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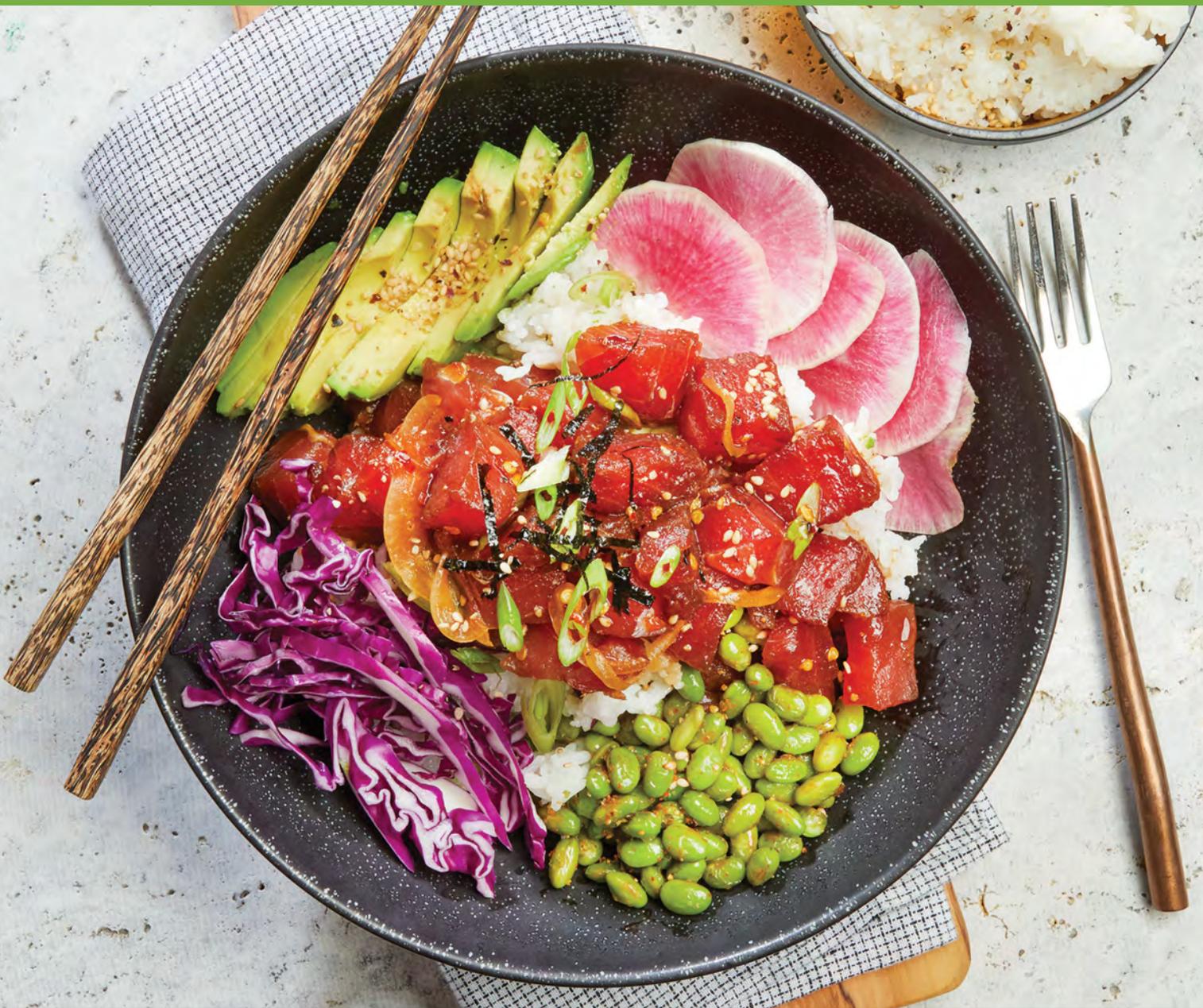
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Katie Pelchar

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Bend, OR



Ron Smith

Sales Manager
NMLS #482199
(541) 390-9542
Bend, OR



Julie Nash

Loan Consultant
NMLS #789031
(541) 410-7526
Bend, OR



Jeremiah Pedersen

Loan Consultant
NMLS #1724218
(541) 639-1193
Redmond, OR



Lisa McLuskie

Loan Consultant
NMLS #182183
(541) 410-0768
Bend, OR



Blake Vaughn

Internal Loan Consultant
NMLS #1806623
(541) 678-6353
Bend, OR



Matt Vogel

Loan Consultant
NMLS #246290
(541) 610-2825
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Nancy Gray

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NMLS #1363186
(541) 678-6332
Bend, OR



Roz Gray

Loan Consultant
NMLS #1061558
(541) 815-8284
Bend, OR



Lysa Etter

Loan Consultant
NMLS #263827
(541) 420-3308
Redmond, OR



Miranda Holloway

Loan Consultant
NMLS #1667026
(503) 349-1720
Bend, OR



Darci Fitzke

Loan Consultant
NMLS #940798
(541) 977-9007
Bend, OR



Abby Rose Jerin

Loan Consultant
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(541) 525-3391
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WOMEN FLY FISHING

A visual journey showcasing the lesser-known side of female representation in the sport of fly fishing.



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ROUNABOUTS R US

Whether you call them "whirlygigs," "traffic circles" or anything else, drivers in Bend know this is a roundabout city. Take a look at how that happened, and how Bend compares to other cities that love roundabouts.

WRITTEN BY HOLLY HUTCHINS

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HEROES

From state parks to nonprofits, volunteers help the Bend community prosper. Take a look at some unsung heroes, some of Bend's most dedicated volunteers.

WRITTEN BY TERESA RISTOW



ON THE COVER

Camping beneath a starry Central Oregon night sky.
PHOTO BY AUSTIN WHITE

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CENTRAL OREGON

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Enjoy the beauty of Smith Rock State Park and avoid springtime snow on the Crooked River trail. WRITTEN BY DAMIAN FAGAN

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WORDS *and* PICTURES

Contributors



• **BRONTE DOD**
• Bronte was born and raised in Oregon and got her start writing for *1859* and *Bend Magazine* in Bend.
• She now lives in Maupin with her husband and their dogs. Bronte works in Maupin's City Hall by day
• and is a freelance writer and editor by night. She has worked with BendFilm, OSU-Cascades, Dancing
• Moon Press and more on a variety of projects. In this issue, Bronte rounded up the best things to do in
• her favorite place in the world this spring (pg. 31).
•

HOLLY HUTCHINS

Holly Hutchins is a native Oregonian who retired to Bend in 2005. He previously spent seventeen years in Houston, Texas, with Shell Oil Company, working in public affairs and corporate communications. He holds a master's degree in public relations from the University of Houston, a B.S. degree in journalism from the University of Oregon, and worked at several Oregon newspapers before joining the corporate sector. He's a regular contributor to several publications, and teaches a business writing class at Central Oregon Community College. In this issue, he wrote about Bend's roundabout history (pg. 76).



• **TAMBI LANE**
• An entrepreneur at heart, Tambi has run a portrait photography business since 2006. She loves
• collaborating with, and supporting, other local artists. Currently, she is focused on food photography
• and shot our story on pasta dishes for this issue (pg. 93). She has been published in *Sunset* magazine
• and photographed two nationally published celebrity cookbooks. When she's not cooking, eating or
• photographing food, you can find her in the garden, doing something outdoors or creating something
• new and fun. See TAMBILANE.COM and ALLTHINGSFOODBEND.COM.
•

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 in 2016, documenting her exploration of hidden restaurants, divinely crafted cocktails, and superlative dishes in her blog, *Eat Drink Bend*. Nancy has been creating food content since 2019 and spends her days working in content marketing and social media — and being Mom to her 3-year-old daughter. In this issue, Nancy wrote about Wild Folk Flower (pg. 103).



• **ARIAN STEVENS**
• Arian Stevens was raised in the foothills of the Sierra Nevadas between Yosemite and Tahoe, where
• he developed a love for the outdoors. In his freshman year of college, having no clue what he wanted
• to do, Arian happened to take a photography class and found his passion for sharing the beauty of
• his surroundings with others. He currently lives in beautiful Bend, Oregon, and is overwhelmed with
• photo opportunities in every direction. In this issue, Arian photographed fly fishing on the Lower
• Deschutes (pg. 31).
•

AUSTIN WHITE

Austin White has been a photographer for over ten years traveling and living all over the states shooting different sports, landscapes, and lifestyles. He's been based out of Bend for nearly seven years, capturing the beauty of our backyard in many different ways. Austin's passion for photography comes from what a photo can do—transferring us to a memory or a vision of the future we crave and the things that bring us to life. In this issue, see Austin's photos of car camping, including the cover shot, and in the images of Tim Casinelli, the bodysurfer featured in *Surf's Up* (pg. 39 & 45).



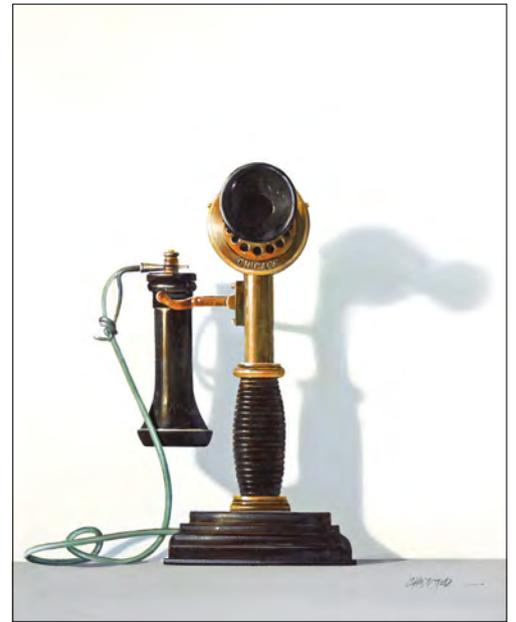
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AMY SULLIVAN
"The Stand Out" 48"x48" mixed media



WENDY CHIDESTER
"Chicago Candlestick Phone" 25"x20" oil



DON RAMBADT
"Autumn" 18"
bronze ed. 8 (bronze & glass)



SCOTT SWITZER
"Skate Land" 48"x48" oil



BRENT COTTON
"Late Shadows of Autumn" 32"x40" oil



DAVID DIBBLE
"Third Cutting" 30"x48" oil



ANGELA MIA DE LA VEGA
"Arise" 27" bronze ed. 45



MICHAEL MALM
"Pink Peonies" 24"x36" oil

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Editor in Chief KIM COOPER FINDLING
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Staff Writer NOAH NELSON
Copy Editor STEPHANIE BOYLE MAYS

Design

Creative Director TIFFANY PAULIN
Associate Creative Director KELLY ALEXANDER
Graphic Designer ALEX JORDAN
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Marketing and Projects Manager KATRYNA VECELLA
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Web Development ZACK JENKS - LITEHOUSE TECH

Audience Development

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Circulation Consultant KERI NOLAN

Contributing Writers

BRONTE DOD, LUCAS ALBERG, DAMIAN FAGAN, LEE LEWIS HUSK,
HOLLY HUTCHINS, SUZANNE JOHNSON, NANCY PATTERSON

Contributing Photographers

RICHARD BACON, STEVEN HEINRICHS, MIGUEL EDWARDS,
BENJAMIN EDWARDS, TOM FARRIS, ALEX JORDAN, JOE KLINE, TAMBI LANE,
BUDDY MAYS, BRIAN MCDONNELL, ADAM MCKIBBEN, JOHN MIKKELSON,
TOBY NOLAN, ARIAN STEVENS, ALICIA VICKERY, AUSTIN WHITE

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GREETINGS *from*

BEND



Paying it Forward

The pandemic was hard on many things, including volunteerism. While the early days saw an increase in volunteering in healthcare and food distribution, overall, over 60 percent of those who had been volunteering pre-pandemic stopped doing so during the pandemic.

The good news is, volunteerism is recovering, nationally and right here in Central Oregon. Perhaps that is partly because volunteering is proven to be good for us; giving back delivers soul-soothing that we need more than ever right now. Helping, studies show, is an important factor in what is known as “mattering”—the idea that we have value to others, which is crucial to positive mental health. Volunteering also creates social connections and reduces anxiety, especially important for all ages as we emerge from the challenges of the pandemic.

As we move towards the second half of 2022, all signs point to a continued rise in volunteering. Studies show that people care the

most about making an impact on their local community, and we see that every day in Bend. From formal volunteering (in an organizational setting) to informal volunteering (giving back indirectly like helping neighbors), from donating an hour to 100 hours, from showing up to help at an event to working remotely behind the scenes, people helping people is just what we do here in Central Oregon.

In this issue, we look at some of Bend’s volunteer superstars. These individuals have been doing so much good, for so long, with such great impact, that they stand out as true local heroes when it comes to giving back. Read about local folks who help others on the daily, whether via the outdoors or medicine, youth mentorship or literacy.

Also in this issue, we dive into the interesting history of Bend’s many roundabouts and future plans for more. We take a look at a handful of Bend’s outdoor gear upcycling companies, which embody values such as reusing, repairing and recycling, and share a one-of-a-kind Indigneous art project on display in Sisters. Learn about some of the best local spices for your dinner plate and continue reading while sipping on a cocktail made with natural wildflowers.

See you around the Bend,

Kim Cooper Findling, *Editor in Chief*

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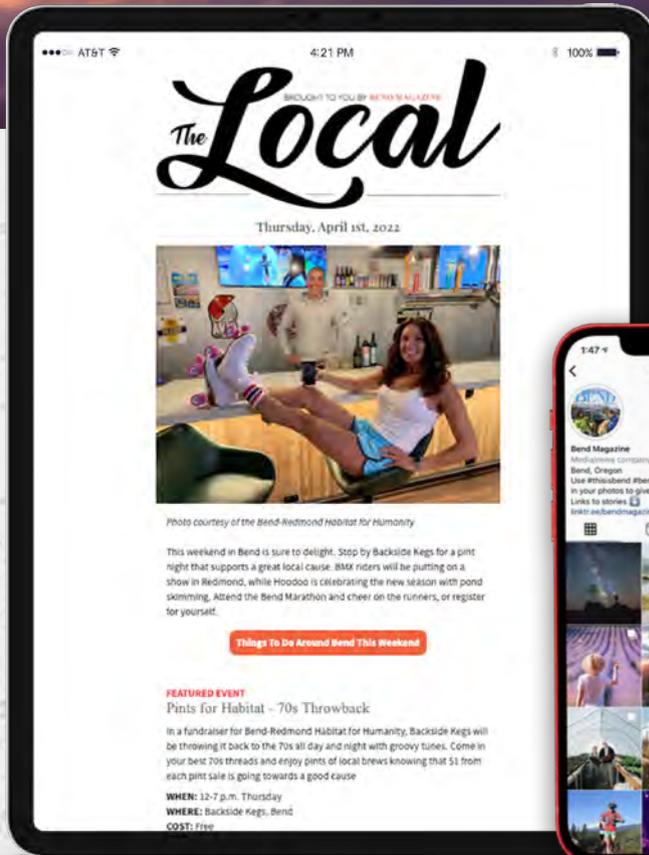
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BEND NEWS + CENTRAL OREGON NEWS



CRAFT BEER

Brewfest Returns

ONE OF BEND'S LARGEST AND MOST ICONIC FESTIVALS is set to return in May for the first time after a pandemic hiatus. The Bend Brewfest is a celebration of everything brewed. More than sixty-five breweries will be presenting over 100 unique beers, ciders and seltzers for eager guests to sip on in the newly revamped Hayden Homes Amphitheater. The beer fest will feature a special selection of "X-tap" beers that are low production, specialty and/or experimental flavors. In other words, guests will have the opportunity to taste some truly rare brews, some of which cannot be found anywhere else. It's common for the brewers themselves to attend the festival, giving guests a chance to learn a bit about the brewing process and each business that is participating. Aside from a seemingly endless number of craft brews to try, Brewfest will feature several local food trucks that provide diverse dining options. For non-alcoholic fun, there will be several games and activities to take part in, some of which will award a cash prize to the winner. There will also be musical performances throughout the entire weekend. Tickets are on sale now for both Friday, May 13 and Saturday, May 14. See BENDBREWFESt.COM.

Front Deck ■ *bend*



■ ***bend parks***

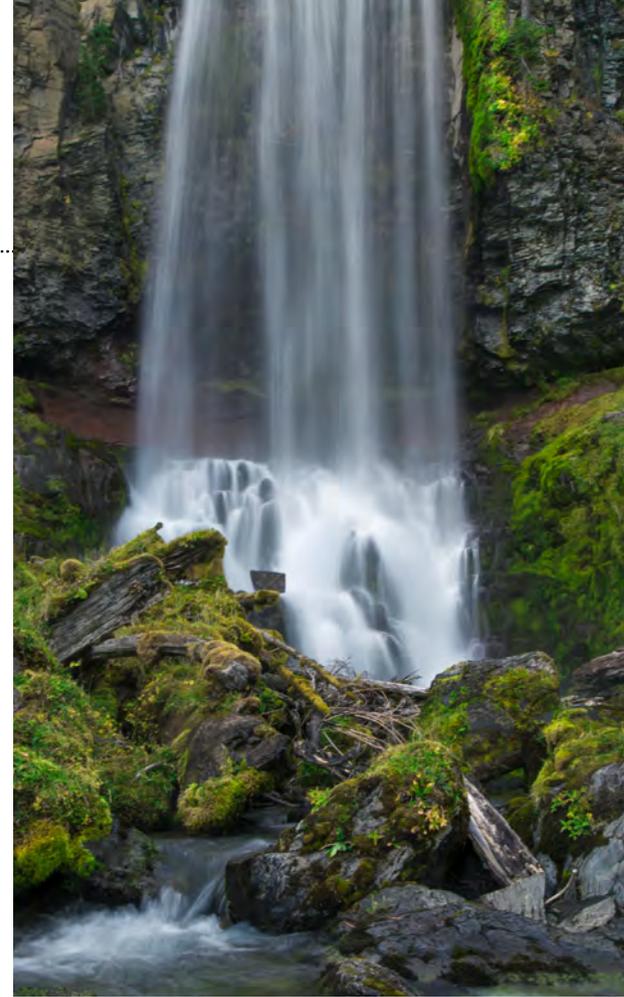
Drake Park Receives an Upgrade

The Bend Park and Recreation District has begun construction and renovations on the Drake Park Bank and Trail Project; a plan to revitalize Drake Park that has been years in the making. Construction began in early March and is expected to be completed in the late fall of this year. Overall, the project will address certain safety, accessibility and environmental issues that residents and visitors have brought up over the years, as well as update Drake Park with modern features and amenities. The total funding allocated to the entire project sits around \$7.3 million. The final project will repair the deteriorating river bank, add more accessible paths and park features as well as repair the Drake Park section of the Deschutes River Trail and extend the trail through to Pacific Park. Concern was raised over removing mature trees from the park, but the Bend Park and Recreation District has confirmed that preserving the Drake Park canopy is a high priority; more than sixty trees in the park have been designated for preservation, while more than thirty trees will be planted to expand the canopy. See BENDPARKSANDREC.ORG/PROJECT/DRAKE-PARK-PROJECT.

■ ***iconic building sells***

The Pilot Butte Taproom

The Pilot Butte Drive-In was a well-known establishment that served huge burgers alongside fries and milkshakes for years near the base of Pilot Butte in a building that was originally an A&W, constructed in the late 1960s. Nearly two years after the burger joint closed down, the building has been purchased by Kleveland Kee and his son, Kohler Kee, who plan on reopening the iconic location as the Pilot Butte Taproom. Instead of burgers and shakes, the new taproom will focus on woodfired pizza, local brews and poker, once the sun goes down. The new renovations planned will include adding multiple poker/playing card tables to turn the establishment into a social gaming club, as well as adding a bar where the counter used to be. After 6 p.m., the Pilot Butte Taproom will only be open to people who are 21 years or older. However, the owners do not plan on making any money from the gambling, and instead just want to be a host for guests to play against each other, not the house.



■ ***natural restoration***

Issues of Misuse Addressed at Tumalo Falls

The Tumalo Falls Trail is set for a restoration project that aims to fix some issues caused by overuse in recent years. The Bend-Fort Rock Ranger District of the Deschutes National Forest has stated that the restoration project will focus on the impact of unauthorized trails and their impact on riverbank erosion, riparian and soil degradation and reducing natural vegetation. The current plan states that downed wood, rocks and small boulders from the surrounding area will be placed to discourage off-trail use, define foot traffic patterns and designate stream access points for visitors. The current unauthorized trails will be treated to restore their natural flora, and various forms of fencing will be installed to prevent visitors from inhibiting the restoration of these areas. This way, the project aims to restore the natural beauty of the Tumalo Falls Trail by inviting visitors to enjoy the area in ways that do not negatively affect the environment.

TOP LEFT PHOTO MARVIN WALDER, TOP RIGHT ALEX JORDAN



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■ ***hiking and camping***

Cascade Wilderness Permit Receives Update

The U.S. Forest Service is revamping the Cascade Wilderness Permit system after dealing with too many no-shows. The permit system was put into place to control the amount of people using public land by requiring permits that reserve time on hiking trails, camping spots, parking and more. Deschutes National Forest spokesperson Jean Nelson-Dean said more than forty percent of day-use permits sold last year were not used. While this did help control how many people use Central Oregon's public lands, it also stopped many would-be hikers, campers and more from enjoying these public lands. "That's not the goal," Nelson-Dean said. "The no-shows surprised us and weren't the outcome we wanted." Because most of the no-shows were from people who purchased their permit before the season began, the U.S. Forest Service believes events such as wildfires, smoke, extreme heat and the pandemic were significant factors in whether or not the permit was ever used. To avoid this issue, the earliest people can now purchase day-use permits is ten days before their trip. Overnight permits can still be purchased further in advance. See [FS.USDA.GOV/DETAIL/WILLAMETTE/PASSES-PERMIT/RECREATION](https://fs.usda.gov/detail/willamette/passes-permits/recreation).

■ ***Kah-Nee-Ta*** **Resort Village to Reopen**

The Kah-Nee-Ta Village, a beloved destination for locals and tourists alike to stay, swim, gamble, dine and more, closed its doors in 2018. Now, the village has plans to reopen in a partnership with the Mt. Hood Skibowl. Located near Warm Springs, the resort will reopen with nearly \$6 million worth of improvements allocated from the American Rescue Plan Act and other sources. "The reopening of the Kah-Nee-Ta community is going to be a great boom," said Joe Krenowicz, Executive Director of Madras-Jefferson County Chamber of Commerce. "We have not had it here for about four years, and it's a major conference center for Jefferson County. It is the only one that can handle 200-plus participants, along with conferencing, resort amenities, as well as entertainment, from horseback riding to the hot springs." The reopening will not only help revitalize an economy damaged by the pandemic, it will also restore fifty full-time and eighty part-time jobs to the area. The village is set to be fully open to guests in 2023.



■ ***Redmond parks***

Quartz Neighborhood Park Approved

The Redmond city council recently approved a contract of about \$2.2 million for the construction of the Quartz Neighborhood Park. Located just off of Quartz Avenue in southwest Redmond, the park has been in the making for nearly fifteen years. Finally, residents of Redmond will be getting a new and modern park at the end of this year. The eight-acre park will feature a traditional playground with the standard swings and play structure, as well as a natural park that includes features made from the environment. Aside from the playgrounds, the park will feature a picnic area as well as a mountain bike skills area. The mountain bike skills area has been designed with the Central Oregon Trail Alliance to accommodate riders of all skill levels; whether you are new and ride only on green trails or an experienced expert who takes on double-black diamond trails, the skills park will have something for you. See [REDMONDREGON.GOV](https://redmondoregon.gov).

QUARTZ NEIGHBORHOOD PARK PHOTO SZABO LANDSCAPE ARCHITECTURE



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A man with a beard and sunglasses, wearing a dark jacket and waders, stands in a river holding a fishing rod. The background features a large, dry, brown mountain under a clear blue sky. The river is flowing over rocks, and there are some green bushes and trees along the banks.

EXPLORE

DOWNRIVER

Spring Fling

Adventures on the Lower Deschutes

WRITTEN BY BRONTE DOD

When the frost has thawed and the stoneflies make their debut, it's go-time in the Lower Deschutes River canyon. This part of north-central Oregon is sleepy in the winter, but wakes up in the late spring as the big bugs emerge from the water. While anglers mark the season change with their annual pilgrimage to the river with the hopes of landing a native redbside, there's a host of other activities to enjoy in this part of the region, from rafting to kayaking to hiking. It's a magical time of year on the Deschutes River, and this season, this river, and all that they offer may convince you to stick around in the canyon for good.



EASY TREKS TO STUNNING *Waterfalls*

Near Terrebonne, a half-mile hike to Steelhead Falls is well-worth the trip to see this stunning natural display of geology and gravity. The trail is open year-round, but without many trees or shade, the sandy trail is best trekked before summer heat starts to bear down. You may spot some anglers in the area, but it's most popular as an easy day-hike that suits the whole family.

Just outside of Maupin, White River Falls is equally stunning and significantly less busy than other waterfalls in the region. Before it became a state park, the falls used to be the power source for mid-century hydroelectric dams. Some of the dam structures remain along the river (though the buildings have been boarded up with "No Trespassing" signs), and it's worth visiting to see and read about the history of the place. Today, the park is mostly accessible, with paved pathways that lead to a view of the falls and grassy areas with picnic tables. A steep path a little less than a mile long will take visitors down to the river, where they can explore the shallow water and cool off in the local watering hole.

A few tips to make the most of the day: Get started early to get to the trailheads before it gets crowded. These are less traveled than other waterfall hikes in the area, but still draw plenty of people on a weekend. Pack a lunch to eat at the falls or make a plan to visit one of the local restaurants afterward. Apply sunscreen and wear a hat. Though it's not the peak of the warmer seasons, there are few places to hide from the high desert sun out here.



PHOTO LEFT ADAM MCKIBBEN, INSET RICHARD BACON

EXPLORE

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From Maupin

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- Deschutes River Adventures
- River Drifters
- River Trails
- Sage Canyon
- ROW Adventures
- Tributary Whitewater Tours



RAFTING & KAYAKING & PADDLEBOARDING

Maupin is the last town on the 100-mile stretch of the Lower Deschutes River and the basecamp for river recreation. Local river outfitters are just getting their seasons started by May, and on warm and sunny weekends the river will start to fill with rafters, kayakers and paddleboarders. Book a guided trip from one of the companies in town if you're new to the sport or looking for a low-impact, high-energy family adventure. They will take care of the entire trip—gear,

shuttles, lunch and more—so you can enjoy the day. Outfitters such as All Star Rafting, Deschutes River Adventures, and River Drifters are just a few of the companies in town that cater to families. The most popular full and half-day trips take rafters through the classic rapids and on extra excursions, like the natural rockslides below White River Falls.

Many companies in Maupin also rent gear for those who want to enjoy the river without a guide. Some experience in kayaking or

paddleboarding is encouraged, but one of the draws of the Lower Deschutes is that it contains stretches of water that don't require any technical whitewater skill. Rent gear from one of the local shops, book a shuttle and drive downriver past Sherars Falls to get away from the crowds. Floating from one of the boat ramps down to Macks Canyon, the last takeout on the access road, is a memorable experience. You'll spot wildlife, practice your paddling skills and see fewer other boats on the water.

PHOTO STEVEN HEINRICH, COURTESY OF VISIT CENTRAL OREGON



FLY *Fishing*

May is the busiest time of year for fly fishing in this region, because the stonefly hatch draws anglers from around the Pacific Northwest who are addicted to watching big fish bite dry flies on the surface. Trout are eager to feed on large bugs after a winter of measly rations, and anglers take full advantage of the conditions.

If you're new to the sport, you'll have much better luck finding fish when you book a guided trip with a local outfitter, who can get you set up, take you to the best spots on the river and help you land a native rainbow trout, named for its striking rouge body. Fly & Field Outfitters in Bend, Fin & Fire in Redmond, Deschutes Angler and Little Creek Outfitters in Maupin, and Fly Fisher's Place in Sisters all book day and overnight trips. One of the draws of booking with a guide—besides learning from the experts—is to experience the river from a drift boat and to fish the sought-after left bank of the river, which gets much less pressure from anglers. Out of Warm Springs, Littleleaf Guide Service is well-known and guides above Maupin.

Don't be surprised by the crowds on the river access road in Maupin. There are thirty-two miles of river access available to the public by car, and on weekends in May it will be filled with anglers looking for a place to cast. Stay patient and persistent, and you'll find some water of your own—and the work is well worth it when you finally land a native redbside. Fly fishing can often be about the journey as much as is about the result, but in spring you can have it all. Everything is alive on the river this time of year. Wildflowers and grasses are blooming along the river, ospreys have returned from their winter homes, and a multitude of insects and animals emerge, signaling that the seasons have changed. The confluence of all this just might make a Lower Deschutes believer out of anyone. **18**



FLY FISHING OUTFITTERS

- Bend Fly Shop
- Deep Canyon Outfitters
- Deschutes Angler
- Fin & Fire
- Fly & Field Outfitters
- Fly Fisher's Place
- Little Creek Outfitters
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River Run Lodge

This quiet lodge is tucked within walking distance of the river and the best restaurant in town. Small rooms can accommodate couples, and a larger suite can host the whole family. RIVERRUNLODGE.NET

Imperial River Company

Located on the water, this hotel offers an on-site bar. Sip drinks and enjoy the firepits alongside the meandering river and wave to rafters as they pass by. DESCHUTESRIVER.COM



PHOTOS TOBY NOLAN



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TRAILS

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River Walking

Snow-free spring hiking

WRITTEN BY DAMIAN FAGAN

While mountain trails are buried beneath blankets of snow, what better way is there to enjoy spring than hiking along one of Central Oregon's many river trails? Try this option that will have you singing, "Take me to the river."



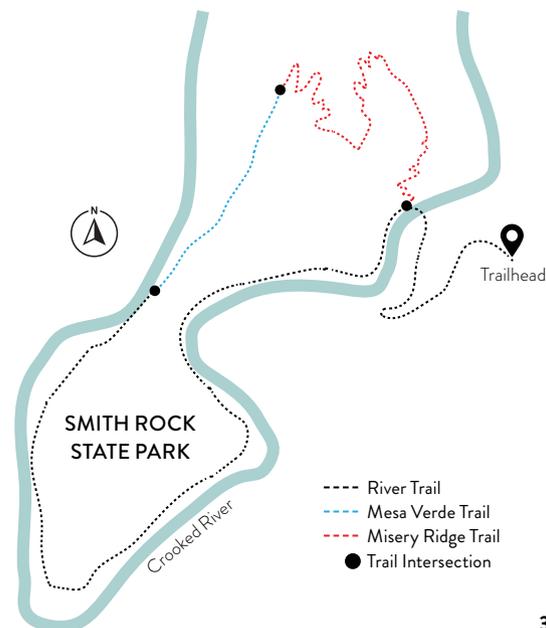
CROOKED RIVER TRAIL

This well-named river bends and twists on its crooked, 125-mile path to the confluence with the Deschutes River. One popular hiking stretch is a section of the river within Smith Rock State Park, located less than five miles from "downtown" Terrebonne.

The Crooked River carves its way past various volcanic rock layers, some more than 30 million years old, as it courses through the park. To reach the river trail, one has to descend from the rim, hiking a short, steep section before crossing the river on a wooden footbridge. Here, hikers may be serenaded by the descending whistled notes of a canyon wren or the "on belay"

calls of climbers. Keep an eye out for the park's peregrine falcons as they hunt for swifts and swallows above the trail or watch for the occasional garter snake slithering across the trail. Eventually, the trail rounds the prow of Smith Rock and past Monkey Face, a prominent, 350-foot rock tower. This hike ends at the lower intersection with the Mesa Verde Trail, which is the turnaround point unless one wants to undertake a longer and steeper hike up Misery Ridge or the Summit Trail.

Round trip: 5.5 miles, steep for the first (and last!) 0.25 mile. **B**



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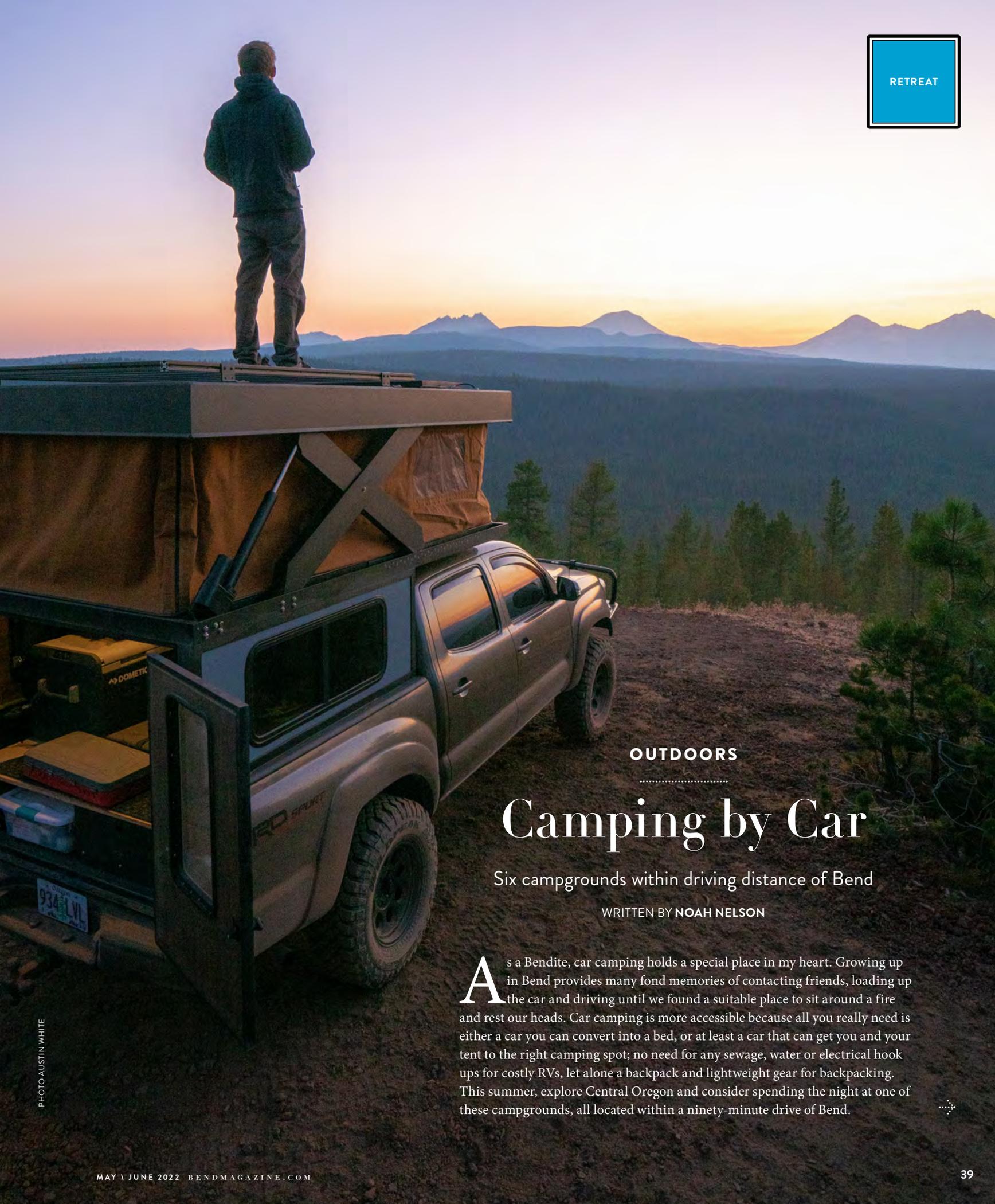


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OUTDOORS

Camping by Car

Six campgrounds within driving distance of Bend

WRITTEN BY NOAH NELSON

As a Bendite, car camping holds a special place in my heart. Growing up in Bend provides many fond memories of contacting friends, loading up the car and driving until we found a suitable place to sit around a fire and rest our heads. Car camping is more accessible because all you really need is either a car you can convert into a bed, or at least a car that can get you and your tent to the right camping spot; no need for any sewage, water or electrical hook ups for costly RVs, let alone a backpack and lightweight gear for backpacking. This summer, explore Central Oregon and consider spending the night at one of these campgrounds, all located within a ninety-minute drive of Bend.

PHOTO AUSTIN WHITE



SKULL HOLLOW CAMPGROUND

Less than forty minutes north of Bend, just past Terrebonne and Smith Rock, Skull Hollow Campground is a welcoming place with an intimidating name. Skull Hollow is a first-come, first-served campground with seventy standard campsites that each come with a picnic table and a combination fire pit/grill. The campground is located in the high desert landscape near Haystack Reservoir, where campers can boat and swim. The nearby Gray Butte trailhead offers a hiking trail up Gray Butte that can provide panoramic views of the Cascade Range. Head south to Smith Rock State Park for some of the best mountain climbing around. Horseback riding is another popular activity here, with miles of trails to access. Campers beware: Skull Hollow has no drinking water, so come extra-prepared!

CHIMNEY ROCK CAMPGROUND

About forty-five minutes east of Bend and past Prineville, there lies a geological landmark amid a vast landscape of cliffs, canyons and deep ravines. Chimney Rock and Chimney Rock Campground are located near the Crooked River. Chimney Rock Campground offers a relaxing wooded setting among tall and mangled juniper trees, and beneath massive rock formations and cliffs. The campground is open year-round and is equipped with sixteen first-come, first-served campsites along the water. Campers can enjoy river access for fly fishing, bird watching and swimming. Hiking and mountain biking are popular activities for campers here, especially when campers want to check out the nearby Chimney Rock Trailhead.



Chimney Rock and the Crooked River

PHOTO TOP JOE KLINE, BOTTOM GREG VAUGHN / ALAMY STOCK PHOTO

LAVA LAKE CAMPGROUND

With just over forty campsites, some of them right on the water, Lava Lake is a local gem for anglers and nature lovers of all kinds. The campsites are positioned between two lakes: Lava Lake and Little Lava Lake. The lakes are surrounded by a mature pine forest that provides shade during the hotter months. Everything from hiking, mountain biking, swimming and fishing can be found here. The two lakes were made from ancient lava flows that can

still be seen as rock formations on the banks of the water, hence the name. The campsites come with the standard picnic table and fire pit/grill combo and are first-come, first-served. Situated in the Deschutes National Forest, this campground provides access to more than 1,600 miles of connecting trails. The campground is less than an hour from Bend, south on Highway 97 and connecting with Lava Lake Road.



PHOTO RICHARD BACON

Dock at Lava Lake

RETREAT

Lupine blooms at Davis Lake



Perry South Campground

PERRY SOUTH CAMPGROUND

Located along the Metolius Arm of Lake Billy Chinook, this campground within Deschutes National Forest offers easy access to a popular lake without having to deal with a large, crowded campground. A diverse evergreen forest surrounds each of the sixty campsites, which must be reserved in advance. Sites are equipped with drinking water and come with a grill/fire ring. Motorized boating and fishing is popular here, as well as hiking and just enjoying the surrounding nature. Perry South can be reached by driving about an hour and a half north of Bend, past the communities of Culver and Grandview.

PRINGLE FALLS CAMPGROUND

As the name might suggest, the Pringle Falls campground provides access to the Pringle Falls section of the Deschutes River. Instead of one big waterfall, Pringle Falls is a series of drops over 800 horizontal feet that create whitewater rapids ranging from class II (novice) to class IV (advanced). Kayaking here is recommended only for experts! There are only seven campsites scattered throughout the campground, providing unmatched space from any camping neighbors. The campsites, six of which can be reserved in advance, are adjacent to the water and provide access for swimming, kayaking and fishing, along with nearby hiking and mountain biking trails. This is a great base camp for visitors looking to spend the day exploring the Newberry National Volcanic Monument and return to a remote car camping location. Much like Skull Hollow, there is no fresh water here, so come prepared with your own drinking water. The campground is about forty minutes south of Bend, outside of La Pine.

EAST DAVIS LAKE CAMPGROUND

Last but certainly not least, East Davis Campground is a small but mighty area near the east side of Odell Creek where it enters Davis Lake. The campground offers guests the opportunity to experience the beauty and recreational opportunities of the eastern Cascade Range. A sparse treeline gives way to a tall grass marsh as Odell Creek snakes through. Outdoor enthusiasts from birdwatchers and anglers to mountain bikers and hikers will reminisce about their time spent here. Seventeen single campgrounds and three doubles provide guests some privacy, along with shade from the trees and views of the nearby creek. Each site is available on a first-come, first-served basis, so be ready to drive out early! Visitors can reach East Davis Campground, located outside of Crescent, Oregon, by driving an hour south from Bend. **IB**

PHOTO LEFT DENNIS FRATES / ALAMY STOCK PHOTO.
TOP RIGHT JOE KLINE



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WAVES

Surf's Up

Competitive bodysurfer Tim Casinelli

WRITTEN BY SUZANNE JOHNSON | PHOTOS BY AUSTIN WHITE

The best way to keep from growing old, according to Tim Casinelli, age 54, is to never lose your love of play. As the general manager of Deschutes Brewery & Public House in downtown Bend, Casinelli's work days are jam-packed, yet he carves out time for regular doses of playfulness through his favorite sport: bodysurfing. Bodysurfing is more than a fun pastime for Casinelli. He's been a competitive bodysurfer for almost four decades. Last fall, he won his ninth title of grand champion at the World Bodysurfing Championship in Oceanside, California.





LEFT AND FAR LEFT:
Casinelli trains at the Bend
Whitewater Park

BELOW:
Casinelli is a nine-time
grand champion at the
World Bodysurfing
Championship in
Oceanside, California



THE PUREST FORM OF SURFING

Bodysurfing is exactly what it sounds like: riding waves without using a surfboard or boogie board. “Bodysurfing is simple and pure. It’s just you in the water; you’re part of the wave. And when you get in the tube, nothing in the world can compare for sheer fun,” said Casinelli.

Bodysurfers often wear fins to swim into a wave more efficiently. Once the wave starts lifting the surfer, they stiffen their whole body to stay planed at the water surface, keeping arms extended to accelerate away from the breaking whitewater. Experienced bodysurfers who find that sweet spot on the wave’s green face add tricks to the ride, flipping and rolling like dolphins playing in the surf.

Casinelli started bodysurfing as a kid in Southern California. His father, a lifeguard, made him learn to bodysurf before he could use a board. “Bodysurfing forces you to become a strong swimmer because you can’t rest on the board. The ocean can be unforgiving, and you have to respect it,” he said. Bodysurfing became a family activity with his father and brother, who also competes. Casinelli learned to read waves, predict how they break and move, and won his first championship title at age 15.

A LIFETIME SPORT AND A LIFESTYLE SPORT

During competitions, each heat of competitors has fifteen minutes in the water to surf the waves. Judges award points for each surfer’s two best rides. The size of the wave, length of ride, the surfer’s position, style and maneuvers are all considered. But for Casinelli, the competitions are just as much about the community as about the points awarded. “The guys in my age group—we’ve got a long history and a lot of camaraderie. We bring out the best in each other,” he said.

“Bodysurfing is both a lifetime sport and a lifestyle sport,” he added. Long-time competitors fill the 60-plus age bracket and stay involved in bodysurfing culture. Over the years Casinelli has taught junior life-saving skills and bodysurfing basics to young newcomers. “Getting new people into the sport is inspiring because that kid energy never goes away. It stays fun,” he said.



Tim Casinelli is the general manager at the Dechutes Brewery pub in downtown Bend

BODYSURFING WITHOUT AN OCEAN

Eight years ago, the Deschutes Brewery team reached out to Casinelli with an opportunity to manage the pub and restaurant. Casinelli, along with his wife, Kim, and daughter, Laila, were in San Diego at the time. Until then, most of their lives had been spent along the coast, and leaving the ocean was hard. When your passion is bodysurfing, don't you need to live near the waves?

Fortunately, the Bend Park and Recreation Department was just finishing construction of the Bend Whitewater Park. Located just below the Colorado Avenue bridge, the project converted an outdated dam into a recreation area with a passage for floating rafters, a natural habitat channel for wildlife, and a whitewater channel with four wave features for kayakers and surfers. This wave park was the key for Casinelli to keep bodysurfing, for training and for fun. He's a familiar face at the wave park, bobbing and diving through the whitewater with Laila, now age 12, who is carrying on the family tradition of wave riding.

Bodysurfing the wave park is harder than in the ocean, explained Casinelli, because you swim upstream against the current. "Training in the river makes ocean waves feel easy. It's like I have jet pack boosters when I swim with the flow of the wave," he said.

"Bodysurfing is simple and pure. It's just you in the water; you're part of the wave. And when you get in the tube, nothing in the world can compare for sheer fun."

River bodysurfing may be more difficult, but it's just as rewarding for Casinelli. "When you swim and surf simply for the joy of it, you feel energized even as it exhausts you. I never feel tired afterward—I feel like I'm floating." **B**



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The Haelen House leads trauma survivors back to wholeness

WRITTEN BY KIM COOPER FINDLING

For most of Cheryl Mill’s life, no one around her talked about adverse life experiences. “It used to be that you didn’t talk about trauma,” she said. “You learned to suck it up.” But in the past several decades, trauma and its impacts on mental and physical health have become much more understood. Research-based books such as *The Body Keeps the Score* by Bessel van der Kolk M.D. have shed light on how overwhelming experiences affect the development of brain, mind and body awareness, all of which can alter our capacity for love and work.

“We’ve learned that sucking it up doesn’t help,” said Mills, thirty-five-year resident of Bend and co-founder of Haelen House and the Healing Trauma Conference. “Burying trauma actually tends to make things worse. Trauma gets stuck in the body, and comes out as pain, disease, illness, relationship issues and addiction issues.”

The good news to come from this modern body of research is that, just as trauma occurs within the body, so may it be healed. There are many methods for healing trauma—this is the message Mills is determined to spread through Haelen House,

a non-profit she founded with fellow Bend resident Susanne Frilot. “Haelen,” from Old English, means “to heal.” The organization presents the Healing Trauma Conference in Bend, in its fourth year this May.

Mills, who has been in Central Oregon since 1987, is certified in mindfulness and meditation training. She met a like-minded soul in Frilot, who runs a Meetup called the Bend Wellness Community. In 2018, the two were discussing the concept of ACES, or adverse childhood experiences, which can include sexual or emotional abuse or neglect, food or housing insecurity, witnessing violence and addiction, and more, all of which are now widely acknowledged to impact adult health and stability. “What are we going to do about this?” said Mills. Frilot replied, “Why don’t we do a conference?”

The first Healing Trauma conference was held in 2019 at Mountain View High School. “It was ambitious but successful,” said Mills, recalling twenty-five practitioners who spoke about modalities for healing trauma. The 2020 and 2021 conferences were held virtually, as will be this year’s event. The primary goal is education, beginning with the basics—what is trauma, and how does

it affect ourselves and others in our lives? “There are still many misunderstandings about what constitutes trauma. You don’t have to be a war veteran to suffer the effects of trauma,” Mills explained. “Almost everyone suffers some kind of trauma at some point in their lives, and it’s also a very individual experience. The same events won’t affect two people the same way.”

Mills and Frilot wish to share the many healing resources available in our community. “Often when people first realize they have trauma, they think they need to see a counselor or a doctor,” Mills explained. While there is nothing wrong with those classic approaches, doctors and counselors are quite overwhelmed in the era of COVID-19, and trauma research has unveiled dozens of other successful treatment methods. “There are so many effective modalities to releasing and healing trauma,” said Mills, including acupuncture, dance, journaling, yoga, and EMDR (Eye Movement Desensitization Reprocessing). “We want to introduce new healing modalities from the research, and help people understand that trauma can be healed, and that you can heal yourself.” ■

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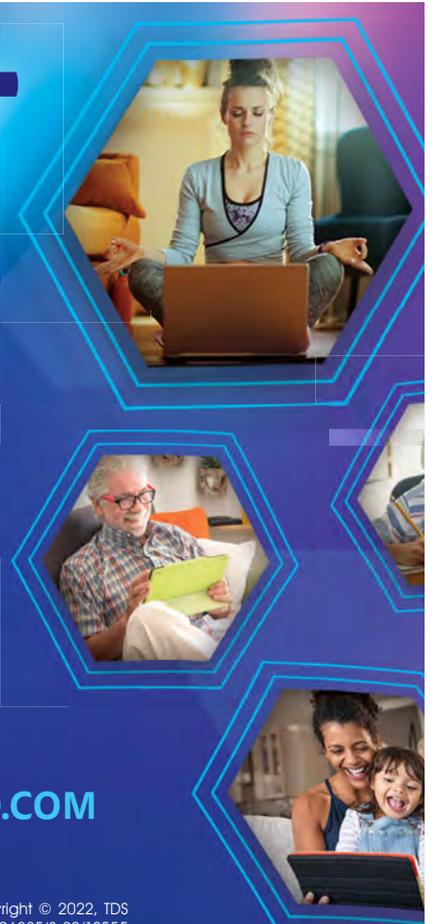
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FITNESS

Pole Fitness

Building strength and community in pole dance and fitness studios

WRITTEN BY KATRYNA VECILLA



Seksé Fit

When Emily Aygun, owner of Altius Pole Studio, was convinced by a friend to sign up for her first pole dancing class more than fifteen years ago, she nearly never walked through the door. With persuasion from the instructor, Aygun entered the class despite her nerves and found a welcoming and encouraging community that she never knew existed.

"Pole has shown me that I'm bigger than myself, and my ego is not as important as I need it to be," said Aygun. "It's allowed me to appreciate my body for what it could do over what it looked like. I've found a lot of self-confidence, self-assurance and faith in myself through discovering pole dance."

Pole dancing and fitness is a multifaceted sport that includes many ways to use a pole, from choreography and tricks to endurance and fitness. The poles are fixed floor-to-ceiling in wood-floor studios, with the option for spinning or static settings. Seksé Fit, the first dance and pole fitness boutique in Bend, opened in 2019 in the Box Factory and offers mood lighting, vibrant ambiance, and spring cushioned hard-wood floors. Altius Pole Studio, which opened in 2021 off Empire Avenue, lets in bright natural light in a small yet spacious space. Both studios offer a complete variety of pole options with classes catered to beginners to experts.



This photo Seksé Fit,
Right, Altius Pole Studio



Christina Easley ("Biggs"), Kimberly Yannariello ("Roach"), and Kimberly Thurman ("lil' Kim"), co-founders of Seksé, faced pushback when they first opened their doors—the idea was still risqué to some of the community. "Pole is still tethered to strip clubs, but we're trying to redefine it and make it more mainstream," Yannariello said. Given the option of excusing the sexiness of pole dancing or embracing it, they chose to embrace it, breaking down barriers and stereotypes of pole while introducing it as a type of fitness for anyone and everyone, while letting people know it's okay to feel sexy. "We're trying to redefine what it means to be sexy," Easley said. "We're saying it's not about how you look, it's more about how you feel, the things that make you unique and what's sexy to you as an individual."

Seksé Fit was created for people who may not have experience dancing but are looking to get in shape without the monotony of training or typical group fitness, Easley said. "We have the total range of people who don't like going to gyms, haven't worked out in a

"You'll leave feeling like you've found a community and have the support that maybe you've not ever found before."

long time, and are looking for something fun to do to keep them motivated," Easley said.

In an introductory pole class, students may learn a few transitions, like a pirouette, adding up to complete a sequence on the pole, along with a warm-up, cool down, and a few tricks. The result is a full-body toning and sculpting workout, increased flexibility and greater mobility, plus cardio throughout the class.

Pole creates a space that permits people to focus on themselves—both Aygun and Easley are mothers and understand the need for an antidote to the demands of parenthood and family. "This is a place to be a grown-up—dress how you want to dress, bring everything to the table and let it go," Easley said. "Everyone deserves an hour a day to do something good for themselves." Aygun similarly said the most

positive feedback Altius receives is that it's a place for members to escape the crazy world and focus on themselves for a moment.

The overall sentiment of pole dance and fitness is that working out should be fun. "The more you play, the exercise and the outcome of the exercise is a side effect," Aygun said. "If your goal is to get fit, why not have fun?"

"Just come in and take that step," Easley said, adding to show up with a sense of humor and an open mind. "You'll leave feeling accomplished," Aygun said. "You'll leave feeling like you've found a community and have the support that maybe you've not ever found before. And, it's just fun." **B**

Learn more at ALTIUSPOLESTUDIO.COM and SEKSE.FIT.



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A modern minimalist home in the high desert

WRITTEN BY LEE LEWIS HUSK



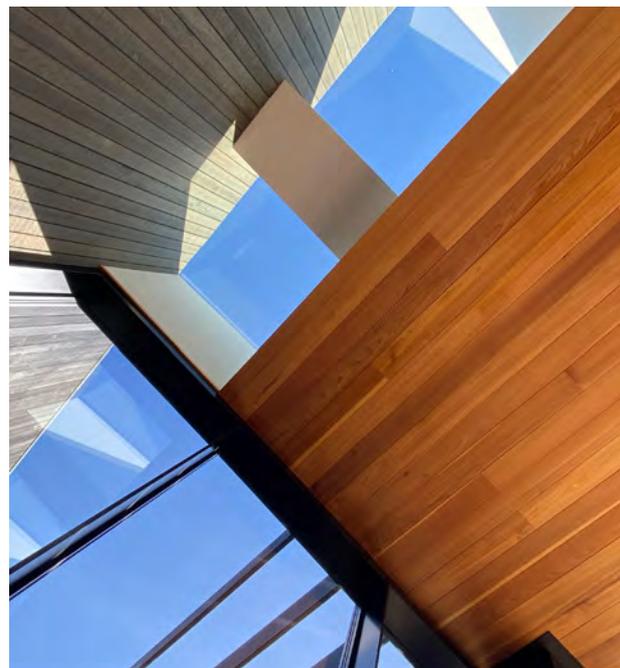
What do you get when you connect a married couple who come from global marketing, design and filmmaking backgrounds at Nike with an award-winning Northwest architect known for sculpture- and landscape-inspired building designs? An artful home drawn from the Central Oregon high desert.

Greg Hoffman, former Nike chief marketing officer, and his wife Kirsten Brady, a former film producer at Nike and now a nonprofit consultant, were looking for an architect to design a home for them in Bend. In doing their research, they found several buildings they admired which shared a common designer, Corey Martin, a principal at Hacker Architects. The company's portfolio in Central Oregon includes the Unitarian Universalist Fellowship building in northwest Bend and the Lakeside Bistro and pool house at Black Butte Ranch. Both structures are an evolution of Northwest Modern design with walls of glass that transport those on the inside to the desert landscape outside. "We reached out to Corey and asked what a home would look like with similar design elements," Hoffman said. "We wanted a design that respected the environment and a design language that integrated it into the landscape."

The result of this creative collaboration is a 4,300 square-foot structure of modern minimalism reminiscent of Japanese homes that blur boundaries between inside and out. "It's not trying too hard to say, 'Look at me,' but rather to fit into the landscape," Martin said. "It's sophisticated and at the same time very simple." Situated in the community of Tetherow, the home is built in three segments that form a "U" shape around a courtyard that serves as the main entry and a place for a moment of Zen, according to Hoffman. Highly polished panels on the ground and fourteen-foot windows reflect sunlight and changing weather patterns that can only be described as spectacular.

The front entry leads to a large open space for living, dining and kitchen areas. The front wall faces the resort golf course through floor-to-ceiling glass. The interior spaces are defined by discrete elements, or panels, that look as if they're slipping past one another. "We framed the views and also blocked other views," Martin said. Two large exterior rectangles are offset like squares of a checkerboard and connect with a large roof overhang to create a covered outdoor dining and entertainment area. The remaining exterior space opens to a firepit set in large concrete slabs that blend into the natural landscape, which leads toward the golf course and lake.





In a traditional home's living room, the wood-burning fireplace would be the focal point, but in the Hoffman-Brady home, it is surrounded by windows that carry a person's gaze upward into a protected courtyard between the open room and master suite with a layer of wood louvers at roof level that let the sky in while creating shadow patterns in the living room and hallway.

Martin's years as a sculptor influences how he approaches architecture. He designs with a carving versus a building-up process. "We conceptualized a solid form and then removed space from within to create the design," he said. "The house is seen as having been carved out from within."

Two wings angle off the main living area—one side contains four bedrooms, including the primary suite with its in-ground whirlpool and a den, while the other wing houses the pantry, mudroom, laundry and garage.

Keeping with the minimalist design, interior cabinets are devoid of handles, and the sleek, horizontal pendant lights over the kitchen island blend with the kitchen's horizontal cedar back wall. Panels throughout the structure are

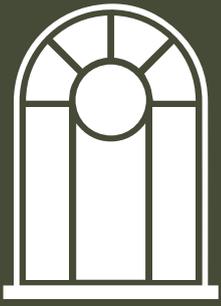


“We wanted a design that respected the environment and a design language that integrated it into the landscape.”



An impressionist take on the nearby Sparks Lake overlooks this room.





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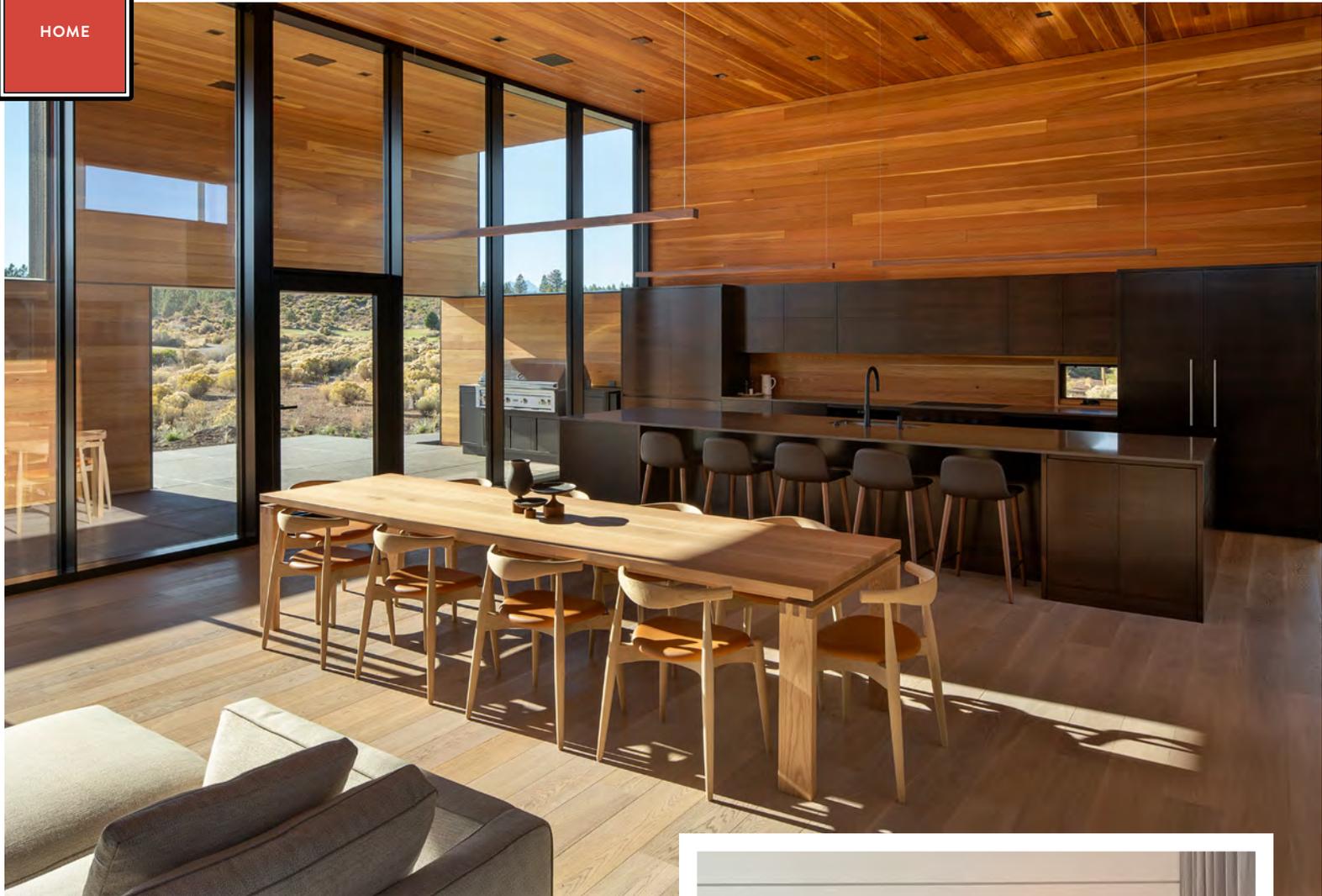


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unembellished and are “seen as discrete elements” Martin said. Countertops in the baths and kitchen are quartz with a thin reveal—the principle being less is more. And unlike more traditional homes, there’s no trim on any wall or door.

Taking cues from the Central Oregon environment, colors throughout the home are earth tone. The dark cedar walls in the interior and exterior siding are inspired by charred tree trunks from wildfires and volcanic eruptions. A natural cedar covers the open room’s ceiling. The kitchen has dark wood and countertops versus “an entirely white kitchen that screams,” Hoffman said. “The color palette and form should reveal the character and personality of the owners.”

Brady selected textural items such as rugs and furniture, and worked with Portland interior designer Hether Dunn to choose interior elements. Furnishings include mid-century modern European pieces that soften and contrast with the home’s angularity. Art is present in every room, including sculptures, paintings, prints and wall hangings by mostly Northwest artists. A painting of Sparks Lake hangs in the entryway, seemingly saying “welcome to Central Oregon” to those who enter.

As the family’s second home, the couple travels back and forth from their primary residence in Portland but would eventually



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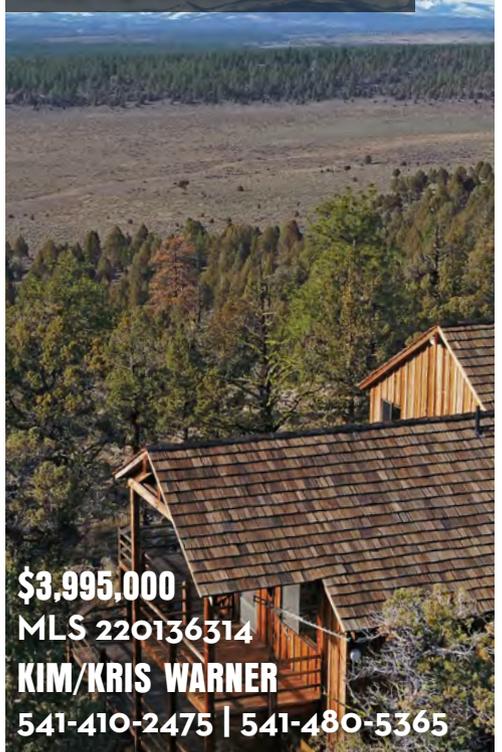
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65025 92nd Street
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1363 NE Bear Creek Road
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\$725,000 | SKJERSAA GROUP
MLS 220139514 | 541-383-1426

1883 NW Quince Tree
1660 sq ft. | 3 bed 2 bath



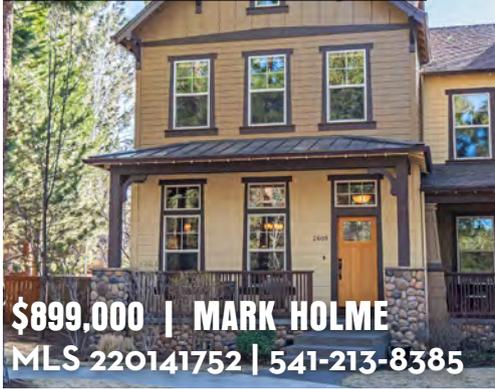
\$499,000 | BILL PANTON
MLS 220141279 | 541-420-6545

268 NW Outlook Vista
2525 sq ft. | 3 bed 2.5 bath



\$965,000 | CHRISTIN HUNTER
MLS 220139473 | 541-306-0479

2609 NW Crossing Drive
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\$899,000 | MARK HOLME
MLS 220141752 | 541-213-8385

19581 Lost Lake Drive
1441 sq ft. | 2 bed 2.5 bath



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MLS 220141734 | 541-383-1426

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1025 NW Quincy Avenue
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\$829,500 | FRED JOHNSON
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\$699,900 | SKJERSAA GROUP
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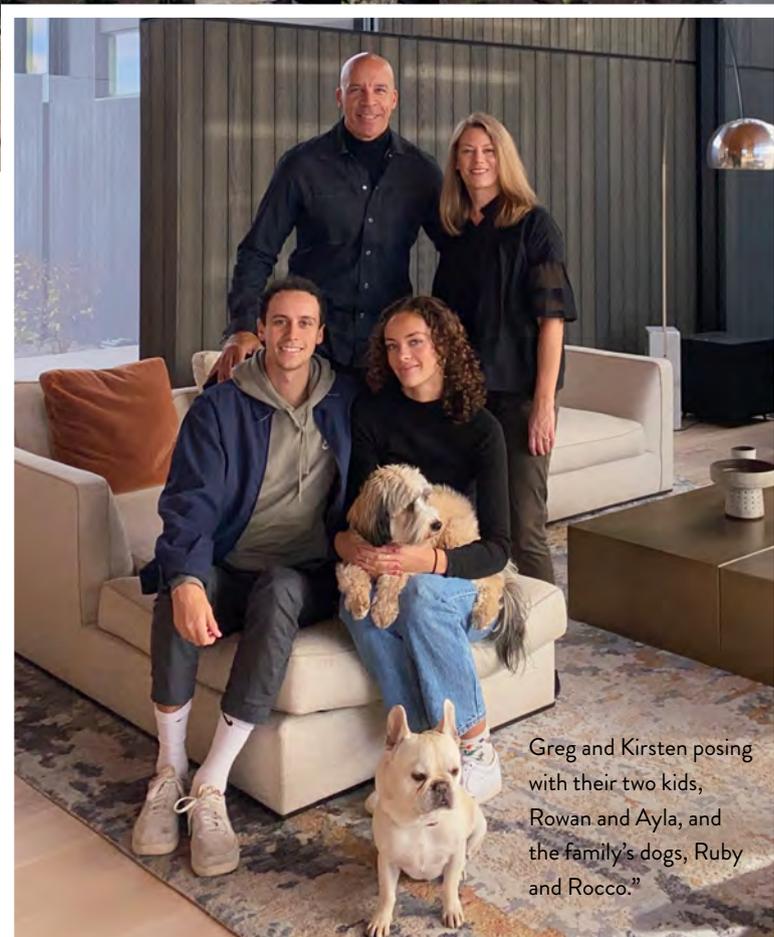
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like to spend half their time in Central Oregon, where they love hiking and walking their two dogs, Ruby the Tibetan terrier and Rocco the French bulldog. Their two college-age children are welcome to bring their friends to the home so long as they always use a coaster—dad’s cardinal rule. “Overall, it’s important to always be in an environment that is greater than yourself,” Hoffman said. “What draws people to Central Oregon is being surrounded by geographic wonders. It keeps everything in perspective.” ■

Resources

- ||| **Architect:** Hacker Architects
- ||| **Principal designer:** Corey Martin
- ||| **Design director:** Nic Smith
- ||| **Project Architect:** Jeff Ernst
- ||| **Builder:** Kirby Nagelhout Construction Co.
- ||| **Interior:** Hether Dunn, Hether Dunn Design and Kirsten Brady (homeowner)
- ||| **Landscape:** Hacker Architects and Ani Cahill Design



Greg and Kirsten posing with their two kids, Rowan and Ayla, and the family’s dogs, Ruby and Rocco.”



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TRENDS

Home Bar Style Guide

Pour a beverage and get inspired to elevate a space in your home with a wet bar.

MEASURE YOUR SPACE

As any carpenter will tell you, measure twice so that you cut once. Be sure to diligently measure your space to accurately assess your design possibilities, and avoid trying to cram too much in an area too small.

EXPRESS YOURSELF

Don't forget to have fun with it! Your bar can represent your personality. Place bright dishes atop the counter for a pop of color, or your favorite poster, even if you're the only one who understands the inside joke.

TAKE NOTE OF YOUR STORAGE NEEDS

Be sure to take note of your storage needs. If you want a bar that holds bottles, glasses and more, keep those storage requirements in mind to avoid designing a bar with too little space.

GLASSWARE

Glassware can add a simple, yet elegant touch to any bar area. Consider placing a few glass dishes atop the counter to hold citrus or other bar essentials.

ADD SOME LIFE

Liven the place up! Broad leaf plants, succulents and even fruits and veggies for cocktails add a splash of life to any home bar.





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Holding area for Patagonia's repaired gear

REUSE

Upcycled Outdoors

Local businesses make your gear last longer

WRITTEN BY LUCAS ALBERG

Gearhead. Gear junkie. Gear nut. No matter what you call it, outdoor enthusiasts love their gear. But how much gear is too much gear? Across the clothing industry, it's estimated that more than 100 billion items of clothing are produced each year across the globe. That's nearly fourteen items for each person on the planet. Sadly, fewer than one percent of these items are made from recycled garments, and many are discarded without ever being worn. According to a report by the Ellen MacArthur Foundation, over ninety-two tons of textile waste are sent to landfills each year—roughly one garbage truck every second of the day.

Though much of the waste in textiles is produced by fast fashion, the outdoor industry produces its fair share. But the good news for gearheads is there are environmentally friendly ways to still rock

more than one puffy. In fact, it's something many of us were taught in grade school—Reduce, Reuse, Recycle.

It's this second 'R' (reuse) that's been gaining momentum for several outdoor businesses in Central Oregon. Upcycling, consigning and repairing used outdoor gear is a good business model because—let's be honest—outdoor gear is expensive and there's a demand for cheaper quality alternatives. But more than that, it's a way for people to feel good about making choices to extend the life of outdoor apparel and make an impact on the planet through their purchasing decisions.

Here we profile four local businesses making a difference by giving garments a second chance—and giving some outdoor enthusiasts a first chance in the process.

RUGGED THREAD

Launching Rugged Thread out of her garage in 2019, Kim Kinney first wanted to remove the stigma to being a seamstress. “There was always such a negative connotation,” she said. “I wanted to bring sewing back as a legitimate skill.”

Kinney did that and then some. Rugged Thread now has six full-time employees and is repairing gear for consumers around the country, as well as serving as the repair shop for established outdoor apparel brands such as Burton, Trew Gear and Descente, among others. Kinney said she focused on creating a scalable model through detailed, standardized repair procedures and streamlined processes. “We have in-depth training programs so people can become some of the best technicians in the country,” she said. “This allows us to pay family wages and provide opportunities for people who may have otherwise not had access to those skills.”

Whereas Kim’s passion lies more on the social end, her daughter Josie, the company’s director of development, has her eyes—and heart—set on the environment. “There is an overwhelming need for businesses to reduce the impacts of climate change,” she said. “I’m always inspired to see businesses change from a linear model to a more circular one.”

Josie said Rugged Thread puts this into practice by helping both consumers and brands extend the life of the gear they love and use. To date, she estimates that Rugged Thread has saved around 40,000 pounds from going to the landfill. “People get attached to their gear, and the interesting thing is that if you repair a garment instead of replacing it, it helps with the over extraction of raw materials, overconsumption and over production, which helps to reduce the overall CO2 emissions.” In short, a win for the consumer and the environment.



Kim Kinney and daughter Josie



PHOTOS THIS PAGE BRIAN MCDONNELL



THE GEAR FIX

Owner Josh Simms' passion for the outdoors was ignited as a youth when in sixth grade he attended an outdoor program through the Oregon public school system. The experience was a transformative one and set the foundation for a career in the outdoor industry. In his 20s, Simms worked at Repeat Performance Sports, one of Bend's earliest gear resellers whose focus was sales of used team sports equipment, such as golf clubs, baseball bats, racquets, etc. While working there, he saw an opportunity to upcycle more apparel and specifically that of outdoor brands. After multiple conversations with the owner, Simms eventually bought the business in 2008 to try his hand.

Simms said from the beginning he wanted the business to be about accessibility and getting people into the outdoors. "I wanted other people to be able to see how transformative outdoor experiences could be," he said. "Gear is a big part of that experience."

Eventually, Simms changed the name to The Gear Fix, shifted the model to focus more on reselling and repairing outdoor gear, and the strategy worked. Today, The Gear Fix has twenty-five employees,

"I wanted other people to be able to see how transformative outdoor experiences could be. Gear is a big part of that experience."

includes a large retail space selling used outdoor gear, a bike shop, ski shop, shoe/boot repair and apparel repair. Since the shift to The Gear Fix in 2014, Simms said the business has upcycled over 800,000 items of outdoor gear and repaired more than 40,000.

Mapping back to Simms' original goal of getting more people outdoors, The Gear Fix also works with local nonprofits through its give back program, in which consigners can direct the proceeds of their used gear to a 501(3)c. To date, The Gear Fix has donated more than \$100,000 and rehomed more than 5,000 items to dozens of community organizations in Central Oregon. The success of the program also spawned a similar partnership and program with Cairn Inc., now part of Outside Media Group, called Gear Up Give Back, which recently received a prestigious Innovation Award at the Outdoor Retailer Show in January 2022 for the roughly \$100,000 raised for national nonprofits during the span of 2019 - 2021.



LOCAL UPCYCLERS

RUGGED THREAD

Owner: Kim Kinney
Location: 2525 NE Twin Knolls Dr., Suite #9, Bend
Phone: 541-306-8727
Services: Mail-in or drop off gear repair for consumers and brands
 RUGGEDTHREAD.COM

GEAR FIX

Owner: Josh Simms
Location: 550 SW Industrial Way Suite #183, Bend
Phone: 541-617-0022
Services: Used and new sales, consignment, apparel, shoe, ski and boot repair, bike services and community repair classes
 GEARFIX.COM

PATAGONIA BEND

Owner: Rod Bien
Location: 1000 NW Wall St. Suite #140, Bend
Phone: 541-382-6694
Services: Patagonia brand sales, repair and upcycling
 PATAGONIABEND.COM

LATITUDE 44 SPORTS

Owner: Rob McDonald
Location: 30 SW Century Dr., Bend
Phone: 541-304-2477
Services: Winter gear consignment and sales
 LATITUDE44SPORTS.COM

CHOOSE WISELY

How to Extend the Life of both your gear and the planet

- Fix and repair your gear! And maybe learn a new skill in the process.
- Buy secondhand gear for yourself and your family. Central Oregon has so many options!
- Proper washing and care. Seems simple, but it's worth saying: your gear will last longer if you follow the instructions on your label.
- Lighter is not always better. Lightweight gear tends to break down faster and need to be replaced faster. Consider the heavier weight garments to make it last.
- Waterproof your Gore-Tex, Tyvek and coated nylons every six to twelve months to make them last longer. A variety of economic waterproofing sprays and washes are available at most outdoor stores.
- Make your voice heard through your wallet by demanding organic cotton, recycled materials, Fair Trade certified products and materials.



PATAGONIA BEND

When store owner Rod Bien partnered with Patagonia to open the first privately held brand store in 2003, he was fully bought in all fronts of the outdoor apparel brand. “We really tried to adopt all the programs that Patagonia had, including Worn Wear when it was introduced,” he said.

Worn Wear originally started as a series of pop ups around the country but the success and reception eventually led to its permanent online launch in 2017. Doing repairs, upcycling into “recrafted” gear (new gear created from used materials) and trade-ins, Worn Wear has quickly grown into a massive operation. So big, in fact, that Patagonia now operates the largest apparel repair facility in North America.

Bien said the program works similarly at the Patagonia Bend store. “If someone’s not using their Patagonia gear, they can bring it in for credit at our shop, or trade it in online at the Patagonia website or the Worn Wear website,” he said. “We average between 100 and 200 units a month that we send back to Patagonia to be given a second life.”

According to Patagonia’s website, purchasing used gear extends a garment’s life by approximately two years, which in turn cuts its combined carbon, waste and water footprint by 82 percent. Bien said that Patagonia is always trying to close the loop. “They’re awesome working with us,” he said. “Anything they can do to help they’ll do it.”



Zipper repair at Patagonia Bend



“We average between 100 and 200 units a month that we send back to Patagonia to be given a second life.”

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Latitude 44 Sports



Left to right:
Pat Widmer
Rob McDonald
Trisha Russell
Q Wilson

LATITUDE 44 SPORTS

Stand on Liquid owner Rob McDonald was looking for a way to keep his employees staffed and busy during the winter months. When he found himself looking for deals on gear to outfit his three competitive ski-racing daughters, he realized the idea was right in front of him.

“Every year, youth need new sizes and new equipment,” he said. “I found myself looking for quality gear every year but needing something less expensive than buying it new.” McDonald said the realization led to expanding Stand on Liquid to include Latitude 44 Sports, a used gear and consignment shop focused specifically on winter gear and apparel.

McDonald said the store prides itself on quality gear that will last for consumers. “We have a slogan: ‘No funk, no junk.’” he said. “The gear must be clean and functional. We want a certain quality.”

He said he’s seen the store and interest grow each season since Latitude 44’s opening in 2018 (Stand on Liquid opened in 2010), and it’s rewarding to extend the life of good gear. “I love my business,” he said. “Helping people make money on their gear and getting more people outdoors is what it’s all about.” **IB**

BY THE NUMBERS

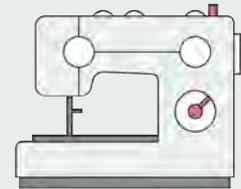
4 Facts to Fight Fast Fashion

1



What happens to our textiles?
15% are recycled.
85% end up in landfills

2



100 BILLION
new garments produced each year world-wide

3



81 LBS
Annual textile waste per person in the U.S.
(That’s as much as a newborn rhino!)

5 Outdoor Brands with Recycle or Resell Programs

4



- Patagonia - Worn Wear
- REI - Trade In
- North Face - Renewed
- Columbia - ReThreads
- Arc'teryx - ReBird

Sources: Environmental Protection Agency, CALPIRG

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541-617-6009
Hillary.Beelke@morganstanley.com
NMLS# 1920555 | Lic.# 4008541

LAURA THOMPSON-BALL
Senior Registered Associate
541-617-6023
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Middle Row: Paul Taylor, Jeremy Green,
Garrett Chrostek, Lindsay Gardner

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ATHLETIC PRODUCTS

Rhino Skin Solutions

Skin care for athletes made in Redmond, Oregon

INTERVIEW BY KIM COOPER FINDLING

Rhino Skin Solutions was created in 2015 in Central Oregon for Smith Rock climbers. Developed to help combat the brutal effects of sharp crimps and rough rock, Rhino has evolved into a suite of skincare products for athletes. We sat down with founders Justin and Andi Brown to discuss the company's niche, challenges and future.

What niche do your products fill?

Rhino makes products that dial in skin needs to maximize friction as well as creating products to help recover after a long day of climbing. We worked with alpine, sport and traditional climbers of all skill levels, skiers, yoga instructors and doctors. We are the only company with a full line of products to tailor your skin to your needs, as well as any rock type, based on our skin humidity testers that key you in to how your skin is reacting. We set out to make a product that prevents splits and cracks, and keeps skin durable. Helping to renew sore and worn skin, muscles and joints is our priority.

What has growth looked like for Rhino?

We started six years ago and invested \$5,000. We are self-funded and growing steadily every year, picking up more outlets to carry our products in addition to our business-to-consumer web sales. We are now in about 200 climbing gyms and stores nationwide as well as sold in more than ten countries.

Why Central Oregon for your headquarters?

EDCO and RED1 have been extremely valuable resources and the small business community is incredibly supportive. The recreational opportunities are abundant and



the lifestyle is second to none. A walk on the river, dinner at a pub and a fun successful peer group make Bend a great location to live. We will be adding a third person to our family in April and can't think of a better place in the world to raise a kid. Every kid I have met from Bend is compassionate and intelligent. We have to give the community and educational system credit for that.

Why "Rhino"?

We wanted a name that was not specific to climbing and conveyed strength and durability. We had some very generous friends help us with a logo and it just came together perfectly.

What are your best-selling products?

Our flagship product is our 100 percent natural Repair cream, which uses mostly plants with the exception of honey to soothe and heal skin. It contains essential oils as well as magnesium, willow bark and salicylic acid. It's non-greasy, cooling and anti-inflammatory; It is the best lotion you can buy.

Tell us a story about a challenge that arose for your company and how you responded.

We make everything right here in Redmond, Oregon. We had some sourcing and manufacturing issues which produced less than ideal end products. It's scary sending out a letter telling people of your failures. However, people appreciated us standing behind our products and it made them love Rhino. Self-investing to grow a business is difficult. Cash flow becomes king and incremental improvements are all you do. It could be less expensive in the long run if we brought on investors, but the process of growth feels good and proving the company at each step is so valuable.

What are your goals for the future?

We plan to be completely solar powered by the end of the year. Our goal is to be in 600 climbing gyms this year and pick up more retailers in other outdoor categories. We also give back to the community, like donating over \$20,000 worth of product to nonprofits and community events. This helps customers feel like buying Rhino is helping their community...which it is. 🦏



"High Desert Spiral" created
by John Fleming in 2013



GOING IN

Circleles

BEND IS ROUNDABOUT CITY! HOW DID THIS ALL BEGIN AND WHERE ARE WE GOING?

WRITTEN BY HOLLY HUTCHINS

Whether you call them “whirlmajigs,” “roundyrounds,” “those crazy car circles” or occasionally something less charitable, everyone in Bend is familiar with the roundabout. In the past two decades, roundabouts, also known as traffic circles, have sprung up everywhere throughout the city, with the prospect of even more to come.

The roundabout origin story dates to sixteenth century Europe, when circular junctions for pedestrians as well as horse carriages began to appear, such as the iconic Place de l'Étoile that surrounds the Arc de Triomphe in Paris. The idea stuck and evolved, hopped the globe and ended up in Central Oregon as early as the late 1960s at the Sunriver resort south of Bend, among many other places, as an elegant traffic solution with a proven safety record.

Inspired by his travels to Europe, Bend resident and Brooks Resources Chairman Mike Hollern first stepped up in 1997 to offer to build the city's first roundabout at the intersection of Washington Drive and what was then Century Drive and is now Fourteenth Street. Bend's west side was experiencing major growth-related traffic issues, and Hollern envisioned Europe's well-tested roundabout concept as a practical answer to Bend's growing pains. “I'd seen how well roundabouts worked there, and the Century Drive/Washington Center site seemed like an obvious place for one,” Hollern recalled.

What he didn't expect was a surprisingly contentious “not in my backyard” reaction to the proposal. Widespread concerns included confusion about how to drive through a roundabout, too many merger points, driver speed, cutting through the rounded corners, and pedestrian and bicycle safety. “There was major concern by neighbors, the fire department, truckers and even the school district

over the ability of buses to navigate a roundabout,” Hollern said.

Major education initiatives led by Brooks Resources, the City of Bend and the Oregon Department of Transportation, including a particularly successful public meeting, eventually cooled the rhetoric. The messaging stressed the well-documented safety and community benefits of roundabouts compared with traditional traffic-light intersections. Roundabouts, it was communicated, reduce commute time and driver aggregation. The traffic circle also reduces stops, starts and idling, resulting in less gas and diesel emissions, making the option more environmentally friendly. But most impactfully, roundabouts result in significant reductions in the number of both serious and minor traffic accidents compared to intersections, as well as fewer instances of property damage.

Current City of Bend Engineer Ryan Oster points to several factors behind a roundabout's inherent safety, which include fewer potential conflict points and reduced speeds, giving drivers and pedestrians more time to react and resulting in a reduction in both crash frequency and crash severity.

“Consider the typical accident that could occur at a roundabout,” he said. “It happens between a vehicle already in the roundabout driving at a lower speed, sideswiping a vehicle trying to enter the roundabout. Due to the angles in the roundabout, a more severe head-on or T-collision rarely occurs.” By contrast, he added, “In a traditional intersection, it's not unusual to see a more severe, high-speed collision.”

Safety won the argument. With concerns and red tape removed, Hollern got the green light in 1999 from both the city and ODOT to build Bend's first roundabout.

PHOTO COURTESY OF VISIT BEND

"Centennial Logger" created by Jerry Werner to commemorate the City of Bend's 100th anniversary

ROUNABOUT *Revolution*

That first roundabout launched two decades of an extraordinary build-out of roundabouts in Bend. The cost to Brooks Resources and others in a west side consortium for the first roundabout was between \$300,000 and \$400,000—a bargain compared to the current cost of new roundabouts, which extend into the many millions.

Nevertheless, Bend and its citizens took to the solution. In fact, as residents and planners experienced the well-documented safeties and efficiencies of roundabouts for themselves, the city adopted a "roundabout-first" policy. Oster explained, "We run every intersection through a rigorous evaluation comparing roundabouts with other intersection forms, such as stop signs or signals. Unless there are excessive cost or design issues, our first choice will be to recommend upgrading with a roundabout."

Roundabouts are often, but not always, the best solution. "A good example of when we elected to maintain an existing signal was at the intersection of Neff Road and Purcell Boulevard near St. Charles Hospital. Given the steepness of Neff at the intersection, we were looking at an extra \$2 million to level the intersection. Instead, we simply redesigned the existing signal to accommodate future traffic volumes," Oster said.

Today, Bend's roundabout count is forty-two and growing, earning Bend the distinction of having more roundabouts than any city in the state. In fact, Hollern said it is worth noting that there is not a signalized intersection west of the Deschutes River in Bend, thanks to the prolific growth of roundabouts.

Looking ahead, according to Oster, the combination of funding from the recently passed \$190 million transportation bond and the city's current transportation capital program have created the potential for between thirteen and fifteen new roundabouts over the next ten years.

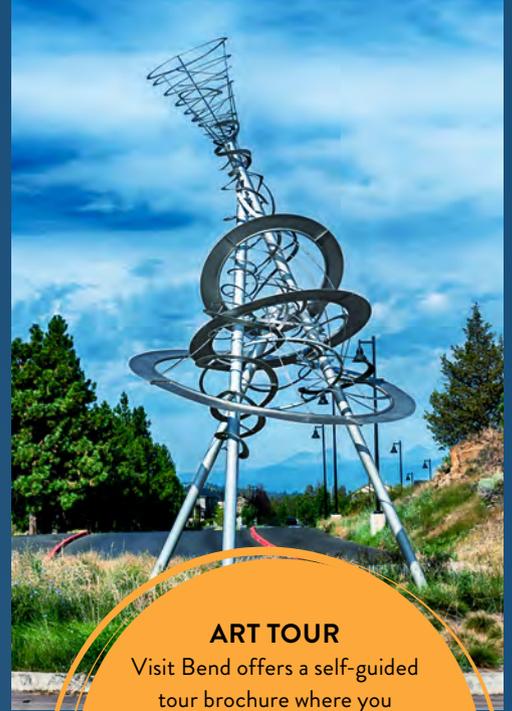


*We run every intersection through a rigorous **evaluation** comparing roundabouts with other intersection forms, such as stop signs or signals. Unless there are excessive cost or design issues, our **first choice will be to recommend upgrading with a roundabout.***



PHOTO LEFT BUDDY MAYS





ART TOUR
 Visit Bend offers a self-guided tour brochure where you can follow along, answer the trivia questions and return it completed for a prize. Pick up your brochure at the Bend Visitor Center or print your own at VISITBEND.COM.

CLOCKWISE FROM TOP LEFT
 "Might of the Work Force" by Devin Field
 "Yakaya" by Troy Pillow
 "Kickoff" by Gloria Bornstein
 "Phoenix Rising" by Frank Boyden
 "Big Ears" by Joe Halko

AND NOW WE SHALL *Make it Pretty*

After the first couple of roundabouts were installed, it didn't take long for someone to wonder what to do with all that sterile, empty space in the center. Enter the extraordinary work of Art in Public Places, a Bend nonprofit funded by the Bend Foundation that has donated public art throughout the city since 1973. "The short story of AIPP is that a number of community-minded moms, led by Sue Hollern and Jody Ward, wanted to bring art and culture to town," explained AIPP Project Coordinator Marcelene Trujillo. "We started as a pot show, as in pottery, not weed, and then thought we could do some good things for Bend by placing art in public places," said Hollern. "It has been a great ride and we feel we have contributed to making Bend a special place."

Roundabout sculptures quickly became a focal point for AIPP, which collaborated with the Bend Foundation, the City of Bend and several private donors to get the roundabout art project off the ground. Some of the first pieces to appear were "Sunrise Spirit Column" by David Govedare at Mt. Washington Drive and NorthWest Crossing Drive, and

"Redsides" by Miles Addison Pepper at Simpson Avenue and Colorado Avenue, installed in 2001 and 2003 respectively.

So popular is this eclectic collection of sculptures that Visit Bend, the city's tourism promoter, created a self-guided tour brochure featuring more than twenty of the city's more eye-catching, conversational roundabouts. Consider Frank Borden's "Rising Phoenix," more affectionately known to locals as the "Flaming Chicken," or the family of deer cast in bronze by Joe Halko, playfully titled "Big Ears," which sometimes sports a Santa hat or face mask. In 2005, Americans for the Arts honored Bend's collective roundabout art sculptures as among the most innovative approaches to public art in the country.

And there's more to come. Over the next two years, AIPP, the City of Bend and the Bend Foundation will select artists to create large-scale roundabout sculptures at Powers Road and Brookwood Boulevard, Fifteenth Avenue and Murphy Road, Colorado Avenue and Columbia Streets. Empire Avenue/Butler Market Road/Twenty-seventh Street.

PHOTOS THIS PAGE COURTESY OF VISITBEND

Safety First



So just how safe are roundabouts compared with traditional traffic-light intersections?

City of Bend Engineer Ryan Oster cited numerous local and national studies that show a seventy-two to eighty percent nationwide reduction in personal injury crashes, and a thirty-five to forty-seven percent reduction in all crash types, in roundabouts versus traffic signal intersections.

Here are a couple of Bend roundabouts built within the past five years that have produced striking safety numbers.

Murphy Road and Parrell Road

Previously a two-way-stop controlled intersection. In the five years before the roundabout was installed, the city recorded six crashes resulting in personal injury and one property-damage-only crash. In the five years after the roundabout installation, they recorded just one personal injury crash and one property damage crash.

Reed Market Road and 15th Street

Previously a signalized intersection. The city recorded twenty-six personal injury crashes and sixty-five property damage incidents in the five years prior to the roundabout installation. In the five years after installation, the city saw a dramatic reduction in both types of crashes with only eight personal injury crashes and only sixteen property-damage-only crashes.



WORLD RECORD HOLDERS, *Not so Much*

At forty-two roundabouts and counting, one would think that Bend surely ranks as one of the largest per-capita-concentrations of roundabouts in the country. As for those roundabout visions of grandeur, Bend, sorry—not even close. In Oregon, yes, it’s true that no other community can match Bend’s number. But several states, including nearby Washington and Colorado, can boast communities with seventy-plus roundabouts.

The title for roundabout king of the United States belongs to Carmel, Indiana. With a population just over 100,000 (not that different from Bend), Carmel has more than 140 roundabouts, with over a dozen more to come. Again, not unlike Bend, it took some public persuasion for Carmelites to accept the concept. “When we first started, there was a lot of skepticism,” said Mayor Jim Brainard. “But after people started to drive them—I couldn’t remove one today if I wanted to.” The fight today, he said, is over which neighborhood will get one next.





"Sunrise Spirit Column" by David Govedare

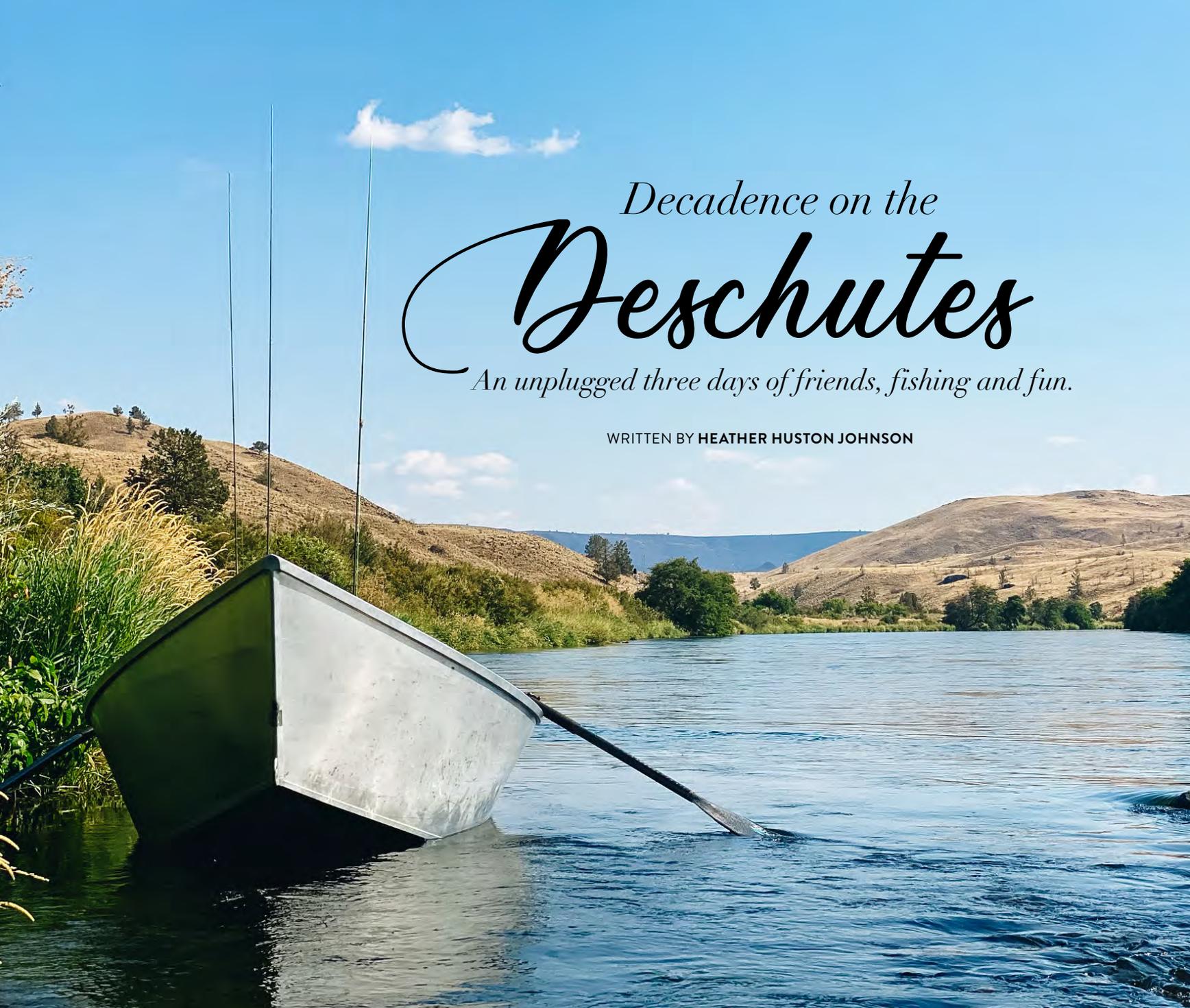
GO BIG OR *Go Home*

Looking back, neither Hollern nor another long-time community leader, Bill Smith, are surprised at how well roundabouts have been received over the years. Smith, who has funded two roundabouts within his Old Mill District development, noted, "with their art, roundabouts give various areas of the community a sense of place—a traffic light can never do that."

Going forward, Smith encourages the city to continue with its "roundabout-first" approach. "If I have a concern, it would be that the city would think of saving money by not maintaining or building more roundabouts," he said. "I would like to see the city budget for art in the new roundabouts, and make the art a requirement of the facility, not just an afterthought." ■

“**With their art,** roundabouts give various areas of the **community a sense of place**—a traffic light can never do that.”

PHOTO TOP: COURTESY OF VISIT BEND. RIGHT INSET: BUDDYWAYS



Decadence on the Deschutes

An unplugged three days of friends, fishing and fun.

WRITTEN BY **HEATHER HUSTON JOHNSON**

*W*e stood thigh-deep in the refreshing water of the Lower Deschutes River, waiting for the next fish to rise. The four of us ladies had decided to unplug from our busy lives for a 50th birthday celebration and found ourselves deep within the rolling canyons somewhere between Trout Creek and Maupin, immersed in the revitalizing beauty and energy of the river.

Over the three-day trip our guides from Deep Canyon Outfitters, Brendan and Dylan, led us to their favorite spots—entirely uncrowded yet abundant with fish. They also taught us the golden rule of fishing—never leave fish to find fish. Our whoops and hollers echoed as we caught red band trout, one after another.

Each evening, we arrived at a fully-prepared camp, thanks to the porter, Nikolai. The birthday celebration dinner started with bacon-wrapped jalapenos as soon as we were onshore, followed by grilled pork with apricot chutney and completed with eclairs and cookies. Pure decadence!

Reflecting on last summer's trip, we realize it wasn't the fish caught, the wildlife glimpses or even the pampering of post-river hors d'oeuvres—it was living innocently and carefree with lifelong friends. How lucky we are to have this fisherman's paradise right in our backyard.

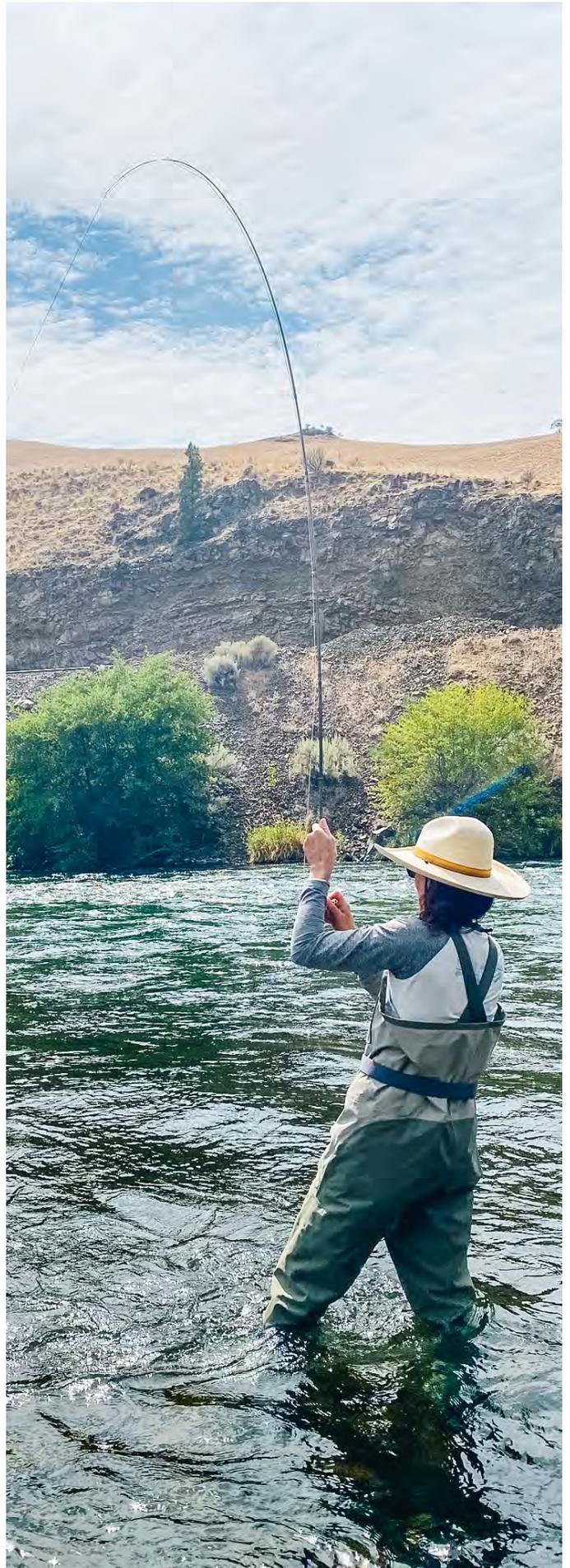




“A river is water in its loveliest form, rivers have life and sound and movement and infinity of variation, rivers are veins of the earth through which the lifeblood returns to the heart.”

- Roderick Haig-Brown





UNSUNG SUPERHEROES

THE ABOVE-AND-BEYOND VOLUNTEER
STANDOUTS OF CENTRAL OREGON

WRITTEN BY TERESA RISTOW | PHOTOGRAPHY BY BENJAMIN EDWARDS

Giving back to the community is something most people think about and many do, from offering up a Saturday to clean up a park or looking for a service project around the holidays. But some volunteers take things to another level. These volunteers from around Central Oregon have gone the extra mile to support the organizations they work with, and the people they serve.



AMY SUE MATTHEWS

Smith Rock State Park

When **Amy Sue Matthews** retired from her career as a middle school teacher and moved to Central Oregon full-time in 2016, she quickly discovered Smith Rock State Park and its gorgeous hiking trails, including the 7.5-mile Summit Trail. “The more I started hiking here, the more I fell in love with it,” said Matthews, who in 2019 signed up to be a park Trail Steward, offering first to clean up dog poop, and as time went on, to answer visitor questions, report on trail conditions and help in other ways. She continued to avidly hike the summit trail about twice a week, earning her the nickname “Summit Trail Amy,” from the operators of SmithRock.com, an independent website about Smith Rock for which Matthews serves as an ambassador. When the pandemic caused staffing and volunteer shortages at the park, Matthews offered to staff the park’s Welcome Center, do extra litter pickups and provide a presence on the trails, allowing the park—which sees upwards of a million visitors a year—to continue operating smoothly. “Sometimes people are getting ready to go up Misery Ridge with flip flops and no water, and I try to help people understand what they’re getting into,” Matthews said. Her incredible efforts to support the park earned Matthews a glowing nomination from a ranger for an Oregon State Parks Outstanding Volunteer Award, which she won last year. “She’s a true asset to our agency, our park and our community,” the nomination read. Matthews, who actually moved into a house across the street from the park last year, said the roughly sixteen hours a week she volunteers is just more quality time she gets to spend in the park she loves. “There are a million ways to volunteer, everyone just needs to find their niche and what they’re passionate about,” she said. “I just feel really blessed that it ended up being the perfect fit for me.” Ongoing volunteer opportunities are available at parks throughout Central Oregon, including Smith Rock State Park. See STATEPARKS.OREGON.GOV.



RENEE FRAUSTO

Latino Community Association

When **Renee Frausto** moved to Redmond from Guadalajara, Mexico three years ago, he realized his English wasn't as strong as he'd thought. Coworkers recommended he connect with the Latino Community Association of Central Oregon, which offers free English classes. After taking all the classes offered through LCA and through Central Oregon Community College, Frausto's English improved, making his life and new job at a Redmond restaurant easier. Because he owned a computer systems engineering company back in Mexico, Frausto offered his computer skills to LCA to help others in the Latino community with basic computer literacy. He began teaching a ten-week-long class on basics such as powering up computers and opening programs and windows, and advanced courses on Microsoft Word and Excel. "We try to make the courses fun and keep people interested," Frausto said. Computer skills can help Frausto's students search for employment, secure better paying jobs or help them support their children's schoolwork. "We are trying to give them the tools they need to better themselves," said Frausto, who left behind a wife and three children in Mexico to make a better living in the United States. He sends home money and hopes to bring them all to Oregon one day. Frausto encourages others in the Latino community to pursue opportunities available to them through organizations like LCA. "There are so many opportunities here that feel far away, but they are not that far," he said. LCA seeks volunteers for a variety of roles, including office assistants, tutors, fundraising and event support, with need in Bend and throughout Central Oregon.

See LATINOCOMMUNITYASSOCIATION.ORG.

Dr. Cheryl Hadley was eyeing retirement and ski days at Mt. Bachelor when she and her husband moved to Bend seven years ago. She soon signed up to volunteer as a physician with Volunteers in Medicine, an organization that helps the uninsured or medically underserved in Central Oregon access healthcare. Her patients over the past six-and-a-half-years have shown great need, and also great gratitude, something Hadley has enjoyed. "The people want to be there, and they are happy and grateful for the care," Hadley said. With experience in healthcare and giving back, Hadley and her husband were quick to get involved in Deschutes County's mass vaccination clinics, beginning in January 2021—she by administering vaccines and her husband by helping with event support—things like traffic flow, parking and paperwork. Hadley took on a couple of shifts a week, and as of this March she'd volunteered nearly 270 hours. The clinics, run by Deschutes County Health Services and supported by groups such as Volunteers in Medicine, were well-run, and a rewarding experience, Hadley said. "As a doctor working in a practice, I could count on my hands the number of times something I did saved someone's life. But if you vaccinate hundreds of people, statistically you saved lots of lives," she said. "It was amazing to work in a setting where almost every single day, every shift you worked, someone would thank you for being there." There are ongoing volunteer opportunities with Volunteers in Medicine and Deschutes County Health Services. See VIM-CASCADES.ORG OR DESCHUTES.ORG/HEALTH.



DR. CHERYL HADLEY

Volunteers in Medicine and Deschutes County Health Services



KARA DIFRANCESCO

Oregon Adaptive Sports

Kara DiFrancesco grew up skiing on the East Coast, in her home state of Connecticut and on winter break trips to Vermont and New Hampshire. Her regular ski buddies were a pair of brothers—one named Scott with a cognitive disability. “We did everything together as kids,” DiFrancesco said. “Scott did everything that we did, he just did it a little differently.” As an adult, DiFrancesco moved to the West Coast, attending grad school at Oregon State University and living in the Bay Area before landing in Central Oregon. As an environmental consultant, DiFrancesco has a flexible schedule, allowing her to become a regular volunteer with Oregon Adaptive Sports, an organization that aims to help all people experience the benefits of outdoor recreation, regardless of ability level. As a winter volunteer with the organization, DiFrancesco is paired with skiers of varying abilities—perhaps a high school student with a cognitive disability, a blind skier also working with a Mt. Bachelor instructor or a skier with a physical disability, learning to use adaptive equipment like a sit ski. “It’s inspirational,” DiFrancesco said. “Everyone involved is so great. It takes a village to make all of this happen.” OAS seeks summer and winter volunteers each year to help with adaptive recreation year-round. Summer volunteer signups typically open in April. See OREGONADAPTIVESPORTS.ORG.



AELEA CHRISTOFFERSON

Court Appointed Special Advocates

Deciding to volunteer with Court Appointed Special Advocates of Central Oregon, or CASA, was an easy choice for **Aelea Christofferson** of Bend. She'd once been a social worker, and after meeting her husband Tom Hall and his two children back in 1989, the family adopted two babies out of foster care and another years later as a teenager. After retiring in the mid-2010s and selling the telecom company she owned, Christofferson was ready for something new, and CASA just made sense. "I knew how messy foster care is," she said. Volunteers with CASA advocate for the best interests of children in the system, who are often moved in and out of various living situations, foster homes and family homes as their parents work to regain custody or as circumstances change over months or years. During that time, a CASA is often the only consistent, stable adult in the child's life. "What you want most for the kids is to be in a stable home," said Christofferson, who described the work as difficult and impactful, but also rewarding. "Aelea is an incredible voice for the children that she advocates for," said Heather Dion, executive director of CASA of Central Oregon. "She often takes on challenging and nuanced cases with multiple children and more complicated legal issues. She isn't afraid to jump in and make sure that children's needs are advocated for." More than seventy children in Central Oregon are currently waiting for a CASA. Volunteers participate in a forty-hour training class before being sworn-in by a circuit court and taking their first case. See CASAOFCENTRALOREGON.ORG.

Bend native **Natalie Evers** spent ten years away from Bend after high school, but upon returning to Central Oregon two years ago, she knew becoming a mentor was something she wanted to do. "I have always wanted to do Big Brothers Big Sisters because I know the mentors in my own life have made a huge impact on me," said Evers, taking a break between playground sessions with 8-year-old Bella at Larkspur Park in March. Bella and Evers were matched together in early 2021 and while Evers isn't one of the organization's longest volunteers, her commitment to Bella and to bringing new volunteers into the program has impressed organization leaders. "When Natalie became a Big Sister she then made referrals for three others to join the program because she believes in the program," said Jenn Davis, program director for Big Brothers Big Sisters of Central Oregon. "Bella has really grown through their time together." On a play break at the park, Evers is quick to explain the value of the mentorship for Bella and for herself. "It brings a lot of joy and light to my life," Evers said. "I think I get as much or more out of it as she does." Nearly thirty "littles" are on the waitlist for Big Brother Big Sisters of Central Oregon, and the organization has a particular need for mentors in rural areas, those interested in mentoring LGBTQ youth, mentors with experience working with people with disabilities and mentors of color. "Bigs" volunteer about six to twelve hours a month. See BBBSO.ORG.



NATALIE EVERS & BELLA

Big Brothers Big Sisters of Central Oregon

GARY MEYER

Central Oregon Trail Alliance

Gary Meyer was dreaming of fat biking on snowy trails even before fat bikes became a commercially available product around 2009. He'd been an avid mountain biker since moving to Bend in the early 2000s and over time became more involved in trail-building and maintenance efforts in the area. Easing into retirement from his career as a visual effects engineer for films including Star Wars, Meyer had a dream of engineering something new—winter fat biking trails in Central Oregon. He approached the nonprofit Central Oregon Trails Alliance in the early 2010s with a plan. With COTA's support, Meyer led the charge to create a pair of designated and groomed loop trails for fat biking at Wanoga Sno-Park. The efforts involved trail mapping, clearing of vegetation, signage and winter grooming. Meyer and a team of others keep the trails groomed each winter, and Meyer also volunteers to manage COTA's online volunteer log and other administrative tasks as well as sitting on the organization's trails committee and joining trail work crews year-round. In 2021, Meyer volunteered more than 800 hours with COTA. "Giving to the community brings me joy and satisfaction, and there's no place I'd rather be than out in the forest," said Meyer, who encourages others in the biking community to get involved, too. "Even if you only come out for one work party a year, it's a great benefit to maintain the longevity of the trails." More than 2,500 people are registered with a Meetup group that lists upcoming trail work events in Central Oregon, and new volunteers are always welcome. **See COTAMTB.COM.** B



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Spice it Up

Cooking it up with local spices

WRITTEN BY NOAH NELSON | PHOTOS BY TAMBI LANE

PALATE

They say variety is the spice of life, but what happens when you have a variety of spices? You get introduced to a world of flavor, from smokey and sweet to tangy, peppery, floral and every flavor in between. Some innovative Central Oregon businesses are creating unique spice mixes locally, sometimes even featuring ingredients grown on farms just outside of Bend. Read on to learn about five unique spice mixes and how to incorporate them into your cooking.

SMOKED NASTURTIUM SALT FROM SAKARI FARMS

Sakari Farms is known for growing Indigenous produce from ancestral seeds that have been passed down for generations, exempt from commercial genetic modification. One of their crops is the nasturtium flower, an edible flower used on salads that produces a floral, spiced and peppery flavor. In the Smoked Nasturtium Salt, the flower is dried before being mixed with a high-quality smoked sea salt. The resulting salt mix can be used in baked goods, savory dishes, ice cream, brines, meat dishes and cheeses.

BAKE IT: Bake a whole wheel of brie in the oven at 375 degrees for 10 to 15 minutes. Remove from the oven and top with about a tablespoon of blueberry jam, fresh nasturtium petals and a sprinkle of the Smoked Nasturtium Salt to taste. Serve with crackers.

||| SAKARI FARMS
||| sakarifarms.com

MT. BAKER CHAI SEASONING FROM SAVORY SPICE

Savory Spice is a spice shop located in Bend's Old Mill District with a huge selection of spice mixes featuring global flavors and ingredients. The Mt. Baker Chai Seasoning is named after Mt. Baker in Washington; a tourist attraction that has a wide appeal, like this spice. This mix is a sweet, earthy and spiced mix that relies on cinnamon as a core ingredient, along with ginger, cardamom, allspice and more. Add to your next baked good for a complex and satisfying flavor.

MIX IT: CHAI APPLE BUTTER

Peel, chop and core ten large apples. Add half a cup of brown sugar, a squeeze of lemon juice, one teaspoon of vanilla paste, a half teaspoon of salt and five teaspoons of the Mt. Baker Chai Seasoning to a slow cooker with the apples, and cook on high for five to six hours, stirring occasionally. Mash and blend the resulting mix and store your apple butter for up to two weeks in the refrigerator.

Brush olive oil and sprinkle Park Hill Maple & Spice on to a salmon filet for a delicious, simple meal.



PARK HILL MAPLE & SPICE FROM SAVORY SPICE

Also found at Savory Spice in the Old Mill, the Park Hill Maple & Spice mix is a dried maple sugar based mix featuring sweet and peppery notes. This mix is named after the beautiful tree-lined streets of Denver's Park Hill, which are reminiscent of neighborhoods of old. The core ingredient of this mix, pure maple syrup, is as old-school as its name. This mix is perfect for adding some sweet spice to savory dishes like pork chops and salmon, or for making a sweet glaze for grilling meats.

GLAZE IT: Mix three tablespoons of your Park Hill Maple & Spice mix with three tablespoons of balsamic vinegar, two tablespoons of whole grain dijon and two teaspoons of olive oil. Mix until the ingredients are fully combined and serve anywhere you'd like. This goes great on chicken, ham, potatoes, roasted veggies, any sort of caprese dish and even as a finisher on pizza.

SAVORY SPICE
375 SW Powerhouse Drive
Suite #110, Bend





CINDER DUST FROM BEND SAUCE

Founder and Owner of Bend Sauce, Craig Reinhart, came up with the idea for a dry-version of Bend Sauce when he noticed how much chipotle byproduct the sauce was creating. “The sauce is made from whole chipotle, but we strain out the pulp, seeds and skins to keep the product smooth,” Reinhart said. “We knew these parts of the chipotle pepper had tons of flavor, so we began experimenting by dehydrating these byproducts of the sauce.”

Those dehydrated byproducts were turned into a flavorful powder. Twenty-five percent of Cinder Dust is made from that powder, while the other 75 percent is made from the same ingredients as Bend Sauce, just their dry counterparts; vinegar was replaced with vinegar powder, for example.

Cinder Dust is a very versatile addition to any kitchen. Its smoky, sweet and spicy flavor lends well towards Mexican dishes, but can really be used as a meat rub and seasoning on anything; try sprinkling it on popcorn, or using it as a cocktail rimmer.

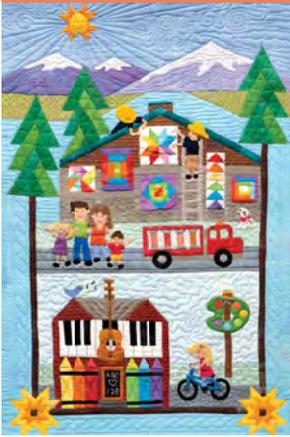
SPRINKLE IT: Sauté ground pork, finely diced sweet onion and garlic over medium-high heat with olive oil until the meat is browned, breaking up any chunks you see. As you are cooking the pork, sprinkle in a generous portion of Cinder Dust along with salt. Mix about a cup of sour cream into a bowl with a squeeze of lime juice, some freshly chopped cilantro and Cinder Dust to taste. Add a teaspoon of water at a time to the bowl and mix thoroughly each time until the chipotle crema has reached an ideal consistency. Warm up your corn tortillas, fill them with the sautéed pork, sprinkle on some queso fresco (or any cheese you prefer) and top with a drizzle of your chipotle crema.

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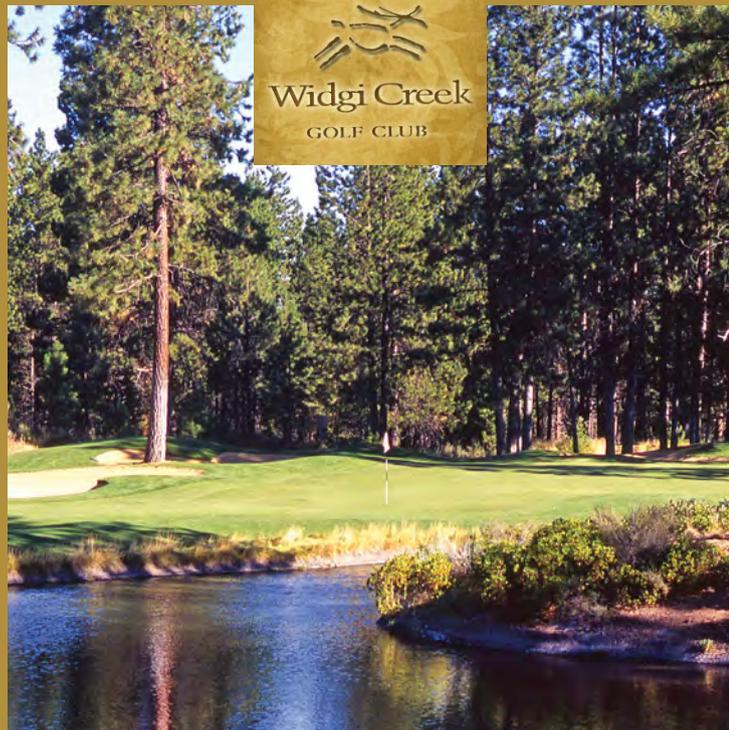
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After three generations of barbecuing, a move to Oregon, a rebranding and years of serving up supremely good food, Cody's Country Catering still uses the same seasoning and rub that they started with. In 2013, Cody's Country Catering started to sell its spice mix, and it has been very popular ever since. "We were using it on our own food and constantly had people asking us about it, so we said 'why not?'" said Cody Serbus, the current owner.

The mix itself is a blend of eight spices, but the exact measurements of the ingredients are kept a family secret. Paprika, salt, onion, garlic and parsley all play a role, and the final mix is a sweet and savory, all-purpose seasoning and rub that goes perfect on tri tip, the restaurant's staple.

GRILL IT: Rub your roast head-to-toe in Bend's Best BBQ Seasoning & Rub one to three days prior to cooking. Prepare your grill for hot direct heat on one side, and indirect heat on the other. Sear the roast for 3-4 minutes per side in direct heat. After searing each side, move the roast to the side without direct heat, fat-side up, maintaining a grill temperature of between 250 and 300 degrees. Cover the grill and cook until the internal temperature reaches between 120 and 140 degrees, depending on preferred doneness. This should take anywhere from twenty to forty minutes. Once the roast reaches the preferred temperature, remove from heat and rest for fifteen minutes. Slice thinly against the grain and enjoy. 🍴

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PALATE

BREW PUB

Brewery Rebirth

Cascade Lakes Brewing Co.
reimagined with new changes

WRITTEN BY TERESA RISTOW

While returning from the mountains on Century Drive in the past year or so, it's been hard to miss the roaring fire pit outside Cascade Lakes Brewing Co. The flames shooting into the air are new, positioned near an old gondola car that's been on display outside the brewpub for years. The brewing company, which includes a brewing facility and pub in Redmond and the Bend restaurant, was sold in 2018 to new local owners eager to rebrand and refresh the image of the longstanding business.

The new owner group includes father and son duo, Bruce Rhine, former Bendite and CEO of Bend's Accent Optical Technologies, and son Andy Rhine, a Bend High School graduate and chemical engineer, along with business partner Bill Valentine, founder of wealth management firm Valentine Ventures. The group has spent

the past few years revamping the business, aiming to retain some of the company's twenty-eight year history in Central Oregon, while adding some modern spice, such as a lineup of new beers, new décor and food offerings, and those roaring fire pits, summoning in the afternoon après-adventure crowd.

The younger Rhine is heading up operations as general manager and overseeing changes that have included the Bend pub remodel and hiring of a new executive chef and a new brewmaster to reinvigorate the food and beer menus. Inside the SW Chandler Avenue pub, visitors will find a space that's lighter and brighter, with a more modern ambiance than the brewpub of the past, with tables, booths and cowhide armchairs placed around a cozy fireplace. Old video lottery machines have been

PHOTO BRIAN MCDONNELL

removed, but an open upstairs area still offers a pool table and other games for visitors.

On the food side, the new menu is smaller and features a lineup of upscale comfort foods with Southern influence. The offerings can be described as “gastropub” food, which means they’re of a higher quality than the average casual pub, according to Executive Chef Jeff Kelly, who moved to Central Oregon with his wife and two daughters after landing the new position. “It’s gastropub food but at a higher level, and we try to do as much as we can in-house,” Kelly said. “As a chef, I’ve been all up and down the East Coast but really wanted to put down roots somewhere.” Previously from Richmond, Virginia, and Charleston, South Carolina, Kelly brings an impressive culinary background and Southern comfort food influences to the new Cascade Lakes Brewing menu, which features staple dishes like shrimp and grits and a fried chicken sandwich, along with seasonally changing menu items. Among Kelly’s favorites is the cornmeal fried cod sandwich, which is a similar offering to fish and chips but as a sandwich, with creole aioli, and pickled jalapeno and cabbage slaw, served on a potato bun with fries.

As for the brewed offerings, the Rhine family brought in brewmaster Ryan Schmiege to lead the charge. Schmiege spent fifteen years as assistant brewmaster at Deschutes Brewing prior to coming on board, and he has been excited to help revitalize the brewery with many new beers. “The chance to stay in Central Oregon and remain in the craft beer industry was something I really wanted,” Schmiege said. “Cascade Lakes was a really interesting opportunity because of Andy [Rhine] and his family and what they were doing.” Among the new beers Schmiege has introduced are the Lotus Pils, a classic pilsner-style beer using all Lotus hops, and the This IPA, a West Coast India Pale Ale with a big hop presence. “That’s a newer one to the lineup that’s been received really well,” Schmiege said. Another addition is the introduction of barrel-aged beers for the first time, including Midnight Stroll, an imperial stout aged in Oregon Spirits whisky barrels. An IPA aged in barrels from Redmond’s Gompers Distillery gin is also in the works.

In addition to including a suggested beer pairing for each entrée on the menu, the chef and brewmaster have worked together for beer and cuisine pairing events that showcase a number of small plates and complementing beers, something they hope to offer every month or two in the future. The lively atmosphere on display for lunch and dinner Tuesdays through Sundays seems to be working, as the Rhine family has announced plans to open a second Bend brewpub in east Bend, with a groundbreaking planned for later this year. **▮**

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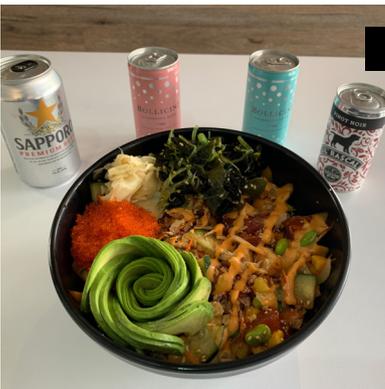
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BOTANICALS

High Desert Piña Colada

A drink from a local flower-infused cocktail creator

WRITTEN BY NANCY PATTERSON

Alyson Brown, cocktail creator and flower enthusiast, founded Wild Folk Flower Apothecary in 2017 out of a desire to share her love of flowers—particularly their medicinal, therapeutic and edible elements—with Central Oregon (and beyond). She began to incorporate a floral element into almost every aspect of her daily regimen. “That meant everything from the flowers I brought home from the flower shop to the tea that I drank, skincare I used, the food I ate, and of course, the cocktails that I made,” Brown shared. She shared her floral-infused techniques on Instagram, which led her to write a cocktail recipe book. In the summer of 2021, *The Flower Infused Cocktail* was published with more than sixty floral cocktail and mocktail recipes. Subtitled “*Flowers, with a twist,*” Brown’s book also shares methods for creating sugars, simple syrups and infusions using edible flowers. Botanical spirits and garnishes complement these floral libations. *The Flower Infused Cocktail* can be found in many Central Oregon shops and boutiques, as well as via her website. For a flower cocktail reminiscent of tropical islands and warm weather, try Brown’s riff on a piña colada—the *calendulada*, infused with a slightly spicy calendula syrup.

CALENDULADA

- 6 dashes Angostura bitters
- 1 oz white rum
- 1/2 oz overproof rum
- 1/2 oz Suze (a bitters made from the plant gentian)
- 3/4 oz lime juice
- 3/4 oz pineapple juice
- 1/2 oz cream of coconut
- 1/2 oz spiced calendula syrup
- Slice of pineapple

Dash bitters into the bottom of a glass and fill with ice to the very top. Shake remaining ingredients in a shaker with ice until chilled. Pour into the prepared glass. Garnish with a calendula flower, a pineapple slice and pineapple leaves. The full recipe and description can be found on page 167 of *The Flower Infused Cocktail*. **IB**



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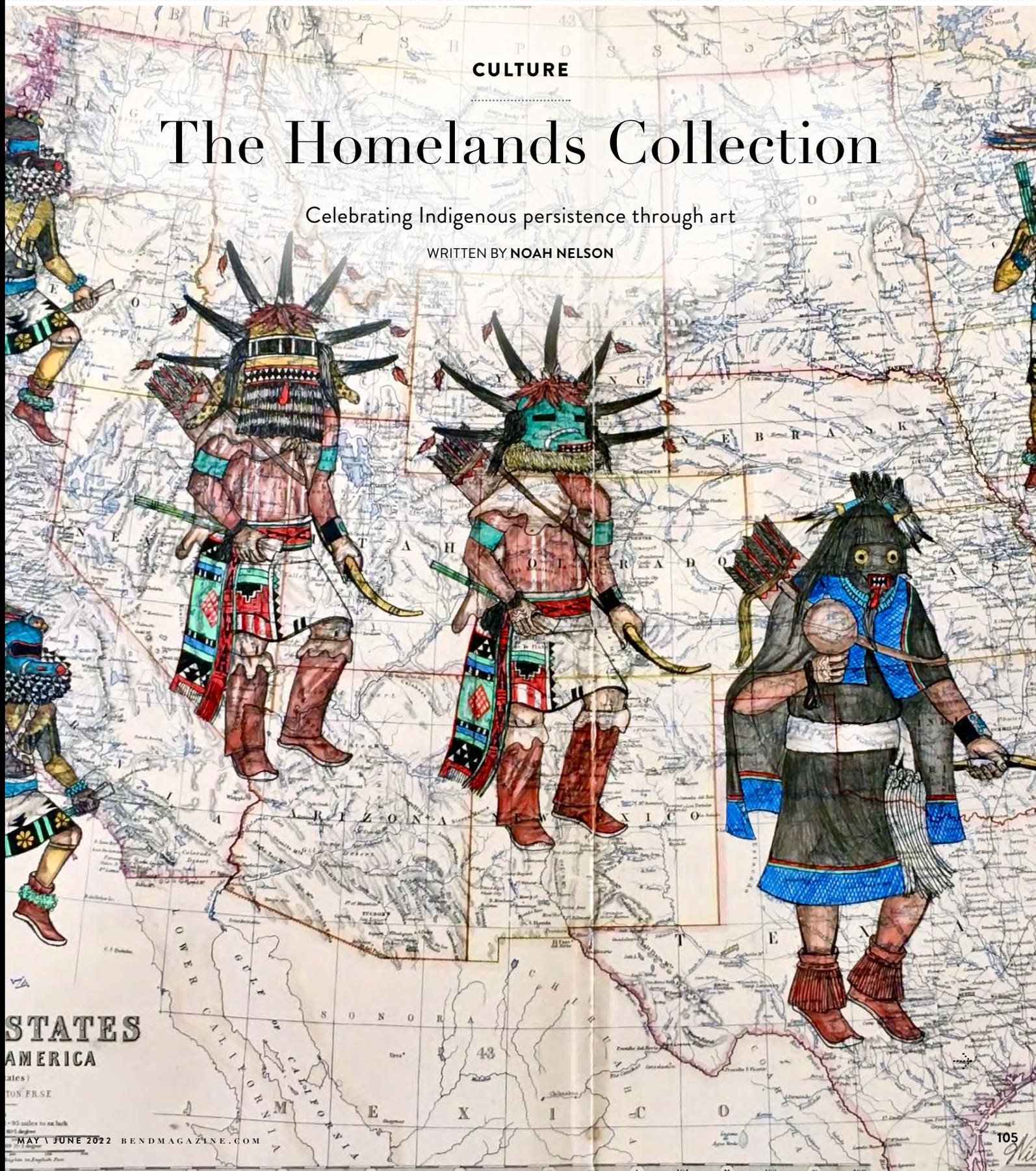
ART + CULTURE + AESTHETIC

CULTURE

The Homelands Collection

Celebrating Indigenous persistence through art

WRITTEN BY NOAH NELSON

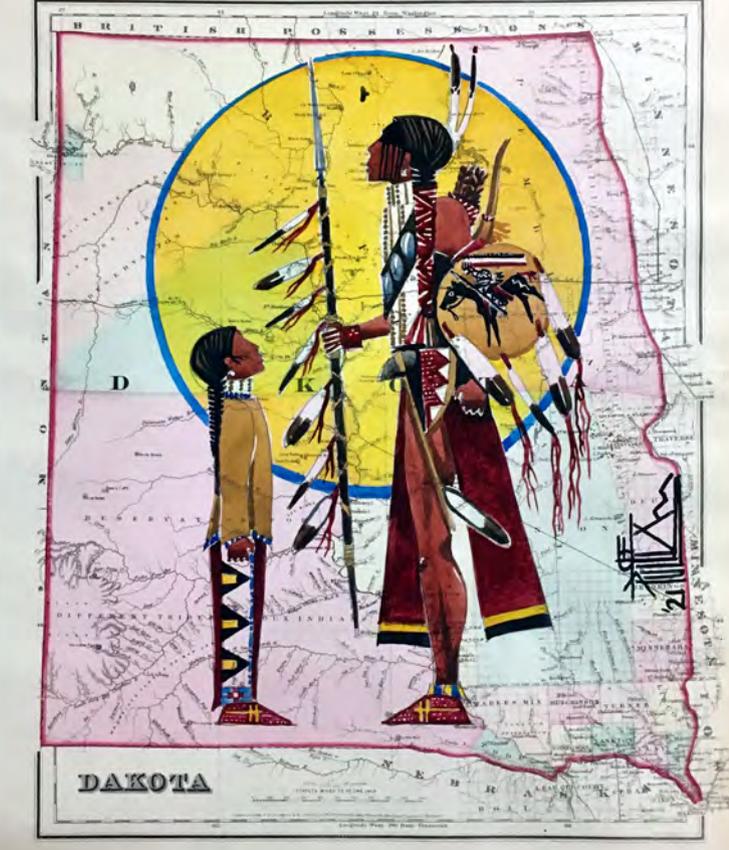


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Among the various Indigenous cultures living in the American Great Plains in the 1800s, art—often by way of paintings on animal hides—was used to tell stories, mark historical events and create lasting cultural artifacts. When the threat of losing their culture and their traditions due to the advancement of Anglo-settlers and military forces became a reality, many Indigenous artists chose to persist and created art using whatever they had available to them.

An increasing supply of ledger books (books made for the purpose of recording transactions and events) came from traders, government agents, missionaries and military forces who also brought along with them pencils, ink fountain pens and watercolor paints. From the 1860s to the 1920s, Indigenous ledger art, or Indigenous paintings and drawings done on ledger books, flourished in the Plains and saw a brief revival in the 1960s and 1970s.

Coming this May, there will be a new revival of Indigenous ledger art at Raven Makes Gallery in Sisters, Oregon. Only this time, the medium changes again: the concept of ledger art will be carried over to antique maps. The gallery owners, husband and wife duo Chris Morin and LaRita Chapman, spent years teaching in Alaska and the Navajo Nation in Arizona. Their experiences working with Indigenous families taught them that many Indigenous artists create deep cultural connections to the natural and spiritual world through their artistic expression, which led the two to open an Indigenous art gallery.

“This collection recognizes that Indigenous peoples knew their land far better than any Western cartographer, and helps in the push to rename certain landmarks with their original Indigenous names.”

Last year, Morin came across some antique American maps from the 1860s that inspired him to create what is now the Homelands Collection. “I thought to myself, ‘maybe I can give these maps to artists to work on, instead of ledger pages,’” Morin said. “The decolonizing maps movement says that maps were used to conquer, along with some document or deed from a sovereign. This collection recognizes that Indigenous peoples knew their land far better than any Western cartographer, and helps in the push to rename certain landmarks with their original Indigenous names.”

Indigenous artists painted or drew over antique maps, depicting various scenes from battlefields and depictions of war to heartfelt depictions of young Indigenous boys looking up to their fathers.

The original Homelands Collection premiered at the gallery in May of 2021 and has since grown significantly. Word of the project spread and Morin now has a collection of about 200 antique maps dated between the 17th and 19th centuries. Most of the maps are of the United States and show the old borders with Indigenous land, while some of the more unusual maps showcase Peru, Mexico, Southern Africa, Nepal and other locales.

The second edition of the collection will premiere on May 13, and features work from dozens of Indigenous artists from around the world, eight of whom have other work proudly showcased in the Smithsonian National Museum of the American Indian.

This year’s exhibit has the potential to be one of the most prestigious collections of modern Indigenous art anywhere in the world. Aside from representing the Indigenous peoples of the United States, this year’s collection has gained pieces of art from Aztec, Native Alaskan, Inuit, and Native Hawaiian artists, among others. Morin even mentioned the chance that a Sámi artist - Indigenous to Scandinavia - might have their work featured in the collection.

“You don’t see Native Hawaiian art in many U.S. museums dedicated to Indigenous culture, because the U.S. never actually recognized them as an Indigenous people,” Morin said.

Guests of this collection can expect to see some visually striking pieces that carry with them heavy connections to cultures that have survived unimaginable atrocities. From depictions of war to cultural celebrations and weddings, guests will leave this collection having learned something about the perseverance of Indigenous cultures through the years, and how artistic expression can be used to connect to one’s history.

Visit Raven Makes Gallery for the exhibit opening on May 13, 2022. The art will be on display indefinitely, but try getting to the gallery before early June, as many pieces will be sold sooner. **18**

See more at RAVENMAKESGALLERY.COM.



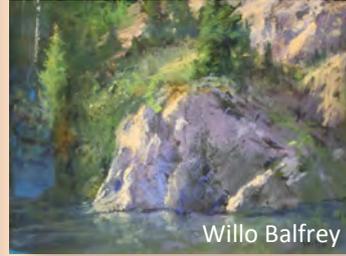
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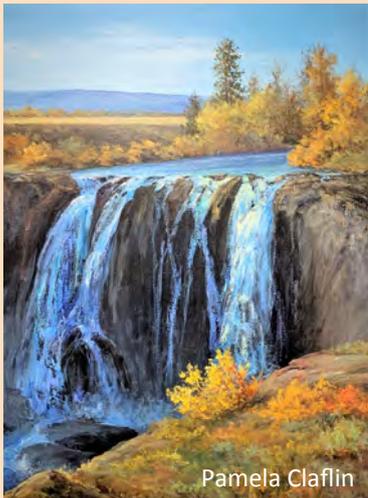


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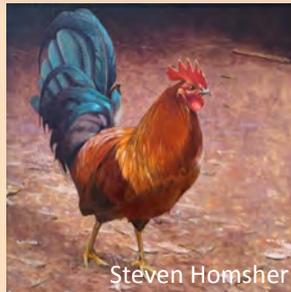
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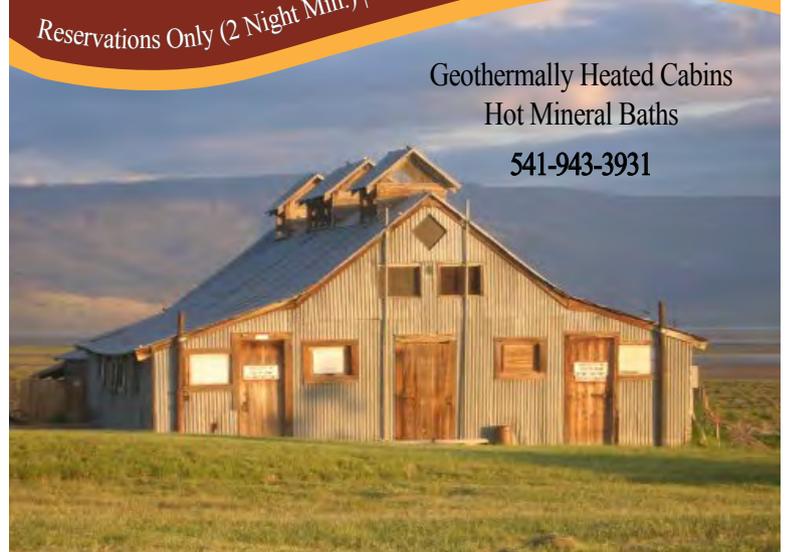
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TEXTILES

Ash Cascade Design

A Designer's Entrepreneurial Spirit Expressed in Surface Patterns

WRITTEN BY LEE LEWIS HUSK

When Ashley Cascade Paggi graduated in 2006 with a graphic design and communications degree from California State University, Chico, she landed in-house graphic design positions with Pottery Barn and Weather Underground, both in San Francisco. Seven years later, she and her husband moved to Bend, and she went to work as the lead graphic designer at Oregon State University-Cascades. Her successful graphic design career was full steam ahead, but nevertheless, change was coming. In 2015, Paggi took maternity leave and never went back.

After five years as a stay-at-home mom, she searched for a way to reenter the workforce with flexibility and no requirement to clock into an office. When the world shut down in early 2020, Paggi found her answer in an online course. "It was an intensive eight-week immersion class on surface pattern design (fabric design) that quickly became my passion," she said. Instead of using her creativity for someone else's vision, she could now explore her own projects. Eventually, that led to her artwork appearing on children's clothing,

handmade quilts, wallpaper, silk scarfs, stationery, dinnerware and much more.

Paggi named her company Ash Cascade Designs and began sketching simple drawings inspired by adventures in the Pacific Northwest with her husband and two daughters. The sketches became patterns created through Adobe Illustrator, which grew to an extensive digital library. The course taught her to protect her designs with copyrights and how to earn royalties from licensing agreements.

Her big break came when Rachael Stipanov, the creative director at Cotton+Steel Fabrics, a California-based wholesaler and manufacturer of Japanese fabrics, saw Paggi's hashtag on Instagram. "I review a lot of art and was drawn to Ashley's unique layouts, color palette and the balance of her designs," she said. "We connected, and I decided she was someone I wanted to work with. She's the perfect package of great design and personality."

Since that phone call, Paggi has licensed three collections for Cotton+Steel, which the company distributes to boutique quilt

AESTHETIC



“When I finally got the confidence and drive to start creating the artwork that I wanted to make, I started enjoying my art practice so much more.”



shops, including two in Central Oregon. The collections, “Camp Creek,” “Canyon Springs” and “South Sister,” pay tribute to the color palette of Central Oregon.

She also has licenses with Alice + Ames, an online retailer of high-end children’s clothes, and eight designs with Bend-based ski clothing company, BlackStrap, which makes base layers and face gear for their signature artist series. Other recent clients include Geometry House, which has chosen six towel designs, and Kinder Cloth Diaper Co., which will make cloth diapers in Paggi’s patterns.

“Licensing art is a good revenue stream for artists,” she said. Her home studio is packed with cards, stationery, Japanese rolls of decorative sticky tape, holiday wrapping paper and calendars printed with her designs. In the two years since its creation, Ash Cascade Designs has evolved into a business that can license anything printed with an image.

“When I finally got the confidence and drive to start creating the artwork that I wanted to make, I started enjoying my art practice so much more,” she stated in *Origin*, a lifestyle magazine that featured Paggi as a female creative leader, describing her work as “bohemian artwork (that) evokes a polished yet gritty sense of place.”

As a successful entrepreneur with an active social media presence, the 38-year-old is busy courting new clients, mentoring other artists and is part of a team of mentors for thousands of students enrolled worldwide in the same class she took two years ago. “It’s fun to have a career that I’m passionate about,” she said. See ASHCASCADE.COM



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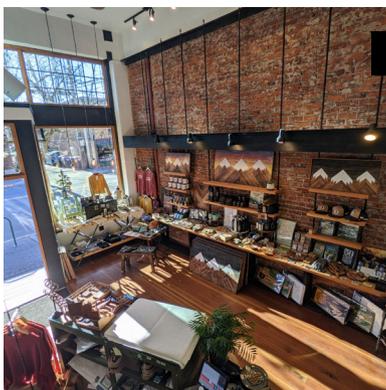
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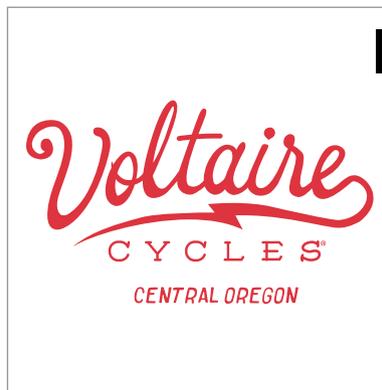
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■ *local conservation*

The High Desert Museum Unveils Dark Sky Exhibit

Central Oregon has some of the best night skies around, and efforts have been put in place to keep it that way, such as declaring the Prineville Reservoir State Park a Dark Sky Park. However, there is concern that urban growth and human advancement into areas that were once sparsely populated is now eroding Central Oregon's dark skies. A new exhibit at The High Desert Museum called *Vanishing Night: Conserving Dark Skies* in the High Desert visually illustrates how light pollution can be harmful to a variety of species who depend on the darkness for key bodily functions; some animals like moths are drawn to artificial light, which hinders their ability to pollinate effectively. Humans



depend on our circadian rhythms for health, and light pollution is associated with hormonal imbalances and higher cancer rates. The exhibit will share why dark skies are good for everyone, while also offering museum guests

some simple tips and tricks to reduce their own light pollution, and to watch out for ways that humans pollute the night sky. Guests can come see this exhibit from now until July 10. See HIGHDESERTMUSEUM.ORG



Tom Farris, ...But I Can't Prove It

■ *indigenous culture*

New National Exhibit Opens at Museum at Warm Springs

The Museum at Warm Springs has always shared the history and culture of Indigenous people, especially the Wascoes, Warm Springs and Paiutes peoples. From now until May 25, the museum will be hosting an exploratory exhibition from ExhibitsUSA, a traveling exhibit and art program. "Savages and Princesses: The Persistence of Native American Stereotypes" brings together the work of twelve Indigenous artists who tackle the tough topic of stereotypes in a variety of ways. This exhibit is described as "fiercely honest and dead-on" and uses ample amounts of humor and irony to make a point. The exhibit explores how stereotyping still affects people today, as well as which stereotypes persist in Indigenous communities and the truth behind some commonly believed falsehoods. From humor to shock, the featured artists will challenge guests of the exhibit to question and challenge stereotypes, even unspoken and unacknowledged ones. See MUSEUMATWARMSPRINGS.ORG

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PHOTO ALCIA VICKERY

Contestants gather at the High Desert Stampede Rodeo held at the Deschutes County Fairgrounds the last week in March.



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