregon's second Dark Sky Place and the first Oregon state park to receive the title in Spring 2021. To earn the designation, park staff replaced harsh outdoor lighting with softer yellow and red lights to minimize light pollution around facilities. Those in the know can bring their own gear to day-use or overnight camping locations and simply point their eyes up to be amazed. Find information at stateparks.oregon.gov.

Worthy Hopservatory



IPAS AND THE MILKY WAY

Aptly named the Hopservatory, the Worthy Garden Club Observatory aims to inspire visitors to take care of the planet by showcasing its beauty. Conveniently located inside the brewery, the Hopservatory allows astronomy buffs to grab dinner and beers beforehand and see the stars through a telescope for a nightcap. A \$5 donation is suggested to enter. Open Thursday, Friday and Saturday evenings from 7 to 9 p.m. on a first-come basis. No reservations are required (and no beer allowed near the telescopes). Learn more at worthygardenclub.com/hopservatory.

STARS WHILE ON THE MOVE

For those who simply can't sit still long enough to look at the stars, why not do it while moving? Some of the best winter stargazing happens away from it all in the wilderness. Grab the skinny skis and cross-country your way through the national forest at one of several sno-parks along the Cascade Lakes Scenic Highway. Mainstays such as Virginia Meissner Sno-Park can be busy during daylight hours but thin to a fraction of the crowd at night. As a bonus, between star-filled laps, you can warm yourself by the fire in one of the wood-stocked warming huts. Free. See meissnernordic.org. 

Prineville Reservoir State Park



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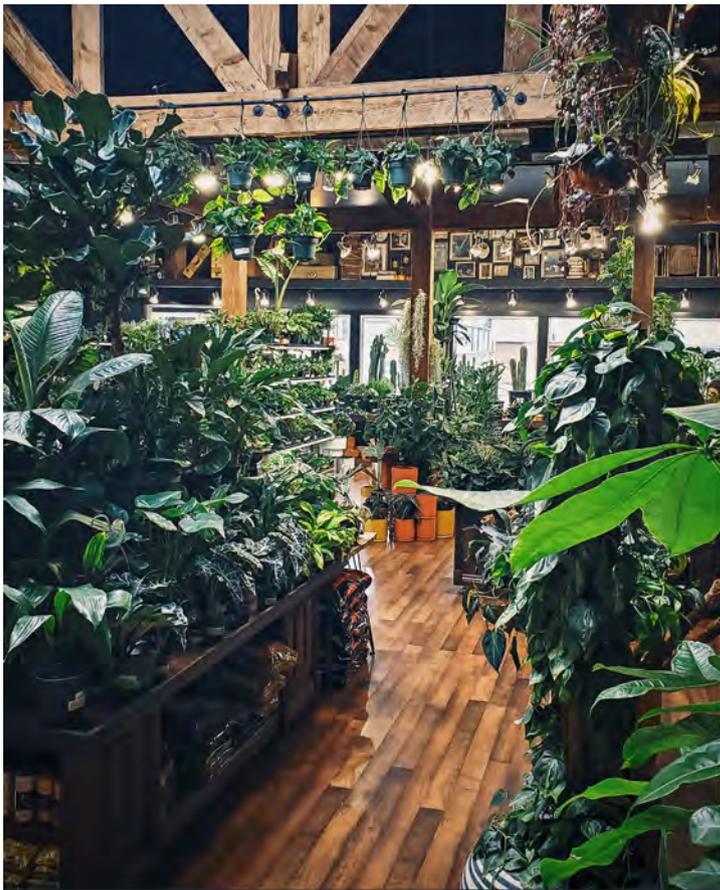
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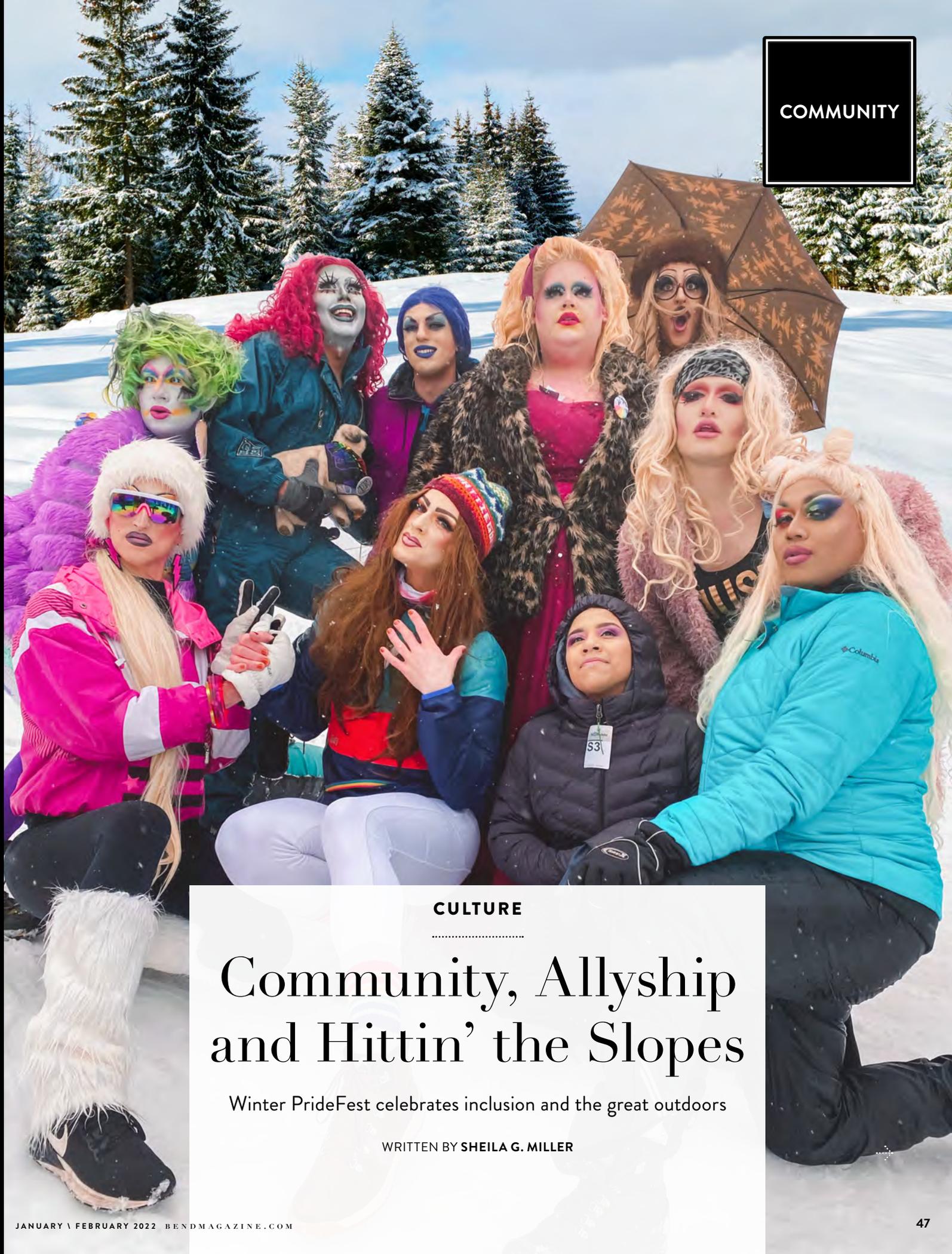
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Community, Allyship and Hittin' the Slopes

Winter PrideFest celebrates inclusion and the great outdoors

WRITTEN BY SHEILA G. MILLER

When Jamie Nesbitt first moved to Bend from the Bay Area in 2015, he was surprised to discover no LGBTQ+ event at Mt. Bachelor, as he'd seen at other ski resorts over the years.

Unlike those who may have idly wondered the same thing, Nesbitt did something about it. Nesbitt, the president and one of the founders of OUT Central Oregon, and his partner reached out to Mt. Bachelor in 2017 to see whether the mountain might support such an event. "I said, 'We're not asking for anything, just a rainbow flag and a table,'" Nesbitt remembered. "Their response was amazing."

From that phone call, Winter PrideFest was born. The event started in 2018 with discount lift tickets, \$200 of Nesbitt and his partner's personal money, and a theory—that there was a desire for a visible celebration of the LGBTQ+ community in the great outdoors. Now in its fourth year, the March celebration has garnered thousands of dollars in grant money and grown into a multiday event with a variety of gatherings and parties expected to bring more than 1,200 people to Bend.

"When Jamie first called, his concept of starting a small and welcoming winter event that would celebrate and encourage the participation of the LGBTQ+ community within winter sports fit so well with the vibrant, open arms of Bend, Mt. Bachelor, and Oregon outdoors," said Reese Thedford, Mt. Bachelor's director of sales. "There was no doubt of the need for such a celebration and that we wanted to be part of its success and growth."

Turns out, Mt. Bachelor staff had long discussed hosting an event tailored to the gay community but weren't sure who to contact to get the ball rolling. "That really set a lot of the foundation for OUT Central Oregon's mission—visibility," Nesbitt said. "Clearly there are a large number of LGBTQ+ people here, but where are they? So our mission is inclusivity, of course, but it's also about visibility."

In Winter PrideFest's first year, Nesbitt was relieved Mt. Bachelor wouldn't require the usual 20 people for the group ticket discount. He needn't have worried—upwards of 150 people showed up. It's only grown from there.



PHOTO COURTESY OF OUT CENTRAL OREGON



PHOTOS: BRENDA BERRY

City Councilor Barb Campbell heard about Winter PrideFest and suggested OUT Central Oregon apply for a grant from the Bend Cultural Tourism Fund. Nesbitt and other group members had two weeks to write it, asked for \$10,000, and got every penny. Bend companies have been involved in making the program a success as well. Blackstrap creates custom-designed gaiters for PrideFest participants, Seventh Mountain Resort has been a welcoming host from the start, Silver Moon Brewing and Immersion Brewing have both served as brewery partners, and other bars and businesses around the region have happily partnered with OUT Central Oregon and Winter PrideFest.

In return, the Winter PrideFest has consistently over-delivered on just how popular its events will be. In 2019, Nesbitt said he expected about 300 people at Immersion for the opening event—and 450 crowded the brewery.

For the 2020 event, OUT Central Oregon was again awarded a grant, this time for \$17,500.

The cultural grants have allowed OUT Central Oregon to get the word out about the event, and to expand its offerings. In addition to skiing at Mt. Bachelor, other events include Wigs, an ice-skating event at Seventh Mountain Resort, as well as dance parties, Sunday brunches, movie screenings, a drag tubing event and a panel on LGBTQ+ visibility in athletics.

Among those OUT Central Oregon asked to be on the panel was Wyn Wiley, an environmentalist drag queen who uses the drag name Pattie Gonia and who aims for inclusivity and equity in the outdoors. “For the queer community, the traditional narrative is to run to big cities for acceptance, when really there’s a lot of beauty in going in the other direction and running into the forest,” Pattie Gonia said.





“But the truth of the matter is, a lot of queer people don’t feel safe outdoors. It’s a very cis, white, straight-dominated space with a lot of homophobic people in it.”

Their trip to Winter PrideFest was illuminating. “I was literally like, ‘I have never heard of Bend, Oregon in my life. What is this?’ But I’m all about it. I love queer people in rural spaces and mountain towns, so let’s do this.”

Pattie Gonia liked Bend so much, in fact, that she moved here in March 2021. And now that she’s here, she wants to see some big moves from Bendites. “My critique of Bend then and now is that it is a place that needs to embrace equity, embrace diversity every single way,” she said. “It’s so segregated, so lacking in true inclusion work, and we really need to celebrate people and organizations—not just OUT Central Oregon but all the organizations that are working to increase opportunities both in the city and outdoors for marginalized groups, and I think we have a long way to go.”

To that end, Pattie Gonia’s work with Winter PrideFest is not done. And she encourages allies to step up, join in and make Bend a more inclusive, comfortable place for everyone. “Allyship is not a noun, it’s not a title or a badge you get to put on yourself,” she said. “It’s a verb. It requires action, getting uncomfortable, showing up with the capital and resources you have to give. Allies are always welcome. This is not a space that we’re trying to make that is exclusively queer. We want to see you there! Show up at community events like Winter PrideFest. Come out. Show up. You are invited.”

The event in March will be bigger and better than ever, thanks to another marketing grant and an eager public ready for events after 2021’s hiatus. In addition to the ski days at Mt. Bachelor (complete with a DJ spinning on the snow), 2022 Winter PrideFest will again feature a sports panel, as well as ice-skating, a dance party and opening social, small happy hours, movie screenings and other events that celebrate the outdoors, the LGBTQ+ community, and encourage equity and inclusivity.

“We didn’t want it to be a Whistler party, these events that have been around for 20 to 25 years at big mountains. Oftentimes they’re marketed only to men, and they’re just party, party, party,” Nesbitt said, laughing. “A guy in a speedo on the chairlift is not the vibe we want, and it never was.”

What Nesbitt and OUT Central Oregon really want is to practice inclusivity—beyond the LGBTQ+ community to everyone, especially those who are marginalized. They’re putting their money where their mouth is, offering scholarships to Mt. Bachelor’s Ski/Ride in 5 and partnering with organizations like Vámonos Outside (connecting the Latinx community to the outdoors) and The Father’s Group (building community by overcoming racial discrimination) to encourage more inclusion.

“This is for everyone. This is not just for the LGBTQ community,” Nesbitt said. “We are taking pride in beautiful Central Oregon and our mountains, and we feel we’re celebrating all of that with Winter PrideFest.” **IB**

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outcentraloregon.com/winter-pridefest



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ON THE WAGON

Dry January

Kick off 2022 with health at the forefront by taking a hiatus from alcohol

WRITTEN BY KATRYNA VECILLA

Shortly after the carolers have gone home and the ball drops, a not-so-jolly feeling hits—the holiday hangover. Taking a month-long break from booze for what some people call “Dry January” has become a trend, and with good reason.

The benefits of an alcohol-free month are dependent on what your drinking behaviors are on a regular basis, so it may be worth taking count of your intake. The current recommendations that define moderate alcohol consumption often come as a surprise. “Men are recommended to consume on average no more than fourteen drinks per week, not per day, or four in a given setting,” said Dr. Matthew Snodgrass, a Family Medicine Specialist at St. Charles Health Systems.

For women, it’s half: seven on average per week or three in a setting, breaking down to one a day for women and two a day for men.

The good news is that in just a month of abstinence, it’s possible to see measurable health benefits. Expect possible detectable improvements in blood work, liver function tests and in blood pressure for those who are heavy users of alcohol.

But the way people feel throughout the month may be what makes Dry January a tradition. “When people are having a dry month, oftentimes they’re having improvements in mood,” said Snodgrass. “They’re probably having improvements in weight because of consuming fewer calories and they’re having a perception of higher energy levels.”

While a sober month can’t really hurt, Snodgrass made clear that the benefits of abstaining from alcohol for liver disease and cardiovascular disease are best lived out in the long term.

“Dry January is a good opportunity for people to kind of look at priorities in their life and to sort of recalibrate them: I think that’s the major benefit,” said Snodgrass. “Continue to lean into these other kinds of behaviors

on a regular basis that are going to have downstream effects.”

Luckily, these days, skipping booze doesn’t mean you have to stay home.

Breweries and bars around Bend—long focused on perfecting the art of beers, cocktails and ciders with alcohol—have

hopped on the dry bandwagon and are making craft non-alcoholic beverages. “We were seeing the growing trend in people drinking healthier and non-alcoholic beers so we gave it a try,” said Jason Randles, branding and marketing manager at Crux Fermentation Project.

Larry Sidor, founder and brewmaster at Crux, is making the .05 percent beer, NØ-MØ, authentically—the same way as he brews all his craft beer. “[There are] people who are drinking it for medical reasons, lifestyle change, women who are pregnant, and a lot of folks that still drink beer but throw in a NØ-MØ to keep the calories and the buzz down so they can be safe and responsible,” said Randles.

NØ-MØ is only thirty calories and three carbs. Whether non-alcoholic—or N/A—beer is a trend or here to stay, Crux is happy to provide a healthy alternative for people to live life to the fullest here in the Pacific Northwest.

This January, if you’re ready to take a month off and make lasting changes into 2022, talk with a trusted primary care doctor to get started. See you over a NØ-MØ IPA this January. **IB**



ONE DRINK EQUALS:





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CLIMATE CHANGE

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Advocacy

Protect Our Winters and the organization’s local
advocate pursue progress over perfection

WRITTEN BY KATRYNA VECELLA

Last summer, alpinist Graham Zimmerman attempted a new route on K2, the second-highest mountain on earth. At 7,000 meters of the 8,600-meter Himalayan mountain, historically, everything would be frozen. Instead, Zimmerman experienced temperatures at 53 degrees Fahrenheit, weather you may expect on a bluebird spring ski day at Mt. Bachelor.

“What I came home with was a story as to how these mountains are heating up,” said Zimmerman, a Bend local using his outdoor experiences to advocate for climate policy. He is a self-proclaimed “imperfect advocate” and a climb captain for Protect Our Winters, or POW, a nonprofit organization helping people protect the places they love from climate change. To be a perfect advocate, he acknowledges, would mean giving up the activities he loves, but those are also the activities which make him care about the outdoors in the first place—skiing, climbing and creating global connections. “When we talk about imperfect advocacy, it’s me utilizing a story that I took from going on a trip that had a pretty big carbon cost and using that to talk about climate,” Zimmerman said.

As climate change becomes one of the most significant issues of our time, POW is turning outdoor enthusiasts into climate advocates. The organization acts as a guide, providing tools for advocates to use their voices to create systematic change. “If we can shift ourselves into a greener economy with more efficient travel, electronic vehicles and the green energy grid, then we can actually do these things that are the reason for giving a damn about climate and landscapes in the first place,” Zimmerman said.

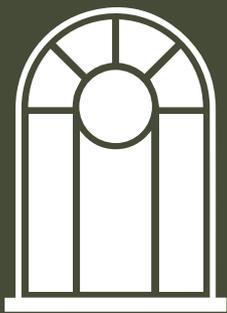
To make these changes, people need to engage with the political system, get involved locally, and look at our elected officials to understand their stance on climate and vote accordingly, Zimmerman said. We also need to raise our voices and share our personal climate stories.

“We all have stories, particularly people who are spending a lot of time outside,” Zimmerman said. “Anybody in Bend has stories about how their livelihoods, their recreation and their love of landscape are being affected by climate, and that’s one of the most powerful tools we have for breaking down partisan divides and meeting our fellow citizens of this country and this world where they’re at and where we’re at. Think about those stories, think about how you tell them, about how you utilize them to create connection and drive action because they are super potent.”

POW aims to achieve carbon neutrality by 2050 by embracing renewable energy, electric transportation, carbon pricing policies and preventing fuel extraction from public lands. These changes will come from incentivizing a clean energy future, making climate a top policy priority and shifting our nation’s attitude around climate change. Become a member of the POW Central Oregon Alliance to get involved with outreach, events and alliance recruitment. **IB**

Learn more about the POW Central Oregon Alliance at
PROTECTOURWINTERS.ORG.

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SUSTAINABILITY

HOME

Pro-Planet Style

A contemporary, award-winning mountain home packs in efficiency technologies

WRITTEN BY LEE LEWIS HUSK



PHOTO GRACE PULVER



A tour of Mike and Cindi O’Neil’s home offers treats for the eyes—mountain and desert landscapes—and for the body—warmth, comfort, bountiful natural light and rooms that flow easily from one to the next. But hidden within the walls, windows, roof and floors are planet-saving features.

This award-winning contemporary house is green—meaning that it’s packed with energy efficiencies from LED lighting to a ductless mini-split heating system and solar panels. These and other features add up to a net-zero home that produces as much energy as it consumes over the course of a year.

As owners of SolAire Homebuilders, the O’Neils have helped nearly 400 clients create high-efficiency, healthy custom homes since 1995. “Our clients enjoy homes that are more energy efficient than their neighbors’ homes,” Cindi said.

When it was time to build their own “forever home,” as Cindi puts it, they hired Bend architect Neal Huston to design a house in the countryside near Sisters. The site had few trees, allowing for unimpeded views of Broken Top and the Three Sisters and endless blue skies.

The 2,800-square-foot home has vaulted ceilings over the living room, dining room and kitchen, four bedrooms (two are used as offices) and two baths on a single level with ADA universal design features. They also have two outdoor living areas which together offer a grill, sitting alcove, a mobile firepit and a chiminea.

The O’Neils drew on their backgrounds to ensure that the home’s energy needs would be sustainable over the years, relying

heavily on Central Oregon’s sunny climate. Mike now has 45 years in construction, and Cindi’s work as an ecologist strongly influenced her desire to build their business and residence around green practices.

Completed in 2020, the home was on the Central Oregon Builders Association Tour of Homes in 2021. An Earth-Advantage Platinum certified home, it won the Green Building Award in the \$500,000 to \$999,000 category. It also won the Best Kitchen and Best Value Awards in the \$975,100 to \$1 million category.

AIRTIGHT LIVING

Central Oregon’s famed year-round sunlight can be tricky to manage. Taking advantage of a southwest orientation, the O’Neil home recruits passive sunlight through expansive, high-efficiency windows on the view side.

But as longtime residents of the high desert know, the sun can also be punishing on a home. To mitigate sun exposure, the couple extended the eaves for shade and installed exterior solar shades that block 95 percent of heat from crossing into the building. In wintertime, the shades remain up to harness the sun’s abundant warmth.

The couple also created a nearly airtight dwelling by paying special attention to walls, doors, attics and ceilings where typical homes leak heat and air. The exterior walls are 10-inches thick and filled with blown-in fiberglass. Rafters and ceilings are super-insulated with foam and loose fill fiberglass.



PHOTOS COURTESY OF SOLAIRE HOMEBUILDERS





“Building sustainable homes that last 200 years will improve the environment for future generations.”

To eliminate major heat loss through ducting in forced-air heating systems, they installed a whisper-quiet heat pump outside and wall cassettes, or “mini-splits,” inside. Whereas forced-air systems consume a lot of electricity to heat or cool outside air, heat pumps reduce electrical needs with technology that requires only heating or cooling air from the inside. “It’s a cool technology,” Cindi said. “The efficiency of a heat pump is astounding, and you don’t have to bring in outside air to get the comfort level down to a set temperature.”

Airtight homes also require that stale air be ventilated out. Two devices, an energy recovery ventilator, or ERV, and a HEPA filter help maintain indoor air quality. These companion pieces draw fresh air into the HEPA filter, which removes dust, pollen, pollutants and wildfire smoke, and then expel stale or smoky air to the outside.

Most of the electrical needs for the O’Neil home are handled within the system. The roof-top solar array provides power during the day, but in the morning before the sun rises, and



PHOTOS COURTESY OF SOLAIRE HOMEBUILDERS



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in the evening as it sets, a Tesla Powerwall kicks in as a backup. When the Tesla runs out, the home pulls from the local power grid, Central Electric Cooperative. Winter grid usage is offset by excess electricity generated from solar panels in summer, which goes back into the grid. Hence, the net zero designation. Net zero also shields homeowners from inflation because whatever they buy on the grid is reimbursed by their contributions to the grid.

AESTHETICS BALANCED WITH EFFICIENCIES

Inhabitants of energy efficient homes must balance their aesthetic desires with health-minded compromises. For example, carpet is a no-go in most green dwellings because it produces VOCs (volatile organic compounds) and collects dirt that sullies the air. The O'Neils chose engineered white oak flooring and porcelain tiles for most of the home but couldn't resist adding a bit of carpet in their closets. And because bare feet love a warm floor, the couple installed radiant heat in the bathrooms.

The gourmet kitchen combines energy efficiencies with modern design, featuring a large quartz-topped island with bar stools. "We're often in the kitchen together," Cindi said.





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PHOTOS COURTESY OF SOLAIRE HOMEBUILDERS

“We call Mike the sous chef. At SolAire, he’s the builder. At home, the kitchen is my territory, and I get to be the boss there,” she said and laughed.

Cabinets are white oak and don’t off-gas VOCs. The kitchen faucets as well as bathroom shower heads are Waterwise to conserve water. Appliances are high end, Energy-Star rated, and a walk-in pantry is large enough to stock a couple of weeks’ worth of groceries—a handy feature when living in the country.

“It’s a joy to live in. It feels sometimes like I don’t need to go outside because of the way Neal Huston designed the views,” Cindi said.

The couple is committed to intentional and thoughtful design to create high-efficiency, healthy homes. “The built environment consumes 25 percent of the nation’s energy,” Cindi said. “Why don’t we reduce the dependence on carbon? Every home has a roof to support solar panels. Every builder has a choice on whether they super-insulate and build a home to reduce energy demand going into the future.”

“We’re concerned about the world and what we’re leaving our grandchildren,” Mike added. “Building sustainable homes that last 200 years will improve the environment for future generations.” **IB**

Resources

- ▮ **Builder:** SolAire Homebuilders
- ▮ **Architect:** Neal Huston and Associates
- ▮ **Interior:** Cindi and Mike O’Neil (homeowners)



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**1. GEOMETRIC
(SEE PHOTO)**

2. HERRINGBONE

3. CLASSIC SUBWAY

**4. CLASSIC SUBWAY,
VERTICAL**

**5. STACKED
HORIZONTAL,
ALIGNED**

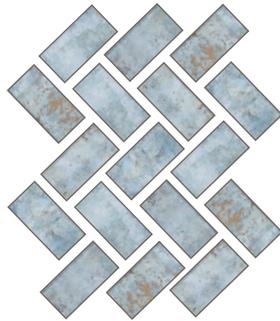
**6. STACKED VERTICAL,
ALTERNATING**

7. STEP LADDER

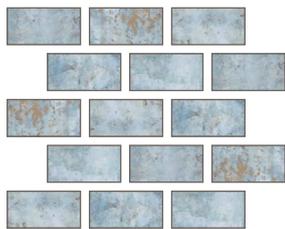
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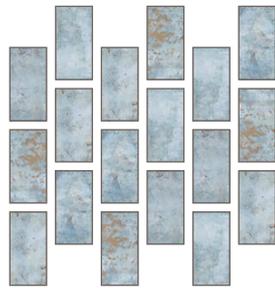
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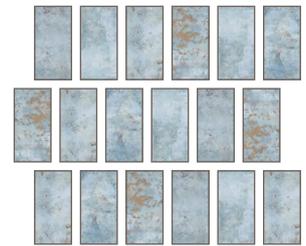
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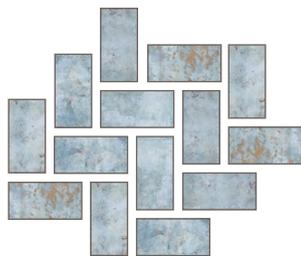
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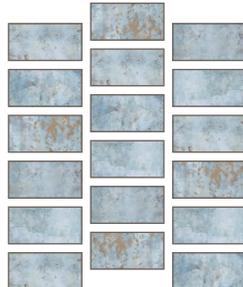
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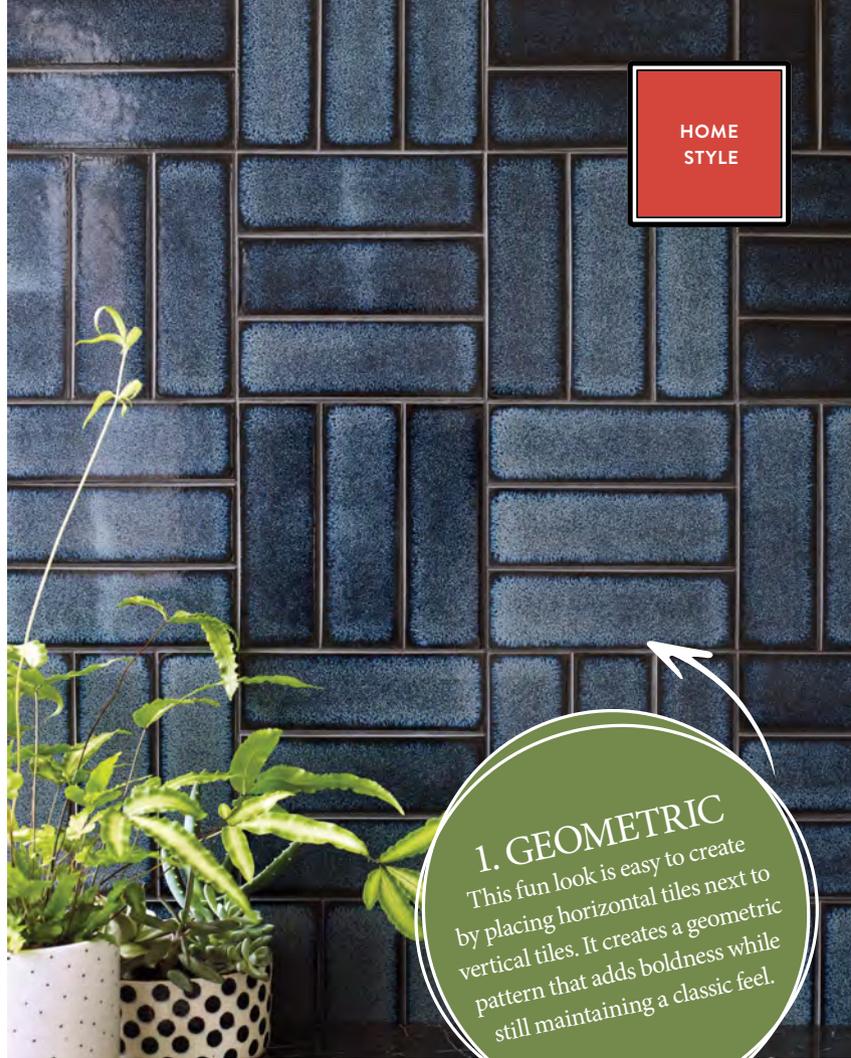
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8



9



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SNOW BUSINESS

A Perfect Storm

Central Oregon ski areas face climate change, COVID-19 and conversations of people vs. profit

WRITTEN BY TERESA RISTOW



Last October, dedicated ski enthusiasts were hiking areas of Mt. Bachelor blanketed in the first snowfall of the season, posting photos on social media and spreading stoke for the upcoming winter. Around the same time, Central Oregon skiers and snowboarders were sounding off in a petition calling out the latest business decision of Mt. Bachelor ski area and its parent company, POWDR, following the announcement of a new Fast Tracks product that lets skiers cut lines at the resort for a fee starting at \$49 per day. This juxtaposition of excitement and love for skiing coupled with an anger toward resort operating decisions has become commonplace at ski areas throughout the country, often fueled by rising lift ticket prices and a perception that profits are the only thing on the minds of ski area operators. “Recent changes to

PHOTO COURTESY OF MT. BACHELOR





our once little mountain town have been challenging for many, but the affordability, crowds, COVID and access to the mountain have become unbearable for many,” said Dan Cochrane, a Bend local who started a petition directed at Mt. Bachelor against the Fast Tracks product. “Since POWDR Corp has taken over, it has become clear that profit over people is the new motto.”

While lift ticket prices at U.S. resorts have risen substantially in the past decade, ski area operators in Central Oregon insist there’s more to the story than just a desire to hike up prices to make money. Running a ski resort involves expensive lift infrastructure and vehicle fleets to maintain, a seasonal workforce to hire and train and the responsibility of operating a playground for inherently risky activities, opening a door for liability and litigation not seen in many other businesses. Throw in an iffy weather forecast, the looming impacts of climate change and a passionate customer base, and ski areas operators have quite the challenge in front of them.

Yes, lift ticket prices are going up, but the same isn’t necessarily true for season passes at our local resorts—Mt. Bachelor and Hoodoo Ski Area—which treat these annual passes as a “locals product,” keeping access more affordable for frequent skiers. Mt. Bachelor CEO John McLeod said that since 1999, two years before Bachelor was acquired by POWDR, until today, the season pass price has only risen 11 percent. “If you look at the season pass as a kind of ‘locals’ product and our day ticket as a ‘tourist’ product, you can easily see that our pricing strategy has heavily benefited the local community over the long term,” McLeod said. A product like Fast Tracks, while infuriating to many locals, can actually help mitigate rising costs and keep season passes more affordable, according to McLeod. “To the extent that this is a successful product, the revenue it generates will allow us to continue to minimize price increases on our mainstream products as we work to deal with inflation in our

cost structure,” he said. While the pricing strategy at Bachelor is about profitability, it’s tied to keeping the resort viable in the long term, McLeod explained. “[It’s] about balancing our costs and maintaining a level of profitability that ensures we will be around for the long run while providing funds for the long-term growth and development of the resort,” he said.

Heated discussions over ticket prices are just one of many challenging aspects of running a ski area today, according to Jordan Elliott, president of the Pacific Northwest Ski Areas Association, a nonprofit trade association representing the business interests of winter sports destinations. Elliott said that as ski areas wait for adequate snowfall to open (as Bachelor and Hoodoo both did this December) they’re expected to be ready to roll on a moment’s notice. “Even before the snow settles, you need your full vehicle fleet, your mountain operations crews, ski and ride school instructors, rentals and retail staff, restaurants, they all need to be fully staffed, trained and ready for a mountain full of guests,” Elliott said. “If the snow doesn’t come, then the guests don’t come, but much of the expense is still there.” For this season in particular, ski areas have also taken note of the state of the labor market, getting creative in recruiting efforts but still struggling with hiring in some departments, such as food and beverage.

When ski areas are able to open for the season is dependent almost entirely on Mother Nature, with climate change bringing more uncertainty to the industry. “Climate change is one topic that I used to say was on the forefront of everyone’s minds,” Elliott said. “Now I would say that climate adaptation is integrated into nearly every level of business decision making. It’s part of most ski areas’ DNA at this point.” This means not only big-ticket investments in snowmaking equipment, but also an industry shift toward the use of more fuel-efficient vehicles and utilities, doing business with others who prioritize climate stewardship and ongoing advocacy work.

PHOTOS BOTH PAGES COURTESY OF MT. BACHELOR



Another looming issue ski area operators wrestle with is litigation from on-mountain incidents. “Skiing and snowboarding are adventurous activities that take place in a natural environment and involve risk,” McLeod said. “Litigation against ski areas for all manner of incidents is on the rise and driving constantly increasing insurance and liability costs which ultimately have an impact on our season pass and ticket pricing.”

With the ongoing challenges of running a ski area amplified by the COVID-19 pandemic over the past two seasons, Mt. Bachelor leaders opted to enroll management staff in Dare to Lead, a training program from leadership researcher Brené Brown that centers around how to face uncertainty and risk as leaders and to lead with courage. “After the pandemic hit, we knew we would need more management skills than ever to help us work through the challenges ahead, including dealing compassionately with many new and unforeseen employee situations,” McLeod said. “Working through this last year and a half with the team at Mt. Bachelor with the open and honest approach we learned from Dare to Lead was one of the toughest and most fulfilling periods in many of our careers.”

Looking to the future, ski areas including Mt. Bachelor will continue to balance a profit model that allows for infrastructure improvements, addressing the impacts of climate change and answering to a passionate population of outdoor enthusiasts ready to hit the slopes. And while more than 13,000 of those skiing devotees have shown their passion by signing a petition against Mt. Bachelor’s latest revenue-boosting move, Fast Tracks, the ski area is moving forward with the product. While the frustration among some skiers is sure to linger into the start of the season, it’s likely not enough to hamper a busy winter in Central Oregon. Despite the challenges of the industry, the growing popularity of outdoor recreation gives ski area leaders confidence as they predict the future of the business. “Outdoor recreation in all forms is in high demand,” McLeod said. “Meaning...our business is positioned well for the future from a demand perspective, and the people who work in it are pros who love what they do. Those are some good ingredients to work with.”



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 \$43 1999-2000	 \$108-159 2021-2022
SEASON PASSES (EARLY PRICING)	
 \$898 1999-2000	 \$999 2021-2022

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TEA

Steeped in Excellence

Metolius Tea and a twelve-year journey to a booming beverage business

INTERVIEW BY KIM COOPER FINDLING

Bend-based company Metolius Tea brewed into existence in 2010, when founder Amy Stahl began mixing potions based on her love of fine tea and plant medicine. Bend Magazine sat down with her to talk about challenge and growth, the search for amazing chai, and her desire to place equal value in both what her company does as well as how they do it.

Tell us about Metolius Tea's beginnings.

My journey started in the study of plant medicine. At first, my teas were “book” designs: teas that, based on my research, might cure a headache or ease a stomach cramp. A teahouse downtown graciously let me build their apothecary menu, giving me the opportunity to interact with hundreds of customers as they were drinking my tea. I quickly realized my teas needed one more important quality to be effective: they should taste good! That’s when I flipped my priorities: I made teas to taste lovely. The medicinal and functional qualities of the plants still informed my designs, but they acted as the underlying architecture.

What makes Metolius Tea special?

There are companies who blend tea on cheap leaves with fake flavoring, and there are companies who source high end, pure teas, but few companies blend with beautiful, high-end leaves and avoid synthetic flavorings like we do. That’s what made us special when we started. Now I believe we are also special for creating a remarkably kind company culture and developing organized and responsive customer service. As I’ve grown as a company owner, I’ve placed equal value in what we do and how we do it.



Share a major turning point for your company.

I really found myself as a teamaker the day I designed our earl grey. At the time, I enjoyed drinking high quality, single estate black teas, and I enjoyed bergamot flavored earl grey, but I noticed the conspicuous absence of a well-crafted, quality earl grey. Since I couldn’t find it, I made it: hand-picked leaf and bud black tea, bergamot essential oil, Madagascar vanilla bean and bright, beautiful bachelor’s buttons—all farm direct from small production farmers.

In 2017, we reached another pivotal milestone. I could not find a chai that I loved, even though cardamom and ginger are my favorite flavors. I spent

one crazed-year designing our chai. I filled a pink notebook with hundreds of drafts, research on solubility, chemistry and aromatics, and drawings of processes. In my final months of refining the recipe, Palate Coffee became our first chai customer. Chai now represents over 65 percent of our business and we sell it to hundreds of coffee shops across the country.

How did you name your company?

My first company name was “Lovely Goat Plant Medicine.” When I approached Tetherow Resort about serving my tea in their restaurant, the owner, Chris van der Velde (who would one day introduce me to my husband and officiate our wedding) communicated to

me in a series of Dutch swear words that I had better change the name if I wanted my tea at Tetherow. So, I came up with a new name. Water is essential to tea. I used to drive to Sisters once a week to bring tea to Sisters Coffee Company and Angeline's Bakery. I would keep on driving to the Metolius River, where I'd go jogging along the river, making wishes, being with the grand old ponderosas, cataloging the medicinal plants along the river's edge—rose, Oregon grape, elder. While I did just change the name so Chris would buy my tea, Metolius has come, like a river, to represent both where we came from and where we are going. While we have stayed "plant-forward," true to our organic roots, we have grown into a company with viable goals to enrich our world with our work and through our products.

How much tea per year does Metolius currently sell?

We are about 90 percent wholesale facing with approximately 300 wholesale accounts across the country, and we

do some direct retail sales through our website, MetoliusTea.com.

It's kind of crazy to think about. Ten years ago I was living in odd little backyard places around town—yurts and tree houses and such—and I had my mason jar collections of locally wildcrafted plants. Now, as I look out the window of my tea factory, I see my team unloading three pallets of organic Peruvian ginger that we will brew in our chai.

What have been your most significant challenges over the years?

It's been full of challenges: losing confidence as I came to terms with my limitations, then gaining confidence as I came to terms with my strengths and how to leverage them. Waiting. I know we are making real progress year over year, but it isn't flashy like a time lapse in a movie set to a single song. It is stable: uncomfortably, painstakingly real-time growth, accompanied by the requisite untamable queue of emails, meetings and details that feel miles away from my plant passion origins.



Amy Stahl and her son Jack Thomas

What do the next ten years hold?

This year we are launching a not-for-profit line of teas to be initially sold through our wholesale customers, with 100 percent of the profits going to schools and nonprofits in tea growing regions. I want to find more people who are doing environmental and social justice work in tea-growing regions. If we can partner with them and leverage what they are doing, that would be my dream come true. **B**

BY THE NUMBERS

Tea Time

84 billion
servings of tea consumed in the U.S. in 2020

84% Black Tea **15%** Green Tea
1% Oolong, White and Dark Tea



Tea in Oregon

15+ tea making companies
3+ established tea growers

A Cash Crop

1 acre of tea = 4,750 plants
Time to establish a tea crop = 6 years
Annual profit from an acre of an established tea crop = \$42,750



Source: U.S. League of Tea Growers, Tea Association of the U.S.A., Inc.

75-85%
of tea consumed is iced



4 in 5
people drink tea



87%
of millennials drink tea



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Middle Row: Makenzie Christy, Katherine
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John Sorlie, Dustin Hawkins

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2021

READERS Choice

TALLY THE VOTES

THE 2021 READERS CHOICE
RESULTS ARE IN!

WRITTEN BY NOAH NELSON
ILLUSTRATIONS BY BRIDGETTE COYNE

We asked, and you delivered. The fourth annual *Bend Magazine* Readers Choice awards are in, and let us just start by saying, thank you. Bend is fueled by passionate individuals who strive every day to make this cool mountain town even cooler by breaking out of the box and trying new things. In a year that was anything but easy for local businesses, our community never faltered. Central Oregonians of every creed and background stepped up to support the innovators and the hard workers that make this place so special. Here is our chance to recognize some of your favorites, voted for by you in our Readers Choice contest. Four categories. 199 contenders. Two weeks of voting. 39,161 votes.

Thirty-one winners. Most votes in a single category: best breakfast. Followed in total vote counts by best bakery/dessert, best brewery, best coffee and best burger. Most hotly contested category: best brewery. An active town like this needs the fuel to adventure, and that explains why we get so excited about food and beverages, namely craft beer. But that's not all—the best places for toys, bikes, fly fishing gear, hair styling and items for our four-legged friends can be found in these pages, and more. Read on to see which places Bendites named their favorite, and be sure to support all of the local businesses that provide our community with so much.

Brewery

CRUX FERMENTATION PROJECT

It's no secret that Bend is one of the nation's craft brew capitals, producing more local beer per capita than nearly anywhere else. In a city like ours where craft beer reigns as king among beverages, breaking out of the box and experimenting with new projects can be a risk, but it can also shoot you straight to the top. Crux Fermentation Project pioneers this idea everyday with innovative recipes that tantalize the taste buds. "We're thankful that our guests appreciate and embrace all of our projects whether it's new experimental beers, wine, cider, or our ever evolving food menu," said Co-Founder, Master Brewer and CEO Larry Sidor. "Their support means the world to us, and it's why we do what we do." While Crux keeps on doing what they do best, stroll on down to the expansive outdoor venue for a refreshing Crux pilsner, or a new experimental brew, and enjoy some of the most epic sunsets in town.



Larry Sidor
Co-Founder, Master Brewer, and CEO



WINE LIST

Zydeco Kitchen & Cocktails

TACOS

El Sancho Taco Shop

BREAKFAST

McKay Cottage Restaurant

OUTDOOR DINING

Bend Brewing Company

COFFEE

Backporch Coffee Roasters

COCKTAILS

The Dogwood Cocktail Cabin

SUSHI

5 Fusion & Sushi Bar

PIZZA

Pizza Mondo

FOOD TRUCK

Barrio

DATE NIGHT

Ariana

TAKEOUT

Wild Rose

BEST FLORIST

Donner Flower Shop

Burger

DANDY'S DRIVE-IN

A true Bend staple, Dandy's has been serving up fresh burgers, fries, shakes and more since 1968. The drive-in style eatery invokes nostalgia for anyone old enough to remember when drive-ins were at their peak, and provides young people a glimpse into the past, when hot and melty cheeseburgers were delivered to your car door by friendly carhops on roller skates.

"While Bend has grown up around Dandy's, we pride ourselves on keeping to old fashioned beginnings," said a representative from the business. "We love being able to serve our community the same classic burgers and fries that we have since opening in 1968." A blend of old and new, Dandy's will keep their classic, award-winning traditions alive as they push into the future—a gentle reminder of when Bend was a smaller community where carhops knew your name, and your order, by heart.



Bakery & Desserts

SPARROW BAKERY

If you've toured the Bend restaurant scene a bit, you've probably read "Sparrow Bakery buns" on several menus. Some of the most acclaimed eateries around town insist on using Sparrow Bakery bread for their burgers, sandwiches, desserts and more, and there's a simple reason: Sparrow Bakery is just that good. Since 2006, Owner Jessica Keatman has maintained a dedication to bake delicious treats, as well as provide workers with jobs that she herself would be happy to have. This commitment to not only quality but also workplace integrity creates an atmosphere of infectious happiness and positivity. Keatman says that it is heartwarming to see some of her regulars happily explaining to new customers what an ocean roll is, and then being able to watch the joy on their faces as they take that first bite of cardamom goodness, paired with the perfect latte, of course.



Jessica Keatman
Owner



Cliff Eslinger
Head chef/Co-owner

Happy Hour

900 WALL

One of the most acclaimed dinner spots in town is also home to Bend's favorite happy hour. The happiest of hours at 900 Wall, which actually lasts from 3 p.m. to 5:30 p.m. every afternoon, consistently offers deals that leave guests relaxed, without the guilt we sometimes feel after a night of buying expensive drinks willy-nilly. The average price for a cocktail or glass of wine is only just above \$6, while the average beer price is closer to \$3. The menu features the same high quality, locally sourced dishes we all love so much, like the beef carpaccio and the locally famous fried green beans. Head Chef and Co-owner Cliff Eslinger loves the many loyal customers he serves, and says that many of them feel like family members, at this point. It is nearly impossible to find another happy hour that can match not only the quality of 900 Wall, but also the price point, both of which have crowned this downtown Bend staple as this year's king of happy hour.

IMAGINATIVE AND FUN TOYS FOR KIDS OF ALL AGES

Toy Store

LEAPIN' LIZARDS

It's not uncommon to see kids with their faces pressed up against the windows of Leapin' Lizards, asking their parents if they can go inside and pick out a toy to take home. Frankly, it also isn't too out of place to see adults perusing the store, picking up toys that remind them of childhood, and even finding something they can enjoy now. And isn't that the hallmark of a great toy store? A place where the young and old can play, and release that inner kid. Leapin' Lizards has been at their downtown location since 1995, and have been able to watch as kids who begged their parents for toys became parents themselves, and take their kids to the same toy store that brought them so much joy years ago. This is a family-operated business through and through that strives to create a fun and safe environment for all ages and backgrounds, for the simple reason that everyone deserves happiness, whether you're young, or just young at heart.



BEST PLANT SHOP

Somewhere That's Green

JEWELRY STORE

Silverado

WOMEN'S CLOTHING

Vanilla Urban Threads

MEN'S CLOTHING

REVOLVR Menswear

GROCERY STORE

Newport Avenue Market

SKI/SNOWBOARD SHOP

Powder House

Bike Shop

HUTCH'S BICYCLES

Hutch's began with a dream of sharing the beauty of Central Oregon with as many people as possible, and still holds on to this dream. The first Hutch's sold bikes in Eugene in 1927 and took off in Bend when the mountain biking trail system was developed in the late 80s and early 90s. Now, with four Central Oregon locations and a dedication to providing the means to explore Central Oregon in all its majesty, Hutch's stands as Bend's favorite place to go for all biking needs. From finding the right bikes, accessories, rack systems and bike services to simply supplying cyclists with local knowledge of the nearby trail systems, Hutch's makes sure that every customer is well prepared and comfortable before they embark on their two-wheeled adventure.



Ryan Kwaterski
President/CEO

Pet Store

BEND PET EXPRESS

Pet people understand each other, and know that the health and happiness of their furry, scaly or even sometimes hairless friend comes first. Bend Pet Express sets themselves apart from the rest because their priority will always be that of you and your pet. President/CEO Ryan Kwaterski says that his favorite part of the job is simply hearing stories from customers about how their products improved the lives of their pets. Kwaterski remarked that the pet industry in Bend has blown up over the past fifteen years, and more products are available now than ever, both high quality and low quality. "That means that pet parents have a million options and that quickly can become overwhelming. That's where we get to help!" said Kwaterski. "We have the opportunity to improve so many pet's lives for the better." He'd also like to thank his clientele, the pet parents of Bend, who show so much love and attention to their pets.

2021
**READERS
Choice**
— WINNER —
BEND
Magazine



BEST SPA

Anjou Spa

GOLF COURSE

Tetherow Resort

TOUR COMPANY

Wanderlust Tours

TRIVIA

Silver Moon Brewing

GYM/WORKOUT SPOT

Juniper Swim & Fitness Center

VETERINARIAN CLINIC (TIE)

Blue Sky Veterinary Clinic
and Riverside Animal Hospital

Staycation

MCMENAMINS OLD ST. FRANCIS SCHOOL

A well-known Bend establishment that constantly attracts locals and visitors alike, McMenamins Old St. Francis School is the place Bendites go to get away from it all, without leaving town. The ideal staycation destination for lovers, friends and family, the Old St. Francis School Hotel provides those who stay with a unique sense of wonder and a relaxing disconnect from the outside world. Guests are often seen wearing those iconic plush white bathrobes as they stroll from their private room to the ever-relaxing soaking pool with drink in hand. Where else can visitors enjoy a movie theater with couches and full dinner service, relax at a cigar lounge, enjoy dinner by an open fire and explore hallways full of secret rooms and false walls with surprises waiting around every corner, without even leaving the hotel property? For a staycation where you can truly do it all and more, look no farther. This former Catholic school is the best staycation destination around.

Hair Salon

TANGERINE

With some of the best hair stylists around and an energy-filled team dedicated to serving clients with creativity, professionalism and integrity, Tangerine Salon has become more than just a hair salon. Their family-like atmosphere fosters connection with all clients, from Bend and beyond, and leaves them feeling jubilant and ready to take on the world. From women's styling and weaves to men's cuts and even a full face of makeup for prom, Tangerine ensures that all clients leave the salon as their most confident self. Owner Rosa Shea loves operating a salon downtown, and thrives among the shops, restaurants and people, and the energy they all create. "We are blessed to have a community that did not waiver during the difficult times of COVID," Shea said. "To our clientele and community we thank you."



Rosa Shea
Owner



Chris O'Donnell
Owner

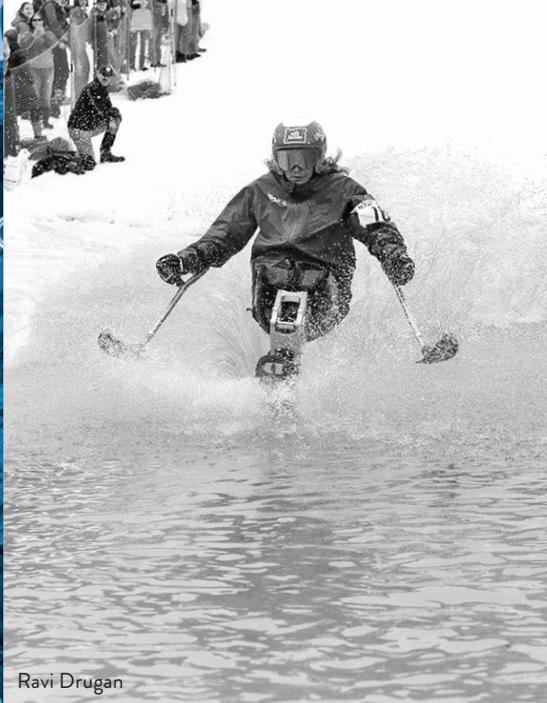
Fly Shop

BEND FLY SHOP

What do you get when you mix high quality fly equipment with a team of experienced professionals who understand the ins and outs of fly fishing, because they enjoy it so much themselves? You get the Bend Fly Shop, Bend's one stop shop for all fly fishing needs. From lines, rods and reels to the proper waders, apparel and more, the Bend Fly Shop makes getting ready for a fly-fishing trip easy, no matter how experienced or new you are to the sport. The owner and employees have a passion for experiencing the beauty of Central Oregon rivers; a passion that is shared with the Bend community. "Fly fishing is an intriguing combination of art and science, and seems to attract people who appreciate the natural world," said Owner Chris O'Donnell. Taking this shared passion to the next level, the Bend Fly Shop even offers guided fishing tours across Central Oregon to connect with their clientele and foster a love of the great outdoors. 🎣



Laurenne Ross



Ravi Drugan



Cole Shockey



Sebastian Bowler



Hunter Hess



Tommy Ford



Dominic Bowler

BEND'S OLYMPIC *Hopefuls*

LOCALS VIE FOR A SPOT AT THE WINTER
OLYMPICS BY APPLYING A MIXTURE OF
PASSION AND PERSISTENCE

WRITTEN BY SUZANNE JOHNSON

In an adrenaline-fueled community like Bend, talented and passionate skiers run rampant. Every four years when the winter Olympics arrive, a few hometown athletes step into the spotlight to compete at the highest level. For all of Bend's Olympians—past, present and future—the Olympics mean years of grueling training through every kind of weather, building support from a wide community network and keeping a laser focus on the end goal. What stokes their fire and makes it all worthwhile? Bend's top winter athletes, fierce competitors all, share their Olympic journeys.





Tommy Ford



Laurenne Ross

FINDING BALANCE

Laurenne Ross and Tommy Ford

Every athlete experiences unforgettable moments in their career. For Laurenne Ross, one of those moments took place at the starting gates of an Olympic downhill racecourse, on a mountain near Sochi, Russia. “It was a quiet like I’d never experienced. Race starts are usually chaotic and noisy, but this was pure silence—like I was all alone in this magical, silent bubble,” said Ross.

For Ross, that memory stands in contrast to another unforgettable Olympic moment: joining the entire Team USA for the opening ceremonies. “The ceremonies were crazy cool. Walking in together, not just skiers but with bobsledders and hockey players—made me realize I was part of something bigger. Especially because skiing is an individual sport, it was a powerful moment,” she said.

Ross grew up skiing on Mt. Bachelor. At age 14 she got serious about ski racing on the Mt. Bachelor Ski Education Foundation (MBSEF) team. Now at age 32, she is a veteran of several World Championship and World Cup races, as well as two Olympic Games, including the 2014 Sochi games and the 2018 games held in PyeongChang, South Korea. She’s retiring from ski racing this year—a bittersweet decision. Stepping

back from ski racing allows her to focus on other lifelong passions and find a deeper perspective on ski racing.

“No matter how many medals you win, they’ll never be enough if you don’t find joy in the process. We tend to judge our success by the wins, but ultimately skiing is about passion and flow, finding joy outside in the mountains with your community,” she reflected.



Laurenne Ross

Bend skier Tommy Ford has also competed in two Olympics, including the 2010 games in British Columbia and the 2018 games in PyeongChang. He sees the Olympics as more than a set of races. “The community of athletes that come together is something found nowhere else. But the games in PyeongChang did more than that—they sparked talks between South and North Korea, bringing those countries together,” said Ford.

Ford launched into ski racing with MBSEF at age seven, joined the US Alpine Ski Team at age 20, and now at age 32 is among the best giant slalom (GS) racers in the world. Following the South Korea games, Ford earned three podium finishes during the 2019-2020 season at World Cup GS races in Colorado, Italy and Japan. Ford’s subsequent season was cut short after a serious crash at the World Cup GS race in Switzerland, in January 2021.

Since that time, Ford has channeled his determination and energy into recovering from injuries left from that crash. “It’s been almost a year of rehab for knee strength, hand movement and functional neurology. I’m chipping away at it and feeling stronger—hoping to get back on the snow in the next few weeks,” said Ford.

Will Ford be able to race this season? It’s a question he can’t answer yet. Like every skier shooting for a chance to compete in Beijing, earning a spot on the US Olympic alpine team depends on the race results from the whole season, and on current rankings with the International Ski Federation (FIS). Final determinations are often made in late January, just weeks before the Olympic games begin.

For now, Ford is focusing on building strength and balance. He credits Bend’s strong culture of outdoor pursuits for the wealth of sports injury experts in Central Oregon. Guided by therapists and health professionals at Rebound Physical Therapy, Boss Sports Performance, Tumalo Wellness and Desert Lotus, Ford expects to shift from recovery back to race training.

“I’m taking on more training day by day but keep listening to my body. I’m not thinking too far ahead,” said Ford.

BE THE LAST TO LEAVE

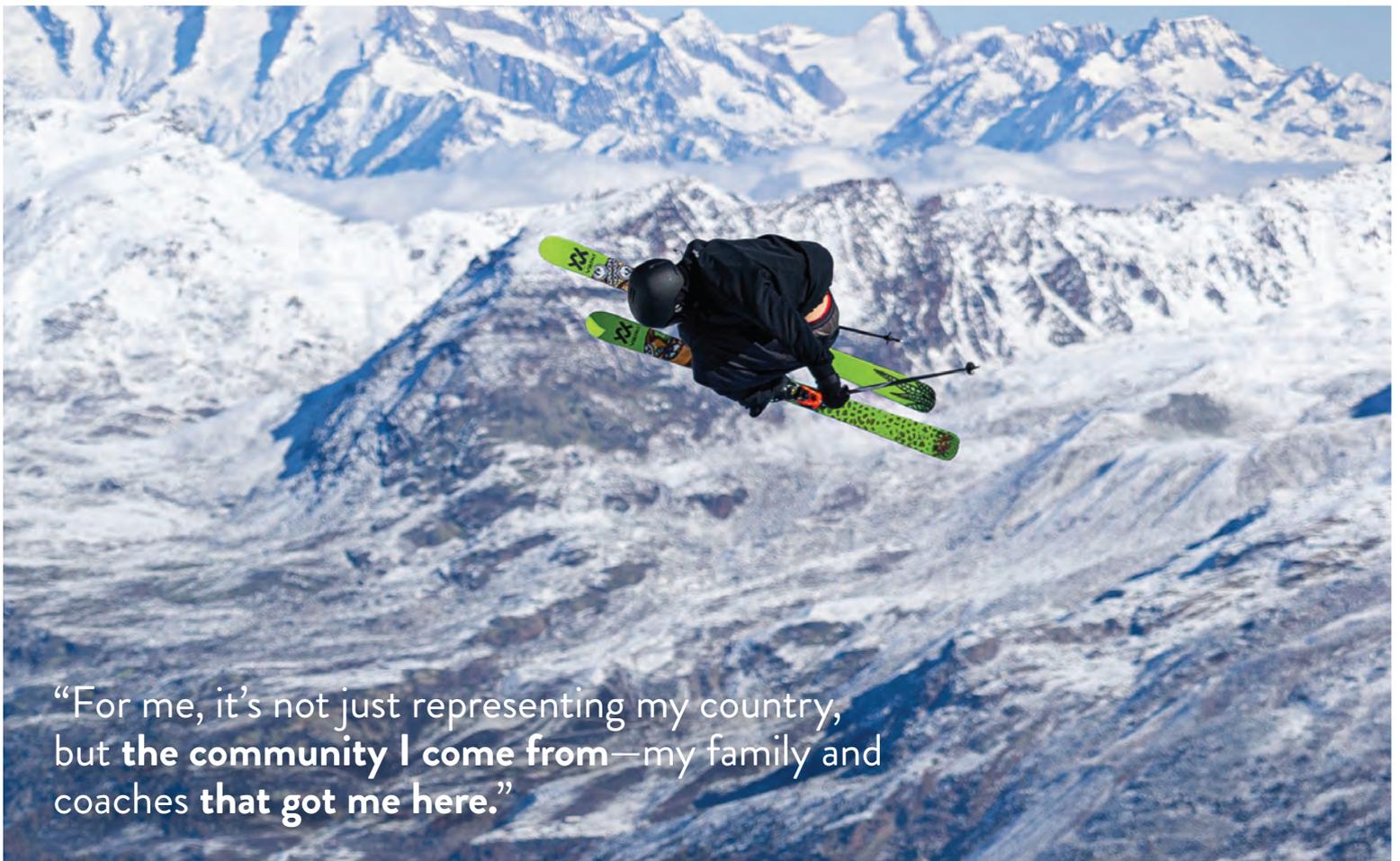
Hunter Hess

Ask any avid halfpipe fan about Hunter Hess, and you'll probably hear about his signature trick: the triple cork 1,620-degree. This past July, Hess was the first halfpipe skier to land this trick, which involves four and a half full rotations.

At age 23, Hess has been a member of the US Ski Team for almost six years. He's on the freeski team, which includes halfpipe and slopestyle skiers. Growing up in Bend, he was surrounded by ski culture—watching ski films at the Tower Theater and making Mt. Bachelor's terrain park his playground. "I fell in love with freeskiing long before it was an Olympic sport," he said.

Hess has already stood on the podium at the Genting Snow Park, site of the Beijing Olympic freeski competition. That was in 2018, when he placed third at the China World Cup. Returning to Beijing as part of the Olympic team would feel different, according to Hess. "The Olympics let you show the world what you can do. For me, it's not just representing my country, but the community I come from—my family and coaches that got me here," he said.

Community support is critical for competitive skiers, but persistence and dedication are the keys, said Hess. "It's weird to even call it work because skiing is so enjoyable. But for halfpipe, there's no chairlift. We hike back up after every run, again and again. In bad weather, when you're tired, you have to outlive everyone else if you want to progress. That means start early and be the last to leave."



"For me, it's not just representing my country, but **the community I come from**—my family and coaches **that got me here.**"



“There is no better way to judge yourself than to be **up against the best skiers in the world**, racing the exact same course with dictated turns. You have to get comfortable with **pushing your skiing right to the edge.**”

SKI FAST & HAVE FUN

Ravi Drugan

Three weeks after the closing ceremonies for the traditional Olympics, the competition fires up again with the Paralympic Winter Games, the top-tier event for athletes with disabilities. The 2022 Beijing Paralympics will be the largest to date, with more than 700 athletes competing in 78 medal events. Alpine racing events include downhill, slalom, giant slalom and super-G, held on the same courses used in the Olympic games.

Ravi Drugan, age 32, has been a member of the US Paralympic National Team for three seasons, and trains year-round with the team. This year, he'll compete in the slalom and super-G races in Beijing. “Being on this team is an honor, and the Paralympics take it to a new level. But just like every other race, I plan to ski as fast as I possibly can and hopefully have a lot of fun with it,” he said.

As a sit skier, Drugan uses a high-performance DynAccess monoski, which clicks into the same binding and ski that a stand-up skier would use. While most international ski racers focus on one discipline, Drugan mixes it up. In addition to downhill events, he competes in Monoski X at the X Games in Aspen—winning a bronze in 2015. Monoski X is a skier-cross event with four sit-ski racers on the course at a time, navigating rolling jumps and banked turns.

“I’m a freeskier at heart, but I do love the finesse and challenge of alpine racing. There is no better way to judge yourself than to be up

against the best skiers in the world, racing the exact same course with dictated turns. You have to get comfortable with pushing your skiing right to the edge,” said Drugan.

Drugan now lives in Bend, but he grew up in Eugene. At age 14 he survived being hit by a train but lost both legs above the knees from the injuries. Five years later, he learned to monoski at Hoodoo Mountain, with the help of Oregon Adaptive Sports (OAS). “Without OAS, I wouldn’t be the skier that I am; I wouldn’t be here today. They’ve been my biggest supporters, and I’ll always support them in return,” he said.



VISUALIZE SUCCESS

Dominic & Sebastian Bowler

“I like to picture walking through the Olympic village, skis over my shoulder, surrounded by people from all over the world,” said Dominic Bowler. Dominic and his brother, Sebastian, plan to compete in Beijing this February. Instead of skiing with the US team, they’ll be skiing for Brazil—their mother is Brazilian, and the brothers hold dual citizenship. Both brothers juggle ski training with academics: Dominic, age 20, is a student at Sierra Nevada College, and Sebastian, age 17, is a senior at Summit High School in Bend.

The Bowler brothers grew up in Bend, skiing at Mt. Bachelor. “Like most Bend kids, we learned to love skiing jumps in Dilly Dally Alley,” said Dominic. From there they progressed to terrain parks and began training with MBSEF.





“The more time you spend in the air, spinning, **the better you get at finding that neutral position.** You learn the time you have before landing. Sometimes **falling is the best teacher** because you’ll do it differently next time.”

Both skiers prefer slopestyle, but to fill team allocations one of them will compete in halfpipe. Each event has unique challenges, said Sebastian. They’ve trained far less in the halfpipe, but every halfpipe is structurally similar. Slopestyle courses are each unique. “Skiers get a four-hour window to learn that course and plan where to fit in tricks,” he explained.

Rather than feeling competitive with each other’s successes, the brothers agree that learning together made them both better skiers. When one learned a new trick, he’d teach the other. “We’d break the trick down into parts, then build it back up step by step,” explained Dominic. “There’s no one I like to ski with more than my brother,” he added.

Breaking down a spinning aerial trick into parts is just part of the freeskiing equation—developing spatial awareness for landing is critical. For Sebastian, it’s a matter of repetition. “The more time you spend in the air, spinning, the better you get at finding that neutral position. You learn the time you have before landing. Sometimes falling is the best teacher because you’ll do it differently next time,” he said.

Dominic practices aerial combinations by playing them over in his mind. “I’ll look at high points around me, like a rooftop, and visualize what tricks I could do off that point, and mentally replay them before I fall asleep at night,” he said.

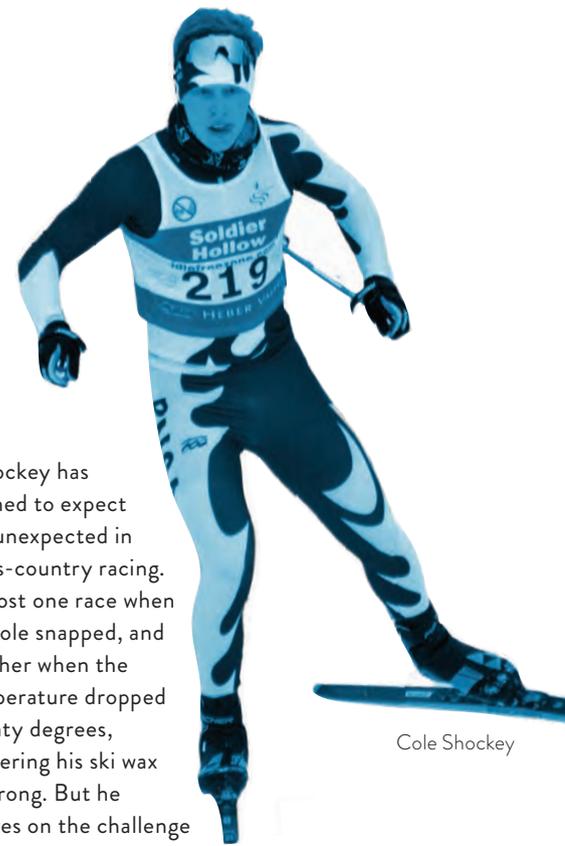
Dominic Bowler



PHOTO TOP COURTESY OF GILSON SKIS | BOTTOM COURTESY OF MT. BACHELOR

THE LONG & WINDING TRAIL

Aspiring Nordic Olympians



Cole Shockey

For some Olympic skiers, the dream propels them forward. Others take it day by day, training for the love of the sport, not sure where their efforts might lead.

Maddie Carney may be young, but she has a crystal-clear vision of her goals. She puts herself squarely in the camp of future Olympians who start with the dream of standing on that podium. “I believe that if you work hard for a dream, you can get places. And the Olympics is the place for the best skiers in the world,” said Carney.

Carney, age 12, is part of the MBSEF Nordic program. Inspired by US Nordic Team skier Jesse Diggins, Carney is already known as the kid who goes hardest at every training and every race. She plans to cover her bedroom wall with race numbers until she too can compete at the highest level. Like the women of the US Nordic team, Carney and her teammates balance the intensity of the sport with a lighthearted tradition: they swipe glitter over their cheeks before every competition.

“I like the team spirit, but mostly I like to go as fast and as far as I can. It’s just the way I am wired,” she said.

While Carney is just growing into the world of cross-country racing, skier Cole Shockey is entering his final season of high school competitions. For him, the Olympic games represent the highest possible achievement. “It’s not just the global audience. It’s the history and heritage of the games. No other platform has that—not the World Cups or World Championships,” he said.

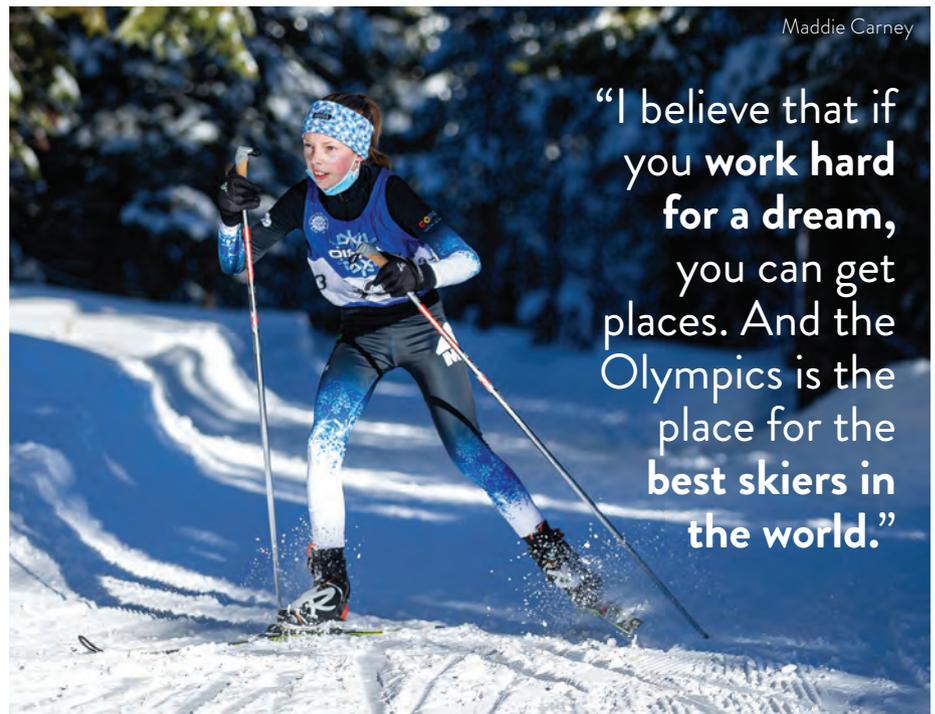
He’s built an impressive resume of ski racing achievements over the years, but he doesn’t dwell on Olympic dreams. He’s focusing on the next step: advancing to a university with the right combination of academics and Nordic racing opportunities. In the meantime, he is training with specific goals in mind: capping off his high school racing career at the US Nationals Race at Soldier Hollow in Utah, the Junior Nationals in Minneapolis and potentially the Nordic Nations Championship in Norway.

Shockey has learned to expect the unexpected in cross-country racing. He lost one race when his pole snapped, and another when the temperature dropped twenty degrees, rendering his ski wax all wrong. But he thrives on the challenge of a sport that demands a trifecta of stamina, technique and a high threshold for pain.

“The person who wins the race is the one who keeps going up that hill when it hurts. You have to believe that the pain doesn’t matter, but the end result does matter. It’s about being the best skier I can be, every day. Maybe that can take me to the Olympic level. But I’m focusing on what I do today,” he said. **B**



Cole Shockey



Maddie Carney

“I believe that if you work hard for a dream, you can get places. And the Olympics is the place for the best skiers in the world.”

PHOTO BOTTOM RIGHT MATTHEW LASALA

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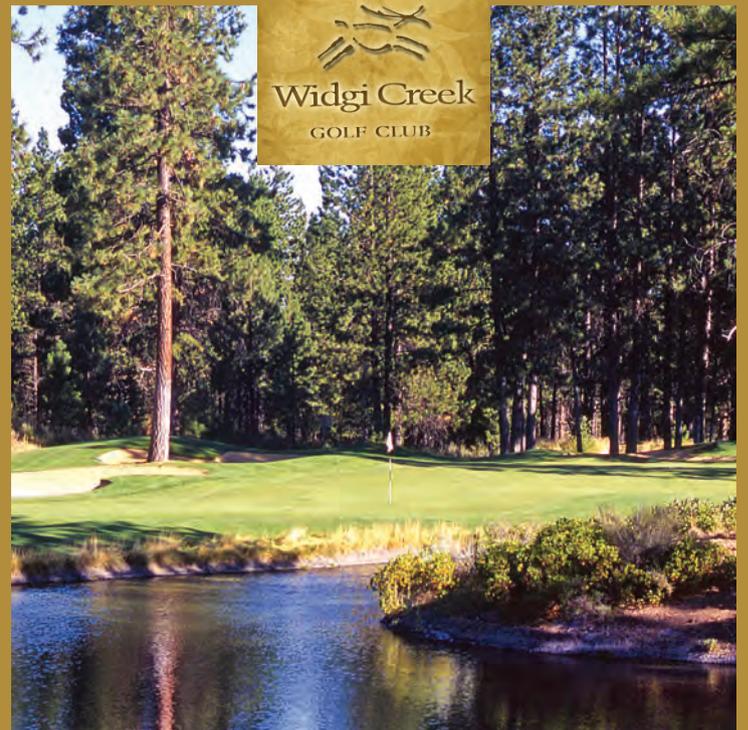
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DEFINING AUTHENTICITY

FINDING TRUE MEXICAN TACOS IN CENTRAL OREGON

WRITTEN BY NOAH NELSON | PHOTOS BY TAMBI LANE



There is no denying that the street taco craze has hit Central Oregon. All across the region, chefs can be found serving up tacos, often adding personal touches such as lightly crisping the shell, incorporating cheese or a slaw of some sort, and using meats and salsas more familiar to the American palate. However, when someone wants to find an authentic taco, where can they go? And what exactly makes a taco authentic or not? Read on to learn about three Mexican eateries that keep old traditions alive, and discover what makes authentic Mexican food, authentic.

THE BASICS

The word “taco” comes from the old Nahuatl word *tlahco* which means “half or in the middle,” referring to the way Aztecs wrapped veggies, meats and spices in tortillas. It is believed that these early tacos actually evolved from the diet of the Olmec, also known as *La Cultura Madre*. This society created many practices still found in Mexico today, including the creation of *masa* for tortillas.

“The most authentic piece of a taco is a handmade tortilla,” said Hansel Chavez, who co-owns the *El Taquero* food truck with his fiancée, Hanna Cain. “That’s the base it’s all built on. It’s a key piece of our tacos that we can’t do without.” This sentiment is shared by the owners of the other two authentic eateries featured here, Omar Florez and Crystal Jimenez of the *Alebrije Oaxaca* food truck and Rosalba Villicana of *La Frontera*.

Each also said this: an authentic and traditional taco has a handmade tortilla (corn, not flour), meat, freshly chopped onion and cilantro, a squeeze of lime and a dash of a hot, homemade salsa.

What is the final word on authenticity? Consumer response. Each owner said that when a customer comes from Mexico, whether they lived there or just traveled there, and reports that one of these restaurant’s tacos tastes exactly like the ones served in Mexico, the chef knows she or he has done it right.



WHAT IS MASA?

Masa is a maize dough made from ground corn that has been cooked with an alkaline solution, used to make tortillas, gorditas, tamales and more.



CARNITAS AT **LA FRONTERA**

Rosalba Villicana prepares the masa and salsas fresh daily. “I was born in Michoacán. When you’re little in Mexico, they teach you how to cook, and I always loved it,” said Villicana, who was taught to cook by her aunt and her mother, although most of the recipes served at La Frontera are her own creation.

Villicana said that carnitas are a staple dish in Michoacán, and her recipe remains extremely similar to the carnitas tacos that she ate growing up. Similar to American pulled pork, carnitas start with a fatty pork shoulder slow-cooked for a minimum of two hours, usually longer. The pork fat slowly cooks out into a liquid that helps

the meat fry, and adds a deeply rich and savory flavor to the meat, which ends up being incredibly juicy, while still being crispy.

Sticking to her roots, Villicana portions the carnitas onto a handmade tortilla and tops them with onion, cilantro, lime and some of her supremely spicy salsas. “Salsa needs to be spicy, very spicy,” she remarked, with a laugh.

||| LA FRONTERA
||| 2330 South Highway 97, #8873, Redmond

WHAT IS
**LA
CULTURA
MADRE?**

The Olmec are called La Cultura Madre, or The Mother Culture, because they were the first known civilization in Mesoamerica.

WHAT ARE
CARNITAS?

From the state of Michoacán, carnitas are slow braised or deep fried cuts of pork that are simmered in lard until tender enough to be pulled apart.



QUESOTACOS AT EL TAQUERO

The quesotaco proves that authenticity is a tough thing to define. “It’s not what most people consider authentic, but it was also created in Tijuana using authentic ingredients,” said Chavez. “A lot of our older Mexican clientele don’t see that as a real taco at first because of the cheese, but when they try it and recognize the authentic flavors in the meat, salsas and tortilla, they usually change their minds.”

Making the quesotaco begins early in the morning to prepare the birria. The recipe belongs to Chavez’s



WHAT IS BIRRIA?

From the state of Jalisco, birria is a stew made from beef, goat, sheep or lamb meat slow cooking in consomé, that is served on special occasions, like weddings.



mother, who always makes the stew by heart with no steps or measurements written down. Twelve different spices, peppers and veggies are blended together to create the consomé broth that the diezmillor or chuck steak cooks in for a minimum of four hours.

The resulting meat is incredibly tender, and is removed from the stew to be placed in a handmade tortilla with Oaxacan cheese, onions and cilantro. The taco is then grilled on a flat top with a bit of the consomé to aid in the frying process. The end product is a crispy shell filled with cheese and meat that seem to melt together and encapsulate the onion and cilantro. Try them with a cup of consomé for dipping and some of Chavez's mother's salsa for a kick.

||| EL TAQUERO
||| 228 NE Greenwood Avenue C, Bend
||| el-taquero-llc.square.site





PORK ADOBADA AT **ALEBRIJE OAXACA**



Serving cuisine specifically from the state of Oaxaca in Mexico, Alebrije Oaxaca specializes in dishes like mole enchiladas, memelitas and of course, tacos. One of the owners, Omar Florez, was born and raised in Oaxaca and strives to bring to Central Oregon the same flavors he grew up with by using recipes that come straight from Oaxaca.

Adobada translates to “marinated” in English, but pork adobada typically follows a loose recipe. Cuts of pork shoulder are left to marinate in a red chile sauce with notes of citrus and vinegar for hours, before the meat is dropped onto a searingly hot grill and quickly cooked to a crisp. The resulting meat is crispy on the outside with a tender and juicy interior with just enough fat to add a rich flavor, like bacon. You can probably guess what goes on this authentic taco: cilantro, onion and lime with a splash of hot salsa, all held together on a handmade tortilla.

A common theme found in these authentic Mexican tacos is this: instead of trying to add new touches to each dish, Mexican food strives to take simple ingredients, as fresh and as high quality as possible, and make the most out of them by sticking with traditional cooking methods and recipes that have been passed down for generations.

Chavez said, “It is important to us to keep these traditions alive, because not too many people do that anymore.” 🌮

||| ALEBRIJE OAXACA
||| 42 NW Hawthorne Avenue, Bend
||| alebrije-oaxaca.business.site



A common practice in several Mexican states, adobada includes marinating pork in spices, chipotle or guajillo chiles, and vinegar. Regional recipes add spices like cinnamon, allspice, cloves and nutmeg.



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LOCAL
FLAVOR

Autumn roots

PLANT-BASED

Terra Firma

Living life plant-forward at Redmond's new
Terra Kitchen at the SCP Hotel

WRITTEN BY NANCY PATTERSON

“Plant-forward” might not yet be mainstream terminology, but it’s the philosophy at Redmond’s new restaurant, Terra Kitchen. Located downtown, inside the SCP Hotel on 6th Street, Terra Kitchen aims to change the way we think about plant-focused cuisine. This style of cooking makes plant dishes the stars of the show, supported by nuts and legumes, with meat proteins and dairy playing minimal roles within courses.

Terra Kitchen embraces the plant-forward concept, as reflected on their seasonal menu. While some menu staples will be available year-round, most of their plates will be predicated on seasonality and availability of fresh and local produce.

Executive Chef Sean Hulecki designs a menu that rotates weekly, intended to highlight cuisine influenced by the Mediterranean Blue Zones while using crops sourced from regenerative farms in Central



Executive Chef Sean Hulecki

PHOTOS COURTESY OF TERRA KITCHEN

LOCAL
FLAVOR



Grilled Niçoise salad



Farm vegetable paella
and grilled Unity
Bread (above)

“We want to surprise and delight our diners at each seating with our special finds of the day.”

Oregon. “Blue Zones” reflect areas across the globe where a high concentration of residents have statistically higher lifespans; some regions of the Mediterranean, such as Sardinia, Italy, and Icaria, Greece, overlap with these blue zones, where it is found that meat and dairy are consumed sparingly.

Produce is sourced from local growers, such as Sungrounded Farm (Terrebonne) and Gorilla Greens (Bend), and grains are from Unity Bread (Redmond). The restaurant’s brightly colored dishes are designed to be shared, allowing guests to taste their way through Central Oregon’s timely offerings at the peak of freshness.

“Terra Kitchen embodies a menu designed to nourish the soul and body,” said Hulecki. “We work with seasonal ingredients naturally growing in this area and use them—root to stem—in unexpected ways.” The SCP Co-Founder and CEO, Ken Cruse, added, “We partner with local farmers and ranchers who engage in organic and regenerative techniques to source seasonal ingredients from Central Oregon. As a result, Terra Kitchen provides a clean, healthy plant-forward menu, supports our local community and engages in

cutting-edge sustainable practices.” With the flawless execution of both vegan and vegetarian dishes, the absence of meat proteins goes unnoticed.

Dinner starts off with bread service—grilled bread served with a salt and pepper butter infused with paprika—which is provided by Unity Bread owner and in-house chef, Aaron Boyle. “[Aaron] owns Unity Bread Company and that is how we forged a partnership with him,” Hulecki said. “He produces food out of his own certified kitchen. We shared mutual interests, and we aligned in terms of our vision for Terra Kitchen, so we brought him in-house.” Because all of Terra’s plates are meant to be shared, diners can enjoy a cascading ordering experience—choosing to order more plates and dishes as the evening progresses.

Small shared plates include dishes like roasted piquillo peppers stuffed with goat cheese and garnished with Marcona almonds, Meyer lemon glaze and sherry vinegar. Terra’s most popular large shared plate, farm vegetable paella, comes with charred seasonal vegetables stirred into the classic saffron rice dish and served with grilled Unity Bread. Desserts showcase

in-season fruits, like marionberry whipped cream paired with a chocolate torte. And for guests craving a cocktail or cozy nightcap, Terra offers an array of wintry libations like cranberry-apple-pear sangria and SCP’s infamous grown-up hot chocolate cocktail, dubbed the campfire s’mores.

However patrons choose to dine and imbibe, they’re sure to have a unique and immersive experience. “Terra Kitchen’s menu is all about textures, flavors and colors. We want to surprise and delight our diners at each seating with our special finds of the day,” Hulecki said. As a part of the SCP family—which stands for “soul, community and planet”—Terra embodies the mission and efforts of their parent company to do better for our environment by providing clean, fresh, energy-efficient, low-waste accommodations and services.

Terra Kitchen is open for dinner service Wednesday through Saturday from 4 to 9 p.m., with reservations encouraged. **TK**

TERRA KITCHEN
509 SW 6th Street, Redmond
scphotel.com/redmond/terra

PHOTOS COURTESY OF TERRA KITCHEN



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WINE

Domaine Serene

Downtown Bend ups its wine game

WRITTEN BY TIM NEVILLE



Since its construction in 1917, the D.H. Spheer building on Minnesota and Bond has been home to a notable roster of businesses. The Bend Dairy started there, as did the Bake-Rite Sanitary Bakery. More recently, who could forget Trivia, that eclectic antique store with its dazzling glassware and costume jewelry that no parent dared to enter with a toddler ever?

Now, as of mid-December, something decidedly more hip has arrived in the historic building: a new wine lounge from Dundee Hills-based Domaine Serene, the second such bridgehead in Bend for Willamette Valley-based vineyards in less than a year.

“Wine begets wine begets more wine,” said Sarah Grover-Worley, owner of the independent Good Drop Wine Shoppe that sits half a block away from Domaine Serene’s newest location. (Others are in Portland and Lake Oswego.) “The more wine we have, the better our wine scene becomes.”

The Domaine Serene Wine Lounge occupies about 6,400 square feet across three levels of the Spheer and aims to fit with the building’s early architectural ambitions of being a more modern place to do business. The building was one of Bend’s first to be built out of brick for better fire resistance, two years before the city’s fire department was officially formed. You can still see that brick inside Domaine

Serene, where the mood is airy and modern with oak floors, accordion-style windows and climate-controlled coolers that house bottles from the winery’s three labels, including rare finds from its vineyards in France.

An upstairs area will be reserved for club members who want to rent lockers for their own bottles from the winery and mingle among the memorabilia displayed from other club members, such as Michael Jordan and Sylvester Stallone. On the main floor, a restaurant will serve the hoi polloi wine-inspired meals like sparkling-wine popcorn chicken and oysters from a limited menu.

“You can taste wine here you can’t find anywhere else,” said CEO and president Ryan Harris. “The food and atmosphere will elevate that wine.”

Wine seems to be going down well in Bend as other distant wineries gravitate to town. Stoller Vineyards opened a tasting room in the Box Factory in 2021 and Willamette Valley Vineyards recently announced it’s looking to expand into Bend, too. Bledsoe, Evoke, Va Piano and Elixir, which produces wine in Argentina, also have tasting rooms here, as well.

“For a while there, we were definitely lacking,” said Grover-Worley, who also serves on the Downtown Bend Business Association board. “We’ve been known as a beer town for so long.” **IB**

PHOTOS CHRIS MURRAY

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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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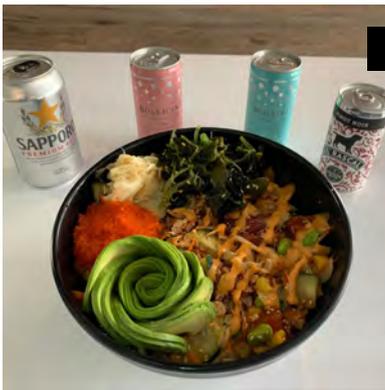
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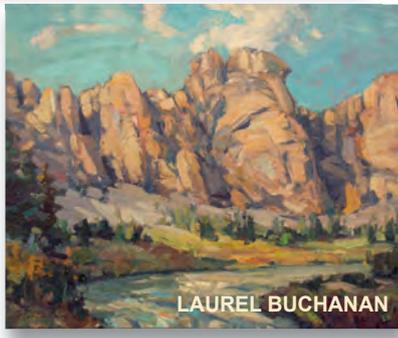
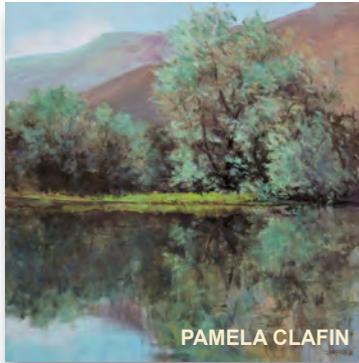


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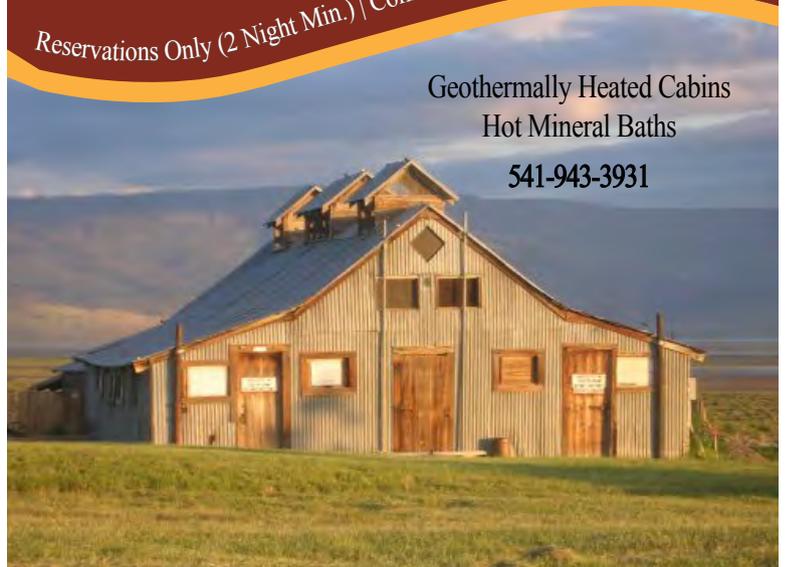
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ART + CULTURE + AESTHETIC

The wildflower-inspired name Katie Daisy is a pen name for the Bend artist, born Katie Lombardo.



ILLUSTRATION

Wild and Full of Wonder

The illustrations and field guides of artist Katie Daisy

WRITTEN BY TERESA RISTOW



Katie Daisy started her life in a whimsical home surrounded by nature in the small town of Lindenwood, Illinois. Her mom carried art supplies in her purse and encouraged her daughter's creativity, leaving Daisy with childhood memories like drawing on the back of restaurant placemats and exploring her mom's wildflower gardens. "It was all sort of a fairy tale," Daisy said. It wasn't until high school that the creative teen took her first art class. For her final portfolio project, Daisy created black and white Tim Burton-esque greeting cards and had them printed at a local shop. Seeing her art on a finished product sparked something in Daisy, and she envisioned a life in which creating art could be a career.

Daisy set out to attend art school, applying to just one—the Minneapolis College of Art and Design. Her parents encouraged her to attend a state school with a lower price tag, so when Daisy was accepted into MCAD, she would

attend completely on student loans. "We didn't have any money growing up," Daisy said. "But my folks have always really believed in me." Daisy majored in illustration, taking classes in hand lettering, typography and eventually product design, a course that helped Daisy narrow in her vision for the future. She realized her art could be on not only cards and prints, but on anything, from aprons and mugs to shirts and décor.

After graduation, Daisy was encouraged to seek out a steady illustration position with an established company, which she almost did. Instead, in 2008, Daisy started an online shop on an up-and-coming platform for handmade and vintage goods called Etsy, which at the time had about 200,000 sellers. "I kind of got in there at the exact right time," said Daisy, who owes much of her success to the website, which today has more than 5.2 million sellers and facilitates billions of dollars in sales annually. An early work of Daisy's went viral on a couple mommy blogs, helping her shop, "thewheatfield" take off.

In the early days, Daisy did everything herself, including printing her work on an Epson printer at home and making frequent trips to the post office. Self-employed and able to travel, Daisy explored the United States, living in Asheville, North Carolina and Austin, Texas before landing in Portland. It was there she overheard people in a bar talking about Bend. Intrigued, Daisy did an online search for housing in Bend, typing in keywords like "clawfoot bathtub" and "exposed brick walls." When an available listing in downtown Bend popped up, Daisy knew it would be her new home. "Bend has just been so welcoming," Daisy said. "I've made the best group of friends ever, and I've never had such a close community of artists."

Once settled in Bend, Daisy continued to grow her Etsy store, and soon began catching the attention of art directors from big brands like American Greetings and Hallmark. Today, many brands work with Daisy to license illustrations to use on particular products (such as greeting

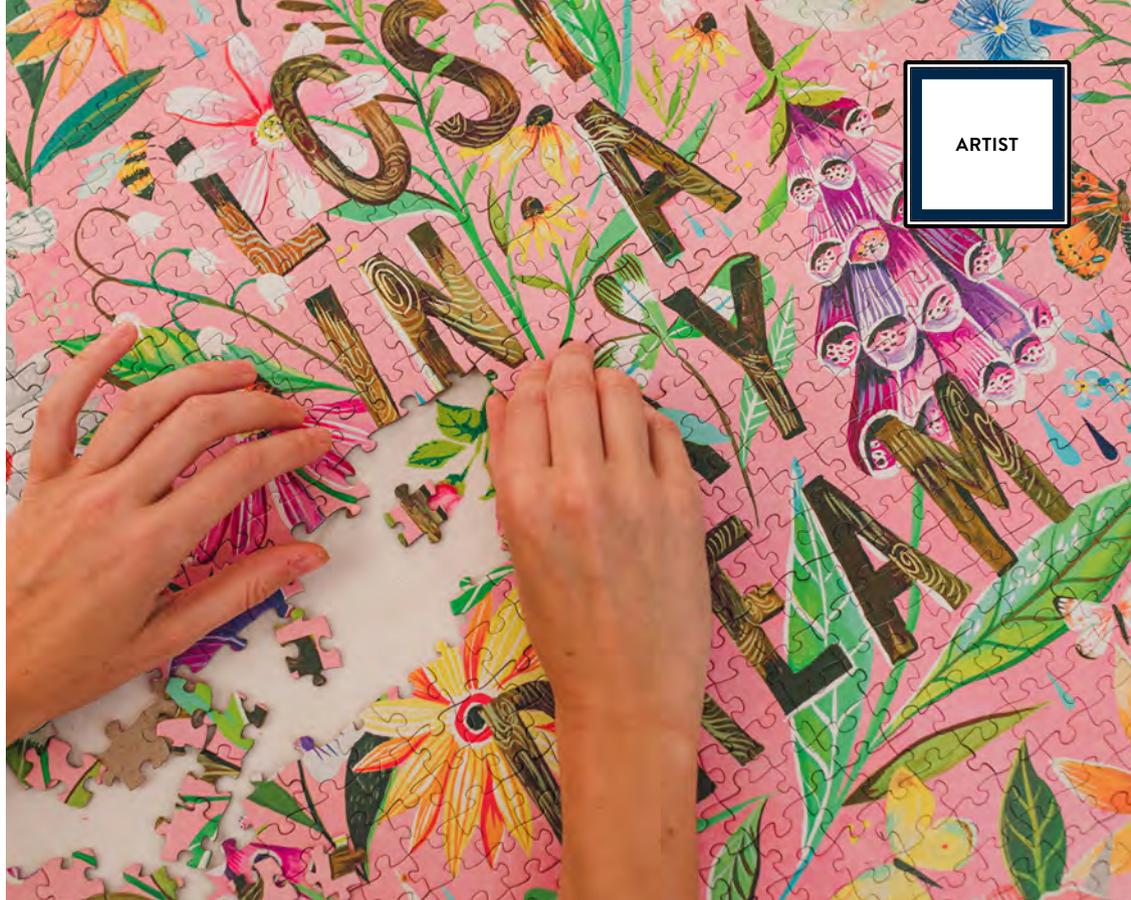
PHOTO LEFT ARIEL DAWN PHOTOGRAPHY | RIGHT IN HER IMAGE PHOTOGRAPHY

cards) for a set amount of time. These arrangements offer more exposure for Daisy's art and a revenue stream outside Etsy, while allowing the artist to retain control of just how her illustrations are used.

With her Etsy store thriving, Daisy in 2016 published her first book, an illustrated field guide about nature called *How to be a Wildflower*. "It's all about wanderlust and inspiration and finding yourself within the natural elements of the world," said Daisy, who was working on the book while pregnant with her son Finn, now 7. The book became a *New York Times* bestseller. In 2021, Daisy released a companion book, *How to be a Moonflower*, exploring the mystery and magic of nighttime. Daisy said the book was fittingly created during a darker time in her life, which included a health scare and divorce. "It was the darkest year I've ever had, but I birthed a book out of it, which is cool," she said.

In the fall, Daisy was busy with some new projects, including a "Greetings From" mural series with fellow artist Karen Eland in partnership with Visit Central Oregon. Nearly fourteen years after starting her online shop, Daisy is grateful for the success she's seen and proud that she's able to support herself and family through her artwork. One day, Daisy hopes to open a small brick-and-mortar art shop and studio for the public to visit. For now, she works out of her own whimsical cottage on the outskirts of Bend near Tumalo. The inside is filled with antiques and murals of animals and nature and outside is a lush flower garden, much like the one Daisy remembers from her childhood. 🌻

Katie Daisy's books and artwork are available locally at ju-bee-lee, The Workhouse, Dudley's and Roundabout Books, as well as online at thewheatfield.etsy.com. Learn more about Daisy at katedaisy.com.



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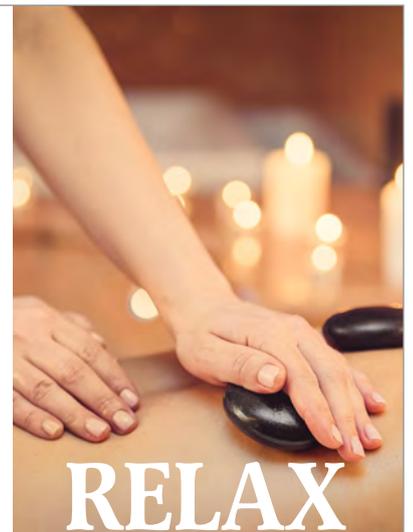
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PHOTOGRAPHY

Too Great for Words

A new gift book captures Bend in images and words

WRITTEN BY LUCAS ALBERG



With one of the highest telecommuting populations in the country, Bend can be a challenging place to connect with others. In the creative and sometimes isolating world of photography, it can be even more difficult. In 2019, Bend-based photographer Rich Bacon sought to change that by launching *Ineffable*, a coffee table-style book aimed at capturing the feeling of Central Oregon each year through photographs.

Growing up as a skateboarder, Bacon loved how the skating culture connected through print magazines and photographs. “Now, with Instagram and social media, it’s so easy to see a photo and scroll past it in seconds,” he said. “*Ineffable* was a reminder for me to stop and appreciate the work people are doing. I wanted to bring photographers together and allow their work to be

appreciated in a way that would last.”

From the start, one of the key outputs Bacon wanted was to give back—to both local photographers and the community. All published photographers are compensated for their work and 100 percent of the proceeds of the book go to a local nonprofit. Volumes one and two benefitted the Deschutes Trails Coalition and this year’s proceeds go toward the Bend Sustainability Fund, which invests in projects that protect, steward, and create sustainable recreational resources and outdoor experiences in Bend’s backyard.

Although Bacon financed the first volume on his own, beginning last year he teamed up with Visit Bend to produce the book. “We weren’t even going to publish because of COVID and everything else going on,” he said. “Visit Bend changed our minds.” Bacon and Visit Bend VP of marketing and communications Nate

Wyeth decided to lean into the original intent of the publication, whose title means “too great for words.” In Volume 2, everything from quarantine photos to protests to the outdoors were included. Wyeth stressed that Bend is more than just pretty landscapes. “We want to make sure that we’re telling those stories, both good and bad,” he said. “We’re treating this as a time capsule and the hope is that in thirty years, you’ll have thirty volumes so you can see how Bend was during the time.”

A single piece of creative writing is included in the book, too—an introduction also meant to capture the time and place. This year, the team chose to employ a youth voice, and the introduction was written by Bend teen Libby Findling.

Volume 3 turns a corner back toward normalcy but still features some powerful reminders of stark constants such as wildfires and the lingering pandemic. “This year feels a little more hopeful, but we’re still not fully back,” said Bacon.

Ultimately, Bacon said he hopes the book will bring artists and community members together. “No matter how big or small you are, there’s a sense of pride in getting your work published,” he said. “Being able to see something in the flesh gives you that.”

Volume 3 of *Ineffable* launched in early December and is available for purchase through local Bend retailers and coffee shops such as Outside In, Thump, the Old Mill District Ticket Mill, Visit Bend, Newport Ave. Market and Backporch Coffee locations. This year’s edition is dedicated to local photographer Alex Kollar, who passed away in a kayaking accident earlier this fall. ■

For more information and where to purchase, visit visitbend.com/ineffable.



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■ *exhibits*

Imagine a World

In the new, original exhibit titled “Imagine a World” opening January 29, the High Desert Museum examines efforts over the decades to create ideal societies throughout the Western United States—and what we can learn from them. Imagine a World also gives visitors the opportunity to articulate the kind of world we want to live in for the future.

The exhibition looks at the ambitions, intentions, and outcomes of utopian and intentional communities across the West ranging from the Kaweah Co-Operative Colony in central California in the late 1800s to the artistic and back-to-the-land communes of the 1960s and 1970s, such as Drop City. The exhibit also explores spiritually oriented endeavors, such as Oregon’s most famous intentional community—Rajneeshpuram.

“The intentional communities featured in the exhibit all pose interesting questions,” says Laura Ferguson, Ph.D., museum senior curator of Western history and curator of “Imagine a World.” “By exploring the ideas that inspired each group, we’re able to consider what we might learn from each society and imagine more possibilities. Ultimately, we hope the exhibition sparks conversations about what kind of world we want today.”

Visitors will be invited to contribute what they believe should be included in an ideal society through an interactive, immersive experience.

“‘Imagine a World’ examines different groups that have come to the high desert, inspiring visitors to ask their own questions about what a community can look like and how we work to create it,” said Museum Executive Director Dana Whitelaw, Ph.D. The exhibit will be on display through September 25. See HIGHDESERTMUSEUM.ORG.



■ *festivals*

Bend A Capella Festival

The Tower Theatre is bringing back the two-day Bend A Cappella Festival as a live event on February 25 and 26. Deke Sharon, considered the “father of a cappella” by many, will host the festival once again and headliners are The Filharmonics, seen regularly on *Late Late Show* with James Corden. The festival’s focus is on bringing a cappella ensembles from across the Pacific Northwest to Bend for networking and learning. Participants will enjoy a Friday evening reception, performance from The Filharmonics and an opportunity to perform short sets. On Saturday, the festival will reconvene for workshops and masterclasses, followed by an evening concert by The Filharmonics. Cost is \$89 per person for the two-day festival. See TOWERTHEATRE.ORG.

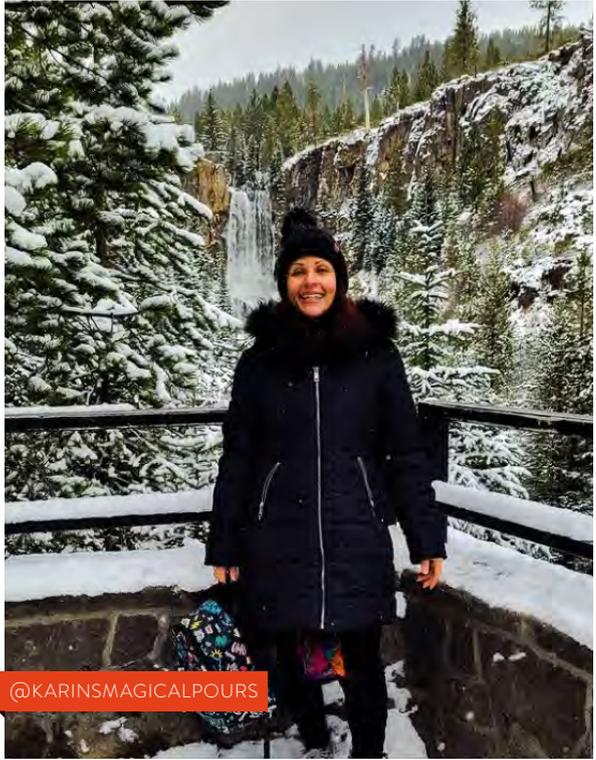
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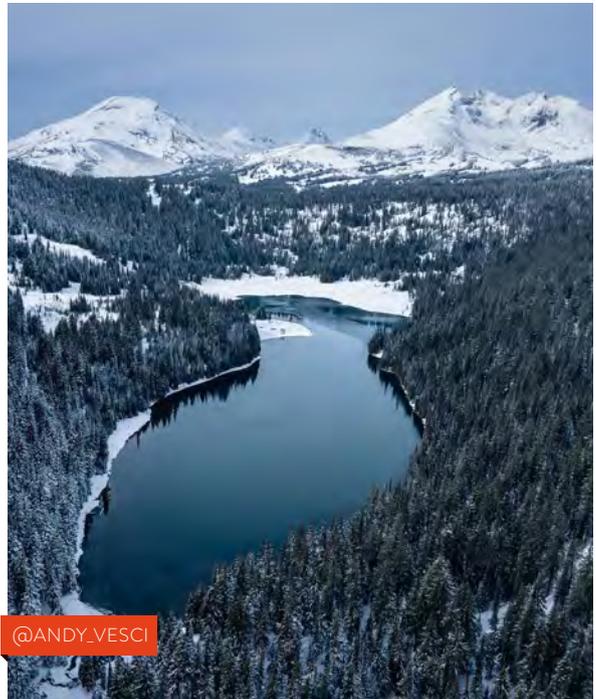
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Share your Central Oregon photos for a shot at getting in our next issue!

HERE'S TO A
Bright New Year!



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Resilience

Seems like we've all had to call on our personal reservoir of strength and positivity to carry us through recent times. We've had to adapt, bounce back and move forward. That resiliency has made us a little stronger, a little bolder, and a lot more certain that we can handle whatever life throws at us.

Just like we've always been, we're here to applaud that resiliency with you. To help you look to the future as the weight lifts around us. To celebrate better days ahead. To make sure you are a lot more certain that what you do today will get you to where you want to be tomorrow. Give us a call today!



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