

THE SOUL OF CENTRAL OREGON

BEND

Magazine

DAWN PATROL

*Mt. Bachelor roars to life
before sunrise. pg. 72*



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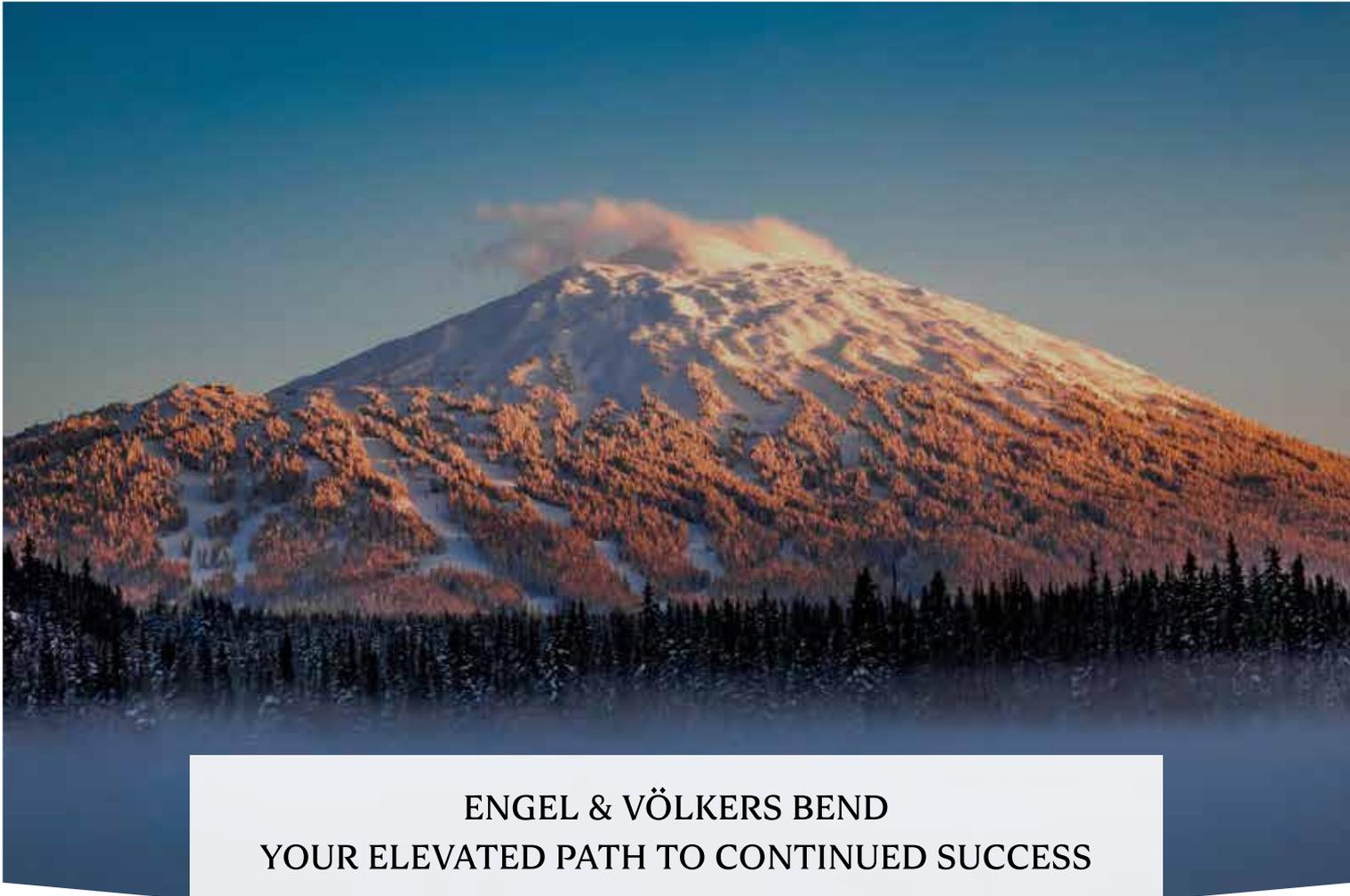
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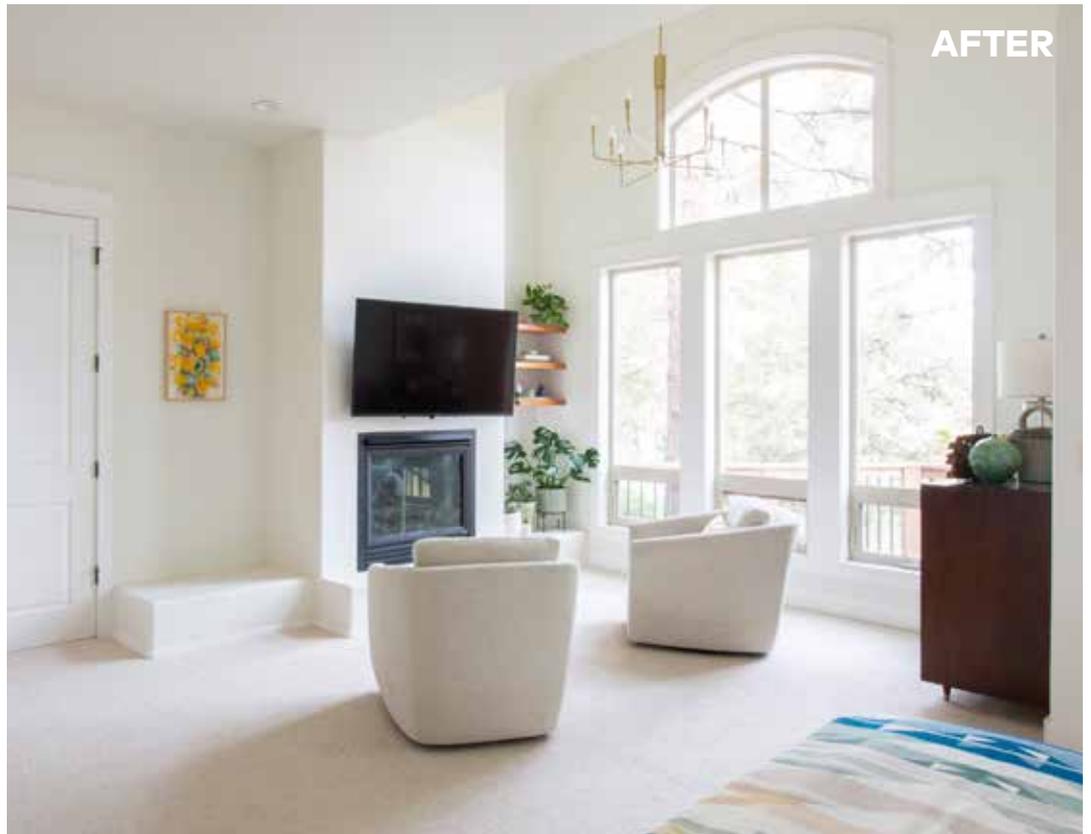
BEFORE



AFTER



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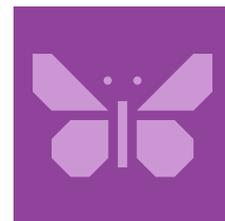


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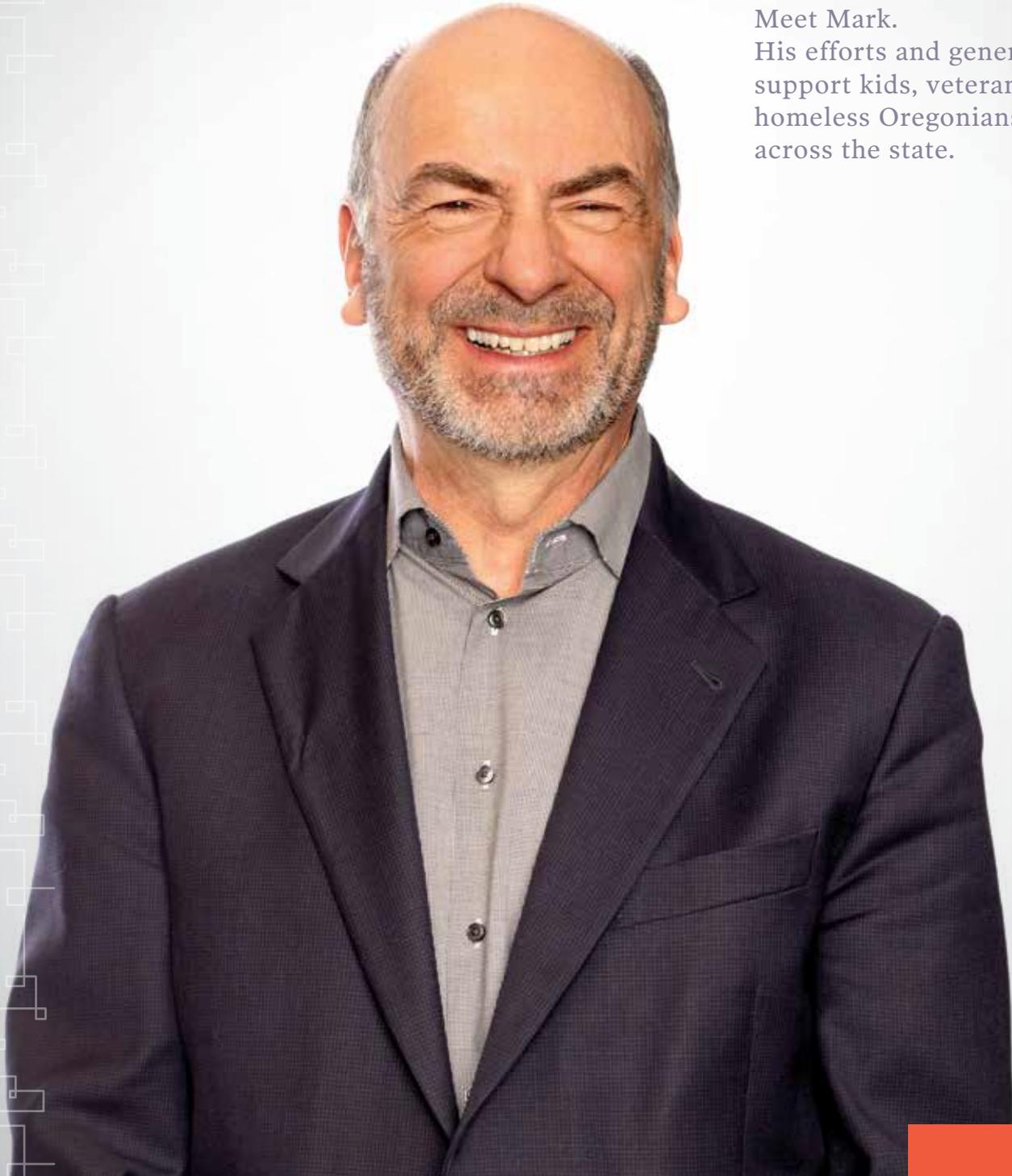
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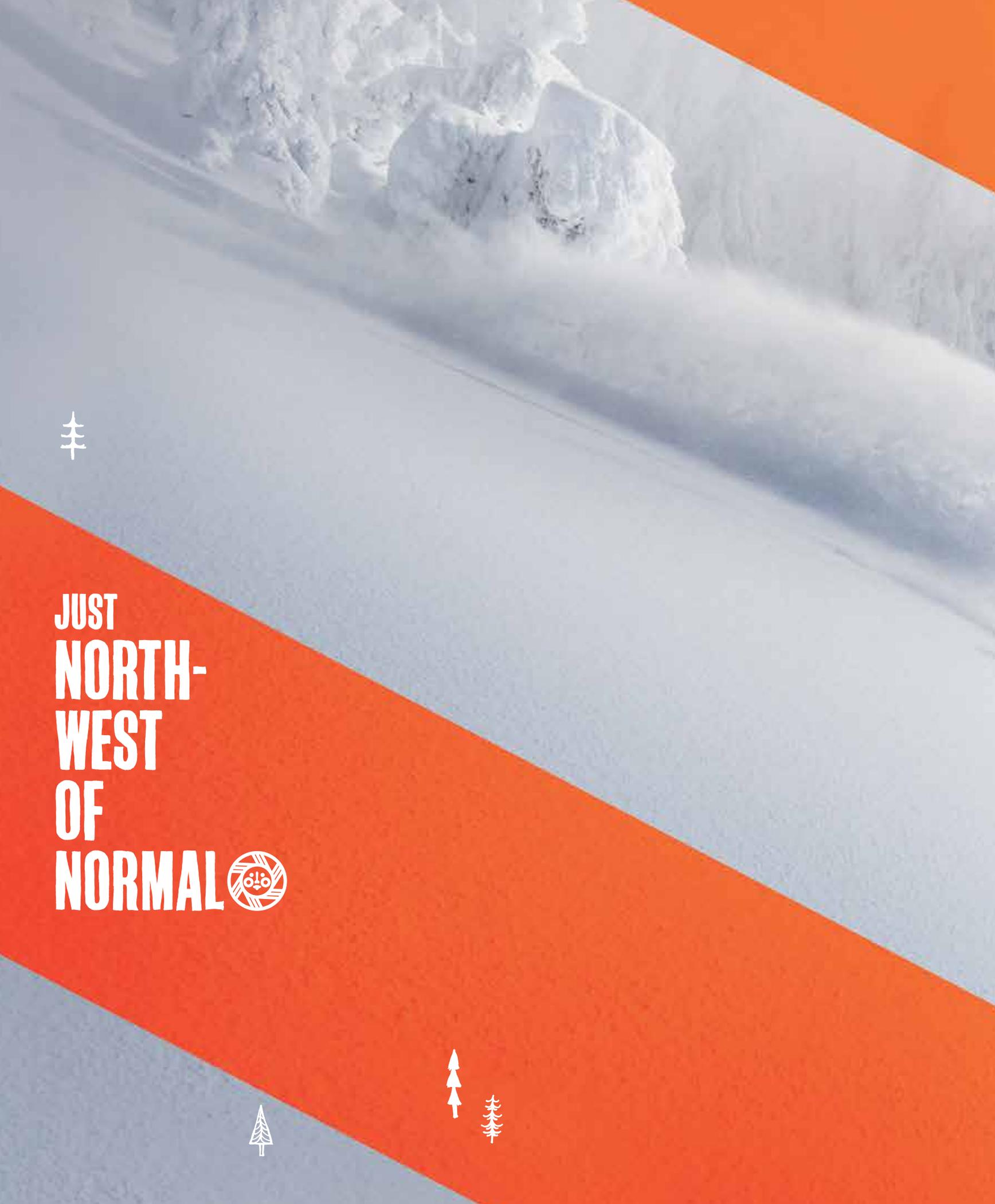
Oregonians are generators of abundance. For 50 years, we've helped each other thrive. From safe shelter to art supplies, we've stepped up when someone needed support. Leaned in when they needed help. Dug deep when they needed food. Gave back, when given the chance. And we're getting better at doing it all more equitably. The past few years have been some of our most challenging. And what did we do? We helped each other. We marched, fought fires, dropped off groceries — and gave. We gave more than ever before. Which tells us that in our next 50 years, **Oregonians helping Oregonians**, through thick and thin, will continue to lift us all. Cheers to you, Oregon. As your statewide community foundation, we celebrate our 50th anniversary **in honor of you.**



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THE MOUNTAIN BEFORE DAWN

There's a self-contained "city" on the top of Mount Bachelor and a team that keeps it running—with much of the work taking place while we sleep. Go behind the scenes as lifts are revved up for first tracks at Mt. Bachelor Ski Area. *Written by Tim Neville.*

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STARTUP LANDSCAPES

A collaborative ecosystem creates a secret sauce for Central Oregon startups. Learn why businesses choose to launch here and the organizations that help them succeed. *Written by Cathy Carroll with Noah Nelson.*

86

VISIONS OF WINTER

January brings renewal and gratitude for this place we call home. Photography captures moments to remind us of Central Oregon's beauty. *Curated by Bend Magazine.*



ON THE COVER

Before first tracks with Mt. Bachelor's Brandon Smith.

PHOTO CODY RHEAULT

PHOTO TYLER ROEMER

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DIGITAL EXTRAS

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WORDS *and* PICTURES



JENNIFER DELAHUNTY WRITER

A Sisters-based writer who hails from Minnesota, Jennifer Delahunty has lived in Bend, off and on, since 1997. She spent the majority of her professional life on university campuses and continues to help students find their way to college. With an MFA in creative nonfiction writing, Jennifer has covered everything from farmers to ukuleles for *Bend Magazine*. Her essays and articles have appeared in *The New York Times* and a variety of other publications. For this issue, she dove into the cultural and community offerings at the Bend Language Institute, on page 49.



TIM NEVILLE WRITER

Freelancer Tim Neville is a correspondent for *Outside* magazine whose work is included in *Best American Travel Writing*, *Best American Sports Writing* and *Best Food Writing*. For this issue, he spoke with the folks that get Mt. Bachelor up and running while most of us are still sleeping (see page 72). Neville has also written about student pilots, adventure racing and pickleball for *Bend Magazine*. An avid skier, runner, cyclist, climber and angler, Tim has been to all seven continents and speaks four languages. When not traveling, he can be found exploring Bend with his wife, daughter and their French exchange student.



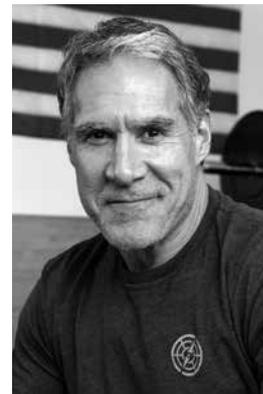
TINA PAYMASTER PHOTOGRAPHER

The art of restaurant, food/beverage and product photography is all in a day's work for Bend-based Tina Paymaster. Her passion for photography has followed her through various careers in food and art over the past two decades, including graphic design, health, nutrition coaching and commercial photography. She loves creating imagery which evokes emotion, tells a story and leaves the observer hungry for more. In this issue, find Tina's vibrant portraits of some of the most delicious breakfast offerings in Central Oregon in the story "Rise and Dine" on page 91.



CODY RHEAULT PHOTOGRAPHER

A professional filmmaker, photographer, and budding writer, Sisters-based Cody Rheault travels the globe telling meaningful stories of people and places with his camera, focusing on the outdoors with a candid documentary style. He's spent much of his career telling the stories of military veterans through short films. Cody enjoys time with his family, hiking local peaks, disc golfing, or riding his motorcycle on backroads. For this issue, he spent many early mornings at Mt. Bachelor to capture the people who keep Central Oregon's ski mountain operating. See page 72.



STEVE TAGUE PHOTOGRAPHER

Referring to himself as "part artist, part MacGyver," Steve Tague is always game for engineering the perfect photograph. He sees his photographic approach as walking the tightrope between certainty and serendipity. A Central Oregon resident, Steve specializes in commercial advertising photography with studios in both Bend and New York City. His passion for indoor rowing led him to coaching, a national title and a gold medal on the world podium. Steve loves family, pastries, sushi, big cities, contact sports, and whiskey. See his work at the art-filled Davis home on page 56.



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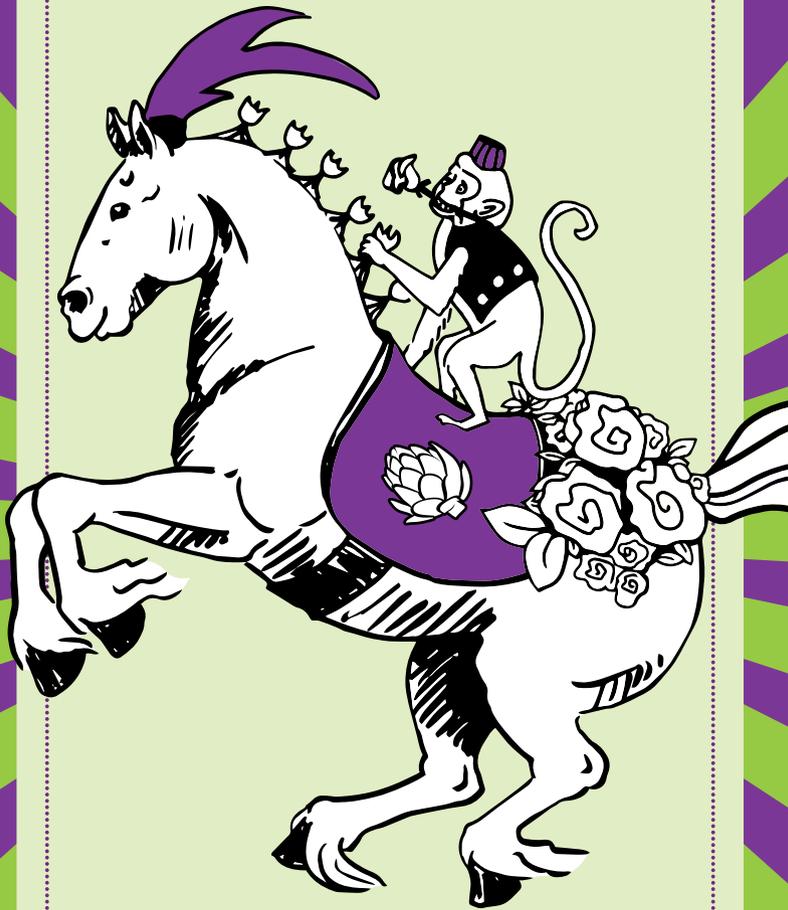
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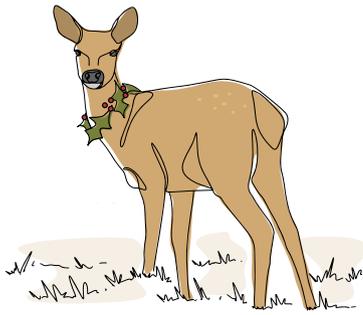


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Publisher's Note

As we usher in a brand new year, we here at Oregon Media want to take a moment to let you peek behind the scenes, offering you a glimpse into the heart and soul of why we do what we do. We're incredibly proud of the role *Bend Magazine* plays in our vibrant community, and it's all thanks to the incredible people who make it possible: our dedicated staff, passionate readers and supportive advertisers.

Bend Magazine is a journey of collaboration and creativity, from the spark of an idea to the finished product you hold in your hands. Our talented team works tirelessly to research, write, edit, design and collaborate with some of the best writers and photographers in Central Oregon. They pour their hearts and souls into every page, ensuring that the magazine reflects the very essence of our beloved community.

As we move forward in 2024, we remain committed to the values that have always defined us—of authenticity, integrity and community. We believe in the power of genuine human connection, so it was an easy decision to adopt a formal policy of not allowing any form of Artificial Intelligence (AI) into our content. Every story you read, the images you see, and the words you encounter result from human effort, passion and expertise. Simply put, our publications will always be, “For humans, by humans.” We believe this commitment to human-generated content will continue to make *Bend Magazine* your trusted local resource, and your trust is something we'll never compromise. See bendmagazine.com/policy for our full AI policy statement.

To our readers, your continued support is what fuels our fire. We're grateful for your loyalty, engagement and willingness to share your stories. You are why we do what we do, and we're honored to be a part of your Central Oregon experience.

To our advertisers, thank you for believing in the power of print media. Your partnership allows us to continue producing high-quality content that connects you with our engaged audience. We appreciate your trust and look forward to growing together in the year ahead.

This issue also takes us behind the scenes with some of the unsung heroes at Mt. Bachelor who work tirelessly to get our mountain open and running—even when the rime ice has other ideas. See page 72 to learn more about the hard work that is happening while you are still dreaming about those fresh turns. Plus, join us as we meet some local entrepreneurs who have chosen to launch their next big adventure in Central Oregon.

Thank you for being a part of the *Bend Magazine* family. Together, we're creating something truly special and, as we begin this new year, we're filled with excitement and anticipation. We have a vision for *Bend Magazine* that is bold, innovative, and true to our core values. We can't wait to share it with you in the year ahead.

Happy New Year!

Heather & Ross Johnson,
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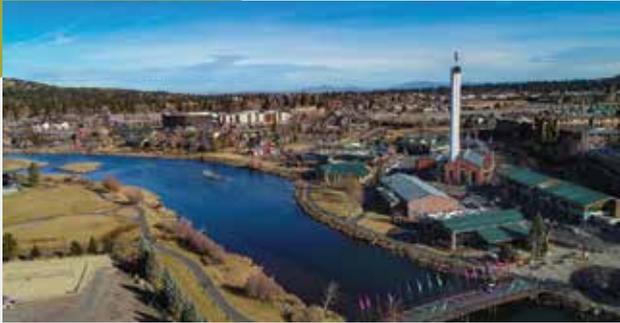
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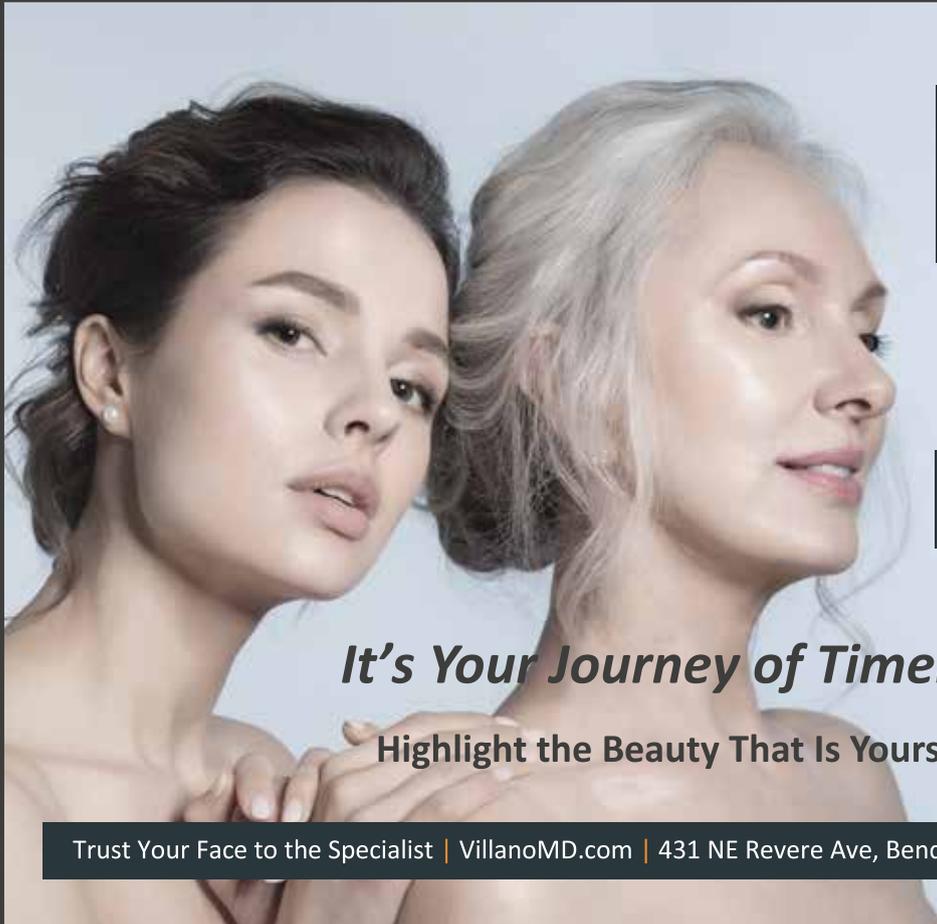
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Protecting the Future

High Desert Museum explores the Endangered Species Act

At 50 years old, the federal Endangered Species Act is as relevant now in its aim to protect plants and animals as it was when the legislation was passed in 1973. Now through April 7, the High Desert Museum features three exhibits that exemplify the continued relevance of the act, including the newest, *Andy Warhol's Endangered Species: from the Collection of Jordan D. Schnitzer and his Family Foundation*. The museum's yearlong exploration of how the Endangered Species Act has impacted the high desert is amplified by showcasing a few creatures that were at one time on the endangered species list and now call the High Desert Museum home, including the bald eagle, bull trout, Fosskett speckled dace, Pacific lamprey and peregrine falcon. "The exhibits are meant to engage visitors in a dialogue about the interplay between humans, landscape and wildlife," said Hayley Brazier, the High Desert Museum's Donald M. Kerr curator of natural history. Special programming and exhibits related to the Endangered Species Act will continue throughout 2024. See highdesertmuseum.org. **13**



News Shorts



ORIGINAL BEND POST OFFICE TO BECOME A BOUTIQUE HOTEL

In 1932, the Post Office Plaza building at 777 NW Wall Street was a centerpiece of downtown Bend. After a half century of use as the city's central mail clearinghouse, then a stint as Bend Chamber of Commerce and as an office building, it is now slated to become a boutique hotel. Called Post Office Hotel, the redevelopment project of 20,000 feet of space proposed to the City of Bend by Emerick Architects preserves the original facade and architecture, and takes advantage of interior spaces of marble, granite and wood to provide a 22-room hotel, with private outdoor spaces, interior lofts and a foyer library.



BEND ENDURANCE ACADEMY CLIMBERS HEAD TO REGIONALS

Following the opening of their new youth-dedicated climbing facility, Bend Endurance Academy will send 17 athletes across six age categories to the USA Climbing Bouldering Regional Championships taking place this January in Portland. Top-ranked athletes representing Oregon, Alaska and southwest Washington will compete in the regional event to earn a seed in the Divisional Championships, opening the door for entry into the USA Climbing Youth National Championships. "The kids feel a sense of ownership and team community within the gym," said BEA Climbing Director Cate Beebe about the new facility. "It's really their space and we are so happy to see them thrive." See bendenduranceacademy.org.

LOW-BARRIER SHELTER CARES FOR THE HOUSELESS IN REDMOND

Relief for the houseless community arrived this winter with the opening of a new 9,000-square-foot low-barrier shelter at 1350 S Hwy. 97 at Veterans Way. The Redmond Center, operated by Shepherd's House Ministries, provides beds for up to 50 individuals and three meals per day—up to 50,000 meals annually—plus case-management resources to support the community. Shepherd's House has provided cold-weather shelter service during the past nine winters in Redmond, but the new shelter is the first low-barrier shelter in the city. In addition to individual beds, there are rooms for families to live together, as well as bathrooms with showers. See shepherdshouseministries.org.



CHANGES TAKING FLIGHT FOR REGIONAL TRAVEL

Flight connections between Redmond Municipal and Portland International airports resumed November 29, and American Airlines begins nonstop seasonal service to Dallas/Fort Worth International Airport on May 6 to bring greater connectivity to the region. To help service the 1.25 million passengers who travel through RDM each year, a large-scale terminal expansion will take place 2024-2027. At a projected cost of \$145 million, the first phase includes an adjusted departure lounge, baggage claim and drop off areas. Significantly, the second concourse will be redesigned to add 50,000 square feet for nearly 1,000 seats, concessions, retail, bathrooms, a nursing room, a dog relief area and seven jet bridge positions. See flyrdm.com.

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EQUESTRIAN + AUTHOR

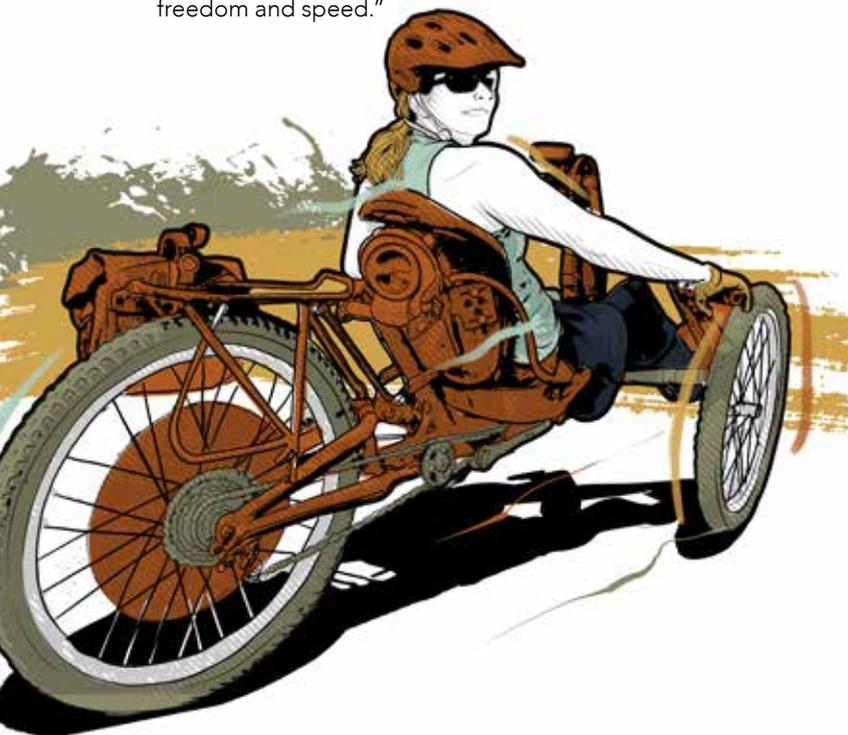
Riding horses since the age of 7, Sanoma Blakely became the youngest female to claim the 2019 Tevis Cup when she won the race at 18 years old. Considered the most challenging 100-mile horse race in the world, her story is all the more intriguing considering she acquired her horse Goober off of Craigslist for free. Blakely chronicles her adventure in her recent book *Chasing Dreams: The True Story of the Youngest Female Tevis Cup Champion*. The book takes readers on a journey along steep, narrow canyons of the Sierra Nevada mountains, up more than 19,000 feet of elevation gain and through nights guided only by the moon. "It is the ultimate underdog story," Blakely said. "I wanted to share my story, not just the highs of winning, but also the lows and realities that go into chasing a dream."



DANIELLE WATSON

NATIONAL CHAMPION + OCCUPATIONAL THERAPIST

Introduced to the sport of handcycling after a spinal cord injury, Danielle Watson loved it from her first moment on an adaptive bike. "Being introduced to racing was really life changing," she said. Rising to the challenge of competition, Watson earned a gold medal at the USA Cycling Gravel National Championships in Gering, Nebraska, this fall to become a national champion. "I love being outside and traveling—and seeing the world from a bike," she shared. "I feel freedom and speed."



ELIJAH PYLE

OLYMPIC HOPEFUL

As a new member of the U.S. Snowboard Halfpipe Team, Elijah Pyle has trained in locations from Bend to a glacier in Saas-Fee, Switzerland. He started snowboarding at 5 years old, and now at age 17, he will spend the year showcasing his sport in World Cup competitions across the United States, Canada and Europe. "I'm pushing to qualify for the 2026 Olympics in Italy, where I hope to earn a medal," Pyle said. Until then, watch for video projects to see his riding style as he snowboards his way toward his Olympic goals.

ILLUSTRATIONS BY DAVI AUGUSTO
BOTTOM RIGHT ILLUSTRATION INSPIRED BY MIKE DAWSON, U.S. SKI & SNOWBOARD



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Snowshoe Wonderlands

Six scenic trails on a day trip from Bend

WRITTEN BY DAMIAN FAGAN

It's not just skiers who have wintertime fun on winter trails. Modern snowshoes are now lightweight, rugged and easy to use, making winter adventure more accessible for all ability levels. Throughout the Cascade Range, numerous sno-parks offer excellent opportunities for snowshoers to explore winter wonderlands. So step into some snowshoes and explore these six suggested marked trails, all within a day's drive from Bend.



PHOTO SOFIA GAVRISHOV

CRATER LAKE NATIONAL PARK

Crater Lake averages an amazing 533 inches of snow each year. On a sunny winter day, the 1,943-foot-deep cobalt lake set beneath a snow-covered caldera rivals any vista in Oregon.

The National Park Service maintains the south entrance road up to Rim Village, the starting point to a trek along the West Rim Drive toward Discovery Point. (Note: The rim drives are closed during winter.) Along the way, enjoy incredible views of the snow-capped Wizard Island—a volcano within a volcano—jutting up from the caldera lake. Keep an eye out for “snow rollers,” unique features which start as cylindrical chunks of snow that roll downhill on their own. The rolling action accumulates snow in a similar action to making a snowman.

For those seeking a longer outing, continue to The Watchman Overlook for spectacular views.

- ▶ **Discovery Point:** 2.1 miles round trip, easy
- ▶ **The Watchman Overlook:** 9.9 miles round trip, moderate to difficult

WILLAMETTE PASS, GOLD LAKE SNO-PARK

The Gold Lake Sno-Park (milepost 61.5 on Highway 58) is a winter hub for snowshoers to explore old-growth forests and lakes in the Willamette Pass backcountry. The sno-park’s historic Gold Lake Patrol Cabin serves as the base of operations for Willamette Backcountry Ski Patrol volunteers.

To reach the Eagle Rock Overlook with its dramatic view of Odell Lake, named for Oregon pioneer William Holman Odell, snowshoers begin the trek up to Pengra Pass, then follow the Pacific Crest Trail to the overlook. Massive Shasta red and Douglas fir trees line the trail, and numerous small mammal tracks may reveal nocturnal activity. The return East Overlook Trail descends through the woods and passes the three-sided Westview Shelter. A half-mile side trip up the Diamond View Loop adds nice views of Diamond Peak to this outing.

- ▶ **Eagle Rock Overlook Loop:** 3.25 miles, moderate



Crater Lake National Park

PHOTO CHRISTIAN MURILLO

SANTIAM PASS, RAY BENSON SNO-PARK

Named after snowmobile advocate Ray Benson, this sno-park near Hoodoo Ski Resort (U.S. Highway 20) offers a multitude of trails for winter enthusiasts.

The South Loop trail passes through mixed coniferous forests en route to the Brandenburg Butte Shelter. Visual peeks of Mount Washington, Three-Fingered Jack, Hoodoo Butte and the unique Hayrick Butte abound along the trail. Hayrick, known geologically as a “tuya,” is a volcano that erupted beneath a glacier. The lava filled the mold formed by the melted ice.

The Brandenburg Shelter offers a nice spot for lunch or respite from the weather. Several return options exist via the South Loop or Claypool Butte trail, both of which intersect with the Pacific Crest Trail. An après-snowshoe warm up at Hoodoo Ski Resort is a great spot to relive the adventure.

► South Loop Trail: 6.1 miles, moderate

TUMALO FALLS, SKYLINERS SNO-PARK

The Skyliners Sno-Park, located west of Bend, is a local’s hot spot. In 1927, the Bend Skyliners Ski Club formed and eventually built a lodge and winter ski complex, complete with two large ski jumps, near this sno-park.

On the trail to Tumalo Falls, snowshoers pass by the historic lodge, now leased from the Forest Service by the High Desert Education Service District, and a young forest that continues to regenerate after the 1979 Bridge Creek Fire. After several miles, the trail reaches the Tumalo Falls parking lot where a short trail leads to an overlook of the falls, often frozen in winter and plunging 100 feet over a lip of lava. Snowshoers may follow another short trail uphill to a second viewpoint at the top of the falls.

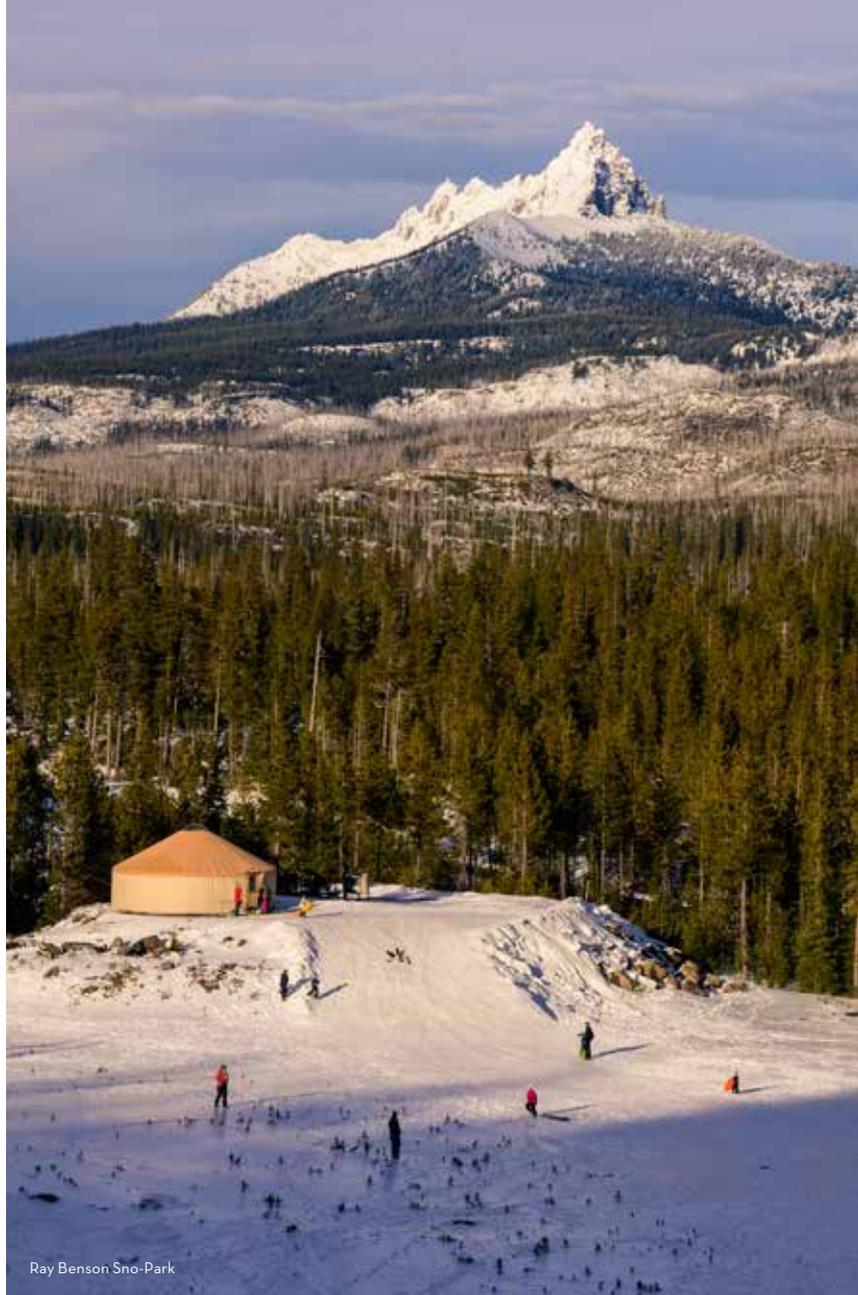
► Tumalo Falls Loop: 6.1 miles round trip, moderate

EDISON SNO-PARK

The AC/DC Snowshoe Trail is a new reroute trail to the Edison Sno-Park’s AC/DC shelter. Named for Alternating Current and Direct Current, not the popular Australian rock band, it will provide snowshoers with a new opportunity to access this warming shelter. Originally proposed by Dr. Jim Davis (also known as Dr. Snowshoe), volunteers and Forest Service staff established this reroute in 2023 that climbs more than 525 feet from the sno-park to the shelter.

Snowshoers will pass by massive ponderosa pines and gain views of Mount Bachelor along this new trail. Sno-park trail maps are available on the Willamette and Deschutes National Forest websites.

► AC/DC Trail: 3.2 miles round trip, moderate.



Ray Benson Sno-Park

CASCADE LAKES HIGHWAY, MT. BACHELOR NORDIC AREA

The Mt. Bachelor snowshoe trails, which originate from the Nordic Lodge, wind through old-growth mountain hemlock forests and cross the Nordic area’s ski trails multiple times to form a loop trail that is well worth the effort. The well-marked trails are color-coded: red, orange and yellow. A long loop is possible by heading west from the lodge on the orange snowshoe trail, then connecting to the red snowshoe trail which passes by great vistas of Mount Bachelor and South Sister before reaching the warming hut known as Bob’s Bungalow.

From the warming hut, snowshoers return on the red snowshoe trail northward toward the Cascade Lakes Highway (closed in winter), then connect to the orange snowshoe trail back to the lodge. Along the trail, listen for the plaintive cries of Canada jays (also known as Camp Robbers) and watch for tracks of the elusive Sierra Nevada Gray Fox which hunts for small rodents and birds in this snowy paradise.

► Red and Orange Snowshoe Trail Loop: 3.6 miles, easy **IB**

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Post-Holiday Revival

Begin the new year with a Sisters staycation

WRITTEN BY **KATRYNA VECILLA** | PHOTOGRAPHY BY **ANNA JACOBS**

The ball has dropped and the season for gifting and hosting has wrapped—it's time for a retreat. Fortunately for Central Oregonians, an easy escape to a vibrant Western-themed town is a short drive away. Pack up the skis and fishing reels—or just a wool hat and scarf to keep warm while window-shopping—and head to Sisters for a hassle-free, recharge weekend.

Ski Inn Taphouse Hotel, located in the heart of East Cascade Avenue, is a central base camp for adventure or ambling around town while unwinding from the busy

holidays and continuing to enjoy the season. "If you want that quintessential, holiday season experience, Sisters is tough to beat," Brady Rhodes, owner of Ski Inn Taphouse and Hotel, said. The city's lights, paired with the slow pace of the small town waiting just outside the rustic modern motif of Ski Inn, gives the feel of a classic movie.

The original Ski Inn dated back to 1972. For more than 40 years, the breakfast and burger spot, with its retro booths and hearty fare, had been a meeting place for locals and a road trip stop for travelers. In 2013, a ponderosa pine totaled the





building during a windstorm. Rhodes and his partner bought the lot and in 2019 began to rebuild from the ground up, reopening the Inn's doors in 2021 with a larger footprint and upstairs lodgings for guests. Rhodes wanted to pay homage to the restaurant by preserving the name. "I've talked to so many travelers and locals who say, 'Growing up we always stopped at the Ski Inn,'" Rhodes said. "We felt it was a fun tip of the cap to keep the name alive."

After a quick and easy contact-free arrival, much like an Airbnb check-in, the smell of in-house smoked brisket, pulled pork and ribs has a good chance of leading guests downstairs. A fan favorite is the Eddy burger, a classic bacon cheeseburger named after Rhodes' daughter.

As the sun sets, head out onto the 1880s-era main street for entertainment like only Sisters can offer. The Barn—considered a community hub—is just one street over. Depending on the evening, enjoy live music in the open space while choosing from a selection of microbrews or craft cocktails and local food carts. The

Belfry, a charming 100-year-old church adorned with stained glass windows and a namesake bell tower, now serves as an eccentric concert venue for shows and festivals, including the Sisters Folk Festival in the fall. Or, head to Sisters Movie House, an independent theater set inside a big red barn, and drink a local beer or have a meal delivered seatside while watching the newest box office hits.

In the morning, wake up in the middle of it all. Find a spot in line early at Sisters Bakery to pick up a local treat—the cinnamon roll or berry scone. Both a resident favorite as well as a road-trip pit stop, the bakery offers pastries, plus local coffee for energy to take on the day. Then, let the town's Western theme inspire shopping at Baldwin's, Blazing Saddles or Dixie's. From leather goods to hats and boots, the fun is in finding a modern cowboy look. Peruse nearly a dozen art galleries featuring local artists, multiple sporting-goods shops, eclectic gift boutiques and restaurants.

Sisters is a gateway to outdoor activity, and in the winter, nearby Hoodoo Ski

Area tops the winter list for locals. Known for being "cheaper, deeper and steeper," the five-lift mountain is one of Oregon's oldest resorts and beloved by many. Located near the summit of the Santiam Pass, Hoodoo is about a 40-minute drive from Sisters.

Take full advantage of winter's short days and long nights by trying night skiing at Hoodoo Ski Area through late March. Wednesday through Saturday, 4 to 9 p.m., ski 23 night runs lit by overhead lights on the mountain. Skiing under the moon and stars is a unique experience, and snowfall under the lights can be magical. Plus, Hoodoo Ski Area hosts live music with bonfires on Friday nights.

Another favorite winter activity around Sisters is fishing along the Metolius River. "It's the best in January," Ski Inn's Rhodes explained. "Fewer people are fishing it, and it's a spring-fed river, so the river stays the same temperature within a degree or two. The fish don't notice if there's three feet of snow on the ground or it's 90 degrees. I've had some of my best days in the winter." ■



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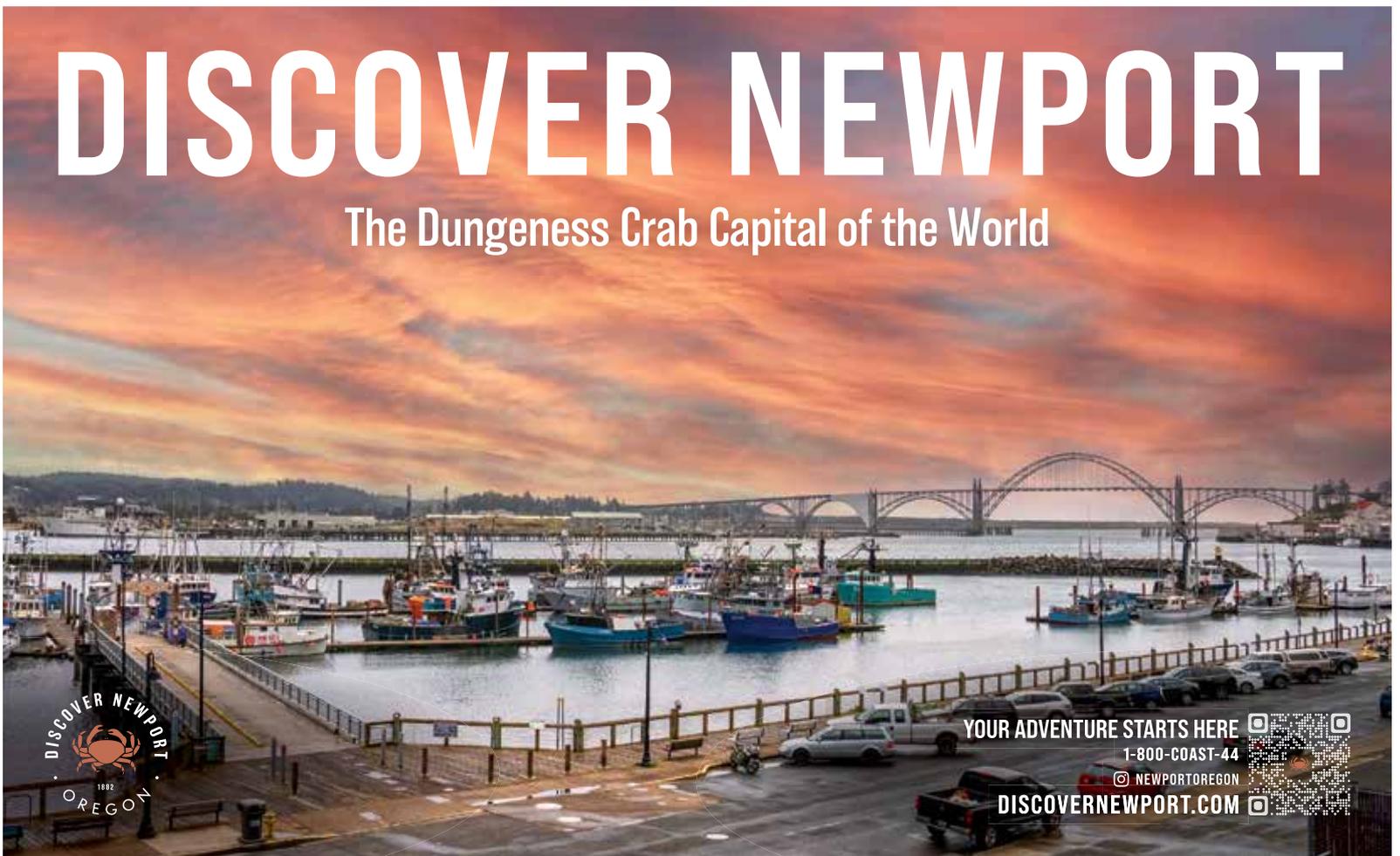
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Dog Days of Winter

Where furry friends work, play and relax

WRITTEN BY ANNIE FAST

Ahh, here we find ourselves in the dark, frozen days of winter, a far cry from the wiltingly hot, so called, “dog days” of summer. But one might argue that these wintery days are the true “dog days,” when many of our furry friends thrive—digging, pouncing, running and chasing their way through the snowy landscape. Bend, named one of the most dog-friendly cities in the nation, is a winter wonderland for dogs and their owners, with off-leash parks and play areas, groomed snow trails, hotels, breweries and businesses welcoming dogs throughout the season.

WHERE THEY WORK

There are a lot of dogs in Bend, but Mt. Bachelor's Avalanche Dogs earn the award for the hardest working dogs in town. This squadron of pups, including four working dogs—three golden retrievers named Shasta, Cashew and Jetty, and one border collie, Ruddy—are on the mountain all season long, training and conditioning to be ready to respond when needed. Their job is an important one—locating victims beneath the snow after an avalanche. Mt. Bachelor Patrol Director Betsy Norsen, who's been the primary handler for two avalanche dogs throughout her career, said, "They're just like patrol, they show up in the patrol room in the morning, they get their uniforms on, they sit through the morning meeting and then go out and load up on the lifts." The dogs might head out on two to three runs during the day, plus do drills which rely on their heightened sense of smell and, as Norsen put it, their "big play drive" to support rescue efforts.

On the trails below Mt. Bachelor, there's another team of hard-working dogs—Oregon Trail of Dreams sled dogs, led by four-time Alaska Iditarod Trail Sled Dog Race competitor Rachael Scordis. Visitors to Mt. Bachelor have likely heard the excited dogs vocalizing at the Sunrise base area as they

prepare to head off into the woods. Scordis, also the first legally blind musher to complete the 1,049-mile Iditarod, defines the dogs with characteristics of strength and plenty of energy, which are key for bringing visitors along on the five-and-a-half-mile sleigh ride loop over the hills and through the woods. The dogs also need smarts to respond to navigation commands—the smartest dogs in the pack of eight earn the lead positions with the strongest dogs positioned closest to the sled.

WHERE THEY PLAY

There are nearly a dozen dog parks to choose from in Bend, but come wintertime, one stands out as a favorite—Good Dog! This expansive wilderness off-leash park is located at the Rimrock trailhead off Cascade Lakes Highway. The 3.5-mile loop meanders through open space, then along the Deschutes River. Another popular nearby choice is the Upper Deschutes River Trail, which is also an off-leash wonderland from September 15 through May 15. The (sometimes icy) trail can be accessed from the Meadow Day Use Area heading south along the river.

While many sno-parks are off limits to dogs, Wanoga Sno-Park doesn't just welcome them, it caters to dogs and their owners. Local nonprofit DogPAC grooms three miles of dog-friendly trails at Wanoga for both classic and skate skiing with your furry friend in tow. Similarly, Central Oregon Trail Alliance (COTA) has the answer for those who want to get out on bikes with their dog companions. The group maintains 10-plus miles of looping, groomed fat bike trails at Wanoga—the perfect place to get the zoomies out in the wintertime. Nearby Edison Sno-Park also welcomes dogs on its huge network of snowshoe and Nordic ski trails. If you're after something less snowy, Horse Butte south of Bend is another popular dog-friendly option.



PHOTO LEFT COURTESY OF MT. BACHELOR | RIGHT COURTESY ROBERT WARD

EXPLORE SISTERS

~ Hoodoo Ski Area



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Playing outdoors, dogs dress for the elements.

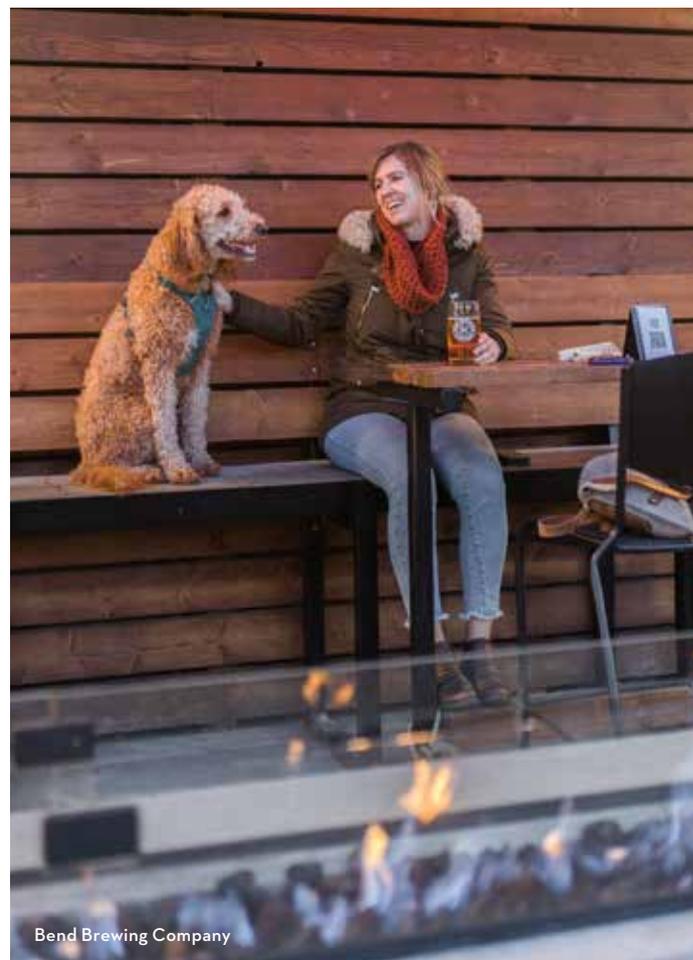
WHERE THEY RELAX

After all this outdoor fun, your pup is going to need a bath. Muddy Paws Bath House has just the thing. Reserve a Spaw Bath, that includes a “naturally nourishing, healing and extremely gentle” mud bath with fine mineral-rich medicinal clay. There are more options for not only athletic dogs, but aging furry family members that include treatments of oils infused with peppermint and menthol. After a day of outdoor adventure, dogs emerge fresh and clean from their restorative “spa treatments.”

Out-of-town pups will appreciate the easy trail access from the LOGE Bend. In Bend’s city center, Campfire Hotel features plenty of outdoor spaces, pet-friendly rooms, plus a 10-foot-wide firepit to gather around.

Bend’s breweries stand out as some of the most dog-friendly locations in the region. Spider City Brewing in southeast Bend offers plenty of room for your pooch to roam. Melanie Betti, Spider City Brewing co-owner shared, “Bend is such a dog-friendly town, we want customers to come in and feel at home with their dogs, drink a beer and meet other people with dogs.” The brewery regularly hosts dog adoption events as well as fundraisers for local rescues. The outdoor spaces at Bend Brewing Company and Crux Brewing are also great places for your leashed pup to lounge, too. Food cart pods are another popular choice—the Midtown Yacht Club is “well-mannered dog friendly,” with plenty of room to spread out around the firepits.

Dogs love Bend winters for all the same reasons their humans do—plenty of outdoor recreation, lots of opportunities for relaxation, and, of course, our welcoming neighborhood breweries. **IB**



Bend Brewing Company

PHOTOS TOP TYLER ROEMER | BOTTOM COURTESY OF BEND BREWING COMPANY



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Ice Men

Smoothing the way for skating in Bend

WRITTEN BY TOR HANSON

There's a crispness to the air. Every breath produces a wisp of steam. The upbeat music, piped in from overhead speakers, encourages spectators to join the fun. It's Open Skate at The Pavilion, where skaters of all ages and abilities gather in Bend.

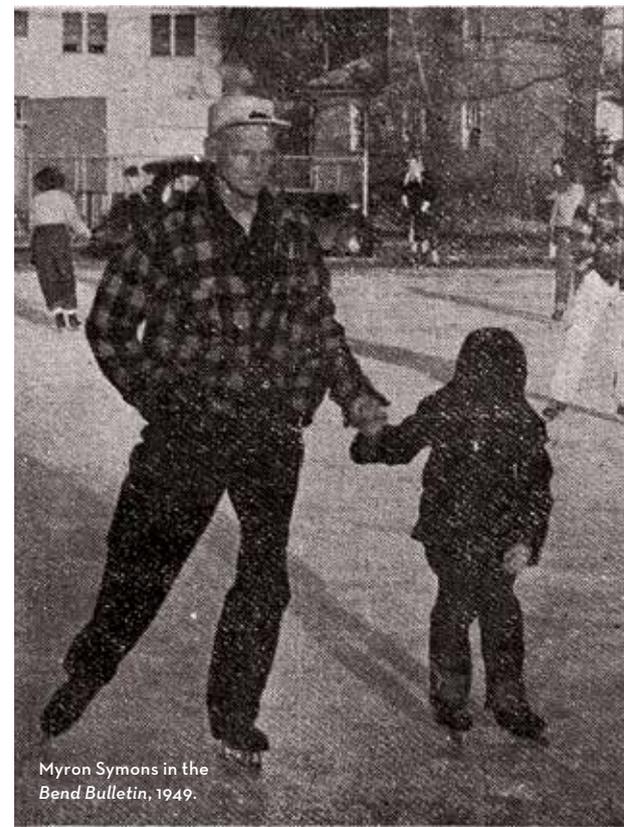
The natural wonders of Central Oregon have inspired enthusiasts since the establishment of the city in the early 1900s. Ranchers sought outdoor entertainment on sunny winter days, and Scandinavian mill workers imported their reliance on what they referred to as *friluftsliv*—outdoor living—to cure the challenges of those first days.

The abundance of lakes around Bend helped bring ice skating to the region. Local skating enthusiasts favored the upper part of the failed Tumalo Reservoir and the abandoned

Donne Fox Horne



Downtown Bend's first skating rink at Troy Field.



Myron Symons in the Bend Bulletin, 1949.

fish hatchery pond at Shevlin Park. The only requisite was a little help from Mother Nature to bring a freeze to standing water. It would take until the founding of Bend's first ski club in 1927, Skyliners, before organized skating became a popular winter sport in Central Oregon. Helping the rinks take form was the job of ice makers, and the first was Myron Symons.

BEND'S FIRST ICE MAKER

Born in Stafford, New York, Symons came to Bend in 1915 from Dawson, Yukon. He hit it off with Skyliners' founders, Chris Kostol, Emil Nordeen, Nels Skjersaa and Nils Wulfsberg, and quickly became involved in the skating community. The *Bend Bulletin* called him, "one of Bend's most enthusiastic exponents of the winter sport."

He began making ice for Skyliners in the 1930s and was instrumental in the creation of an outdoor skating rink at Skyliners' winter playground located near the upper Tumalo Creek in 1938—where Skyliner Lodge can still be found. The technique he used was the same throughout his career: He flooded the area, building up a 3-inch-thick slab of ice. After the ice was set, he sprinkled hot water to fine-tune problem areas. With Symons' help, Bend's first skating rink

came to fruition in 1949 at Troy Field, the open area nestled between the original Bend High School (today Bend-La Pine's administration building) and St. Francis School (now known as McMenamins Old St. Francis School). Symons relied on the Bend Fire Department to flood the field with fire hoses. "The tap to access the water was made from a fire hydrant at the northwest corner of the field," said Jim Crowell, who used to skate at Symons' rink during his grade school years. Symons used any excuse to be on the ice himself. Crowell recalled Symons as "the guy who glided around Troy Field, an elder statesman of inner-city skating."

ICE MASTER TODAY

Today, Donne Fox Horne is the maestro of ice as Zamboni operator at Bend Parks & Recreation's The Pavilion. Growing up in Woodstock, New Hampshire, Horne has skated since his early years. "If the ice on the pond was thick enough, we didn't go to school that day," Horne said. After spending 25 years maintaining the ice arena at the Holderness School in Plymouth, New Hampshire, a visit to Bend in 2015 changed Horne's trajectory. That same year, The Pavilion opened, with its NHL-regulation size rink of 200-by-85 feet of ice. Horne found a home at the new rink, a place to create ice magic with the help of a Zamboni.

FROM FLOODING TO ZAMBONI

Unlike Symons' flooding technique, Horne relies on the 11,000-pound Zamboni machine to maintain ice at The Pavilion. "I usually get here at 4:30 in the morning to start resurfacing the ice," said Horne. The technical wizardry happens at the tail end of the Zamboni where an apparatus that touches the ice contains everything needed for producing perfect ice—one-sixteenth of an inch at a time.

First, a knife shaves the ice while an auger removes the slush. Next, wash water is sprinkled onto the ice followed by a vacuum, which removes the dirty water. The final phase is a sprinkler system that sprays hot water onto the ice, followed by a towel that spreads water evenly behind the Zamboni.

Horne also has a secret weapon to battle warming trends, something that wasn't available to Symons. The cement slab below the ice acts as a giant freezer. "We have between nine-11 miles of pipes that move a 19-degree glycol mix underneath the slab," said Horne. "Think of it like the back of a refrigerator."

Bend has come far from its early days of frozen ponds, irrigation ditches and the flooded Troy Field. From late October until early April, the ice at The Pavilion provides a centerpiece for winter sports. Myron Symons would be proud. See bendparksandrec.org. 



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Languages of the World

Multilingual learning hub at the Bend Language Institute

WRITTEN BY JENNIFER DELAHUNTY



PHOTO LORD OF HUANCA FESTIVAL, PERU. COURTESY CHRISTINA CAPPY

When Bend residents Peggy Sherrer and Anna Pollino boarded a high-speed train from Milan to Venice in May 2022, they sat near two Italians who wanted to chat but claimed they couldn't speak English. For three hours, the Bend residents—both students at the Bend Language Institute (BLI)—spoke with the Italians without once lapsing into English. After exiting the train, Sherrer turned to Pollino and said, "I guess we're fluent." The two classmates had BLI, and its founder Christina Cappy, to thank.

Born in the United States to an Italian-American family, Cappy grew up in Florence, Italy. She attended an American

university and earned a joint Ph.D. in anthropology and educational policy studies, doing research in South Africa, where she became fluent in Zulu. With family in Bend, she visited several times before making it her home. Fast forward to 2019 and Cappy decided to open a language institute—a model of learning popular elsewhere in the world but somewhat unusual in the United States. "Bend is becoming much more international," Cappy said.

Through both private lessons and small classes, faculty at BLI teach Italian, Spanish, German, French, Russian, Mandarin, Arabic, Japanese and American Sign Language



Multilingual Mondays at Boneyard Pub give people the opportunity to practice a range of languages.

and English as a Second Language. Bend Language Institute students range in age from teens to octogenarians, and they come from all backgrounds and for all reasons. For some, travel is the impetus. For others, it's a requirement of their work. School-aged students take classes to advance in a curriculum, to speak with their non-English speaking grandparents, or simply because they are passionate about learning another language.

Each semester, about 150 students enroll at BLI in small classes or private lessons. Language acquisition happens many ways at BLI—film classes, book clubs, game nights and informal gatherings—and all activities are face-to-face.

"The point is interaction," said Cappy. While online applications can be useful, "there's nothing like a small class to practice speaking." She said her older students can face different challenges when learning a language, not just because it is more difficult to develop a native-like accent after teenage years, "but adults allow their egos to get involved. To counteract that, I ask everyone in my classes to pretend as if they are in kindergarten," she said.

COMMUNITY AND COMMITMENT

Learning another language has endless benefits, attested Cappy, citing the research on enhanced brain health and community building.

To advance conversation skills, students are encouraged to talk about their backgrounds, families and friends. "There's a vulnerability in sharing personal information with strangers," she said. Friends are quickly made, and entire cohorts of students progress through the curriculum together.

The commitment to both language learning and their classmates means some students go to extraordinary ends. "One couple dressed up every anniversary in their wedding clothes. And so, when their Spanish class fell on their anniversary, they didn't want to miss class and let their classmates down, so they came to class in a gown and tux," Cappy recounted.

Silvi Galmozzi, a native of Argentina and an instructor in Spanish at BLI, began her career at BLI by "teaching under an apple tree in Christina's backyard" during the first year of the pandemic. "We got very creative," said Galmozzi. The "walk and talk" classes along the Deschutes River that sprung up during the pandemic continue today. She also runs a Spanish book club, a Spanish game night and a Spanish conversation group at BLI. "There's a freedom we have here as students and faculty members," said Galmozzi. See bendlanguageinstitute.com. ■



Christina Cappy, founder of Bend Language Institute.

PHOTO BOTTOM ELY ROBERTS

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Local Legend Frank Cammack

Ski jumper, coach, mentor and storyteller

WRITTEN BY **LEE LEWIS HUSK**

They called themselves “Frank’s Kids,” and they became Olympians, entrepreneurs, company presidents, civic leaders, publishers and coaches. So who is the coach Frank Cammack? The simple answer is, a guy who lives in Bend, not far from the mountains, streams and forests that give him meaning, happiness and a lifelong commitment to serve his community.

Cammack didn’t start as a coach, he began as an athlete. In 1958, he had a chance to soar into the world record books of skiing. Instead, he broke his neck while trying a new technique off a 90-meter ski jump in Sweden as part of the U.S. Ski Team participating in the Federation of International Skiing World Championships.

On a practice run, he’d decided to loosen his bindings when inspired by what he’d seen a top Swedish jumper do. Instead of testing the technique on a smaller jump, he chose the highest. “My skis came up so quick...I turned upside down and landed on the back of my head.” The accident was reported by the Associated Press, which cited his mother, Loretta Cammack, as saying, “He’s always had a tendency to fall on his head.”

EARLY START

Cammack was born in 1936 and raised in Wenatchee, Washington. In 1948, the town’s first ski lift was built from a jacked-up Jeep with a rope wrapped around a wheel and connected to a pulley on top. Young Frank could ski there or travel 21 miles to Leavenworth. At 16, Frank and a buddy, finding themselves alone at Leavenworth one morning, seized the opportunity to take on the hill’s 90-meter jump. “I pondered it quite a bit, then jumped on the track,” he said. “You accelerate pretty fast...take-off speed reaches about 60 miles per hour.” He landed the jump and repeated the feat hundreds of times in the coming years.

His success on his high school ski team earned him an athletic scholarship to the University of Idaho in Moscow. In his junior year, he won the national Nordic combined cross-country skiing and jumping event, which led to his selection as one of two athletes to represent the United States in Finland at the FIS World Championships.

Although his broken neck eliminated him from the competition, he healed well enough to be named to the

training team for the 1960 Olympics in Squaw Valley, California. Unfortunately, a tree fell on him during a summer job at a logging camp, cracking his skull and crushing his Olympic dreams.

A SKI COACH AND MENTOR'S LASTING LEGACY

In 1960, with a degree in forestry, he took a job with a glulam beam company in Portland. On Memorial Day in 1962, he traveled to Bend looking for a place to fly fish. He got lost trying to find Fall River and ended up at Mt. Bachelor. In one of life's epiphanies, he saw 100 inches of snow, found his way to the river, caught several big trout and thought, "My God, there's skiing on the 30th day of May, there's trout in the rivers, and I'm surrounded by forests." To top it all off, he encountered a recruiter from Brooks-Scanlon Lumber Company who offered him a job.

He arrived in Bend just as Skyliners Ski Club was trying to raise money to hire an Austrian skier to coach young racers. While the club continued to fundraise, Cammack volunteered to start the program. The club soon realized it had no need to look farther than Cammack, who brought his love of skiing and expertise from the world stage to Bend. In 1962, on the first day of practice, 14 kids showed up. "I was so enamored with their enthusiasm," Cammack recalled.

When the club won the bid to host the 1965 Junior National Ski Championships, it tapped Coach Cammack to oversee construction of a 50-meter ski jump on Pilot Butte. When snow-making equipment failed, Ford dealer Gordy Robberson rounded up every truck he could find in Deschutes County to haul snow from the old Skyliners hill. "The trucks started rolling at 5 p.m. all night for three days. The whole town got involved in shoveling," Cammack said. "The snow held, but there was a little problem. Some of the kids weren't too proficient, and stopping required sliding through straw into bales of hay."

Frank Cammack was instrumental in creating a 50-meter ski jump on Pilot Butte for the 1965 Junior National Ski Championships.



Robberson's son, Jeff, was one of Frank's kids. "The life stories he taught me were incredible. He led by example and was the ultimate hero for us as teenagers, plus we all wanted to ride in the car with him because he could tell stories to and from races," Robberson said as he laughed.

As Head Alpine Coach for a decade, Cammack nurtured a generation of skiers who won scholarships to Western universities, raced in national and Canadian championships and two, Kiki Cutter and Mike Lafferty, went to the Olympics and competed on the World Cup circuit. In 1986, Skyliners Ski Club transitioned into the Mt. Bachelor Sports Education Foundation. The nonprofit asked the community for support to build a permanent home and training center, and Frank's Kids opened their wallets. When the idea came up to name the Alpine Program Office after Cammack, Robberson said, "It was an easy decision. We wanted to honor and thank him for all he did for us." ■



Today, Frank Cammack is 87 years old.

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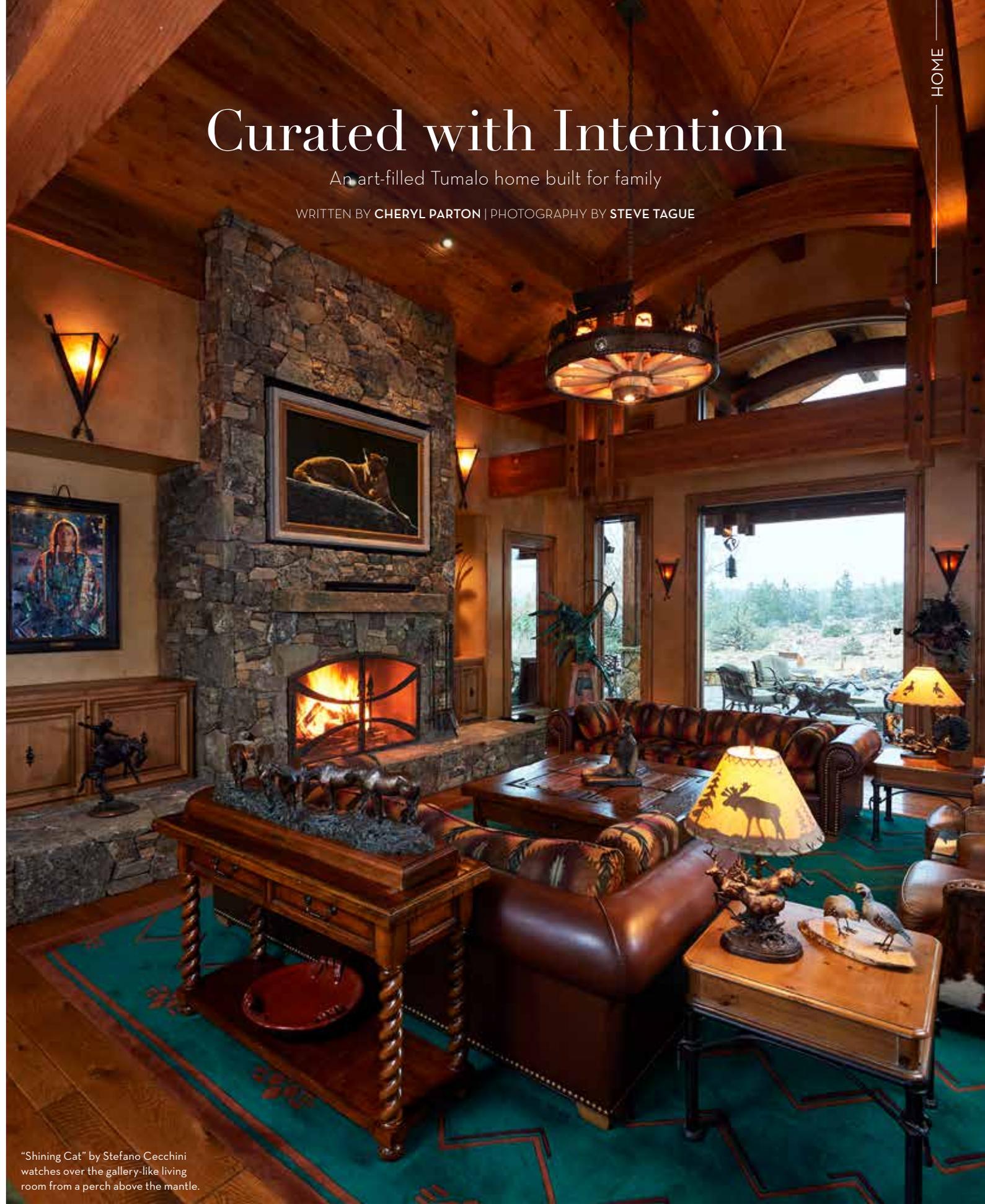
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Curated with Intention

An art-filled Tumalo home built for family

WRITTEN BY **CHERYL PARTON** | PHOTOGRAPHY BY **STEVE TAGUE**



"Shining Cat" by Stefano Cecchini watches over the gallery-like living room from a perch above the mantle.

TOP: Canadian artist Doug Levitt painted "Buffalo Hunt," which hangs in the main bedroom.

BOTTOM: "Message to Sky Father" by sculptor Kerry McKellar inspired Mike and Gail's art-collecting journey.



With strokes of creativity, the home of Mike and Gail Davis was built not only to maximize expansive views of mountains across the Tumalo plains, but to showcase their extensive collection of art. Gail, a life-long artist, educator and patron of the arts, and Mike, a dentist, painter and sculptor in his own right, have appreciation for their land, its connection to history and the diverse ways artists portray their own views of the world.

FAMILY HISTORY

It was Gail's family who owned 100 acres on this spot in the '70s. Originally, the property was the site of an A-frame cabin where multiple generations would spend time in the Central Oregon playground, learning to ski nearby, riding horses on the property and looking at the sky in the evenings. Gail's father, Thomas Hayes, a founder of engineering firm CH2M Hill and an amateur stargazer, built an observatory on the property to watch the dark skies. After a fire burned the original cabin to the ground 16 years ago, it was time to rethink a new space, and time for Mike and Gail to consider retirement.

REBUILDING

After raising the building site seven feet to optimize the views, the couple set about designing a home on 10 acres of the original property to maximize space for their art and create a place to continue the legacy of family. "Our kids had so many memories here," Gail said. "It was important [for the home] to be welcoming, to reflect our way of thinking with wall space for art and a lot of light," she said. Plus, Mike said, "We wanted it to integrate with the landscape."

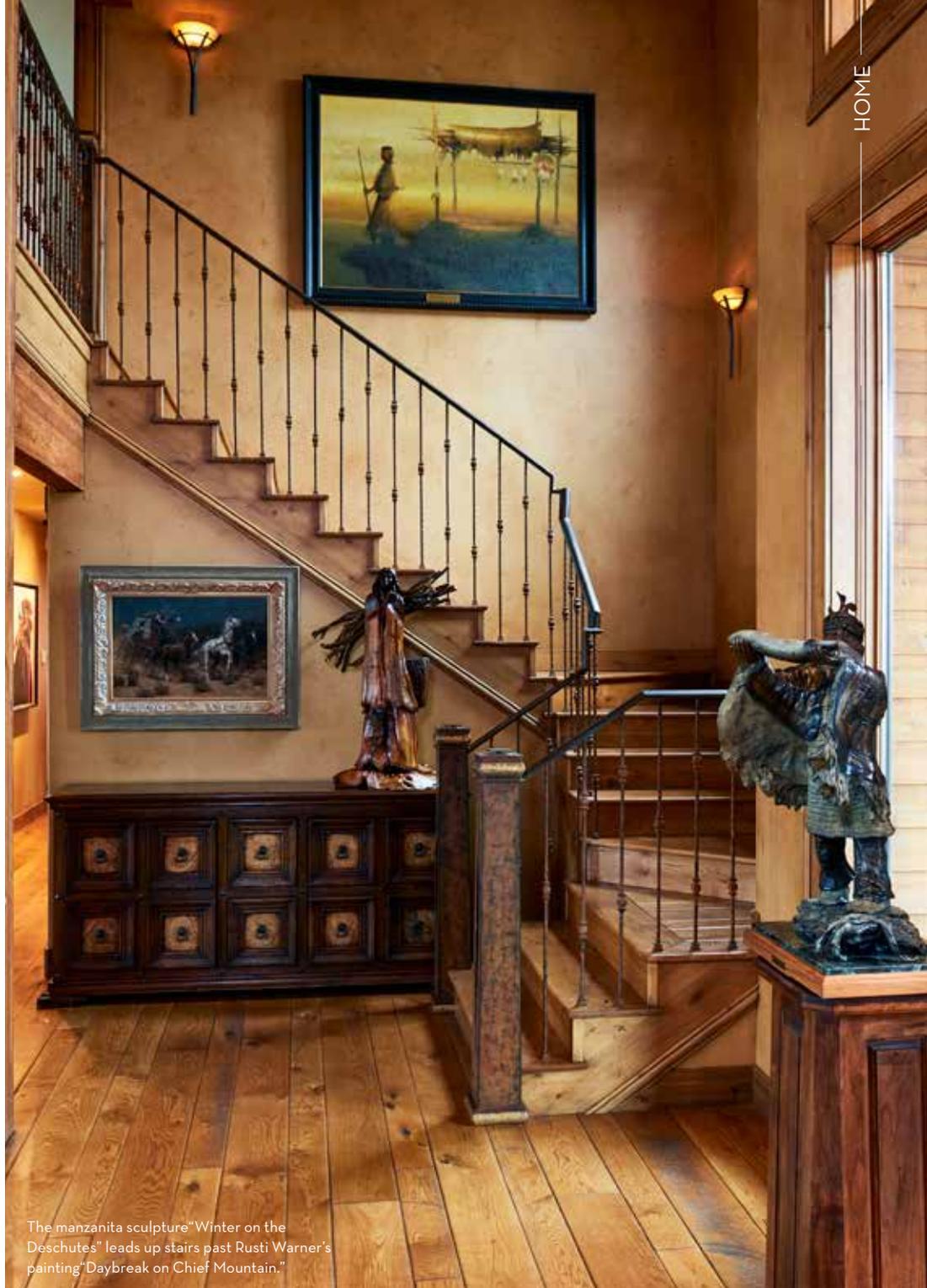
After living in a more formal-style Portland home, another goal was to make the space livable for when their family of three grown children and six grandchildren visit. The approach of builder Steve Stanfill was to fulfill the Davis' wishes for a home where they could continue the story of family and honor memories while also adding an artist's touch. "Fortunately, our builder had artisans working for him," Gail said. That workmanship is apparent in everything, from beams, joists and fireplaces to the selection of what they call "a cowboy floor"—a purposely scuffed wood floor so there's no need to take off shoes before stepping inside.

THE HOUSE

The building process took a year and a half, and resulted in a 5,150 square foot lodge-style main house with four bedrooms and five bathrooms. The house also includes a movie theater, wine cellar, workout room with infrared sauna and Mike's office that he refers to as "a fly-fishing paradise," complete with trophy-fish photos and space to tie flies. Stepping through the oversized front door, carved on both sides by Sisters' artist Skip Armstrong, the entry gives way to a great room that features an introduction to the Davis' collection of painting and sculpture, along with framing views of the Three Sisters mountains. It's a space that showcases a sculpture trio of Native Indians by Jerry McKellar of Colville, Washington, and a 14-foot dining room table topped with a bronze piece called "Swept Away" the couple commissioned by renowned Sisters sculptor Lorenzo Ghiglieri. The watchful eyes of a cougar, "Shining Cat," painted in oil by another acclaimed artist, Stefano Cecchini, is perched above the mantle and is complemented by a pair of colorful portraits of Native Indian women by Jeremy Winberg. Between the dining room and kitchen, a custom-designed agate bar is illuminated in a combination of art and function. A boisterous group of faces in "The Wild Bunch," a painting by Michael Blessing, evokes highlights of neon-tube lighting with a mix of old and new techniques.

To guide visitors up the stairs to the home's second floor, Mike commissioned sculptor Bob Boomer to create "Winter on the Deschutes" from a single piece of manzanita wood. Each bedroom is an art-filled sanctuary, with works spanning from historic photos by Edward Curtis to contemporary paintings.

Just outside the main house's footprint, is what the family refers to as the "Miracle Barn," built by Kurt Kalberg of Sisters Rodeo fame. With an art studio above it, the barn is used by nonprofits and private parties for events. The barn also features a full-sized wooden bar from Ireland and a performance stage.



The manzanita sculpture "Winter on the Deschutes" leads up stairs past Rusti Warner's painting "Daybreak on Chief Mountain."

It's a space for more art—from a vintage roulette wheel procured in Pendleton, to a 70-year-old "One-Arm Jack" slot machine and wooden totem purchased at a Portland Art Museum auction.

Also on the property is a 2,100 square-foot glass greenhouse originally intended to showcase Mike's award-winning rose collection from his days as a member of the Portland Rose Society. When Mike's efforts were thwarted by the high-desert climate and plant

disease, the space became a hothouse for tomatoes. Today, the greenhouse also protects up to 150 hanging baskets the family grows from April through June as a fundraiser for the local nonprofit, 3 Sisters Equine Refuge.

ROOTED

Living full-time in the home since 2012, the Davis family remains rooted to family and finds connections to the community through art. Gail spent more than a

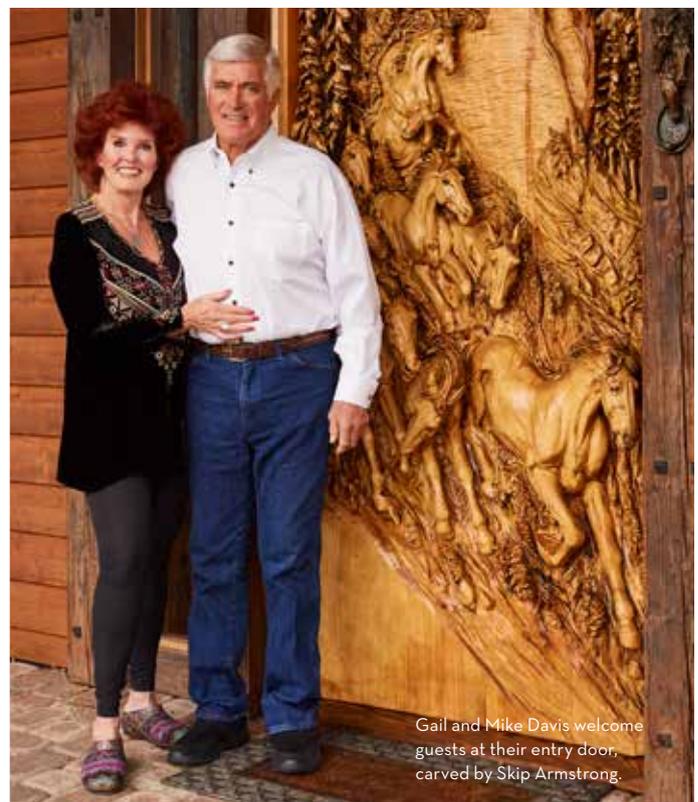


decade on the board of directors for the High Desert Museum, and currently serves on the board of the C.M. Russell Museum in Great Falls, Montana, where she enjoys not only preserving historic works but also discovering and supporting new artists.

Beginning her career as an art teacher, then as a principal after getting a doctorate in education administration, she championed arts education as director of Young Audiences of Oregon and SW Washington. Through its "Arts for Learning" program, she saw the power of art firsthand, and it was the impetus for the couple to begin collecting. "The sculpture, 'Message to Sky Father,' by Jerry McKellar is an example of why we started collecting art," Gail said. "Every time we look at these pieces, we are reminded of what's behind each one. It motivates us to think about why the artists created their art and what it is telling us. As a former teacher, it reminds me of what we have to learn. It reminds me we need to honor history."

Their reverence for history, the creative process and the artists themselves all contribute to what Gail and Mike refer to as "conscious collecting." "Our connection to the artists is important to us," Gail said. "We really love both the art and the artists, but we also want to encourage younger collectors." They have enjoyed getting to know artists and have taken classes from them to continue their own artistic journey.

Perhaps the most important work of art for Mike and Gail is family. Two of their three grown children live in Central Oregon. They enjoy times when their grandchildren or their young golden lab puppy, Elsa, run around and explore, perhaps even coming nose to nose with life-sized sculptures of wildlife dappled



Gail and Mike Davis welcome guests at their entry door, carved by Skip Armstrong.

throughout the landscape. Looking at a 500-year-old juniper tree on the property, Gail celebrates the "beautiful way it twists and turns." It's a glimpse through the artistic lens through which she sees the world around them. "Living on this land is like a painting," Gail said. "When we wake up in the morning, the mountains are illuminated and every evening the sunset is ever changing art." **B**

Builder: Steve Stanfill Construction | **Designer:** Don McGrath | **Miracle Barn Builder:** Kurt Kalberg

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Consciously Curly Co.

Dominique Taylor mixes nature with inclusivity

A CONVERSATION WITH **HEIDI HAUSLER** | PHOTOGRAPHY BY **ELY ROBERTS**



Q&A



Persistence and purpose define entrepreneur Dominique Taylor, founder of the sustainable hair products company Consciously Curly Co. A biology and environmental studies graduate of Southern Utah Polytechnic University, Taylor began her venture into the world of beauty products while working in Zion National Park, where she cooked her meals in the shadow of sandstone cliffs. Taylor's passion for the natural world and sustainable living inspired her to delve into the ingredients that filled her self-care routine, namely products for her kinky-curly hair. She discovered the majority contained properties both carcinogenic and teeming with ground-water contamination toxins. Taylor became passionate about finding cleaner, more inclusive options that were not packaged in environmentally damaging plastics. When she came up empty-handed, she decided to create her own. Determined to help people feel like their best selves without jeopardizing health or the environment, Taylor's Consciously Curly Co. (CCC) raises the bar for conscious living.

Q *Your story is inspiring and courageous. Walk us through the creation of your products.*

A I am very much a learn by trial-and-error type of person. Consequently, my products have been made and remade and remade again. They started as painfully simple kitchen concoctions. While I really liked that they were completely natural, I wasn't in love with

the results. Despite this, my curiosity had peaked, and I found myself absolutely loving the experimentation of it all. I decided to take a formulating course online; I read six different textbooks (cover to cover), followed chemist forums, and tested everything I learned. I started expanding the ingredients I worked with—researching each one thoroughly. The formulations today are more sophisticated than their predecessors, but simple in comparison to the products you find in box stores.

Tell us more about how Consciously Curly Co. products differ.

I focus on naturally derived, nontoxic and sustainable ingredients to build the formulations that make up CCC products and packaging. Every decision I make centers around inclusivity and sustainability. I don't want my products to shout, "I'm just for men" or "I'm just for women." I want them to exemplify what they are—a sustainable option for any race, gender or identity. I really try to hear my customers and give their suggestions a shot. If enough people ask for something, I'll try to offer it. Changes in the products I offer are a direct reflection of that.

Your logo "Mycohair: Hair on Shrooms," is intriguing. How did mushrooms become so integral to your product line?

I have always had a deep interest in mycology and spend a lot of my free time foraging mushrooms, so I was thrilled to discover and experiment with the use of mushrooms in haircare. Each mushroom serves a different purpose, but in short, I use mushrooms in the products because they are incredible alternatives to lab-made ingredients—and they work better!

What makes CCC stand out in the beauty product industry?

Consciously Curly Co. brings the intersectionality of environmentalism and inclusivity to the table. I'm a woman of color in the sustainable beauty industry. That brings a whole different dynamic, and begins to fill a hole that is

still majorly lacking. Hair products are a big deal in the black community and the lack of products for textured, curly, oily hair just wasn't acceptable to me. So I started CCC with an aim to bridge that gap. I used what science knowledge I had, took a dive into the formulating world and got to work.

What are your long term goals for CCC?

I want people to have more access to sustainable, nontoxic products as far as affordability and proximity go. I plan to get my products into thousands of eco-shops nationally and internationally. But CCC will always be a small-run, intentionally-led and integrity-driven company. I don't plan to be present in major box stores, but I want to have more options than online ordering. I also hope to one day offer bottle take-backs to create a closed system of production and waste, and design recycled bottle pumps and spray nozzles—or inspire a developer to create them.

Being an entrepreneur is challenging, tell us: What continues to inspire your journey?

I've learned about the power of integrating your passions into your work and how it fuels you to push through really hard times. I promise myself that when I feel the intuitive push to leap, I will without question. That also helps me settle into less than ideal times, trust the process and appreciate the journey. My passion is to connect people to nature through practical means and relatable ways. Mushrooms not only do amazing things for your hair, they get people curious about them. I think the more curiosity we have about nature, the more we are pulled to it. The more we are pulled to it, the more incentive we have to protect it. **BB**



For the full interview with Dominique, listen to The Circling Podcast at BendMagazine.com/podcast.

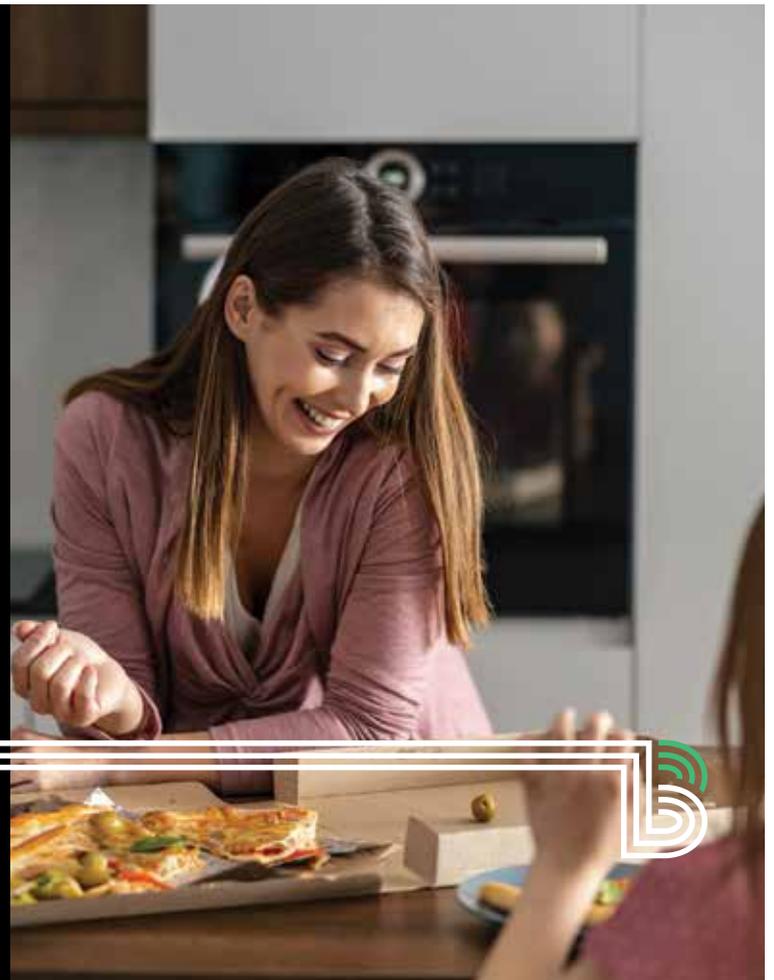
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Rock Solid Healing

Changing modalities for wellness

WRITTEN BY SHEILA G. MILLER
PHOTOGRAPHY BY TAMBI LANE

When it comes to health and fitness, few communities are more attuned to the newest trends than Bend. Beyond the myriad outdoor options that make this region exceptional, the area is home to endless ways to keep fit while indoors. And as Central Oregon continues to grow, more alternative options are turning up for Bendites striving to be their best selves.

In 2021, McKinsey & Company, a global adviser on the world's leading businesses, governments and institutions, estimated wellness as a \$1.5 trillion industry, growing at about 5% to 10% each year. The term "wellness" encompasses not just the health and fitness industry, but also nutrition, appearance, sleep and mindfulness. Increasingly, Central Oregon is following the trend by offering some newer wellness modalities.

HEALING ENERGY

Take Angela Goodstein, a lifelong Bendite and owner of Justicia Healing. After working in corporate marketing, Goodstein cut back to focus on her jewelry business, Justicia Artisan Jewelry. Working with precious stones inspired an interest in crystal healing and the study of energy medicine, which involves working with the body's energy systems to improve health and balance.

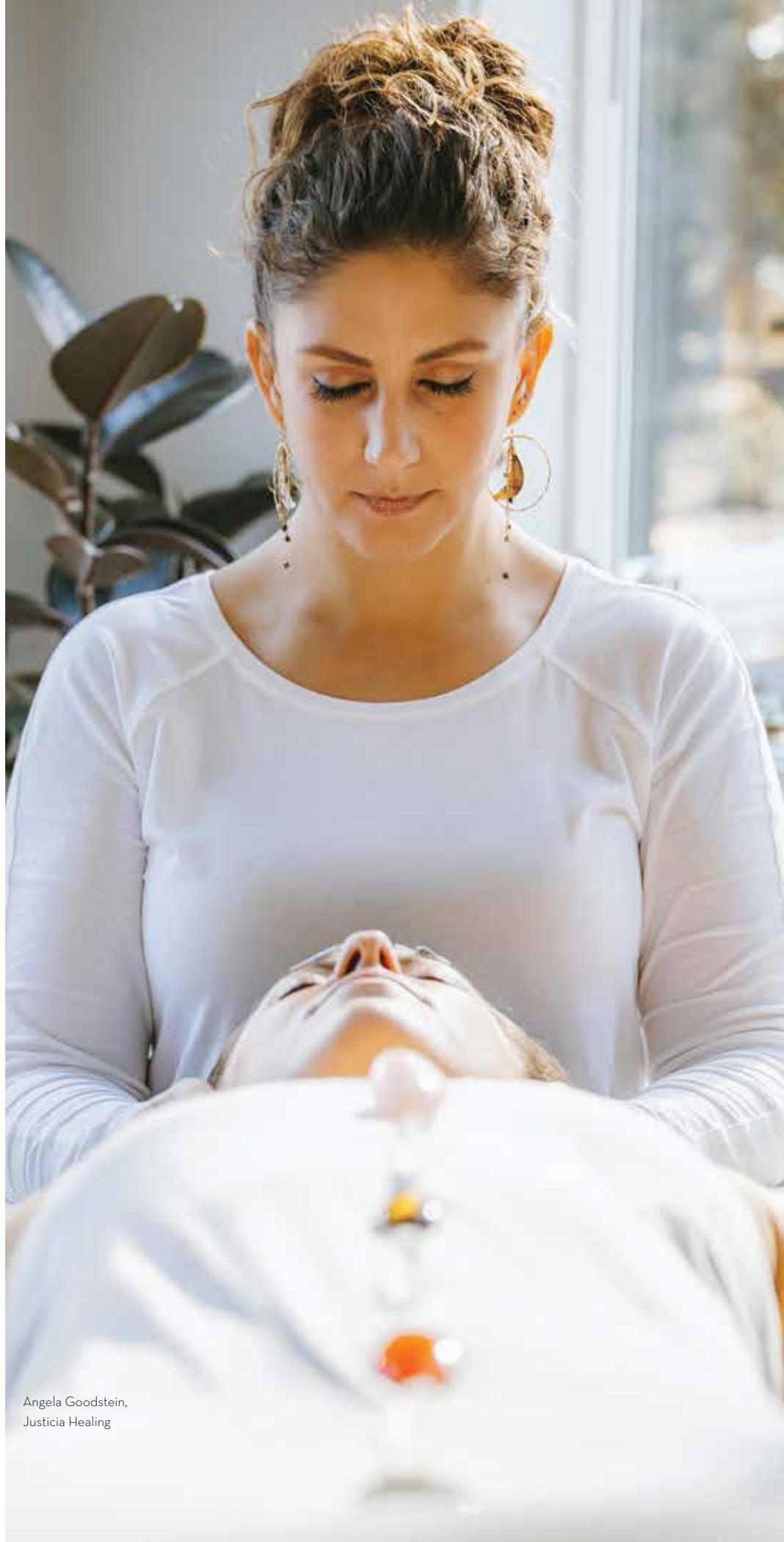
In 2020, she completed a two-year program through Eden Energy Medicine, trainers of practitioners since the 1970s, and in September 2022, Goodstein moved into a space at the base of College Way. There, she conducts crystal healing ceremonies and practices energy medicine. Her goal is to inspire people to make energy medicine a regular part of their everyday lives, just like any other routine maintenance. Central Oregon is a community well-suited for her type of work.

"I think that people who move to Bend or who live in Bend are interested in an active, healthy lifestyle," Goodstein said. "People are very aware of wellness here...and that's why some of these alternative modalities thrive here. People [who live here] are looking for the highest quality of life."

FLOATING FOR HEALTH

Easy Float founder Bryan Messmer couldn't agree more. Easy Float operates sensory deprivation floating tanks called Dream Pods, recently adding contrast therapy which features the ChillWell Cold Plunge. The business has operated at NE Fourth Street and Franklin Avenue for five years after finding initial success in Denver, where it continues to operate. "A testament to the modality is that we're still here after the pandemic," Messmer said.

Floating has been around since the late 1950s according to Messmer, but has had a resurgence in the past decade. The basic idea of a sensory deprivation tank is to reduce all distractions. Customers float in a foot of water filled with 1,000 pounds of Epsom salt and heated to about 95 degrees. Floating in the dark and quiet, you're nearly weightless—and if you can forget you're floating, Messmer said, you'll fall into a state that can quiet regions of the brain and mimic the effects of drugs such as Zoloft and SSRIs, among other benefits.



Angela Goodstein,
Justicia Healing



Messmer was a skeptic, but over time he found that floating made a huge difference in his sleep. He calls it an “adult timeout” and recommends floating a few times to get used to it and begin feeling the benefits. Today, Easy Float is entering into the popular world of cold plunging, which is somewhat new to the United States but has been a part of other cultures for centuries. Messmer recommends 11 to 15 minutes of “intentional cold immersion” each week for optimal benefits, at 59 degrees or below, up to the neck with an optional head dunk underwater at the end. Basically, the water should be cold enough to make you gasp. The idea is to increase dopamine release; some studies suggest it can also reduce inflammation and improve immunity.

Messmer sees Bend as especially well positioned to support wellness businesses like his, not only because of the active lifestyle, but because of the sheer number of telecommuters who call this town home. “It’s people getting

out of their home office, separating and creating that boundary so their personal and professional lives don’t blend together so much,” he said. “Stress and anxiety are not in short supply. And that’s what we’re here to do—to help people take it easy, restore balance and reduce stress.”

WELLNESS BY THE DROP

At Prime IV Hydration & Wellness on SW Simpson Avenue, visitors can pick from more than a dozen 30-minute IV drips designed for health, from hydration and athletic recovery to targeting chronic disease. People can either drop in or buy a membership. Licensed naturopathic doctor Christopher Neary opened Bend’s Prime IV franchise location about 14 months ago, but has long used IV drips at his clinic to improve his patients’ health outcomes.

“In our current world, a lot of people have issues with absorption through the gut, whether that’s due to stress, lifestyle, lack of sleep or chronic disease,”

Neary said. The theory is that IV lines put fluids and nutrients directly into the bloodstream without having to pass through the GI track.

He sees a lot of people with deficiencies in vitamins B12 and D, and says IV therapy can make a big difference in people’s lives. The most popular IV drips here are The Champion, a blend designed for athletic performance and recovery, as well as the Immunity Armor and the Myers’ Cocktail, which is designed to fight fatigue, allergies and other medical conditions. Prime IV just rolled out self-injection peptides for patients as well.

McKinsey & Company identified future wellness industry trends as an increase in natural products, a focus on exceptional customer service, personalization and digital options, a continued rise in social media influencers and the blurring of wellness categories. Whatever the future holds, Bend is likely at the forefront. ■

MT. BACHELOR BEFORE THE SUN RISES

WRITTEN BY TIM NEVILLE

PHOTOGRAPHY BY CODY RHEALT

A large snowcat grooming machine is shown in a snowy mountain landscape at dawn. The machine is dark-colored with a large front blade and tracks. The number 'G2117' is visible on the side of the cab. The background shows a snow-covered mountain range under a clear, light blue sky. The overall scene is quiet and focused on the maintenance work being done before the day begins.

Throughout winter, Mt. Bachelor buzzes with activity that most of us Bendites never see. Beyond the groomers and the parking lot plows, teams run deliveries through the night to dole out everything from snowmobile parts to the untold tons of chicken tenders that visitors blow through by day. The effort required to keep the lifts spinning alone is breathtaking. While we sleep, the maintenance folks inspect and de-ice exactly 1,248 chairs on 20 miles of cable across 195 towers. Every last one of the “sheaves,” those wheels that a lift cable rolls over, has to be inspected, too. There are roughly 2,600 of them. Here, meet just a few of the wizards working behind the curtain to make our winters spectacular.



A ski technician in a black jacket and helmet is working on a cable car mechanism on a snowy mountain slope. The technician is wearing yellow gloves and is using a yellow tool to inspect the cable. The background shows a snowy mountain landscape with evergreen trees and a clear blue sky.

**EVERYDAY,
THE TEAM
INSPECTS
1248 CHAIRS
& 20 MILES
OF CABLE
ACROSS 195
TOWERS.**



THE POWER COUPLE

Every time you hop on a Mt. Bachelor chairlift, offer thanks to Alicia Smith and her husband, Brandon. Waking up at 2:45 a.m. each day, the power couple drives to the mountain long before the plows fire up to make sure the lifts are ready to go—all before most of us are even thinking about getting out of bed. Together, they and their teams strengthen the backbone of what carries us up the mountain.

The Smiths started working at Mt. Bachelor almost 20 years ago as lift operators. But in the years since, they've moved into different roles. Brandon is now the mountain's senior lift maintenance manager and Alicia, who helped install Cloudchaser, is the resort's life maintenance electrical supervisor for anything under 600 volts, which includes every lift, some of which can produce up to 1,000 horsepower.

Mount Bachelor's weather makes things tricky, particularly with ice that can build up on the sheaves. It's imperative that they spin freely to prevent the cables from damaging them. To clear them, the team will run the lift backwards for a bit to knock off much of the ice without breaking tower sensors which make sure the cables stay in their tracks. Team members will then ski or snowmobile down the lift lines, inspecting each one of the sheaves. If one isn't spinning, someone will climb up the tower and free it by hand. It can take days during a storm cycle to get them all spinning properly. Summit Express actually rotates constantly at a slow rate, even during the night, to help prevent ice build-up and allow for a quicker opening. Other teams work to clear snow from the terminal stations, making sure all the belts and pulleys are ice-free. There are more than 2,100 belts alone. Many of them have to be cleared by hand.



Meanwhile, Alicia will go around making sure the lift controls are all functioning. Ice can get into those, too, and cause the contacts to fail, which means she has to swap out a lot of switches. Those are easy, Alicia said. The worst is when a communication cable breaks. The cables run top to bottom on every tower, and sometimes right along the ground, because burying cables in volcanic rock is challenging. "They get eaten up," Alicia explained. When a circuit fails, she has to go find the weak spot in the cable, which can be buried under a winter's worth of snow. "It can take hours, or even days," she said. One of the most difficult things she's ever had to deal with was a time when the Northwest Express motor failed. She'd had it "totally



dialed in" as one season came to a close, only to discover something that happened over the summer fried it. "The motor had literally pulled itself apart," she said. It was too late to buy a new one for the season, and most companies won't rebuild a motor like that for liability reasons. Eventually, she did find someone willing to take it on, and now the motor functions like it's brand new. This year, Alicia has some other challenges to look forward to, namely the new Skyliner Express lift which runs on AC power, just like a home appliance. All of the other lifts run on DC, like most battery-powered devices. The control systems are wildly different, with small "programmable logic controller" cards that replace the thousands of relays and switches. "With the older lifts, I can walk up to them and physically change whatever is wrong," she said. "Now, it's more about reading lights and figuring out what they mean."

Evening comes. The Smiths pile into their Ford F-150 and head home to feed the dogs, eat and wash up. By 8 p.m. they're fast asleep.

THE WIZARD OF BACHELOR

For the past 24 seasons, Betsy Norsen has been an integral part of Mt. Bachelor, first as a ski patroller and now as senior mountain operations manager. That means she oversees all of the grooming, terrain parks and various maintenance teams. "It's all encompassing," she said. "There's always something

SUMMIT EXPRESS ROTATES CONSTANTLY, EVEN DURING THE NIGHT, TO PREVENT ICE BUILDUP.

that needs to be done." Norsen is typically on the road up to the mountain by 6 a.m., listening to radio chatter on her Motorola from the maintenance and grooming crews that have been working all night. She gets weather reports specific to Mt. Bachelor, and right away she can tell if it's going to be a difficult start to the day—say, winds are high or lifts are frozen—or if it's going to be "a turnkey" kind of morning.

Norsen was once at the top of Sunrise Express when winds hit 100 mph, which means the lifts couldn't run at all because they'll slam into or even miss "the trumpet," a rail that guides the chair into the station. Many times, it's a game to figure out how to open what they can as safely and efficiently as possible. Pine Marten Express has 102 chairs—Northwest has 180—and if the radio chatter suggests the crews are stopping the lift to clear each one, she may have to pull people off one job and send them out to another to help. "There are a lot of puzzle pieces," she said. By 6:30 a.m., the first snow reports and conditions updates will be posted online. By 7:30 a.m., she'll have a better idea of which lifts will open and when. At 2 p.m., she'll meet with the marketing team and operations teams to see if there were any surprises and what they can learn from that day. "We'll come up with a plan for the next day and hope the stars align," she said. "Then, when all of the guests go home, another whole world begins."





TIME TO CLEAR THE LOTS

As the director of base operations, Ryan Gage—just “Gage,” to his friends—is in charge of a lot of what skiers first encounter when they arrive at the mountain, namely making sure the parking lots are clear, among his long list of other duties. Gage will start touching base with his team daily at around 4 a.m. All through the night, crews have been working to groom the slopes, restock the lodges, distribute parts and mail, haul out the trash, and make sure no one staying in the RV areas needs help.

Keeping the West Village parking area clear, however, is a gargantuan task alone. The lot covers 20.8 acres, which means that even a two-inch storm leaves roughly 158,000 cubic feet of snow to push around (enough to bury your average driveway in at least 80 feet of the stuff). In all, Gage will have six or seven operators working the rotary snow blowers, the loader, the plow trucks, and the grader, to clear the four lots at Sunrise, the Skyliner lot, West Village, and all of the service roads while the rest of us are sleeping. “They have to touch every parking lot and every roadway, every night,” he said. “They’re a very busy crew.” To do that work, Gage goes through a massive amount of diesel fuel. One blower working one shift can burn through 400 gallons of it. On a big storm night, it can be even more than that. Oftentimes, the plow or grader can only make a few passes before the snow gets too deep to move and a blower will have to come in to throw it farther out of the way. It’s a never-ending cycle. “The way snow works, the more you touch it, the more air you take out of it and the denser it gets,” Gage said. “It just slows everything down.”



PREPARING FOR THE PARTY

It's shortly before 5 a.m. and Dave "DT" Thomas silences his alarm. He makes coffee, then checks the webcams and weather. As Mt. Bachelor's Ski Patrol director, Thomas faces a similar challenge every morning: to figure out the mountain's "operational footprint." Is the plan to get Northwest Express open? Is there a race on Cliffhanger that day? Knowing those facts will dictate a lot of the morning. Most of the patrollers arrive by 7:30 a.m. and are on the mountain by 8. Together, they'll get to work setting up signage and fencing, and stringing up the ropes. "It's like setting the table for a party," Thomas said.

Every patroller has medical training, but before the day begins, they're more focused on the mountain itself. Avalanche work gets a lot of attention. The avalanche teams will show up around 6 a.m. to get a jump on the snow-safety checks. Since patrollers are on the mountain every single day, they have a good sense of the conditions and which areas might slide. Several "indicator" slopes offer

a snapshot of what could be going on up high, too. For instance, there's an area they call Old Downhill near the top of Skyliner Express that can get a cornice on it that may need to be destroyed, lest it collapse and hurt someone.

Up high, teams of two will venture out into the cirque carrying explosives—typically a two-pound emulsion mixture—while wearing float bags and avalanche beacons, just in case they get caught in a slide themselves. One person will ignite the charge by drawing a wire coated with red phosphorus through a cardboard tube that lights the 90-second fuse, a tricky task if your gloves are frozen. Another patroller ties a length of rope to the charge so it can be raised and lowered on the slope to the exact spot. The charge ignites. Everyone in the parking lot looks up. It's going to be a good day. **B**



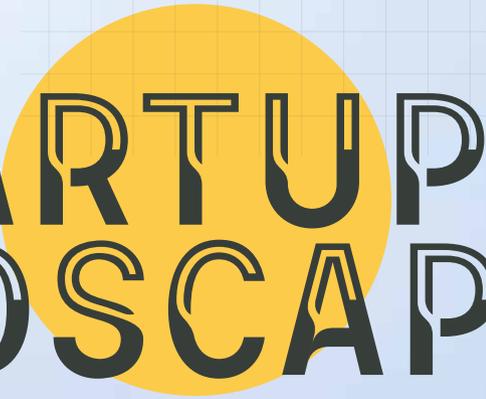
Catch extended interviews with the team at Mt. Bachelor. Listen to The Circling Podcast at BendMagazine.com/podcast.

James Parsons
takes the
steps to build
his business,
Magnet Designs.

Tosch Roy
blazes the trail
with Free Range
Equipment,
Est. 2011.

Lupine in
technical
fleece.





STARTUP LANDSCAPE

FROM HOODIES TO HIGH TECH, CENTRAL OREGON'S
STARTUP COMMUNITY CLIMBS UPWARD

WRITTEN BY CATHY CARROLL WITH NOAH NELSON
PHOTOGRAPHY BY MAX RHULEN | ILLUSTRATIONS BY DAVI AUGUSTO





JAMES PARSONS: MAGNET DESIGNS

YEAR FOUNDED: 2023 | NUMBER OF EMPLOYEES: 1

What was the impetus for creating your company?

The idea for my company came during my time thru-hiking the Pacific Crest Trail. I came home wanting to do something that kept me involved in trail culture, let me be creative, let me live simply and let me treat other humans and the earth with respect. Magnet Designs is a culmination of all the skills, knowledge and values I've accumulated in my adult life.

Who were your early supporters?

I have a lot of trail friends from over the years who help me test gear, give input and model for me. More generally, I take inspiration from all the other cottage companies that are making gear in the USA with ethics and environmental consciousness. They show me it can be done.

What do you see as the biggest challenge or obstacle to success as a small business startup?

The biggest obstacle, in this industry, is competition from huge companies that make their gear overseas for literally less than \$1 labor per garment. The amount of money that it frees up for them to use for marketing overwhelms the cottage brands so incredibly. But, there's a growing market for locally made, craft clothing items using USA-made fabrics, made by craftspeople who live the lifestyle and truly know the products they are making—and why they are making them.

What opportunities are unique to a founding startup in Central Oregon?

For what I'm doing, being here is a fantastic opportunity. Bend is a brand. And it's a heck of a playground for testing and developing gear to be used in extreme conditions. There is a strong community of backcountry people here to help with a lot of aspects of the business. People here tend to value what I am doing. Not much is made here, especially not outdoor clothing, so I definitely feel a groundswell of support from the local area.

Long-distance backpacker James Parsons grew frustrated in his search for performance hiking garb made in an eco-friendly way, so he decided to make something himself. Today, he's a business of one, sewing and shipping Bend Alpha Hoodies from his garage, the headquarters of his new business, Magnet Designs.

The story is emblematic of others in Bend who solved a problem or filled a market gap with a similar hero's journey: Bend Research in the '70s, Deschutes Brewing in the '80s, and in the 2000s, Hydro Flask, Humm Kombucha, Ruffwear and G5 are some of Bend's success stories. Post-pandemic, the local ranks of aspiring entrepreneurs are growing, and their business ideas are being received in a new era of the Central Oregon startup ecosystem. The long-supportive, talent-packed community is reinvigorated, evolving and growing.

DATA REVEALS DYNAMICS

"It's rare for a city the size of Bend, less than 200,000 (population), to have the amount of startup activity that we have," said Brian Vierra, venture catalyst director at Economic Development for Central Oregon (EDCO). In 2022, 3,304 new businesses launched in Deschutes County, compared to 1,613 in 2012, an increase of nearly 105 percent, according to Business Oregon, the state's economic development agency. This puts the region in roughly the top one-third nationally. At the same time, Bend is one of six small cities of 1,334 in the country that ranked highest for the most startups per capita, according to a report by TheStreet.com.

EDCO takes a specific interest in startups, and Vierra said he is currently working with 80 early-stage startups—companies looking to scale their product beyond Bend and Oregon—connecting them to resources, from marketing and sales to operations and legal services. The numbers support Bend's self-described startup economy, but what's the reason? Rankings such as WalletHub's recent survey placed Redmond 16th and Bend at 23rd among the nation's "best small cities to start a business," based on the business environment, business costs and access to resources. Vierra calls Central Oregon's culture of collaboration its "secret sauce."

POST-PANDEMIC POSITIVITY

Since the pandemic, the widespread use of videoconferencing and other online collaborative tools has helped people start

businesses anywhere in the country, if not the world, allowing Bend to become a chosen launch pad. “The technology is now available to hire people anywhere, really quickly, really easily and to get them to collaborate and work on a team without being in the same physical location,” Vierra said. “We might not have the capital or equity of a larger market like Seattle or Portland, but our competitive advantage is cooperation. That’s been an intentional push, and we did a lot to build that.”

To create a culture of collaboration for local startups, organizations and incubators have risen to help the region become an entrepreneurial hub. Through events such as Central Oregon PubTalks and Bend Venture Conference to High Desert Innovation Fest, the area’s veteran entrepreneurs are accessible and willing to help. “So many of our current successful startup owners can remember when they were new and looking for connections and resources,” Vierra said.

EDCO has boosted Bend’s reputation as a startup town by hosting the Bend Venture Conference (BVC), which began 20 years ago and has grown to be one of the largest angel conferences in the country. Each fall, finalists vie for investment awards from funds established by individual investors. Since it began, the conference has spurred more than \$14 million invested in 59 companies. This interest in the startup economy

pencils out. “The ROI [return on investment] justifies our focus on early-stage development,” Vierra said.

This led to the inception of the High Desert Innovation Week, which debuted in the fall, and was held the week before BVC. High Desert Innovation Week connected companies and investors from around the country with startup showcases, networking, talks from leaders in a range of industries, pitch events and investment awards. “In the last couple of years, we’ve started meeting up and connecting with more tech entrepreneurs,” said Kyle McLeod, founder of startup consulting company Cloud99 and one of the week’s organizers. “There are a lot of us, but it hasn’t always felt like an overarching community. We’ve become much more connected in recent years.”

NURTURING A NEW LOCAL SECTOR

Fuel for Central Oregon startups also comes from organizations such as Cultivate Bend, which launched in February 2023 with the goal of creating an ecosystem of growth for consumer packaged goods, or CPG, in the natural products sector—think food, beverages, cosmetics and cleaning products. The trade organization’s board of directors includes Thomas Angel,



ALICIA LOVEJOY: TRIUMPH OUTPOST

YEAR FOUNDED: 2015
NUMBER OF EMPLOYEES: 1

What was the impetus for creating your company?

Triumph Outpost was born during a period of personal struggle and change in my life. My husband and I were raising small children

at the time and had just moved to Bend. I ran a successful Etsy business sewing cloth diapers for a few years but was feeling burned out and needed a change. Then came the opportunity to travel to India and support an aftercare facility for young women rescued from trafficking there. My passion for that cause grew and my desire to start a small business to benefit its effort was born. Triumph Outpost is dedicated to serving the anti-trafficking effort, both locally and abroad, while pursuing community and collaboration locally to further benefit women entrepreneurs. It’s a broad vision but it’s been awesome to see what we have accomplished over the past eight years.

What organizations provided mentorship?

As a business, we have benefited from SCORE [mentorship] coaching and have appreciated the support we’ve received at COCC from the business department. Overall, our best support and mentorship has happened through building relationships with other vendors and small business owners that we have met over the years.

What opportunities are unique to launching a small business in here?

Oregon is a wonderful place to start a small business, especially one that is artistic or creative in nature. The small-business community is supportive and forward thinking which makes the process feel less daunting and overwhelming. The coalition of small-business owners, especially in the artistic community, make collaboration and support their first priority over competition, giving this community a unique sense of positivity.

Where do you see Triumph Outpost in the future?

Over the next five-10 years, I see us collaborating with multiple people and businesses to bring new projects to life. I would love to expand our reach into the wholesale market as well. This next year, I plan to work closely with Jill Crostwell of Stitch Leather—who manages the bulk of our production—to bring new ideas to fruition and expand our web offerings. We have big plans for Triumph Outpost and exciting new things on the horizon.

"THE PANDEMIC SPAWNED PLENTY OF SIDE HUSTLES AND LATENT ENTREPRENEURS TO JUST GO FOR IT"

co-founder of Altitude Beverages, and Paul Evers, CEO and co-founder of Riff and Crux Fermentation Project. In less than a year, they've attracted 177 new members.

Cultivate Bend is gaining both notice and momentum, with engagement from leaders such as those at the Oregon Department of Agriculture and Oregon State University's food science department, explained Evers. The office of U.S. Sen. Ron Wyden also contacted the organization about ways to get federal programs to support food and beverage brands in Central Oregon.

Then, there's Built Oregon, a Portland-based network and accelerator for Oregon consumer product companies, which collaborated with Cultivate Bend for its annual Built Festival, held in Bend this past fall. Marking the first time the event was held outside of Portland, it attracted 200 participants for discussions with industry founders and leaders. "We see people in the food and beverage industry who move here and feel like they need to reinvent the wheel, in terms of figuring out who they need to meet and connect with," said Angel, of Cultivate Bend. "We're here to speed up that process by helping plug entrepreneurs into our industry."

OUTDOOR INDUSTRY GAINS STEAM

The outdoor sector has been fertile ground for Central Oregon businesses. Bend Outdoor Worx (BOW), a startup accelerator for outdoor-focused businesses, has been supporting entrepreneurs with mentorship, branding, e-commerce coaching, legal consulting and other resources since 2014. Co-founder Gary Bracelin said that during the pandemic, most outdoor-product companies saw business spike as people spent more time outside. Bend Outdoor Worx took a hiatus during the pandemic, then in 2022 launched an in-person and online hybrid version of its four-month program. Companies can participate in three in-person, intensive two-day sessions. The rest of the program is held online or in separate meetings.



ANNIE & RYAN PRICE: BROKE SUPPLY COMPANY

YEAR FOUNDED: 2022* | NUMBER OF EMPLOYEES: 2

What was the impetus for creating your company?

I was on a ride in the Badlands and the saddlebags I was using kept shifting to the side until they were completely sideways on my horse. They essentially were the same style of bags I'd been using since I was a kid. I thought, "this is ridiculous," Ryan is an industrial designer who specializes in bags! We make rad, premium saddle bags, then literally go right out our back door and test them. I've also always wanted to do something to help horses. In order to inspire you need a pretty big platform. What better way than to make badass horse products and then lead by example when it comes to caring for horses.

What are your current plans to scale the company?

We are currently in that process. It's a huge learning curve but there are so many incredible minds in Bend that are willing to help guide you if you are willing to learn. We will branch into wholesale in 2024 which will help grow the company. Currently we are only direct to consumers.

What do you see as the biggest challenge or obstacle to success as a small business start up?

Being an entrepreneur takes a completely different mindset. It takes discipline, and you have to be willing to take risks and also work your buns off for not a whole lot of return in the beginning. My parents were entrepreneurs, so I grew up with the mentality a bit or it might have been a real wake up call. It's a huge learning curve but there are so many incredible minds in Bend that are willing to help guide you if you are willing to learn

What opportunities are unique to a founding startup in Central Oregon?

Bend Outdoor Worx is invaluable. Right at your fingertips are some of the most talented, brilliant, and giving people in the outdoor industry. It's surreal that they are all so giving and willing to help.. We've lived all over the United States, and Bend has something really special for entrepreneurs.

*2016, BUT 2022 FOR ITS CORE LINE OF SADDLEBAGS



**TOSCH ROY:
FREE RANGE
EQUIPMENT**

YEAR FOUNDED: 2011
NUMBER OF EMPLOYEES: 4

What was the impetus for creating your company?

The external answer is I was frustrated with the backpacks that I was using for climbing and backcountry skiing that were adequately simple and light but inadequately featured for each specific sport. I felt like both could be achieved, and I think I found that balance with our Raven and Big Medicine packs. The internal answer is I was going through the motions at college and looking for something more creative and fulfilling—I found that outlet in the form of stitching up backpacks for friends at school.

Who or what were/are your early mentors/supporters?

Ummm all of Bend? I reached out and talked to just about anyone that had business/life experience and would listen to my questions. Turns out that's quite a lot of people in Bend. I'd be curious to see what kind of support you receive as a young, aspiring entrepreneur in other cities around the U.S. but I received no shortage of help here in Bend.

What opportunities are unique to a founding startup in Central Oregon?

The business community in Bend tends to be exceedingly giving with its time, and that's made such a big difference for me. There's also a decent amount of infrastructure for startups like the Bend Outdoor Worx, the Pub Talks that EDCO puts on as well as the Bend Venture Conference and Breakout events. I could keep going but those were the things that helped me get my foot in the door, learn how to talk the talk, and played a big part in leveling up Free Range.

Where do you see Free Range Equipment in five years, or how about in 20 years?

I just want it to be fulfilling and fun for all parties involved; I want it to produce a healthy profit (mostly so it's stress-free), and I want it to be operating in alignment with its mission and values. I'm not exactly sure what that's going to look like yet, but if we can make those things happen, I'll call it a success.

Applications doubled the first year of the hybrid program, with roughly half of the startup founders hailing from New York, Austin, Denver and Memphis, and the other half from Central Oregon. "The pandemic spawned plenty of side hustles and latent entrepreneurs to just go for it," Bracelin said.

Several local companies from the 2023 cohort experienced huge growth, including Broke Supply Company, a Powell Butte-based equine accessories and apparel company. The Robert Axle Project, another born-in-the-garage company manufacturing bicycle parts, upped its earnings to \$4 million with BOW's help. ToughCutie, a company dedicated to designing high-quality socks for women, reported a 10-fold revenue boost thanks to the incubator.

SUCCESS LEADS TO SUCCESS

Another indicator of startup significance is the plan for an Innovation District at OSU-Cascades, slated to open in 2028 as a base for research, technology commercialization, incubation and economic development. The 24-acre district will feature 500,000 square-feet of tech, light-industrial, office, commercial, experiential retail and multipurpose event and performing arts space, as well as workforce housing. It will also be the base for SnoPlanks Academy. Entrepreneurs James Nicol and Ryan Holmes founded Bend-based SnoPlanks, makers of bamboo snowboards, in 2012 and in December gifted the company to the campus to allow

students real-world operations, leadership and management experience. In 2015, SnoPlanks won an early-stage award at the Bend Venture Conference and completed the BOW accelerator for outdoor companies. Soon, the company will provide training for future entrepreneurs.

It's this cycle of success begetting success that is a hallmark of Central Oregon's startup community. For EDCO's Vierra, that also means seeing startups that scale, become profitable and employ 50 to several hundred workers. "We need more success stories...and recycling of capital," he said, referring to the process of investors reinvesting capital acquired from successful companies into new startups. "That's how it was for Silicon Valley," he said. "It's this virtuous cycle."

That cycle isn't set in motion, though, without ingenuity and support. Tosch Roy is 13 years down the trail of his entrepreneurial journey as founder of Free Range Equipment, maker of sport-specific, art-adorned backpacks. Like apparel-maker Parsons, Roy started out as a one-man show, sewing what he needed for his outdoor adventures. Today, Roy's packs are sold throughout the United States—growth supported by the local startup landscape. The path to success of a new business is steep, twisting and sometimes precarious, but in Central Oregon, it's not without a growing number of creative, expert guides to lead the way. **IB**



Hear more stories from entrepreneurs on The Circling Podcast. Listen at BendMagazine.com/podcast.

Visions of Winter

Local photographers capture the soul of Central Oregon



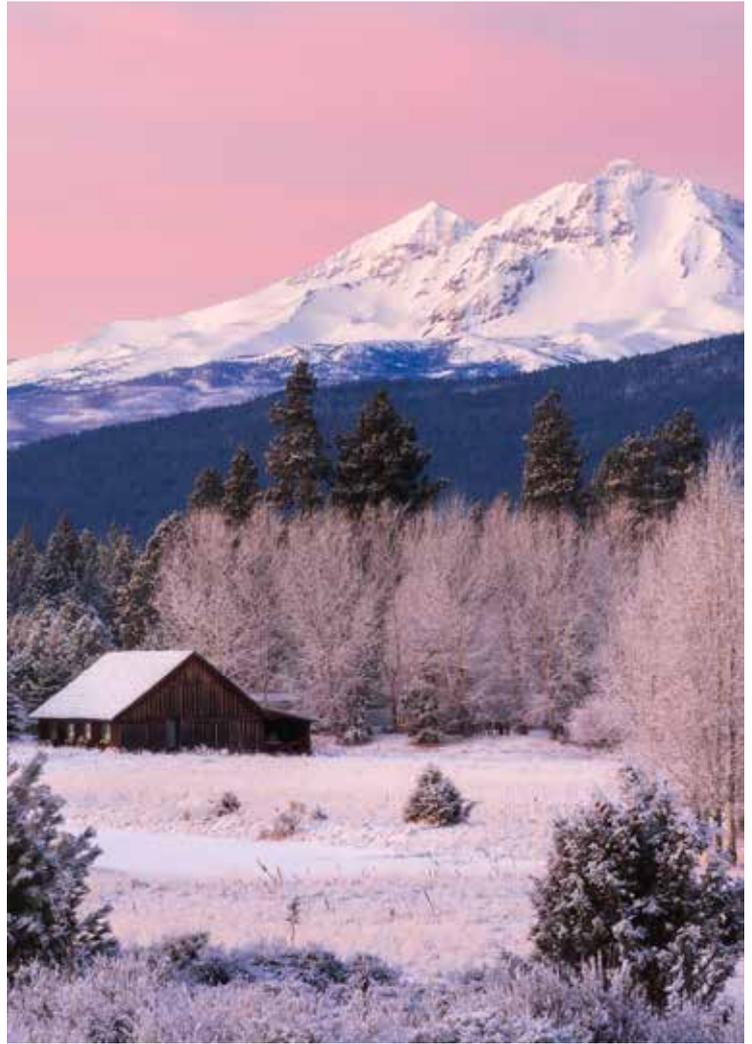
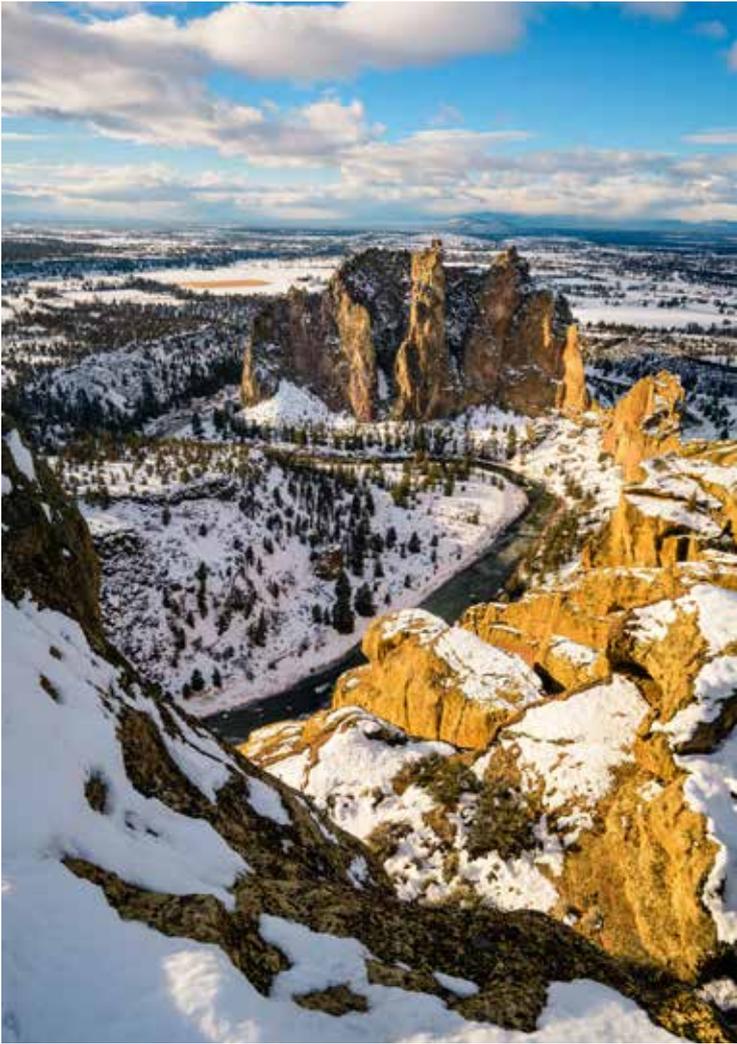
Mt. Bachelor, Pete Alport



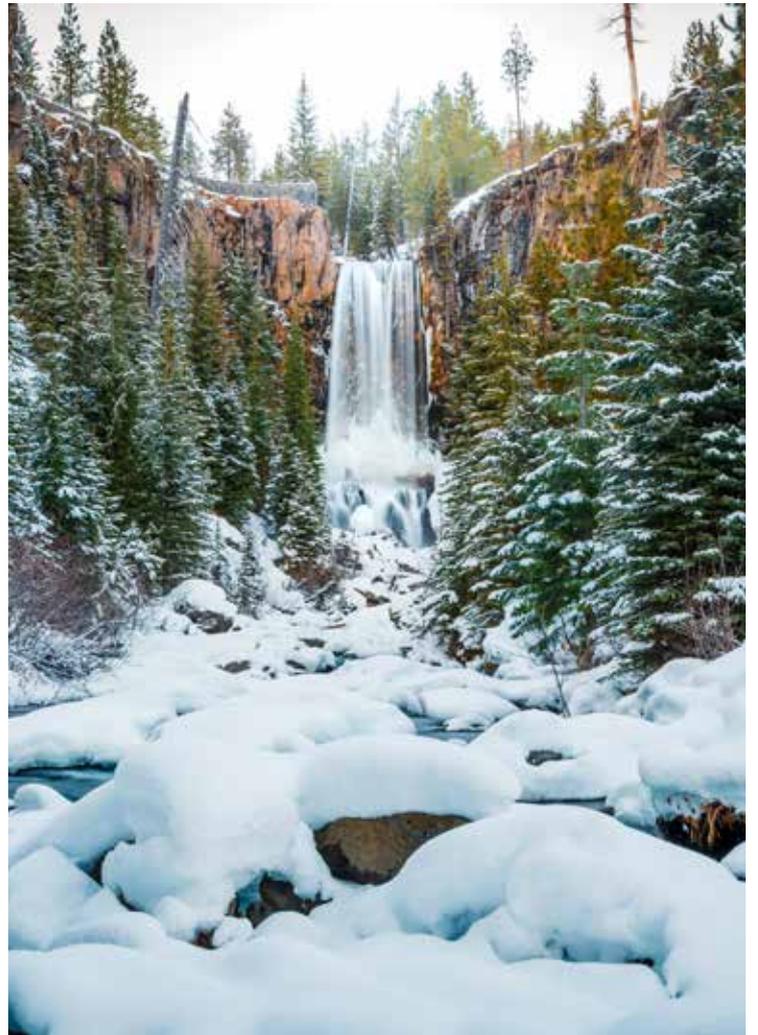
Benham Falls on the Deschutes River, Ben Kitching



CLOCKWISE FROM TOP: Detail snowflake, Tyler Roemer | Elk Lake, Richard Bacon | Hoodoo Ski Area, Pete Alport



CLOCKWISE FROM TOP: Smith Rock, Christian Murillo | Indian Ford, Adam McKibben | Todd Lake, Adam McKibben



CLOCKWISE FROM TOP: Mt. Bachelor, Max Rhulen | Tumalo Falls, Jared Mantzouranis | Lave Butte, Richard Bacon

COFFEE
—
BACKPORCH
—
ROASTERS

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550 FRANKLIN AVE
706 NE GREENWOOD
1075 SE 15TH STREET



BEND, OREGON

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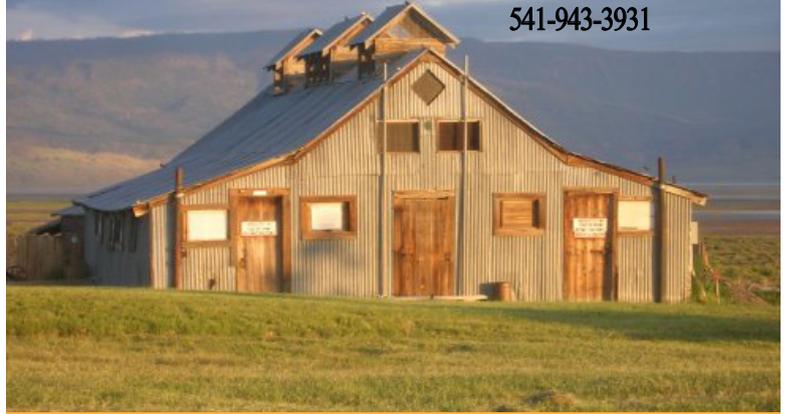
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ON THE DESCHUTES

Immerse yourself in the unparalleled beauty of picturesque Central Oregon at Riverhouse on the Deschutes. Our re-imagined hotel in Bend, Oregon has been completely redesigned to provide guests with modern sophistication and world-class amenities. A relaxing location on the banks of the Deschutes River is just a preview of the natural beauty and untamed wilderness that surrounds us, beckoning for outdoor pursuits.

Rise and Dine

Three ways to start the day, from healthy to homestyle (or indulgent)

WRITTEN BY MAISIE SMITH | PHOTOGRAPHY BY TINA PAYMASTER

In a city that never hits the snooze button on breakfast, Bend emerges with a morning ritual that goes beyond mere sustenance. Here, breakfast isn't just a meal; it's a reboot, a delicious pact, a love language spoken through the dialect of food. And it's totally worth getting up for. Eat some breakfast, and then change the world. As Bend rises and shines, so does its breakfast scene, offering everything from good-for-you fuel-ups to indulgent delights and homestyle comforts.



NOURISHING NOSH

Seize the day—and the spoon—with **Fix & Repeat's** Acai Smoothie Bowl. This Maui-meets-Bend plant-powered energy boost is a symphony of superfoods conspiring for morning domination: sustainably sourced acai, almond milk, tart marionberries, banana, house made peanut butter and vanilla protein topped with goji granola, even more banana, berries, cacao nibs and coconut. "Fueled food heals your body faster so you can go out and repeat your life the next day," said co-owner Leila Carter. "For us, it doesn't get much better than knowing we're providing something nutritious and good for people."

Dive into the Riverside Bowl at **Active Culture** for a gluten- and dairy-free ode to plant-forward nourishment.

A blend of organic quinoa and housemade almond milk is topped with organic granola, walnuts, banana, blueberries, local honey and a sprinkle of cinnamon. Fresh, locally sourced ingredients take center stage in this cozy riverside hangout, where breakfast lasts all day.

Tucked away in downtown Bend, **Salud** is an oasis for delicious, nutritious and creative offerings. Toast isn't just toast here; it's a canvas. Using real, raw ingredients, Salud is the Michelangelo of gluten-free gastronomy. Whether adorned with sweet toppings such as peanut butter and fresh fruit or stacked high with savory delights like avocado, microgreens and garlicky vegan Caesar dressing, each creation promises a mouthwatering experience.



DELICIOUS DECADENCE

Embark on a delectable journey at **The Lemon Tree** with its signature Jumbo Lump Crab Cake Benedict. This iconic dish features chunky East Coast crab mixed with herbs and finely diced vegetables from the restaurant's small organic garden in Tumalo. Lightly seared for sublime caramelization, the crab cake rests atop a crisp toasted English muffin. Every ingredient reveals a world of flavor, from the perfectly grilled and seasoned tomato and microgreens to the creamy brown butter-infused Hollandaise sauce that adds depth and a subtle nuttiness to every sumptuous bite. The Lemon Tree's commitment to fresh, locally sourced ingredients, coupled with the passion and professionalism of an eager staff, is a true celebration of hospitality. "This is a happy, nurturing place," co-owner

and chef Betsy McDonald emphasized. "Everything is made with love."

Blissful Spoon's French Connection Waffle is the ticket for those craving a rendezvous with their indulgent side. Served with fresh sous-vide poached eggs, jambon de Paris (French ham), buttery rich manchego cheese and organic maple syrup, it's a breakfast affair that oozes European sophistication, minus the pretentious vibes.

Nestled in a white picket-fenced cottage in downtown Sisters, **Cottonwood Cafe** serves up a PNW twist on traditional breakfast with the famous Blackstone Benny. Fresh cornmeal-crust tomatoes, sautéed spinach, smoked bacon, poached eggs and a luscious béarnaise sauce create an elevated eating experience, Central Oregon style—where indulgence comes with a side of laid-back vibes.

HEARTFELT HOMESTYLE

Enjoy the timeless charm of **McKay Cottage's** classic, love-infused twist on traditional French toast. Using locally sourced cinnamon swirl bread from Big Ed's, the magic of Mama's Cinnamon Toast lies in the batter—a blend of brown sugar, real vanilla bean paste and warming spices. Topped with strawberries, bananas or berries and served with fresh butter and a petite pot of real maple syrup, every bite becomes a nostalgic journey to grandma's cozy kitchen. Don't miss McKay's homemade scones, a beloved breakfast staple boasting a light and flaky texture thanks to the yogurt-infused recipe. Favorite flavors include marionberry and seasonal options such as cranberry orange.

Sunriver's **Cafe Sintra** pays homage to its Portuguese roots with the French Toast Trio. Chase that French toast high through soft, luscious layers of Portuguese sweet bread delicately dusted with powdered sugar. Inspired by the enchanting Portuguese town of Sintra, the menu offers fresh, homemade offerings that evoke the flavors of Europe at its downtown Bend location, too.

In the heart of Redmond, **One Street Down** beckons pancake enthusiasts with its love-at-first-bite Buttermilk Pancakes. This charming cottage cafe, celebrated for its artisan coffee, scratch-cooked meals and all-day breakfast menu, offers ample portions and impeccable service.





SUNRISE SIPS

Say “hey” to the start of a busy day with **NW Raw**’s Summit green smoothie—an invigorating tropical fusion of pineapple, banana, spinach, kale and coconut milk. The organic juice bar and restaurant passionately champions nutrient-rich, plant-based ingredients for a wildly delicious body and mind reset.

Enjoy sunshine in a glass with refreshing cold-pressed orange juice (representing up to 15 pieces of citrus) from **Mother’s Juice Cafe**. The cafe has been juicing to order for more than 20 years, offering customizable fresh-pressed blends with fruits and veggies representing the best from local farms.

For a sip with some zip, the **Victorian Cafe**’s Proud Mary is a legendary 24-ounce Bloody Mary cocktail and a breakfast adventure in itself. With a charbroiled smokey prawn, housemade andouille sausage, a cube of pepper jack cheese and other zesty fixings, it’s a bold answer to the question, “What about a second breakfast?” **B**



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Time to Feast

Local and seasonally inspired cuisine at Feast Food Company

WRITTEN BY CHLOE GREEN



PHOTO TAMBILANE



The act of gathering in good company to share a home-cooked meal is a simple and universal joy. Picture the dining room of dear friends, where a table is bathed by the warm glow of candles, and the host shuttles between guests and the kitchen, presenting plates overflowing with homemade dishes. The air is rich with the aroma of freshly harvested ingredients and the pleasant hum of overlapping conversation as friends savor a meal together. This is a scene that can be found in many private homes, but is also commonplace in the welcoming dining room of Redmond's Feast Food Company.

Chris and Emma Reko, the attentive and kind hosts at Feast, met while working together in kitchens. While he was back-of-house and she was front-of-house, they shared a dream of starting a restaurant together, one that would foster community, support the local food system and celebrate the hard-earned harvest of the region's producers.

They duo realized their vision by launching Feast in a vibrant red food truck in February 2021. Initially, they expected to operate as a mobile eatery for a few years; however, with overwhelming support from the community, their dream of a brick-and-mortar establishment became a reality in less than two years. In November 2022, they officially opened the doors to the cozy home where Feast is located in downtown Redmond.

Despite Feast's growth, its foundational ethos remains steadfast. Emma emphasized, "We have always been focused

on bringing the people who are often an afterthought of food to the front of your mind." The seasonal bounty of local farms and ranches heavily influences Feast's menu. Chris connects with up to 15 local purveyors each week, ensuring diners enjoy plates crafted with ingredients harvested just days or even hours before being served, as opposed to the hundred-plus-mile journey most food takes to reach consumers.

The Reko's commitment to local sourcing results in a seasonal and ever-changing menu. "The cool thing about our food is that the products we are using at any given time are meant to go together," said Chris. "They grow and are beautiful at the same time." His creative process, which always begins with the vegetable, leads to a constant evolution of dishes inspired by the season.

Recently, Feast's menu offered diners dishes such as gnudi with black pepper cream leeks, spaghetti squash, delicata squash, crème fraîche, kale and charred peppers. Also on the menu: rich squash soup with hazelnut dukkah and kale chips, and a chicory salad with roasted hazelnuts, biscuit crumble, sweet-pickled carrots, apple, bacon and toasted honey vinaigrette. While there's always a new dish to try, Feast also boasts a few staples, such as the popular fried mushrooms sourced from Deschutes Gourmet Mushrooms in Redmond, as well as the cheeseburger, a locally sourced beef patty topped with Alabama white sauce, house pickles, white cheddar and crispy onions, squeezed between a warm bun.



PEOPLE WANT TO DINE
SOMEWHERE THEY FEEL
WELCOMED, AND WE INTEND
TO WELCOME EVERYONE
INTO OUR 'HOME.'"

Feast also offers brunch and lunch service on select days. For brunch, patrons can savor dishes such as a sweet caramel-apple pop tart or a hearty serving of chicken and waffles. Lunch options include a roast beef sandwich with beef, relish, Swiss cheese and the gluten-free muffaletta on sesame focaccia.

When speaking of Feast's libation philosophy, Emma shared, "We craft our beverages with the same intentions we do our food." Which means, local reigns supreme. From fresh juices to homemade purées and syrups, the drinks are as thoughtful as the culinary creations. Draft beer is sourced from Central Oregon breweries, and the wine selection exclusively features wines from Oregon and Washington.

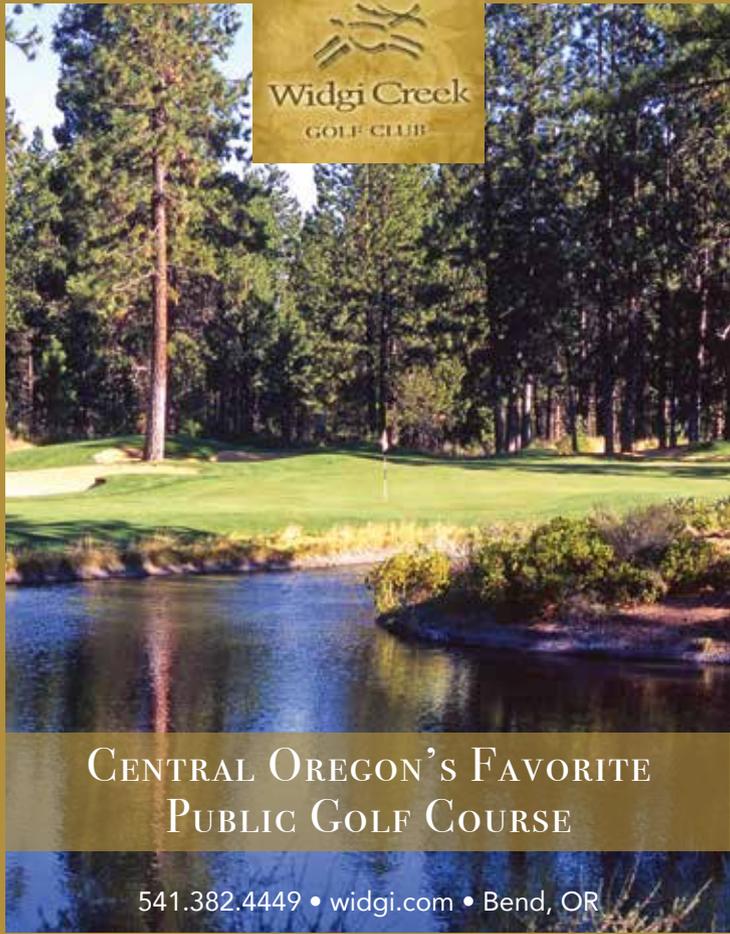
Chris envisions the future of Feast with optimism, sharing, "We are taking everything in stride; Emma and I are so elated with the successes we have seen thus far." The couple is focused on making the existing location into a community pillar. Chris sees Feast as a place where patrons understand the value of their dollar and can support their community while eating good food together. Emma expressed, "People want to dine somewhere they feel welcomed, and we intend to welcome everyone into our 'home.'"

Feast Food Company
546 NW 7th St, Redmond
(541) 923-0170
feastfoodco.com



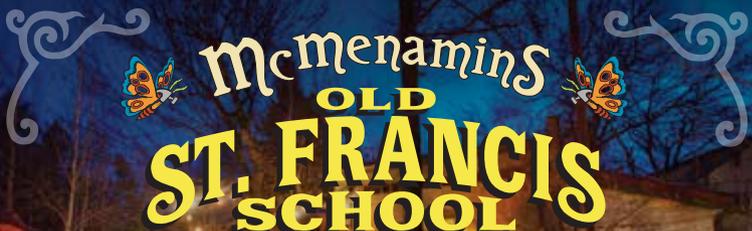
Chris and
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Whiskey Sour

A classic winter cocktail is always in style

WRITTEN BY SARAH WOLCOTT | PHOTOGRAPHY BY LOU VALDEZ

Revered fashion icon, Coco Chanel, said it best: “Fashion changes, but style endures.” In the world of cocktails, the Whiskey Sour on the menu at Oregon Spirit Distillers in Bend is the little black dress of timeless winter drinks.

Quality ingredients are essential to any well put together ensemble, whether talking fashion or cocktails. In the case of Oregon Spirit Distillers award-winning whiskey production, great grain, great water and a passion for making excellence are the three key ingredients to success, according to Brad Irwin, who founded the distillery in 2009 with his wife, Kathy. The first distillery in Central Oregon to operate a still, Oregon Spirit Distillers is a “grain-to-glass” production. All mashing and distillation is done at the production facility, which also doubles as the tasting room. Ninety-five percent of the grains used by Oregon Spirit Distillers are purchased from Oregon farmers. The

pristine, clear water supplied by rain and snowfall in the Cascade Range and refills Bend’s watershed and aquifer, is at the base.

Production Director Brandy Pieper, loves “the joy that comes from working with local farmers. They are just as proud and enthusiastic as we are about the fruits of the labor. Clean, fresh grain from a long season of working the land. Crisp white whiskey from days of mashing, fermentation and expert distillation. Delightful finished whiskey from years of patience and time.”

The luxurious smoothness of egg white and weighty simple syrup are the foundation of the Whiskey Sour at Oregon Spirit Distillers. To sip on a chilly winter night, this classic cocktail is here to stay. **IB**

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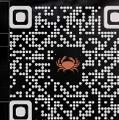


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The Art of Scent

Kristine Ambrose shares her passion for blending natural perfumes

WRITTEN BY CASEY HATFIELD-CHIOTTI
PHOTOGRAPHY BY TAMBI LANE

The parts of the human brain that process emotions and memory are also responsible for the sense of smell, so it's no wonder that scents such as soup bubbling on a stovetop or a fresh-cut rose can instantly conjure vivid memories. For Bend-based perfumer Kristine Ambrose, the power of scent has been life-altering.

Five years ago, Ambrose was living in Los Angeles when she entered a deep depression, something she soon realized had been impacting her throughout her life. She had recently begun gardening as a hobby, and a friend suggested she take a class on natural perfumes. Ambrose recalled how the friend suggested taking the herbs from her garden and turning them into something therapeutic so the coping skills for dealing with depression would be with her every step of the way. "It helped," said Ambrose.





Ambrose began to understand the healing power of nature. She and her husband made a move to Bend three years ago, where she knew easy access to hiking and paddle boarding on the river would be beneficial. What had been just a hobby began to flourish into something more.

"Here was this whole new world of herbs and flowers and trees that I could work with: pine needles, Russian sage and lavender," Ambrose said about Bend's natural surroundings.

A year after moving to Bend, she established her natural perfume company Hikishémé, a new word she coined by blending the Japanese and French languages, representing two cultures she reveres. To her it means "inspiration of cultures." She began selling her perfumes, such as Amber Rose and Woodland, on her website and at local farmers markets, then expanded her business with a perfume lab in 2022.

PERFUME LAB

In the home studio in her garage, Ambrose welcomes guests by appointment to make perfumes and shop. She also hosts natural perfume workshops, including perfume blending and hand-rolling incense cones. The space, inspired by the bohemian vibe of Venice, California 30 years ago, can be described as "modern photography studio meets



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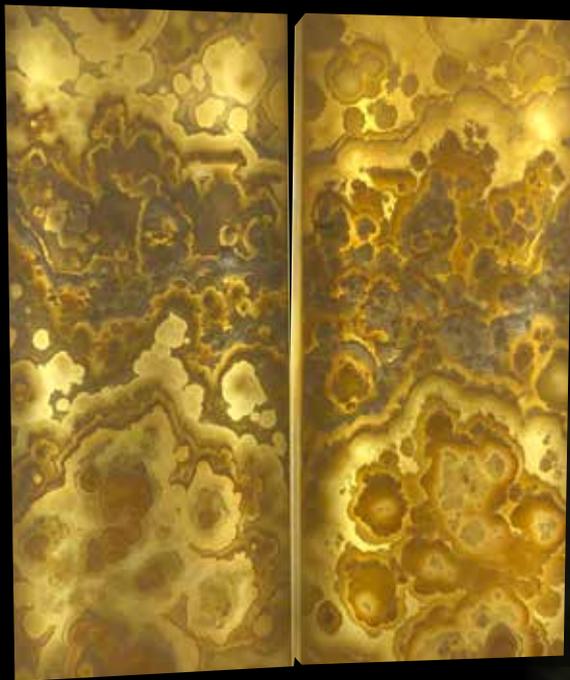
apothecary," and is adorned with vintage lamps and rugs. An artist at heart, Ambrose said blending scent notes together is an art form and she likens it to making fine wine. Her workshops bring together groups looking for a sense of community, and the methodical process allows people to be in the moment.

To make a natural scent, perfumers typically blend essential oils and dilute them with alcohol. Ambrose takes this a step further, creating her own tinctures by soaking herbs and flowers in grain alcohol and continually adding new ones to the tincture for up to a year and a half. "I've learned the more you go into the process, the more of an artist you become. I know I'm doing art when my mind is free of thought," Ambrose said. Before using the oils, she burns off the last remnants of the alcohol in a reduction process similar to reducing balsamic vinegar. The scents become intensely aromatic and layered. "The lavender tincture smells like a deep dark lavender cotton candy," she explained.

These tinctures, which Ambrose calls "vintages," date back to 2019 and include jasmine, mint, oregano, citrus, anise, lavender, pine needle, sage and more. They serve as the base of Ambrose's perfumes which are then blended with high-quality essential oils that are diluted so they don't burn the skin. In her workshops, guests craft luxurious, custom blends that could never be mass-produced. "They are truly made right from the garden, right from my trees, just for you," Ambrose shared.

Her favorite scent, white jasmine, blooms in Southern California in the spring and reminds her of how far she has come. She sees it as her mission to share the mental health benefits of natural scents with a wider audience. "These coping skills are right at the tips of our fingers," Ambrose said. "Open the door, walk outside and get into nature; take a deep breath, smell something different." See hikisheme.com. **18**





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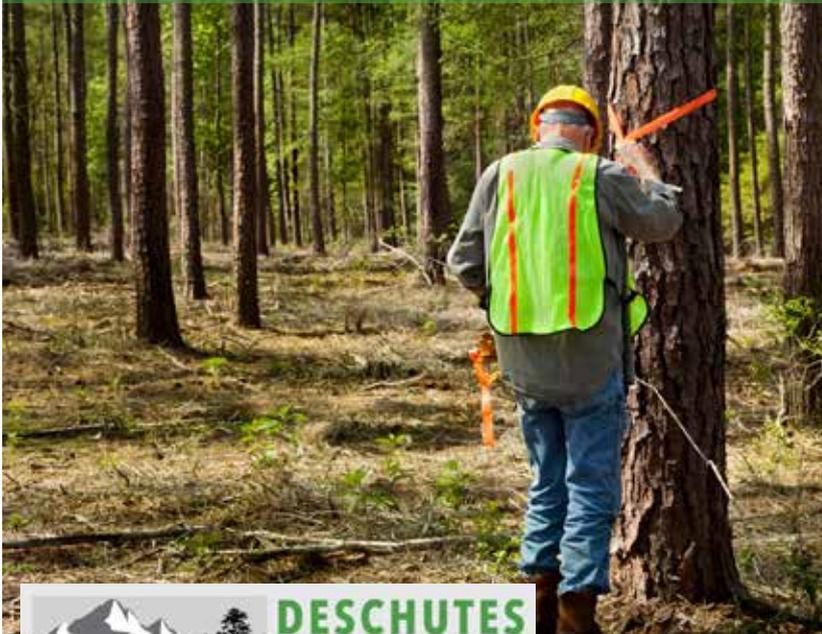
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"Mount Bachelor at Sunrise"

Layers of Nature

Central Oregon captured in paintings by Jacob Norris

WRITTEN BY CHLOE GREEN

With textured layers of oil paint, Jacob Norris creates depictions of animals, people and landscapes. His mission to activate the soul of every subject he paints is evident in each of his pieces. "Mostly going on instinct, I'm constantly asking, 'What if...?'" Norris explained.

As a native Oregonian, Norris has grown up alongside many of the landscapes he now paints, which inspired and activated his creativity ever since he was young. His childhood was marked by journeys along the Oregon Coast and through Eastern Oregon, courtesy of his father's endeavors setting up hardware stores around the state. Homeschooled in 5th grade, Norris spent countless hours immersed in field guides on

Pacific Northwest birds. This period not only marked a pivotal year in his education, but also ignited an enduring connection with birds, an animal that continues to be a prominent muse for him and his work.

The rich tapestry of nature woven into the fabric of his early experiences served as a wellspring of inspiration for his creative process. It was in his grandfather, a painter and maker, that he first found that magnetic pull toward art. "I remember going into his studio and smelling the paint and seeing all the brushes," shared Norris. "I felt the bristles and remember being consumed by this overwhelming feeling of wanting to do this. There was something that just struck a chord in me."



LEFT: "Ten-Lined June Beetle"
BELOW: "Great Blue Heron"



In high school, Norris found solace in a Mountain View High School art class led by Ken Roth, who would become a defining mentor for him. Immediately after high school, Norris began an oil painting apprenticeship under Roth's guidance. "He opened my eyes to genuine experiences, sharing the authentic struggles inherent in artistic creation," shared Norris. "He demonstrated a real-life example that one doesn't need a preconceived plan when painting. Witnessing this unfiltered reality was crucial for me, allowing me to break free from constraints and explore my perspective."

Norris' first-ever exhibition was hosted by Roth and propelled him into various pop-up shows around Central Oregon. His work has been showcased at the High Desert Gallery, Sparrow Bakery, Lone Pine Coffee, The Commons Cafe and Taproom, FOUND Natural Goods and Cowgirl Cash. In the broader context of his artistic vision, Norris articulates a profound aspiration for the impact of his art, whether hanging in community spaces or private homes.

He envisions his pieces serving as catalysts for a deeper connection to the everyday human experience. "My hope is that even when someone is going about their day-to-day, my piece will inspire them to feel that they are the painter or creator of their day," he said.

Norris paints in his studio as well as en plein air, allowing him to connect with the natural elements he is working to capture. A viewer can feel the rawness of the natural world in his work.

Another dimension that characterizes Norris' artistic process is his collaboration with his father, Walt Norris. Jacob paints directly onto hand-built wood substrates made by his father and framed with 100-year-old repurposed barn wood. This collaboration adds a layer of personal connection to his work, amplifying its quality and durability. Family is important to Norris and he dedicates much of his art to his wife and three sons. "Without them," he shared, "my work just wouldn't have that pulse of love and energy." See jacobjnorris.gallery. **B**



The Festival returns to the beautiful Oregon Coast on February 22-25, 2024. Wine and seafood enthusiasts have flocked to Newport for 47 years to enjoy the bounty of Oregon's coast seafood and premier wineries. The annual Newport Seafood & Wine Festival is "The Original and Still the Best!" produced by the Greater Newport Chamber of Commerce and presented by Chinook Winds Casino Resort.



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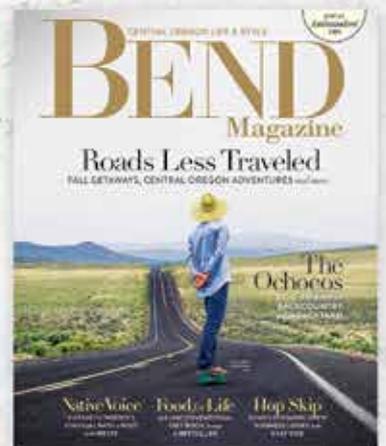
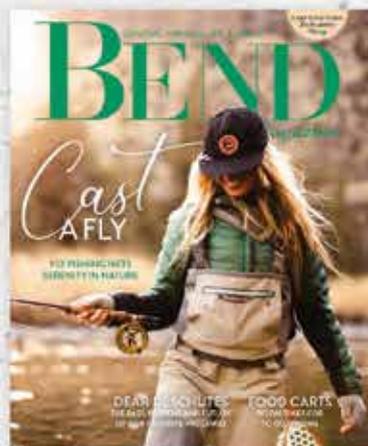
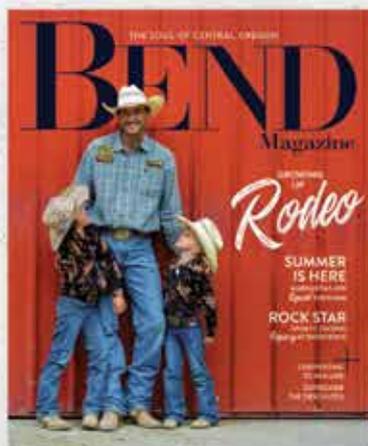
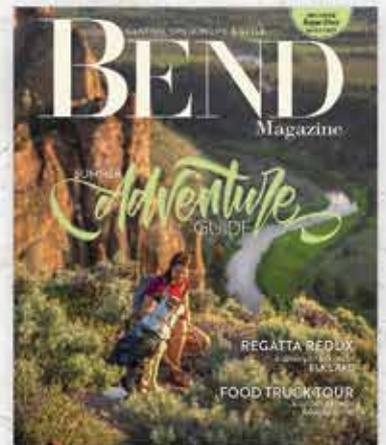
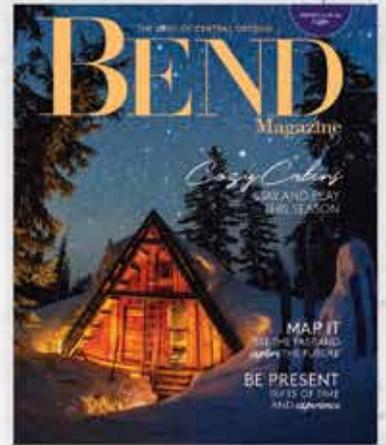
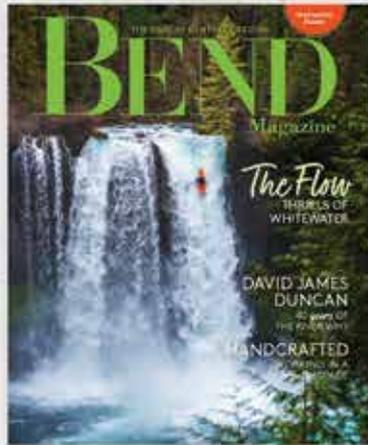
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CENTRAL OREGON COMMUNITY COLLEGE PRESENTS SEASON OF NONVIOLENCE

Inspired by the work of Mahatma Gandhi, Dr. Martin Luther King Jr. and others, Central Oregon Community College hosts the 16th Season of Nonviolence from mid-January through early April. The program features a talk by activist Jodie Patterson (shown above) January 23, and a keynote event by best-selling author Tracey Michae'l Lewis-Giggetts February 20 in conjunction with Black History Month. Six community book conversations will be held across Central Oregon to discuss her book, *Black Joy: Stories of Resistance, Resilience, and Restoration*, which received a 2023 NAACP Image Award for Outstanding Literary Work. See cocc.edu.



ART IN NATURE WITH BEND CAMERATA

The Central Oregon a cappella group, Bend Camerata, will give an intimate outdoor performance on Sunday, February 25 in the mountains west of Bend as part of the Art in Nature series, hosted by Wanderlust Tours. Art in Nature pairs artists and musicians with natural history interpretation in the wilderness of Central Oregon. After snowshoeing to an outdoor amphitheater created in an old growth forest, a vocal performance and bonfire complete the experience. See wanderlusttours.com.

ROUNDHOUSE FOUNDATION REPRESENTS THE ARTS IN WASHINGTON, D.C.

Erin Borla, president of the Sisters-based Roundhouse Foundation dedicated to advancing arts, culture and economic sustainability in Oregon's rural communities, was invited to Washington D.C. this fall to participate in the White House Domestic Policy Council and National Endowment for the Arts discussion on the government's approach to arts and culture. The meeting was a step toward a first-of-its-kind public event, "Healing, Bridging, Thriving: A Summit on Arts and Culture in our Communities," taking place January 30 at the National Endowment for the Arts and online. See roundhousefoundation.org, arts.gov.



CULTURE CELEBRATED AT THE 30TH WARM SPRINGS TRIBAL MEMBER AND YOUTH EXHIBIT

The Museum at Warm Springs presents its *Tribal Member and Youth Exhibit* as the final signature program celebrating The Museum's 30th anniversary. After a maintenance closure in January, the Museum will reopen February 1, and the show will be on view through March 2. The exhibit showcases the artistic talent of Warm Springs Tribal members and includes artworks by 20 adults and five youths in the categories of painting, drawing, mixed-media, beadwork, weaving, photography and more. See museumatwarmsprings.org.



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— WALT WHITMAN

PHOTO TONI TORENO

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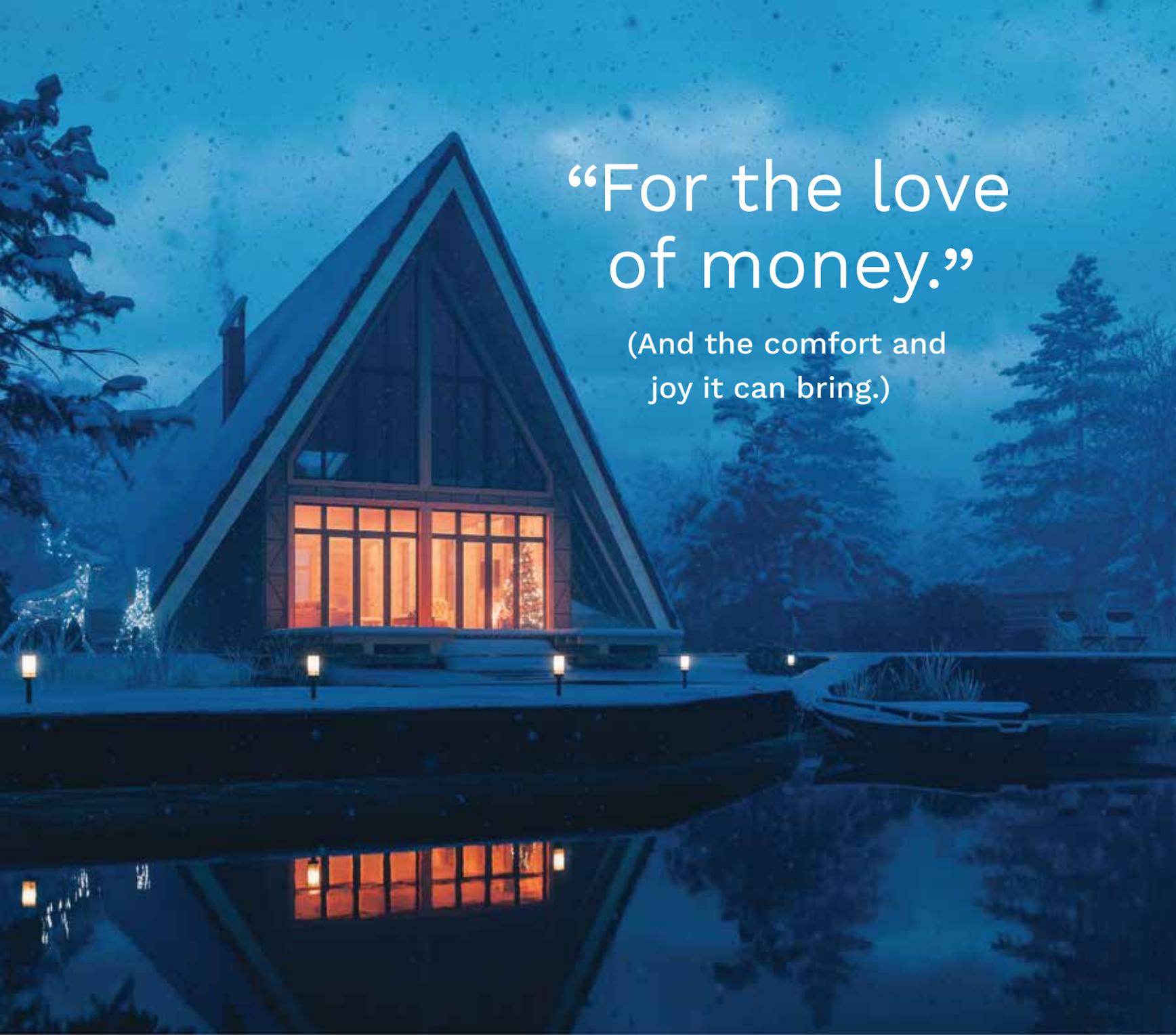
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