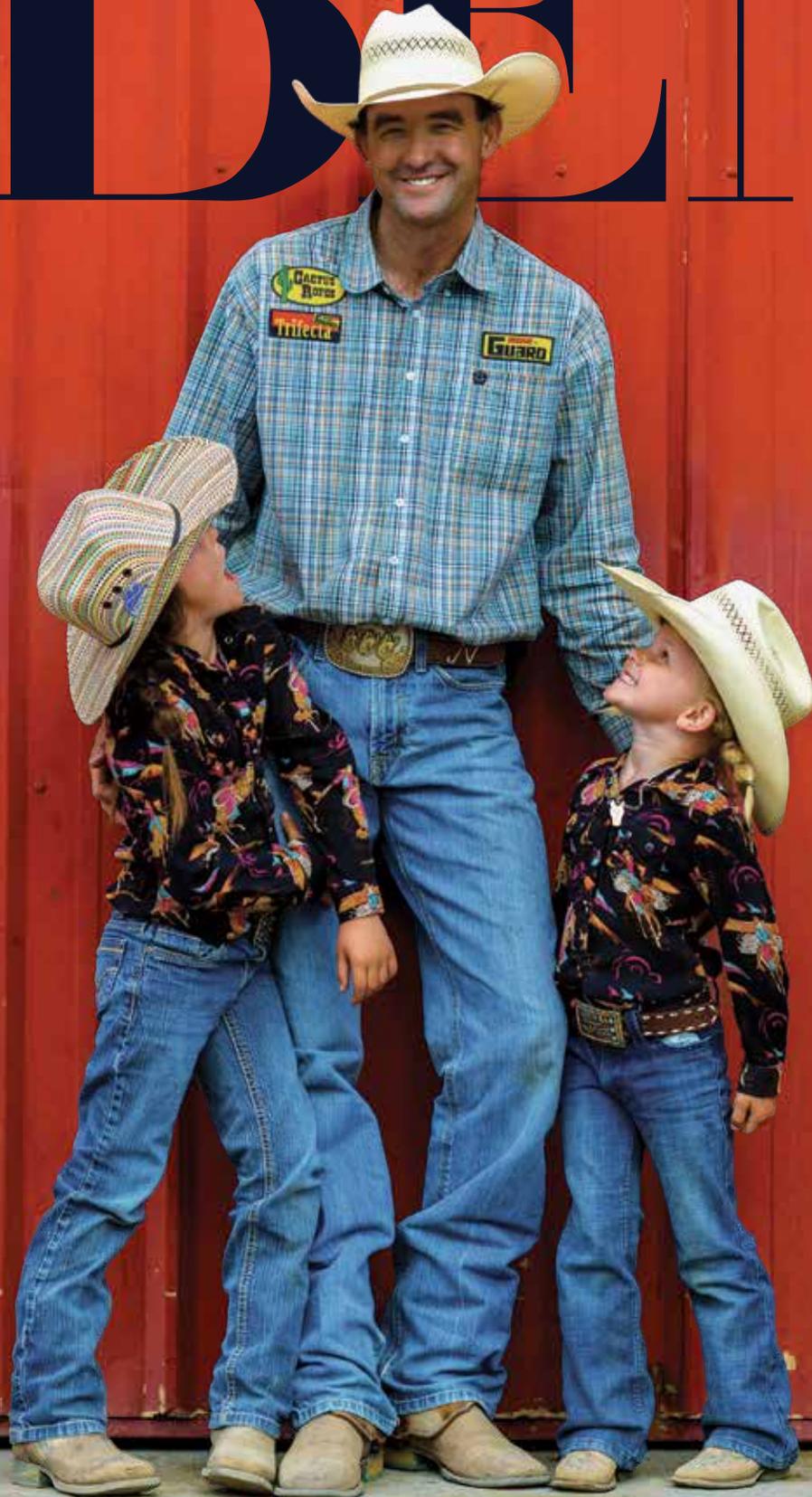


THE SOUL OF CENTRAL OREGON

BEND

Magazine



GROWING
UP

Rodeo

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legacy AT SMITH ROCK

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GO CLIMB THE ROCK

Alan Watts introduced sport climbing and Smith Rock to the world by mapping more than 1,800 routes. Today, he has a new guidebook and inspires new climbers to forge ahead. *Written by Jeff Smoot*

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ENVISION BEND'S CENTRAL DISTRICT

Bend's Central District is moving from an idea to reality. From Campfire Hotel and The Catalyst to projects going up and over the parkway, get a glimpse of changes to come. *Written by Lee Lewis Husk*

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RETHINKING RODEO

Rodeo is a celebration of ranch life and history. Meet people who carry forward traditions, culture and community of Central Oregon rodeo, plus take a visit to Sisters Rodeo. *Written by Suzanne Johnson*



ON THE COVER

Roger Nonella of Redmond, with daughters Riley and Reagan.

PHOTO NATE VAN MOS



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BUILD A VAN

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WEB EXTRAS

Read more about the new Redmond restaurant, Xalisco Latin Cuisine, and find reviews from our regional food and restaurant scene. Head to bendmagazine.com/savor

For the latest on what's happening in the region, land on our homepage. bendmagazine.com

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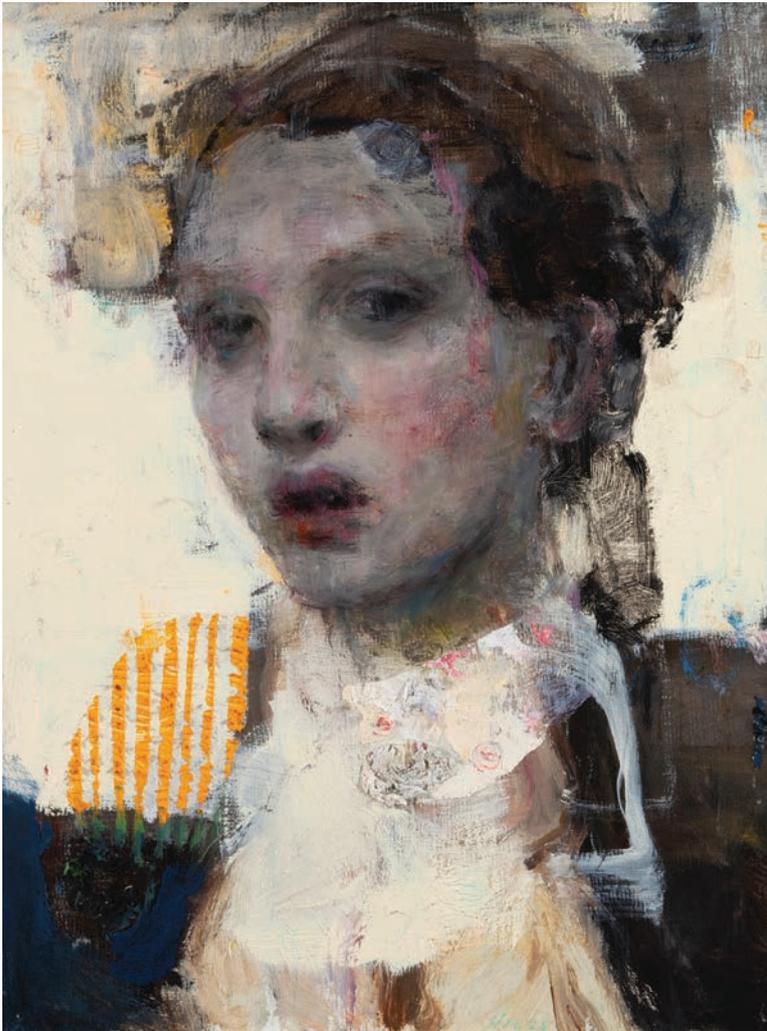
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Harmonic Modalities

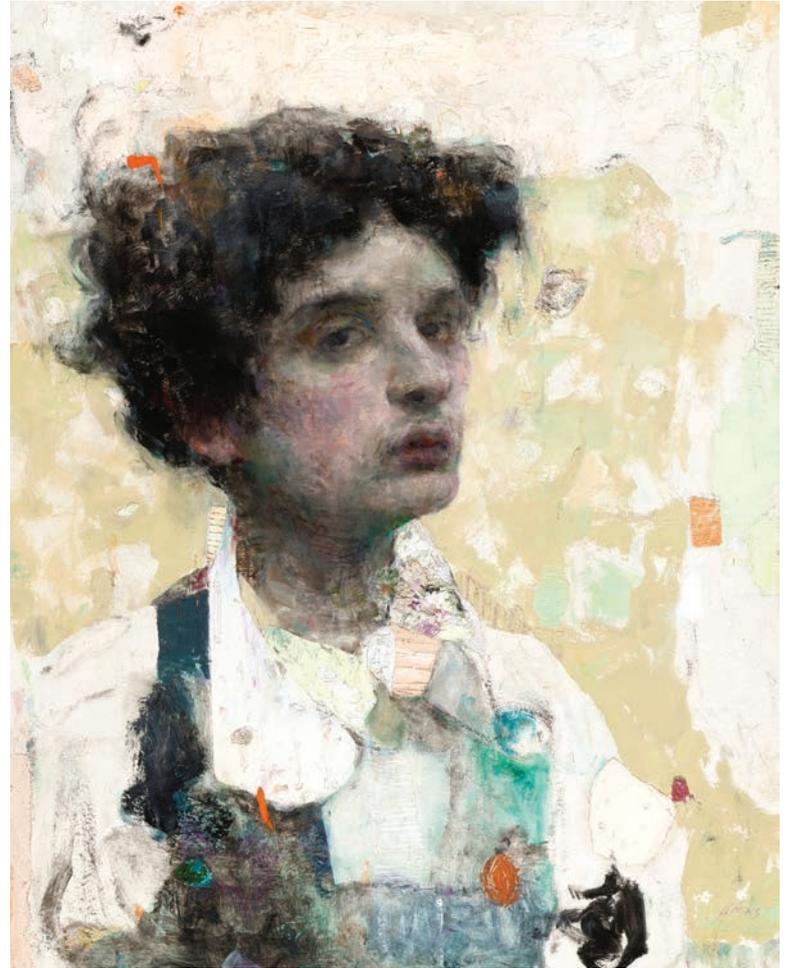
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Editor’s Note

Before I knew Alan Watts as the man whose guide and routes put Smith Rock on the world’s sport-climbing map, I knew him simply as a dad. Parents of 5 year olds, we watched our kindergartners as they were ushered along the routes of childhood. The kids wore paper crowns and the look of wonder in their eyes as they saw eggs hatch and chicks emerge under warming lights, letters become words that strung together in sentences. Oh, the limitless joy of the classroom world.

The world is our classroom too, and if we’re lucky, we recognize the gift of many roles we’re given in our lifetime. Meet your neighbor, co-worker, barista or the person in line behind you at the grocery store and you get just a slice in time. What if we approached our community with the same wonder and curiosity of a child? There’s such joy and surprise when you “meet” someone who you’ve known for years through a story about their past. I’m still delighted to learn more from a friend or neighbor about where they’ve come from and what they bring to their home here: we are entrepreneurs, artists, global citizens, teachers and athletes. What was your path?

In this issue of *Bend Magazine*, we take a look at what not only the summer season brings, but what routes the future might hold. Take a dip in hot springs, or bathe in the forest (it’s not what you think); learn what’s envisioned for Bend’s Central District (it’s also not what you think). Meet outrigger athletes

paddling on the Deschutes River, and come with us to the Sisters Rodeo. Find out more about Alan Watts and his work to map Smith Rock.

We may not have realized how quickly time would pass while parenting those tender-aged children. Sometimes it was overwhelming, but I like to think deep down we knew they were fleeting moments—and the best of times. Similarly, I hope we’re aware of our important role to affect the future of our community at this moment and through the people we meet. Our attention and how we show up for Bend will shape the next generation’s Central Oregon. Along the path, we can joyfully discover much about each other as well.

So read on. Aren’t we lucky to be together under the warmth of the summer sun? Let’s keep learning, and finding the best path for Bend’s future and ourselves. Onward!

Cheryl Parton, *Editor in Chief*

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Words & Pictures



ALYSON BROWN
PHOTOGRAPHER

With a passion for cocktails, Alyson Brown is a photographer and stylist specializing in beautiful beverages. It was creating images for her first book, *The Flower-Infused Cocktail: Flowers With A Twist*, that she found her love for botanical styling. Brown is one of the artists in residence at The Stacks Studios & Art Gallery in the heart of the Old Mill District in Bend. When she's not behind the camera, she can be found enjoying the beautiful outdoors with her husband and two sons. She mixed, styled and photographed margaritas this month, for the story "Liquid Sunshine," page 89. See alysonbrown.com.



MAISIE SMITH
WRITER

A self-proclaimed story junkie, Maisie Smith has spent her entire life knee-deep in creative endeavors, with humble beginnings as the weird kid who loved writing book reports and essays. Today, Smith is a freelance writer for the food and beverage industry. With a home base in Bend, Maisie wanders the world in search of humanity's everyday stories and lives for campfire conversations with good friends and good whiskey. For this issue, she branched out to research and write about margaritas for the story "Liquid Sunshine," page 89. See craftcopy.co.



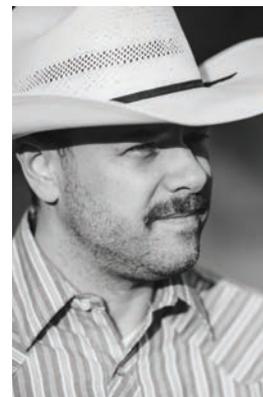
JEFF SMOOT
WRITER

Known for his Pacific Northwest hiking and climbing guidebooks, Jeff Smoot is an outdoor adventure writer and photographer. Smoot's memoir, *Hangdog Days: Conflict, Change, and the Race for 5.14*, which chronicles the birth of sport climbing in the United States, was a finalist for the 2019 Banff Mountain Book Award. His most-recent book, *All and Nothing: Inside Free Soloing* explores the psychology of risk-taking through the lens of free-solo climbers. A semi-retired lawyer, Jeff lives in Honolulu, Hawai'i. He wrote about Alan Watts and Smith Rock, page 72.



ARIAN STEVENS
PHOTOGRAPHER

Raised in the foothills near Lake Tahoe, Arian Stevens is now based in Bend. He got his photographic start shooting scenic images of Yosemite near the end of the film and darkroom era and has pursued capturing images of the outdoors and the people who roam there ever since. His work has been featured by companies, outfitters, nonprofits and in publications such as *Adventure Journal*, *Field and Stream* and *Sunset Magazine* among others. In this issue, he turned his lens to follow disc golfers for the story "Throw, Hike, Repeat" on page 31. See arianstevens.com.



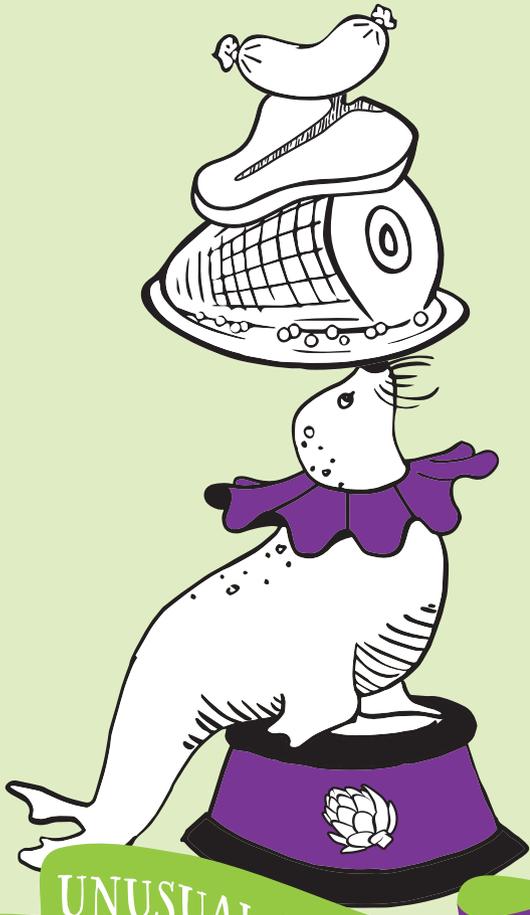
NATE VAN MOS
PHOTOGRAPHER

With 20 years of experience, Nate Van Mos is a Portland-based freelance photographer. His work features vibrant images of Western and American Indian lifestyles of the Pacific Northwest, including dramatic action scenes of rodeo culture and communities of Central and Eastern Oregon. In his free time, Van Mos enjoys venturing the lesser traveled roads of Oregon in search of beautiful landscapes and wildlife to photograph. His photos of Sisters Rodeo are shown on page 82. See his work [@natevros](https://www.instagram.com/natevros) and [@natevphotos](https://www.instagram.com/natevphotos).

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Editorial

Editor in Chief CHERYL PARTON
Associate Editor HEIDI HAUSLER
Staff Writer CHLOE GREEN
Podcast Host ADAM SHORT

Copy Editors LEE LEWIS HUSK, STEPHANIE BOYLE MAYS

Design

Creative Director KELLY ALEXANDER
Senior Graphic Designer CALI CLEMENT
Graphic Designer JEREMIAH CRISP
Creative Consultant TIFFANY PAULIN
Print Consultant CLARKE FINE

Sales

Senior Account Executive RONNIE HARRELSON
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Business and Marketing

Associate Publisher KATRYNA VECELLA
Marketing Director CALI CLEMENT
Director of Operations HEATHER RENEE WONG

Audience Development

Circulation Manager AMARA SPITTLER
Newsstand Coordinator ALAN CENTOFANTE
Circulation Consultant KERI NOLAN

Contributing Writers

DONNA BRITT, K.M. COLLINS, ANNIE FAST, LYDIA HAGAN, SUZANNE JOHNSON, GREGG MORRIS, DANIEL O'NEIL, ISAAC PETERSON, TERESA RISTOW, MAISIE SMITH, JEFF SMOOT

Contributing Photographers

RICHARD BACON, ALYSON BROWN, TRAVIS BURKE, JULES JIMREIVAT, BEN KITCHING, TAMBÌ LANE, CHERYL MCINTOSH, CHRISTIAN MURILLO, TYLER ROEMER, ARIAN STEVENS, NATE VAN MOS, MIKE WEST

Contributing Illustrators

DAVI AUGUSTO, WOLFGANG MECKEM

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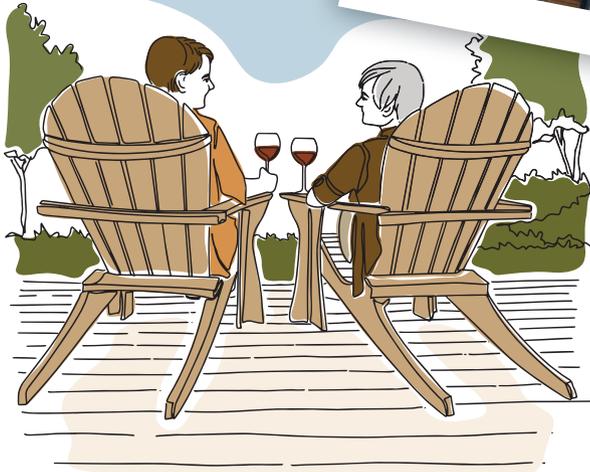
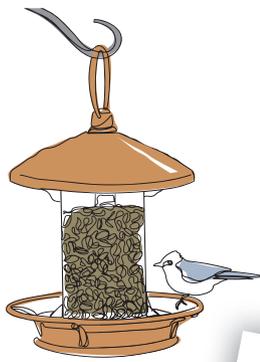


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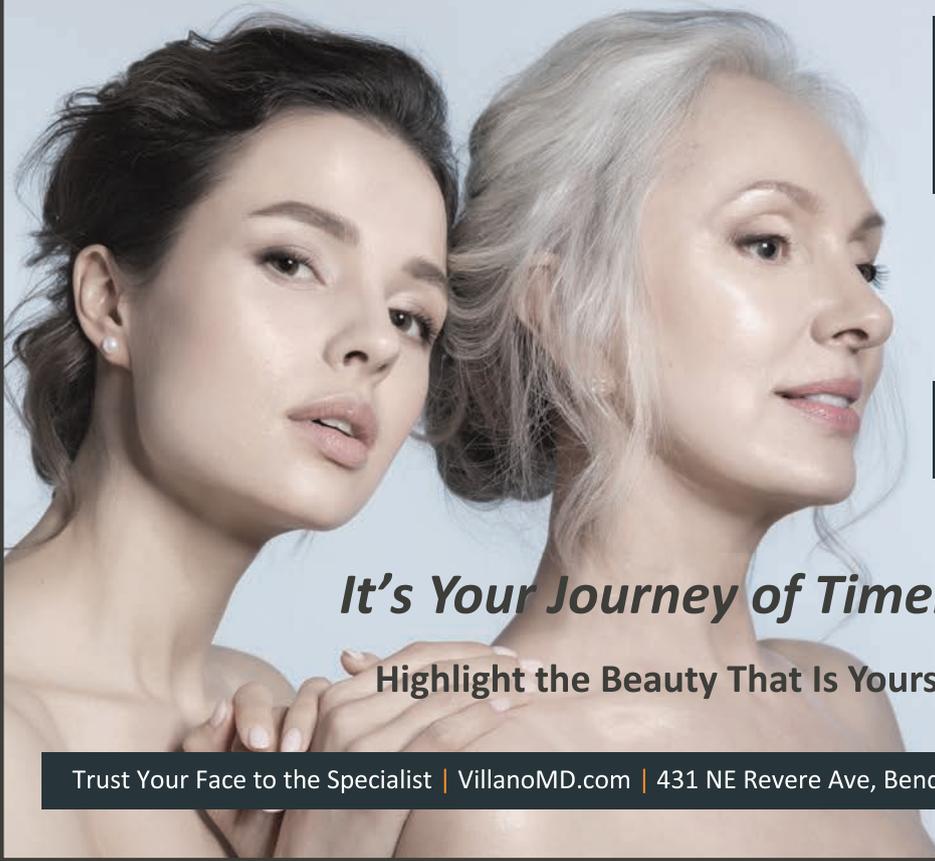
Bend Magazine's The Circling Podcast with Adam Short was designed to redefine what it means to part of a community. The insight, perspective, and value learned in each episode can be applied in your community no matter what place you call home.



Adam Short talks to Ville and Kristen Jokinen about the 1,800-mile biking odyssey that inspired Kristen's new book Joy Ride (see page 29).



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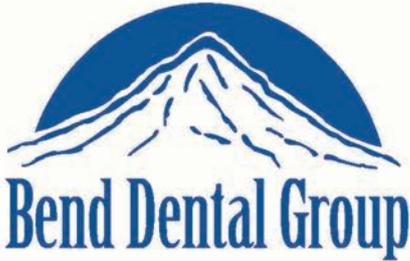
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Highways of Honor

Lieutenant Colonel Dick Tobiason creates legacies for Oregon Veterans and their families

On Armed Forces Day, U.S. Highway 30 was officially designated an Oregon Gold Star Families Memorial Highway as part of an effort by retired Army Lieutenant Colonel Dick Tobiason of Bend to recognize Veterans and their families. The highway honors family members of more than 6,000 Oregon soldiers who died serving their country and gives Oregon the distinction of having the first border-to-border memorial highway in the United States, spanning 477 miles from Astoria to the Idaho state line. This is just one of many efforts by Tobiason to create legacies of dedication and honor for Veterans. Chairman of the Bend Heroes Foundation, he was responsible for a bill that created the Medal of Honor and Gold Star Oregon state license plates. In addition, after garnering legislative support from all 12 states along the transcontinental Highway 20 route, Tobiason succeeded in his mission to have each state from Oregon to Massachusetts name Highway 20 a Medal of Honor Highway. His next goal is to gain a federal designation to make Highway 20 a National Medal of Honor Highway in recognition of the current 3,560 medal recipients in the United States, and in honor of those yet to come. Lieutenant Colonel Tobiason, Bend salutes you.

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Big Brothers Big Sisters of Central Oregon (BBSCO) was a 2023 Big Brothers Big Sisters of America Pinnacle Award winner, honoring the chapter's commitment to changing the lives of youth in the Central Oregon region. The award recognizes BBSCO for its marked increase in involvement, growing the program by 16% this year to match 206 at-risk or adversity-facing youth with adult mentors, as they continue to uphold their mission of igniting the promise of youth through one-to-one mentoring relationships. "We are extremely proud to honor Big Brothers Big Sisters of Central Oregon this year. Their innovative efforts and actions are leading the way in which our Big Brothers Big Sisters agencies empower young people across the country," said BBBSA President and CEO, Artis Stevens. See bbbsco.org.



COMMUNITY STEWARDSHIP AT THE DESCHUTES RIVER CLEAN-UP

Driven by the motto, "The Deschutes River is our river to enjoy, protect and respect," the Upper Deschutes Watershed Council is hosting the annual Deschutes River Clean-Up on July 29 for a day of stewardship at six different sites along the river. Celebrating the importance of the Deschutes River to the Central Oregon region, volunteers of all ages will gather at La Pine State Park, Farewell Bend Park, Riverbend Park, First Street Rapids Trail and Tumalo State Park for riparian clean-up activities. See restorethedeschutes.org.

ECO-FRIENDLY COMPANY DELIVERS LOCAL GOODS

Entrepreneurs Dylan Hatcher and Connor Lowe launched The Local Emporium in June as a delivery option for regionally sourced groceries, home products and farm-fresh produce. The online platform allows residents with Bend zip codes to place orders for local goods, including items fresh from bakeries, dairies and producers, such as Deschutes Produce. Orders are delivered door to door on Tuesdays and Fridays in its eco-friendly vehicle, complete with a solar-powered refrigerator. "Our goal was to make buying local easy, and to keep money inside the community," said Hatcher. See thelocalemporium.com.



TOUR OF DOG HOMES

Discovery West in partnership with the Humane Society of Central Oregon presents a tour of dog homes on July 14. Seven builders within the Strada neighborhood of Discovery West will unveil their custom-designed canine dwellings as a fundraiser for the Humane Society of Central Oregon. The dog houses will be auctioned off online with bidding concluding on July 20. See discoverywest.com.



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Faces in Town

BAHMAN ABBASI RESEARCHER & INVENTOR

Bahman Abbasi, a professor of mechanical engineering at Oregon State University-Cascades, is leading a diverse team of researchers from around the world in a pursuit to solve the global water crisis. Haunted by the 786 million people who lack clean water—500,000 die from contaminated water each year—and the reality that population growth and climate change are exacerbating the problem, Abbasi and his Water and Energy Technologies (WET) Lab research team are engineering a sustainable solution for desalinating and reclaiming valuable water resources, funded by multiple grants from the U.S. Department of Energy, Department of Defense, State of Oregon, National Science Foundation and more. “If we can contribute to solving this problem,” Abbasi said, “it is going to be the biggest achievement of my life.”



KRISTEN JOKINEN AUTHOR & ADVENTURER

Kristen Jokinen and her husband Ville hadn't ridden bikes more than around a block before they embarked on what would become an 18,000-mile journey. Their experiences are chronicled in Kristen's new book *Joy Ride: A Bike Odyssey from Alaska to Argentina*. She said, “I was as motivated to write this book and share the stories of those who helped us along the way, as I was to finish the adventure.” For more, listen to *Bend Magazine's The Circling Podcast* with Adam Short.

CHRIS HORNER CYCLIST & MENTOR

Chris Horner, 2012 Olympian, Tour of California Champion, and winner of the 2013 Tour of Spain (the *Vuelta*), is giving back to the sport of cycling. Horner, with his wife, Megan, and Molly Cogswell-Kelley, started the nonprofit Horner Cycling Foundation with a goal of fostering a junior road cycling program, inclusive and accessible to kids in the Central Oregon community, regardless of background and socioeconomic status. Junior members, ages 14 to 18, participate in the free program with the help of proceeds from foundation-supported events throughout the year, such as the Summer Criterium series and Thrilla Cyclocross series. Chris and other elite-level coaches will lead weekly rides from April through October. “We wanted to create a development road cycling program in Central Oregon,” said Chris. “Not only will riders be part of a team, but we hope they develop a life-long love of cycling and our great community.”





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Mt. Bachelor Course



Pine Nursery

Just about every 1970s American household had at least one Frisbee sitting on a garage shelf, buried in a toy bin, or resting in the backyard where it was last thrown. Learning to toss it was a right of passage and a ticket to hours of fun with longtime neighborhood friends. Watching the Frisbee fly parallel to the lawn and into an awaiting hand was matched only by competitions focused on the challenge of trying to hit stationary targets.

“Steady” Ed Headrick, widely considered the Father of Disc Golf, first invented the Frisbee in 1966 and then transformed the game into a sport by patenting what was called the Disc Golf Pole Hole and starting a movement now played on countless courses worldwide. The Professional Disc Golf Association currently boasts more than 130,000 members across 70 countries with an average of five new courses opening each day. Parallel to golf, disc golf is played on nine- or 18-hole courses, with each hole consisting of a tee pad, fairway and hole. Both sports also share scoring terminology, such as “birdie,” “par” and “bogey,” but for disc golf players, the target “hole” is most commonly an elevated metal basket.

When throwing the disc well, spirited competition is likely to arise. Even when playing poorly, disc golfers still enjoy nature courses set in beautiful Central Oregon landscapes. Because Bend is filled with amateur and professional athletes with a desire to spend time outdoors, it’s no wonder disc golf has been on the rise in the area.

LET’S PLAY DISC GOLF

According to the disc golf phone app Udisc, Central Oregon is home to more than 30 officially established park and resort courses, as well as non-sanctioned courses usually found on Bureau of Land Management property. Diverse Central Oregon settings pair perfectly with disc golf—as does the post-round craft beer.

In Bend, the Pine Nursery Disc Golf Course offers a quality mix of long and short holes, as well as open and tight fairways. Because none of the holes is too advanced, both beginners and experts can enjoy a day spent at the east side park. The surroundings of junipers, sage and lava outcroppings line the course and separate it from the rest of the park’s features. For a quicker outing, the Skyline Sports Complex in northwest Bend is home to a fun nine-hole course, while Rockridge Park Disc-Golf in northeast Bend was built intentionally short to allow for beginners and putting practice.

Mt. Bachelor got into the disc golf game several years ago by adding a course to its summer offerings. The Professional Disc Golf-listed course begins just to the west of the Bill Healy statue at the top of the Pine Marten Lodge. Players may want to save their legs for the course and ride the chairlift up. The first three holes wind down the Outback ski area, holes four through 15 are located along the Coffee and Canyon runs, and the course wraps up just above West Village Lodge.

Other Central Oregon communities have joined the disc golf revolution as well. Just west of Sisters, Black Butte Ranch built

a nine-hole course that winds through the resort property. Redmond constructed a very popular 18-pin course in Dry Canyon Park. Downtown Prineville's Rimrock Disc Golf Course offers a mostly flat but challenging game.

EVEN MORE PLAY: NON-SANCTIONED COURSES

In addition to the officially recognized disc golf courses, players have built non-sanctioned or "renegade" courses on private and government properties throughout Central Oregon. Armed with a knowledge of the game and a little ingenuity, they scope out areas perfect for a course. Tee pads and holes are marked with natural material and then the course is plotted out on GPS to either be kept secret or shared through the Udisc app.

Bendite Jeremiah Fender had only been playing for a year before he got the idea to build the non-sanctioned course Base Camp at Horse Butte. "I used to walk out there all the time and hated seeing all of the trash," explained Fender. "I figured that I would try and bring some different active users to the area." Local and visiting disc golfers like to play the course due to its long and technical nature, as well as its desert location allowing it to be played all year long.

Josh Steele, a local professional disc golfer, began playing after finding a disc in Willamette State Park and then being gifted another one by disc golf legend Nate Sexton. After moving to Bend in 2016, Steele built the non-sanctioned Face Rock Course along Century Drive, a perfect course to practice on with the long, technical holes and beautiful views.

PAIRING FAVORITES: DISCS AND BEER

Valarie Jenkins and her husband Nathan Doss ended their highly successful professional disc golf careers and opened Bend's Bevel Craft Brewery in 2018. Their career accolades include a combined seven professional world championship titles and Valarie's induction into the Disc Golf Hall of Fame.

Pairing their two loves, Valarie and Nate incorporate disc golf into their brewery as evidenced by the naming of beers such as Par Save Pale Ale, the disc golf tournaments that play on the brewery's televisions and an 18-hole putting course out back. The Bevel Putting Course, located just south of the 9th Street Village food carts, lays out as a fun, yet challenging par-two putting course, complete with tee pads and natural obstacles. In the summer, Bevel hosts a weekly competition to be played at a disc golfer's leisure. Valarie has also found a role in inspiring young people to discover the love of a new sport. While there are legions of current fans, the nonprofit Universal Play Disc Golf aims to spread the word about the many benefits of disc golf to kids worldwide.

"While disc golfers can be from all walks of life, there is a common thread that these people enjoy the outdoors, traveling and doing things off the beaten path," explained Valarie. "There are lots of amazing benefits to the sport, but it's the people and the connections that we've made along the way that we will always be thankful for." See CODGC.org. **B**



Rockridge Park



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Forward Motion

Bend Outrigger Canoe Club paddles
from tradition into the future

WRITTEN BY **CHERYL PARTON**

They arrive one by one, paddles in hand, from a diverse range of daily experiences. Before the workout can begin, arms join forces to lift each of the 40-foot, 400-pound vessels from their resting spots near the Old Mill District gently into the water. Stepping into a canoe, individuals then become one with a power of six. Invoking the Hawaiian word for unity, *lōkahi*, everyone pulls together in a seamless forward motion, with each stroke bringing the boat closer to a common finish line. Welcome to the Bend Outrigger Canoe Club.





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Geologically, Central Oregon and the Hawaiian Islands share a similar genesis story—volcanic activity that gave rise to mountains and valleys, creating cultures that revere nature. While anecdotally it's often said Hawaiians are born with a paddle in their hands, the Bend Outrigger Canoe Club seeks to put paddles in the hands of Central Oregonians during their season on the river, from April to September.

The Bend Outrigger Canoe Club has its roots in Kailua, Oahu where Dave and Meg Chun, best known as founders of Kialoa Paddles, met and brought the tradition to the Deschutes River in the early '90s. When outrigger canoeing landed in Bend, it was well before the Old Mill District existed. In fact, at the time it wasn't legal to swim or float in the stretch of the Deschutes from what is now Riverbend Park to Mirror Pond. "Maybe because what we were doing was so unique, people were drawn to it," said Meg. The river was a wide-open waterway, and the club could race two canoes side by side; their first workouts were held in Mirror Pond.

As it turned out, the active culture of Bend made it an ideal place to introduce the sport. "Nordic skiers make great paddlers," Meg said. She explained because of the team aspect, it created community, so teams came together organically, recruited by word of mouth. The club grew and became competitive within the region as groups formed in Portland, Seattle and Tacoma, and with the creation of the Pacific Northwest Outrigger Association. At its peak, the Bend Outrigger Canoe Club enjoyed both mens' and womens' teams that competed at regattas in California and Hawaii, and even across the Molokai channel in the Molokai Hoe race.

Thirty years since its inception, the club today is led by President Todd Steinbach. A paddler for 10 years, he emphasized

that the club's goals are to honor past traditions, perpetuate Hawaiian culture and create community on the water while staying in shape. "There's a lot of respect for the outrigger culture from which these seats originate," said Steinbach. Paddle and canoe safety are also of utmost importance, he added. "There's no room for ego on the boat." In each of the six positions, everyone has a job. In seat one, the stroker sets the pace from which each teammate follows, as timing is crucial. Seat two follows the lead and gives visual cues to the rest of the boat. Seat three hosts the "caller"—the loudmouth of the boat, according to Steinbach—one who will holler a "hut" to signal a change of paddling sides. In seats four and five, "The Engine Room" grabs a whole lot of water," Steinbach explained. Seat six is the steersperson. The club's mantra is, "Never give up, never make excuses, always have fun." With a competitive spirit, the club will participate on July 8 in Stevenson, Washington, at what Steinbach refers to as the Superbowl of Pacific Northwest paddling, the Gorge Outrigger Canoe Race.

Whether as movement meditation, community or a workout, the Bend Outrigger Canoe Club provides a gathering point to learn about paddling and what it takes to succeed in a canoe. As a nonprofit organization, the club supports itself with membership and casts a wide net by welcoming all ages, offering three free paddling sessions to test the waters before joining the club. Members range in age from 13 to the 70s.

"I love the connection with the Islands and the community," said Dani Fournier of Bend, who has paddled for five years and enjoys the inclusiveness of the sport. "The club is for anyone who wants to learn something new and discover something about themselves too," said Steinbach. "If there's a seat on the boat, we'll put you in it." See bendoutriggercanoe.org. **B**

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Thermal Exploration

Soak up relaxation in Central Oregon's healing hot springs

WRITTEN BY K.M. COLLINS

Twisting and turning through crevices and fractures in the Earth, heated and steamed by regional geologic mechanics, streams of subsurface water find their way to the exterior of the surface in the form of hot springs. An elixir of volcanic activity casting heat upon the water table produces the tell-tale sulfides, minerals and hot pools that Oregonians enjoy. For millennia, people have built mythology and science around the healing powers of these springs. From Ponce De Léon's Fountain of Youth folklore to studies that show hot springs possess properties to detox, treat skin conditions and soften epidermis, people continue to seek out these warm bathing oases. Soak in three hot spots ranging from rugged to full service:

COUGAR HOT SPRINGS

Vibe: Secluded wilderness oasis

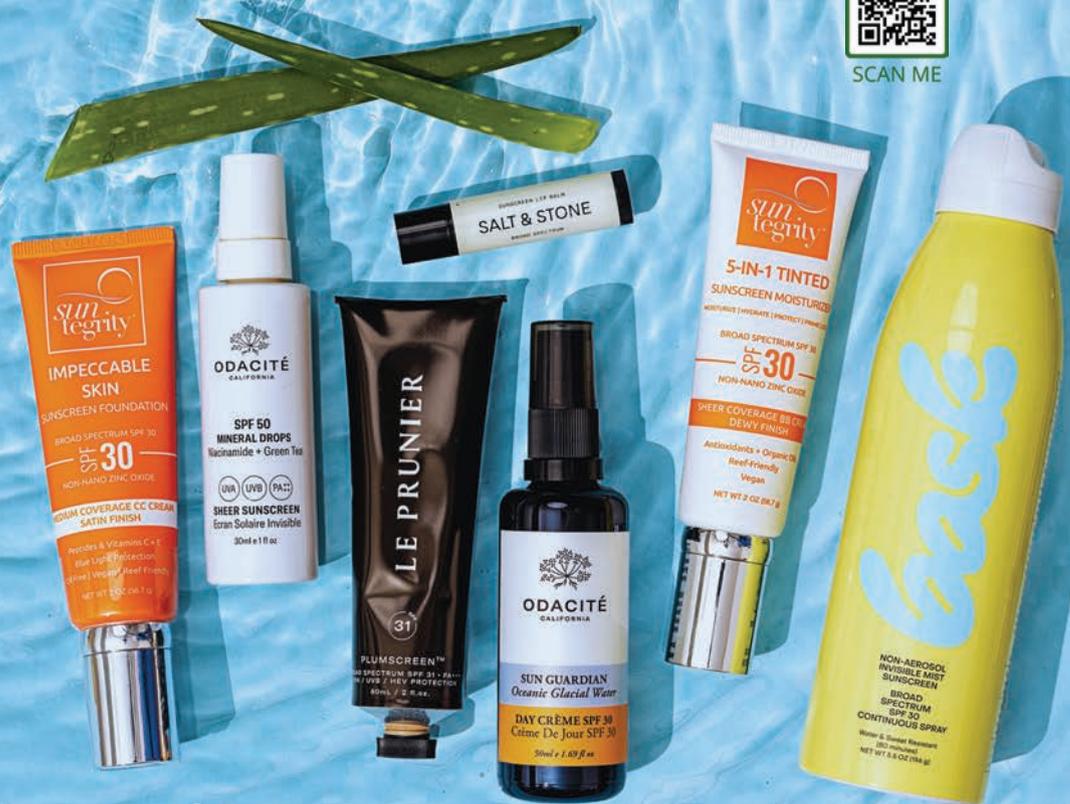
Locations: Two hours west of Bend

Pairs well with: Chasing waterfalls, hiking

Nestled in a secluded canyon of Willamette National Forest is Cougar Hot Springs, also known as Terwilliger Hot Springs, a cascade of geothermal pools where time slows and relaxation is key. The natural pools are just a short stroll from the trailhead and are regularly maintained by volunteers. The top pool is the warmest, and the others gradually cool. Bring a towel, bathing suit (or go au naturel) and note the pools are closed from sundown to sunrise. After a soak, explore the surrounding Willamette Valley's hiking trails, waterfalls and trails.

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SUMMER LAKE HOT SPRINGS

Vibe: Drive up, rustic retreat

Locations: Two hours south of Bend

Pairs well with: Birding, paragliding and motorcycle touring

The desolation of the Oregon Outback Scenic Byway invites bike packers, pilots, avian lovers and desert nomads from all walks of life.

On your drive out, watch for birds of prey, antelope, deer and other wildlife. Stop at quirky and charming homegrown Oregon outposts to re-supply beverages, firewood and gasoline. If you have time, take a small detour to Fort Rock to see the remnants of a tuff ring, a volcano that erupted under a shallow sea. Fort Rock is also home to an ancient reed sandal mass storage cache, which has helped anthropologists pinpoint a date indicating the earliest known people in the region. On the outskirts of the municipality, look for a smattering of walk-through historic ghost town buildings.

When you arrive at Summer Lake, enjoy the four developed outdoor hot pools with 360-degree views of the desert, forest, sky and mountain peaks, as well as the largest pool, located inside a bathhouse. Summer Lake offers camping and indoor lodging in an assortment of contemporary

desert cabins referred to as Casitas. Book in advance for the best options. Summer Lake is also known for hosting pop-up music festivals and retreats of all kinds.

To find RV or van-specific parking, hookups and amenities, Ana Reservoir Park and Lonepine RV Park are choice picks. After a detoxifying dip in the hot springs for registered guests of the lodge, travel 20 minutes north to the town of Summer Lake and visit The Flyway at The Lodge at Summer Lake for casual American food. See summerlakehotsprings.com.

PAULINA LAKE HOT SPRINGS

Vibe: Hike in, a little over a mile, camp

Location: One hour south of Bend

Pairs well with: Hiking, camping, exploring Newberry National Volcanic Monument or cross country skiing in winter

Newberry National Volcanic Monument, operated by Deschutes National Forest, gained its monument status in 1990 as a result of the area's outstanding volcanic features. Obsidian flows, alpine lakes, fissures, cavernous lava tubes, a lava cast forest and a massive caldera (or collapsed volcano) are all natural wonders to experience en route to Paulina Lake Hot Springs.

Located off a spur on the Paulina Lake Loop Trail, the springs are primitive at best. If the lake shore waters are high, the pools may be washed out. However, when the waters are just right, hot springs may be dug out of coarse beach sand and reinforced with found wood and stones. Because these pools are not commercial, visitors often bring a shovel, such as a collapsible avalanche shovel, to re-dig one of the several pools. Although the pools might be crude, the view is magnificent. Paulina Peak towers at nearly 8,000 feet tall. Its center crater is infilled with Paulina Lake's waters that sweep across the horizon line and counterpoint sunsets that light up the sky like pink cotton candy.

For lodging, or to rent a canoe for paddling across the lake to the edge of the hot springs, stop in at Paulina Lodge. Open in the high season, May through September, the lodge offers everything from stays in its cabins and intimate A-frames to lunch and dinner dining. Look forward to sampling the chef's famous prime rib, homemade cobblers and handcrafted cocktails. Reservations are required. See paulinalakelodge.com. **IB**



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Local Heroes

Women of Search and Rescue

WRITTEN BY ANNIE FAST | PHOTOGRAPHY BY RICHARD BACON

It can come at any time—a call for help from someone stranded, injured, scared and in desperate need of wilderness rescue. These incoming 911 calls are transferred to Deschutes County Search & Rescue (SAR), which then issues an alert out to the network of 135 highly trained volunteers who drop what they're doing and selflessly respond. "Deschutes County is fortunate to have one of the most robust Search and Rescue teams," said Sergeant Nathan Garibay, the emergency manager with the Deschutes County Sheriff's Office. "We're really blessed by the dedication and quality of our volunteers." Of those 135 volunteers, 35 are women, all with a range of backgrounds and skill sets that make their contributions invaluable.



LEFT TO RIGHT: Christa Nash-Weber, Patti Lynch, Taylor Bacchi, Roseanne Alwen, and of course, Sherman

These women don't fit into any one type—they're in different stages of life and their careers, with young families or retired; whether new to town or longtime residents.

Volunteering with SAR is a commitment not to be taken lightly, volunteers must complete a month-long academy with frequent training sessions; the average member logs more than 200 hours per year, with the requirement of participating in a minimum of six missions per year. The reality is that most volunteers contribute well beyond that expectation. In addition to wilderness medical training, many volunteers are trained EMTs and paramedics, and many have amplified training for specialty teams which include swift water rescue, mountain rescue, winter search, water operations and canine search, to name a few. The women of SAR are not just stepping up as volunteers, more and more often they're the ones leading these complicated missions.

CHRISTA NASH-WEBER

Christa Nash-Weber joined SAR as a mom with two young children. Nash-Weber brings technical outdoor skills gleaned through a 20-year career in outdoor education. She volunteers on the medical team and the formerly male-dominated Mountain Rescue Team, where she serves as an assistant team coordinator. She joined in 2019 upon moving to Bend. "Joining SAR felt like a really nice next step, knowing I have

a skill set that can be put to good use with people who are injured and lost, and I can make a real difference and help save lives," she said. Nash-Weber shared that the most rewarding missions for her are the "epics," the rescues that involve lengthy approach times and complicated transport. She recalled one such mission, a successful "epic" mission as part of a "hasty team," which is a highly skilled group tasked with immediately deploying to jump start the search process. The mission took place in the Three Sisters Wilderness and began at midnight and didn't end until 6:30 p.m. the following day. Nash-Weber has been part of intense backcountry missions and tragic, yet meaningful recovery missions. She explained, "Being outside fuels my soul. The ability to truly make a difference in the worst day of someone's life, whether it's bringing someone who's sadly passed back to their family, or rescuing someone who's been lost for a long time, the impact is very direct and very immediate."

Nash-Weber is the event coordinator with SheJumps, an organization focused on increasing the participation of women and girls in outdoor activities. Until recently, she also headed up SAR recruiting, a role that had her sharing the opportunity to volunteer in presentations all around town. A thread that runs through the experiences of these dedicated volunteers is the benefit of being a member of the SAR community and the opportunity to keep learning. "There are so many different ways



to grow within the organization," she said. "You can join a different team or become a field team leader, you can grow and stretch and challenge yourself in different ways throughout the years." She gave a thoughtful look and said, "I think I'm going to be able to do SAR into my 70s."

ROSEANNE ALWEN

One of the women stepping into a leadership role at SAR is Roseanne Alwen. Alwen joined SAR after retirement, volunteering on five different teams, most notably the Canine Team with her six-year-old labrador retriever, Sherman. Alwen and Sherman are called in for searches on land and in water; impressively, "Sherman is capable of searching an area of up to 500 acres in a day, logging 20 to 25 miles," Alwen said. She is in the process of training her next search and rescue protege, an eight-month-old black lab, Porter. She trains with her dogs two to three days a week to maintain certification, dedicating an incredible amount of time and money. Explaining why she enjoys working with SAR, she said, "I'm out in the wilderness, I have my dog, I get to train him, and I get to help people." Roseanne shared that her role with the dogs is often that of recovery, but even those are fulfilling, "It may be that we are only able to bring closure one time in the whole lifetime of each dog, but that's one time that a family gets closure." For Alwen, that's enough to make it all worthwhile.

TAYLOR BACCI

Taylor Bacci joined SAR in 2020. As a volunteer with the medical and snowmobile teams, Bacci said she values the experience of navigating in the outdoors and the constant problem-solving skills required while responding to missions ranging from injured climbers, lost hikers, heat-exhausted runners, bike crashes, stuck snowmobiles and recoveries. She shared, "Bend has been my home for over 15 years, and this town is packed with outdoorsy, active, risk-taking individuals. Unfortunately, things don't always go as planned. It fulfills me to provide first-responder efforts to help those who are in need."



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PATTI LYNCH

Patti Lynch has been a volunteer since 2015, joining SAR after retiring from a career in law enforcement. Her retirement plan was to spend her days riding her bike on Phil's Trail, but immediately upon moving to Bend, Lynch was faced with evacuating from the 2014 Two Bulls Fire. She said, "As a police officer, I was used to knowing everything that was going on; the feeling of not knowing was anxiety producing for me." That experience ignited her interest in becoming involved with SAR. Lynch is known as one of the more active volunteers, with a deep knowledge of the inner workings of the organization, including a near encyclopedic knowledge of the SAR inventory of rescue tools and vehicles, and a career officer's attention to protocols.

A volunteer with the snowmobile, ATV and Incident Management Team, Lynch is not a stranger to challenging rescues, including a day participating in and overseeing incident response to three separate calls at South Sister, as well as the emotional rescue of a pair of lost snowmobilers. These experiences are the "why" of why she volunteers. "We're all here for the same reason," she said, "We all want to be able to bring somebody home." But as a woman who spent her career in a male-dominated field, Lynch shared that she is also passionate about encouraging women to take on leadership roles at SAR. "We've got women with a lot of gifts and talents and a different approach. It's an incredibly strong female contingency right now who are all stepping up in some really cool ways." ■

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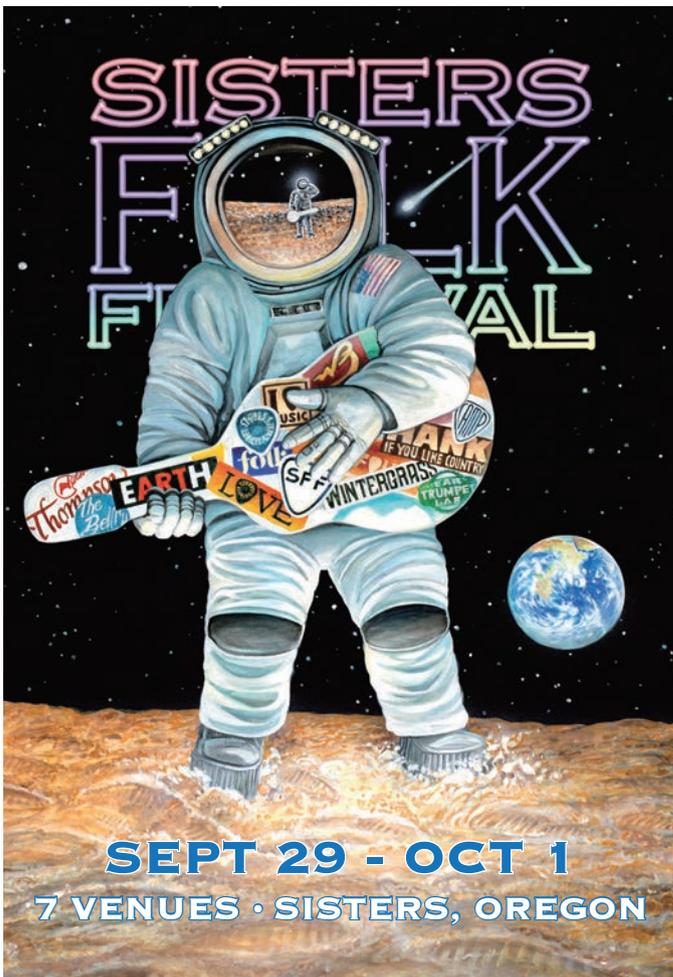
Top Row (left to right): John Sorlie,
Mark Reinecke, Melissa Lande

Middle Row: Paul Taylor, Jeremy Green,
Garrett Chrostek, Lindsay Gardner

Bottom Row: Brooke Olsen, Makenzie Spinks,
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Shifting Gears

The Gambler 500 takes Oregon clean up on the road

WRITTEN BY LYDIA HAGEN | PHOTOGRAPHY BY CHRISTIAN MURILLO



Each July, watch for a hodgepodge of unlikely cars zipping across the high desert, with their drivers cleaning up trash along the way: this is how the Gambler 500 rolls. A nontraditional off-road rally, Gambler 500 began in 2014 with a defining aspect that participants drove any car valued at \$500, or less. The nonprofit removed 426,000 pounds of trash last year alone. "It's not a scenario where whoever spends the most money wins. It's quite the opposite," founder Tate Morgan said. "Our tagline is 'Fun is greater than the rules.'"

After living in Bend during the mid-2000s, Morgan and his family moved to Portland where he and a few friends took some cheap cars into the Oregon desert to create their own version of a rally. "Our intent was never to make it bigger than it was," Morgan said. However, a video in 2016 made by national clothing brand Chubbies Shorts featured footage of the adventure, and it went viral.

Initially, Morgan shut everything down because he said they weren't set up for that kind of response, but he brought it back to life after discovering their social media pages were being copied. He copyrighted the name Gambler 500, inspired by an old car spoiler found in his father's trash with the word "Gambler" written on it. In 2016, with a logo drawn on the back of a Coors Light box, the Gambler 500 was back, this time as a registered nonprofit with a mission.

The clean up component was introduced when the Forest Service contacted Morgan regarding the Gambler 500's use of public lands, which inspired the new organization to use its nonprofit status and perform a public land clean up across many miles. In 2016, event participants cleaned up 40,000 pounds of trash from Portland through Prineville in a single weekend. After being diagnosed with cancer in 2016, Morgan said he focused all his energy toward growing the rally. The event was originally held in the Gilchrist area where it remained for four years before moving to its current launchpad at the Deschutes County Fairgrounds & Expo Center.

Gambler 500 utilizes the Sons of Smokey mobile app developed by Morgan, where participants mark the location of trash or illegal dump sites during their off-roading

TOP: Tate Morgan, founder of Gambler 500.
THIS: Off-roading is celebrated during the weekend at Gambler 500 and HooptieX.



PHOTO TOP: LANCE REIS



adventures and upload a photo. Then, a team returns to clean up the area in partnership with the Forest Service and Bureau of Land Management. The Gambler 500 traverse encompasses the Crooked River Grasslands and La Pine, with a portion trickling into Prineville. Morgan said the event also works closely with the Public Land Stewards of Bend to pick up trash.

As part of the Gambler weekend, a festival at the fairgrounds features live music, food, go-karts, minibikes and a race option. For the fifth year, an OG (Original Gambler) event known as the HooptieX race will be held alongside the Gambler 500, offering what they call a fun and “impractical” event for “daily drivers, junkyard beaters...or your mom’s minivan.” The HooptieX is led by Race Director Chuck Brazer, who was one of the original Gambler 500 participants in 2014. The HooptieX holds a similar ethos to the Gambler 500—off-roading with any old drivable machine available—in an affordable and accessible race format. Now a nationwide racing series, the HooptieX race at the Deschutes County Fairground and Expo Center is a complement to the Oregon-only, one-



TOP: Collecting debris from illegal dumps.

THIS: A festival at the fairgrounds features live music, food and other ways to play.

of-a-kind, Gambler 500. “[HooptieX] is essentially the [series’] biggest event,” Brazer said. “We’ll have 5,000 to 8,000 people there.” At different scales, the two events both offer the goal of off-road rally fun.

So this summer, thousands will drive to Redmond ready for exploration of Oregon’s roadways driving the most unlikely of vehicles. For the Gambler 500, though, there’s more to it. “It’s always

the first thing our people want to do, to get out and help people,” Morgan said. The affordable playfulness of the rally is present, but the bigger picture of stewardship in public lands is overarching, and the Gambler 500 is shifting that idea into a new gear. See Gambler500.com. **B**

▮▮▮ Gambler 500

▮▮▮ July 14-16

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Forest Bathing

Lessons on health found in nature

WRITTEN BY HEIDI HAUSLER



Imagine bathing in the presence of the moment, toes rooted in rich soil, fingers outstretched like branches as they soak in the energy of nature. Imagine not running or biking, nor checking a list of to-dos, just taking in the scent of pine, the babbling of a creek, the calls of the Western bluebird and the gentle touch of the breeze. Submerge in the life force of the forest, feel it slow the breath and strengthen the footing. Here, surrender to the power and peace of forest bathing.

A form of ecotherapy originally initiated by the Japanese government in the 1980s, *shinrin-yoku*, or forest bathing, was proposed as a physiological and psychological antidote to the levels of stress and stress-related diseases increasing with the rise of technology. Forest bathing is the practice of engaging the senses in the presence of trees to foster a connectedness with the natural world. Gaining interest in countries across the world, forest bathing has found its way to Central Oregon. Mindy Lockhart, creator of the forest bathing and nature immersion organization Rooted Presence in Bend, is a trained forest therapy guide who leads meditative walks among the trees. Inspired by her own journey out of

depression and anxiety, Lockhart is dedicated to sharing the benefits of forest bathing with others.

"Before discovering forest bathing," Lockhart shared, "I felt shut down and had a hard time connecting not only to myself, but to other people. Now I see awe in everything, and I have this deep love for life, for the beauty around us, for relationships, with nature and with other people, an openness and love." Lockhart explained the importance of nurturing a deep connection to the natural world, and how guided forest therapy helps facilitate that connection. "People have a hard time slowing down when they're in the forest on their own. With a guide, we get you out of your head so you can be present in your body and become completely immersed." Through meditations, a series of invitations, intentional walks and tea ceremonies with foraged greens, guided forest therapy inspires immersion through all the senses.

In the book *Forest Bathing: How Trees Can Help You Find Health and Happiness*, Dr. Qing Li, chairman of the Japanese Society for Forest Medicine and doctor at Tokyo's Nippon Medical School explains, "We are hard-wired to affiliate

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with the natural world— and just as our health improves when we are in it, so our health suffers when we are divorced from it.”

It’s not surprising that being surrounded by nature is healing, not just spiritually and emotionally, but also physiologically. Lockhart shared that a growing body of scientific research is revealing an impressive list of health benefits grounded in the discovery of biochemicals called phytoncides that are released by trees. A tree’s form of communication and immune response, phytoncides are natural oils that fill the forest air, creating a form of forest aromatherapy that stimulates the human immune system. “As we go for a walk or sit in the presence of trees, we are absorbing phytoncides, and that absorption leads to the production of natural immune cells that elevate our emotions and help us fight off cancer and other diseases,” Lockhart explained.

This promise of healing through a renewed connection to the natural world has become a topic of research at institutions around the world. “Until recently, there was little scientific evidence to support what we have always

known innately about the healing power of the forest,” Li explains in his book, citing experiments that reveal how forest bathing strengthens the immune system, increases energy, reduces stress and anxiety; lowers blood pressure, heart rate and inflammation; improves sleep, memory, creativity and mood; sharpens mental and cognitive function; decreases symptoms of Attention Deficit Disorder, and the prevalence of Type 2 Diabetes. “There is no medicine you can take that has such a direct effect on your health as a walk in a beautiful forest,” Li wrote.

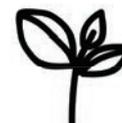
All that is required to achieve the profound benefits of forest bathing is the presence of trees, the engagement of all five senses and the quieting of the mind to allow the forest to do its therapeutic work. Reconnecting with nature inspires a reconnection with oneself, with others and with all living things, offering a hopeful path toward the healing of body and mind and the restoration of a relationship with the Earth. Embracing a new (yet ancient) paradigm for healing, forest bathing reminds humanity to simply come home to the soil, to the presence and wisdom of the natural world. **IB**

Tips from the Trees

Forest bathing is accessible to anyone. To begin a practice, try walking slowly and mindfully in the forest, engage in yoga or meditation, or create art in nature. Follow these steps to unleash the healing powers of *shinrin-yoku*.



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Worth the Wait

An architect's home in the hills of west Bend

WRITTEN BY TERESA RISTOW | PHOTOGRAPHY BY CHERYL MCINTOSH



Blaise Cacciola and Sandy Schmidt with Pearl, the couple's late Labrador rescue mix.



In more than three decades as a couple, Blaise Cacciola and Sandy Schmidt had taken many neighborhood strolls and entered many homes together, always admiring certain styles and features and mentally adding things to their dream home wish list. Sometimes it was the way two picture windows came together in the corner of a room to create a sunny nook, other times it was the way a kitchen was centrally placed to function as the heart of the home. “We had so many conversations over the years about what we’d want in a house,” said Schmidt, who first met Cacciola while they were students at the University of New Hampshire. Together they moved to Eugene in 1987, where Cacciola worked in construction while pursuing an architecture degree at the University of Oregon. Considering Cacciola’s career aspirations, those conversations over the years, envisioning functional and well-designed spaces, were both a daydream with his wife and a professional interest.

SETTLING IN CENTRAL OREGON

The couple moved to Bend in 1999 and soon welcomed two children, Mario and Vincent, holding onto plans to one day buy or build the home of their dreams. In the meantime, they settled into a 1,000-square-foot home near 10 Barrel Brewing, just off Galveston Avenue, and focused on raising their young family. Over the years, they looked for the perfect home or a lot to build on, but nothing ever felt like the right fit, until 2015. Schmidt and Cacciola—now the owners of the commercial architecture firm BCA—went to tour an available home in the hills of Bend’s west side, and noticed a sloped,

vacant lot next door. They saw potential in the lot, instead of the house, and decided they would buy it and build the home they’d always envisioned. Since BCA primarily focuses on the planning and design of laboratory, healthcare and industrial spaces, the company doesn’t often have the opportunity to focus on residences. Cacciola said designing his new home was an opportunity for the BCA team to “have some fun and be creative” outside of its typical market sector. After about a year of planning and design, ample excavation work to level the hilly lot, one “snowmageddon” to delay construction and several months of building plus finish work, the family of four finally moved into its new home in the fall of 2018. “It’s wonderful to have the opportunity to create something intentionally for your family that’s an expression of who you are and how you live, and how you want to interact with the world,” Cacciola said.

DESIGNED WITH PURPOSE

As an architect might, Cacciola enjoys talking about the home in terms of its siting, layout and materials. The space the couple designed is light and bright thanks to its south-facing orientation that draws in sunlight and warmth, with large windows bringing Bend’s high desert landscape into view. The 2,700-square-foot home is wood-framed atop a concrete slab, which doubles as the finished flooring for the home’s main level, including the entryway, dining area, kitchen and living room. In addition to the warmth that emits from the radiant in-floor heat, a feeling of warmth comes from hemlock wood that covers the ceilings, walnut accents including the stair handrails



and Schmidt's downstairs desk, and Douglas fir interior doors and trim. "[It's] hard not to fall in love with the warm orange tone of Douglas fir," Cacciola said.

The downstairs is built around a central kitchen, featuring deep drawers and lower cabinets to store all the kitchen essentials, including necessities for Schmidt to bake fruit pies and cakes, and for Cacciola to prepare Italian cuisine. Instead of many upper cabinets, large picture windows look out onto an outdoor dining area and firepit conversation space. Throughout the first floor are instances of Fireclay Tile, with sunny tones in the kitchen, brown tiles around the bar area and green tiles behind the living room wood stove, all selections made by Caitrina Schoeller, a senior designer at BCA who served as the interior designer for the project. The wood stove and radiant floor heating downstairs are part of a thoughtful plan to keep the home at an optimal temperature and level of humidity year-round, with air conditioning, an integrated humidification system and clerestory windows at the top of the stairwell that act as a chimney of sorts to moderate temperatures. The heating system and insulation helped ensure the home was Earth Advantage Certified, a designation that acknowledges its energy efficiency.

Upstairs, there are rooms for each of the Cacciola children, who are now both in college outside of Central Oregon. The primary suite enjoys some of the best views in the home, with a door out to the upstairs deck, one of Schmidt's favorite spaces, and a bright place for morning coffee or a late-afternoon





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summertime cocktail. "I love the views from upstairs," Schmidt said. "Just seeing the sun and clouds move through the sky and the tops of the pine trees." The deck also connects to the multi-purpose recreation room, with space for lounging, an office area for Cacciola and space for occasional overnight guests.

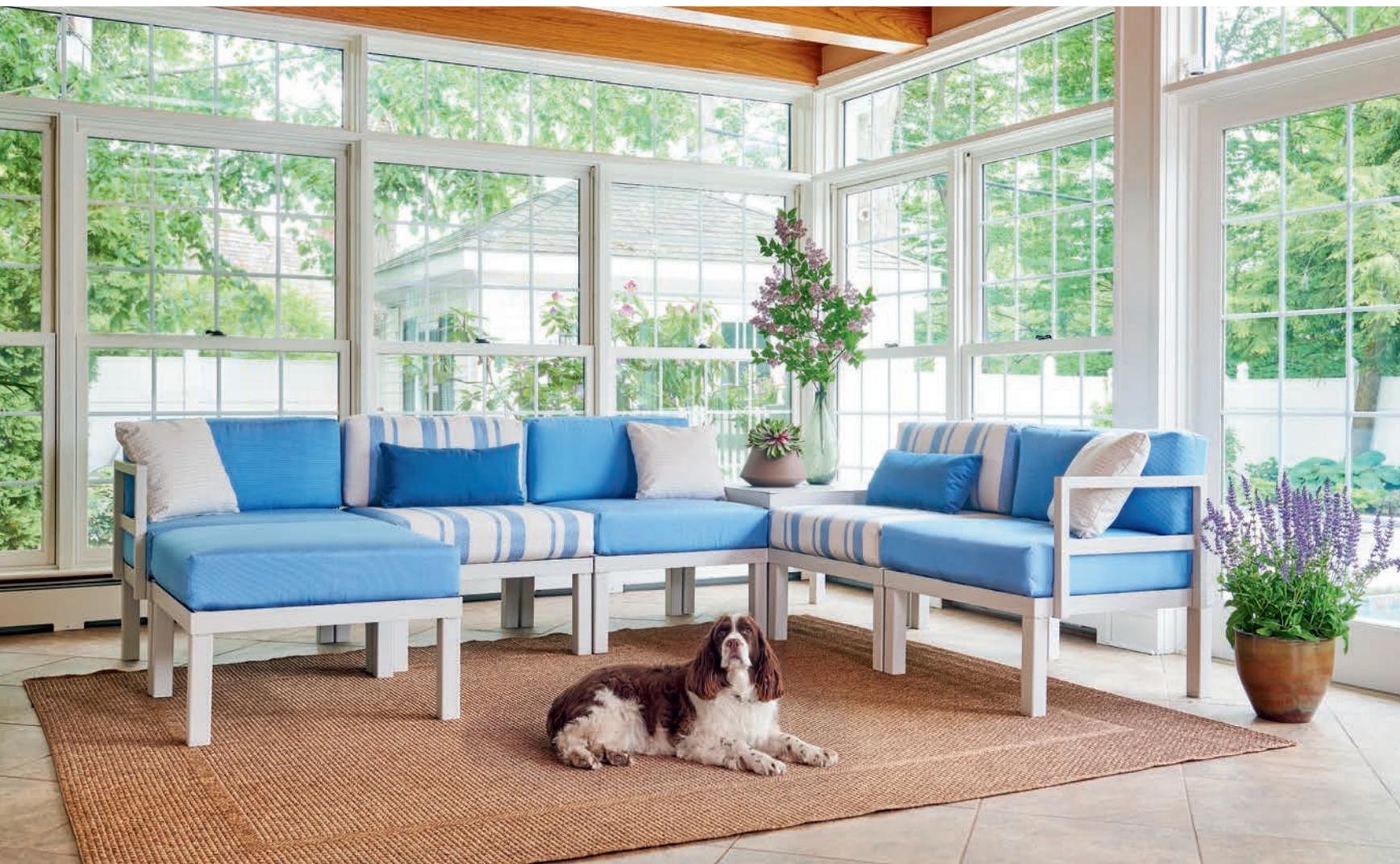
FIVE YEARS AT HOME

Seated in the downstairs living room, Cacciola's favorite space in the house, the couple is able to reflect on the special experience they've had designing and building their own home, which they have been enjoying for five years this fall. "I'm just so grateful for the experience," Schmidt said. "It's so amazing to create a space that's so personal for how we live and how we move—and having that opportunity to be a client of Blaise's." With 37 years together as a couple, and the building of their dream home checked off the list of to-dos, Cacciola and Schmidt are able to focus more time on enjoying all of the "Bend toys" that fill their garage, including mountain bikes, paddleboards, ski gear and motorcycles. After morning coffee on the upstairs deck and a day of adventure in Bend, they can sink into their couch and see the Central Oregon sun shine through two picture windows that come together just so in the corner of the room. ■

Design: Blaise Cacciola Architect | **Landscaping:** Mike Szabo, Szabo Landscape Architecture | **Engineer:** Joe Speck, Walker Structural Engineering | **General contractor:** SunWest Builders | **HVAC:** Stephen's Heating & Cooling | **Electrical:** Elite Electric

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Van Lifestyles

Innovative companies help work and play hit the road with style

WRITTEN BY DANIEL O'NEIL

Companies such as Ready Vans modify vans for living on the move, or in park.

PHOTO MIKE WEST



Drive through Bend, into the Cascade Range or down a National Forest road these days, and it's impossible not to spot an adventure van. Sprinter, Transit, ProMaster—the tall, boxy delivery-type vans look similar on the outside. Yet the interiors of these tiny apartments-on-wheels are as varied and personalized as a home. Central Oregon entrepreneurs customize new and used vans like never before, and they're establishing Bend as a hub for the new "van life." And it's big business.

According to a study by Research and Markets, the United States market for van and minivan conversions totaled an estimated \$1.8 billion in 2022. While numbers for the Bend area don't exist, other figures for Bend do. From two or three van conversion companies pre-COVID, Central Oregon now hosts a dozen. Some fully customize vans inside and out, others provide DIY install kits, and a few more make only the accessories necessary for an off-grid experience. Add to this list the adventure van rental market and it's clear that Bend has a well-built, growing van conversion industry.

Cascade Van Owners Alexa and Bryan Walker with their labrador retrievers, Hagen and Harper.

"It's been loose and fast, a Wild West kind of thing," said Bryan Walker of Cascade Van, which converts stock vans into \$200,000 custom overlander rigs. During the pandemic, Cascade Van saw a 98% growth rate and has already outgrown two industrial spaces. Walker and his wife, Alexa, an Oregon native, founded Cascade Van in Colorado and brought it to Bend because of the outdoorsy lifestyle and the thriving economy. "Bend is a good spot for young entrepreneurs, and it represents the same values and demographics as our target market," Alexa Walker said.

A clutch of van conversion businesses have recently relocated to Central Oregon for the benefits the area has to offer. Besides the business-friendly economy, Central Oregon also provides the lifestyle these brands promote and sell, meaning the business owners can pursue outdoor adventure just like their clients. Community remains a sacred element of Bend life, and the informal get-together of van conversion enthusiasts, Builders and Brews, offers living proof. A different Bend-area brewery hosts the gathering each month, welcoming professionals and DIYers alike.

Seth Caldwell, Swell Van Co. owner and designer, shows up at Builders and Brews to talk shop and enjoy the camaraderie. He said other van industry towns have a more competitive vibe, another reason for anchoring his business in Bend. Caldwell caters to the van owners who prefer to do much of the work themselves, designing and selling install-ready kits for the van's interior: bed, cabinets, kitchen, etc. Nationwide clients account for more than half of his business.

"DIY kits are why we got into this business," Caldwell said, noting the recent steep incline of prices in today's van conversion industry. "Not everyone knows how to build great cabinets, so can we empower them to do that on their own. The model for us has always been Ikea for van conversions."

Not all of Central Oregon's van conversion business deals with floor plans, storage and sleeping. A few companies, such as Redmond-based Tiny Watts, specialize in the components that make van life attractive in the first place. "The electrical system is the main ingredient to a van build," said Wes Watts, whose company makes solar storage and power kits, including a DIY-ready electrical and plumbing system. "People understand we're power hogs in our homes, and they realize that they need electricity to live the lifestyle they're used to."

Modern-day van life offers the luxuries people take for granted at home: heating and air conditioning, hot water, electrical outlets, lights, refrigerator and freezer. Whether for a weekend-warrior mission, a mobile or very remote office or an interstate retirement cruiser, these amenities all require off-grid power.

TOP Cascade Van fits comforts of home into small spaces.

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First Vice President, Financial Advisor
541-617-6009
Hillary.Beelke@morganstanley.com
NMLS# 1920555 | Lic.# 4008541

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Troy Holland started Van Life Tech five years ago to provide all of the creature comforts in one smart system. Last year, he moved the business from Portland to Bend. His proprietary hydronic heating system warms the floor, air and water in a van's cozy living space. Holland now sells his products to about 40 companies nationally and is opening production in the United Kingdom.

"Great things came from COVID," Holland said. "People woke up to the fact that they don't have to be glued to a desk from 9 to 5. The pinch point now is getting vans, not getting people who want to buy them."

While Van Life Tech manufactures much of its equipment in-house, builders such as Cascade Van rely on only a few companies nationwide to source items such as windows and roof vents. The van conversion industry as a whole has stabilized since the COVID spike, but supply chain issues persist. Companies such as Tiny Watts have streamlined their process as a result, to detour around inventory dead ends. As Aaron Smith of Ready Vans puts it, "Cutting into a brand new Sprinter van is never as fun as it sounds."

While the price and availability of industrial space can be a challenge for these businesses, there are also challenges inherent in creating custom builds. "The biggest challenge can be to create what the client is envisioning, getting the functionality to match their expectations," said Kevin Marquardt, who converted his first van in 2015 while living in Germany. After returning to his hometown of Sisters, Marquardt's current company, Dirtbag Conversions, specializes in upfitting vans, truck campers and trailers. Other van life difficulties pull at Marquardt. "I've got a problem. I'm a dedicated rock climber, so I have to balance that with work."

Life and work make for good travel companions in a van that offers all the comforts of home and office. Central Oregon provides the perfect base camp for high desert or Cascade Range adventures, whether it's after work, instead of work or is work. The van conversion industry runs full throttle in Bend these days because van life makes sense in a Zoom town surrounded by rivers, trails and roads that lead in all directions. And what's good for van life is good for Central Oregon's economy and well-being. ■

PHOTO MIKE WEST



A Ready Vans interior design.

BY THE NUMBERS VAN LIFE



16.9 MILLION

Number of Americans considering themselves digital nomads in 2022¹



\$8 BILLION

Projected U.S. revenue in the full-size vans market segment, for 2023²



1,000+

Participants in 2022 Descend on Bend camping event³



\$729,900

Median price of a home in Deschutes County⁴



\$41,600

Starting price of a new Ram ProMaster van⁵



1.3 MILLION

Number of followers @project.vanlife



126

Average square footage of van living space

Sources include 1: traveloffpath.com, 2: statista.com, 3: descendonbend.com, 4: realtor.com, 5: MSRP, ramtrucks.com

EXPLORE SISTERS





Q&A: 360 Sierra

Entrepreneurs aspire to create a U-Haul of the camping world

A CONVERSATION WITH **CHERYL PARTON**

When Paola Restrepo Tafur and Andres Vallejo moved to the United States from Colombia seven years ago, they discovered the joys of tent and van camping. Tafur is no stranger to exploration. An entrepreneur, she began her career by developing software for the visually impaired in Colombia and has a patent pending. With the help of the OSU-Accelerator program, she and Vallejo brainstormed 360 Sierra to provide a rentable fleet of ultralight trailers—towable by most cars—to help others enjoy the power of nature firsthand.

Q How did you come up with the idea for 360 Sierra?

A When we moved here from Colombia, we were impressed by the beauty of the outdoors. Starting with tent camping and later converting a Sprinter van, we experienced a life-changing transformation. We became more present, connected and less reactive. Eager to share this experience, we invited our family on a camping trip where they could experience the essence of camping by cooking well and sleeping under the stars. After trying different options, we felt like we were going over nature instead of going to nature. The trailers were too big. It made us realize that there is a huge opportunity to help people with small cars and EVs go camping in comfort.

What makes the trailer unique in the outdoor recreation market?

Since the beginning, our North Star has been to create the lightest camping trailer in the market. Our product brings together the grounding of tent camping, the comfort of glamping and the mobility of RVing. Our product is unique because it combines the best of these three worlds. You can have an unforgettable night under the stars while enjoying the convenience of controlling the thermostat, adjusting the LED lights inside your tent and charging your phone using built-in USB ports. In the morning, you can wake up and prepare your favorite meals with a pull-out kitchen equipped with a stove and space for cookware. Additionally, our trailer has ample water and electricity to sustain off-grid adventures for at least three days. Plus, you can maneuver the trailer and park it anywhere.

I understand you took a test trip through Oregon, Idaho and California. What was that experience like?

Our journey began with a deep desire for freedom and the ability to travel on our own terms. We embraced the nomadic lifestyle, driving and seeking out campgrounds along the way. What was most important to us was the ability to feel comfortable regardless of the weather conditions. Whether it was raining, snowing or windy, we always felt cozy and warm inside our trailer's

tent, without the need for sleeping bags. We could work remotely from the comfort of our trailer, often finding ourselves setting up our workstations inside the tent, experiencing the unique sensation of attending Zoom meetings with breathtaking views of forests or beaches.

There must have been some memorable reactions from other people when they saw the trailer?

We love seeing people walk by the trailer and turning their heads to fix their gaze on it. It's incredibly satisfying when people in a grocery store parking lot approach us, curious about what that trailer is. Within just a minute, we can give them a complete demonstration.

What do you see as the future for the company?

We hope 360 Sierra will be the top choice for individuals with compact cars like a Honda or a Tesla when they want to spend time outdoors. We are developing two versions of our trailer. The first version is designed for individuals who want to own it, combining the experience of sports and glamping. The second version is designed for rentals, offering a unique experience to both renters and rental companies. Our goal is to provide a one-way rental service, positioning the company as a U-Haul of camping. See 360sierra.com. ■



GETTING HIGH

The highest point of Smith Rock's ridge tops out at an elevation of 3,200 feet. With nearly 2,000 routes, and cliff faces rising up to 600 feet, the State Park offers a canvas for the climbing arts. Ranging in difficulty from Class 4 to 5.14d, there are enough routes to fill a lifetime.

SMITH ROCK

ROUTING THE CLIMBING COURSE

WRITTEN BY JEFF SMOOT

It's late morning as Alan Watts pulls up at Smith Rock State Park. We first climbed here almost 40 years ago, when Watts was establishing a new style of rock climbing and putting Smith Rock on the map. We're older now and not climbing as hard as we used to, but that's OK. Today we're going to climb a few forgotten classics, hoping we'll have them to ourselves. We put on our packs and start hiking down the Chute Trail. That's when it starts.

"Are you Alan Watts?" someone asks. "Will you autograph my guidebook?"

I like climbing with Alan, but we never do a lot of actual climbing. It's like hanging out with a rock star. Everyone stops him to chat, pose for a selfie or autograph his climbing guide (he gets so many requests he carries a Sharpie in his pack). He's been climbing here since the mid-1970s; when it comes to Smith Rock climbing, he wrote the book. His popular climbing guide, first published in 1992, is in its third edition.

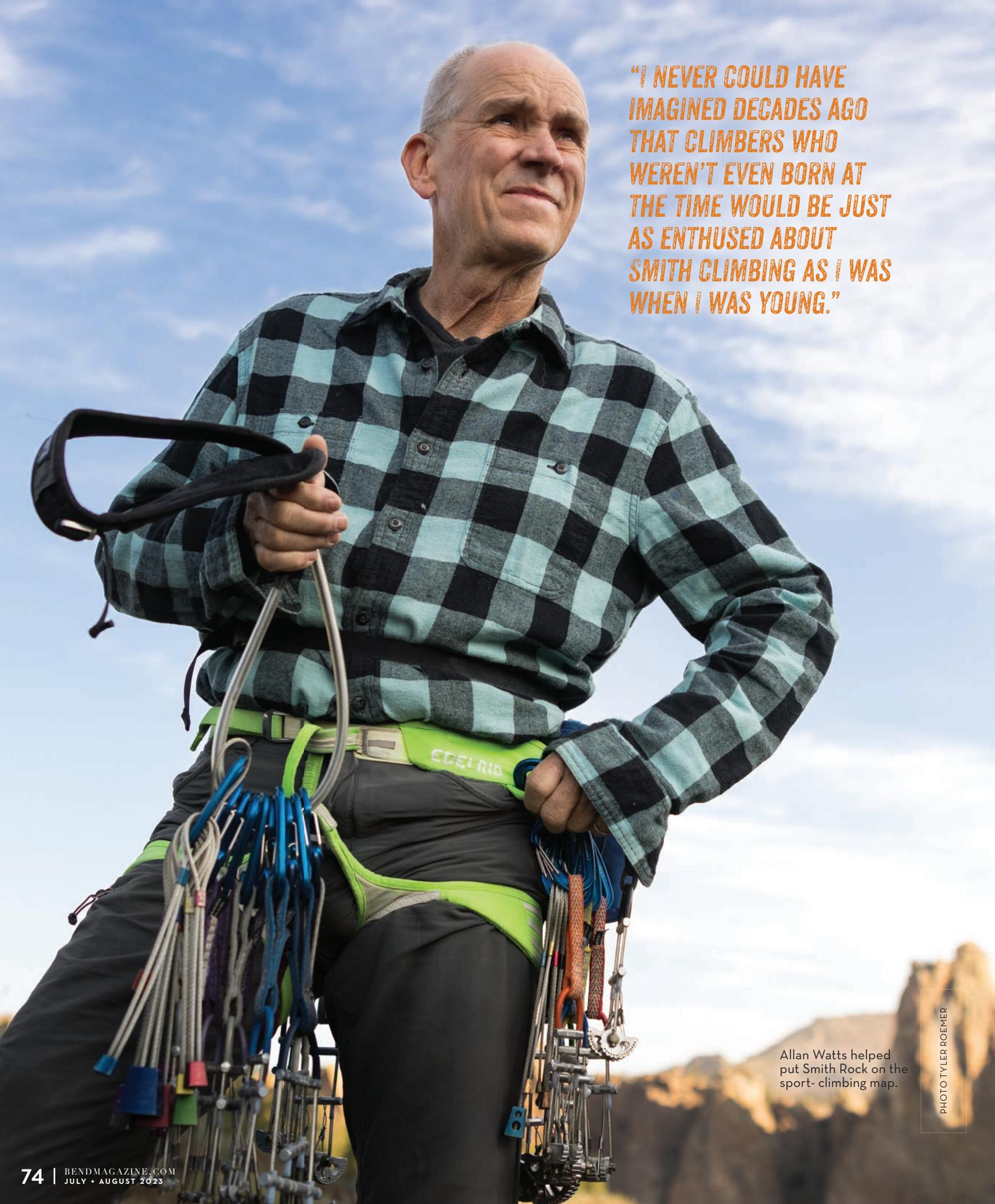
I first climbed at Smith in the early '80s and was not impressed. Sure, the park inspired a sense of awe (it still does), but the

rock seemed loose and the climbing so-so. I didn't know that Alan—then a self-described "scrawny kid from Madras" in his early 20s—had already put up the first of dozens of steep, bolt-protected routes on the park's blank-looking walls that would transform it into a world-class climbing destination. After a picture of Watts appeared on the cover of *Mountain* magazine in 1986, climbers from around the world began to arrive. Nearly 40 years later, they haven't stopped coming.

"It was my dream to someday turn Smith Rock into an international climbing destination," Watts says, but admits he didn't anticipate the sheer numbers of climbers who would come or the impact they would have. "There are times when I've felt overwhelmed by the popularity, wishing I could step back in time to the old days."

In the old days, Watts was often the only climber in the park. Those days are long gone. "I'm never lonely out there anymore," he says.

We finally get past the conga line of adoring fans and find a shady wall that isn't too crowded. Alan goes first. You wouldn't

A man with short grey hair, wearing a teal and black plaid shirt and a bright green climbing harness, is shown from the waist up. He is holding a black rope in his right hand and has his left hand on his hip. His harness is heavily loaded with climbing equipment, including ropes, carabiners, and a rack of colorful climbing tools. The background is a clear blue sky with some light clouds. The overall mood is one of a seasoned climber looking towards a challenge.

**"I NEVER COULD HAVE
IMAGINED DECADES AGO
THAT CLIMBERS WHO
WEREN'T EVEN BORN AT
THE TIME WOULD BE JUST
AS ENTHUSED ABOUT
SMITH CLIMBING AS I WAS
WHEN I WAS YOUNG."**

Allan Watts helped
put Smith Rock on the
sport-climbing map.

PHOTO TYLER ROEMER



TALES OF GEOLOGIC TIME

Nature's timeline is shown on the walls of Smith Rock. It's a volcanic story of the 26-mile long and 17-mile wide Crooked River caldera, formed by a series of volcanic eruptions 29 million years ago. The drama is illustrated by deposits of tuff and rhyolitic lavas, domes, and yes, the profile of a monkey face.

know this compact, unassuming 63-year-old was one of the best rock climbers of his generation—until he starts climbing. He leads methodically upward, casually clinging to the pebble-size nubbins and finger pockets, toeing in on rounded edges worn down by decades of ascents. He makes quick work of the pitch.

Some people assume Alan is the famous Zen philosopher and writer of the same name. "There are serious climbers who think we are one and the same," he says. "I used to remind people that the other Alan Watts died in 1973, but now..." Now he just suppresses that wry smile of his and says, "Ah, yes, in each of my books lies the seeds of my next book."

Passing climbers ask Alan when the new edition of his guidebook will be done. "Soon," he assures them, but admits it's a bigger task than he imagined. "People keep putting up new routes," he explains. "I have to get them all in."

NEW GUIDE, NEW ROUTES

Rock Climbing Oregon's Smith Rock State Park: A Comprehensive Guide to More Than 2,200 Routes, which comes out in August, has more than 800 new routes; it took three years of hard work—frustrating at times Watts admits, but fulfilling. "I had doubts along the way whether I had another guidebook left in me," he confides, "but I somehow reached the finish line." He credits the book with giving him purpose and preserving his sanity during the COVID pandemic. He's clearly relieved to be finally done.

We only get in a couple of routes before Alan goes off to lead a history tour of the park, narrating as he goes, pointing out the hard climbs he and his contemporaries—local climbers and foreign hotshots—did in the '80s and

'90s, which still rank among the hardest climbs anywhere. Despite the heat, the group—mostly younger climbers—eagerly follows, soaking it all in. Alan is clearly enjoying himself, proud that he's able to share the place he loves most.

"I never could have imagined decades ago that climbers who weren't even born at the time would be just as enthused about Smith climbing as I was when I was young," Watts tells the group. "What happened at Smith Rock in the 1980s still matters."

Watts wasn't thinking of future generations of climbers back then; he was focused on climbing challenging new routes. But his single-minded obsession created a legacy, a torch that he's passed on to a new generation, including Alan Collins, who, like Watts, is a passionate route developer who's committed to preserving the character of the landscape.

Alan Watts (left) and Alan Collins (right)



“Alan [Collins]’s been a tremendous steward of the area,” Watts says. “In terms of new route development, he’s holding the torch right now.”

“I’m really proud to hear that he thinks I’ve got the torch,” Alan Collins says. “I’m just doing my thing out there.”

Collins, a 31-year-old Bend native, is one of the current driving forces of Smith Rock climbing. Since he started climbing seriously at age 19, he’s spent countless days establishing routes and building trails just outside the park boundary, developing new areas to help alleviate overcrowding in the park. Although some remain critical of the development process—removing loose rock and drilling protection bolts—it’s work he’s proud of. “I like things to look good, especially if it’s one of my routes.”

He’s quick to acknowledge Watts’ influence on the new generation of Smith Rock climbers. “Watts’ legacy is pushing climbing forward early on with a new style of route development that created the hardest routes of their time,” Collins says. “It’s always inspiring to think about everything Watts did back in the day.

As a route developer, I have the utmost respect for Alan staying true to his vision regardless of the criticism.”

Is the future of Smith Rock climbing in good hands? Watts thinks so, but insists preserving the legacy of climbing here isn’t about one or two people. He credits organizations such as the Smith Rock Group and the High Desert Climbers Alliance for their access and conservation efforts, and Park Manager Matt Davey for doing a good job balancing access and overcrowding. He worries that increased bureaucracy may negatively impact the future of climbing in the park.

“It has taken the collective efforts of many people to keep this place from getting trampled to death,” Davey acknowledges. “For the first time, climbing is no longer purely in the hands of climbers.” He points to the draft master plan for Smith Rock issued in April 2023, which proposes the hiring of a climbing ranger to enforce climbing standards in the park and an online reservation and permitting system to alleviate overcrowding.

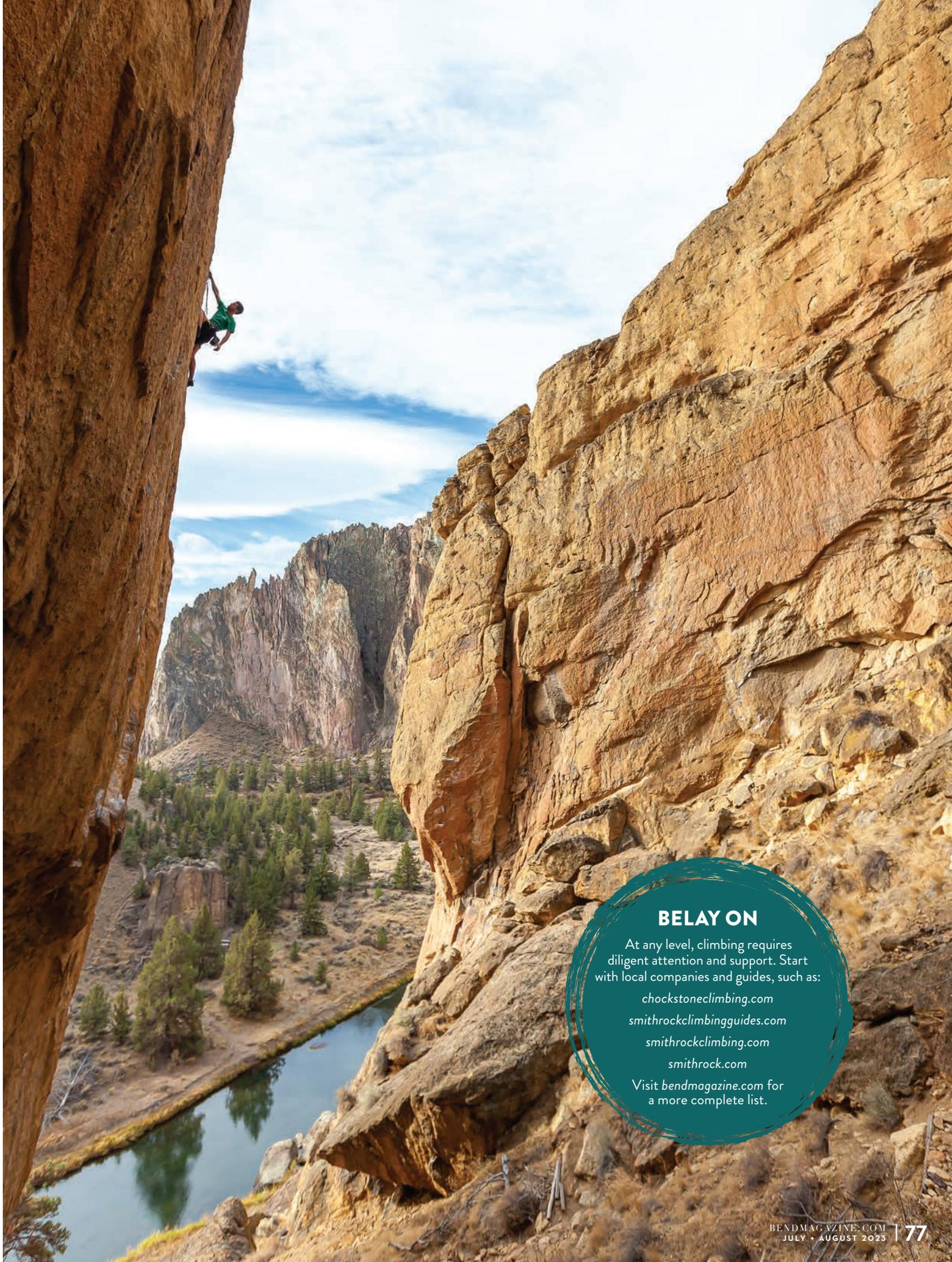
“I hope I never see the day when it’s necessary to make a reservation to climb

“WATTS’ LEGACY IS PUSHING CLIMBING FORWARD EARLY ON WITH A NEW STYLE OF ROUTE DEVELOPMENT THAT CREATED THE HARDEST ROUTES OF THEIR TIME.”

at Smith,” Watts says, knowing it’s already happening at other climbing areas.

Regardless of new regulations, Watts believes older climbers—such as his role models from back in the day who helped shape his approach to climbing—play a vital role in preserving the legacy of climbing at Smith Rock. He says that the best way to assure access is for climbers to take it upon themselves to be good stewards and set a good example for newcomers to the sport.

“The older climbers not only inspired me but helped me define the boundary between what was and wasn’t acceptable,” Watts says. “Now I’m one of the older climbers who plays that vital role.” ■



BELAY ON

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THE VIBRANT FUTURE OF BEND'S

CENTRAL DISTRICT

A MIXED-USE RESIDENTIAL, COMMERCIAL
AND CULTURAL HUB IN THE HEART OF BEND

WRITTEN BY LEE LEWIS HUSK

ILLUSTRATIONS BY WOLFGANG MECKEM

RENDERING SOURCE: CITY OF BEND

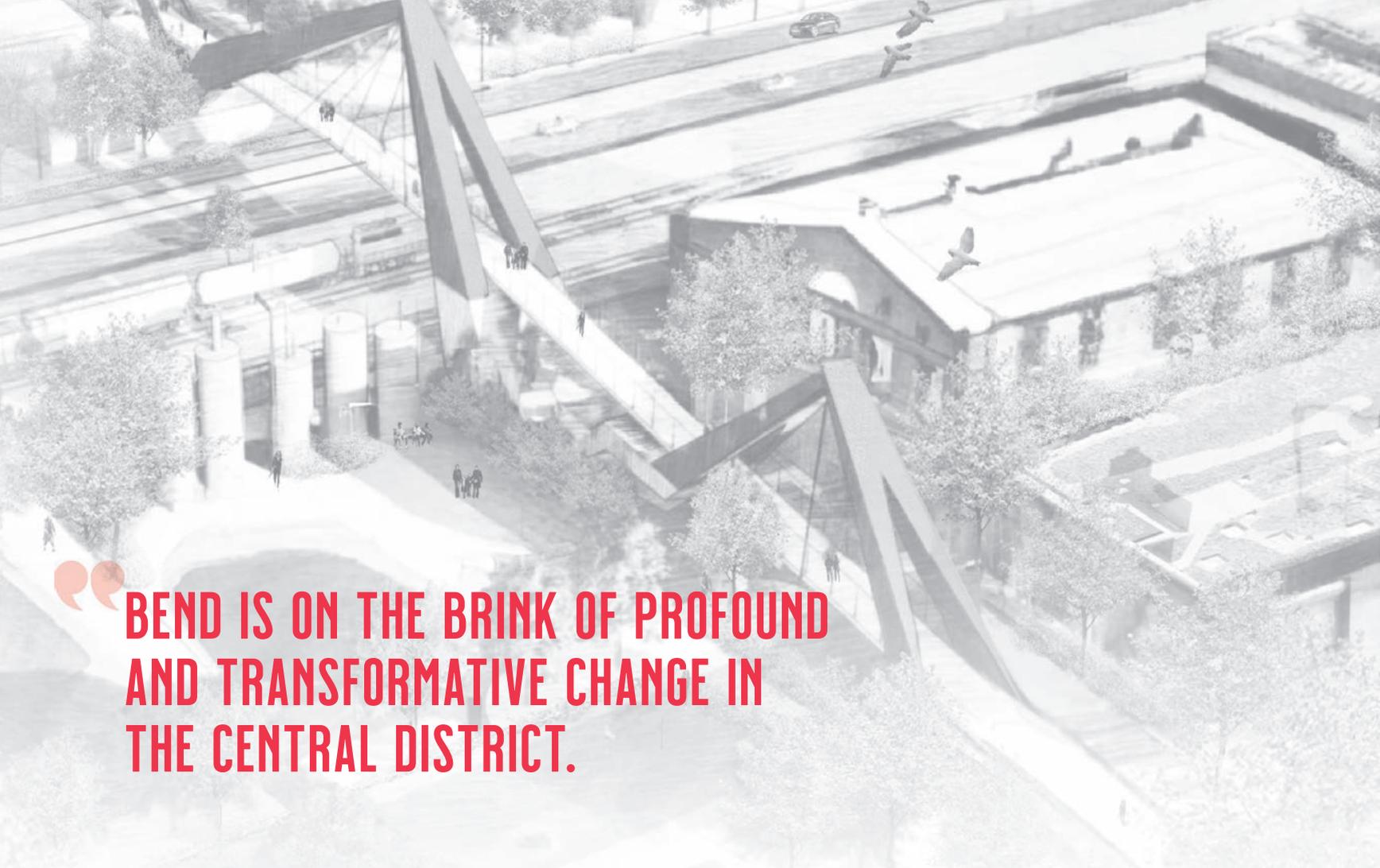


Big change is coming to the heart of Bend. A new urban renewal and revitalization initiative is underway, hoping to bridge Bend's historic downtown with areas east of the railroad tracks and the Bend Parkway. While it will cost millions in public and private spending and years to accomplish, supporters said Bend will have a vibrant residential, commercial and cultural hub inspired by Portland's Pearl District and pedestrian- and bike-friendly European cities. Its success depends on a combination of public infrastructure support and private development of mixed-use residential and commercial space along Franklin, Greenwood and Hawthorne avenues, as well as revitalization of Second Street and other key areas in the Bend Central District, commonly called BCD.

"Bend is on the brink of profound and transformative change in the Bend Central District," said Corie Harlan of Central Oregon LandWatch. The nonprofit is dedicated to creating well-planned cities and saw opportunity in 2016 when the city adopted its current urban growth boundary to build community momentum and support for the BCD. The growth boundaries contain areas where the city encourages mixed-use, taller and denser developments. "This wave of community support helped elevate this to a top priority for the City of Bend," Harlan said.

Toward that goal, the Bend City Council and the Bend Urban Renewal Agency (BURA) have taken steps to encourage investment in the BCD and obtain funding for infrastructure. City Council action also created new zoning codes to allow for vertical mixed-use, high density development. Bend Central District's federal designation as an Opportunity Zone further encourages investment in distressed areas through IRS tax incentives.

The part of the BCD attracting the most attention is an area bordered by Olney Avenue on the north and Franklin Avenue on the south, the Parkway on the west and NE 3rd Street on the east. Many long-time businesses exist there, but the area is considered undervalued and underutilized.



BEND IS ON THE BRINK OF PROFOUND AND TRANSFORMATIVE CHANGE IN THE CENTRAL DISTRICT.

Members of the Bend Central District Business Association have expressed excitement about the addition of The Catalyst—site of the recently relocated Spoken Moto coffee shop which will reopen soon, Campfire Hotel’s multi-block renovation of a once-tired motel, as well as the presence of Oregon Spirit Distillers, Humm Kombucha Taproom, Open Space Event Studios and Somewhere That’s Green. “It’s an amenity-rich area where people will want to hang out,” said Kurt Alexander, president of Petrich Properties, owner of The Catalyst site and president of the Bend Central District Business Association.

To help speed the vision forward, Visit Bend awarded The Catalyst \$450,000 from the Bend Sustainability Fund in 2022 to spark the community-focused projects in the BCD. “We felt [The Catalyst] would create a cornerstone as a gathering place and connection to downtown,” said Serena Bishop Gordon of Visit Bend. The money for the fund comes from the room tax paid by visitors which is being reinvested to benefit the community.

“My larger vision is that this will be the second downtown, and what we think of now as downtown will be ‘old’ downtown,” Alexander said. “Lots of cities have districts like this but not in the urban core. We have the welcome opportunity to revitalize the core and grow up, not out. We can do that without affecting other neighborhoods.”

PEDESTRIAN AND BICYCLE CROSSINGS TO A NEW CITY CENTER

A key to linking a historic downtown with a vital newer urban center will be facilitating how to get there. For a century, Bend residents have relied on Greenwood and Franklin avenues as major east-west connectors from their neighborhoods to downtown. Automobiles have been the chief mode of transportation through underpasses built to avoid unsafe railroad crossings. Accommodation for walkers and cyclists through the underpasses has become dilapidated in recent years, but that’s about to change.

According to Allison Platt, City of Bend core area project manager, in 2024, the city will invest about \$30 million in infrastructure into the BCD. Franklin Avenue will undergo a complete street improvement, enhancing facilities for people who walk, cycle and roll while addressing major flooding concerns, and Greenwood Avenue will get quick-fix-build transportation improvements. NE 2nd Street between Franklin and Greenwood avenues will see complete street improvements.

The biggest investment will be the Hawthorne Pedestrian and Bicycle Overcrossing, uniting east and west Bend along the currently separated avenue. Platt said about \$10 million of the projected \$24 million cost has been secured primarily from local funding sources.

RENDERING SOURCE: CITY OF BEND

VERTICAL GROWTH AND EUROPEAN-STYLE STREETS

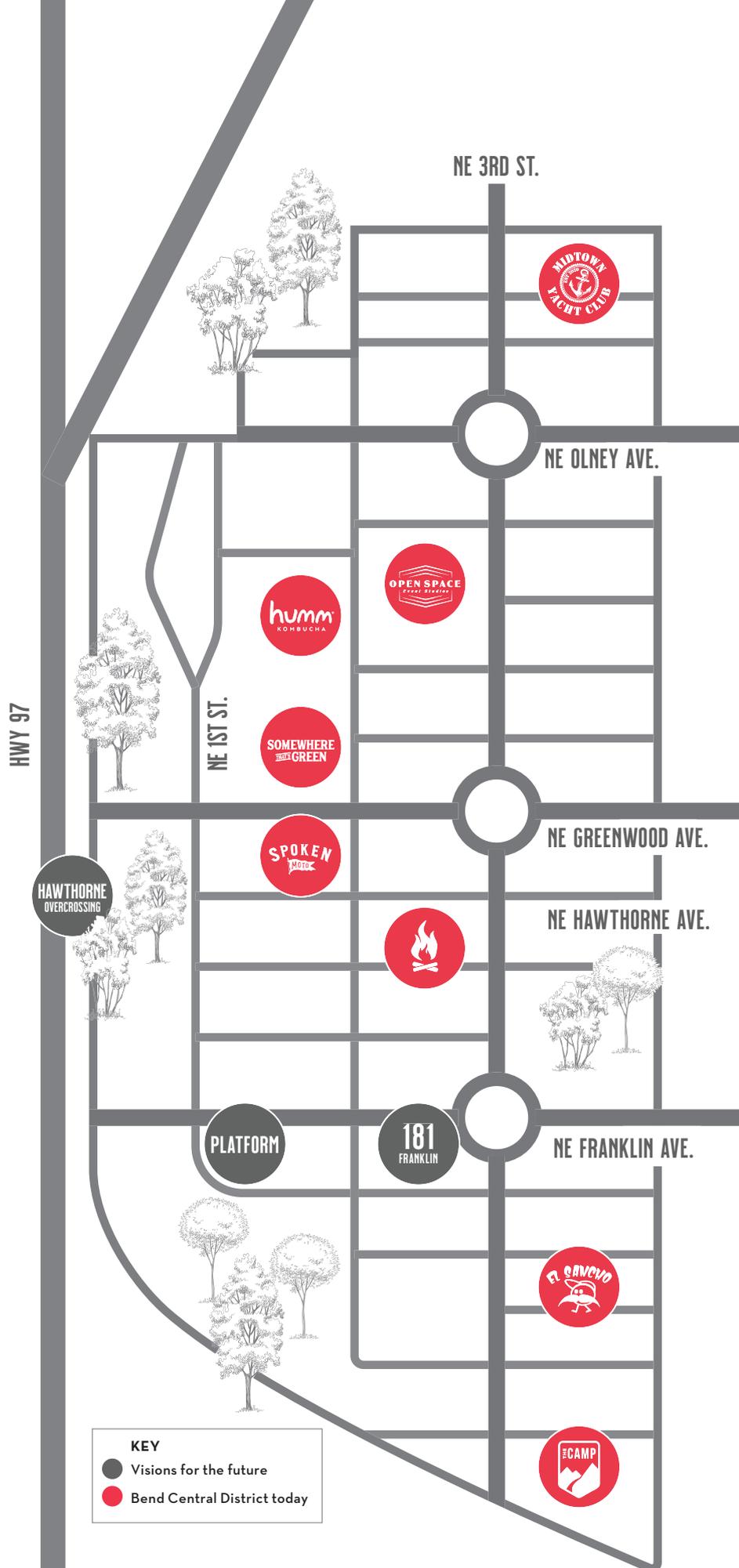
A final piece of the puzzle is the segment along Franklin Avenue where Les Schwab Tire Centers vacated a long-held parcel east of the Franklin Avenue underpass, creating an opportunity for redevelopment. Project PDX, which developed the Basecamp townhomes and the Grove in NorthWest Crossing, bought the 3.5-acre property for a project it calls Platform. The development calls for a *woonerf* along the First Street right-of-way owned by the city. *Woonerf* is a Dutch word meaning “living street” and is typically designed with curbless sidewalks and traffic-calming features for pedestrian-friendly access.

To create the vision, the company has asked the city to approve its plans for two, five-story multifamily residential buildings—each with about 100 rental units and one structure with commercial space on the ground floor. The 1950s-era tire center would become space for purveyors, such as a coffee shop or restaurant to provide amenities for nearby residents. “We saw this well-placed property that has a lot of attention from the city for addressing much-needed housing,” said Caroline Baggott, development manager with Project PDX. “We’re excited about being in the Bend Central District and also cautiously optimistic of being the first large-scale development in the district. Our mixed-use plan for Platform can be a catalyst for the area and jumpstart other projects.”

Assuming its land-use application and building permits receive city approval, the company will begin demolition and construction in 2024, with completion targeted for the fall of 2025.

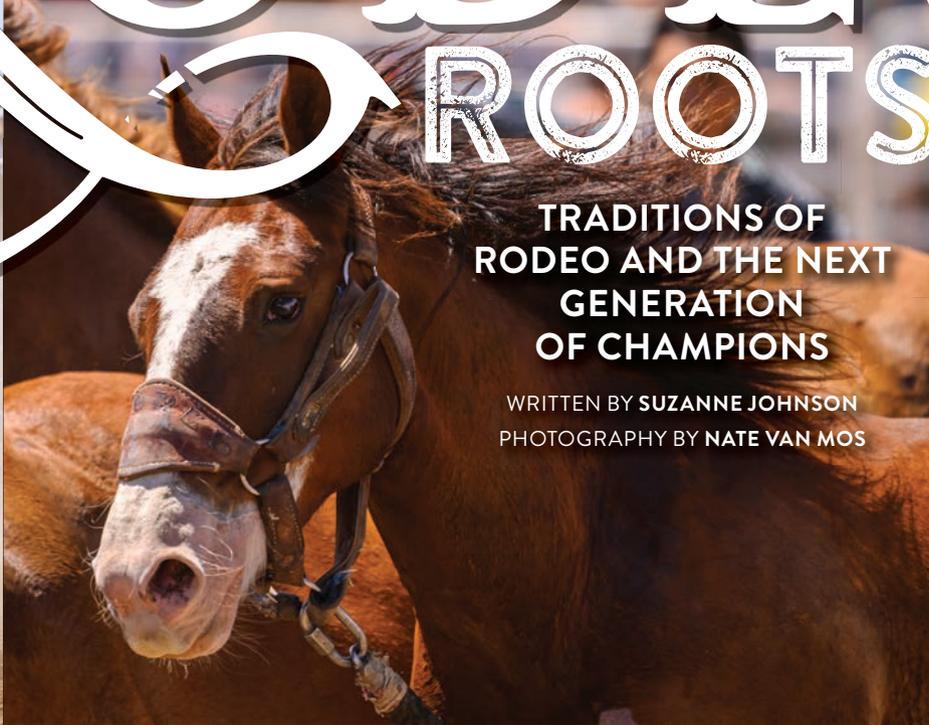
Meanwhile, another private investor in the BCD, Taylor Brooks, has put its plans on hold to develop the former Murray & Holt auto dealership two blocks east of Project PDX’s site. Dubbed 181 Franklin, the project would have been a multi-story, mixed-use apartment building within a quarter- to half-mile radius of grocery stores, Juniper Swim & Fitness Center and public transportation. “It’s a big project for Taylor Brooks,” said Kirk Schueler, president and CEO of Brooks Resources Corporation and the managing member of Taylor Brooks. “I don’t see us exiting. The Central District is where the future will be.”

Central Oregon’s LandWatch’s Harlan added, “The city is signaling that the BCD is a place whose time has come. Getting private investment and getting it off the bench—that’s the piece that still needs to happen,” she said. “One of these projects is going to go and when the first domino goes, that’s when things will start to roll.” **18**





RODEO ROOTS



TRADITIONS OF
RODEO AND THE NEXT
GENERATION
OF CHAMPIONS

WRITTEN BY SUZANNE JOHNSON
PHOTOGRAPHY BY NATE VAN MOS





Riley, Rodger & Reagan Nonella

THE NONELLA FAMILY

For Riley Nonella, age 6, riding horses is as natural as breathing. She's been riding as long as she can remember. Nonella spends days on her family's ranch in Redmond, playing with baby goats, riding with little sister Reagan, age 4, and honing her roping skills. Best of all, she says, is time on her quarterhorse, Polly, practicing for the next rodeo.

Riley is already a top contender at PeeWee rodeos across Central Oregon, where contestants are ages 3 to 14. She's among the youngest riders invited to the recent Crooked

River Roundup's Young Guns competition. On the Nonella ranch, rodeo is a family legacy—Riley's father, Roger, entered the professional rodeo world in 2007 and has won steer and tie-down roping championships on the Columbia River circuit and beyond. These days Nonella chooses rodeos closer to home, where he feels the heart of rodeo beats strongest. "Rodeo isn't a hobby," he said. "It's a way of life grounded in caring for livestock. Rodeo keeps the ranching community connected."



Sadie Bateman, 2023 Rodeo Queen for the Sisters Rodeo, enters the arena.

THE RODEO COMMUNITY

Ask any cowboy or cowgirl what they love most about rodeo and odds are good it won't be the adrenaline or the prize money. It's the people. Rodeo folks are like family; they stay connected through generations.

"The competition can be fierce, but we're each other's biggest fans," said Sadie Bateman, 2023 Rodeo Queen for the Sisters Rodeo. Bateman knows rodeo spirit firsthand. A competitor since childhood, she won the 2019 state championship in breakaway roping. This year, she's experiencing different thrills. "My favorite moment as queen is opening the rodeo. Galloping into the arena with the national anthem playing, carrying the flag—it's such an honor," she said.

Bateman's primary role is to spark enthusiasm for rodeo among visitors and locals because it takes the whole village to make a rodeo happen. From livestock contractors to announcers to judges, hundreds of unsung heroes work behind the scenes.

Some of the riskiest work happens in the arena, alongside the action. When the bareback riding events begin, professional bullfighters, such as Logan Blasdel of Prineville, step in to keep the cowboys safe. Once the rider is off the horse or bull, Blasdel goes face-to-face with the animal to guide it away. Unlike rodeo clowns who entertain the crowd, bullfighters focus on protecting the cowboy.

"My job is a blast, but there's a downside, too. I've had stitches, staples and broken bones, and the season is just getting started," said Blasdel. Usually, he explained, the animals quiet down quickly after rides. "They're not angry or mistreated," he said. "Bucking is what they do by instinct. For me, keeping the cowboys safe is the best reward."



Young women such as Adriene Steffen now have opportunities to earn a living with roping skills.

THE NEXT GENERATION

Adriene Steffen, age 17, will begin her college rodeo journey this fall after a stellar run in the high school circuit. She grew up on the Steffens' ranch in Sisters, where she and her siblings were the family's first generation of rodeo riders. Coming up through PeeWee rodeo, she participated in every event. Eventually, Steffen narrowed her focus to breakaway roping—a long-standing women's rodeo event finally accepted into sanctioned professional rodeos in 2019.

"Adding breakaway roping as a pro event made a huge difference. It means more scholarships, more prize money [on the professional circuit]. Now women have a chance to make a living with their roping skills, just like men," she said. "Rodeo is hard work every single day, but it's taught me confidence, responsibility and especially how to start fresh after things don't go the way I planned."

For Wyatt Wood of Prineville, the love of rodeo, "started with mutton busting when I was a kid." From sheep, he moved up to riding calves, steer and ponies. "I loved the challenge of staying on. Couldn't get enough of it," he said.

Outside the arena, he excelled in many sports—and credits wrestling for teaching him to never give up—but bareback bronc

riding became his passion. Now 19, he competes on both the college and professional circuits.

A bronc rider's mission is to stay on for eight seconds. Wood's rodeo routine starts with a check of his glove and rigging, the only point of attachment with the bronc. Then he tapes his arm to protect the muscles. "Now my motor's running a thousand miles an hour, but time slows down during the ride. Win or lose, I always learn how to do better next time," said Wood.

It's an individual sport, but as part of the Cal Poly Rodeo team, Wood is building his rodeo community. Of all the achievements during his freshman year at college, it's these relationships that mean the most. "I've met lifelong friends, people I can count on, all over the circuit," he said. "That's how it is with rodeo."

From the youngest PeeWee riders to the mentors raising them up, the rodeo family thrives on tradition, community and a heritage rooted in a multitude of cowboy cultures. It's a spirit that passes down through generations, along with a love for livestock and a good dose of grit. Rodeo celebrates the American West, past and present. And, as Riley Nonella would add, it's a whole lot of fun. **18**

MY JOB IS A BLAST, BUT THERE'S A DOWNSIDE, TOO. I'VE HAD STITCHES, STAPLES AND BROKEN BONES, AND THE SEASON IS JUST GETTING STARTED.



As a bullfighter, Logan Blasdel's job is to guide bulls out of the arena and to keep riders safe.



THE RICH HISTORY OF RODEO

Back when life on the range was lonely and hard, cattle roundups offered a rare chance for cowboys to show off their bronc riding and roping talents. By the early 1900s, these rowdy competitions evolved into the rodeo we know today, full of pageantry, cheering crowds, thundering hooves and moments of awe. Yet cowboy culture goes beyond typical stereotypes, with a complex history shaped by influences as wide and diverse as the West itself. These traditions elevated horsemanship into artistry, and are still evident across Oregon.

At the Pendleton Round-Up, American Indian heritage has been integral to the rodeo since its start in 1910. Members of the Umatilla, Cayuse and Walla Walla tribes host a pageant and teepee village. The Indian Relay, a breathtaking event when riders leap from one galloping horse to another while racing bareback, spotlights the traditional Native mastery of bareback riding. The Warm Springs Ranch Rodeo Association established in 2022 helps recognize this heritage as well. Its Pi-Ume-Sha Treaty Days held each June in Warm Springs is a

three-day rodeo event featuring a parade of traditional dress and a separate day to showcase young rodeo talent.

The 2023 debut of the 8 Seconds Juneteenth Rodeo in Portland lifted up another piece of cowboy history: the contribution of Black cowboys in the West. Often overlooked in the media, in reality, one-fourth of Western cowboys were Black. In recent years the Black community has reclaimed its connection to horse culture, and Oregon's newest rodeo is part of that renaissance.

Mexican vaqueros, the original buckaroos, added lassos, chaps and expert livestock management to the West's roundups. Even the name for rodeo comes from the Spanish verb *rodear*, meaning to encircle. The vaqueros' style and skills evolved into a type of rodeo called *Charrería*, now a Mexican national sport. Demonstrations by charros such as Tomas Garcilazo (shown above, right) continue to wow the crowds at rodeos throughout Oregon, including at "The Biggest Little Show on Earth"—the Sisters Rodeo.

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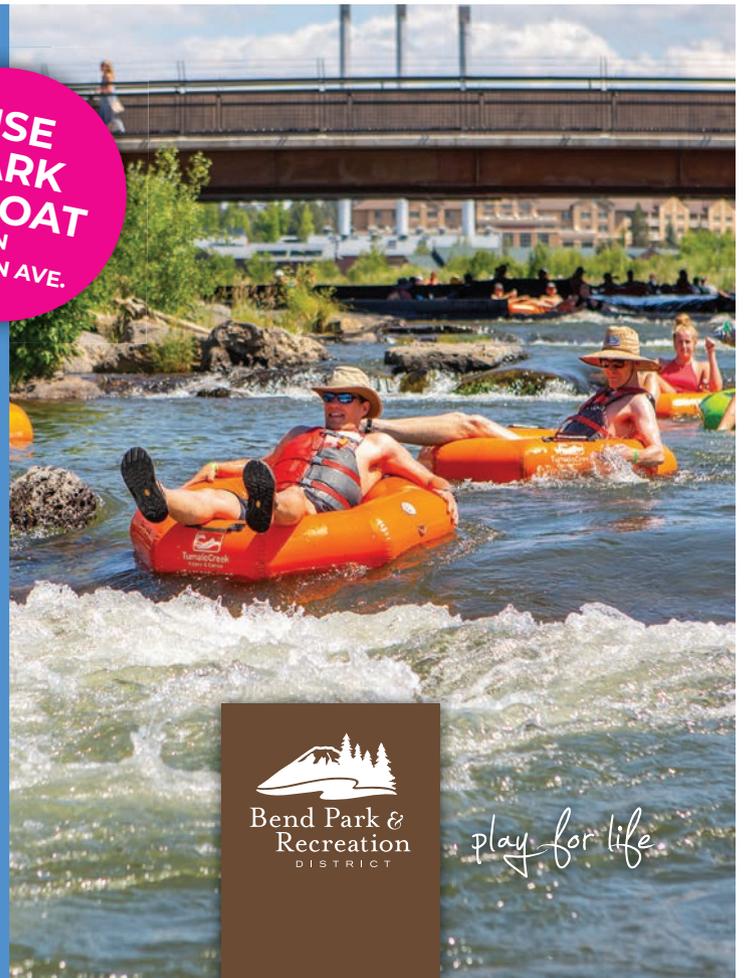
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Liquid Sunshine

Margaritas are summer served on the rocks

WRITTEN BY MAISIE SMITH | PHOTOGRAPHY BY ALYSON BROWN



Some call it liquid sunshine. Others see it as an enduring symbol of carefree hedonism. It works whether you're in a tuxedo or a bathing suit. A staple at dives, Mexican restaurants and high-end cocktail bars, the margarita is one of the most versatile, inclusive and beloved drinks.

With a mysterious and murky past, most of margarita's origin stories suggest it was created in northern Mexico in the first half of the twentieth century. The Daisy was a drink enjoyed during Prohibition, and some believe it inspired the margarita on that auspicious day when a customer requested tequila in her Daisy instead of gin. Margarita is Spanish for "daisy." Yet, it's within the borders of the United States that the margarita's citrusy refreshment reigns supreme, and it's perfect for quaffing under the Central Oregon sun.

SHAKING THINGS UP

Like Madonna, the margarita has constantly transformed to remain relevant as tastes and trends shift. The margarita has never been afraid of a refresh by shapeshifting between many forms—spicy, slushy, skinny, even flexing the boundaries a bit. In its many evolutions, there's a margarita for everyone. Here, inspired by *Bend Magazine's* favorites, Alyson Brown, author of *The Flower-Infused Cocktail: Flowers with a Twist*, created cocktails to embody flavor and style.



HIBISCUS

For subtle tang, and bright color, make a simple syrup with hibiscus flower leaves. Brown styled her drink with fresh flowers here, but dried leaves are readily available.

THE OG: The wildly refreshing Red Cactus Margarita at Hola! is the restaurant's most popular drink, served in a Tajin-rimmed glass with an encore cocktail waiting in the shaker. Sauza tequila, triple sec, fresh lime and orange juice are shaken with bright pink agua de Jamaica (hibiscus nectar) for a bright, refreshing, guzzle-worthy margarita.



FRUIT

Substituting syrups made from fruits add a rainbow of sweet flavor notes. Try strawberry, mango or Oregon berries.

SIP THIS ONE: For a perpetual fiesta of margaritas, the patio of Papi Chulo's is the place to be. **The Princesa**—a crowd favorite—uses Lunazul tequila, lime juice, and a handcrafted simple syrup made from fresh berries. Spice things up by adding a splash or a shot of their five-pepper mix.

ECLECTIC

Crafted with layers of flavor architecture, bartenders of Bend take pride in creative combinations by adding unexpected herbs, as shown, or flavors in the glass or on the rim.

SANGRIA-INSPIRED: Head to Dogwood Cocktail Cabin for its elevated house margarita. Lunazul Reposado Tequila and a lemon-lime-orange blend form the lush foundation, while a red wine float adds a delicious and surprising Sangria effect.

CITRUS

With more than 100 varieties, from tart to sweet, citrus can complement, cut or balance out a tequila's edge.

SEE OURS, TRY THEIRS: Washington's Blood Orange Margarita is a blast of sweet and tangy hand-squeezed citrus, Lunazul tequila, lime and agave syrup—a nod to Mexican flavor and flavors of summer. The color of Washington's version is just as bright as Brown's elixir, below, but is served on its sunny patio.



CHILI PEPPERS

Infuse tequila at home: Add jalapeños or habaneros, then soak for days. Brown signals the tingle by styling her drink, above, with cactus.

TAKE YOUR PICK: For the spice-crazed, try El Sancho's Pineapple Serrano Margarita (one of nine flavors). Served on the rocks with chili-infused Pueblo Viejo tequila, triple sec, pineapple juice and a house mix of lime, lemon, and orange juice, it's a fiery kick to the teeth.





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BEND DERMATOLOGY
CLINIC



KEEPING IT SIMPLE

A Classic Margarita should be crisp, bright and made with fresh citrus. Feisty tequila, sweet orange liqueur and tart lime come together like oddballs at a networking event. Yet somehow the ingredients work, and it's magic. A hint of salt—usually on the rim—heightens these flavors while counteracting any bitterness.

TRY THESE: El Rancho Grande's Essential Margarita perfectly dials in the classic ingredient ratio. Sauza Hornito tequila is smooth and not overpowering, allowing the taste of a housemade mix of triple sec, sweet and sour, and simple syrup to shine through. Fresh limes are non-negotiable. For the thirsty imbiber, their *Muy Grande Essential Margarita* is served in a 32-ounce bowl, made strong and perfect for sharing.

Cocktail connoisseurs know that the key to a good margarita is the caliber of its ingredients. Enter the Cadillac. Using premium ingredients for a richness of flavor and texture, La Rosa's Cadillac Margarita sticks close to the classic formula, using DeLeón (a luxury tequila made from 100% Highland Blue Weber agave), premium orange liqueur and fresh-squeezed limes.

Housemade curaçao is the star of the squat and boozy *Classic Margarita at Spork*. A blend of Harlequin orange liqueur and simple syrup, it brings the tang. The perfect amount of tequila provides a welcome post-sip kick, while fresh lime and a Tajin salt rim make for a clean and balanced cocktail that pairs seamlessly with the restaurant's Latin American-Asian fusion cuisine.

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MOCKARITAS

By amplifying taste, these refreshers might mimic traditional cocktails or become classics on their own.

Drinking is about the simple pleasure of being together. Connecting and laughing. Letting loose. Savoring the moment. Alcohol is not a prerequisite, and zero-proof drinks can be just as imaginative and refreshing as any boozy cocktail. Whether it's a shrub, nonny, free spirit or a slushy "ade," there's always a good reason to raise a glass. Cheers! 🍷

ONE-EYED RABBIT

With a nod to its whiskey-infused cocktail cousin, the One-Eyed Jack, Alyson Brown created this playful mocktail refresher, found in her book *The Flower-Infused Cocktail: Flowers with a Twist*.

INGREDIENTS

- 1½ oz. tequila alternative (try Spiritless Jalisco 55 for something closer to a reposado tequila or Wilderton Earthen for something rich and smoky)
- 1 oz. triple sec alternative (such as Dhōs Orange)
- 1 oz. pineapple gum syrup
- 1 oz. carrot ginger juice
- ½ oz. orange juice
- ½ oz. lime juice
- 4 cucamelons
- black salt

Rim glass with the edge of a lime slice and roll into black salt. In the bottom of a shaker, muddle cucamelons. Add the tequila alternative, non-alcoholic triple sec, pineapple gum syrup and juices, then shake with ice until chilled. Strain into prepared glass. Garnish with pineapple leaves and cucamelons.

FUN FACT: Cucamelons, or Mexican Sour Gherkins, are a grape-sized fruit that taste like tart cucumber. These tiny watermelon lookalikes can be grown from seed and need fewer days to mature than their rotund counterpart. Available seasonally online at gourmetsweetbotanicals.com.

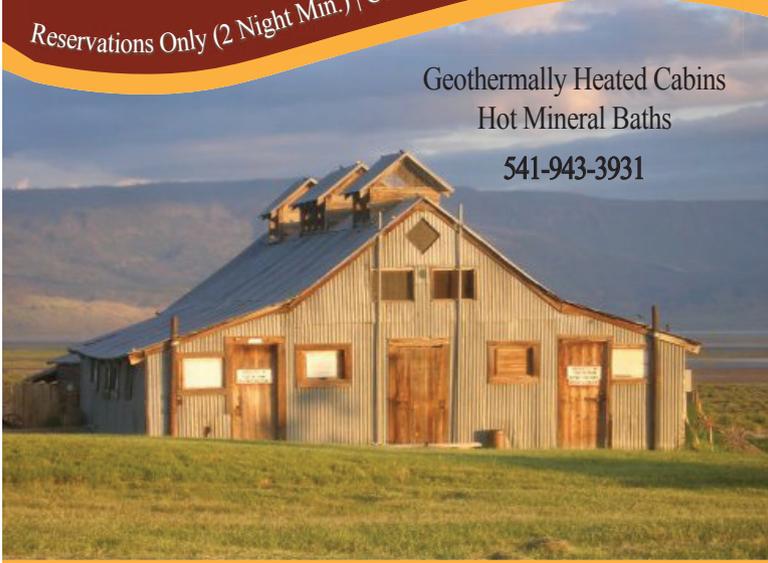
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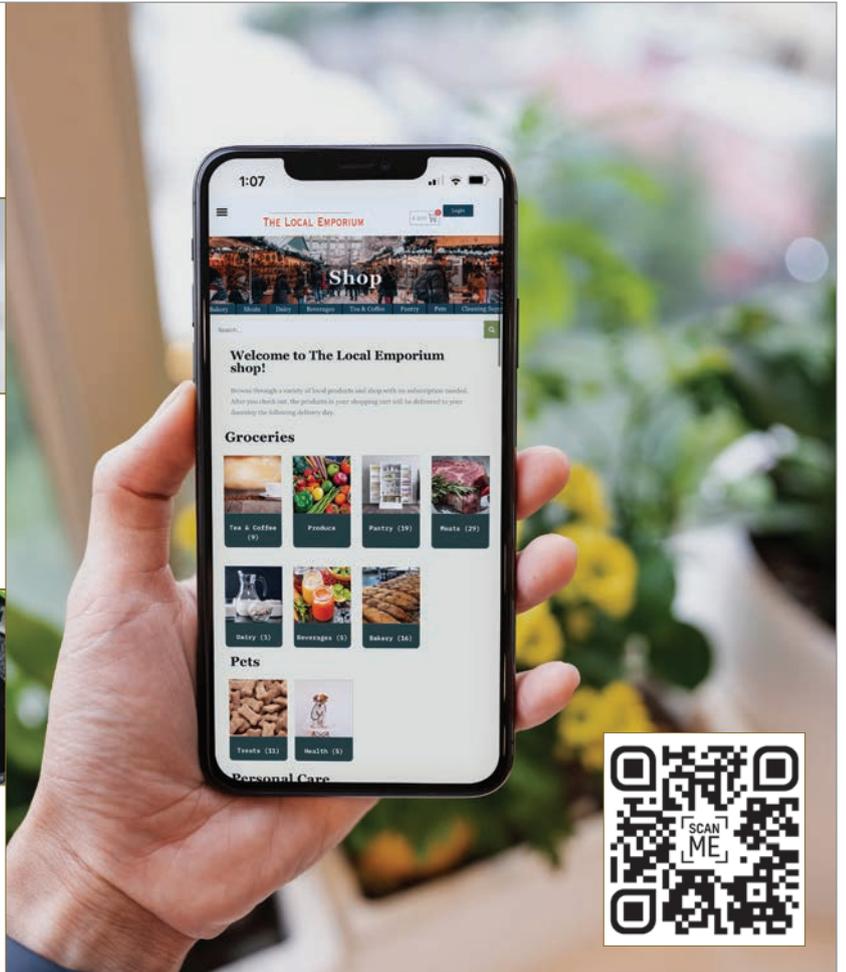
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Raw and Radiant

Salud celebrates a decade of colorful nourishment

WRITTEN BY **DONNA BRITT** | PHOTOGRAPHY BY **TAMBI LANE**



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Colorful describes both the food and the person behind the restaurant Salud Raw Food.

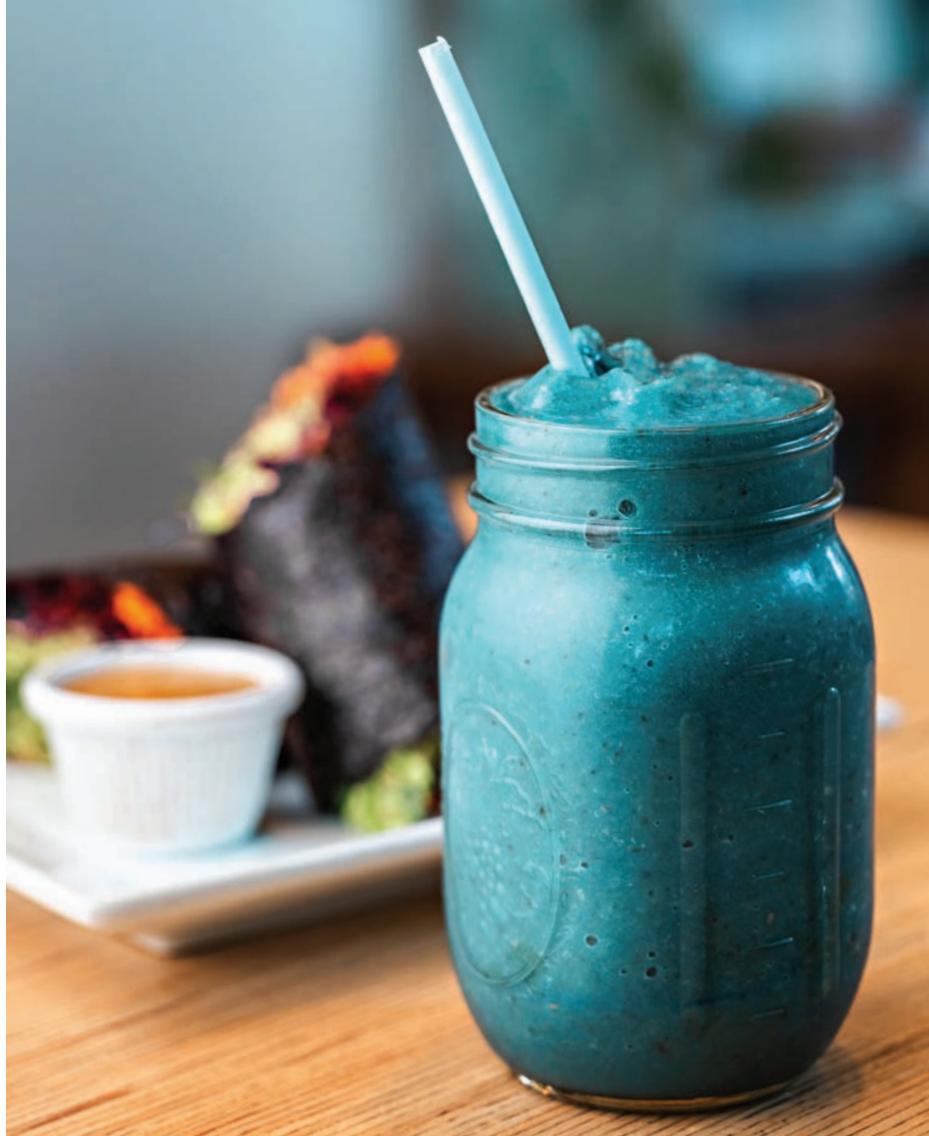
Salud's vibrant dishes are proof that foods in their natural state, prepared properly and with purpose, are beautiful as well as nourishing. The brainchild behind this rainbow of flavor is owner Corrine O'Shea, who 10 years ago took action to make her dream real.

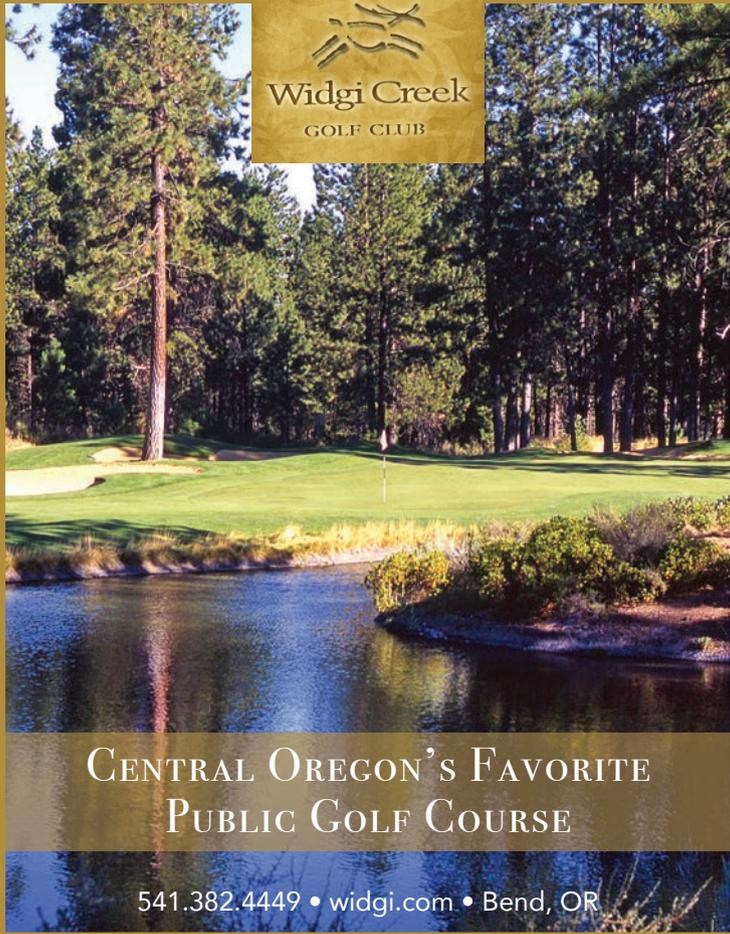
O'Shea longed for a healthy food option in Bend, a place where every single ingredient was organic, clean and nutritious. She had front-of-house experience, but said, "Never in a million years did I think I would own a restaurant." A decade later, Salud, also known as Salud Live Kitchen & Juice Bar, is still going strong, tucked away in its original location in downtown Bend, just off Franklin Avenue. O'Shea's love of healthy food and her creative flair is reflected in the artful offerings at Salud. Everything is raw, gluten-free, vegan and organic, bursting with color and creativity.

Take for example, the Say Olé Tacos, one of O'Shea's favorites, which have been on the menu since she opened. The two bright green romaine lettuce shells filled with sunflower seed chipotle bean paté, ripe tomato, cabbage, green onion and cilantro, along with creamy avocado, cashew sour cream and chili lime pepitas portray O'Shea's innovation. Another popular option is the Rawkin' Tacos with Five Spice walnut-based filling, shredded carrots, purple cabbage, red pepper, orange, mint and cilantro with a peanut ginger dipping sauce. It's an explosion of colors, flavors, and crunch, packed with nutrients.

"We're all about flavor here," O'Shea stated. "And when you are nourishing your body with all these nutrients, your body will be full," she tells curious folks who ask her about serving raw food and no meat.

Open for breakfast and lunch, Salud serves freshly pressed juices, smoothies, and smoothie bowls with house-made granola, fresh fruit and seeds, gluten-free sourdough toasts and Mill Fire seed bread with savory or sweet toppings.





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Lunch choices are plentiful and include Salud's famous Nori Rolls (shown above) stuffed with basil almond paté, carrot, beet, purple cabbage, cucumber, cilantro and greens in nori seaweed, served with a maple-miso chili dipping sauce.

Three salad options include the Rainbow, bursting with a colorful array of veggies and seeds, the Caesar with a garlicky vegan dressing and sprinkles of pumpkin seed "Parmesan," and the Greek with cashew-herbed feta and marinated red onion balsamic dressing. There's the Spicy Tuna Rawl with walnut-based "tuna" and jalapeño, and don't miss the wontons—cashew cream cheese, shredded carrots, red bell pepper, purple cabbage, cilantro and microgreens in romaine squares with chili lime dipping sauce.

"I have a lot of fun," O'Shea said, "and we have amazing customers. People are genuinely so grateful that we exist, and not just people with dietary needs. Even if you're not vegan or gluten-free, you're still going to love it." Especially the desserts. Yes, there are desserts in the world of raw,

organic healthy foods. O'Shea and her staff create those desserts by hand every day.

Using only dates, maple syrup, nuts, seeds and fruits (without sugar, dairy, flour or eggs), the Salud team concocts mouthwatering desserts such as vanilla, strawberry and key lime cheesecakes, avocado chocolate mousse, cookies and brownies. As O'Shea stated, "The desserts are different each day. They're whatever we feel like making, but they're all so good."

While Salud's tiny cafe is always inviting, warm weather means diners can enjoy a satisfying breakfast or delectable lunch on the patio, or even picnic on the lush front lawn. Just come prepared for your senses to be delighted with color, crunch, aroma and taste. **▣**

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S'mores with a View

Culinary meets campfire at Brasada Ranch

WRITTEN BY ISAAC PETERSON

Ordering s'mores at a contemporary restaurant may conjure images of flambé tableside as an avant-garde dessert. Instead, at Brasada Ranch guests are given a portable kit, complete with roasting sticks, to take on an adventure around one of the many welcoming firepits on the resort property.

Brasada's miraculous melding of kid and adult sensibilities is perfected in its s'mores. The epitome of the childhood campfire treat has been recomposed into an elegant dessert to suit the most refined gourmet. S'mores are so familiar that it might seem like high treason to ditch the grocery store ingredients and make everything from scratch.

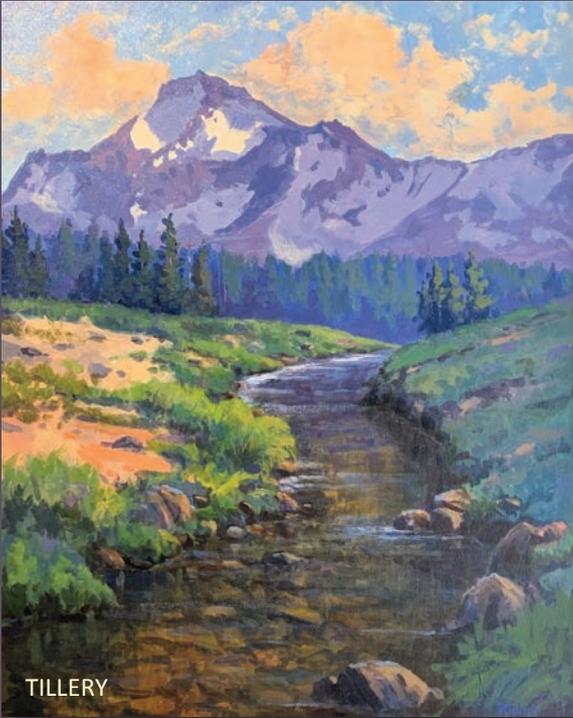
The rich dark chocolate is Oregon-sourced, and the marshmallow and graham crackers are crafted in-house. The graham crackers are light and crisp but still soft in the center. Each one is more than a quarter inch thick and tastes

like a Belgian butter cookie, with aromatic vanilla overtones added to the familiar graham taste. At first, it is simply the size of the marshmallows that impresses. They are three inches thick and cut to the exact size of the cookie cracker. Brasada's handmade marshmallows are much larger but far less dense than the commonly-found grocery store version, and the result is a soft cloud of sweetness instead of the sticky adhesive of traditional s'mores.

The finished s'more is the apotheosis of a simple treat. It's there that chocolate pools inside the yielding marshmallow and the graham cookies are satisfyingly crisp, creating a sensory experience and texture that enhance the flavor. The dessert resembles crème brûlée roasted on a stick. It's one of the reasons Brasada staff say it's one of its most popular orders, creating a rush each evening as guests order s'mores just in time to roast and watch the summer sunset. **B**



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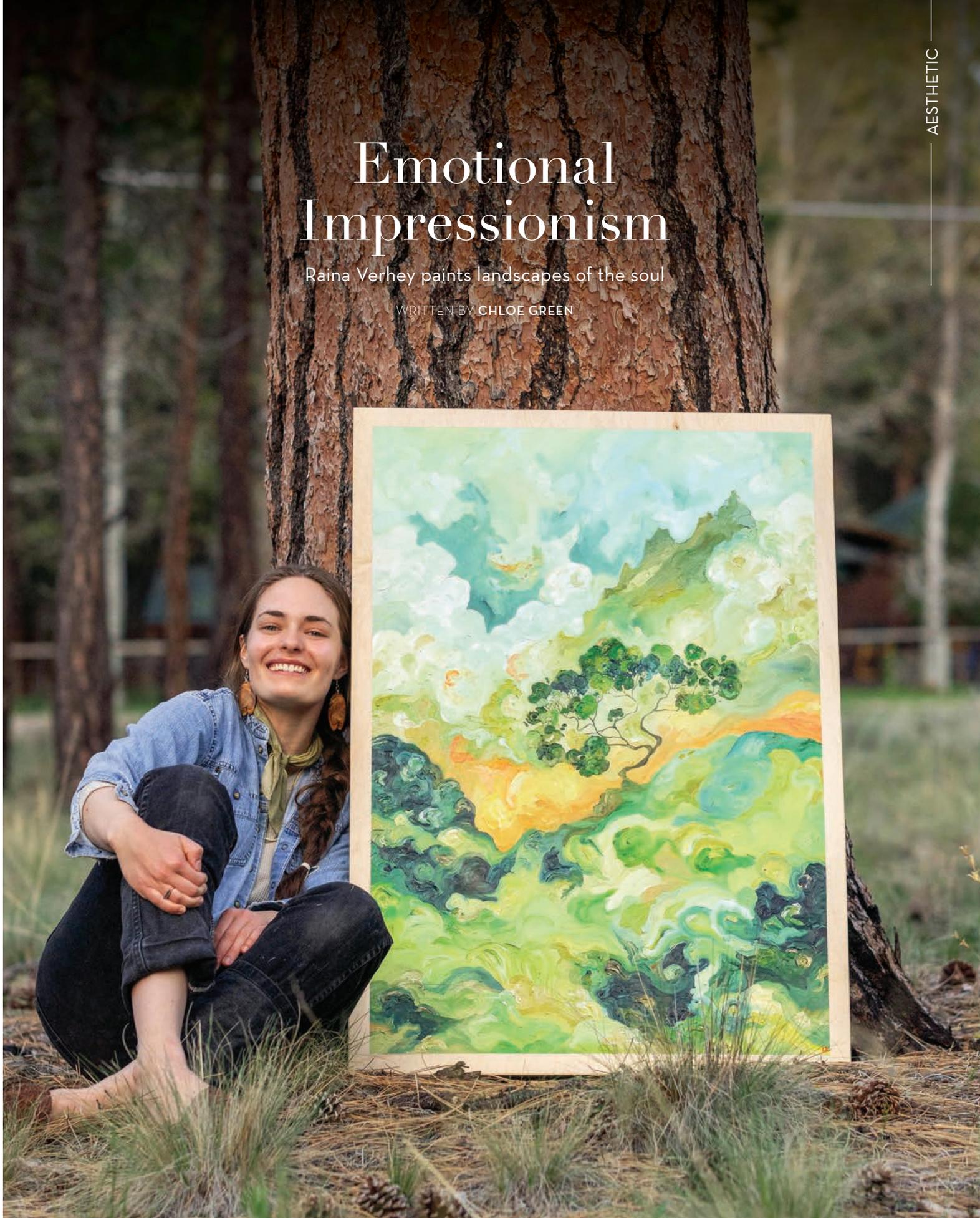
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Emotional Impressionism

Raina Verhey paints landscapes of the soul

WRITTEN BY CHLOE GREEN



Utilizing thick oil paint and textured impasto-style brushstrokes, Raina Verhey unearths and explores meaningful and complex emotions in her art. "My work is a place for me to question and process the world, a way to hold space for the grief and love of my heart." She classifies her creative style as emotional impressionism, crafting abstract landscapes that vividly portray the metaphysical terrain of the soul.

She grew up outside of Atlanta, Georgia, with parents who worked in the arts, her father as an architect and writer, and her mother as an indie songwriter

and artist. "My parents cultivated an incredible atmosphere to learn the hardships and rewards of pursuing the arts," said Verhey. "Being the oldest of five during the crash of '07 in an artisan's home, I learned real quick that life is pain, but I also learned by watching my parents that honest expression of that pain is a salve to the sting."

Though surrounded by the arts as a child, it wasn't until she was living on her own in California at the age of 17, facing a barrage of personal hardships, that she turned to art as her safe space. "It was my way of self-healing," she said. "I had all of this

pain, and I would sit there, and I would fill my notebooks with these abstract scribbles, and they just took over all of my pages, and it slowly grew from there." Her style, skill and perspective as an artist expanded alongside her journey of personal growth.

Four years ago, she moved to the woods outside of Sisters, and it wasn't long after her arrival that she bought her first set of cheap oil paints, an on-the-whim decision that would propel her toward her current medium of creative expression. Further reflecting on her transition from mere notebook scribbles to becoming a dedicated full-time artist,



Verhey shared, "Even though I was bad at the beginning, I took myself seriously. The work had a meaning beyond just being good, so I knew it was something important and worth taking seriously."

Many long days and nights spent painting were also involved in developing her craft. "I just kept going, and when you put the hours in, you finally hit a cusp where you get into the flow and find your style." Verhey's style is greatly inspired aesthetically by the work of Vincent Van Gogh and continues to be a way for her to map her emotional life. "I feel the emotion in my chest, and it kind of has a movement

to it, and I apply that movement to the canvas," she said. "Which is why a lot of my brush strokes are really fluid, a lot of tumultuous curves in and out, and twirls and swirls."

She hopes her work prompts others to reflect inwards. "It is my intention to inspire beauty and hope, and the courage to carry on in the face of great tribulation and weariness," said Verhey. "I want my work to be an invitation to step into the honesty of your soul and a support to you becoming friends with that honesty."

Her art has been inspiring the community as it hangs on the wall

of Central Oregon businesses and homes, a community she is continually impressed by and grateful for, "Folks here take the arts so seriously and so value artists," she said. "I'm always honored by the time folks take to engage with my work and by how interdependent the life of an artist is; I can't express how grateful I am to those who love and share my work." ■

Find work by Verhey at the Campbell Gallery from June 8 to August 1, or in the halls of The Grove during the month of July. See artbyraina.com.





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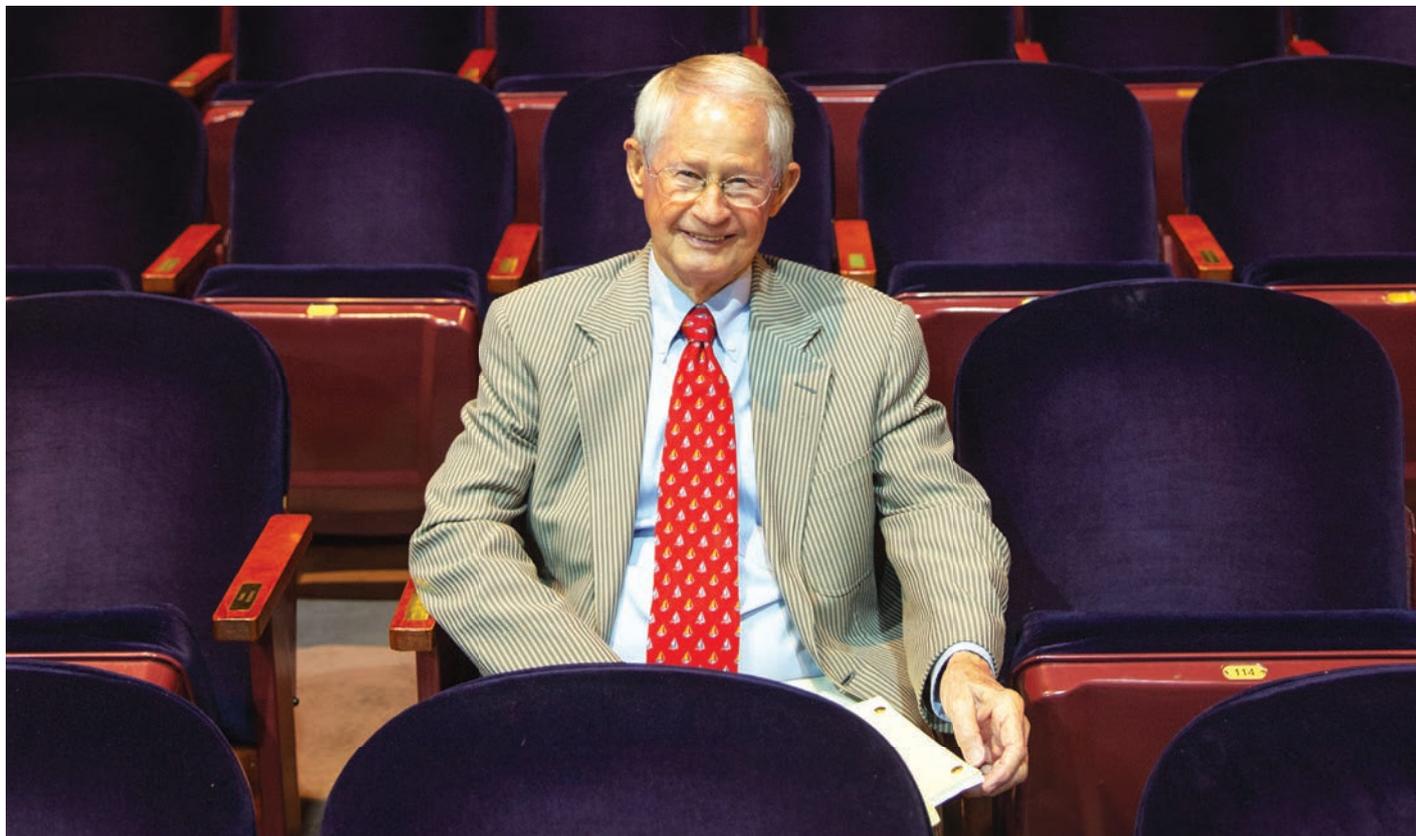


Hand Carved Bowls

James Crowell as Humble Servant

History comes to life in his play premiering at the Tower Theatre

WRITTEN BY HOLLY HUTCHINS



Historian, author and playwright Jim Crowell knows how, as in history, some things require time and patience to become a reality. So it is with his latest play, written more than 21 years ago, and finally making its debut on July 7 at the Tower Theatre with a three-day run.

Your Humble Servant, a two-act play with music that portrays the triangle relationship between John Adams, Abigail Adams and Thomas Jefferson, premieres eerily a scant few days past the 247th anniversary of the signing of the Declaration of Independence, and of the same-day deaths on July 4, 1826, of both Adams and Jefferson. It comes after an earlier attempt at Central Oregon Community College in 2002 and COVID-related shutdown of the Tower Theatre in 2020.

Your Humble Servant is based on the nearly 400 extremely personal and candid letters exchanged by John Adams, the nation's second president; Abigail, his wife of 54 years; and Thomas Jefferson, the third president of the United States. The letters begin with Abigail and John's courtship in 1762, and end at the deaths of Adams and Jefferson.

"More important to the drama," Crowell said, "the letters first convey, openly and intensely, the love the three held for each other as their new nation took its first rough form. Then, after Adams is ousted from his presidency in 1800 by Jefferson, his own vice president, Abigail and John enter a long and contentious hatred of Jefferson and all that he stands for." As a result, there is no correspondence between them for 13 years. "As the reality of death comes closer to each of the aging threesome," Crowell explained, "and especially as they suffer the deaths of their own children, these last living giants of American history eventually reunite."

Interestingly, Crowell reminded us that these letters were written with history and personal reputations foremost in the minds of the threesome. Even the play's title, *Your Humble Servant*, a common closing for letters in colonial times, speaks to acrimony of the relationship. "They were not humble," Crowell maintained. "They knew their letters would be made public, so every effort was made to clearly state their political and personal feelings and beliefs in these letters," Crowell

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Jim Crowell advises actors David DaCosta and Gary Fulkerson during rehearsals for *Your Humble Servant*.

said. "They are, in essence, public speeches, arguments, assertions, denials, pledges and even threats."

Inspiration for his latest historical drama was twofold. First, it comes as a sequel to his earlier play, *Home to Monticello*, based on the nearly 50-year relationship between Jefferson and his quadroon slave, Sally Heming. But the real spark was A.R. Gurney's *Love Letters*, performed at the opening of the revitalized Tower Theatre in 2004. The play featured by Academy Award-winner Eva Marie Saint and her husband Hayden reading a series of humorous and poignant letters that passed between two fictitious lovers throughout the course of their lives.

To produce *Your Humble Servant*, Crowell collaborated with David DaCosta, founder and artistic director of Thoroughly Modern Productions. In his twenty-first production at the Tower Theatre, DaCosta will direct as well as play the lead role of John Adams at the request of Crowell. "He has seen me both as a performer and a director in numerous plays, and, as a result, tapped me to lead the charge. I consider his belief and trust in my theatrical prowess one of the greatest rewards of my career," he said.

DaCosta said that the cast's challenge is to present a historical drama that is engaging to a modern audience. "If we do that," he said, "we [will] have a magical production on our hands."

Crowell could not have chosen a more fitting title for his latest play, as it suitably reflects his decades-long service to

Bend and Central Oregon. Crowell, age 84, is affectionately known by many as "Mr. Bend," and his latest project doesn't begin to capture the many community contributions he has made in his 80-plus years living in Bend. In 1998, he was named "Co-Citizen of the Year" for his leadership role in the restoration of the Bend Boys and Girls Club's building. His community activism is matched by his passion for theater and historical fiction. He has written several plays and screenplays, including the award-winning *MENCKEN!*, a historical comedy on the life of American cynic and critic H.L. Mencken, a role Crowell himself played in the production at Central Oregon Community College. Crowell has also authored several articles and books on Bend history, including *Frontier Publisher*, a biography of George Putnam who was an early publisher of *The Bend Bulletin*, and husband to aviator Amelia Earhart.

So, why the keen interest in colonial history? "I've always found the past to be more interesting and certainly more pleasurable than certain aspects of the present," Crowell said. "We learn from the past," he mused, "and what better way to apply the lessons, particularly those from giants of American history, such as Jefferson and Adams, then through the live stage and historical fiction." See towertheatre.org. **IB**

▮▮▮ Your Humble Servant
 ▮▮▮▮▮ Premieres at the Tower Theatre:
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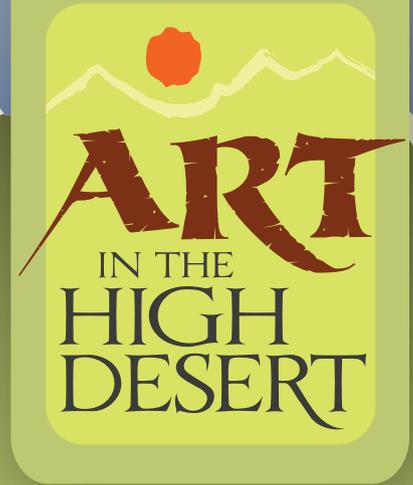
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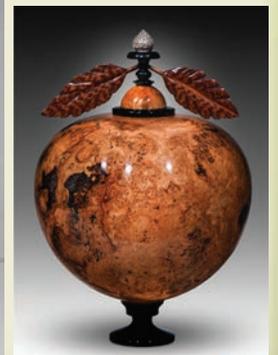
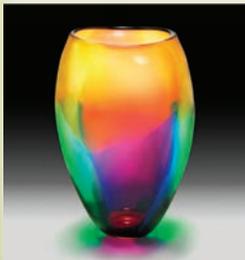


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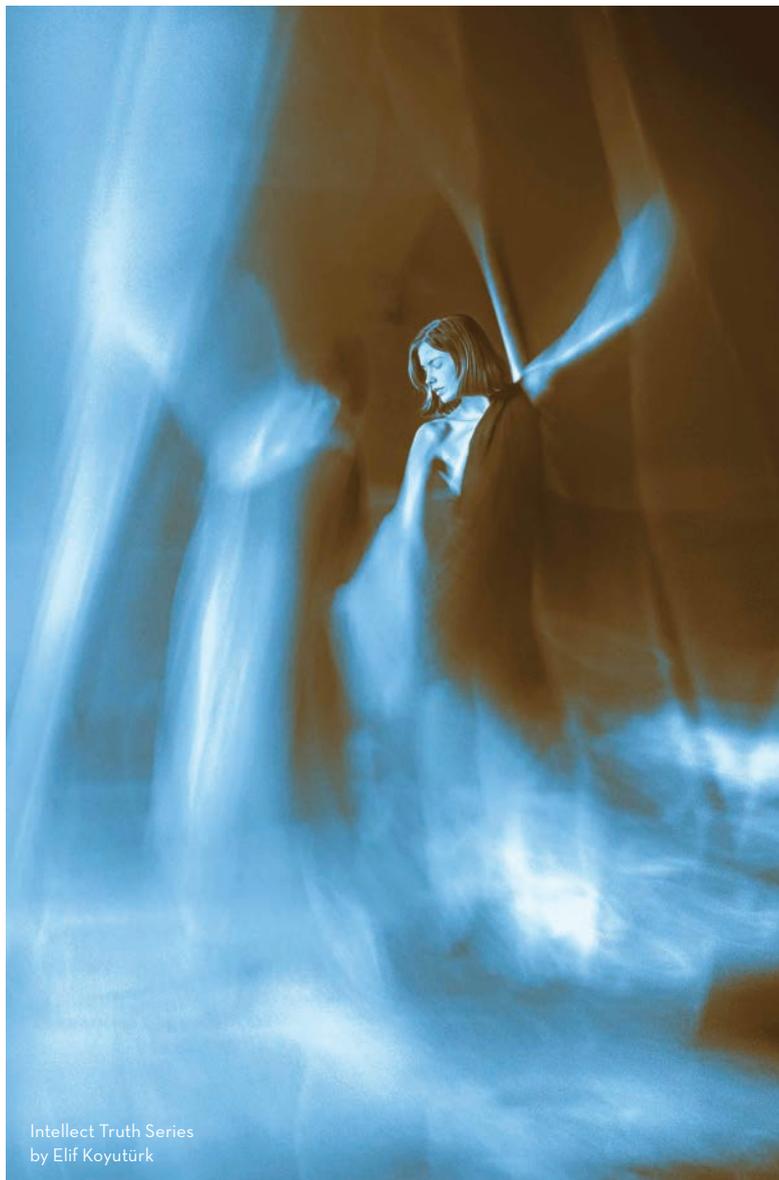
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NATURE'S LUMINESCENCE AT THE ANNEX

The Annex, an initiative by Scalehouse Collaborative for the Arts, provides local emerging artists additional space to share their art with the community. "Nature's Luminescence within the Human Spirit," a collection of thought-provoking photographs by Elif Koyutürk, will be on display through July 30. Hailing from Istanbul, Turkey, Koyutürk is a multidisciplinary artist who explores and pays homage to diverse cultures and Indigenous practices through her work. Employing a wide range of mediums, including film, paint and photography, she weaves together narratives that explore the interconnectedness of nature, the human spirit and unseen spiritual dimensions. In her current project, Koyutürk invites viewers to reflect and contemplate their own human experiences, unveiling the delicate threads that bind humanity and nature. See scalehouse.org/annex.

ART IN THE HIGH DESERT RETURNS

The juried fine art and craft show "Art in the High Desert" returns to Central Oregon August 25 to 27 after a three-year hiatus. Founded in 2008, the show is nationally recognized for its rigorous jury selection process. In its new larger venue at the Deschutes County Fair & Expo Center, the show has an expanded artist roster featuring approximately 150 renowned artists in a broad range of mediums, from painting, photography and sculpture to wearable fiber art, jewelry and digital arts. See artinthehighdesert.com.



Pow Wow, 1994

CELEBRATED FIBER ARTISTRY ON DISPLAY

The Rotunda Gallery in the Central Oregon Community College library hosts a collection of tapestries from fiber artist Margaret Kilbuck Johansen through August 29. Born in Hood River, Johansen (1923-2004) was a self-taught weaver known to draw inspiration from her American Indian heritage and formative years in Oregon. Johansen was among the first Americans to showcase her work at the renowned Lausanne Biennale in Switzerland. The COCC exhibit of this artist and educator features 100 pieces of her work, with some available for purchase. See cocc.edu.

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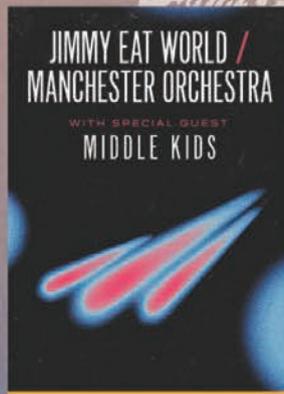
FRI. JULY 7



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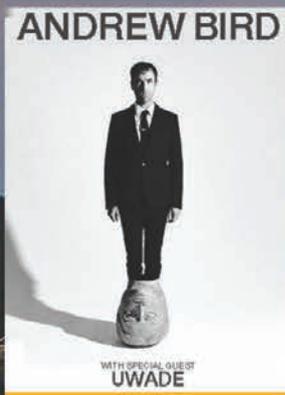
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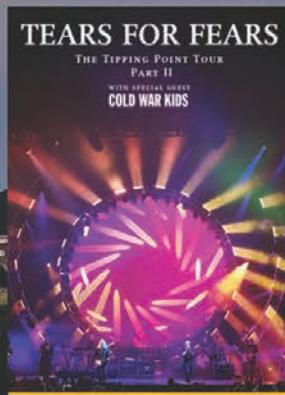
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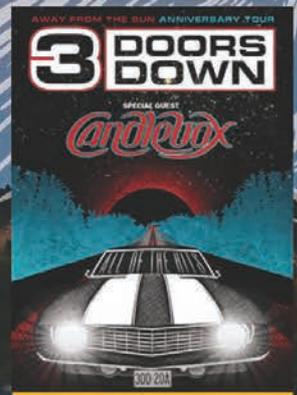
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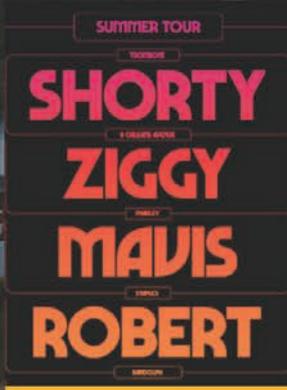
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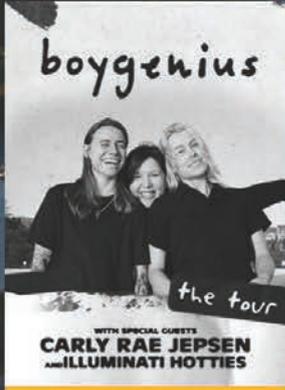
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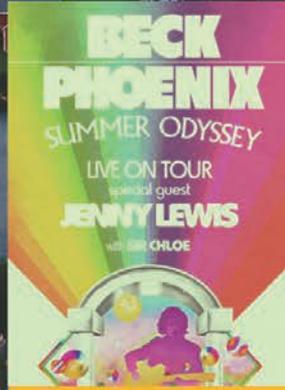
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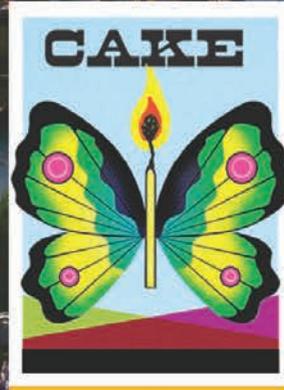
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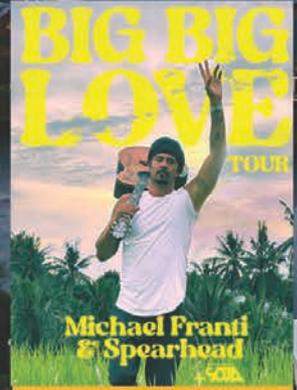
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“Money doesn’t
grow on trees.”

(See, no money.)



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