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Magazine

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3 GLOBAL
MARKETS
FANTASTIC *flavors*
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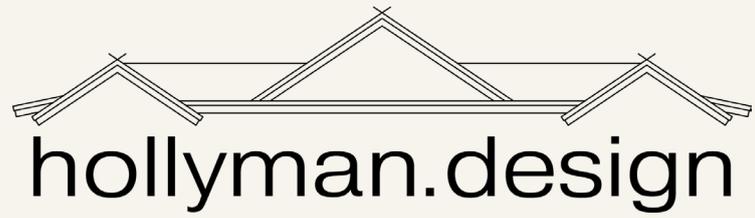
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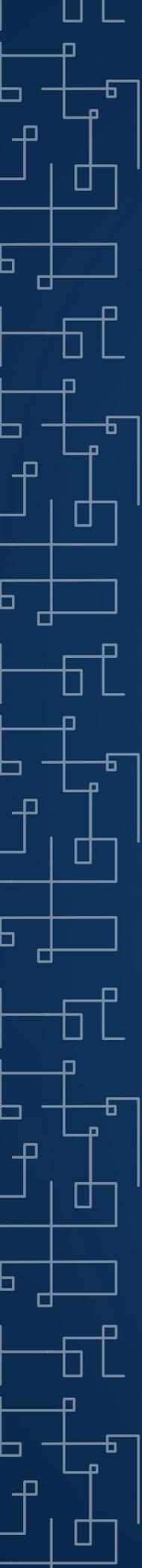
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MLS 220161428
KRIS WARNER | KIM WARNER
541-480-5365 | 541-410-2475

60380 Zuni Road, Bend
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\$750,000 | BROOK CRIAZZO
MLS 220160517 | 541-550-8408

1519 NW Juniper Street, Bend
APT 1 | 611 sq ft. | 1 bed 1 bath



\$329,900 | KATRINA SWISHER
MLS 220161053 | 541-420-3348

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GLACIAL RETREAT

Majestic peaks covered with prehistoric ice are slowly fading to reshape not only Oregon's landscape, but its future.

WRITTEN BY DANIEL O'NEILL

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If you think it's just your neighbors who are fanatical about this quirky game, guess again. It's the fastest-growing sport in the world. Learn about the dink and discover pickleball. WRITTEN BY TIM NEVILLE

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IT'S A WILD, WILD LIFE

Urban wildlife withstands the movement and growth of Central Oregon's population. Meet some of the critters that live among us and how they have adapted to the changing landscape.

WRITTEN BY LUCAS ALBERG



ON THE COVER

Heading toward summer on the trails of Central Oregon.

CREDIT JORDAN SIEMENS

PHOTO ALICE DOGGETT



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Seasonal colors and fresh flavors from the sea inspire the menu at Redmond's Oishi restaurant.

WRITTEN BY DONNA BRITT



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PHOTO TAMBILANE

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WORDS *and* PICTURES

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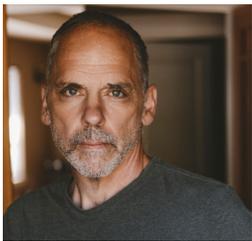


• DONNA BRITT

• Donna deals with words and makes a lot of messes in the kitchen (according to her). She's a
• freelance food writer, editor and recipe tester/creator as well as a moonlighting pastry chef. She
• abandoned her former life in radio/TV a few years back and now prefers spending her time
• cooking and baking or being out and about sampling delicious dishes at local establishments such
• as at Oishi in Redmond, which celebrates its 10th anniversary this summer (pg. 97). Find her
• online at DONNABRITTCOOKS.COM.

• CAITLIN GALLIVAN-GAERTNER

Caitlin Gallivan-Gaertner has been a professional photographer in Central Oregon for a decade. As the owner of Gallivan Creative, she works with small- to mid-size businesses to make product and branding images that bring to life the entrepreneurial work of her clients. Caitlin also photographs weddings with her husband every year as part of Gallivan Photo, and she is a co-founder of the Central Oregon Wedding Association. Caitlin enjoys gardening, doing DIY construction projects, and spending time with her family of three. In this issue, Gallivan photographed "International Markets" (pg. 65). See GALLIVANPHOTO.COM.



• BRIAN MCDONNELL

• Brian has spent the majority of his 20-year career working in his Portland studio. He then found the perfect
• environment in Bend, where he could be closer to his family and immerse himself in a vibrant community
• surrounded by stunning landscapes. During a shipyard project, he was inspired to capture more comprehensive
• narratives to unite the individual, the process, and the environment. Brian firmly believes that still images
• are a powerful medium that can convey a compelling story while simultaneously leaving ample room for the
• imagination to roam free. In this issue, Brian photographed "Pickleball Mania" (pg. 72). See BMACSTUDIO.COM.

• TIM NEVILLE

Tim Neville is a correspondent for *Outside* magazine and freelancer whose work has been included in *Best American Travel Writing*, *Best American Sports Writing*, and *Best Food Writing*. For this issue, he took a look at a sport he hasn't played in 20 years—pickleball (pg. 72). "The first time I tried it, my partner and I got so into it that one of us still has a scar from diving for the ball," said Neville, who has also written about student airplane pilots and adventure racing for the *Bend Magazine*. Neville, an avid skier and angler, lives in the Orchard District with his wife and daughter. See TIMNEVILLE.NET.

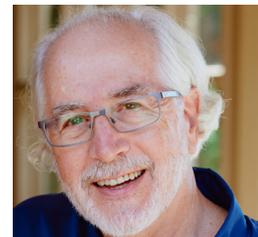


• ELY ROBERTS

• Ely Roberts has been a photographer for 15 years, creating images with a timeless feel. As a
• sociology major, Ely is interested in where people come from and what makes them happy, and so prefers
• photographing people over landscapes. The art of photography, from camera equipment and postprocessing
• to making people feel more comfortable behind the camera, allows Ely to improve his skills while feeling
• inspired and creative. Other passions include family, travel, cooking, hiking, camping, hunting, fishing and
• riding motorcycles. In this issue, Ely photographed a wide range of sandwiches (pg. 89). See ELYROBERTS.COM.

• DAN SHYROCK

Dan is a Salem-based journalist working with magazines and websites in California and the Pacific Northwest. His primary focus is cycle tourism, and he has roamed from the McKenzie Pass to Tuscany and New Zealand in search of bike destinations. He recently explored all 17 of Oregon's official scenic bikeways for an upcoming book on the subject and in this issue Dan wrote about cycling open roads (pg. 41). Find more of his work at DANSHYROCK.COM.





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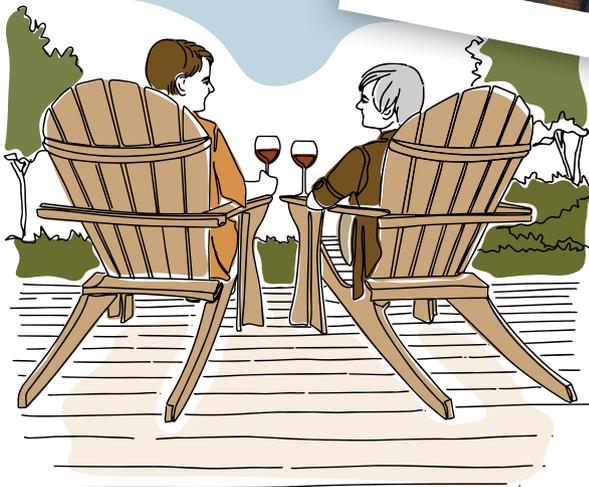
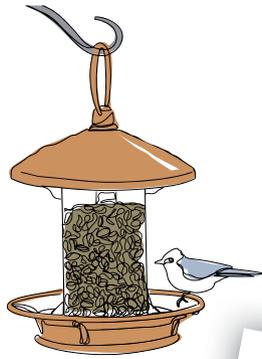
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FROM *the* EDITOR

BENT



Let's Play

There's been another contagion that's gone viral the last past years, only symptoms of this one present with plasticized yellow orbs: yep...it's pickleball. Your neighbors, parents and, admit it, *you* have likely played. Coming out of an era of disconnect, it's not much of a surprise. I showed up that first day because there was straight-up nothing much else to do post lockdown. Having hit plenty of tennis balls in my lifetime, the resemblance was good enough for me. Oh, and I was grateful to have other human beings there. We had to wear masks so I figured there was very little risk. Good thing my incognito partner had a sense of humor.

Here's the thing: it was fun. Everyone else was a beginner. There are so few things we start learning together as adults anymore. It can be equated to childhood recess—pickleball brings back memories of games of four square or chase with boys and girls running around in friendly camaraderie. The court has bursts of group activity and collaboration across a landscape of courts.

Plus, we reveal who we are in sports by how we play. We learn much about a person's character by how they judge a line call, offer encouragement, put in extra effort, cover for your weaknesses, or move on after winning (or losing) a

point. Jennifer Burkett, who organizes an amoeba-like group of enthusiastic players at Widgi Creek said it well: "Pickleball brings out the best in people."

In our May/June issue of *Bend Magazine*, we strive to share the best in people too. Learn about a farmer who has created a company to use fashion for good (pg. 71). Meet the people who are bringing international flavors to our corner of the world (pg. 65). We talk about spring skiing, biking, arts and creative combinations of flavors between two slices of bread (see pg. 88). For even more food and drink, pick up the newest issue of *Savor*, our foodie magazine for Central Oregon that comes out in May.

But why pickleball? Like many things, it's not all about the game. At its core, it's about connection and creating community. While I may prefer the velvety baritone thump of a felted tennis ball hitting tightly woven strings, that hollow *thwack* of a plastic wiffle ball smacking against carbon grows on you, especially when sandwiched between the sound of laughter with new friends.

So meet me on the pickleball court "playground," won't you? You may not know me, but I'll do my best to be a good partner. Just please stay out of the kitchen and for this moment, read on!

Cheryl Parton, *Editor in Chief*

The logo for Bend Pet Express is centered at the top. It features the word "Bend" in a white, sans-serif font, oriented vertically on the left side of a red rounded square. To the right of "Bend", the word "Pet" is written in a large, white, bold, sans-serif font. Below "Pet", the word "express" is written in a smaller, white, lowercase, sans-serif font. At the bottom of the red square, the tagline "Dedicated to healthier pets since 1993." is written in a small, white, sans-serif font. The background of the entire advertisement is a light orange color, decorated with several paw print icons in a darker orange shade, scattered around the logo and the top edge.

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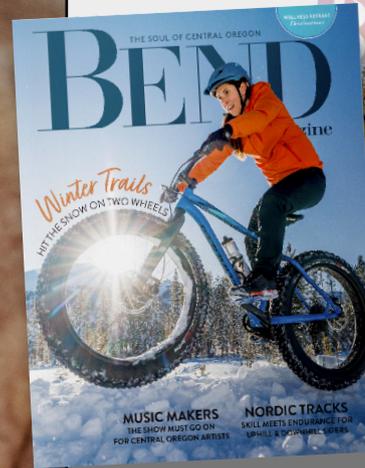
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BOOKFINDER

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Wayfinder updates the Dewey Decimal System at county libraries

WRITTEN BY HEIDI HAUSLER

The Deschutes Public Library is revolutionizing the browsing experience for Central Oregon library goers with a new system called Wayfinder. Custom designed by the DPL staff, Wayfinder joins the numerically organized Dewey Decimal System with a word-based bookfinder system of categories and genres. “The ultimate goal is to put more information into the hands of our users with a browsing experience that fulfills that,” explained Emily O’Neal, technical services manager for Deschutes Public Library. O’Neal has been planning to make this transition for seven years, inspired by word-based systems across the country and their resulting increases in circulation, engagement and support. “The vast majority of library users are browsers,” O’Neal said, “We wanted to design a system that allows for the best browsing experience, but one that also supports the known-item finders searching for a specific title.” Redmond Library completed its transition to Wayfinder and is reporting a marked increase in circulation, O’Neal shared. After implementation in the picture book section of the Downtown Bend Library, 20 percent more books were checked out. “With a topical-based system, even our youngest readers have independence in exploring their areas of interest. Carrying that joy forward will create a whole generation of readers.” Wayfinder is part of DPL’s Strategic Plan to create welcoming, inviting library spaces that evoke curiosity and inspire readers. The transition to Wayfinder is underway and slated to be complete by June 2023. See [DESCHUTESLIBRARY.ORG](https://deschuteslibrary.org).

Front Deck ■ *bend*

■ *transportation*

Electric School Bus

It's not quite a magic school bus, but what Bend-La Pine School District officials say is the first electric school bus east of the Cascades made its debut this spring. Called the LionC, the 225-horsepower bus has a range of 125 miles and can carry up to 77 students. Without a running engine to signal its approach, the bus plays music when traveling below 19 mph until it reaches a stop. The district purchased the bus with a grant from Pacific Power, and it will provide low-emission, clean energy as part of the school bus fleet.

■ *training*

Bend Endurance Academy to Open New Climbing Facility

Bend Endurance Academy will open a new space on Reed Market Road, with space for climbing classes, practices, competitions, events and training clinic. Established in 2009, Bend Endurance Academy has been promoting an active lifestyle through outdoor experiences, offering kids Nordic skiing, mountain biking, and climbing programs for more than a decade. The proximity of the new facility to Boardworks Climbing, which opened in the same building just months ago, will foster collaboration between the two organizations and create a hub for movement sports in Bend and promote a thriving community for climbers in the region. See BENDENDURANCEACADEMY.ORG.

■ *wellness*

Namaste at Bend Yoga Festival

The second annual Bend Yoga Festival will take place in Bend's Riverbend Park June 8-11, offering four days of immersive yoga experiences, workshops and community events. With more than 20 renowned teachers, practitioners and yoga leaders facilitating this multi-day event, participants can learn and practice alongside experts in the field. The festival, which caters to all skill levels and experiences, features a diverse range of activities, including asana intensives, workshops, meditation and partner yoga. In addition to yoga, the festival includes forest bathing, mountain biking, hiking and live music. See BENDYOGAFESTIVAL.COM.



■ *community*

Central Oregon Future Fund Grants Awards

A program of Visit Central Oregon, the Central Oregon Future Fund awarded its 2023 grants as part of its goal to celebrate the unique culture and diverse landscapes of the area. The Future Fund projects were chosen for their alignment with one or more of the goals to invest in projects that create, protect or preserve a tourism asset; create positive and long-term impact for both residents and visitors; and support projects that have broad community relevance. The projects selected are within a broad range to improve trails and signage across the region, ensure accessibility for residents and visitors with disabilities (such as Oregon Adaptive Sports shown above), and bring arts and culture to the area. Key projects include steel corrals at Sheep Springs Horse Camp, a program to support astrotourism and a community incubator led by the Warm Springs Community Action Team. See VISITCENTRALOREGON.COM.



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Front Deck ■ *central oregon*



■ *venues*

Madras Develops Event Complex

An event complex called The Spot has been proposed for Madras to feature an amphitheater with capacity to seat up to 300 people for outdoor concerts, along with food carts and outdoor fire pits. The \$2 million project, to be built on 5th Street, is partially funded by the Madras Redevelopment Commission and was brought forth by Portland developer Andre Jackson. Lysa Vattimo, communications coordinator for the City of Madras, pitched the name of the proposed venue, inspired by the creation of a gathering place for the community. The music venue at The Spot will be named John Brown Theater in recognition of the first African American to homestead in the Central Oregon area, securing his title in the canyon north of Madras in 1891. The Spot event complex is planned for completion by spring 2024.

■ *resorts*

Black Butte Ranch Unveils New Lodge

With a nod to its 50-year-old predecessor, the new lodge at Black Butte Ranch opens in May and unveils the use of integrated design and regional materials to connect guests to the surrounding landscape and panoramic views. The structure consists of two floors and 27,000 square feet, doubling the size of the original lodge with 21,000 square feet of interior space and a 6,000-square-foot exterior deck. Hacker, the architecture studio that previously worked on the ranch's completed Lakeside complex, General Store and a private residence, conducted an extensive outreach process to understand the community's expectations and priorities for the new lodge before beginning the design process, with the goal of maintaining the original aesthetic language while making modern updates. Inside, guests will find a new restaurant and bar, fireside lounge, second-floor lounge, commercial kitchen and private event space. See BLACKBUTTERANCH.COM.



■ *environment*

Greenhouses Growing for Sunriver Youth

With the help of a grant from the Central Oregon Health Council, Shakti Farm Design recently completed a greenhouse for Three Rivers School in Sunriver. The greenhouse creates an opportunity for school-aged children to develop the education and skills necessary to grow their own food year-round. Shakti Farm Design created the space to provide irrigated seed beds, garden pathways and planting areas for fruits and vegetables. Recent studies show that kids involved in hands-on growing programs are more likely to develop an affinity for eating fresh, healthy produce. See SHAKTIFARMDSIGN.COM.

■ *education*

Twenty-five Years for Central Oregon Community College in Redmond

Central Oregon Community College's Redmond Campus continues celebrating 25 years of providing higher education and community enrichment. At a site that began with a single structure, today COCC Redmond consists of a 25-acre campus with four buildings, much of it powered by a solar array. Its programs include manufacturing and veterinary technician study, electric vehicle technician programs and apprenticeships. It also serves as a community health worker training site and home to the Small Business Development Center. It offers professional development courses, community education classes, computer labs, summer youth camps and the Central Oregon Summer Spanish Immersion program for adults. See COCC.EDU.

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SPRING SKIING

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Enjoy the late-season snow in all its forms

WRITTEN BY ANNIE FAST

It's the most wonderful time of the year, and we're not talking about the holidays. It's spring-skiing season and for some, it really is the best skiing and snowboarding of the year. While many ski resorts end their run abruptly as winter storms taper off, Central Oregonians are fortunate to enjoy a season that can last through Memorial Day at Mt. Bachelor, and in the backcountry it's the time to bag peaks and ski big Cascade lines well into June.

Wondering how spring skiing differs from winter? In short, it's the snow. Unlike the deep winter, when storms beckon skiers with fresh powder and first tracks, spring skiing is about perfect corn snow. Kevin Grove, a local mountain athlete and alpinist who also happens to be a professor of physics and engineering at Central

Oregon Community College with an expertise in snow science, is more than excited to share his views on spring skiing. Grove quipped, "I always have this dilemma of, 'What do I like more, corn or powder?' When it's powder season, it's powder. But when it's corn season, it's definitely corn—it's such a fun time of the year." He explained that corn snow is actually old snow that has gone through a melt-freeze cycle during the warm days and cold nights of spring. "Over a period of time those beautiful six-sided snowflakes become spheres and they connect to become larger spheres, which become corn." The key to scoring perfect corn, he explained, is a combination of warm sunny days combined with freezing temps at night to "lock up" the snowpack.



Cheers to a day of spring skiing and a long season of play at Mt. Bachelor.



Ben Capelin makes some last tracks in an extended ski season.



Spring means pond skimming for Adam Zagorsky.

CRUST

On an ideal spring day, skiers are likely to encounter early morning firm and icy conditions, “There’s definitely a sweet spot,” shared Grove, the key is to catch it when the snow is not too firm and not too soft. The rule of thumb is to ski between 10 a.m. and 12 p.m. in the Cascades. Grove refers to the firm morning conditions as “crust,” a hard surface that makes for easy travel in the backcountry, a.k.a. “crust cruising.” Compared to the winter when backcountry skiers and splitboarders exhaust themselves by breaking trail through deep snow, spring travel is a breeze, which allows deeper and farther access to popular destinations such as the Three Sisters and Broken Top. Recreational backcountry skiers find fun lines and windlips to make turns, while alpinists, equipped with crampons, ice axes and ropes, eye big chutes and couloirs to descend. Meanwhile, inbounds at Mt. Bachelor, the early-morning crust beckons athletes looking for the thrill of carving high-speed groomers.

CORN

As the morning progresses, the frozen snow turns to corn, and the freestylers awaken to take advantage of the forgiving conditions in the Woodward Mountain Parks and halfpipe at the resort. This is an opportunity to practice tricks and spins or to carve the soft conditions across the mountain. Mt. Bachelor’s terrain park manager Alex Storjohan said, “We get a lot of snow throughout the winter, making it more challenging to keep parks prime, so the springtime is when we really get to focus on all of our parks and make them great for the extended spring season. We also have one of the longest halfpipe seasons



in North America. We expect the halfpipe to be open through the end of the season or as long as the snow conditions allow for it.” Whether on the hunt for airtime, rails or transitions, spring is “go” time.

SLUSH

On sunny afternoons it’s likely the solar effect on the snow will gradually advance it into deep slush, or if there’s any hint of new snow, which does happen—because it is spring in Central Oregon after all—it will become a sticky surface known as mashed potatoes, true to the food theme—not the creamy kind, but the over-whipped sticky version that makes it difficult to glide down the mountain. These unique snow conditions are reflected in Mt. Bachelor’s earlier operating hours in the spring, when lifts open at 8:30 a.m. and close earlier at 1:30 p.m.

DESSERT

This my friends, is when we transition to après ski. At the resort, it’s time to hit the main lodge sundeck or seek out the weekly 10 Barrel Snow Beach parties. In the backcountry, après celebrations go down back at the sno park, gathered around the tailgate luxuriating in the late day sunshine. Mt. Bachelor celebrates the season with its finale held on Memorial Day weekend, which features the addition of lift-served downhill bike park laps off Little Pine, live music, pond-skimming and costumes—basically the best of spring. Perhaps the early ski or snowboard session is the end or just the start of a classic Bend multisport day. There’s still plenty of time for a round of golf, a couple laps at Phil’s, or a paddle at Bend Whitewater Park. Just don’t forget the sunscreen. **IB**

Know Your Snow



CRUST

Snow or corn grains that become glued together when temperatures drop below freezing overnight. The crust thickness can vary from thin, breakable crust to the entire snowpack being frozen solid.



CORN

Old snow that has gone through a melt-freeze cycle during the warm days and cold nights of spring to become larger spherical grains. As the surface of corn snow melts and softens, it makes for ideal skiing conditions.



MASHED POTATOES

Fresh snowfall that has yet to go through a melt-freeze cycle. It then warms up to become super sticky mush.



WET SLIDE

An avalanche most often occurring in the spring that breaks in wet snow, usually as a result of rain on snow, sun or warm temperatures.



LAST DAYS

This is the snow that tells us the season is finally over. As a result of being in a near constant state of melting, this extremely porous snow doesn’t consolidate, instead telling us it’s time to say, “See ‘ya again next year!”

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SEASIDE

Natural Coast

Off the beaten path at Oregon's coastal vacation playground

WRITTEN BY KIM COOPER FINDLING

The trail rose steeply into the forest, century-old Sitka spruce towering overhead. Within 10 breathless minutes, I stood on a rocky perch peering over the open sea. The spring morning was calm, a bit gray, but blue sky at the horizon gave me hope for a spectacular Oregon Coast sunset by evening. For now, I returned to the Tillamook Head Traverse Trail, a 6.3-mile segment of the 400-mile Oregon Coast Trail, a thru-hike from Washington to the California border. This section extends from Ecola State Park, north of Cannon Beach, to the south end of Seaside. I found the trailhead just a few minutes' drive from the bustle of the colorful, vibrant, visitor-friendly town of Seaside.



PHOTO THOMA S SHAHAN

Neahkahnie Mountain Trail



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My mother recalls day-tripping to Seaside in the 1950s, traveling with her family from their Willamette Valley home to spend one free afternoon a week strolling the Promenade, eating saltwater taffy and—her favorite—riding the bumper cars. Oregonians have associated that beachfront-carnival-town vibe with Seaside for nearly 100 years, and there is no doubt that a family trip to Seaside isn't complete without a visit to the century-old Seaside Aquarium, a round of Fascination and a ride on the carousel, with fudge and ice cream afterwards. Yet the action of Broadway Street isn't all Seaside has to offer.

I reached the peak of the Tillamook Head Trail at 1,130 feet, on an observation point overlooking Tillamook Rock Lighthouse—also known as Terrible Tilly, built in 1881 and still Oregon's only offshore lighthouse. The north end of the trail terminates at Indian Beach, an idyllic little slice of sand so secluded and scenic it has garnered the attention of Hollywood, serving as the filming site of such classics as *Point Break*, *Twilight* and *The Goonies*. It's also a popular surf spot—here, surfers catch the waves of the cool waters of the Pacific Ocean.

I hotfooted it back over the head and made the five-minute drive to the Seashore Inn. My room for the night overlooked the famous Seaside Promenade, built in 1921, and the expansive sandy beach beyond. I took a short walking tour past the many pocket gardens, murals and the new public art installed at the Seaside Convention Center to popular attractions such as the Seaside Carousel Mall and the Seaside Aquarium built in 1937 and the oldest private aquarium on the West Coast. I snapped a shot of the bumper cars at Interstate Amusement Co. Inc. for Mom, popped into Beach Books for a nighttime

ENJOY THE CLASSICS

TOP: Built in 1937, Seaside Aquarium is the oldest private aquarium on the West Coast.

MIDDLE: Find sweets, and a bit of salty, with a selection of taffy from Seaside Carousel Mall.

BOTTOM: See the city coastline with a ride along the Seaside Promenade.





Oswald West State Park, known to many as Short Sands.

read and made my way to Maggie's on the Prom for a dinner of Thai citrus shrimp, deep fried artichoke hearts and honey bourbon pork belly, while the sun set just as beautifully as I'd imagined it might.

After a glorious night's sleep to the melodies of the ocean, I timed my morning coffee for low tide and a visit to the Necanicum Estuary. The Pacific Ocean gets all the glory, but three waterways also define Seaside: the Necanicum River flows from the Oregon Coast Range to its outlet on the north end of Seaside; Neawanna and Neacoxie creeks join the river near the mouth. Collectively, these bodies of water create Necanicum Estuary, again just a heartbeat from the center of town, yet worlds away. I walked the shoreline from Necanicum Estuary Natural History Park to the north, my feet crunching on hundreds of purple varnished clam shells, presumably the remainders of lunch from hungry birds. I kept my eyes peeled for the more than 300 types of birds including cormorants, oystercatchers, gulls and murrets that reside here while being mindful of the tide, which would return to swallow this beach soon enough. Kayakers paddled by on the calm waters, that are perfect for boating.

On the other side of the Neawanna Creek is North Gateway Park, which offers access to the north side of the estuary. Here I found the place I'd read about; Necanicum Estuary has long been an important place to the local Clatsop and Nehalem Native American tribes, who called this particular piece of saltmarsh and Sitka spruce forest *Ne-ah-coxie*, or "place of little pines." They fished for salmon and crab, hunted elk, gathered plants, roots and berries, and canoed the waters until the land was taken from the tribes following treaties in the 1850s, and they were forced out. In a historic reversal, the North Coast Land Conservancy deeded back 18.6 acres to the Clatsop Nehalem Confederated Tribes in 2020.

At the site, a towering column of basalt stone and naval bronze memorializes Reuben Snake, a Winnebago tribe member who fought for the Religious Freedom Restoration Act of 1993. The tribes plan to build a longhouse and museum here, but for now, the land is being allowed to recover. I stood behind the wooden fence protecting the fragile wetlands of this special spot and pondered that while the promenade, aquarium and taffy shops have been around for 100 years, the history of Seaside goes back much further. All of Seaside was once off the beaten path, and we are still visitors here. **▮**

Beyond the Promenade

SURFING

Cleanline Surf will set you up with surf gear; Oregon Surf Adventures provides gear and lessons. Surf Indian Beach in Ecola State Park or head farther south to the beautiful and extremely popular Oswald West State Park, known to many as Short Sands.

KAYAKING

Wheel Fun Rentals and Cleanline Surf rent kayaks, paddles and all necessary gear near the boat launch to put you on the waters of the Necanicum River in a heartbeat. Wheel Fun also rents Seaside's famous swan boat—a pedal boat shaped like a swan (once the kids see it, there's no going back).

CLAM DIGGING

Wait until September when the season re-opens. Then grab a shovel or a clam gun and your annual shellfish license, and hit the stretch known as Clatsop Beaches—from Seaside north to the Columbia River Bar—famous for razor clam digging. Watch for the clam's famous "show," a dimple in the sand indicating a clam is below the surface.

HIKING

Learn more about the 400-mile-Oregon Coast Trail at oregoncoasttrail.org.

HISTORY

Learn more about history at the Seaside Museum and Historical Society or Clatsop County Historical Society.

DINING

Options abound, including Norma's Seafood and Steak, Maggie's on the Prom, Osprey Café, The SEA Crab House and Bagels by the Sea. Visit Bell Buoy for fresh crab and clams.

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Open Roads

A tradition to weave between seasons

WRITTEN BY DAN SHRYOCK

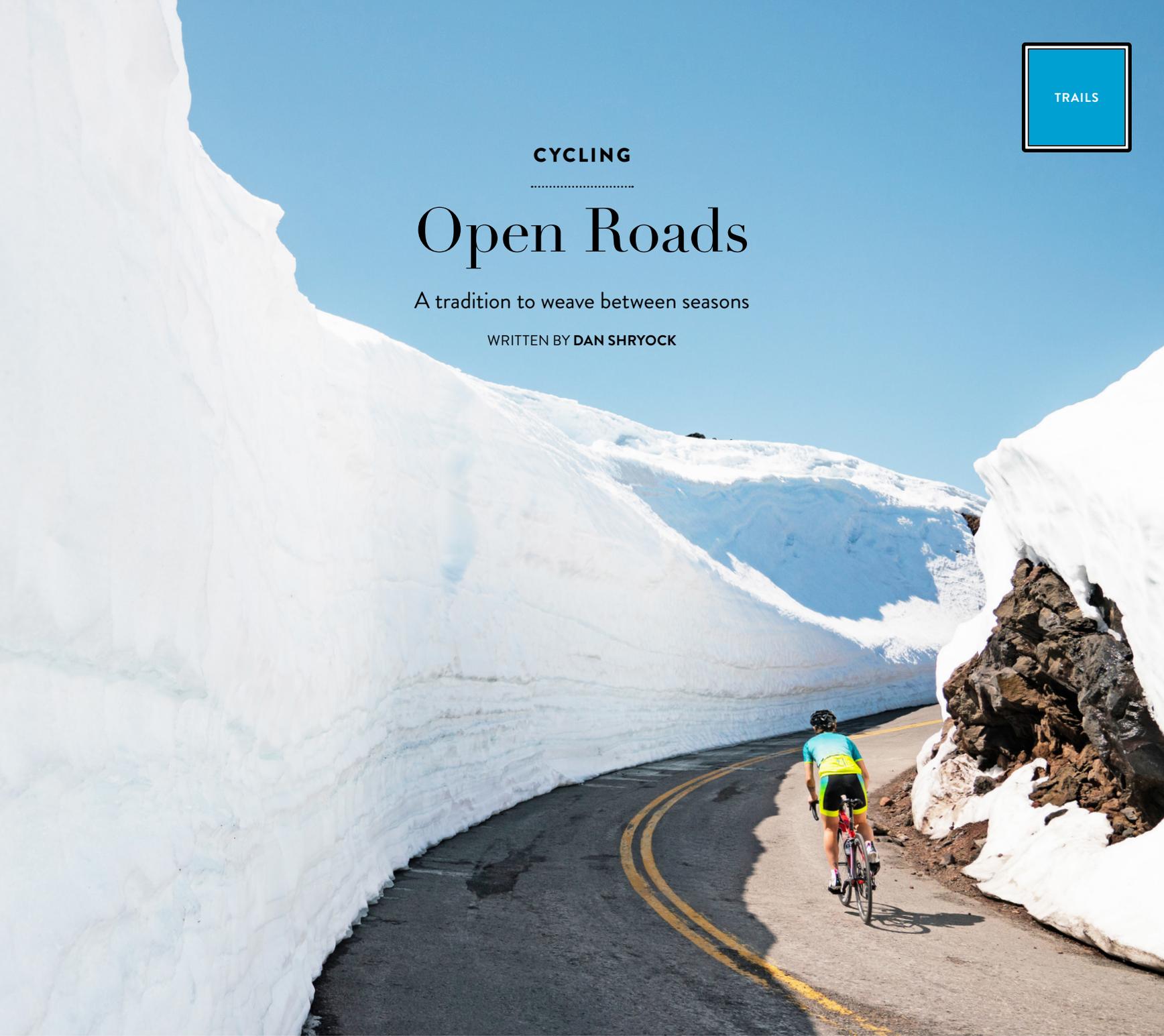


PHOTO BY MAX RHULEN

It's June and snow, several feet deep on the roadway only weeks before, is piled high along the side of Highway 242 over McKenzie Pass. The pavement is clear but closed to cars, trucks and RVs. The road is technically closed to bicycles as well, but that doesn't deter cyclists who crave this coveted climb. It's a tradition.

Road crews create two unique Oregon bicycling opportunities each spring. One ride is up and over Highway 242, the official McKenzie Pass Scenic Bikeway, west of Sisters. The other is along famed Rim Drive as it makes a serpentine loop around Crater Lake. Both are extremely popular.

The Oregon Department of Transportation recognizes that about 5,000 cyclists bypass road gates to ride to McKenzie Pass each spring, and an ODOT spokesperson emphasizes that cyclists who use Highway 242 before it opens "do so at their own risk."

"It can be dangerous to be on this route when it's closed, and we want folks to be aware that there are hazards," the spokesperson said.

What's clear is that many bike riders consider the risk-reward ratio in their favor. "[Village Green City Park] will be packed with cars every weekend day [in early June]," said Brad Boyd, owner of Eurosports bike shop in Sisters. "Two hundred to 500 people will



ride to the summit on a good weather day.”

The McKenzie route from Sisters extends over the pass and down the Cascade Range’s western slope to Belknap Springs. While many cyclists turn around at the top, the road to and from Belknap Springs is memorable. “Both the descent and climb back up are stunning,” Boyd said. “The forest changes from fir trees to lava. There’s always another corner and a different view.”

A second opportunity is pedaling around Crater Lake, though it is not for the timid. Cyclists here are either pedaling up or gliding down; it’s never flat. The effort is repeatedly rewarded with stunning views of the deep blue caldera waters below and occasional gazes out and across the Umpqua National Forest. Consider riding clockwise on the road to keep the lake’s best sightlines on the right.

“The road opens section by section, and visitors can hike or bike on the section of road that has been plowed but is not yet open to public vehicle traffic,” said Marsha McCabe, public information officer at Crater Lake National Park. “It depends on how much of the road has been plowed and where the road crew is working.”



MCKENZIE PASS SCENIC BIKEWAY

WHEN: While Highway 242 is officially closed from Nov. 1 to the third Monday in June or later depending on snow volume, cyclists typically ride once the pavement is bare across the 5,325-foot summit. The highway was cleared by June 4 last year, according to Boyd, who monitors snow removal progress on his store website.

Watch for road maintenance crews, debris, slides, rocks, downed trees and damaged

road surfaces before the opening. Parking may be available at Village Green Park, Sisters.

DISTANCE: 15 miles to the McKenzie Pass summit, 38 miles one way from Sisters to Belknap Springs.

ROAD INFORMATION: oregon.gov/odot/regions/pages/mckenzie-highway.aspx

CYCLING MAP: ridewithgps.com/routes/3449875

UNOFFICIAL ROAD MONITORING: eurosports.us/mckenzie_pass_update

RIM DRIVE AT CRATER LAKE NATIONAL PARK

WHEN: Riders take advantage as Rim Drive gradually opens a segment at a time starting as early as late May. Snow removal begins at Mazama Village, park headquarters and Rim Village. Work then moves to West Rim Drive and advances clockwise. Scheduling a formal opening date is difficult for park rangers. “It varies depending on conditions each year,” McCabe said. “There is never a time when the whole road is plowed, but still closed to vehicles.”

Public parking may be available at Steel Visitor Center or other locations along the road as snow removal progresses. Cyclists should stay clear of road crews and snowplowing machinery. Once the section is completely cleared, it is open to all vehicles.

DISTANCE: 32 miles on Rim Drive once all snow is cleared and open to traffic.

ROAD INFORMATION: Call or visit the park website for information on park entrance fees as well as updates on what sections are open for hikers and bikers and sections open to vehicles. See nps.gov/crla.

CYCLING MAP: ridewithgps.com/routes/16824323

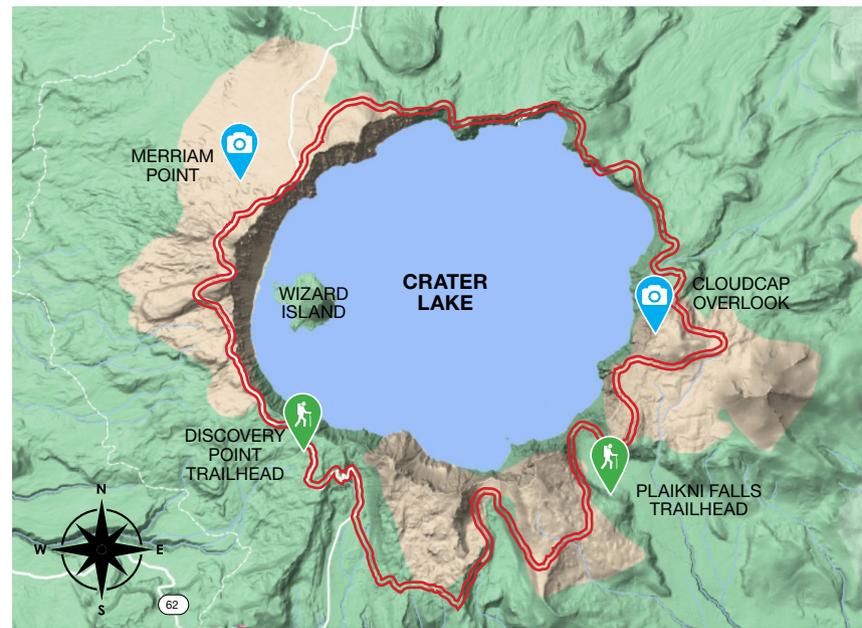


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Olympic Dreams

Record-breaking youth swimmer looks to Paris 2024

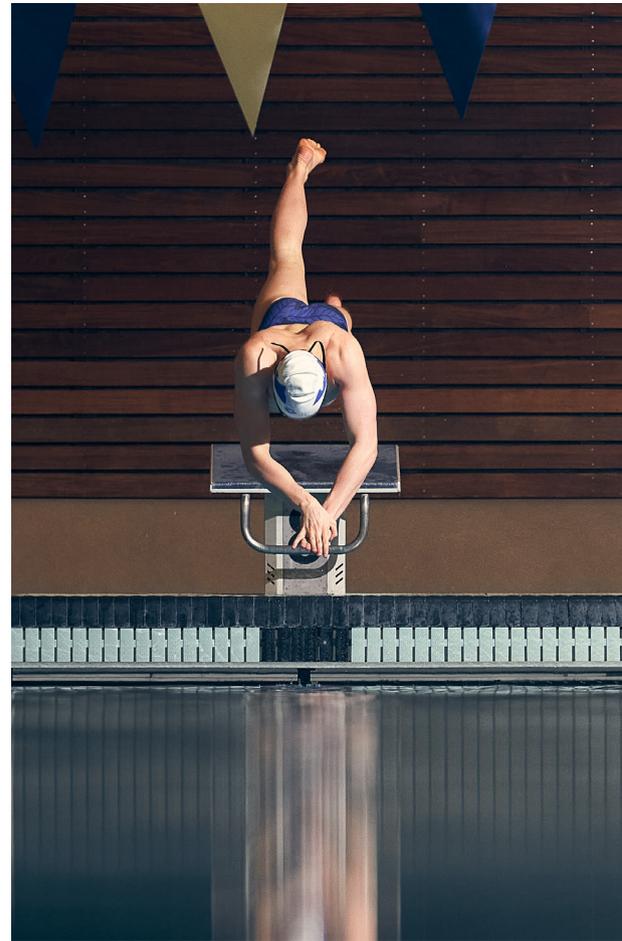
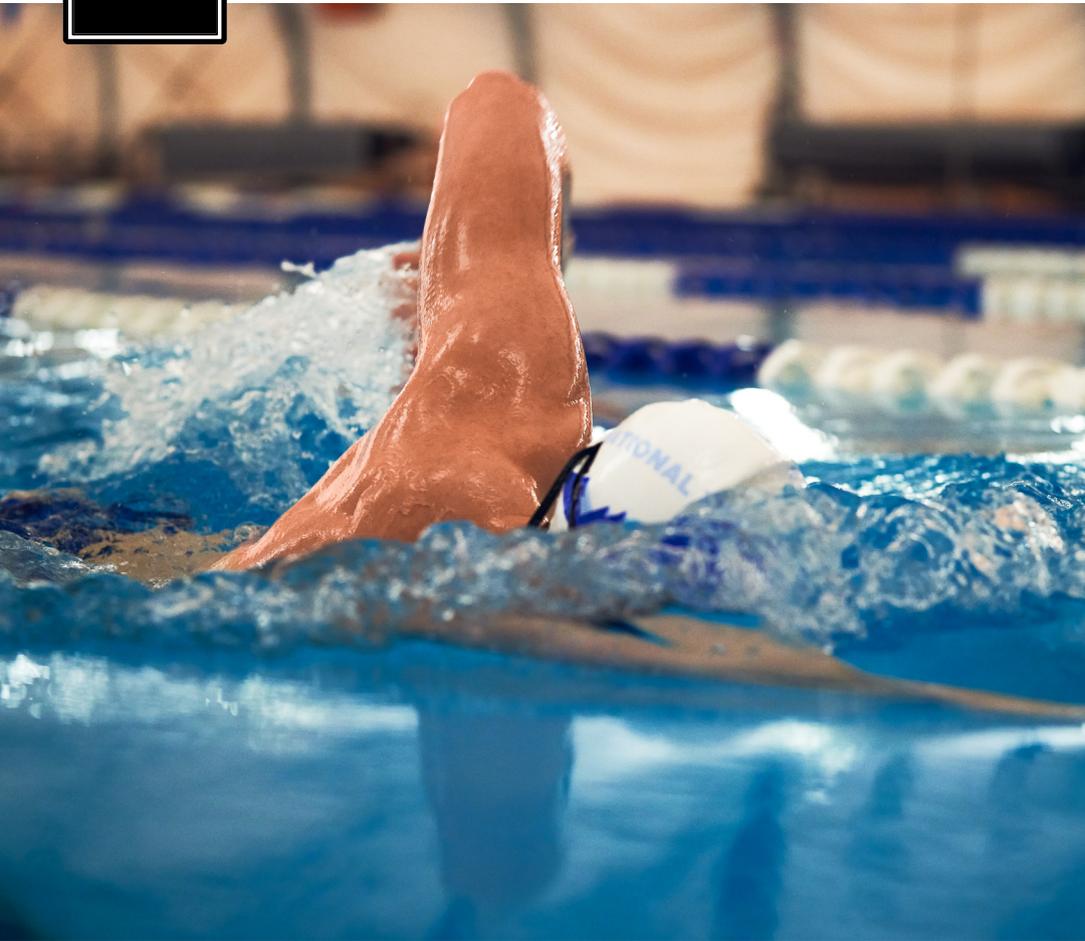
WRITTEN BY PENNY E. NAKAMURA
PHOTOGRAPHY BY TOBY NOLAN

Remember this name: Diggory Dillingham. The swimming sensation has his sights on the Paris Summer Olympics in 2024.

Dillingham, 18, a senior at Mountain View High School, secured a swimming scholarship from University of Southern California, but instead of going straight to college this autumn, he's taking a gap year to train even more intensely for the Olympic trials.

As the holder of the fastest American 50-meter freestyle time for his age group (18 years or under), and the fifth fastest 50-meter freestyle time in the world for 18U, his chances appear good, but Dillingham remains humble.

"My time for the 50-meter free is now 22.48, but really to make the Olympic team, I'd need to bring that down by another full second, but I don't feel too much pressure, if I make it, I make it, but if I don't, I can try for another Olympics," said Dillingham from his home. Already, he had finished his early morning swim workout, attended his high school classes and was getting ready to go to his afternoon swim workout.



When he's not in the pool or at school, Dillingham is at the gym lifting weights. He says he's been serious about his swimming since he was about 12 years old, although he's been swimming since before he could walk.

Dillingham's Bend Swim Club coach is his mother, Megan Oesting, who was an accomplished swimmer and water polo player for University of California Los Angeles, and a national swim team member. Despite her career, she's never forced her two children to swim.

"Childcare is expensive," joked Oesting. "The kids had to come with me. I've been a single parent since Diggory was two, and his sister, Mia, is a few years older than him, so they've always been around the pools."

Oesting says swimming is an intense sport. It uses more muscles than football, and a workout typically consists of swimming at least 4 miles. Dillingham swims up to 8 miles per day doing "doubles" in the morning and afternoon, often six times a week.

*"If you're weak
in your mind, then
you're never going to
be fast in swimming."*

Training 24 hours a week, with several more hours of weight training in the gym, requires dedication. Dillingham admits the long intensive workouts led him to quit swimming when he was younger. He attempted other sports: "I've tried a lot of things, like football, fencing, wrestling, but I'm not really good at anything on land," said Dillingham, who has the distinction of being the reigning Oregon 6-A state champion in both the 50 and 100 freestyle.

Dillingham said swimming thousands of miles in training requires the right mental state. "If you're weak in your mind, then you're never going to be fast in swimming," said Dillingham. "If you get behind the starting block and you're scared, then you're getting beat. I really don't like getting beat."

To make the National Junior Team last year, Dillingham had the swim of his life so far.

"He had to swim against Olympic gold medalist veteran Caeleb Dressel [current world-record holder in the 50 free], Diggory had to go faster than he's ever gone, he had to thrive in that one race, and he did," said Oesting. Still, the road to the Paris Olympics is long. Dillingham must earn a qualifying time for the Olympic Trials swim meet, and once there, must finish in the top two in one of 13 individual events. "I'm going to try my best," said Dillingham. "The best piece of swimming advice I've gotten from my coach, my mom, is to just win your heat; don't complicate things." ■

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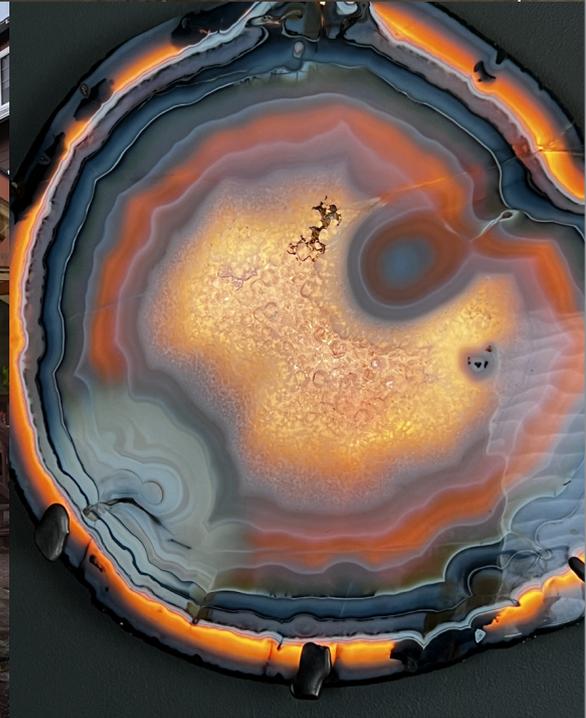


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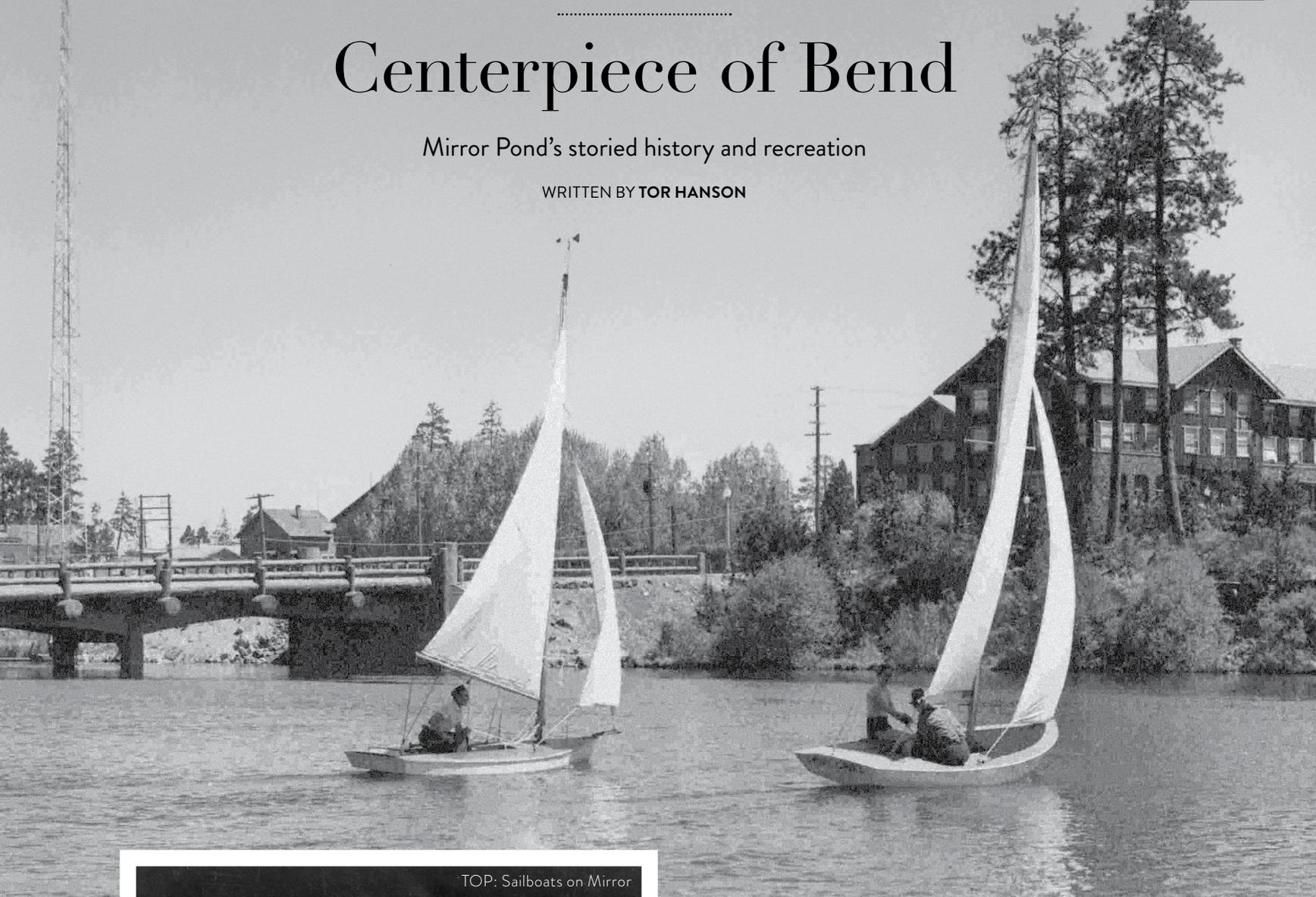
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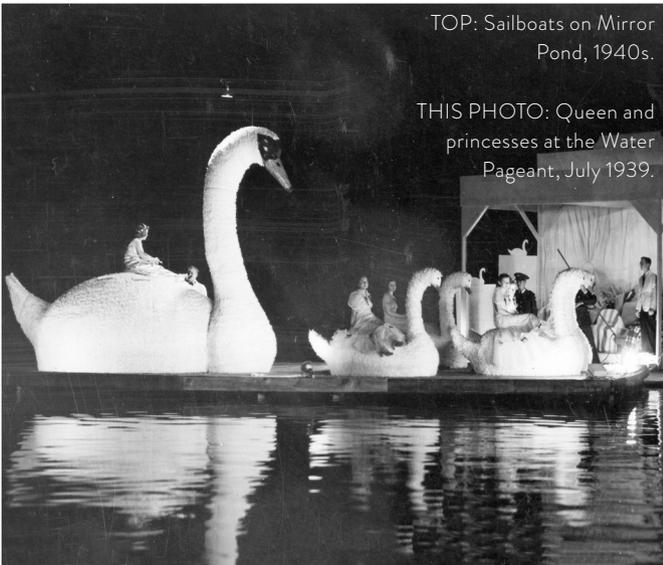
Mirror Pond's storied history and recreation

WRITTEN BY TOR HANSON



TOP: Sailboats on Mirror Pond, 1940s.

THIS PHOTO: Queen and princesses at the Water Pageant, July 1939.



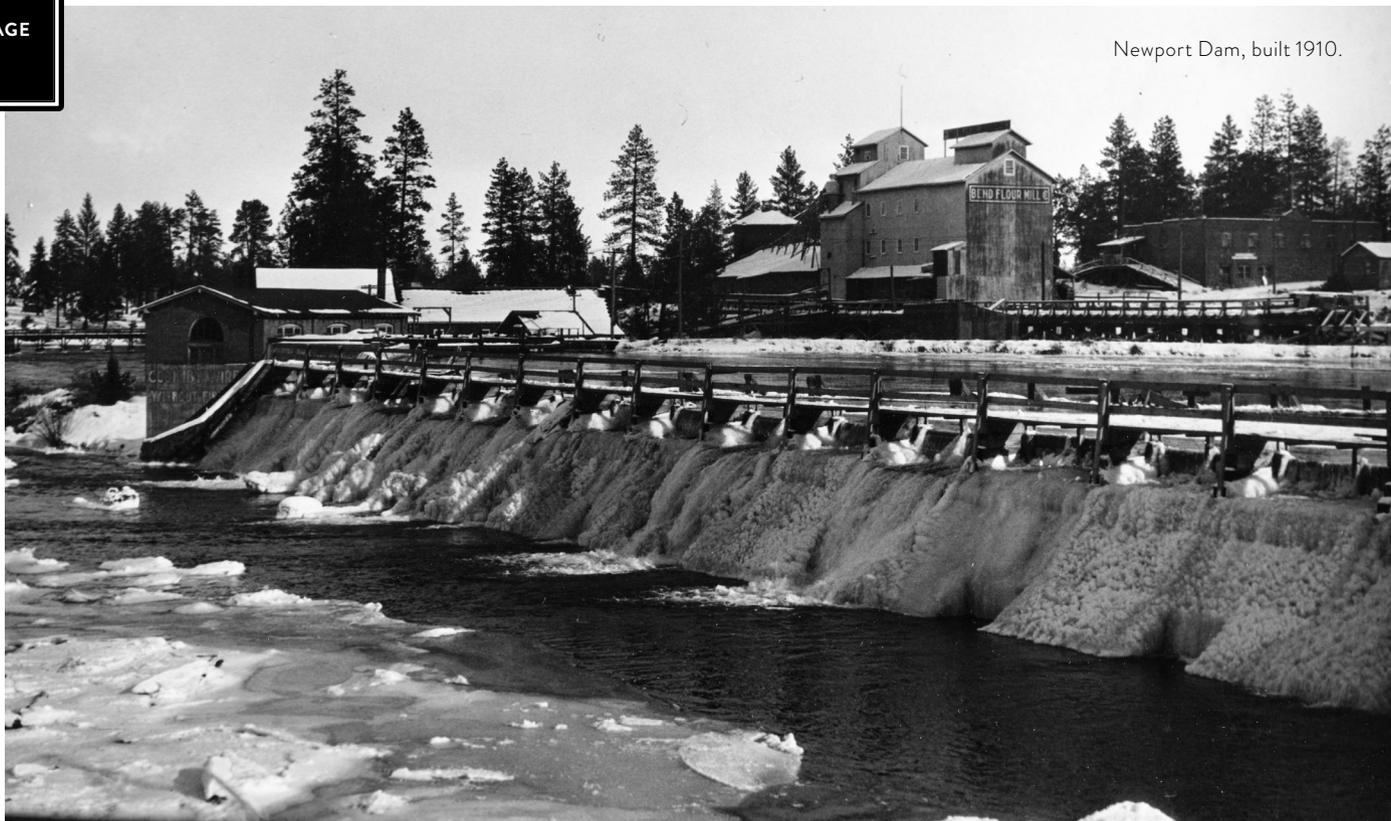
PHOTOS COURTESY DESCHUTES HISTORICAL SOCIETY

It is hard to imagine a more serene scene than Mirror Pond flowing through Drake Park. The man-made lake takes off at the former mill pond, below the Bend Whitewater Park. The river runs under Columbia Park's footbridge that once carried workers to the mills. Then, at Galveston Bridge, the river empties into Mirror Pond—a consequence of the Bend Water Light and Power Company's dam project, finished in 1910 to provide electricity to Bend.

At first, the artificial lake was simply called "the power dam pond." There was no need for anything more descriptive, *The Bend Bulletin* suggested in October 1961. "The backed-up water and its dusty banks were not pretty. There were no fine homes at the water's edge. Lawns reaching the becalmed river had not yet been planted."

The annual Bend Water Pageant put Mirror Pond on the map. Dreamed up by Bend businessmen in 1933, the event would bring tourism money during the lean years of the Great Depression.

Newport Dam, built 1910.



The first pageant was a success with approximately 10,000 spectators lining Mirror Pond. The highlight of the show was a pageant of floats that were pulled along the river, starting below the Drake Park bridge. Pagentarians kept the show going until 1965.

Wildlife has always sought reprieve on the pond—mostly common ducks and occasional swans, along with other migratory birds. A pelican stopped by in August 1930 and promptly made newspaper headlines. Its stay was short, as it was booted by aggressive swans.

A bird of different feathers touched down in May 1954. Private pilot Ray Andreasen made an emergency landing in his Taylorcraft floatplane after running out of fuel. After refueling, Andreasen tried to get the plane aloft but realized that he did not have enough space for a successful take-off. The plane was dismantled and trucked off to Tumalo Reservoir where the pilot took wings again.

INTERSECTIONS OF RECREATION AND HISTORY

“Floating the river is nothing new,” said Denis Berrigan at the time of a 2009 interview. Growing up on Mueller Avenue in the 1940s, Berrigan and his friends “tied together a couple of two-by-fours and floated downstream,” he said.

Anxious mothers told their children to stay away from Mirror Pond, especially those living along the streets fronting the river. By 1962, more than 20 youngsters and adults had perished in the river. One of the most talked about events took place on May 21, 1928.

“One of my best friends, Jack Rhodes, drowned in the river,” Bob Mannheimer said in a 2008 interview.

Jack was fishing at the Drake Park Bridge when his line got caught. A daredevil, according to Mannheimer, he scaled the handrail and lost his footing.

“No one saw the possibility that the dam would create a scenic feature that would provide for Bend one of its top assets.”

When Jack fell in, Mannheimer said Portland politician and presidential hopeful, Frank T. Johns, was giving a speech farther down in Drake Park and, “[I] heard my friend yelling for help,” said Mannheimer. Johns jumped in, trying to save the Bend youngster. Both perished in the frigid river.

There have been two constants during the history of the pond: “Mirror Pond Mud” and the power dam. The pond has been dredged on several occasions with heated dialogue preceding the events.

For the most part, Bendites have rallied behind Mirror Pond. Perhaps the *Bend Bulletin* editorial writer put the finger on the pulse in a January 11, 1960, commentary:

“Strangely, when the power dam was constructed [...], there was no mention of its important by-product, the Mirror Pond. Apparently, no one saw the possibility that the dam would create a scenic feature that would provide for Bend one of its top assets.”

Bend Park & Recreation District set out on an ambitious program in 2022 to upgrade the Drake Park trail system and the banks surrounding the century-old Mirror Pond, which proves that even the jewel of Bend needs some tender loving care. The unveiling of the project is slated for July. **■**

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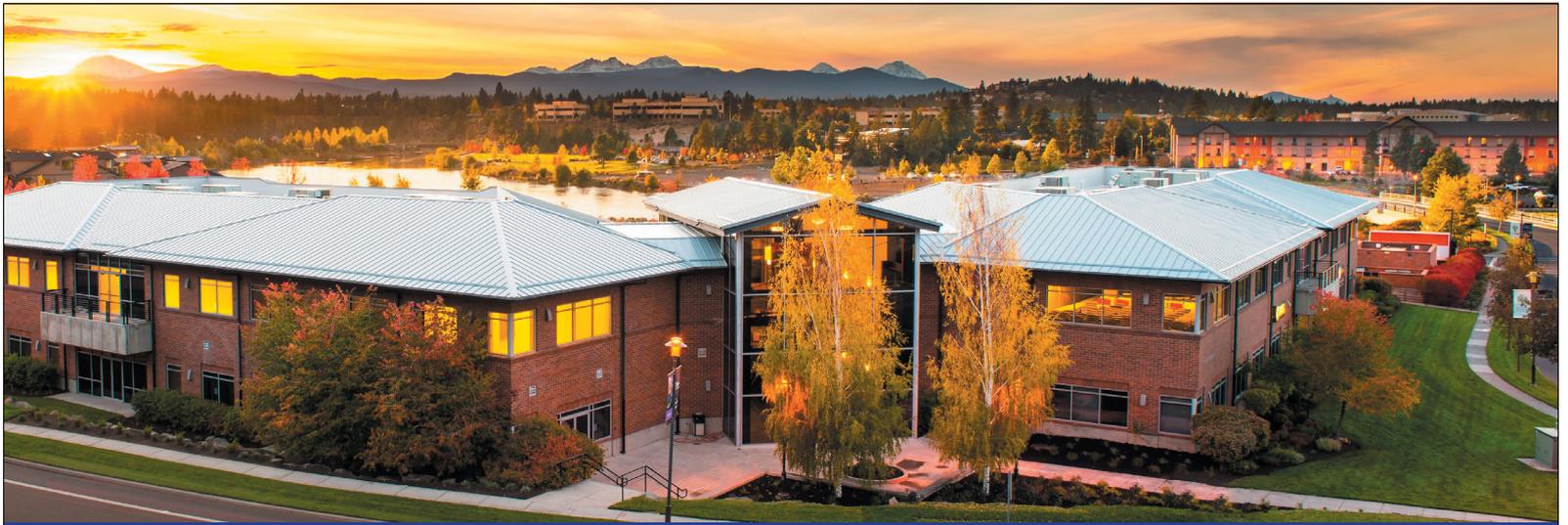


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RECYCLING

Keeping the City Clean

Initiatives aim to reduce Bend's environmental impact

WRITTEN BY K.M. COLLINS

PHOTO: ELY ROBERTS



Single-use plastic is so last century, right? Director of Sustainability at Hayden Homes Amphitheater, Cassidy Cushing, thinks so too. Last year alone, Cushing oversaw efforts which eliminated the use of 281,000 plastic water bottles. This number was calculated through measuring water usage at amphitheater water bottle refill stations.

In fact, single-use plastic bottles are not available anywhere in the venue. “We do not sell or allow our vendors to sell plastic bottles or utensils. All cups and service ware are required to be compostable or reusable items, and no straws are allowed. We also refrain from using toothpicks or fruit skewers in our cocktails as they make scooping food out of the trash a bit more difficult and painful!” explained Cushing. Why would Cushing and staff be scooping food out of the trash? Because that is how committed they are to recycling.

After concerts, Cushing and her team “dumpster dive” or look over the contents of each and every garbage bag with a fine tooth comb to be sure waste products are sent to proper recycle streams. Plastic bags are cleaned, dried and then taken to a facility to be reused. Beverage distributors are given back six-pack rings to reuse during packaging. Some trash is even made into art.

Cushing and Hayden Homes Amphitheater aren’t the only organizations in Bend catching the recycling craze. Cushing

names The Environmental Center as a longtime Bend-centered organization that continually creates impacting programming around local recycling and sustainability efforts.

Udara Abeysekera Bickett, program manager for the Rethink Waste Project at The Environmental Center, mentions one major challenge to recycling efforts is that infrastructure is different across the state (and county) lines—meaning that what is collected for recycling in Bend is different from what is collected in Madras, Prineville, Portland or Newport. “It’s important to learn to recycle correctly across communities, especially when traveling,” she said. Fortunately, the Rethink Waste Project has published a do’s and don’ts guide to recycling available at RethinkWasteProject.org.

Recent efforts by Rethink Waste Project to address recycling gaps include partnering with Visit Central Oregon and lodging sites, including resorts, hotels and Airbnb, to implement recycling infrastructure and education that supports tourists to rethink waste; collaborating with Housing Works properties to implement recycling infrastructure and education that supports multi-family housing communities, developing and implementing large event sorting station plans; and partnering with Deschutes Brewery, Crater Lake Spirits and several other local beverage manufacturers to collect plastic film for recycling.

Another local and innovative recycling initiative is Local Plastic, which launched in 2019, and is a spin off of The Broomsmen—an event recycling-solutions team for weddings and gatherings of all kinds. “We always asked ourselves, ‘Where is all this waste going? Is it actually going to get recycled into a new product or just shuffled around in a charade of globalized supply chains?’ We realized we needed to utilize the plastic we collected to create a product in-house locally here in Bend,” explained Founder Philip Torchio.

Isolated in Central Oregon from major municipalities where recycled plastic markets exist, Local Plastic emerged from a desire to close the loop on the waste collected through The Broomsmen. Local Plastic was born to collect and manufacture locally discarded plastics into beautiful four-by-eight-foot sheet products.

In years to come, Torchio hopes Bend residents will think twice before throwing their plastic away. “We are placing a high value on your waste and view it as a manufacturing resource of the future. This discarded waste will create jobs and prosperity for our local community,” he said.

Cushing thinks support for recycling initiatives from residents, to travelers, to decision makers and corporate higher-ups is ever present in Bend in part because, “Bend is such a beautiful place. The city makes it easy to recycle or use the proper waste stream by providing receptacles, signage and ample reusable products to mitigate the production of unnecessary resources.”

During her 12 plus years of dumpster diving on behalf of Hayden Homes Amphitheater, Cushing noted, “We have a responsibility to preserve the live music experience for generations to come, and an opportunity to use our platform to inspire global environmental action.” This is what it means to be a Bendite. **■**

GIVE A HELPING HAND

KEEP CENTRAL OREGON CLEAN, CAVE CLEAN UP, May 13.

See WANDERLUSTTOURS.COM.

PUBLIC LAND CLEAN UP, June 10.

See PLSBEND.ORG.

DESCHUTES RIVER CLEANUP, July 29.

See UPPERDESCHUTESWATERSHEDCOUNCIL.ORG.



Abby Torchio, co-owner of Local Plastic, shows the result of six-pack beer holders after they were ground into plastic bits.

Recycling 101

Confused about the commingle?

Here’s a primer on recycling in Deschutes County at the Knott Landfill Recycling and Transfer Facility.

Mixed Paper: Envelopes, white and colored paper, wrapping paper with foil or ribbon removed, strips of shredded paper.

Paper bags: Clean bags of all kinds.

Paperboard: Not just boxes and boards, this category includes the shapes of paper egg cartons, paper towel tubes and all those beer and soda carriers.

Plastic Bottles/Tubs: Mingle away those yogurt, sour cream or cottage cheese

containers as long as they are 6 ounces or larger. Yes, include nursery plant pots 4 inches or larger, plastic buckets 5 gallons or less and milk jugs (just don’t flatten them).

Magazines, Catalogs, Newsprint: The test: if it is included with a newspaper, it can be recycled.

Aluminum/Tin: There’s no need to flatten clean cans and yes, add tinfoil bits. Just don’t include paint/aerosol or rusted cans.

Remember there is no cost to recycle these items, so go ahead and mix ‘em up, and be a more responsible consumer with the way you thoughtfully recycle. See DESCHUTES.ORG.

HOME





PHOTO KATIE SOX

DESIGN

Nurturing Space

Building a high desert hive for community wellness

WRITTEN BY K.M. COLLINS

Seated east of Bend in sagebrush-steppe surroundings, Hanai blooms like an earthen hive from high desert volcanic soil and lava rock. A testimony to the use of sacred geometry, the building mirrors one of Mother Nature's strongest and most efficient shapes: the hexagon. Biomimicry, or mimicking forms found in nature, is a foundational methodology woven into the architecture at Hanai—the single-word reference given to the space by its founder Kimberly Smythe. Even the curved roof is an homage to the graceful dance of a bee as it returns to its hive to dispense information.

SACRED GEOMETRY AND SOURCES OF INSPIRATION

The look and feel of Hanai is intentional, and Smythe generated the design over a lifetime of innumerable inspirations. Her percolating ideas finally manifested when Smythe launched the Hanai Foundation in 2013 and broke ground at the building's location in the late 20-teens.

The concept of sacred geometry is defined in many ways. Creighton University scholars define sacred geometry as the geometry used in the planning and construction of religious structures, sacred spaces or religious art. In sacred geometry, symbolic and divine meanings are ascribed to certain geometric shapes and proportions.

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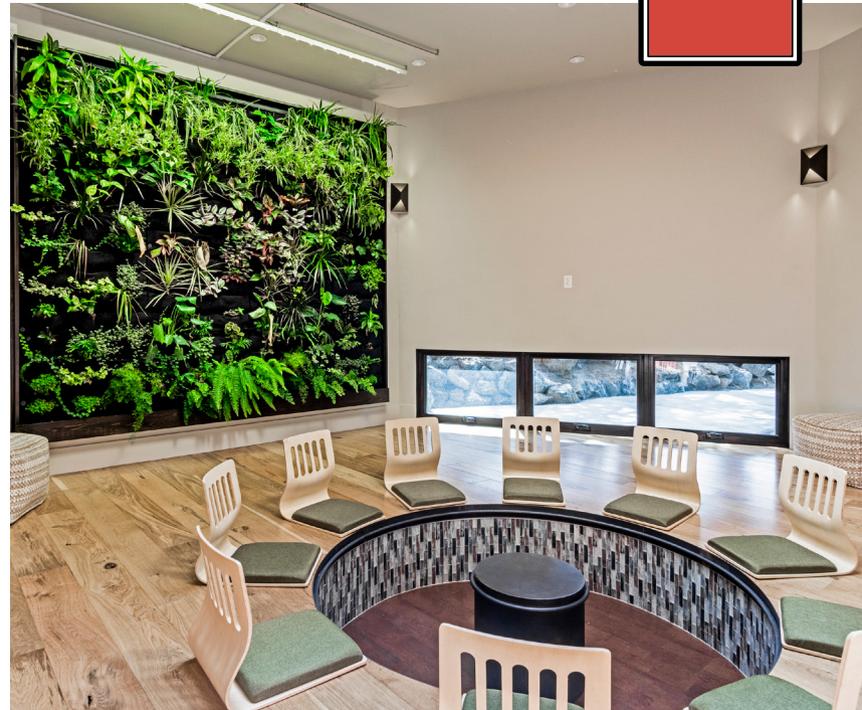


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Holbrook and Lucas to rethink how architectural elements could be used to create a container that welcomed people by virtue of its creativity and innovation.

ROOM BY ROOM

When a visitor steps into Hanai, they are greeted by a welcome desk and a spacious, inviting foyer which is the central connection point for all other branches of the building. The use of raw materials embodying elements such as wood, fire, earth, metal and water is immediately apparent and a felt experience. Individual gathering spaces branching off the foyer include the expansive Forest Room, the more intimate Eagle and Earth rooms, and a commercial kitchen.

The Forest Room is the largest of the three rooms, encompassing three conjoined hexagons and tall ceilings. Four large folding doors allow expansion and flow to outdoor space and access to extend into the large foyer. Twenty-three identical tree-shaped, vertical columns are visible throughout the building when the Forest Room unfolds. These columns are intended to embody the way members equally take on the weight of holding up a forest canopy, or a community. Artist Andrew Wachs built distinctive light fixtures for this room that can also be seen throughout the building.

Like the eagle itself, the nest-like Eagle Room represents self-expression, freedom and the element of air. A circular thick-beamed ceiling, high windows and hanging chairs which elicit movement, ease and playfulness all exude the energy of the eagle. For more traditional meetings, modern and movable transformer trapezoid tables are available.

In the Earth Room, one experiences stability, grounding and cradling. The room was purposely built to be adjoined, or held by earth, on two sides. With a basilica-like domed skylight

Building a community space where people could feel more alike than different was a central concern for Smythe when imagining Hanai. “Before we started construction at Hanai, we embarked on a community-wide listening project organized by Carli Smythe [a current candidate for a Master’s degree in applied psychology]. It provided us with invaluable insight into the needs and concerns of the community. We were very mindful of the generosity of the over 150 people who offered their ideas, and we incorporated much of what was shared into our design of the building.”

To bring the vision to life, Smythe enlisted the help of Architect Gary Holbrook of HD Architecture Inc. and designer Piper Lucas of Piper Lucas Designs. She encouraged and challenged

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Founder, Kimberly Smythe

above and a rounded sink conversation area below, meeting in this space creates an ancient ceremonial sensation. Windows in the room are floor height, which give privacy and a view of high desert vegetation and rocky basalt volcanic soil. Artist Luke Sheridan crafted a floor-to-ceiling living wall of plants for this space.

A commercial kitchen gives easy access to the exterior of the building through doors and a three-paned window which slides open to bring the outside in. The walk-up window makes meal service a breeze. A curved half wall with visitor cubbies separates the kitchen and bathrooms, and aligns with sacred geometry.

HANAI FOUNDATION

Hanai is a Hawaiian word that means to nurture or to bring up. Smythe believes in the collective responsibility (*kuleana* in Hawaiian) of letting go of that which does not serve us and embracing life with courage and a true desire for growth. Helping each other do this is the fundamental mark of a thriving community. In this spirit, the Hanai Foundation was formed in 2015. Its focus is community sustainability, courageous connection and the breaking of barriers. The Hanai Foundation's peers and partners are individuals, businesses and nonprofits that care deeply about creating non-ideological togetherness and interconnection.

The Hanai Center and Foundation and Hanai LLC are an evolution of the support network Smythe wishes she had around her as a younger woman. Through hosting offerings designed by masterful facilitators which fall under the pillars of conscious connection, wellness and community celebrations, she knows others will have the tools they need to heal.

Like a hive is only as sustaining as the bees that work together to maintain it, Hanai was made possible by the Smythe family as a starting point, and with the support of the community Hanai will grow and flourish. 🍯

See HANAIFOUNDATION.ORG.



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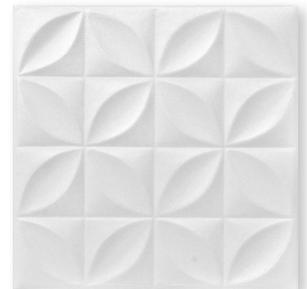


TREND

Focal Point

Custom tile provides a style statement

When it comes to bedroom accents, the headboard space is a canvas for creations of form and texture. A floating headboard is an economical use of space with unlimited possibilities for expression: textures may be soft with upholstery or provide the definition and statement made with materials found in tiles of ceramic, stone or metal. Here, homeowners Bryan and Stephanie DeBoer created a custom look for their bedroom with concrete relief tiles by Ann Sacks for a sleek, yet dramatic look. **B**



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BUSINESS

International Market Niche

Entrepreneurs bring global flavors to Central Oregon's palate

WRITTEN BY CATHY CARROLL | PHOTOGRAPHY BY GALLIVAN CREATIVE

Central Oregon is not only growing, it is also becoming more diverse, and local entrepreneurs believe the same is true of the community's demand for international foods. That's stirring up the launch and expansion of markets aimed at satisfying this yen for global ingredients. Business owners are relying on hard facts, market data, anecdotal evidence and years of local experience to support their hunches—and business plans. For example, U.S. Census data for Deschutes County shows that between 2010 and 2020, the total population went up almost 26%, to nearly 200,000

residents. During that time, the Hispanic or Latino population increased nearly 50 percent, the two censuses show the county's number of Asian residents increased nearly 72 percent. Alongside this data are local trends that entrepreneurs said prompted them to open new markets. The nearest Asian grocery store is 139 miles away in Salem, social media sparks young consumers to want trendy, exotic treats that pop up in their feeds, and since the pandemic, more people are cooking an expanded range of cuisines at home, they said. Here's how they are seizing a market opportunity.

COLIMA MARKET

Colima Market, which offers authentic Mexican products, has experienced significant growth in the past three years and plans to open its third location in Redmond by fall. Sales have been increasing since 2020, when revenue went up about 40%. “I think it was because everyone stayed home for coronavirus—everyone cooked at home,” said CEO Yamely Chávez Kennedy.

Her family opened its first local market in Madras in 2009 and a second in Bend in 2016, and is bootstrapping the expansion, relying on hard work that is finally paying off, she said.

Over the years, family members put revenue back into the business, upgrading equipment, adding a bakery, expanding their meat department, and offering a wire service which residents use to send and receive money from Mexico. Top-selling items include meats such as longaniza sausage and al pastor pork prepared in-house by her father, Guillermo Chávez, fresh and dried chilies that customers say they cannot find elsewhere, vegetables and fruits from Mexico, and Mexican sour cream and queso fresco, staples of the Mexican kitchen, she said.

The growth since 2020 also allowed them to hire four employees. Before that, Chávez Kennedy, 35, relied on two employees and herself. For seven years, she worked from 9 a.m. to 8 p.m. six days a week, including when her son was born, and she had little time to spend with him and her husband. Since her sister moved from Portland to manage the Bend location last year, Chávez Kennedy said she can leave at 5 p.m. to make dinner and have weekends off.

She emulates her father, whose unrelenting work ethic and versatility, from forging strong relationships with customers and vendors to making Mexican specialties, laid the foundation for success. “My only mentor is my father,” she said.

BENDITE MARKET

At the new Bendite Market at The Hixon Westside Yard Apartments off Century Drive, owners are counting on the flavors of the Middle East, Asia, Europe and South America—not just convenience-store sundries—to draw customers from the complex’s more than 200 apartments and beyond.

Snacks, candies, beverages, spices and packaged goods, from Turkish iced coffee, Thai milk tea and Japanese matcha Kit Kats to Tunisian harissa spice paste and Moroccan sardines line the aisles. Co-owner David Sayidi springs from behind the register to guide visitors, explaining the healthful properties and soothing effects of saffron tea. The 29-year-old moved to Redmond from Afghanistan a decade ago to join a cousin here after serving as a translator for U.S. forces in his homeland.

A friend introduced him to Haseeb Shojai of Redmond, who came to Central Oregon from Afghanistan in 2004 and built his business MHTS, which owns and operates gas stations, grocery stores, restaurants and bars throughout Central Oregon, from the Parkway Chevron in Bend, to Saffron Grill, a Persian restaurant in Redmond.

“With the college [OSU Cascades] being right around the corner, and with the diversity that’s happening with a lot of people moving in from California and Washington and from other states, we thought we should give it a try,” said Shojai. “You can find unique snacks in Bend instead of having to order them online or having to go to a bigger city to try an international market.”

Shojai said he tapped savings generated by MHTS to launch the independent retail space of about 1,800 square feet. He relied on his business sense and his own information gathering rather than market analysis. He talks with vendors and customers daily about product requests, and when he cooks for guests at home—Persian dishes such as marinated lamb kebabs and rice with raisins and almonds—they always ask how to make it, but can’t find the spices.

Shojai aims to fix that. “We are proud to call Central Oregon home and to be able to be part of a change that will diversify Central Oregon in a good way,” he said.

TOP LEFT: Yamely Chávez Kennedy cites strong relationships with customers and vendors as the foundation for Colima Market’s success.

BOTTOM RIGHT: Diversity in Central Oregon is foreshadowed on the shelves of co-owner David Sayidi’s Bendite Market.





TOMI MART

Growing up in Bend, Jesi Scott, 36, and Natasha Dempsey, 35, had mutual friends, but just last fall discovered their shared passion for Asian culture and cuisine. In October, Scott launched her plan to open Tomi Mart, hosting a table of Asian dry goods at Bend Moonlight Market at Open Space event center. The pair realized they shared the same vision and values—a desire to create a community hub celebrating Asian culture and food products.

They knew Central Oregon had a pent-up demand for Asian grocery goods. Dempsey grew up with her Korean-born mother's cooking, and knew that locals needed to travel to Portland, Eugene or Medford to get ingredients. Scott taught English in China, lived in Japan and her partner, Adam Shick, is half Japanese and loves to cook. The market is named for their 18-month-old daughter, Tomiko Eddy, and Shick's great-grandmother, Tomi Hashizume.

Scott and Dempsey hope to open a 2,000- to 3,000-square-foot store this fall, and plan to offer dry goods and snacks, phasing in produce and a grab-and-go section of prepared dishes from local Asian restaurants.

In drafting a business plan, they leveraged local resources including the Small Business Development Center at Central Oregon Community College, SCORE, Central Oregon's free one-on-one business counseling service and Deschutes Public Library's Ask a Librarian service, through which they accessed Deschutes County consumer food purchasing reports. Dempsey gleaned data to find the percentage of locals eating out and cooking at home, plus population growth numbers. National food industry reports cited the rising popularity of Asian foods. For financing, they're exploring loans from the Small Business Administration and the nonprofit lender Craft3 in Bend, which considers community impacts alongside economic ones to lessen the racial wealth gap.

After selling out inventory at two Moonlight Markets, they gained newsletter subscribers and followers on Instagram. Keeping up the momentum, a Tomi Mart Takeover on May 19 at Open Space is a fundraiser for startup costs with music, food, drinks and a ramen-eating contest coinciding with Asian American and Pacific Islander Heritage Month "The amount of times I've heard people who've moved here from Seattle, San Francisco or California asking, 'Where's the Asian grocery store?' " said Dempsey. "I'm expecting to come to a town this large and have two or three Asian grocery stores, and there's not one." Yet. **IB**

BY THE NUMBERS

INTERNATIONAL FOODS

\$29.1 million¹

Dollar amount of Kimchi imported to the United States from South Korea

5,965,080²

Tons of olive oil produced in Spain

120 Percentage increase in yuzu production³

1.7 million⁴

Tons of chili peppers produced in India

808 acres⁵

Size of the world's largest food market, the Central de Abastos, in Mexico City

Trending foods for 2023

1. Jalapeño/chili peppers
2. Hibiscus
3. Moringa

Ancestral eating is on the rise:

120% increase in searches for Norwegian food

150% increase in searches for South African food⁶

Sources: 1 & 4: Statista; 2 & 6: Waitrose & Partners Food and Drink Report 2022-2023; 3: 2022 Fona Flavor Insight Report; 5: Civitatis

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Range Revolution

Fashioning responsibility and good intention

INTERVIEW BY CHERYL PARTON

Cate Havstad-Casad hopes to start a revolution. While managing 360-acres from the Madras farm she runs with her husband Chris, Havstad founded Range Revolution. She refers to it as the “world’s first regenerative leather luggage and handbag company,” using traceable and regenerative hides to create its designs. Recipient of the Early Stage Award at the 2022 Bend Venture Conference, Havstad spends roughly 70% of her time running Range Revolution while also helping manage Casad Family Farms and creating custom designs for Havstad Hat Company, plus being mother to 19-month-old son Hesston. Here, she tells Bend Magazine more about how design and responsibility don’t have to be mutually exclusive.

What is a range revolution?

The wordplay is for me to conjure a thought process about how we consider rangelands and the people who steward them. Rangelands sometimes get forgotten or left out of the picture when we talk about different ecosystems, but they hold a large percentage of the world’s remaining biodiversity, and they hold the potential to sequester more carbon than even rainforests. Rangelands make up more than 54% of earth’s land mass, these are important ecosystems that are in trouble right now. It’s an important and critical time to shine a lens on them and build supply chains that support their regeneration.

So how did your company Range Revolution begin?

Originally I sought to create a luggage piece for Havstad Hat Company, and I wanted to find leathers that aligned with how I live the rest of my life. I wanted them to be local, to be sustainably raised and from this ecoregion. As soon as I started looking, I realized that a supply chain didn’t exist. All of the hides from mid-sized processors in Oregon are thrown in the trash. Taking it a step further, from my research, I learned more than 5 million hides are thrown in the trash just in the United States. Most leathers that are part of our fashion supply chain can be traced to Brazil and to



the deforestation of the rainforests. That’s where things started in 2020, and it has been a journey to rebuild this regenerative, regional leather supply chain for Range Revolution.

People have become more aware of supply chains. Can you explain that part of your business?

What’s unique about our supply chain is that all our leathers have a provenance journey. It means we can trace them back to the ranch that they came from. The ranchers we work with go through Ecological Outcome Monitoring which shows with data that these ranchers are improving the ecosystems they manage. People are just starting to understand what regenerative agriculture means and how cattle play into that system. Range Revolution is uplifting those stories and working to create a value-added marketplace for the raw goods coming from those ranches.

So what does regenerative agriculture mean?

Regenerative agriculture refers to any sort of management practice that improves the ecological outcomes on the land. That usually means you’ve increased soil organic matter, increased diversity in the landscape and now those soils are healthy and more functional, allowing more water to be infiltrated and held. These lands regenerate, sequester more carbon, hold more water and preserve biodiversity.

Especially in the area of luxury goods, do you sense that understanding where goods originate matters more these days?

The luxury world has always revered beautiful high-quality leathers but the ecological impact of those materials has not been in focus until very recently. Now, the fashion world is waking up to a level of accountability. The demand for regenerative hides is outpacing the supply. It’s a good place to be if you are ahead of it, so the work I started three years ago to secure relationships to procure leather was important. The hoarding worked out!

What is your long-term vision for Range Revolution to invoke change in the fashion industry?

I want to focus my energy on showing people what transparency, traceability and regenerative sourcing look like, because it’s doable. We have just gotten used to a different and extractive way. My vision is that in the next five years, 100% of our supply chain will be sourced from our ecoregion. We’re building the relationships, aggregation and an economic model to do that. It’s important to build the blueprints and create relationships to find partners who are able to think at a larger scale, both from a business standpoint and from a humanity standpoint.

Let’s not forget how beautiful Range Revolution designs are.

All of our bags have a heritage look and a timelessness to their design. Some styles are unisex, some more feminine and some more masculine. They’re about letting the natural fiber shine. We’re not hiding the marks that show this is leather. Great design communicates ethos in the most subtle ways. How a certain item makes you feel when you wear it, if you understand the story of the fibers and have a connection to this item, it can make you think about everything around you and about how something is intentionally created. That’s my goal in design. I think revolutions can be beautiful and design can be a force for good. **▮**

See RANGEREVOLUTION.COM.



PICKLEBALL

Mania!

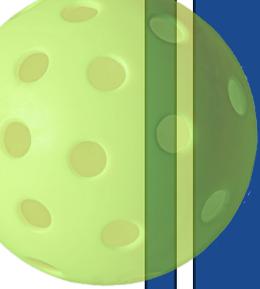
CATCH ON TO THE FASTEST-GROWING SPORT IN THE WORLD

WRITTEN BY TIM NEVILLE

PHOTOGRAPY BY BRIAN MCDONNELL



A few years ago, Mike Margolin, a former professional tennis player, was walking around Pine Nursery Park when he noticed people playing what looked like a children's game. Margolin, now 70 and living in Valhalla Heights, had faced off against legends such as Jimmy Connors, John McEnroe and Billy Martin back in the day, so he was amused. His wife, Cathy, told him the game was called pickleball.



Mike Margolin played professional tennis in the US Open.



“I said there’s no way I’m playing this,” he recalled recently. “These were older people hitting a dinky wiffle ball that I played with when I was eight.”

But Margolin tried it anyway and millions of people know exactly what happened next. “I got addicted just like everyone else,” he said.

“You don’t need a 125 mph serve, and you don’t have to deal with a 125 mph serve coming at you. It’s more like chess, and that’s fun.”

Margolin now spends countless hours playing on those tiny courts and then countless more hours watching YouTube videos studying the game. He’s not alone. Pickleball has become the fastest-growing sport in the country, according to the Sports and Fitness Industry Association, with at least 150% growth since 2019. In the United States alone, there are now an estimated 36.5 million people who have played pickleball, which is nearly the entire population of Canada. There is *Pickleball Magazine* and Pickleball Channel. You can eat ‘n’ dink at Chicken N Pickle, a restaurant chain with pickleball courts on site. Ten years ago there were five lines of pickleball paddles to choose from. Last year there were more than 500.

Move over square dancing. Pickleball is now taught in middle school gym classes, too.

The game is indeed approachable because it unfolds on a court roughly half the size of a tennis court at 44 feet by 20 feet, leaving less ground to cover. You can’t charge the net. You can’t serve overhand. Newcomers want to whack the ball hard — “bangers,” as pickleheads say — but the plastic, racquetball-size paddles make it easy to parry with a snappy return. Instead, much of the game unfolds with “dinks,” or short, soft shots that keep the ball low, making it hard for an opponent to attack. “You could have a 40-year-old macho guy get beaten by a 70-year-old lady,” said Werner Zehnder, owner of the Pickleball Zone. “They walk off the court thinking, what just happened?”

Some of the world’s earliest pickleball players might ask the same thing about the mega-million dollar industry the game has become. It all started in 1965 on Bainbridge Island when a congressman named Joel

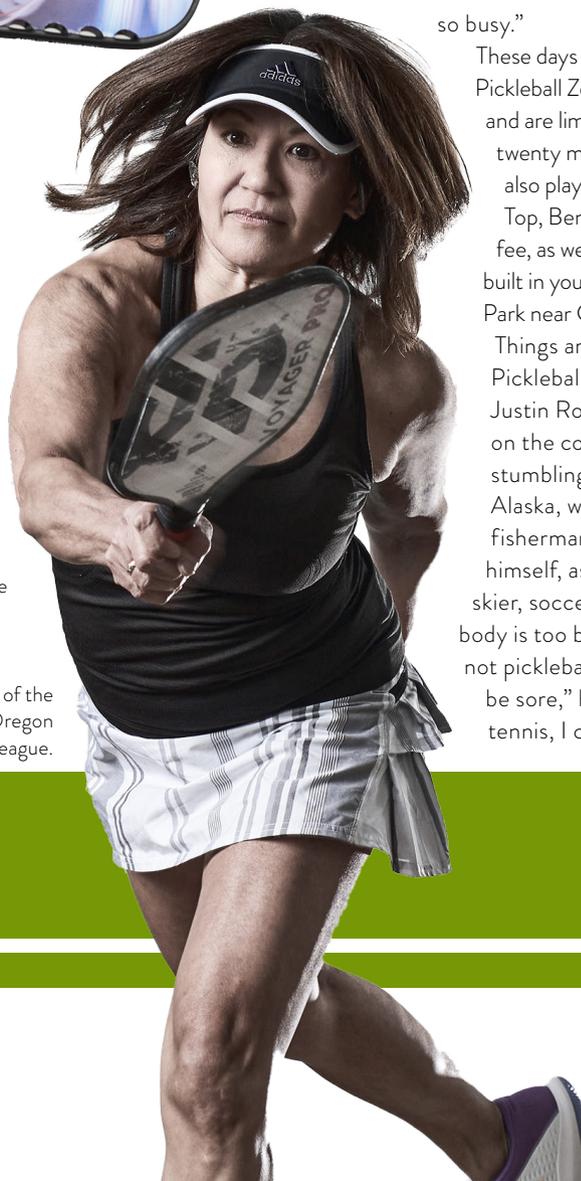




Courts for games, clinics, camps or drills are found outdoors and indoors at places such as on 10 courts at Widge Creek Pickleball.



Emily Wiseman enjoys the social and competitive aspects of the sport.



Wendy Meeuwsen of the Central Oregon Pickleball Players League.

Pritchard and friends improvised the first games using ping pong paddles and a badminton net found on site, with a goal of creating a family friendly diversion. Popular stories hold that the name pickleball came from Pritchard's cocker spaniel, Pickles, but that's not true, sleuths at *Pickleball Magazine* said. (The good pooch wasn't born until 1968). Rather, Pritchard's wife, Joan, called the hodge-podge contest "pickleball" after the "pickle boat" in crew, which is a team of rowers thrown together from who's leftover after the best slots get filled. Either way, the game was a hit and by 1990, it had spread to all 50 states in some way or another.

Pickleball had made its way to Bend, sorta, with a single court at Quail Park, but you needed to bring your own net, Zehnder recalled. Things began to change in 2011 when the Fraties, Fellows and Scott families, friends who'd returned to town after snowbirding in Arizona, founded the Bend Pickleball Club. By 2014, with membership swelling into the hundreds, the club worked out a deal with Bend Parks and Rec, raised \$100,000 and opened eight official courts at Pine Nursery Park. Eight more courts opened the next year, after Zehnder, then a retired Swiss chef and early Bend Pickleball Club member, provided the means to do it. Today the club has 900 members who pay \$90 a year for preferential court times at the park. Hundreds of more people are on a waitlist.

"We can't allow any more," Zehnder said. "It's just so busy."

These days it can be tough to get a court. At the Pickleball Zone, memberships cost \$1,320 a year and are limited to 275 people. One hundred twenty more people are on a waitlist. You can also play on courts at Widgi Creek, Broken Top, Bend Golf Club and Bend Hoops, for a fee, as well as increasingly on a custom court built in your neighbor's yard or driveway. Quail Park near COCC now has a net.

Things are popping when I arrive at the Pickleball Zone one afternoon for a lesson. Justin Rose, a 46-year-old pro, meets me on the court. He came to the game after stumbling across it inside a gym in Sitka, Alaska, while working as a commercial fisherman. As a former tennis player himself, as well as a former professional skier, soccer player and swimmer, he says his body is too broken now for other sports, but not pickleball. "I can play for six hours, and I'll be sore," he said. "But after two hours of tennis, I can't walk."

Rose has a big smile and a coach's can-do demeanor. He moves to the opposite side of the net and behind a line that marks the "kitchen," an area that you can't go in whatsoever unless a ball bounces in that zone first. He raises his paddle to meet the ball with a straight arm and a hinged shoulder, like he's tossing a bag in cornhole.

Dink! The sound of the ball hitting the paddle is onomatopoeic and satisfying. The ball drifts to my side of the net, slowly and predictably, so I dink it back.

We work on block shots and backhands. He shows me how to serve. I sense my old tennis days returning and feel that age-old sizzle when I send the ball cutting hard across the court. I can't resist and start swinging for the fences. Rose just blocks my bangers and sends me scrambling for a return.

But Rose is the consummate coach with endless encouragement, not just for the small improvements I've made, but also for showing me what a future, my future, could be with pickleball.

The gripping play. The friends. The incredible social nature of the whole thing. "It's unlike anything else," Rose said.

That's because the fun is exponential to effort, which is a lot like being a kid. **13**



Steve Burkett added playing pickleball to his multi-sport roster.



Competition, camaraderie and skill development are key components of this fast-growing sport.



Merritt Wilburn saves an out-of-bounds ball with his backhand.



ANCIENT
DRAMATIC
FADING
FROZEN
MELTING
GONE
GLORIOUS
GLACIERS

FUTURE LANDSCAPES ILLUSTRATE A CHALLENGE FOR TODAY



PHOTO ANAIS POSSANAI

WRITTEN BY DANIEL O'NEILL

Around 1884, a United States Geological Survey geologist named Joseph Silas Diller considered the Three Sisters “as probably affording the most interesting field for glacial studies in the United States, with the exception of Alaska.” At the time, roughly 20 glaciers covered those three peaks, keeping them icy white throughout the year.

Were Diller to visit Central Oregon today, he would find only 15 of those glaciers remain. In summer, the alpine landscape looks comparatively brown versus white. The proximity and abundance of glaciers in the Three Sisters made Diller's study viable and fascinating, but for today's glaciologist, it's an exercise in diminishing returns. Broken Top, for example, had four glaciers in 1900, but holds only two today. Even Mount Bachelor had one until the early 1980s.

Scientists define glaciers according to movement. If ice builds each year from snow that survives the summer, it flows slowly downslope as an active glacier. But if new ice no longer accumulates, because summer heat devours all of the previous winter's snow, a glacier becomes a stagnant ice body or a permanent snowfield. It may still look like a glacier, but technically it's not a glacier by definition. In a sense, glaciers are alive, and as the climate warms, they are dying in Central Oregon and across the globe, forcing society and wildlife to adapt.

Glaciers serve many purposes. As alpine reservoirs, they hold frozen water, releasing it in summer when fish, such as bull trout and salmon, need that cool pulse until fall returns. Farmers and ranchers also dip into summer glacial meltwater. Up high, mountaineers enjoy the glaciers because Oregon's stratovolcanoes look and climb best when covered in snow and ice. Spring and summer skiing and snowboarding likewise depend on glaciers for terrain.

While the effects of glacial loss will not immediately alter life in Central Oregon, perhaps the greatest consequence of disappearing glaciers comes in the message such a signal sends. "It's the visual manifestation of climate change," said glaciologist Anders Carlson, president and co-founder of the Oregon Glaciers Institute. Only a cooler climate can restore Central Oregon's glaciers. "They'll come back as soon as we give them the climate to have year-round skiing again," he said. Carlson recalls trekking by South Sister's Clark Glacier in 2002, excited to

have glaciers essentially in his backyard. Today, Clark Glacier no longer flows, meaning the expert can no longer classify it as a glacier.

"It's unprecedented, for me, how quickly this area has gone from a place that had glaciers to one that in my lifetime will have none," Carlson said. "People always say that glacial ice moves slowly, but this isn't that. This is 'bam,' the glaciers are done here. I did not know that such a cold place that gets glaciers could transition so fast."

Mountaineering and backcountry skiing and snowboarding have already experienced tangible shifts. Cliff Agocs, owner of Timberline Mountain Guides, has taken notice. "The most dramatic thing for me is the shrinking season," Agocs said. "When I moved here in 2012, spring skiing on South Sister was in June, and now by June...people are hiking it."

As glaciers transition to stagnant ice and disappear altogether, there will be less terrain to ski and ride in spring and summer. Eventually, summer skiing will join the bygone climate that created the glaciers, and



Middle and North Sister from Broken Top Ridge, 1920.



PHOTOS COURTESY UNITED STATES GEOLOGICAL SURVEY

icy peaks will turn to sketchy slush cones in spring, which complicates climbing.

Agocs said he used to guide North Sister or Mount Jefferson well into July or August. Now, by mid-June, those peaks have melted out to the point where rockfall hazard and runneled-out routes prevent him from summiting.

Mountaineering in Central Oregon will become a winter sport, which comes with its own dangers.

While rivers like the Deschutes and Metolius issue from deep aquifers, Whychus Creek gathers itself from various glaciers on Broken Top and the Three Sisters. Farmers and ranchers in the Three Sisters Irrigation District rely on Whychus Creek summer flows, and so do fish such as bull trout, a federally-listed threatened species, and reintroduced salmon and steelhead. Glacial loss at Whychus Creek's icy headwaters demands adaptive management of irrigation and fish habitat, which is already taking place.

As monitoring program manager for the Upper Deschutes Watershed Council, Lauren Mork partners with conservation groups and

with the irrigation district, to good effect.

"Three Sisters Irrigation District has been an excellent partner and has really worked with Deschutes River Conservancy and other organizations to manage their flows in a way that supports ecological values," she said.

Habitat preservation and restoration play a crucial role in providing fish a future in Whychus Creek. Previous and current projects include protection of large groundwater inputs such as at Alder Springs, which offer fish cold water refuges during the summer months. In collaboration, Whychus Creek stakeholders are exploring a multitude of ways to save water in the face of disappearing glaciers.

Easily taken for granted as they loom above Bend and environs, the region's glaciated peaks can nonetheless teach how to live responsibly in a hotter, drier Central Oregon. Central Oregon's glaciers might not impress Joseph Silas Diller today, but with engagement, sacrifice and commitment, the region could afford the most interesting field for how society can adapt to glacial retreat. **B**

Education

WHERE TO LEARN MORE

Protect Our Winters

This nonprofit created in 2007 by professional snowboarder Jeremy Jones helps outdoor enthusiasts protect the places they live and love.

See PROTECTOURWINTERS.ORG.

National Snow and Ice Data Center

Since 1976, this organization has been a partnership between the National Oceanic and Atmospheric Administration and University of Colorado to build understanding and provide analysis of earth's frozen places. See NSIDC.ORG.

Citizens' Climate Lobby

Volunteers formed the Bend Chapter of Citizens' Climate Lobby in 2013 as one of more than 500 chapters in the United States. They work in Central Oregon to build local support for policies that address climate change at the national level. See CITIZENSCCLIMATE.ORG.



Middle and North Sister from Broken Top Ridge, 2020.

WRITTEN BY LUCAS ALBERG
ILLUSTRATIONS BY SWEET PEA COLE

Wild, Wild Life

FANTASTIC FAUNA IN CENTRAL OREGON

Not long ago, the Old Mill District was filled with actual mills, the Whitewater Park was simply whitewater, and the homes and businesses of what is now part of Bend's thriving urban core were few and far between. Yet, despite all the development over the years, the wildlife that calls the area home perseveres and has found ways to adapt and even thrive among the city's rapidly changing landscape.

Take a stroll along the Deschutes River past Miller's Landing and it's not uncommon to see a blue heron wading in the shallows or an osprey building a nest while surfers carve a man-made wave nearby. Launch a paddleboard from Drake Park on Mirror Pond and you may see the evidence of a tree being gnawed down by a resident beaver.

Though the landscape of the city has certainly changed, the fauna of Central Oregon persists and is a testament to the resiliency of nature to adapt and survive. It's a reminder that we share this world with a vibrant and indomitable natural world, and that despite our pursuits, wildlife will always have pursuits of its own. At the end of the day, the heron will fish, the rock chuck will chuck, and the mule deer will continue to find its way into our gardens and, well, make us pay the flower tax for sharing their space with us.

Great Blue Heron

ARDEA HERODIAS

A favorite sight for Central Oregonians, the regal great blue heron can be spotted near the Deschutes River along the banks and in the weedy shallows of the Old Mill District. With its long and graceful neck and a wingspan up to 7 feet, this blue-gray feathered phenom is a sight to behold. Those lucky enough to witness its fishing skills may see a show when its lightning-quick reflexes, matched with a precise diving ability, give the blue heron the prowess of even the most skilled Bend angler.



Chipmunk

TAMIAS AMOENUS

These small, spry creatures, affectionately known as Timber Tigers, are part of the squirrel family and are known for their long black and white stripes that extend across their body and onto their heads. Chipmunks build extensive burrows with multiple rooms, complete with sleeping quarters, food storage and even a separate area for waste. They love to play but are also extremely resourceful. One chipmunk can gather more than 300 pine nuts and seeds across a two-day span, which is enough for the entire winter.

Raccoon

PROCYON LOTOR

If a hollow tree isn't available, common raccoons in Bend live under decks or porches as an adaptation to being townies. Their coloring resembles a mask, fitting for these animals and the creative ways they'll scavenge for food as a burglar of sorts during nocturnal hunts. Their circuit may include rummaging in trash cans, or searching for unlocked doggy doors to gain access to a pet's food bowl.



Mule Deer

ODOCOILEUS HEMIONUS

Mule deer are large-eared herbivores that most commonly live in the nearby mountains of Central Oregon. During the fall, as the early snows hit the higher elevations, the white rump and black-tip tailed deer descend on Bend neighborhoods to pillage gardens and flower beds for their food sources. Male mule deer grow impressive antlers they use to compete for mates. With long legs and a mighty spring in their step, mule deer are excellent jumpers and can easily leap 4- to 5-feet high, so very few gardens are safe from their excellent taste for greens.

Hummingbird

TROCHILIDAE

There is no other bird that flies like a hummingbird: forward, backward, straight up and even upside down. Most common in Central Oregon is the Rufous hummingbird. This tiny redhead covers Central Oregon territories as it visits hundreds of flowers each day, even remembering the location of a feeder from year to year. They're one of nature's endurance athletes out of necessity, you would be too if you needed the energy to support wings moving at 60-80 beats per second. The Rufous migrates south from Oregon to South America, a trip that can be several thousands of miles, but your eyes don't deceive you: one bird remains. The Anna's hummingbird stays local year-round and can be spotted perched on a branch even in the snow.

Great Horned Owl

BUBO VIRGINIANUS

The great horned owl earns its name with its relative heft. It can weigh more than three pounds and measure up to 22 inches. Often perched in a nest high in a Ponderosa pine, they're the subject of many a visitor's camera in Drake Park. Just don't look for them in the same tree next year as they don't use the same nest twice. Their wise eyes are also sharp: telescoping vision combined with down-soft feathers for quiet flight mean unsuspecting small mammals often don't hear the raptor swooping in with sharp talons from above.



Beaver

CASTOR CANADENSIS

The American beaver is a furry architect that lives in ponds, lakes and rivers in Central Oregon and across North America. These busy creatures are famous for their ability to build dams and lodges using mud, sticks and downed trees—some of which they will take down if they're not readily available. Their dams create important habitats for other creatures and they also help to control water flow and prevent erosion. These hardworking critters are a vital part of the area's ecosystems, and their industriousness has earned them the nickname "nature's engineers." Today, even the stately Ponderosas of Drake Park aren't off limits. Evidence of beaver's work can be seen in wood chips next to the toothsome gnawed base of Drake Park pines.

Canada Goose

BRANTA CANADENSIS

The Canada goose is a large waterfowl famous for its V-shaped flight formation and noisy honking, as well as a large magnitude of droppings where they gather on land. They enjoy a varied diet of grasses, grains and aquatic plants, and live in a variety of habitats, including wetlands, parks and fields. Canada geese build their nests on the ground near water and are monogamous and mate for life. They're fiercely protective of their young and will aggressively defend their territory if they feel threatened. But despite their sometimes-aggressive behavior, these beautiful birds are as much a part of Bend as Canada.

Rock Chuck

MARMOTA FLAVIVENTRIS

With its round and fuzzy frame, short little legs and a patch of white on its nose, it's hard not to fall in love with this yellow-bellied marmot. Rock chucks, as most Central Oregonians affectionately call them, are members of the rodent family and live in burrows under rocks typically on slopes or hills. Rock chucks are herbivores, feeding on grasses, herbs, and flowers and spend roughly 60 percent of their lives hibernating during the winter months. They are social animals and often live in colonies. On bright sunny days, you might catch them warming themselves on the rock wall south of Miller's Landing Park or near Regal Cinemas at the Old Mill.





Osprey

PANDION HALIAETUS

The osprey is a majestic flier and expert fisher with unique claws—two toes in front and one in the back—for a powerful hunting grasp. A piscivore at heart, the powerful raptor's diet consists primarily of fish and it's known to some as a river hawk as a result.

Ospreys are known to be highly protective of their young and build impressive nests high up in trees and or on man-made structures such as the perches and platforms installed near the river by the Bend Park & Recreation District and OTAK, as part of the whitewater project.

Bobcat

LYNX RUFUS

On its hunt for small rodents just before dawn or dusk, the bobcat may be spotted slinking through low brush near forest roads. Though twice the size of a domestic cat, its schedule stays true to its species, alternating between active periods of hunting, nap times and reclusiveness. Solitary by nature, they shy away from humans most of the time, though a sighting this spring prompted a brief lockdown of Summit High School, Pacific Crest Middle School and Miller Elementary in March just to be safe.



River Otter

LONTRA CANADENSIS

The river otter is a sleek, semi-aquatic creature that can be found along the Deschutes River, most often during early mornings or at dusk. Their long, streamlined bodies and webbed feet make them excellent swimmers, and their thick, waterproof fur keeps them warm in the cold waters. River otters can often be confused with muskrats in the water, which look similar but have a smaller, more rounded body and shorter, rat-like tail.

River otters are opportunistic hunters, feeding on fish and other small animals. They are naturally very social animals and are known for their playfulness. Visitors to the High Desert Museum just south of Bend can watch these wily creatures up close at the Autzen Otter Exhibit. **B**

Think Wild

PROTECTING CENTRAL OREGON WILDLIFE

WRITTEN BY CHLOE GREEN

The wild animals that call Central Oregon home are increasingly in need of people to advocate for their well-being and protection as human populations continue to grow. Thankfully, Think Wild, a nonprofit wildlife conservation center in Bend, has been doing exactly that since 2016.

It's Wildlife Hospital and Conservation Center gives rescued animals of all sizes, from hummingbirds to mule deer, top-notch veterinary care and rehabilitation, with the goal of releasing them back into their natural habitats. In addition, Think Wild has emerged as a regional leader in wildlife protection through community education and conservation efforts. "It is our mission to not only provide the necessary medical care for injured and orphaned native wildlife, but to ultimately reduce the need for wildlife rehabilitation," said Molly Honea, the organization's development and communications coordinator.

Through educational programming designed for K-12 youth through adults, Think Wild provides insight and information for the Central Oregon community on how to better care for and coexist with the wild animals of Central Oregon. Program offerings include community volunteer days, classroom lessons, workshops, naturalist-guided walks, public events, after-school programs and summer camps.

Additionally, Think Wild's conservation efforts aim to reduce the overall number of conflicts between humans and animals to nurture positive relationships so that both can live and enjoy Central Oregon for years to come. Instead of a trapping and relocating model, Think Wild works to create sustainable coexistence through habitat

improvements, feature installations and infrastructure adjustments. An example of their efforts can be seen in the Beaver Works Oregon project, which builds networks of successful beaver habitats throughout Central and Eastern Oregon's riparian zones. "A central tenet of our organization is 'living with wildlife,' emphasizing humane, long-term and non-lethal strategies for wildlife success," Honea said. "The more our community learns about our work and how to support wildlife, the better the outcomes for animals and people alike." See thinkwildco.org.



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Hoodoo's Camp Sherman
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Hola!
holabend.com

Lake Creek Lodge
lakecreeklodge.com

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Time to Unplug

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Between Two Slices

Sink your teeth into Bend's best sandwiches

WRITTEN BY MAISIE SMITH | PHOTOGRAPHY BY ELY ROBERTS



There are few things in life better than a delicious sandwich. Naps and dogs come to mind. But perhaps Liz Lemon said it best, “All of humankind has one thing in common: the sandwich. I believe that all anyone wants in life is to sit in peace and eat a sandwich.”

It's a seemingly simple concept. Put some stuff between two pieces of bread. Shove it into your mouth hole. Enjoy the bliss.

Not all sandwiches are created equal, however. Anyone who's ever opened a rusty-hinged Care Bears lunchbox to discover a soggy, squishy tuna fish sandwich would agree. A sandwich should be a work of art. A truly excellent sandwich is about finding that perfect balance of textures and flavors.

SUNRISE SANDWICH VIBES

At breakfast, anything goes. An oozing sauce. A satisfying crunch. A savory filling. No spoon or plate. Just a hearty two-fisted affair to point your day in the right direction.

Food nerds will love chef Bobby Humbert's Sloppy Seconds menu at Juice Easy, located at the Campfire Hotel. Grilly the Kid (shown here) mixes savory mushrooms, onions, spinach, vegan pepper jack cheese and a tangy secret sauce on a fresh ciabatta roll. Don't forget a side of Covado, Juice Easy's dairy-free chocolate-avocado mousse that tastes like happiness.

Rockin' Dave's Bistro, a midtown gem on Greenwood Avenue, is one of the best bagel places in Bend. Where there are bagels, there are breakfast sandwiches. Locals love the Oh Nelly, a savory sammie loaded with wild salmon lox, cucumber, tomato, red onion and salmon dill cream cheese.

What do you get when you cross grilled cheese with French toast? A Monte Cristo. Café Sintra in downtown Bend has perfected this indulgent sandwich. Scrambled eggs, grilled ham, Havarti cheese, "dijonnaise" and a dusting of powdered sugar make the Monte Cristo the best of all worlds—salty, sweet and insanely cheesy.

“

You can do whatever you want with a sandwich.

-Kellen S., 14-year-old sandwich savant



KEEP IT CLASSIC

Infinitely customizable and perfected over the years, a classic sandwich is all about the bread—not too soft, nor too hard. Yet it’s the ratio of ingredients that makes the experience.

Valentine’s Deli in the Box Factory always stacks their sammies high with the ideal balance of veggies to meat. The Simple Tom—juicy turkey, provolone, shredded lettuce, dill pickles, red onions and tomatoes on a Sparrow Bakery hoagie—is an absolute gem. Classics are classics for a reason. Why mess with perfection?

For the most mouthwatering mashup, try the Meatball Parm from Plunker Sandwiches in downtown Bend. Spicy meatballs and crushed tomato sauce add a kick of heat while melty mozzarella blisters in all the

right places. Served on a perfectly toasted sourdough roll, this unpretentious sammie feels like a hug from your Italian nonna.

Remember Dagwood Bumstead from the comic strip *Blondie*? He was constantly careening around the room with an enormous, towering sandwich. Channel your inner Dagwood with a sky-high sandwich from Josie K’s Deli and Kitchen in Sunriver (shown here). The aptly-named Dagwood is made with thinly sliced turkey, ham, and salami with provolone cheese, mayo, mustard, lettuce, onion, dill pickle, tomato, pepperoncini and Josie K’s special dressing served up on a Big Ed’s hoagie roll.

FLAVORS OF THE WORLD

Sandwiches are loved by people all over the world. No matter what small corner of the globe we live in, eating a sandwich is all about enjoying the moment.

Please put your hands together for Spork's Carnitas Sando (shown here), a delicious fusion of carnitas, morita chili sauce, cotija cheese, onion, fried egg, cabbage, radish, cilantro, yuca chips and chili mayo served up on a toasted Big Ed's roll. The flavors are complex, the amount of spice is just right, and the pork—which is roasted for hours—is the perfect combination of a crispy outside with a tender, melt-in-your-mouth center.

“
**There's a sandwich
out there for everyone.**

*-Lucas N., rock climber
and sandwich egalitarian*



Tinnitus Management Program

Tinnitus and Hearing Loss

Why do my ears ring?

What Is Tinnitus? Tinnitus is often referred to as 'ringing in the ears'. It is the perception of sound in the ears when no external noise is present. It can be perceived as a high-pitched ringing, buzzing, chirping, cricket or hissing sound.

YOU ARE NOT ALONE

Tinnitus is actually heard by most people at some point in their lives, even by those with normal hearing.



■ 10 to 15% of the population reports experiencing tinnitus.¹

■ 4% of the population suffers tinnitus to a degree severe enough to seek medical attention.¹

COMMON CAUSES OF TINNITUS:



Age-related hearing loss.

Hearing worsens with age, usually starting around age 60. The medical term for this type of hearing loss is presbycusis.



Earwax blockage.

Too much earwax can accumulate, causing hearing loss or irritation of the eardrum, which can lead to tinnitus.



Exposure to loud noise.

Heavy equipment, chainsaws, firearms and portable music devices are common sources of noise-related hearing loss.



Is There a Cure? While there is currently no known cure of FDA-approved medication available for tinnitus, there are several treatment options to help manage your tinnitus. Pacific Northwest Audiology's tinnitus management team can help guide you toward the option that best addresses your needs.



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American Tinnitus Association. (2012). Understanding the Facts. <https://www.ata.org/understanding-facts>

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**My superpower
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*-Ezzy the Dog, a good girl
 easily distracted by sandwiches
 (and squirrels)*

MEAT YOUR MATCH

The average American eats close to 200 sandwiches per year. We are a nation full of mad scientists experimenting with new combinations in the quest for the perfect flavor delivery system.

There's nothing wrong with a little spice at The Tin Pig, a Southern cuisine food truck currently parked at Crux Fermentation Project. Their Nashville Hot Chicken Sandwich (shown here) is over ½ lb. of hand-breaded, hormone-free fried chicken topped with dill pickles. But the real kicker is the slathering of spicy hot paste and extra spices—Nashville style—that creates an intoxicating explosion of heat and flavor.

If gooey and outrageously cheesy is more your thing, try the Croque Monsieur from Sparrow Bakery in NorthWest Crossing. A “grown-up grilled cheese and ham sandwich with more oooh-la-la,” as described by the folks at Sparrow, the Croque Monsieur is a real knife-and-fork sandwich. This savory delight is made with ham and Gruyere cheese on brioche bread, and doused with a shallot-infused bechamel sauce that totally steals the show.

Prost's Schnitzel Sandwich is a simple yet satisfying meal that's become a crowd favorite. A Carlton Farms pork loin is pounded until thin and then breaded and fried. Schnitzel relies on bold toppings, and this sando rises to the task with tangy sauerkraut, house mustard, aioli and German Gruyère cheese. **B**



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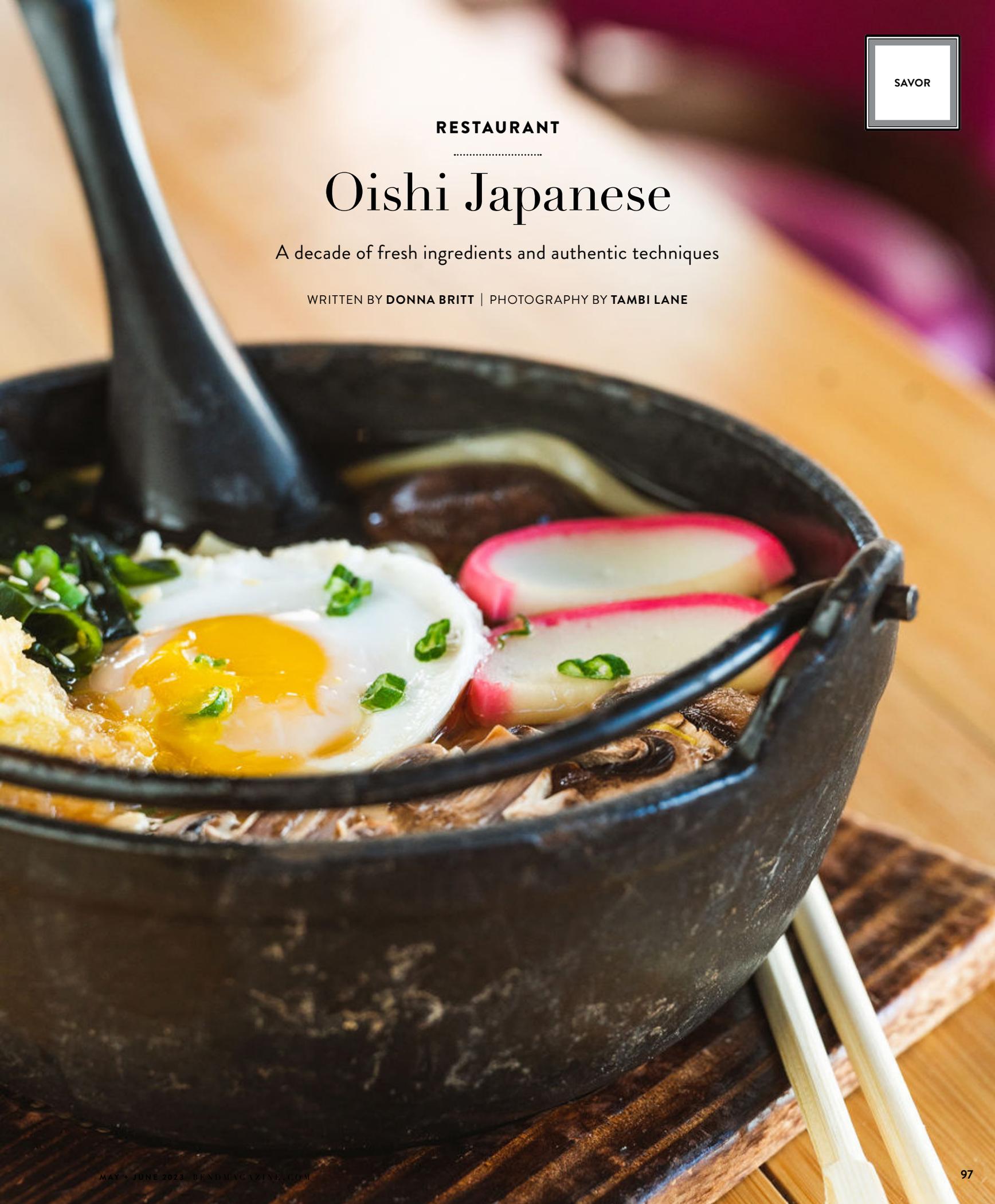
RESTAURANT

.....

Oishi Japanese

A decade of fresh ingredients and authentic techniques

WRITTEN BY DONNA BRITT | PHOTOGRAPHY BY TAMBI LANE





It was a decade ago, during a visit to see friends in Central Oregon, that Tanankarn Thanittithanand, affectionately known as Yee among her friends, customers, and her partners, Preecha Tingakrau (Peter) and Naruemon Stephen (Molly), fell in love with the area. They made plans to return as soon as possible and decided to relocate from Los Angeles to Redmond after purchasing the building at the corner of 6th Street and SW Evergreen Avenue.

Peter trained under a master sushi chef in California, and because there was no Japanese restaurant in Redmond at the time (2013), the decision was made to turn that building into a beautiful, welcoming Japanese restaurant awash in bright colors with lots of natural light from the huge windows that look out into the bustling downtown. The trio turned the entire back wall into a sushi bar, loaded with fresh fish and all the accoutrements.

Oishi is a Japanese word that means yummy or delicious in English. Serving delicious food, Oishi celebrates its 10th anniversary this year, on July 3.

“It seemed like everyone in town came that first day. It was crazy. We finally had to say, ‘Stop, don’t come in, we don’t have any food left,’” Yee recalled. “We’ve been busy ever since.” She beamed as she gave credit to Oishi customers for all their support over the years.

The thing that keeps those customers coming back, along with Yee’s ebullient personality and the restaurant’s warm atmosphere is, of course, the food. The menu is expansive and includes everything from sushi and sashimi to donburi (rice bowls) and tempura. There are also udon noodles, ramen, edamame, miso soup, falling-off-the-bone BBQ ribs and desserts such as the popular Mochi ice cream, a thin layer of sweet dough wrapped around ice cream.

Whether it’s sushi, sashimi or any one of the numerous house special rolls, only the freshest, highest-quality salmon, yellowtail, crab, bay scallops, white fish, eel, shrimp, albacore and octopus are used in Oishi dishes. Chef Peter and three other sushi chefs are highly trained in




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traditional Japanese technique as well, and it's reflected in the presentation and taste.

Take for example, the Yellowtail Carpaccio, featuring thinly sliced yellowtail sashimi beautifully fanned out on a platter, with extra virgin olive oil and ponzu sauce that melts in your mouth. One of the most popular appetizers, according to Yee, is the Calamari Tempura. The calamari is lightly fried and served with the chef's special sauce.

All Oishi sauces and dressings are made in house and are designed to elevate the flavors of each dish. The Black Dragon Roll has unagi, tender crabmeat, crunchy cucumber and creamy avocado topped with an incredible sweet and savory unagi sauce and smelt egg. The Wonderful Roll features fresh salmon, cream cheese and avocado. It is lightly fried and wrapped in Ika squid and, as the name implies, is simply wonderful.

If fish isn't your game, there's still plenty of deliciousness to choose from, including several noodle dishes. The star of the Mushroom Udon bowl is fabulous Shimeji and king oyster mushrooms and seaweed, along with Japanese noodles. The eye-catching Nabeyaki Udon bowl features noodles as well as chicken, fishcake, mushrooms, seaweed and green onions topped with shrimp tempura and a perfectly poached egg. Or perhaps you're in the mood for Yakisoba stir fried noodles with chicken, garlic and other crisp-tender vegetables. In all, more than 100 delectable choices are available on the Oishi menu.

Whether they're rolling fresh sushi, grilling beef, making traditional soups and sauces, marinating pork or breading chicken cutlets, the highly trained Oishi chefs take pride in each and every dish. "We love it here," Yee said. **B**

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Two of the Founders of Oishi:
Tanankarn Thanittithanand, known as
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WINE

Tasting Journey

Every sip is an exploration at Viaggio Wine Merchant

WRITTEN BY SARAH WOLCOTT

The name for the new wine merchant and tasting salon in The Hixon at Westside Yard says it all. “Viaggio” is an Italian word for journey—a voyage, travel or trip. That is exactly what the Viaggio wine experience is: a (fun) wine journey.

Viaggio has an extensive retail bottle list, by-the-glass choices that change daily, beer from coveted producers throughout the United States and abroad, and European snacks matching the quality of the wine producers that owner, Benjamin Robertson, has selected. An Advanced Sommelier, Robertson is behind the bar to share the stories of the places and people behind every bottle.

Most of the by-the-glass selections are priced at, or below, the average cost of a cocktail in Central Oregon, and three wines by-the-glass are offered on tap from a keg, providing fun and fresh options. Fill a growler bag with wine at Viaggio for an affordable takeaway wine option.

Ask about the “Coravin pour” tasting options that allow customers to taste specialty wines that retail at high price points. Robertson can use Coravin technology, a wine preservation system designed to pour wine without pulling out the cork, to keep a \$750 bottle of coveted Super Tuscan red from Italy available for 2 ounce pours for up to a month.

Viaggio recently had the Aubry Brut Premier Cru Champagne on the by-the-glass menu. The Aubry family has winegrowing roots in Champagne, France, going back to 1790. Lightly honeyed floral notes complemented the gentle minerality of the Aubry Champagne. It is easy to imagine the Aubry as a great accompaniment to a day of skiing at Mt. Bachelor.

Robertson’s self-described “love of Champagne” is also reflected in the “Bubble Bar” pop-up tasting events, featuring a handful of Champagne and sparkling wines that happen twice a month at Viaggio. Buon viaggio on your next trip to Bend’s newest wine bar. **IB**

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IMBIBE



ROBERT MOORE "Crater Lake" 48 x 30 Oil



GRETHA LINDWOOD "Approaching Storm" 12 x 24 Oil



STEFAN SAVIDES "Tres Pescadores" 5 x 22 x 7 Bronze



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SCULPTURE

Implied Kinetics

Miguel Edwards' art dances with steel

WRITTEN BY CHLOE GREEN



Kinetic energy is the energy possessed by an object in motion, the energy that exists within the flow of a dance or the beat of a drum. While artist Miguel Edwards' pieces don't often involve physical movement, his sculpture work with steel and glass embodies implied kinetic energy. Large steel beams are welded into fluid, arching shapes that convey movement and emotion. His work is evidence of a fine-tuned creative mind and decades-long dedication to craftsmanship.

Edwards grew up the son of artists in Santa Fe. He recounted a childhood spent in his father's woodshop and watching his mother weave. "I've never not considered myself an artist," he said. From that upbringing, Edwards pursued an education in the arts at the University of New Mexico and at Southern Oregon University. Young and lovestruck, he followed a girlfriend north to Seattle, where he made a name for himself as a photojournalist, documenting the city's 90s grunge scene for *Billboard Magazine* and *The Seattle Times*.

His creative identity expanded and morphed throughout the years. He dabbled in jewelry and oil painting. His first foray into metalwork came out of necessity; he wanted to avoid paying the steep price of framing for his pieces, so he taught himself how to weld metal frames. Throughout the late nineties and early 2000s, Edwards worked on a few larger-scale metal pieces here and there, including hammered-copper draping for a collaborative sculpture in Portland's Pioneer Square and a commission to craft a steel orb for Burning Man in 2004.

In 2009 he created "El Sol," a sphere crafted from pieces of overlapping curved metal, for the "Heaven and Earth" exhibit at the Center on Contemporary Art in Seattle's Carkeek Park. It was after finishing this piece that Edwards shook his fist toward the sky and declared himself a sculptor. "It was so beyond anything I had ever made, and I was kind of in shock, like, where did that come from?" he said.

The piece that prompted the public to declare him a sculptor and helped launch his professional life to new levels was "Perseus II" in Seattle's Greenwood neighborhood, a 35-foot tall kinetic sculpture crafted out of stainless steel. Ever since this career-altering project, Edwards has been passionately dedicated to this craft and sought out for his work. Presently, he is represented by nine galleries across the nation and has collaborated with various organizations to create impressive public works. One of his most renowned pieces, "Hope Rising," commissioned by the Special Olympics for its 50th anniversary, is an imposing steel cauldron that ascends 20 feet into the sky and was set ablaze at the opening ceremony in 2019.

After years of living and creating in Seattle, Edwards decided to move away from the city in search of some new inspiration and a better quality of life. In 2018 he and his wife, Corrina Jill, who owns Corrina Jill Skincare, moved to Bend and purchased a home in the Deschutes River Woods neighborhood, a property with space for him to work and weld. He continues to grow his collection of sculpture and photography work in Bend with several large-scale projects back in Washington in process. He is excited to create more art and inspiration for the Central Oregon community.



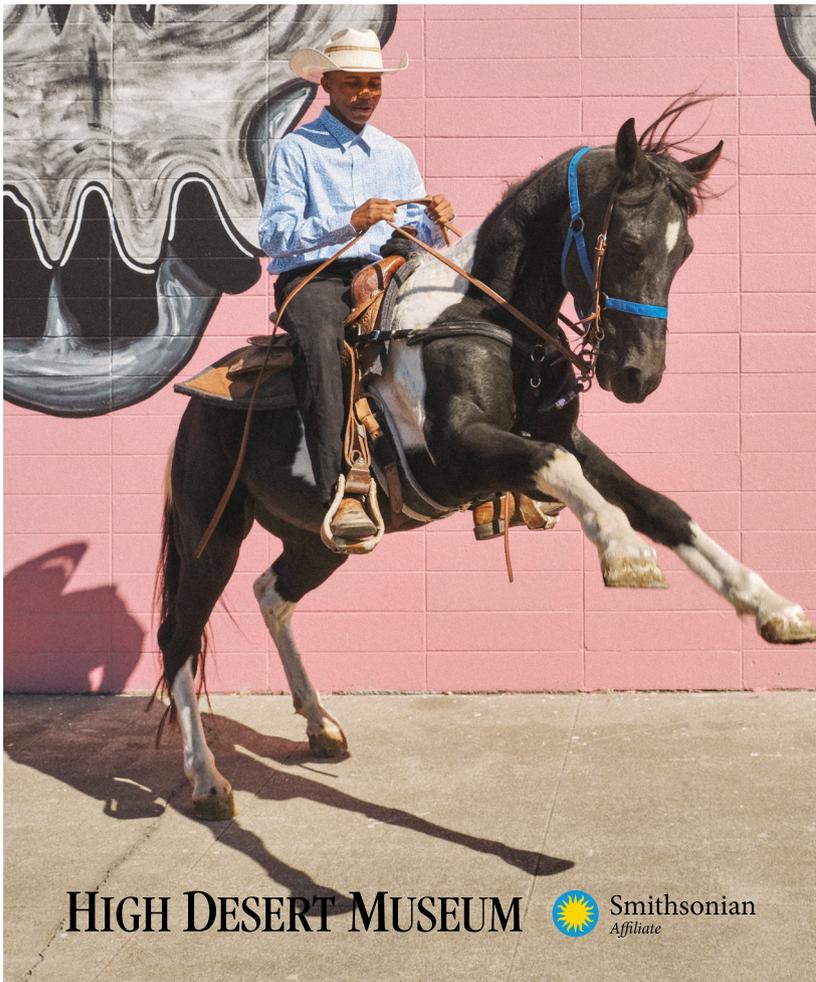
“It was so beyond anything I had ever made, and I was kind of in shock, like, where did that come from?”

The portfolio that Miguel has created over the past 10-plus years is diverse, with each gravity-defying piece demanding viewers’ complete attention, a result that doesn’t happen by mistake. “Everyone is absorbed in their own life; their tangly head and their phone. So many people are feeling so isolated.” Edwards said. “I strive to make something so striking, dynamic, weird and beautiful that people pause and live in the present for hopefully a couple of moments, maybe even longer.” **IB**

See MIGUELEDWARDS.COM



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Left to right: Irene Cooper, Ellen Santasiero and Mike Cooper.

MANUSCRIPTS

.....

Forging the Way

A Bend-based program for creative writing

WRITTEN BY LYDIA HAGEN

Conceived from a wealth of knowledge, and a history of cultivating editing and writing, Ellen Santasiero with Mike and Irene Cooper began The Forge, an online creative writing program based out of Bend. Offered over a 10-month period, The Forge provides mentees with many of the tools of a Masters of Fine Arts in Creative Writing, with no MFA letters and no thesis work. The Forge is now onto its second class of students, but its inaugural year took off strong with the online program allowing flexibility, and a space for creatives to come together and hone their craft.

A CREATIVE ORIGIN STORY

The three mentors bring a collective experience that includes three MFAs, published works, and backgrounds in teaching creative writing at workshops and on college campuses, including Oregon State University-Cascades and Central Oregon Community College. The mentors all have a spectrum of writing specialties. Santasiero has a love and profession for writing nonfiction and memoir; Irene focuses on a range of writing which often settles in the speculative fiction genre; and Mike's craft is fiction, although



he said he enjoys the teaching aspect of writing the most. “We had so much combined experience,” Santasiero said. “We knew what we were doing in terms of putting together a writing program.” Thus, the first class of The Forge began January 2022 and provided writers the chance to master their craft at a lower price compared to MFA programs.

STEPS TO WRITING MASTERY

The Forge is split into three parts, beginning with the foundation of writing. Santasiero said that the program is not focused on publishing, it is focused on craft. Starting with the smallest unit of sound—down to the word and syllables—mentees explore the foundations of creative writing with their mentors in the first segment. Irene said that the vast majority of students come to The Forge with a goal or project in mind, but the point of the first trimester is to focus on deconstruction of text. “Every word counts when you understand ‘why,’” she said, “and what weight it carries.” Following the first stage, students are then able to expand their projects.

The second trimester includes the form stage, where mentees use the lessons they learned in the first phase and apply them to a substantial piece. Mike said he enjoys teaching this stage the most, where aspects

include the arc of storytelling. “I’m more drawn to being a teacher than a writer,” he said. “I write so that I can teach.” Eventually, this stage leads into the final trimester, where projects are workshopped NS culminate in final reading—last year these took place at the Deschutes Public Library.

THE OUTCOME

Each mentor has a chance to work with every group of students. The years of editing and teaching that Mike, Irene and Ellen have accumulated in their personal and professional projects provide guidance for the students, no matter the genre of each project. Shelby Little, who had experience working with Mike and Irene at their Blank Pages workshops, pursued The Forge when she was looking for an affordable alternative to her MBA, and the result was the beginning of her novel, of which she is 85 pages into writing. “Overall, I found The Forge to be an energizing force in my creative life,” she said. “I no longer partition writing into an outlet; I consider it part of my identity, and I’ve gained confidence in my abilities.” **IB**

See THEFORGEWRITING.COM.

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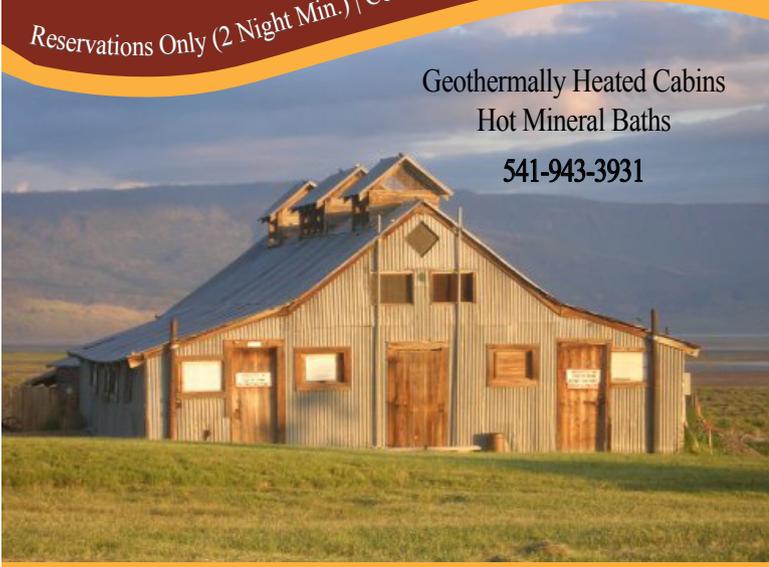
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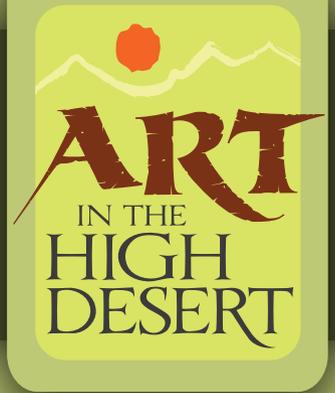
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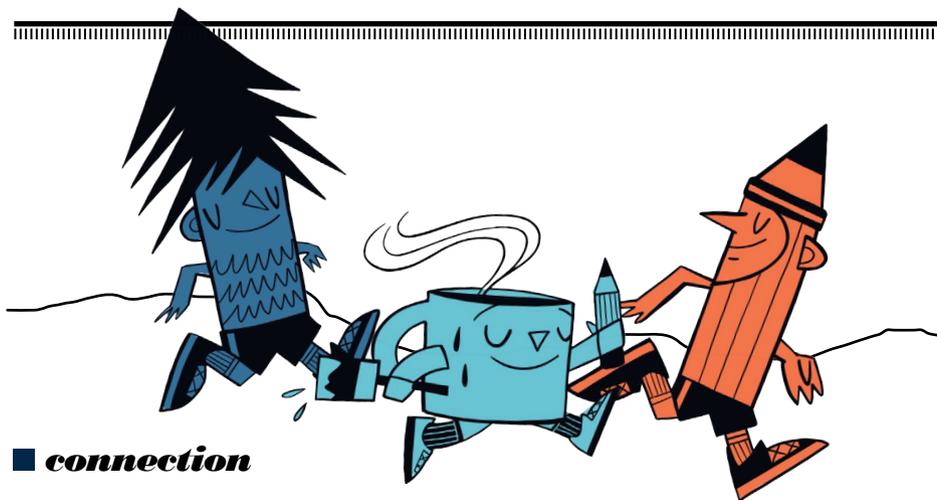
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Immersive Sculpture at the High Desert Museum

Justin Favela, a multi-disciplinary artist based in Las Vegas, explores the relationships between identity, place and pop culture in the exhibition *Vistas del Cielo*, opening at the High Desert Museum May 27. By utilizing familiar piñata materials to craft large-scale sculptures from hundreds of pieces of cut paper, he pays homage to Latinx experiences by showing traditional depictions of the Old West through the eyes of vaqueros, braceros and rancheros who have worked the high desert's land throughout history. The exhibition runs through November 26. See HIGHDESERTMUSEUM.ORG.



■ *connection*

Running Club for Creatives

Brainchild of Bend artist Megan Marie Myers, the Creativity Shakeout Run Club is a gathering spot for artists and creators of all kinds. Started as a way to connect the community, the meetups begin each Tuesday morning at 7 a.m. at Pioneer Park and the group welcomes runners of all levels as a way to share information, experiences and resources, plus uplift creatives of all kinds: from fine artists, illustrators, animators, chefs, writers, teachers, students and hobbyists, to aspiring artists. While called a running group, walkers and hikers are welcome to participate in this space, designed to link physical activity to imagination and collaboration. “I started the group as a way for creatives to come together and in an organic environment, inspire their imaginations. There’s a link between the natural world and the art world,” Myers said. See MEGANMARIEMYERS.COM.

■ *imagery*

The Warm Springs Museum at 30 Years Celebrates with Photography Show

An exhibit of photography by Edward Heath will be on display at The Museum at Warm Springs as part of the museum’s 30-year anniversary celebration. “An Eye for the Rez: ‘Photography of Edward Heath,’” shows through May 27. Madras-born Heath is of Klamath, Paiute, Warm Springs, Wasco and Yakama, and Klamath descent and is nephew of Warm Springs Chief Delvis Heath. Having grown up in the Simnasho area, he has become known for portraiture and photographs of wildlife and nature, where he seeks to uncover beauty in places others take for granted. See WARMSPRINGS-NSN.GOV.

*“ We don’t stop playing
because we grow old;
we grow old because
we stop playing. ”*

— George Bernard Shaw



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