THE SOUL OF CENTRAL OREGON

BEND Magazine

play us some

Mountain Music

Your ultimate guide to this year's outdoor concerts and festivals. **pg. 72**

ANNOUNCING NEW DIRECT FLIGHT SERVICE TO DALLAS

Fly REDMOND

RDM IS CENTRAL OREGON'S COMMERCIAL AIRPORT WITH DIRECT SERVICE TO:

Redmond Municipal Airport (RDM) is a full service commercial airport conveniently located in the heart of Central Oregon. Our state-of-the-art terminal features free highspeed wi-fi, onsite national rental car agencies, affordable parking, Avalon Aeropub, a gift shop marketplace, Kid-Port play area, and best of all short lines. Serving the Central Oregon communities of Redmond, Bend, La Pine, Madras, Prineville, Sisters & Sunriver.

BURBANK
DALLAS
DENVER
LAS VEGAS
LOS ANGELES
PALM SPRINGS
PHOENIX
PORTLAND
SALT LAKE CITY
SAN DIEGO
SAN FRANCISCO
SANTA ROSA
&
SEATTLE

VISIT US ONLINE AT WWW.FLYRDM.COM

Air Service Provided by:

Alaska Airlines American Airlines avelo DELTA UNITED


GOOD PEOPLE CRAFTING
GREAT HOMES SINCE 1947
BEND | EUGENE | PORTLAND | SEATTLE
NK
DESIGN/ BUILD REMODELING
HOME IMPROVEMENT
HANDYMAN SERVICES
OR CCB #1663 • WA L&I #NEILKCI187O2
NEILKELLY.COM
SCAN ME
Certified
B
Corporation

MONOGRAM™

Rebates or free appliances available with purchase of this range or an appliance package.

JOHNSON BROTHERS
APPLIANCES

We'll ask the questions and provide the guidance
to facilitate your enjoyment of the heart of your home.

541/382-6223

571 NE Azure Dr, Bend

jbbend.com

SUMMER DREAMS BEGIN WITH ENGEL & VÖLKERS
ELEVATE YOUR REAL ESTATE EXPERIENCE

WE ARE ENGEL & VÖLKERS.

Real Estate is a transformative journey of success with Engel & Völkers, where excellence is intricately woven into every aspect of our services. Stemming from an unwavering commitment to unparalleled client care, we shine as a guiding light in the real estate industry, providing a white-glove experience that surpasses expectations.

Immerse yourself in a realm of bespoke excellence as we tailor a real estate journey designed to harmonize with your specific goals. Our dedication to delivering exceptional service serves as your enduring pathway to unlocking success, ensuring a seamless and prosperous real estate journey today and beyond.

Whether pursuing your dream home or confidently marketing your property, Engel & Völkers is ready to deliver a superior real estate experience. Our dedicated team is committed to transforming your aspirations into reality, guiding you through a journey marked by excellence. Contact Engel & Völkers today and allow us to help you follow your dream, Home.

Follow us online.

Engle & Völkers Bend
828 NW Wall Street, Bend, OR 97703
+1 541-350-8256 bend.evrealestate.com

ENGEL&VÖLKERS®

/ evbend

Bend BREWFEST

WE'RE BACK

OCTOBER 4-5, 2024

HAYDEN HOMES AMPHITHEATER
BEND, OREGON

LIFE DESIGN BUILD

Modern.

Sustainable.

Custom homes and remodels.

Architecture, Design + Construction | Bend, Oregon | 541.399.9003 | lifedesignbuild.us | CCB# 239880

OnPoint®
COMMUNITY CREDIT UNION

Pre-approval puts you where you want to be: Home.

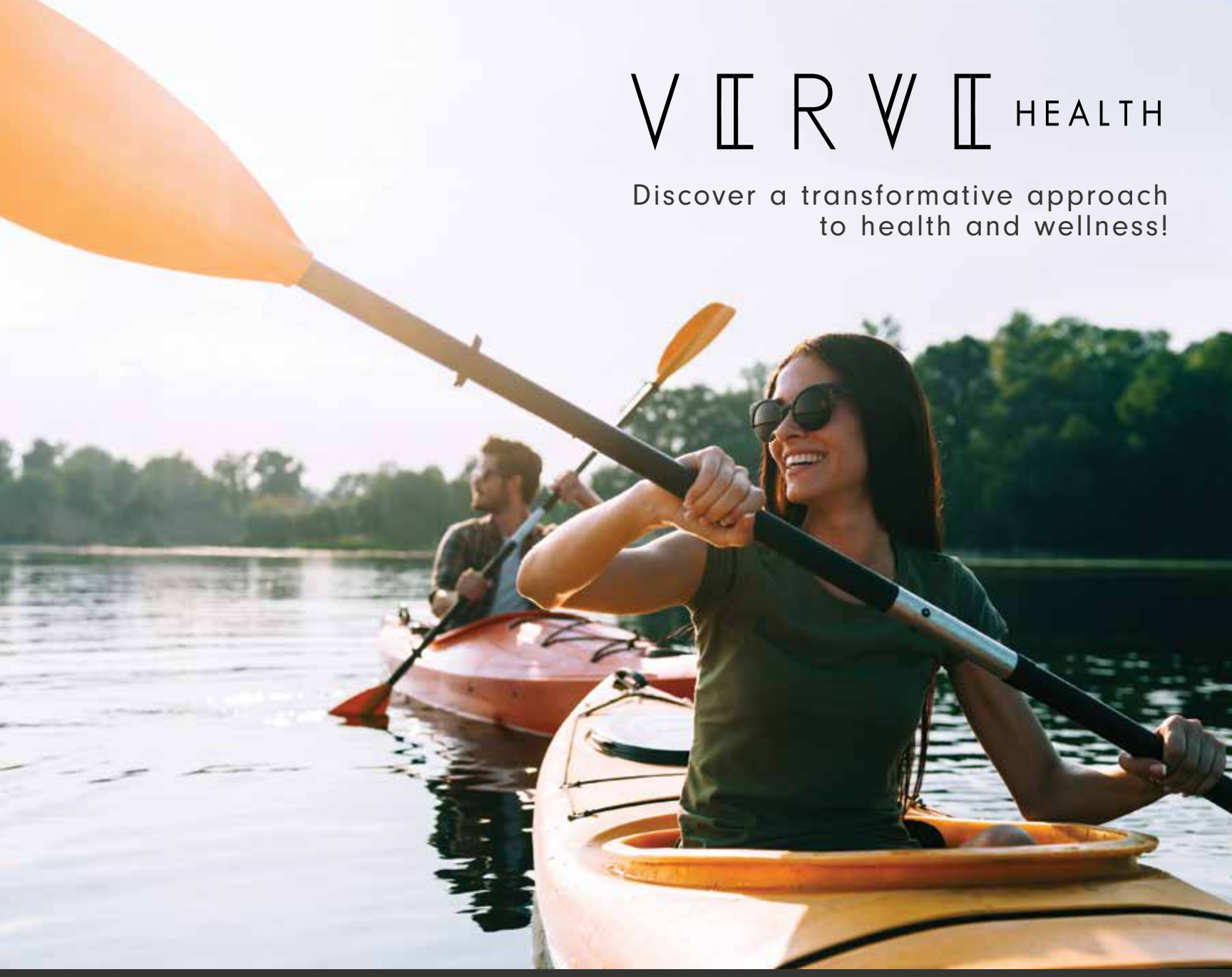
A pre-approved home loan from OnPoint puts you in a more competitive buying position, while communicating to the seller that you're a serious candidate with financial backing. Speak to an OnPoint Mortgage Loan Officer for more details. You'll soon see why OnPoint is the right home for your home loan.

BEND DOWNTOWN **BEND SOUTH** **REDMOND**

Get pre-approved today. Visit onpointcu.com/local-mortgage

VERVE HEALTH

Discover a transformative approach to health and wellness!



GLP Weight Loss Programs | Aesthetics | BHRT Optimization
Facials and Skincare | Strength Training | Massage

Specials

truSculpt® TruSculpt Flex
50% Off*

*Valid 5/1/24-7/1/24. Limit one coupon per customer.
Cannot be combined with any other coupons, discounts, offers, or promotions.

Weight Loss Program
$100 Off first month*

*Valid for new patients only, 5/1/24-7/1/24. Limit one coupon per customer.
Cannot be combined with any other coupons, discounts, offers, or promotions.

Schedule your consultation today!

vervehc.com | 541-678-4897
1458 NW College Way, Bend OR
Suite 202, 97703

Our Provider:
Monelle Burrus
APRN, FNP-c


Mt Bachelor
SUMMER AT ITS PEAK
BOOK YOUR SUMMER ADVENTURE TODAY AT MTBACHELOR.COM

TABLE *of* CONTENTS


PAGE 84

ON THE COVER
Music unites community.

PHOTO NATE WYETH, COURTESY HAYDEN HOME AMPHITHEATER

PHOTO BRANDON NIXON

Standard TV & APPLIANCE

BEST SERVICE. BEST SELECTION. BEST PEOPLE.

63736 PARAMOUNT DRIVE | BEND, OR

541.388.0088

STANDARD TV AND APPLIANCE IS THE LARGEST LOCALLY OWNED APPLIANCE COMPANY SERVING OREGON OVER 76 YEARS.

WWW.STANDARDTVANDAPPLIANCE.COM

TABLE *of* CONTENTS

DIGITAL EXTRAS

Not sure where to eat out next? Head over to the dining guide to learn more about our favorite spots at *bendmagazine.com/dining-guide*

Discover what's happening around Central Oregon or upload your upcoming events at *bendmagazine.com/calendar.*

Sign up for our newsletter and receive weekly restaurant recommendations, read digital-only articles, and stay connected at *bendmagazine.com/newsletter.*

@BENDMAGAZINE

PHOTO TOP LEFT AMANDA PHOTOGRAPHIC | TOP RIGHT MEGAN BAKER | BOTTOM RIGHT MEGAN NIELSEN


Sunriver Resort
Time to
Take the Leap
At Sunriver Resort, adventure awaits around every corner. Whether it's making a splash at the Cove, cruising the 40 miles of paved bike paths, playing one of our premier golf courses, or sharing a decadent meal together at one of our dining outlets, Sunriver Resort provides the time to do what you love with the people you love. Take the leap and plan your getaway today.
It's your time at SunriverResort.com

WORDS *and* PICTURES

CATHY CARROLL
WRITER

Born in Brooklyn, Cathy Carroll moved to Bend in 2001 and loves telling the stories sprouting in our greater backyards. She has reported on fascinating people, places and businesses around the world for major media including *Travel + Leisure, Travel Weekly* and *Forbes*. For this issue, she talked with local farmers about the business of community supported agriculture (CSAs). Go to page 63. The process deepened her respect for growers who toil to offer the best quality food and make it accessible to all, while helping improve the planet and survive amid perennial challenges.

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 during the past two decades—in graphic design, health, nutrition coaching and photography. Paymaster loves creating imagery that evokes emotion, tells a story and leaves the observer hungry for more. In this issue, find her portrait of Cynthia Linh and the creative food and cocktail offerings she serves at JIĀ Asian Street Kitchen. (See page 97).

CODY RHEAULT
PHOTOGRAPHER

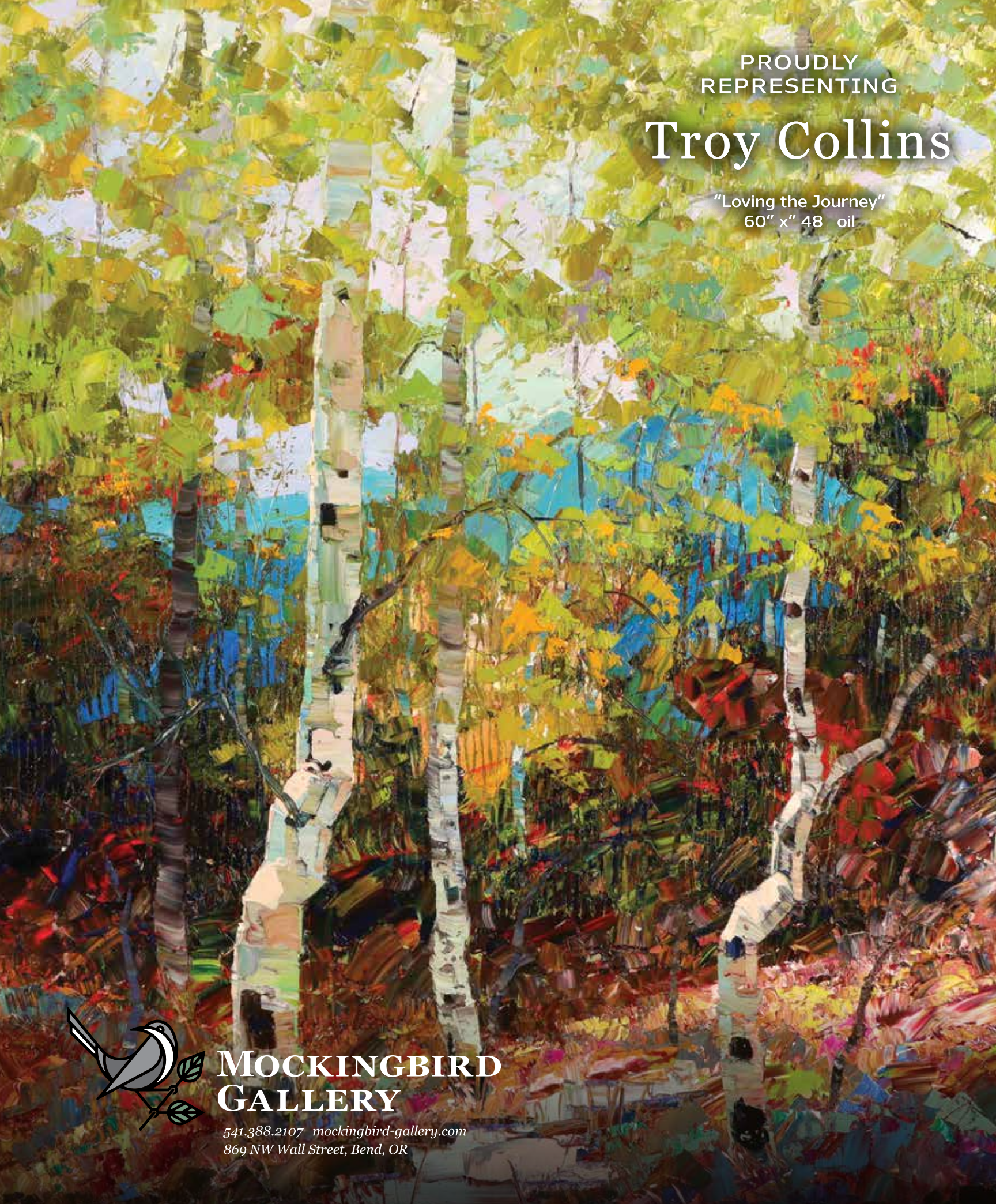
A professional filmmaker, photographer and budding writer, Sisters-based Cody Rheault travels the globe telling meaningful stories of people and places with his camera, focusing on the outdoors with a candid documentary style. He's spent much of his career telling the stories of military veterans through short films. Rheault enjoys time with his family, hiking local peaks, disc golfing or riding his motorcycle on backroads. For this issue, he traveled to the ranch of Jeanne Carver to introduce the woman who is working to transform the future of fashion. See page *78*.

DAN SHRYOCK
WRITER

A career journalist, Dan Shryock began his career as a newspaper reporter and editor. In 1990, he teamed with colleagues to become a Pulitzer Prize finalist (Explanatory Journalism). Working with magazines and websites in the Pacific Northwest and California, Shryock's primary focus is cycle tourism. He has explored from McKenzie Pass to Tuscany and New Zealand in search of bike destinations. Here, Shryock wrote about three scenic routes from Bend (see page 31). His new book, *Cycling Across Oregon: Stories, Surprises & Revelations Along the State's Scenic Bikeways* was published in April.

MIKE WEST
PHOTOGRAPHER

Based in Central Oregon, Mike West has specialized in product, corporate, business and architectural photography since 2006. With a "Dual-Minded" approach to his process, West's expertise in visual storytelling combines art and technology to help brands enhance their image. A father and an enthusiast of the great outdoors, he finds inspiration in nature for his work. In this issue, West captured an architectural masterpiece built on the banks of the Deschutes River. Jump behind the lens to see the artistry of this "Home on the Wave" in the heart of downtown Bend. See page 53.


PROUDLY
REPRESENTING
Troy Collins
"Loving the Journey"
60" x" 48 oil
MOCKINGBIRD
GALLERY
541.388.2107 mockingbird-gallery.com
869 NW Wall Street, Bend, OR

BEND Magazine

PUBLISHERS
HEATHER HUSTON JOHNSON
ROSS JOHNSON

EDITORIAL
Editor in Chief CHERYL PARTON
Associate Editor HEIDI HAUSLER
Staff Writer CHLOE GREEN
Podcast Host ADAM SHORT
Copy Editors LEE LEWIS HUSK, STEPHANIE BOYLE MAYS

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

SALES
Senior Account Executive RONNIE HARRELSON
Senior Account Executive SUSAN CROW
Account Executive ALLIE FIELD
Sales & Marketing Coordinator GRETCHEN SORTOR

BUSINESS & MARKETING
Marketing Director CALI CLEMENT
Director of Operations HEATHER RENEE WONG

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

CONTRIBUTING WRITERS
KARISTA BENNETT, CATHY CARROLL, KIM COOPER FINDLING, JENNIFER DELAHUNTY, ANNIE FAST, CASEY HATFIELD-CHIOTTI, SUZANNE JOHNSON, GREGG MORRIS, PENNY E. NAKAMURA, AARON RASHEED, DAN SHRYOCK, MAISIE SMITH

CONTRIBUTING PHOTOGRAPHERS
ALYSON BROWN, STEVE HEINRICHS, JARED MANTZOURANIS, REGINA NICOLARDI, BRANDON NIXON, TINA PAYMASTER, AMANDA PHOTOGRAPHIC, JESSE POLAY, CODY RHEAULT, RUSS ROSA, GINNY SACKETT, ARIAN STEVENS, MIKE WEST

CONTRIBUTING ILLUSTRATOR
DAVI AUGUSTO

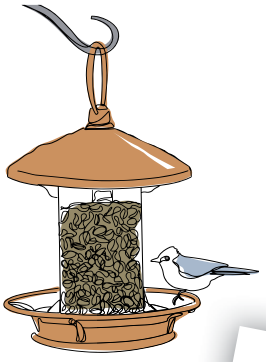
FIND US ONLINE
BENDMAGAZINE.COM
INSTAGRAM + FACEBOOK: @BENDMAGAZINE

SUBSCRIPTIONS
BENDMAGAZINE.COM/SUBSCRIBE

OREGON MEDIA

PUBLISHED BY OREGON MEDIA, LLC
974 NW RIVERSIDE BLVD. BEND, OREGON 97703
OREGONMEDIA.COM

BEND MAGAZINE *Issue 3 May 2024 (ISSN 29951860) is published bimonthly by Oregon Media, LLC 70 SW Century Dr. STE 100 Bend, OR 97702. Periodicals Postage: Paid at Bend, OR, and at additional mailing offices. Postmaster: Send address changes to Oregon Media at P.O. Box 15005 North Hollywood, CA 91615*



Discover yourself here.

The secret is out! Announcing Strada, the first-of-its-kind collection of custom homesites in Discovery West, available to the public. Generous homesites offer ample space and privacy and a serene natural setting — all close to nature, trails, bike paths, schools, parks, shops, restaurants and more. This rare opportunity is just waiting for you to customize your next life's move.

DISCOVERY WEST

Learn more about your custom home build journey in Strada. Visit **DiscoveryWestBend.com/Strada** for details or call Shelley Griffin at Harcourts the Garner Group Real Estate at (541) 280-3804.

STRADA at DISCOVERY WEST

> IT'S NOT ALWAYS ABOUT YOUR SUCCESSES, IT'S ABOUT WHAT YOU LEARN ALONG THE WAY AND YOUR FORTITUDE TO STICK TO WHAT YOU BELIEVE IN."

Editor's LETTER

Sitting in the cockpit of the world's first flying car* and scanning the control panel, my imagination took flight. Would there be a highway in the sky someday? I was about to take off into the future, only this scene was set in Central Oregon just a quarter mile off Highway 20.

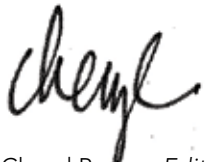
My conversation with the vehicle's inventor, Sam Bousfield (see pg. 69), kept me on solid ground. While he's an idea-architect with almost a dozen patents to his name, the word he used to attribute his success resonated: persistence.

It's what I've tried to emulate myself, teach my kids over the years and remind my youngest child who is about to graduate from high school this June—it's not always about your successes, it's about what you learn along the way and your fortitude to stick to what you believe in. We've all had an injury, a broken relationship or business, or simply taken a wrong turn. The ability to make a thoughtful decision about what you do afterward defines where you go next.

In this issue, as we head toward summer together, let's ask ourselves, "What decisions will we make to connect to the best of Central Oregon?" How about gathering in Drake Park to celebrate community while honoring Juneteenth (pg. 45)? Or hiking or biking with intention to learn about the environment along the way (pgs. 31-37)? We can think more about the food we eat and the clothes we wear (pgs. 63 and 78). The first open-air concerts signal the start of the summer season in my book, so I'm hoping to grab a paddleboard and listen to music while looking up at the stars.

On the subject of paddleboarding, Annie Fast wrote about pups on SUPs in her feature (page 84). It reminded me of another example of persistence. Our wire-haired griffon Buzz loved the water—he seemed to hold his breath as he took deep dives for sticks, stones (and detritus) at the bottom of Elk Lake. But when I attempted to bring him on a board, he'd have none of it. Over and over again, we'd try. Each time, it ended in utter chaos and a huge splash for both of us.

Persistence doesn't always mean success, but in failure, we find lessons, invention or at least a laugh or two. Enjoy the season ahead—music, Central Oregon's rivers and trails, and our diverse community. Allow your imagination to take flight. After all, life's a splash!



Cheryl Parton, *Editor in Chief*

**commercially available*

PHOTO MAILE MASON

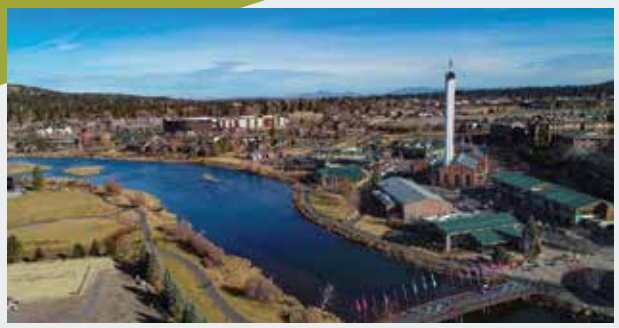

Bend
Pet
express
Dedicated to healthier pets since 1993.
I ♥ MY PETS
MY PETS ♥ BPE
OPEN 7 DAYS · 2 LOCATIONS · FREE DELIVERY · LOCAL TO THE CORE

ON *the* WEB

Travel beyond the printed page with digital content that expands on the stories you love most. Find inspiration, whether for adventure or amplifying your life, at your fingertips. Simply visit *bendmagazine.com* and connect to the events, people and places that define the Bend lifestyle.

PHOTOS TOP LEFT: ARIAN STEVENS | TOP RIGHT: TAMBI LANE
BOTTOM LEFT: GIA BATTAGLIA | BOTTOM RIGHT: ELY ROBERTS

1. WHAT'S HAPPENING: Discover things to do in Central Oregon or upload your upcoming events at *bendmagazine.com/calendar*. **2. DINING GUIDE:** Not sure where to eat out next? Visit our curated dining directory to learn about new (and favorite) spots at *bendmagazine.com/dining-guide*. **3. EXPLORE OUTDOORS:** Visit our website to learn more about the wide range of outdoor sports in the area, plus explore new trails and get gear recommendations for each season. Go to *bendmagazine.com/outdoors*. **4. PODCAST:** Listen to *Bend Magazine*'s The Circling Podcast with host Adam Short. Find expanded content connected to each issue, plus interviews with even more of the community you love at *bendmagazine.com/podcast*. **Bonus: SUBSCRIBE for $5 using code SPRING** at *bendmagazine.com/subscribe*.



A Getaway Every Day

It's a special place that can make you feel like you're always on vacation. The Eight is that place.

Nestled in the Old Mill District and just steps from the Deschutes River, this exclusive collection of townhomes offers resort living in the heart of Bend. Three floors of luxurious living spaces welcome you with a perfect mix of industrial elements and natural materials. Expansive balconies invite you to entertain, relax, and enjoy the sweeping views. Venture out, and you're just minutes from Central Oregon's finest restaurants, shops, galleries, golf, skiing, hiking, and so much more.

The Eight is zoned for nightly rental, making it a fantastic investment opportunity. Then again, with everything it offers, we won't blame you if you choose to keep it all for yourself.

THE EIGHT
AT THE OLD MILL

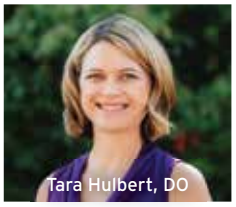
www.theeightattheoldmill.com

Stephanie Ruiz, Broker
541.948.5196

Jordan Grandlund, Principal Broker
541.420.1559

Cascade Hasson | Sotheby's INTERNATIONAL REALTY

NOW OPEN IN OUR NEW REDMOND LOCATION


Tara Hulbert, DO

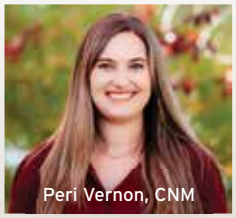

Julie A. Wheir, MD


Janelle Strom, MD

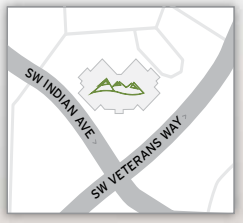

Megan Smith, MD


Ciara Thomson-Barnett, CNM, WHNP


Miriam Champer, MD


Peri Vernon, CNM


Cheryl Czapla, MD

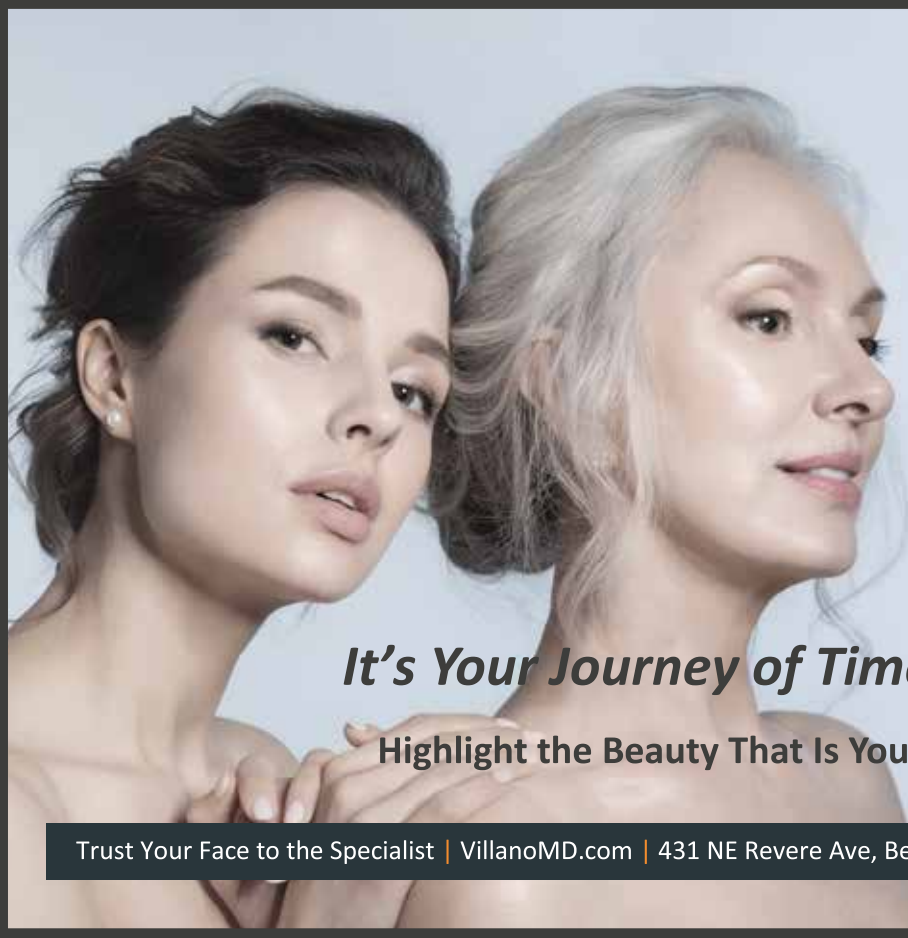


Expert care for women... where you need it!

We're here for you, Redmond. It's been our mission for over 40 years to provide the best possible healthcare to women in our communities. From adolescence to menopausal years, we offer a full range of women's healthcare services, including obstetrics, gynecology, midwifery and more—now serving women in our new Redmond office.

EAST CASCADE WOMEN'S GROUP

865 SW Veterans Way, Redmond
(541) 389-3300 | www.ecwg.net



VILLANO MD
TIMELESS BEAUTY | BEND

Specializing in Surgical & Nonsurgical Facial Aesthetics

Michael E. Villano MD, FACS
Dual Board Certified Facial Plastic Surgeon

It's Your Journey of Timeless Beauty

Highlight the Beauty That Is Yours for a Lifetime

Trust Your Face to the Specialist | VillanoMD.com | 431 NE Revere Ave, Bend OR | 541.312.3223 | Our Focus Is on Your Face

Making History

Bridging the communities of Bend and Warm Springs

In an effort to form closer relations and foster a partnership on topics that impact both communities, the Bend City Council and Confederated Tribes of the Warm Springs Reservation signed a groundbreaking Memorandum of Understanding (MOU) in March. At annual meetings held on a rotating basis in Bend and Warm Springs, the two entities will share their respective community's interests, cultural perspectives and values, while addressing matters such as equitable use of the water resources of the Deschutes Basin, land use and stewardship, cultural resource protection and sustainable regional economic development. "This is really a historic agreement between the Warm Springs Tribes and the City of Bend," City Councilor Anthony Broadman said. "[The MOU] will strengthen our relationships, promote awareness and formalize the respect for sovereignty and values that we share." The partnership will work to honor the parallel and diverse needs of the two Central Oregon communities. A "harmony workshop" in Warm Springs is scheduled for June to kick off the MOU and will be found online. See *bendoregon.gov*.

PHOTO STEVE HEINRICHS

News *Shorts*

FEDERAL FUNDS TARGET FOREST HEALTH AND RESILIENCY

As part of a 10-year strategy designed to improve forest health and protect communities from wildfire, the U.S. Department of Agriculture granted Central Oregon $18.2 million in federal funding earlier this year. Priority projects to improve forest health are located on the Deschutes National Forest and the Crooked River National Grassland and will be coordinated with other local and state organizations said Kaitlyn Webb, public affairs officer for the Deschutes National Forest.

MIDTOWN CONNECTIONS PROPOSED

The City of Bend unveiled Phase 1 of its Midtown Multimodal Connections and Streetscaping Project. Designed to improve east-west travel between downtown and the Central District, the project includes improvements on four key connectors to make travel safer for all users. Phase 1 is slated to include a Hawthorne Street crossing over Bend Parkway, improved transportation conditions on Second Street between Franklin and Greenwood avenue, along with crossings under the Bend Parkway on these two main corridors. See *bendoregon.gov*.

SPA AND WELLNESS CENTER PROPOSED NEAR DOWNTOWN BEND

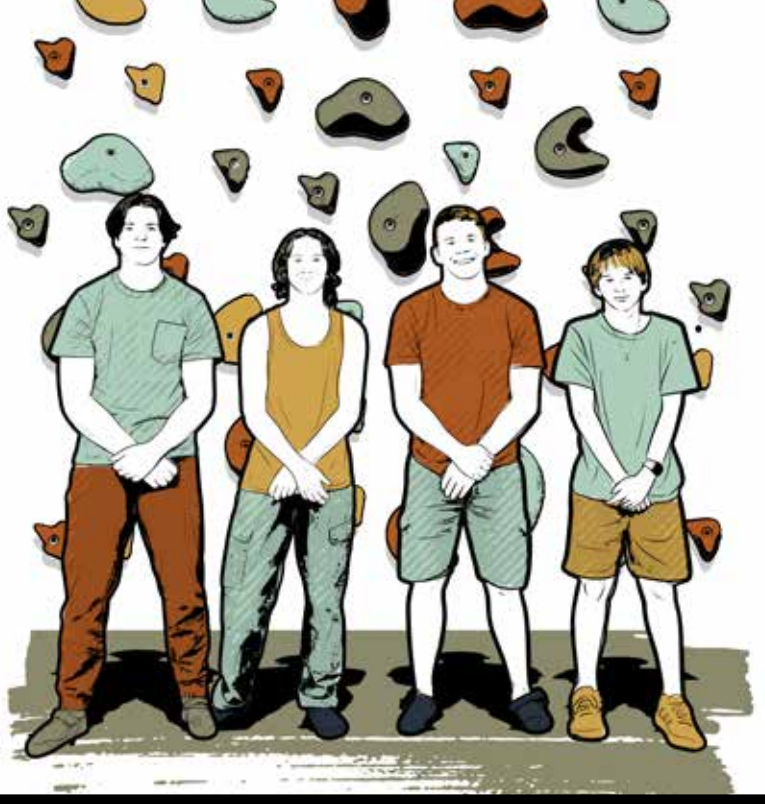
A multistory spa and wellness center has been proposed for one of the last undeveloped lots between downtown Bend and the Old Mill District. Bordered by Arizona, Bond, Colorado and Wall streets, the city block is the site for the four-story project, a Nordic-style club that would include hot and cold pools, steam rooms and saunas based on biophilic design principles. The developer, SolTerra, recently completed a similar facility in northeast Portland called CASCADA. "We hope to recreate this vision in Bend, while using the regional environment as inspiration for this new canvas," said Danya Feltzin, executive vice president at SolTerra, a Seattle company focused on sustainable urban architecture. The project is currently in the design review phase. See *solterra.com*.

NEW OWNERS FOR GOODY'S CHOCOLATES AND ICE CREAM

An iconic Central Oregon establishment, Goody's Chocolates and Ice Cream, will continue under new ownership. Founded in Sunriver and family-owned since 1985, the chocolate company, including its old-fashioned ice cream and chocolate shops, recently was purchased by two Tumalo residents who bring a combined expertise in the hospitality industry and law to the venture. Mark Strelcheck and Dave Bergman plan to carry the spirit of Goody's forward by maintaining all of the current employees and the preservative-free Goody's recipes for candy handmade in Central Oregon. The partners plan to remodel the downtown Bend store to create a community gathering place and hope to create a mobile ice cream truck in the near future. See *goodyschocolates.com*.

PHOTO BOTTOM ARIAN STEVENS

Faces *in* Town



DREW CHILDERS, SOREN HASSELBLAD, WILL HUNZICKER AND VANCE STANFIELD

TEAMMATES + BOULDERING CHAMPS

Four athletes from Bend Endurance Academy earned their way to the USA Climbing National Championships taking place in Salt Lake City this July. High school students Will Hunzicker, Drew Childers, Vance Stanfield and seventh grader Soren Hasselblad will all compete in the bouldering event against climbers from across the nation in their age groups.

SOPHIA, STELLA & NICOLAI RODRIGUEZ

POWER FAMILY + BMX RACERS

At 10 years old, BMX racer Sophia "So Fast" Rodriguez was ranked No.1 in Oregon and qualified for the World Championship in Belgium. Now 15 and a student at Bend High School, Sophia coaches Central Oregon youth and a new line of champions: her siblings. Eleven-year-old sister Stella won a championship title at Tulsa Grand Nationals in 2023. Brother Nicolai won four national competitions last year alone, and he's only 6 years old. "I tell them, doors open for you when you work hard," their father Albert shared. Up next is USA BMX Oregon State Championship Qualifier, June 8 at Big Sky Park's new BMX track.

KEVIN OCHOA-LIMBECK

PROFESSIONAL BOXER + INSPIRATION

For 13 years, Kevin Ochoa-Limbeck of Redmond has dedicated himself to the sport of boxing. With encouragement from his father, the 19-year old first entered a boxing gym at age 6 after being bullied on the school bus. "Boxing is a reflection of life, it has taught me so much more than just fighting," he explained. With a long list of titles to his name, including a national Silver Gloves title and a trip to the Golden Glove Nationals in 2023, the highly decorated athlete made his professional debut in February. "The gloves are smaller, there's no headgear, and the stakes are a lot higher," Ochoa-Limbeck explained. "I'm one of the younger fighters, which can be intimidating, but it fuels my drive to prove myself." Then he added, "I would love to inspire others to chase their dreams and achieve greatness."

ILLUSTRATIONS BY DAVI AUGUSTO

Saxon's
FINE JEWELERS

Old Mill District

www.saxonsfinejewelers.com

Cycling Central Oregon

Scenic bikeways lead to discoveries along the way

WRITTEN BY **DAN SHRYOCK**

Look north from the junction of h-ighways 216 and 197 just west of Maupin and see Mt. Hood in the distance. Notice how the pavement slightly bends to the south and disappears as it descends into town. Now glide along the road's wide shoulder following the Sherar's Falls Scenic Bikeway, picking up speed as you flow into town and descend toward the Deschutes River.

Sherar's Falls Scenic Bikeway

PHOTO RUSS ROSA

PHOTO RUSS ROSA

Of the state's 17 official scenic bikeways, six are in Central Oregon. There's the challenging McKenzie Pass Scenic Bikeway across the Cascade Range and the descriptively titled Sisters-to-Smith Rock Scenic Bikeway. Another, the Twin Bridges Scenic Bikeway, originates at Mirror Pond in Bend, visits Tumalo, then loops north before returning to town.

Three other nearby routes follow less-explored roads. Each one is well under 40 miles and offers only a few hills. Experienced road cyclists and those on e-bikes may consider these rides to be easy. Those with less time pedaling may agree with these routes' official ratings: moderate. But all will benefit by slowing to appreciate the scenery, geology and history found along the way.

CROOKED RIVER CANYON SCENIC BIKEWAY

The Crooked River canyon, south of Prineville, is a dream destination for rockhounds searching for agate, jasper, obsidian, opal and Oregon's prized find—thunder eggs. It should be no surprise to cyclists when they see these dedicated hunters scouring the river banks as they pedal south on Oregon Route 27, the Crooked River Highway, toward Bowman Dam and Prineville Reservoir. The rocks, remnants of the region's long volcanic history, are so plentiful that Crook County is considered to be among the best rock-hunting locations in the country. The thunder egg, a geode that reveals colorful, crystalline silica when cracked open, has been the Oregon state rock since 1965.

The ride from Prineville's southern edge follows the river for 18 miles as it twists through the canyon on an easy, gradual climb until ending at Big Bend Campground, a half-mile shy of the reservoir. There are several opportunities to stop for pictures as the river snakes between the high canyon walls. Shade is limited until reaching the campground, so it's important to carry adequate food and water–and liberally apply sunscreen. While it's 18 miles to the end of the ride for those who

Crooked River Canyon Scenic Bikeway

planned to have a vehicle waiting at the end, it's extended to 36 miles with a return to Prineville.

- **Start and Finish:** Prineville
- **Distance:** 18 miles one way, or a 36-mile loop
- **Elevation Gain:** 728 feet

SHERAR'S FALLS SCENIC BIKEWAY

This is one bike ride, available in three parts. First, there's a segment through Maupin, with an exploration of Wasco County farmlands and a peaceful pedal along the Deschutes River. How the day's experience unfolds next is determined by an answer to the question: Do you want to complete the hard work early and enjoy the rest of the day, or split the uphill effort into two smaller sections? Riders may choose a steep climb from the river for six miles up slow-moving Highway 197 through Maupin before the road finally levels out. Or, another option includes a steep uphill going up and then across the countryside, passing through Tygh Valley and returning to town for several miles along a downhill stretch.

There are two key spots to take note of on this bikeway. One is Maupin, a community worthy of a rest stop, a cold drink and a look around. The other is Sherar's Falls, a twist in the road and a river crossing steeped in history. The Sherar's Bridge Hotel, stagecoach stop and toll bridge are long gone; the hotel burned down more than 80 years ago. The waterfalls, while modest in size, remain a traditional fishing spot for Native peoples using wooden scaffolds and dipnets as their ancestors have for thousands of years.

- **Start and Finish:** Maupin
- **Distance:** 33 miles round trip
- **Elevation Gain:** 1,727 feet

MADRAS MOUNTAIN VIEWS SCENIC BIKEWAY

Start this experience on a gravel path veering off of SW Mountain View Drive in downtown Madras. The road's rocks are too deep to continue pedaling with narrow road-bike tires, so you'll need to walk about 50 yards to a parking lot and look for a stone guardrail. Lean forward and stare down into the aquamarine waters of Lake Billy Chinook. This ride is named for its views of the distant Cascade Range, but it's hard to take your eyes off the lake, which is actually a reservoir. It collects water from the Deschutes, Metolius and Crooked rivers before allowing a controlled stream to flow north as the Deschutes River. To the west are the mountains—Jefferson, Bachelor and Washington, plus the Three Sisters and more—if you remember to look up.

The Madras Mountain Views Scenic Bikeway is a comfortable ride from Sahalee Park in Madras south across open farmland and through the towns of Metolius and Culver before angling toward the lake. There's one hill to climb on the way back and then the route glides for seven miles back down to Madras.

- **Start and Finish:** Downtown Madras
- **Distance:** 29 miles
- **Elevation Gain:** 1,175 feet

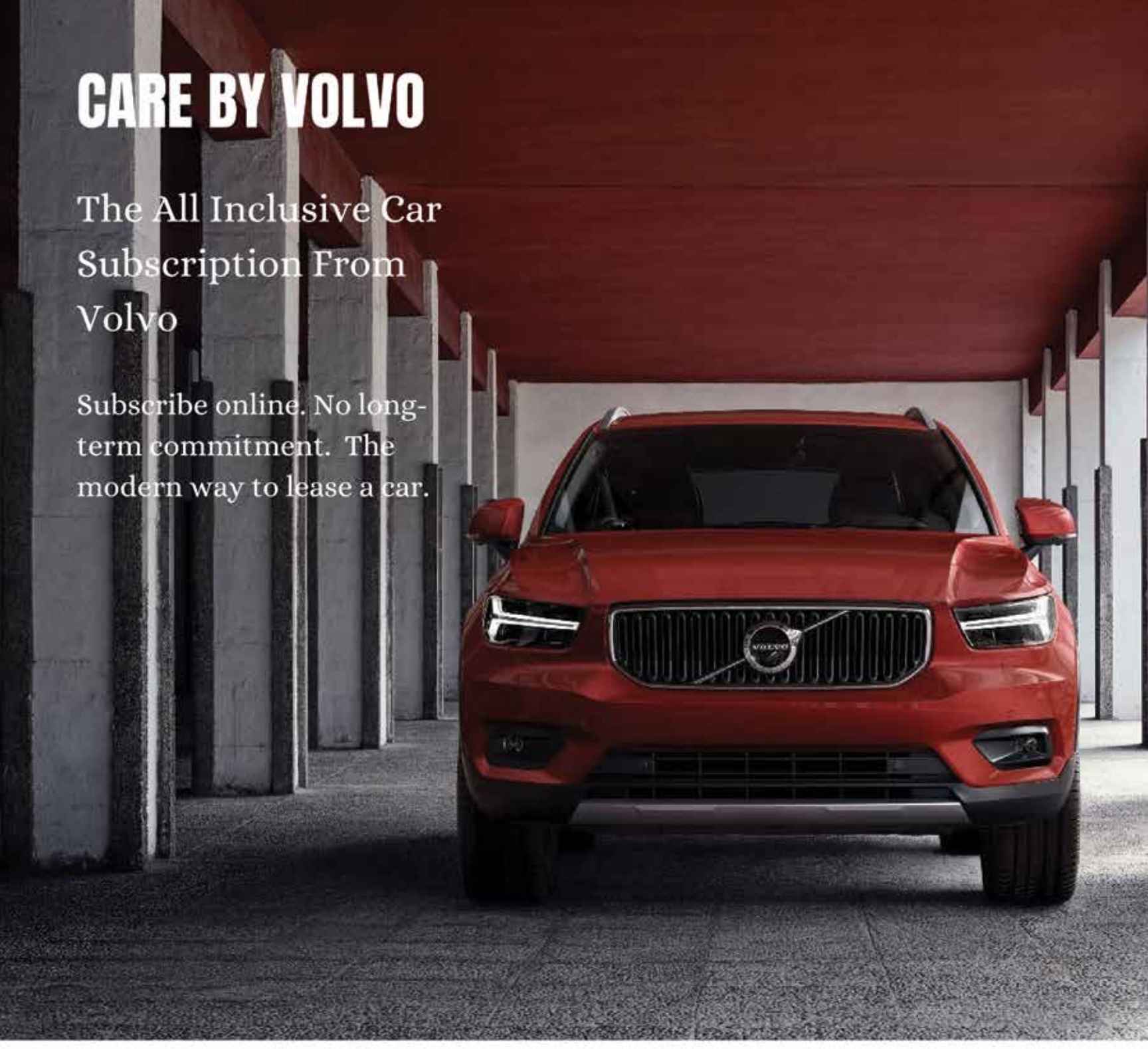
CYCLING SAFETY AND NEWS: These routes follow public roads and include vehicle traffic. Wear a bicycle helmet and brightly colored clothes. Use a flashing tail light and obey traffic laws. Also note: Oregon Highway 242, part of the McKenzie Pass Scenic Bikeway, is closed for repaving and roadside improvements from U.S. 20 in Sisters to the summit at Dee Wright Observatory. Roadwork is expected to be completed by the McKenzie Highway's traditional June opening which is June 17 this year. An Oregon Department of Transportation spokesperson emphasizes that the road is not safe for bicycling until then and urges cyclists to respect the closed road gates.

PHOTO TOP STEVE HEINRICHS | BOTTOM RUSS ROSA

CARE BY VOLVO

The All Inclusive Car Subscription From Volvo

Subscribe online. No long-term commitment. The modern way to lease a car.



Subscription benefits

VOLVO CARS BEND

All-inclusive

One monthly payment includes the maintenance, protection for tires, wheels, and excessive wear. Volvo also takes care of the insurance coverage†!

It's easy

Subscribing online is easy & negotiation free. Choose your preferred retailer, and we will contact you to schedule a time to pickup your vehicle.

It's flexible

Life can change, so we change with you. No long-term commitment & the flexibility to cancel after 5 months.*

www.volvocarsbend.com | **20630 Grandview Dr. Bend , OR 97701** | **541-749-2156**

Trailblazer

Intentional miles with thru-hiker Renee Patrick

WRITTEN BY **SUZANNE JOHNSON**

When Renee Patrick set out on the Appalachian Trail in 2002, she had no idea hiking would evolve into her life's focus. "I marveled at the simplicity of thru-hiking," she said, referring to the concept of hiking a long-distance trail from one end to the other, continuously. "[The fact] that a person could walk across an entire continent one step at a time is empowering. By focusing on a day, not the destination, you can make anything happen," she said.

For Patrick, immersion in nature brings freedom, wonder and deep connection to the landscape. It's a joyful mix that keeps calling her back to the trail. After completing the Appalachian Trail, Patrick hiked the Pacific Crest Trail in 2006 and the Continental Divide Trail in 2015, thereby completing the Triple Crown of long-distance hiking. Along the way, she recognized the level of work required to sustain these trails, and realized her professional expertise fit that niche perfectly.

Renee Patrick adopted her trail name, She-Ra, and a sword-bearing "super power" from an animated superhero. Here, Patrick on the Continental Divide Trail.

Hiking the Continental Divide Trail.

> I HELD UP MY HIKING POLE LIKE A SWORD AND YELLED 'I GOT THE POWER!' A TOTALLY SILLY AND FUN MOMENT, BUT HIKING CULTURE IS PLAYFUL."

CURATING THE LONG-DISTANCE HIKE EXPERIENCE

Patrick's background in museum exhibit design laid the foundation for her work as a trail consultant, curating experiences that engage users and evoke curiosity. Translating those skills to trail development meant working with conservation organizations to craft the story of the trail. From ground-truthing maps to creating guidebooks, Patrick aims to strengthen every hiker's love for the landscape.

In Central Oregon, Patrick's work supports hikers along the Oregon Desert Trail (ODT), a 750-mile, mostly unmarked route developed by the Oregon Natural Desert Association (ONDA). This challenging trail meanders from the Oregon Badlands, through the Steens Mountain Wilderness to the Owyhee Canyonlands.

"Nature becomes home for long-distance hikers. We begin to remember our relationship with nature. The ODT is an opportunity to understand the landscape and consider what's changing with the water and wildlife, the cultural significance for Indigenous people and the ranching community as well," said Patrick. Helping hikers become stewards of the land was fundamental to her approach as she helped develop the Blue Mountain Trail. This 530-mile route through the Wallowas and Elkhorn Mountains is full of contrasts that showcase environmental issues.

"Here, hikers walk along both a dammed and a free-flowing river. They cross through old-growth and clear-cut forests. Trail resources include more than good maps—they're peppered with information and ways to be part of the solution," said Patrick.

SHARING THE TRANSFORMATIVE POWER OF A LONG WALK

When it comes to Patrick's passion for getting others outside, consulting on trail design is only half the story. She connects directly with hikers through her blog, She-Ra Hikes, and her newest venture, an online discussion series called Intentional Hiking, which focuses on a hiker's relationship with the environment, trails and other people. The interactive discussions and videos explore aspects of hiking, ranging from the philosophy of ultralight packing to finding wellness in the wilderness.

Patrick's trail name and blog title are borrowed from the female superhero in the animated series "She-Ra and the Princesses of Power." "She-Ra became my trail name after a cold, rainy hike up Blood Mountain on the Appalachian Trail. I held up my hiking pole like a sword and yelled 'I got the power!' A totally silly and fun moment, but hiking culture is playful. It's like recess—both carefree and confidence-building," said Patrick.

Patrick's wishlist of hikes yet to explore is long, but she's optimistic she'll cover them all. After all, she notes, "My favorite trail is the one I haven't hiked yet." See *sherahikes.com*.

WIDE OPEN SPACE *Or* WEST SIDE BEND

TIFFANY PAULIN
Farm & Ranch Acreages
Oregon Principal Real Estate Broker
541-420-7298

BETH DAVIES
Bend & Urban Development
Oregon Principal Real Estate Broker
541-408-5758

LivOregon
REAL ESTATE, LLC

541-610-7000 | LivOregonRealEstate.com
974 NW Riverside Blvd. Bend

We Know CENTRAL OREGON

Summit Bank Business Assistant Vice President/ Market Development Officer Maarty Leunen, Vice President/Central Oregon Market Manager Jill Cummings, and Client Advisor Roger Lee.

Member FDIC

COMING SOON TO REDMOND

"Our new location in Redmond will help us better serve our clients as we provide exceptional financial services and support to the business community."

– Summit Bank CEO Craig Wanichek

SUMMITBANK

541-317-8000 • www.SBKO.bank

Metolius River
ASSOCIATION

Camp Sherman Store & Fly Shop
campshermanstore.com

Cold Springs Resort & RV Park
coldspringsresort.com

House on Metolius
metolius.com

Hoodoo's Camp Sherman Motel & RV Park
campshermanrv.com

Hola!
holabend.com

Lake Creek Lodge
lakecreeklodge.com

Metolius River Lodges
metoliusriverlodges.com
541-595-6290

Metolius River Resort
metoliusriverresort.com

The Suttle Lodge & Boathouse
thesuttlelodge.com

For a time to relax in the beauty of huge Ponderosa pines and a magnificent river, visit the Metolius Basin in Central Oregon (Camp Sherman). Hike, fly fish, mountain bike, snow ski (in season), view wildlife or just sit in front of a fire and watch the river go by. Cabins for rent at 8 resorts and great food available at several locations. Visit ***MetoliusRiver.com.***

Stay and Play

Why Palm Desert when you can high desert?

WRITTEN BY **KIM COOPER FINDLING**

Come spring, the high desert beckons as Bend's backyard playground. Head east from town and the landscape quickly changes. Massive Ponderosa pine trees and manzanita give way to old-growth juniper forests and fragrant sagebrush dotting the landscape. Clouds evaporate, revealing a wide-open and clear sky. The earth heats up quicker in the desert, where the atmosphere is arid and the soil is exposed. In May, when the cold of winter clings to Bend's trails, and mornings may take a few long hours to warm, the desert sun rises early, calling visitors who seek endless exploration and a taste of the summer season to come.

Across the expanse of eastern Oregon are rimrock valleys, bubbling rivers and charming towns straight out of the Wild West. Yet tucked in the high desert closer to Bend, discover something surprising—a pair of luxury resorts. Fine dining, top-notch golf, outdoor adventure, spas and pool complexes to rival those found in the Coachella Valley are here under our own desert sun. These two resorts—Brasada Ranch and Juniper Preserve—are Bend's version of an iconic sun-filled Southern California desert retreat, but without quite so much travel, so many people or Hollywood price tags. Who needs a plane ticket to Palm Springs? Instead, visit a luxe duo of Central Oregon desert destinations, for a daytrip, overnighter or an extended staycation.

Brasada Ranch

This luxury ranch retreat sits on the slopes of Powell Butte, delivering a Western-modern vibe and sunsets featuring the expanse of the Cascade Range.

GOLF

You'll have to stay the night to enjoy the golf course, open to guests and members, but you won't regret a night (or two) here. The longer you stay, the more time for the desert to perform its magic. Every hole at Brasada Canyons golf course offers a view, and a sense of having the course to yourself. Expect par 72 and 7,295 yards of happiness.

WELLNESS

Drawing inspiration from the surrounding landscape, Spa Brasada is the place to unwind with a nature-based mind-body treatment. Try the Brasada Essence massage or Serenity Rose CBD wrap for a luxurious escape.

DINING

Secure your spot on the dining deck at Range Restaurant & Bar to take in Brasada's expansive sunsets while enjoying items from a seasonal menu inspired by the local terroir—think mushrooms, steelhead, Oregon apples and pears, accompanied by gourmet s'mores and a setting sun.

OUTDOORS

Try a heated, circular lazy river and a quick blast down a waterslide for that slice-of-summer preview. The Sundance pool is a place for family fun, or try the more serene adults-only Cascade Pool. Hike the trail up Outback Butte to Spirit Rock—bring a picnic and enjoy the hike's payoff views with a laid-back snack under sunny skies. Brasada is a real ranch, after all, so don't miss the chance to venture out onto 900 acres on a guided horseback ride. See *brasada.com*.

Brasada Ranch

Brasada Ranch

Juniper Preserve

Formerly known as Pronghorn, this destination set in a juniper forest exudes an Old-World vibe with a contemporary health-and-wellness focus.

GOLF

When the resort was created in 2002, two of golf's finest bestowed their design talents, and their names, to the resort's twin golf courses. The Jack Nicklaus course is a 7,460-yard, par 72 public course, considered the original "desert-style" golfing experience in the Northwest. The Tom Fazio course, 7,462 yards and par 72, open only to members and guests, winds through juniper trees and rocky outcroppings for another 18 holes of desert delight.

Juniper Preserve

WELLNESS

Soak up peace and relaxation at Juniper Spa, where facials, massage and a signature treatment, the Desert Therapeutic, loosen up muscles tired from months spent bracing against the winter cold. Juniper Preserve offers a host of wellness classes and retreats, including some in breathwork, yoga and Synergy—a kava and cacao-enhanced sound-immersion experience.

DINING

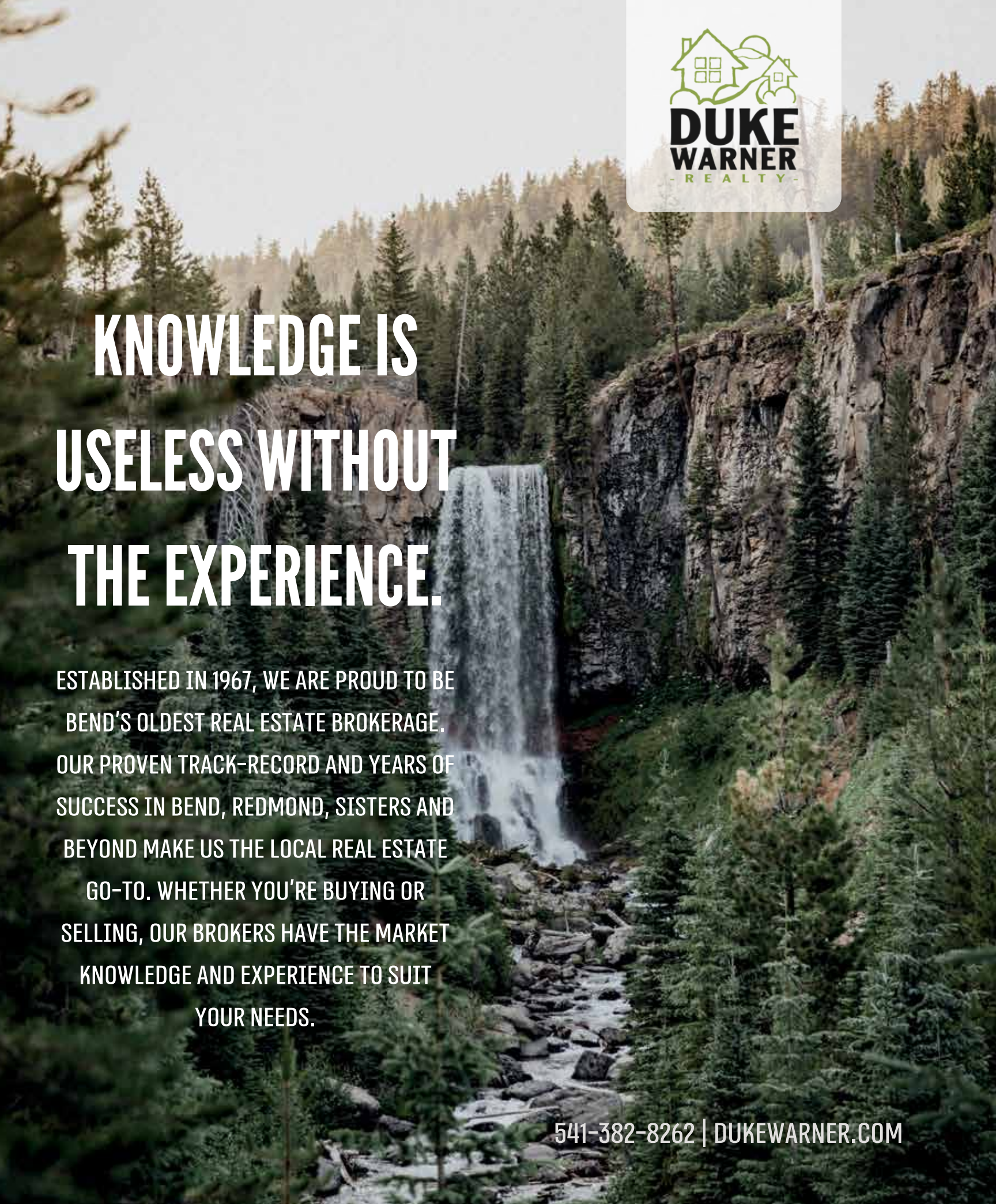
Kick back on the outdoor patio at the Trailhead Grill. With your face tilted toward the sun, sip a fresh libation and snack on free-range buffalo wings. Juniper Preserve's seasonal pop-up dining, KÉYA, offers a multisensory feast paying homage to rich Indigenous culinary traditions, incorporating historic and foraged foods.

OUTDOORS

This splashy desert retreat with poolside cocktail service exudes a vacation vibe. Juniper Preserve boasts no fewer than five pools and hot tubs. Take a cool pool dip or hot soak, find a lounge chair in the sun, then repeat. Don't forget the waterslide! Follow pool time with a round of lawn games, or search out Juniper Preserve's hidden ancient lava cave. See *juniperpreserve.com.*

Juniper Preserve

Brasada Ranch	Juniper Preserve	Palm Springs
Landscape: Juniper | Sagebrush | Pine	Landscape: Juniper | Sagebrush	Landscape: Cactus | Palm Trees
Around 21 Miles from Bend to → Brasada Ranch	Around 15 Miles from Bend to → Juniper Preserve	Around 940 Miles from Bend to → Palm Springs
May/June Average Temperatures: H: 73° | L: 42°	May/June Average Temperatures: H: 72° | L: 36°	May/June Average Temperatures: H: 93° | L: 65°
The Vibe: Luxury Ranch & Outdoor Playground	The Vibe: Old-World Healing Retreat	The Vibe: Trendy SoCal Escape


DUKE
WARNER
- REALTY -
KNOWLEDGE IS USELESS WITHOUT THE EXPERIENCE.
ESTABLISHED IN 1967, WE ARE PROUD TO BE BEND'S OLDEST REAL ESTATE BROKERAGE. OUR PROVEN TRACK-RECORD AND YEARS OF SUCCESS IN BEND, REDMOND, SISTERS AND BEYOND MAKE US THE LOCAL REAL ESTATE GO-TO. WHETHER YOU'RE BUYING OR SELLING, OUR BROKERS HAVE THE MARKET KNOWLEDGE AND EXPERIENCE TO SUIT YOUR NEEDS.
541-382-8262 | DUKEWARNER.COM

Juneteenth Bend

The history behind a jubilant festival and national holiday

WRITTEN BY **AARON RASHEED**

Juneteenth is an American day celebrating independence, though it's not the 4th of July. Following in the footsteps of Juneteenth pioneers, The Father's Group of Bend unites the community for what is now recognized as America's "Second Independence Day."

This year's celebration, "Jubilee," takes place at Drake Park on June 15-16. The festival is free to attend and features an immersive experience of African, Caribbean and African American culture. Attendees follow rhythmic ancestral drums with inviting music and tour the rich, colorful activities offered by community vendors and educational booths. Tents filled with Afrocentric art capture the heart and imagination.

Drummer Fodé Sylla also teaches drumming throughout the year.

PHOTO GINNY SACKETT

LEARNING ABOUT JUNETEENTH

When more than 250,000 African Americans remained enslaved in Texas two years after the Emancipation Proclamation in 1863, U.S. General Gordon Granger led more than 2,000 troops into Galveston, Texas, to order and ensure that all enslaved Americans were freed. The last freed African Americans coined the holiday name—Juneteenth—in an amalgam of June and nineteen. While it took decades for the federal government to recognize Juneteenth as a national holiday, Clara Peoples–aka "the Mother of Juneteenth"—started the first celebration in Portland, Oregon in 1972, where it is still an annual event.

It wasn't until 2021, when President Biden signed the Juneteenth National Independence Day Act into law, that Juneteenth became the eleventh holiday recognized by the federal government. The state of Oregon and City of Bend observe Juneteenth annually on June 19.

BEND'S JUNETEENTH FESTIVAL

The Father's Group, a Bend nonprofit youth development program, has hosted a Juneteenth festival since 2020 to carry on the legacy in Central Oregon.

"It started as a small community cookout to celebrate the holiday, but then we realized people kept asking what Juneteenth was. We also realized this was an opportunity to educate the community," said Kenny Adams, executive director of The Father's Group.

Members of the group quickly realized that educational exhibits could familiarize the community with the significance of Juneteenth. "We want to celebrate the legacy of enslaved people by sharing their history and uniting our community," said Adams. David Merritt, board vice president and a founding member of The Father's Group, added, "I'm from the Bay Area, and I've been doing Juneteenth all my life; I brought what I've learned from attending Juneteenth in Santa Cruz and Los Angeles, and wanted to get a similar celebration culture going when I moved to Bend."

EDUCATION AND INFLUENCE

"While other cities focus only on entertainment, people choose our festival because we focus on everything, especially education. People want to learn their roots, which makes us different from other Juneteenth celebrations," said Entertainment Manager Tashia James of The Father's Group. Juneteenth Central Oregon features education classes in African American history, literature, art and inventors, with additional classes designed especially for youth.

David Merritt also mentioned Bend's need for more African American representation as an influence. "I want Black youth to see a future here, connecting them with diverse businesses local and outside," he said. "I make it a point to bring in Black-owned vendors from around Central Oregon."

Since the event moved to Drake Park, it has attracted nearly 100 new businesses and participants, including Bend-Redmond Habitat for Humanity, Fodé Sylla Drum Dance, John John's BBQ Sauce, Urban League of Portland and more.

The festival hopes to bring innovation and diversity to the city, while honoring an American legacy. Being educated about the past and participating in the community's future is an important message woven into Bend's Juneteenth celebration. When asked—"What would you like those last freed slaves of Galveston to feel, if they could attend the Bend festival?"—all three leaders of The Father's Group concurred: they hoped they would be proud to have a legacy beyond slavery that unites communities. That's why it's important to Bend, they agreed. See *juneteenthcentralor.com*.

Skyler Brown-Evans dances in Drake Park.

PHOTO TOP ESPIRIT PHOTOGRAPHY; BOTTOM GINNY SACK PHOTOGRAPHY

EVOKE

HEALING SPACE & SPA

Welcome to Evoke healing space & spa: Your Sanctuary for Wellness

Discover a haven of rejuvenation and relaxation at Evoke, where personalized wellness experiences await. Our unique center offers a wide range of therapeutic treatments, tailored to meet your individual needs and enhance your overall well-being.

Indulge in the art of self-care with our luxurious offerings, including:

Individually tailored massage therapy • HydraFacial treatments • Lymphatic massage • Rejuvenating facials • Breema sessions • Deep tissue laser therapy • Infrared sauna sessions

At Evoke, we believe in going beyond the ordinary. Our dedicated team of practitioners focuses on understanding your specific health concerns, desires, and goals to deliver transformative experiences that exceed your expectations.

Step into our serene space, adorned with powerful crystals, captivating far eastern artwork, and sacred symbols, all meticulously designed to heal and energize your mind, body, and spirit from the moment you arrive.

We invite you to embark on a journey of self-discovery and renewal. Whether you seek relaxation, pain relief, or holistic healing, Evoke healing space & spa is here to guide you towards your best self.

Call us today or stop by for a tour to learn more about how we can elevate your wellness journey. Your path to holistic wellness begins at Evoke.

AN OASIS

FOR YOUR MIND, BODY, AND SPIRIT

Located in Bend, just across from the Box Factory • 634 NW Arizona Ave, Bend
541.797.6744 • evokehealingspacebend.com

PHOTO REGINA NICOLARDI

Paddle Through

Bend Paddle Trail Alliance creates a navigable river for all

WRITTEN BY **PENNY E. NAKAMURA**

It's hard to miss the beauty of the Deschutes River as it meanders through downtown, as a centerpiece of the city. Those who are lucky enough to live here or visit here have the Bend Paddle Trail Alliance (BPTA) to thank for helping sustain its beauty, while also creating unprecedented access.

One of the founding board members of Bend Paddle Trail Alliance, Karl Koenig, age 76, recalls a grittier time when it was prohibited to recreate in the Deschutes River due to logging and mill operations, wastewater contaminants and their toxic over blooms, which gave the town of a Bend a "not so pleasant smell."

"We've come a long way," said Koenig, who, with his wife, JoAnn Weber-Koenig, has surveyed the Bend Paddle Trail Alliance's more than 100 miles of accessible waterways from the Deschutes River to the many Central Oregon lakes. "We started out as a bunch of smelly boaters, then we got ourselves organized to become Bend Paddle Trail Alliance, which spawned The Deschutes Paddle Trail, to what you see today," he said.

The mission of the Bend Paddle Trail Alliance is to promote and establish a navigable paddle trail within Deschutes County that enhances river and lake recreation.

A PATH AND COLLABORATION TO CREATE BEND WHITEWATER PARK

By all accounts, BPTA co-founders Geoff Frank and Jayson Bowerman, were the most passionate about making improvements to the local waterways, but their ultimate dream was to make the Bend Whitewater Park a reality.

"We heard 'no' for a solid decade," said Frank, owner of Tumalo Creek Kayak & Canoe, who never stopped believing it could work. "We organized, raised money and were persistent as heck."

Part of that persistence was convincing Bend Park & Recreation District (BPRD) to join forces with them in 2012 and get a $29 million dollar state bond passed to make major improvements to the Colorado Dam to not only make it safer for floaters and rafters, but to also create a year-round whitewater park for surfers and kayakers.

"At the time, it was the biggest public and private partnership in the county, and BPTA contributed $1.13 million to the project, or 12% of the cost," said Frank, who recently stepped down from the BPTA board after more than a dozen years.

Fatalities and serious accidents at the Colorado Dam had also created public outcry to make that part of the river safer, as people were already floating the river in droves by 2006. Back then, floaters had to navigate getting out of the river before the threat of drifting into the dangerous dam spillway area, then scramble along the road with their flotation devices to get back into the river and continue their float to Drake Park.

By 2015, the Whitewater Park was completed with several channels: surfing and kayaking waves with four different levels, a safe channel for floaters that allows for a continuous paddle trail and also includes a fish ladder, and a channel that protects the natural habitat in the area. Bend Park & Recreation District's Community Relations Manager, Julie Brown said the partnership with BPTA surpassed their expectations on every measure.

MAPPING THE RIVER

While the downtown stretch of the Deschutes River may be the most popular and accessible, Koenig said the abundance of waterway miles in the surrounding areas are also worth considering, because there are stretches of river or lake suited for every recreationist. "We created Bend Paddle Trail maps in conjunction with many park districts and the U.S. Forest Service," he said.

Koenig was instrumental in getting the BPTA maps created along with the map signage along the river and lakes. "The most important part of the maps is to educate what is on that stretch of river; for example, you don't want tubers to go into an area of class IV rapids, where only experienced whitewater kayakers should go. Our maps highlight what's coming up in the next couple of miles and where a person can take out and put in."

After seeing BPTA's dream become a reality, co-founder Geoff Frank says the biggest milestone for him is witnessing the happy faces coming off the river.

"Well, I've kind of become a bus driver now. I help with the floater's shuttles from Drake Park," he said with a laugh, "But really I love hearing the visitors from all over the country enjoying the river and listening to them rave about it. It's pretty cool that families can have access to this river that belongs to all of us."

See *bendpaddletrailalliance.org*.

PHOTO TOP JESSE POLAY | BOTTOM LEFT ERIC DRAPEAU | BOTTOM RIGHT COURTESY TUMALO CREEK KAYAK


cascade van
built to enjoy
Premium Sprinter Van Builds | Prebuilt Vans For Sale
Customizable Layouts | Handcrafted in Bend, Oregon
Aftermarket Upgrades: Suspension Upgrades · Exterior Off-Road Lighting
· Owl Vans Gear · And More!
541-668-5113 | cascadevan.com
SCAN ME
BUILD A VAN

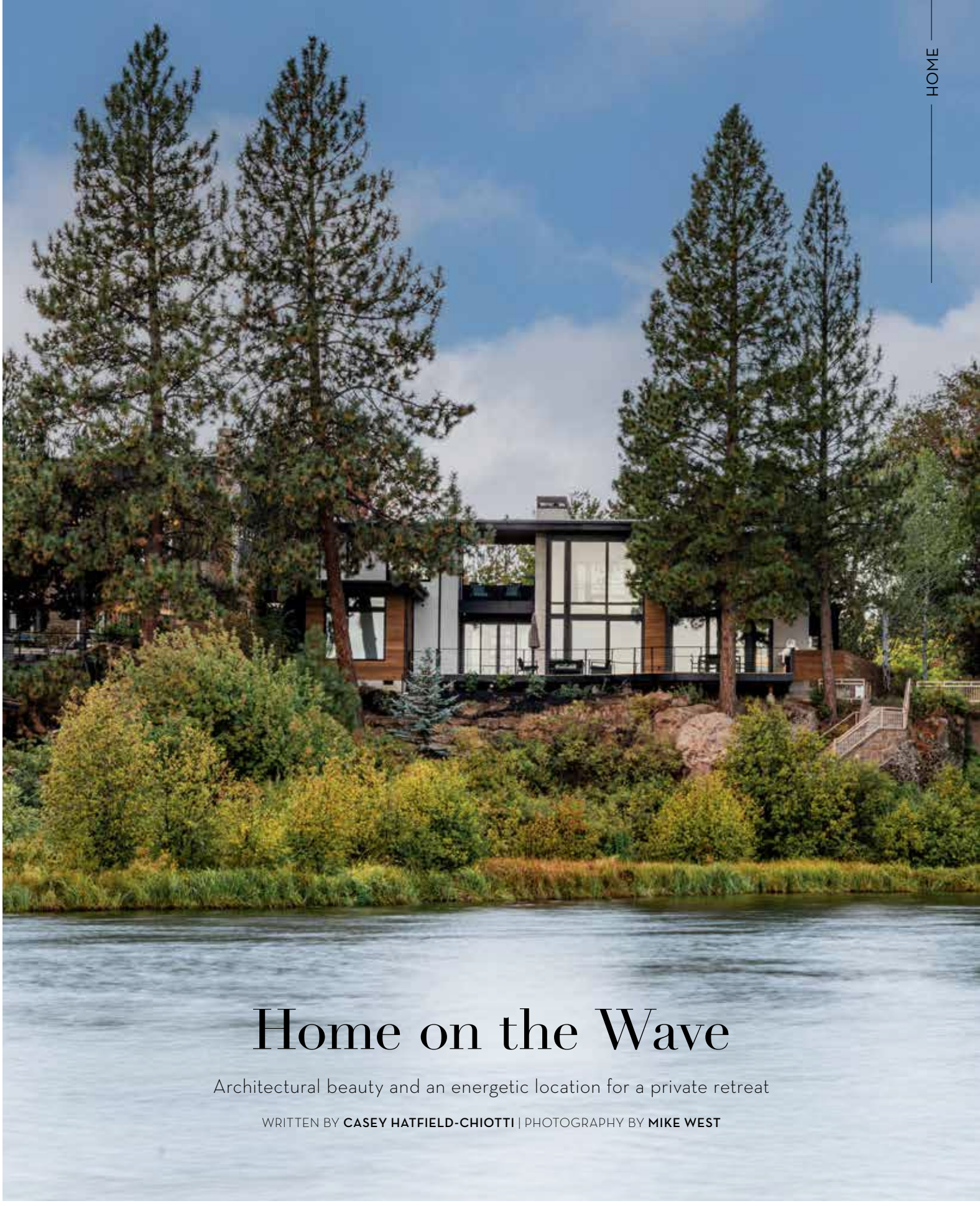
Handcrafting Comfort and Style for Over 90 Years

Ever since we invented the first recliner in 1927, it's been La-Z-Boy's **mission to combine ultimate comfort with stylish designs. That's why we handcraft each piece using only the best materials and meticulous attention to detail. With furniture and decor for every room in the house, La-Z-Boy can create a seamlessly beautiful home.**

LA-Z-BOY FURNITURE GALLERIES®

Live life comfortably.®

Bend and Medford, Oregon | La-Z-Boy.com



Home on the Wave

Architectural beauty and an energetic location for a private retreat

WRITTEN BY **CASEY HATFIELD-CHIOTTI** | PHOTOGRAPHY BY **MIKE WEST**

On a visit to Central Oregon, a couple searching for a sense of community stumbled upon a piece of property on the Deschutes River near the Bend Whitewater Park. With a steep eastern edge, the rectangular lot extends to a stairway leading to a public pathway below. It gets especially busy during summer as people head to concerts at Hayden Homes Amphitheater and float the river nearby. Bob and Cindy Scanlan moved to Bend from Orange County, California to be closer to the outdoors, and the site fit the bill. Bob owned a homebuilding company, and Cindy was a consultant with a national residential land developer for many years, so they were familiar with the home industry. In Bend, they were interested in working with the local community and selected Brandon Olin of Olin Architecture to design their ideal retreat. In Olin, they found a kindred spirit because he had long seen the site's potential and wasn't intimidated by its challenges.

"As an architect, I'm always looking for what we're working against and how that creates opportunities," said Olin. "I often say this is what the site wants us to do." The design strategy focused on embracing the location's energy while maintaining some privacy for the homeowners.

Boulders were moved to create a natural patio below the L-shaped four-bedroom, four-and-a-half-bath home built at the top of the property. The curved deck, a nod to the shape of the meandering river, contrasts with the home's rectilinear design and creates a dramatic perch, somewhat shielding the Scanlans from onlookers. The house still feels open and inviting, and the couple enjoys having people walk down the path and wave or stop to chat.

STRIKING A BALANCE

The residence essentially has two fronts, one facing the street and the one seen from the river. Showing off the unique, high-contrast material choices, the riverfront side features an abundance of glass, bright white horizontal plank siding, black windows, dark Shou Sugi Ban charred-wood siding and concrete walls.

A perforated gate was added to the street-facing front and creates a courtyard with a firepit. "We didn't want to throw up a wall to the community; we wanted something softer," said Bob.

The panel's breeze block design is a signature of architect Frank Lloyd Wright, whose work is echoed in the overarching design. Passersby can still see through the home to the river.

Overhanging eaves are another nod to Wright. To play with proportions and to keep the home from appearing like a typical stacked two-story residence, Olin raised the lower-level roof three feet, resulting in a taller first-floor ceiling. The upper floor, with ceilings still a generous height at eight feet, is tucked within, making the home appear two-thirds the size from the exterior.

The innovative design also adds extra height in some spaces. In the dining area, the ceiling is higher than in the kitchen, and the main bedroom, with 11-foot ceilings, enjoys extremely tall windows. Creating the anchor of the home, the double-height great room feels voluminous with a soaring limestone fireplace. The Scanlans joke that the entire house was designed around the circular 1960s fixture Cindy sourced from Italy, which hangs from the living room's drop ceiling.

SPIRIT OF COLLABORATION

Anne Mastalir of Design Bar Bend was invited to design the home's interiors.

Where Outdoor Living Meets Unrivaled Selection

- The local's choice for patio furniture
- Thoughtfully curated collections
- Award-winning customer service

665 SW Columbia Street, Bend | (541) 388-0022 | patioworldbend.com

Among other things, Mastalir helped the Scanlons select many of the tiles used throughout the home. A sculptural white Ann Sacks tile is both a focal point and backsplash in the kitchen. It highlights the quartzite kitchen island with Japanese wood slats on each end and rift white oak cabinets. Rather than creating upper cabinets for storing glasses and dishes, the Scanlans opted for large drawers. A pantry and coffee bar, where appliances such as a Jura espresso machine are housed, help the kitchen remain clutter-free.

An eye-catching powder room, the space Cindy feels is the most "her," features handmade blue-green Zia Tile designed in Los Angeles and a vintage mirror with a gilded frame.

Olin garnered inspiration from the couple's vision, such as their desire to create a truly indoor-outdoor dining room with floor-to-ceiling glass on three sides. Two of the walls are sliding doors that open onto the patio. A spa-like primary bathroom with an oversized steam shower and a home office, which doubles as a guest bedroom, are separated from the rest of the house by an inviting bridge. From the covered outdoor space that separates the home from the office, it's possible to see the river on one side and snow-capped mountains on the other.

Another functional and well-designed space, the mudroom has an elevated dog washing space, clad in penny mosaic tile, where the couple's two rescue dogs, Maisie and Emmett, regularly get pampered.

Olin's innovative ideas include the cantilevered floating staircase, a feat of engineering and a conversation starter. Ultimately, the light-filled, modern home is a minimalist backdrop for the Scanlan's eclectic mix of furniture and artwork which add pops of color and texture throughout. From signed Carol King and James Taylor concert programs hanging side by side in the primary bedroom to treasures found at estate sales, the home is filled with gathered memorabilia and personality. Having artistry and a Deschutes River view, the Scanlan's home is an architectural showstopper in the heart of Bend.

In Bloom

Spring is in the air and summer is on its way. Organic wallpaper patterns in bright colors provide seeds, and inspiration, for home design. Just add caned rattan accents and the scene is set for the seasons ahead.

PHOTO BRAD KNIPSTEIN | PROJECT BY STUDIO HEIMAT

Growing Business

CSAs support healthy lifestyles and a connected community

WRITTEN BY **CATHY CARROLL**

PHOTO AMANDA PHOTOGRAPHIC

Rainshadow Organics, this page, offers a program including vegetables, grains, meat, eggs and milk.

Farmer Jim Fields climbs down from his tractor, surveying his 10-acre Fields Farm off Pettigrew Road in Bend. For the past 35 years, he has grown everything from verdant arugula and deep purple beets to slender asparagus and juicy tomatoes. Buildings have sprouted up all around Fields, who launched Central Oregon's first community supported agriculture, or CSA, program in 1989. A program where people pay for a weekly, monthly or yearly subscription for farm-fresh items, typically paying in advance, CSAs help farmers offset expenses, from equipment to seeds.

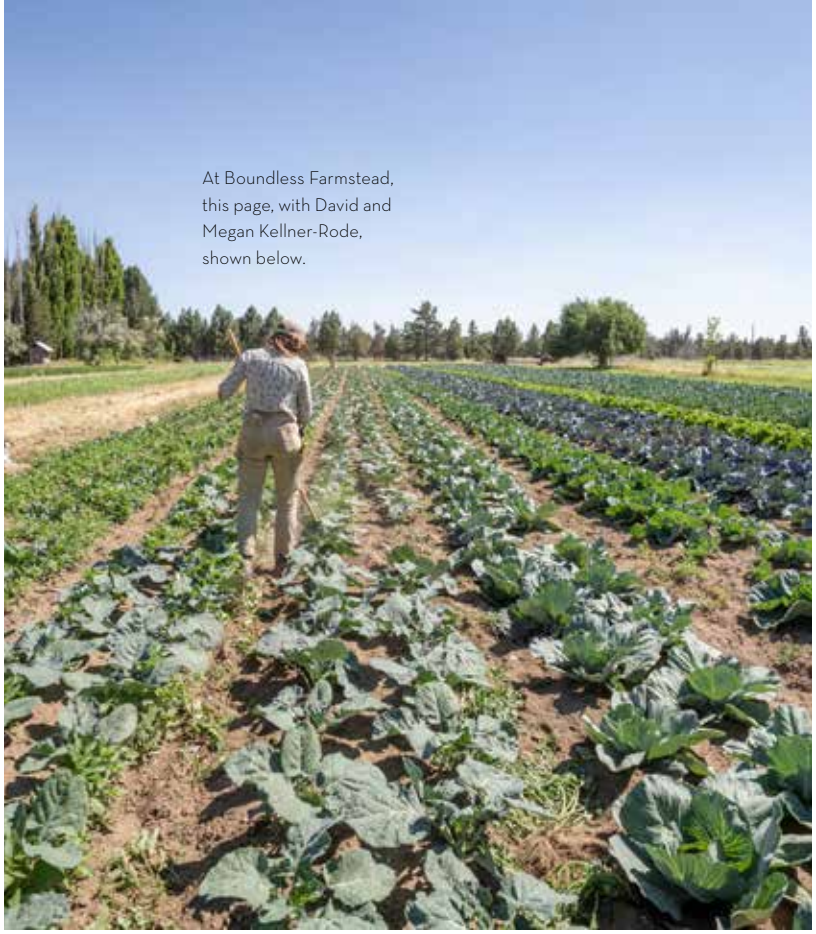
The model is integral to small farms, allowing the farmer to share the risks and the rewards of farming with the community. Although Fields Farm is the only remaining farm within city limits, other CSAs have blossomed throughout Central Oregon, with farmers relying on the model to make their businesses as sustainable as their agricultural practices.

"A lot of folks go the CSA route because it gives them that one-on-one interaction with a consumer where they can build a relationship, even beyond being at the farmers' market, but sometimes it can be hard to get your name out there," said Andrea Smith, agricultural support manager for High Desert Food & Farm Alliance, an organization that focuses on improving food security and access, while supporting farmers and ranchers who grow, raise, and craft good food. "To be a farmer, you have to not only be farming and executing a crop plan, but you also need to be your own mechanic, your own marketing expert. You need to know how to build a website, so there are a lot of pieces at play there," she said.

COMMUNITY-SUPPORTED AGRICULTURE

Several farms have risen to the challenge and have been steadily attracting increasing numbers of CSA members. One of them is Boundless Farmstead in Alfalfa, a 20-acre mixed vegetable farm with nearly 100 CSA members, a number that has been steadily increasing since the farm began in 2017. The Boundless Farmstead CSA generates 20% of the farm's annual revenue. About 45% of income is from wholesale-to-restaurant sales and farm stands, while 35% is generated at the downtown Bend Farmers Market, co-owner Megan Kellner-Rode explained. "Initially we thought we were going to simplify and not do the CSA," she said. "But then we quickly realized we were out of money. CSAs are an amazing way to have upfront income, especially in Central Oregon, when you're not getting the bulk of your income coming in until July."

Like many local farmers, Kellner-Rode strives to find ways to make the cost accessible for a seasonal share, which at



At Boundless Farmstead, this page, with David and Megan Kellner-Rode, shown below.

Boundless Farmstead ranges from $450 to $675 for four months of weekly shares of farm-fresh, nutrient dense, chemical-free produce from July through October. She offers a payment plan of four equal payments, the first due at signup and the following three in February, March and April.

SLIDING SCALES MAKE FARM-FRESH FOODS ACCESSIBLE

Last year, Boundless launched a new payment option to ensure all community members are able to access their CSA program by creating a sliding scale. The farm made it possible for customers to pay based on their annual household income. At Rainshadow Organics, a 200-acre farm in Terrebonne that also offers a CSA program, a payment plan is also available, and the farm is looking to offer a sliding scale option, said CSA Manager Alison Holland. Rainshadow's CSA program is unique in Central Oregon because it includes multiple options, including a year-round

PHOTOS LIAM PICKHARDT | OPPOSITE PAGE: AMANDA PHOTOGRAPHIC

"full diet" CSA of vegetables, whole grains and flours, meat, milk, honey and eggs.

Customers can buy the shares based on the number of adults and children in their household and how much meat they want to order. Before spring, the farm had 22 families enrolled in the full-diet CSA and Holland said it hopes to add about 20 more by July.

CULTIVATING MENTAL AND PHYSICAL HEALTH

At Fibonacci Farm in northeast Bend, Lauren Rasmussen and Aaron Stubbs bring a non-farming background to cultivating organic vegetables and flowers on 1.65 acres. Stubbs has a law degree with a focus on environmental law and civil rights, and Rasmussen has 20 years of experience in customer service, retail sales, marketing and business management.

Fibonacci Farm already had 78 CSA members signed up before spring had arrived, and developed its customer base by focusing on consumer needs and convenience, Rasmussen said. For example, customers can pick which items they want in their weekly or bi-weekly share. Growing diverse items not only offers customers choice, it protects the farmer from risk if a particular crop fails.

"From a business standpoint, a majority of small farms do some type of item that is a value-added product," said Rasmussen. "We do flowers because it's hard to make money on vegetables. So you have to find that item that's going to be the higher price point to get you financially where you need to be. We also do it because we promote positive mental health [through flowers], as well as positive physical health with vegetables."

For farmers, CSAs are part of a business plan that supports a greater vision—one offering food of the highest quality grown with practices that help improve the planet, while connecting people in the community. Alison Holland said, "As with most farming, you just hope that the business catches up with the dream." B

Fibonacci Farm flowers (top); Founders Lauren Rasmussen and Aaron Stubbs.

PHOTOS AMANDA PHOTOGRAPHIC

Summit Health

Excellence in care. Every age, every stage.

Summit Health is Central Oregon's premier primary care and multispecialty group.
Our extensive network of dedicated professionals is committed to your well-being.

Visit our locations in: Bend, Redmond, Sisters, and Sunriver

Primary Care **541-382-2811** | smgoregon.com

NATIONAL SOLAR
– Est. 2009 • Bend, Oregon –

Your Oregon Based Solar Solutions Provider for 14 Years

541.213.8062
NATIONALSOLARUSA.COM

TODAY, TOMORROW, TOGETHER

START SAVING WITH SOLAR!

OREGON DEPT OF ENERGY
INCENTIVES NOW AVAILABLE FOR ALL HOMEOWNERS AND UTILITIES.
Solar loans starting at 4.99% on Approved Credit

- 30% Federal Tax credit available
- Lower Your Electricity Bills
- Increase Appraised Property Value

LEARN MORE AT: NATIONALSOLARUSA.COM
Stop by our location in Bend: **2709 NW Crossing Drive**
For more info or an estimate email: **info@NationalSolarUsa.com**

GENERAC PWRCELL SOLAR + BATTERY STORAGE SYSTEM

Trade Ally of EnergyTrust of Oregon

SUPPORT LOCAL BUSINESS!
Oregon CCB License: 186224

Flying Cars in Prineville

Inventor Sam Bousfield on designing the future

A CONVERSATION WITH **CHERYL PARTON**

It might have been a page out of a science-fiction novel: In November 2023, a car drove up to an airfield in Lake Moses, Washington, folded wings out of its fuselage-shaped frame, transformed into flying mode, then took flight. After 14 years of research and development, the plane's inventor, Sam Bousfield stood by and watched as the hybrid vehicle called Switchblade took a six-minute test flight that certified it to become the first commercially available flying car. With headquarters in Prineville, Samson Sky is producing the kit planes and taking names of those who want to be the first to own an experimental craft that is equal parts futuristic and practical. Bousfield has nine patents as an inventor, a few from his early years as an architect, but most in aviation. In the early 2000s, together with Boeing engineers, he was part of a team that worked toward breaking the sound barrier with a level prop engine—something even NASA wasn't able to do at that time. *Bend Magazine's* Cheryl Parton spoke with the founder and CEO of Samson Sky, Sam Bousfield, about how his childhood dream came to fruition and his goal to make a difference in the future of transportation.

Q *Let's try and understand this first: Is the Switchblade a car that flies, a plane that drives or something else altogether?*

A When most people think about a flying car, they ask themselves, "Well how do you make a car fly?" Yet, that's not what appeared to me to be the correct question. I asked a different question when I first started out: Instead, I asked, what's the best layout for a vehicle that both drives and flies? In 2008, when designing the first layout, I thought three wheels had the lightest weight we could get to fit two people while also being the safest way to take off and land. [Switchblade] is a commercially available flying car, an experimental-class aircraft built by a kit.

Where does an idea like this begin?
My brother was an artist from the cradle. He drew incredibly beautiful drawings, sketches and cartoons. I was an engineer-type. When I did drawings, they were of spaceships, rockets and planes. Recently, one of my childhood friends mentioned I had shown him a picture I drew in kindergarten, and that I told him we were going to have flying cars one day. I asked him, "What took me so long?" Having that thought from early days says something about the power of the ideas of a young person.

What, then, took so long?
It wasn't until the past 10 years that we had the technology we needed to be commercially successful. There have been flying cars since the '50s, it's not new. But commercial success is completely different. We had to have something that solves a problem for people and that they'll want to be seen in. Features have to be high performance…it was taking a concept, perfecting it over time, and improving it with the advances in materials. [Such as carbon fiber parts.]

How did it feel watching a test flight?
The first flight was a magical experience for our team, because we'd been working on it so hard and for so long. Talk about a pride of accomplishment—it's magnified when it's the first of its kind. It was almost an unreal situation, we had seen it in our minds so often. It was its own unique experience of what it feels like to succeed…I realized this isn't just my dream, this is real now.

And how do we take the leap into the future? What might the future of air transportation look like?
Artists dream of the future, and scientists rush to keep up with it. If you look at what those artists dream up, you find *Star Wars, Star Trek* and in [them] you see lines of vehicles flying in the air, crossing each other at different heights. The technology is already there, it's called avionics, and it has a highway in the sky [component] already built in.

What part does mentorship play in helping ideas like these grow?
Just before I started on this venture, I spent 10 years as a Scoutmaster. I always wanted to help people, and it was a way to do that and share the way I was trained on how to enjoy and survive in the outdoors. The Scouts drive it, because that's how they learn. You do the best by standing back just a little bit, and letting [young people] fail and grow so they can blossom as people.

Is there a legacy you hope to leave behind?
I'm just a regular guy who happens to be persistent. I figure things out, but I consider most people are more capable than they let themselves believe. If there's anything I could be, it would be someone who would stand up and say, "You can do this, too. Find your dream and follow THAT and don't give up and be smart about it. And if you're not meeting the goal, find a way to get yourself so that you can."

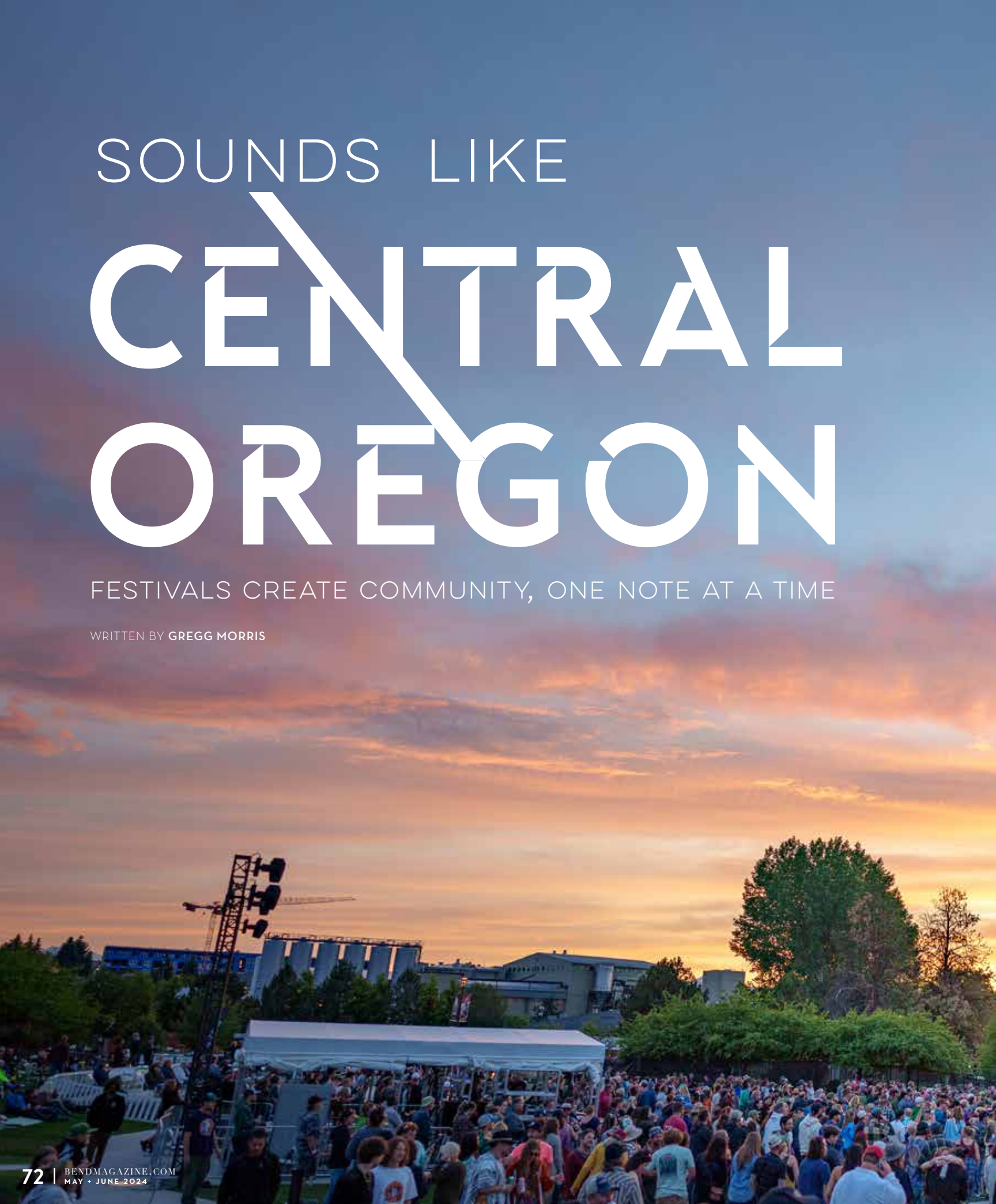
So, it's about being persistent and not letting a failure be the end?
To me the person who wins is the person who thinks they can win.

The Switchblade will be available in late 2025, with prices starting at $170,000. See *samsonsky.com*.

SOUNDS LIKE CENTRAL OREGON

FESTIVALS CREATE COMMUNITY, ONE NOTE AT A TIME

WRITTEN BY **GREGG MORRIS**



Rain threatens in the distance on a cool summer solstice evening and Stacy Koff—dressed in her festival attire of a tie-dye shirt, flowing pants, leather utility belt and a cowboy hat—is called onto the Cascade Mountain Stage by Al Schnier of the American progressive rock band moe. The guitarist and singer for the New York-based group had just finished whooping the crowd into a frenzy during the final night of the 4 Peaks Music Festival. As the crowd cheers for Festival Director Koff, chants of "One, two, three, 4 Peaks" ring throughout the southeast Bend venue. Koff waves in appreciation and takes a deep breath to remind herself that this moment is why she puts on the festival. "Such a large crowd of smiling faces, locals and out-of-towners alike really brings me so much joy and warms my heart," said Koff. "I love connecting people from all communities with music, dancing, laughter and camping in our beautiful mountain town."

PHOTO COURTESY OF HAYDEN HOMES AMPHITHEATER, NATE WYETH

Salmon Railroad Yonder performs at Hayden Homes Amphitheater. The venue creates a community experience by celebrating music and bringing fans together under open skies.

Music festivals have long paired artists with communities of like-minded fans. Promoters found that music-lovers would flock to venues as a one-stop place to see several of their favorite bands in one weekend and were willing to pay a larger ticket price to do so. Stacked lineups began to take shape with 1969's Woodstock and then again in the 1990s at Chicago's Lollapalooza. Many point to Manchester, Tennessee's Bonnaroo Music & Arts Festival, now in its 20th year, as the festival that modeled and led to the resurgence of today's popular music festivals. Closer to home, Sisters Folk Festival has been bringing bluegrass and blues artists to Central Oregon since 1995. As these gatherings build up reputations of booking new and old bands in one place, people across the world make annual pilgrimages to listen to music and create communities of new and longtime friends.

IDEAL FESTIVAL STOMPING GROUNDS

Stacy Koff and the 4 Peaks Music Festival provides a snapshot of the Central Oregon festival scene. Alongside a growing population, the region's expansive spaces have contributed to the rising number of Central Oregon festivals. In 2023, the Deschutes County Fairgrounds added July's FairWell Festival and September's Cascade Equinox Festival to their events calendar. Big Ponderoo Music & Arts Festival also debuted the same year as an extension of the Sisters Folk Festival. Upgrades at permanent venues have lured acts from both national touring musicians and local beginners. The Old Mill District's Hayden Homes Amphitheater expanded its stage, sound system, and venue beginning in 2021 to attract big names in music. Its partnership with the global Live Nation Entertainment helped to make it happen. In Redmond, the High Desert Music Hall and General Duffy's Waterhole are attracting acclaim by providing professional stages and an ongoing concert series. While not technically a "festival," on Sepember 7, Bigstock at Hoodoo Ski Area is a fundraiser to benefit Oregon Adaptive Sports that pays homage to the OG—Woodstock.

The impact is felt not just by audiences, but in the economy as well. "I have never encountered a venue more ideally suited for a music festival," said Toby White, CEO of the Cascade Equinox Festival, referring to the Deschutes County Fairgrounds. "The vision of the event literally materialized right before my eyes when I first saw it." White began putting together the event logistics a year and a half prior to opening the gates. In total, the event hired 225 staff members, worked with 350 volunteers and saw 6,000 music lovers each day.

PHOTOS TOP JESSE POLAY | LEFT AND RIGHT COURTESY OF BIG PONDEROO

THIS: Corb Lund performs at Big Ponderoo Music & Arts Festival.

RIGHT: Big Ponderoo attracts fans of all ages.

TOP: Fleur de LUX by Miguel Edwards and Kinsculpt at Cascade Equinox Festival 2023.

MIDDLE: Watchhouse performs at Sisters Folk Festival.

BOTTOM: Lumineers on stage at Hayden Homes Amphitheater.

GROWING FESTIVALS START WITH THE GROWING MUSICIANS

Festivals are just one way to bring musicians together. The High Desert Music Collective (HDMC) has more than 100 members, including individuals from numerous local bands, solo acts, and supportive music lovers to create a community of musicians who organize local events. The HDMC began in 2020, helping to keep the music momentum rolling along during the pandemic by streaming more than 100 live shows. It also started the HomeGrown Music Festival held each April. Now in its third year, the festival has expanded to include venues across Bend, including Bunk+Brew, Volcanic Theatre Pub and Domino Room. "HDMC's goal is to inspire local artists and bands by putting on events that put them in front of engaging audiences," explained HDMC's Creative Director Scottie McClelland. "Becoming a member shows that you're a part of Bend's growing local music scene."

Across the high desert, local bands have begun to make their mark on Oregon's music landscape as well. With more and more small stages popping up at food carts, breweries and restaurants, it's tough to not find a place to hear music any night of the week. Add house concerts, songwriting circles and open mic nights to the musical mix and Central Oregon has something for everyone. B

PHOTOS TOP MIGUEL EDWARDS | MIDDLE RICHARD BACON | BOTTOM COURTESY OF HAYDEN HOMES AMPHITHEATER, MEGAN DIRKSEN

Whether you're a seasoned music veteran or a budding singer/songwriter, Central Oregon has a spot for you to plug in an amp or play acoustic guitar to crowds gathered in the high desert sun. As a fan, the region offers a festival for every age and in every musical genre to listen to favorites or discover new bands in the company of like-minded music lovers. Here's a peek at what's ahead:

HAYDEN HOMES AMPHITHEATER MUSIC SERIES

May - September • Bendconcerts.com

Headliners: A variety of artists and genres, from LCD Soundsystem to Tyler Childers and Dave Matthews.

Why Go: The grassy, waterfront amphitheater gives off a festival vibe in the Old Mill District with food, drinks and a rotating range of sounds. As musical genres change each night, so does the crowd and attire—from fans donning hats and boots for one performance to tie-dye at the next.

4 PEAKS MUSIC FESTIVAL

June 20 - 23 • 4peaksmusic.com

Headliners: Neal Francis, ALO and Daniel Donato's Cosmic Country

Why Go: World-class music plays from two stages on a picturesque ranch in southeast Bend over summer solstice weekend. The vibe is relaxing days and dance-party nights.

BIG PONDEROO MUSIC & ART FESTIVAL

June 29 - 30 • Bigponderoo.com

Headliners: Shiny Ribs, Oliver Wood Trio, and The Brothers Comatose

Why Go: In its second year, the off-shoot of the Sisters Music Festival brings a two-day arts and music festival scene to Sisters. Americana, bluegrass and alt-country fill two outdoor stages in the setting of an Old-West mountain town.

FAIRWELL FESTIVAL

July 19 - 21 • Fairwellfestival.com

Headliners: Billy Strings, Caamp and Brandi Carlisle

Why Go: Making its debut in 2023, the FairWell Festival quickly earned a reputation for bringing some of the top touring country, bluegrass and folk artists to Redmond. It's carnival-meets-high-desert with a twist of country.

BIGSTOCK

September 7 • Bigstockfundraiser.org

Featuring: Margo Price with Oteil and Friends

Why Go: A nod to Woodstock, Bigstock has its own cult following. Now in its 15th year, it has hosted Jackson Browne to Bruce Hornsby. Bigstock is a fundraiser for Oregon Adaptive Sports, a nonprofit organization that provides life-changing outdoor recreation experience for individuals with disabilities.

BEND ROOTS REVIVAL

September 13 - 15 • Bendroots.net

Featuring: The Mostest, The Quons and Honey Don't

Why Go: The 18-year-old, community-forward Bend Roots Revival is a festival for the people and by the people. Catch favorite local bands or discover new ones at this free musical gathering.

CASCADE EQUINOX FESTIVAL

September 20 - 22 • Cascadeequinox.com

Headliners: CloZee, Jungle and STS9

Why Go: The 2023 inaugural festival transformed Deschutes County Fairgrounds into an otherworldly musical paradise. Onsite camping, artist installations, wilderness lounge areas and musicians entertain attendees with a cosmic melange of arts.

SISTERS FOLK FESTIVAL

September 27 - 29 • Sistersfolkfest.org

Featuring: Aoife O'Donovan, Hawktail, The Mammals and Fantastic Cat

Why Go: For almost three decades, "All the Town's a Stage" at this popular festival located throughout the town of Sisters, Oregon. It's perhaps the original high desert festival bringing the community together for a love of music.

RANCH to RETAIL

JEANNE CARVER IS THE FACE OF REGENERATIVE RANCHING

WRITTEN BY **CATHY CARROLL** | PHOTOGRAPHY BY **CODY RHEAULT**

Oregon, Winter 2014

It had been unusually cold and windy for days at Imperial Stock Ranch near Shaniko, Oregon, where 50 square miles of sheep, cattle, grains and hay have been raised since 1871. With temperatures around zero and two feet of snow, ranch owners Jeanne Carver and her husband Dan, and their team were feeling the stress of long hours and nonstop demands, heightened by the harsh weather. Jeanne moved through the lambing grounds, worriedly looking for any ewes that might be birthing amid the falling snow. She spotted two newborns near a huge snow bank. One had no heartbeat and she tried to revive it, but it seemed she was too late. Picking up the second lamb, barely alive, she prayed while coaxing the mother to follow her into the shed. Immediately milking the ewe, she tubed the warm liquid into the lamb's stomach. She nestled it under a heat lamp, wrapping it with hot towels, urgently drying it. She went back for the other sibling, picked it up and cradled it close, shielding it from the storm.

Retelling the story, her voice cracked, tears welling in her eyes, as she recalled placing it on a trailer load of straw. She was about to return to the other newborn when she saw a tiny movement of the lamb's body. She touched its sides and put her finger in its mouth—a tiny gasp for air came, then another. Tucking the lamb inside her jacket, close to the warmth of her body, she sped on an all-terrain vehicle to her house. At the wood stove she worked for the next hour, repeating, "I won't let you die."

Then her phone rang. On the other side of the world, in Sochi, Russia, Team USA was about to compete in the 2014 Winter Olympics. Following criticism that Team USA's uniforms were being made in China, Polo Ralph Lauren discovered the Carvers' fledgling wool company, which was working to revive United States wool production. The Carvers had worked with the fashion magnate for 18 months on sourcing Imperial Stock Ranch wool for the Olympic uniforms. The call was from the lead designer—the team was about to take the world stage and appear in the opening ceremony wearing uniforms made with yarn from the Carvers' sheep.

The juxtaposition of the two scenes, both detailed in Carver's book *Stories of Fashion, Textiles, and Place: Evolving Sustainable Supply Chains*, written with co-author Leslie Davis Burns, fueled her quest to revive American wool production. The book builds upon the ranch's commitment since the 1980s to use sustainable and regenerative practices for the future health of the soil, water, grasslands and grazing animals. At age 70, Jeanne Carver continues to lead a "ranch-to-retail" movement. She reconnects people to the source of what they wear by delivering fully traceable, American-grown merino wool to fashion brands, and returns a net-positive value to nature.

EXPANDING FARMING PRACTICES TO PROMOTE HEALTHY ECOSYSTEMS AND BIODIVERSITY

In 2018, Carver established Shaniko Wool Company as a farm group to scale the economics of making certified United States wool widely available to apparel brands, and to expand farming practices that promote healthy ecosystems and preserve biodiversity. The company includes 10 United States sheep ranches, grazing more than 2.6 million acres in the West, and producing 500,000 pounds of merino wool annually. It supplied the wool for Team USA uniforms for the Winter Olympics in 2014, then again in 2018 and 2022.

Her unflagging commitment has brought local wool to runways around the world, and caught the attention of the British Royal Family. Carver and her company were featured in *His Majesty at 75: The Leadership and Vision of King Charles III*, a velvet-covered commemorative book detailing the causes Charles champions, including regenerative agriculture and Shaniko Wool's role in it. Carver, whose flowing strawberry-blonde hair and Western style translates readily from ranch to runway, attended the King's book launch party in London in November.

HERITAGE MEETS THE FUTURE

Her focus on regenerative work began in 1999, when globalization and a focus on synthetics torpedoed the commodity market for wool. "It changed everything," she said. "That required us to think differently in order to sell our harvest and survive. So we began this journey of taking our wool harvest and adding value to it, meaning, you clean it, comb it, spin it, dye it, you knit it, you weave it, and you create a finished product."

She began instinctively, with no training, educating herself along the way. Even before working with local chefs to promote her lamb in a newly emerging farm-to-table movement, she took that approach to the wool. "I paired it with our history, our deep heritage, the story of our land and stewardship, because that's the number one thing we do—manage the health of natural resources."

Those efforts made Imperial Stock Ranch the first in the world to receive a new third-party certification, the Responsible Wool Standard, which aims to improve the welfare of sheep and the land on which they graze. That certification for Shaniko wool is a game-changer in getting brands such as DeFeet sock company to use it, said Paul Willerton of Bend, partner in the North Carolina-based sock manufacturer since 1993. Willerton, a former professional bike racer, believes in wool as the ultimate fiber for comfort and durability. "Whatever the conditions are, you realize that some garments are kind of supporting your life force, while other garments seem like they're trying to kill you," he said. "Wool was one of those fibers that I realized was supporting my energy, my life force."

"Wool was one of those fibers that I realized was supporting my energy, my life force."

▲ TEAM USA

Jeanne Carver's wool (Imperial Stock Ranch/Shaniko Wool Company) was used for Team USA uniforms in three consecutive Winter Olympic games.

Jeanne Carver on the ranch, with dog Sadie. She wears a René sweater by designer/brand Janessa Leoné, (100% Merino wool-Shaniko) and a black Tuxedo Coat from designer Elizabeth Williams at The Checkroom, (100% Merino wool-Shaniko).

A MISSION OF EDUCATION

Consumer awareness is key to driving change within the industry, Willerton said. Once people understand the profound value of ethically sourced products—for themselves and the environment—it can help disrupt the status quo. DeFeet and similar companies aim to challenge larger brands to prioritize supply chain transparency and sustainability, and prompt ethical and environmentally astute choices to become the norm.

That mission is central to the work of Leslie Davis Burns, professor emerita at Oregon State University in Corvallis, who co-wrote *Stories of Fashion, Textiles, and Place: Evolving Sustainable Supply Chains* with Carver. The 2021 book profiles five fashion and textile companies around the world—from Phnom Penh and Peru to Scotland and Shaniko—with evolving sustainable supply chains. Burns chose each company based on their values and honor for the land, the culture, and the people of the place where they are deeply rooted, leading to their successes.

Burns recalled reading Carver's early draft. "I got tears in my eyes," she said. "It was so beautifully written, so passionate, you could just feel it."

Carver knows she needs data as well as passion to tell the story fully. In 2020, she launched an initiative with Oregon State University to do ongoing research revealing the collective carbon footprint of all the wool company's ranches, and by extension, its wool supply. "We're a 'carbon sink'—net-positive to nature. This is very valuable information for the companies who buy the fiber and for the customers at the retail market level who care," Carver said. "And the greatest value is to us ranchers, who now have data and a new tool we never had before to help influence our ranch management practices."

Carver's story of strength and determination, amid the complexities of integrating sustainability into the fashion industry, seems to be fueled by a theme from her college days. "I was a hurdler," she shared. To Carver, obstacles are motivation. In the area of sustainable ranching practices, overcoming barriers is key to a healthy planet and future.

WRITTEN BY **ANNIE FAST**

WHAT (ELSE) IS SUP

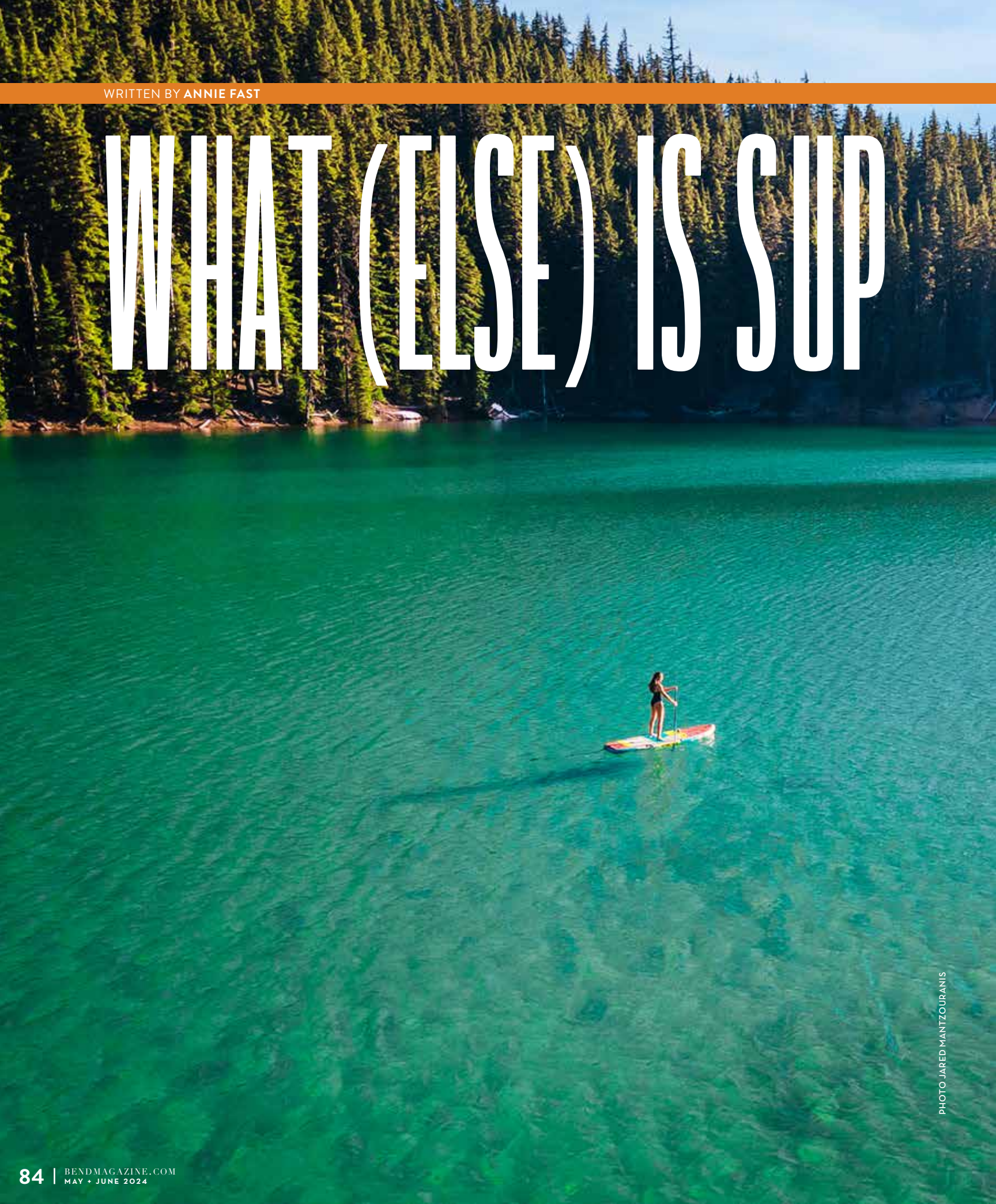


PHOTO JARED MANTZOURANIS

EXPLORING STAND-UP PADDLEBOARDING OPPORTUNITIES BEYOND THE FLATWATER

It's been suggested that Central Oregon has more stand-up paddleboarders per capita than anywhere else in the country. While it may be more urban myth than statistically supported, the sport is certainly hard to miss—from the non-stop flow of paddleboarders on the Deschutes River to its presence on Cascade lakes. Rob McDonald, owner of Bend-based Stand on Liquid, a local retailer designing and selling paddleboards and paddling accessories since 2010, attributes the popularity to the number of athletic-minded people who live here and the proximity to dozens of bodies of water found in less than an hour's drive from Bend. Where there's water, there's SUP.

Andy Worcester runs Deschutes River rapids.

NEXT-LEVEL ACTION

Stand-up paddleboarding—SUP for short—is relatively new to the outdoor scene, and was popularized in the late '90s. Gaining traction as production boards became available in the 2000s, the International Surfing Association, founded in 1964, calls it,"America's fastest-growing water sport." While flatwater paddling is the most familiar and accessible way to paddleboard, it might come as a surprise that this approach is a far cry from the sport's origins in the breaking waves of Hawaii. Hawaiian paddleboarding pioneers such as big-wave surf legends Gerry Lopez and Laird Hamilton have tested Central Oregon waters, but paddling flat water on the Deschutes River or one of the Cascade Lakes is an entryway for most folks. If you've had visions of paddling through a wave train or setting off on a grand adventure, there's good news—the sport has many more dimensions, including paddling for fitness, whitewater, competition or for multiday touring. Then of course, it's always an adventure when you add a furry companion to the mix.

CORE, AND MORE, FITNESS

A major draw for SUP enthusiasts is outdoor fitness, and not just to work out arms, but the core, shoulders and legs. "Stand-up paddleboarding engages muscles throughout the entire body," said physical therapist Jenny McAteer of Resolve Physical Therapy. "It raises your heart rate, improves your aerobic capacity, overall heart function, and blood pressure, and decreases your fat stores." The effort of

keeping the board stable while compensating for a current, wind, or waves requires, what Rob McDonald described as, "subconscious micro-adjustments, engaging otherwise neglected small muscle fibers." At the shop, he often hears paddlers describe how they feel soreness in muscles they haven't before. "It's a good sore," he said, jokingly. Paddleboarding is also low-impact on the joints, which is a big plus in contrast to most outdoor sports popular in Central Oregon. Correct paddling technique should build core strength and not stress your back. To paddle for fitness, learn correct form and get plenty of time on the water.

WHITE-KNUCKLE WHITEWATER

Whitewater paddling is exactly what you might expect—paddling in rapids. Most whitewater paddlers enjoy class I-II rapids, with more advanced pros advancing to higher-grade water and even dropping into waterfalls. A paddler's success in whitewater leans heavily on experience paddling the flats, exceptional balance and skills using the paddle, as well as an ability to read rivers to be alert to dangers, find good lines through the rapids, catch an eddy and, of course, safely fall in the midst of rapids.

While this might sound like a young person's sport, Andy Worcester came to whitewater paddling a little later in life. At age 49, he'd skied and mountain-biked his whole life and first started playing in the waves and running the rapids on an SUP when the Bend Whitewater Park first opened—it was fun, and he was hooked. "If you run a class-two rapid on a paddleboard, there's this insane rush," he said. Worcester has been able to run bigger rapids incrementally, and there too is a feeling of accomplishment. Sue Fox is also a passionate whitewater paddleboarder. As manager at Tumalo Creek Kayak & Canoe, Fox supports others through the online community she created called Frisky Ripples. "I fell in love with ocean SUP surfing for the reasons so many surfers fall in love with it—you're at one with the ocean, you're present, and it's just so damn fun," adding, when she moved back to the mainland, whitewater SUPing was the closest thing to surfing she found to replicate those feelings. Outside of the physical rush, she points to the connection she feels to the river and forests, the camaraderie with fellow paddlers and the post-paddle feeling of accomplishment as highlights of the sport.

COMPETITION RACING

Another way to add variety to an SUP repertoire is in competition. There are two basic styles of racing: Downwind racing involves racing with the wind at your back from point A to point B, with swells propelling you while surfing wave after wave. The other is SUP-obstacle paddle racing that involves paddling around buoys or other fixed points back to the starting point.

Bend's Randall Barna was an early adopter of paddleboarding and a competitive paddler who has stood on the podium of almost every major paddleboard competition in the Northwest. While local paddleboard racing experienced a downswing following the pandemic, Barna is confident there will always be an opportunity to compete. "You get two paddlers together on any body of water and they start seeing who's best, who's fastest. It's just kind of inherent in the sport," he said. The International Surfing Association is hoping SUP will be included in the Summer Olympics in Los Angeles 2028 or Brisbane 2032.

Jordan Bohnlein tackles whitewater, below Big Eddy.

PHOTO THIS PAGE AND OPPOSITE TOP ARIAN STEVENS

SUP SAFELY

Whether on flatwater, ripples or rapids—paddle safely:

- Wear a lifejacket or personal floatation device (PFD).
- Dress appropriately for the weather and water temperature. Wear sunscreen.
- Bring a phone in a waterproof bag, and enable location services in case of an emergency.

PHOTO LEFT COURTESY J.D. PLATT

To race closer to home, the Odell Lake Pioneer Cup, a downwind race held each July, is a great first race for those new to the sport, Barna said. To see (or compete with) elite paddleboarders, go to the Gorge Challenge race, held in July at the Columbia River Gorge.

ADVENTURE TOURING

Likened to backpacking or backcountry touring, paddleboard touring involves exploration and getting away from it all. With more than 30 years working in the outdoor industry, adventurer Paul Clark has paddleboarded on more than 160 different rivers around the world, including rivers in the United States, Canada, Mexico, Costa Rica, Panama, Chile, Slovenia, New Zealand and Japan. "Oregon has the best rivers for multi-day SUP trips because of the variety, from deserts to forests. And they are numerous, including the Lower Deschutes, Rogue, Grand Ronde, John Day and the Owyhee," he said. Paddleboard travel on rivers and lakes is very low-impact, with no need for a board ramp or a group campsite, he added. He equates this approach to light and fast backpacking. "Traveling with a small amount of gear is a wonderful way to get downriver—it's just a small dry bag, a PFD and a backpack on a paddleboard, and off you go."

Paul has explored Central Oregon by SUP, from 150 miles on the John Day River to all 100 miles of the Deschutes River—a trip that took 16 hours. But for a more entry-level adventure-travel experience, it doesn't take much more than a board, paddle and a short drive up the Cascade Lakes Highway. Paddleboarding on Sparks Lake is an iconic, postcard-worthy Central Oregon moment accessible to all.

PUPS ON SUPS

It's an endearing image: a lazy day of summer and a happy dog posted up at the bow of a paddleboard. J.D. Platt decided to help make this image a safe reality for SUP enthusiasts and their furry friends. Platt is a lifelong Central Oregonian and innovator of all things fun, from snowboards to SUP boards to canine entertainment. As the founder and host of J.D.'s K9 Kings Flying Dog Show. He saw an opportunity to merge his interests in pups and SUPs with an innovative paddleboard that includes improved traction and a perch for a pet. Platt created a stable, inflatable board featuring a grippy deck that covers nearly the entire surface of the board, allowing dogs to travel up and down the board. Up front, he engineered a paw perch platform, providing improved balance for a furry first mate. Having a pet companion on deck proves standup paddling isn't limited to humans. The popularity of SUP in Bend shows there's no coastline required either. Just add water.

Jump into whitewater paddling with tales of SUP told on The Circling Podcast. Listen at *BendMagazine.com/podcast*.

GREAT SPORTS GREAT FOOD

Come Find Us!

Redmond & Bend's **BEST** SPORTS BAR

18-22 Rotating Micro Beers on Tap

Hand-Tossed Pizza, Killer Burgers,
Loads of Vegetarian Options & Great Salads

Award-Winning Bloody Marys

Happy Hour: Mon-Fri, 2-5pm

Outdoor Patio Dining

Order In *OR* Order To Go

The Hideaway TAVERN oregon




REDMOND & BEND

Open 7 Days at 11 a.m.
Breakfast Sat. & Sun. 8 a.m. to Noon
HideawayTavernRedmond.com
HideawayTavernBend.com

active culture
Natural Foods Cafe

Bowls, salads, breakfast, smoothies, local beer on tap and much more!

Dine in, eat on the patio with a kids play area, or order delivery via DoorDash

DOORDASH

285 NW Riverside Blvd., Bend
(Near downtown)
activeculturecafe.com
541-241-2926

Know Before You Go

INFORMATION AVAILABLE ON:

- TRAIL CLOSURES
- PRESCRIBED BURN SCHEDULES
- RESTORATION AND WHY IT IS IMPORTANT TO OUR FOREST HEALTH AND LONGEVITY OF OUR TRAILS

YOU CHECK THE SNOW FORECAST BEFORE YOU SKI.
THIS BIKE SEASON, CHECK THE TRAIL FORECAST BEFORE YOU RIDE

bendtrails.org

DESCHUTES COLLABORATIVE FOREST PROJECT

deschutescollaborativeforestproject.org

Vegan Variations

No substitutions required for these plant-based palate pleasers

WRITTEN BY **CHLOE GREEN**
PHOTOGRAPHY BY **ALYSON BROWN**

The word vegan can conjure images of bitter kale and tasteless veggie burgers. Mushrooms masquerading as meat? Chickpea protein? Sunflower seeds impersonating cheese? We understand the hesitation. Despite having plenty of health and environmental benefits, veganism doesn't always get the best rap, but the best chefs act as magicians to assuage any doubts.

Fortunately, a growing number of Central Oregon restaurants have changed the narrative to prove that a plant-based menu can be just as indulgent as a dairy or meat-filled counterpart. From rich biscuits and gravy to creamy mac 'n' cheese, plus hearty protein-filled lunches on the go, these local eateries prove vegan eating is anything but dull. Central Oregon's best vegan dishes are bursting with flavor and satisfaction—and there's not a kale leaf in sight.

BREAKFAST WITHOUT BACON

Reimagining a breakfast menu staple of biscuits and gravy from plants may seem daunting, but Chef Richard Hull at **A Broken Angel** food cart defied expectations when he took on the challenge. Hull developed his gravy recipe, considered one of Bend's original vegan classics, using wild mushrooms. While some may raise eyebrows at the idea of using mushrooms in lieu of meat, Hull's rich and indulgent gravy may silence any naysayers. With an earthy depth and umami richness, it delivers a flavor profile reminiscent of traditional gravy. Paired with their meat-like texture, mushrooms serve as a surprisingly satisfying substitute.

Taste for yourself with an order of A Broken Angel's Big Country Combo, a plate stacked high with a generous portion of buttery, but butter-less biscuits, handmade by owner Barbara Troyer and smothered in Hull's creamy wild mushroom gravy. Accompanied by the house scramble of organic tofu, cremini mushrooms, roasted chilis, squash and braised greens, this hearty dish is an example of a standalone vegan dish that is filling without needing to duplicate its traditional meat-based counterparts. That is exactly what Troyer and Hull hoped for, to show people that "eating plant-based is easier than you think–and it's fun to explore new ways of cooking." Troyer said.

Looking for a sweeter start? Head to **NW Raw** off of Century Boulevard for the Big Bear Waffle topped with whipped almond butter, whipped coconut cream, bananas and candied coconut, all drizzled in maple syrup.

POWERHOUSE PROTEIN

For a Mediterranean-inspired meal, take a seat in **Bo's Falafels** diner. For those worried that a vegan lunch means sacrificing protein, think again. Falafels, such as those served at Bo's, are crafted with protein-packed, tiny, but mighty chickpeas—an excellent and healthy option for those wanting to forgo meat but still fuel up with a nutritionally valuable meal. Chickpeas not only boast impressive protein content, they also have plenty of fiber, essential vitamins and minerals. But it's not just about the nutrition—Bo's falafels satisfy the taste buds with a delicious blend of spices, and a perfectly crispy exterior that gives way to a tender and flavorful center.

While not a strictly vegan joint, the menu at Bo's Falafel includes a variety of delicious plant-based options, thanks to owner Sierra Phillips' past experiences with vegan eating. "I was vegan for five-plus years and raw vegan for one year," she shared. "I remember the frustration of trying to find a vegan option back in the days before anyone had heard of almond milk or plant-based anything." Her soft spot for vegans manifests with dishes such as The Spicy Falafel Wrap, a warm pita stuffed with Bo's handmade, plant-based falafel topped with pickled onions, beets and cabbage, along with pepperoncinis, toum and housemade garden sauce.

For another lunchtime option, swing by The Podski food truck lot for a crowd-pleasing midday delight from **Toasty**, a vegan food truck founded in 2019 by Brooke Preim-Tobias. Her mission to veganize everyday comfort food paid off in spades, as Toasty's Nacho Crunchwrap is a calling card for Bend's vegan community. Wrapped within a crunchy tortilla is a mouthwatering stack of Beyond Beef, black beans, cashew-based cheddar queso, avocado, onion, lime crema and hot sauce. It's all vegan, and it's all delicious.

COMFORT FOOD WITHOUT COMPROMISE

When late-night cravings hit, one eatery stands out: **Lively Up Yourself** food truck, with locations at both MidTown Yacht Club in Bend and Eurosports food truck lot in Sisters. Renowned for its creamy and indulgent vegan mac and cheese, at Lively Up Yourself, diners find themselves second-guessing everything they thought about plant-based eating, and sunflower seeds. That's right, the secret ingredient behind the truck's beloved "Cheeze" sauce are sunflower seeds. These tiny powerhouses impart a creamy texture and a nutty, cheesy flavor to the sauce. They also pack a serious nutritional punch. Loaded with essential vitamins and minerals, including vitamin E, magnesium and selenium, sunflower seeds deliver health in every bite. Plus, the ingredient is allergy-friendly and doesn't break the bank.

Owners Sarah McKay and Elliott Roloff launched the cart with a mission to provide vegan comfort food that evokes nostalgia and dazzles nonvegans with the potential of animal product-free dishes, they explained. "We want to show the world that vegan food is good,and not boring, for them, the animals and the planet," shared McKay. While the Lively Up Yourself menu includes a variety of options such as burritos and appetizers, it's the mac and cheese dishes that undoubtedly steal the spotlight. Featuring a diverse range of macs including buffalo, barbecue and the creative Krabby Mac, there's something to please every palate. For those longing for a taste of simple nostalgia, the Classic Mac 'N Cheeze is a must. With macaroni noodles coated in Lively's signature OG Cheeze sauce, garnished with green onions and paprika, it shows that indulging in vegan fare doesn't mean sacrificing the flavors diners adore.

Other savory meal options include soul-soothing noodles at **Miyagi Ramen**. Order a bowl of the Smoked Mushroom Hazelnut Ramen—a plant-based dish brimming with noodles in a robust and flavorful broth, topped with tomato oil, roasted tomatoes, bok choy, tangy pickled shiitake, scallions and spicy tofu.

Plants are no longer stuck in roles as side dishes; instead, they prove their worth in the spotlight, with a tasty reminder people can eat well and feel good at the same time. B

Bold and Colorful Cuisine

Creative flavors and personality shine at JIĀ Asian Street Kitchen

WRITTEN BY **MAISIE SMITH** | PHOTOGRAPHY BY **TINA PAYMASTER**

Bend got a little spicier when JIĀ Asian Street Kitchen opened its doors in September 2023. Founded by Cynthia Linh, JIĀ marks her bold transition from a social media buzzmaker to a gutsy restaurateur bringing Asian street food culture to Central Oregon. Beckoning locals and wanderers off the well-trodden foodie path, JIĀ is a heartfelt nod to Linh's Asian heritage and upbringing in San Jose's Vietnam Town, where family-style meals were a cherished tradition. "I wanted to bring something exciting and different to Bend," she mused, "where every bite and every sip feels like coming home."

DIVE INTO DELIGHT

Walking through JIĀ's doors is like falling into a neon dream, where anime characters cavort in lush jungles and bustling night markets. Brought to life by Linh's husband, Craig Cole, this mesmerizing wonderworld weaves a tangible aura of mystery and delight. "We're here to shake things up," said Linh. "JIĀ is something you'll definitely remember." Here, the essence of communal dining is reimagined, inviting guests to share not just meals, but unforgettable moments under an Asian art-inspired sky.

> I WANTED TO BRING SOMETHING EXCITING AND DIFFERENT TO BEND, WHERE EVERY BITE AND EVERY SIP FEELS LIKE COMING HOME."

JIĀ's menu is an ode to elevated street food, spanning the vibrant regions of China, Vietnam and Thailand. "We try to stay authentic to the culture with each dish," said Linh. "It's food that's meant to be shared." The star of the show is the Bone-in Beef Noodle Soup—a succulent short rib cradled by a tangle of udon noodles and green vegetables, all swimming in a colossal bowl of rich, spicy broth. "I love hearing the collective gasp of delight every time it's brought out," she said with a laugh.

A Saigon Bowl takes the essence of Vietnamese cuisine—the aromatic dance, the unapologetic boldness, the chaotic

Saigon Bowl

FIRED-UP SPIRITS

TOP LEFT: JIĀ's founder, Cynthia Linh.

BOTTOM LEFT & RIGHT: Cinnamon sticks are fired tableside to accompany the Whiskey Samurai cocktail.

joy—and crams it into a single place. Brimming with rice vermicelli noodles, fresh herbs, zesty pickled vegetables and the irresistible crunch of JIĀ's handmade crispy rolls, it's a dish that manages to push every flavor button. The restaurant is also kicking things up a notch with an original and unexpected weekend brunch menu, swapping more commonly found standards such as chicken and waffles for Asian-inspired honey toast and chicken wings. It's a continuation of JIĀ's commitment to creative twists, bold flavors and an experience that goes beyond the plate.

Kids also have a place at the table with menu items that tempt even the pickiest eaters, such as veggie Phở or chicken with rice. On Mondays, JIĀ goes a step farther, offering parents a fun night out as their children engage in creative play at the adjacent art studio in Brookswood Plaza.

SHAKEN, STIRRED AND SPECTACULAR

JIĀ's cocktail program, masterminded by Tou Meechukant, is as inventive as the cuisine. A talented mixologist enticed from the bustling bars of San Francisco to Bend's culinary frontier, Meechukant brings an unparalleled flair to the restaurant, ensuring every cocktail stands on its own as a memorable experience.

Among JIĀ's standout creations is the Whiskey Samurai, a concoction that clinched the top spot in the Crater Lake Spirits' 2024 Barrel Brawl whiskey competition. A blend of high-rye whiskey, soothing almond liqueur, fresh orange juice and grapefruit bitters, the drink comes alive with flaming cinnamon sticks. Another sought-after cocktail, The Mother of Dragons, breathes fire into the soul with a fearless fusion of passion fruit, hatch green-chili-infused vodka, lemon, orange bitters and chili threads. Non-alcoholic options, such as the beloved Tiki Panda, ensure everyone can enjoy the imaginative drink menu. A punchy mix of pomegranate, pineapple and lemon juice served in a panda-shaped tiki glass, it's one of the many mocktails that showcase JIĀ's creativity and palate inclusivity.

"JIĀ's about family—the one we're born into and the people we gather along the way," said Linh. "It's more than just a place to eat, it's a home where everyone belongs."

JIĀ Asian Street Kitchen
19570 Amber Meadow Drive #100, Bend
(541) 241-7172
jiastreetkitchen.com

Sip the Spice

Chai is a blend of tradition and taste

WRITTEN BY **KARISTA BENNETT** | PHOTOGRAPHY BY **TINA PAYMASTER**

In a blend of spices, when crisp notes of cardamom mingle with the warmth of ginger, and Indian tradition infuses every sip, a treasure lies waiting to be discovered in Central Oregon: chai. In India, it's served as a warm morning drink for every season, much like coffee. It's also a beverage that's shared when family and friends gather, said Kavi Chokshi who was raised in India and inherited the art of chai-making from generations steeped in familial wisdom and communal bonds. Today, his goal is to share traditional chai in the community with the hopes to one day open a chai cafe. It wasn't always his beverage of choice, he said. It was on a spiritual journey back to India that he discovered the ancient practice of Vipassana meditation, and through his practice, he found solace and clarity. He realized his passion for chai-making could be a vehicle for creating community with others, and he embarked on a mission to craft the perfect cup of chai. "I began experimenting with my recipe, tuning into my own tastes and creating chai that is balanced in flavor and spice," Chokshi said. At the heart of traditional Indian chai lies a blend of freshly grated ginger and ground cardamom, woven together with chai masala mix. When Chokshi prepares his brew, he uses a robust Indian black tea gently kissed with a touch of turbinado sugar that allows aromatic spices to shine, plus whole milk. "I'm not a purist," he said. "But my main goal is to share what traditional chai tastes like." A cup of warm chai on a hot day is a connection to Indian tradition. Watch for future chai-making workshops and pop-up events at *kavischai.com*.

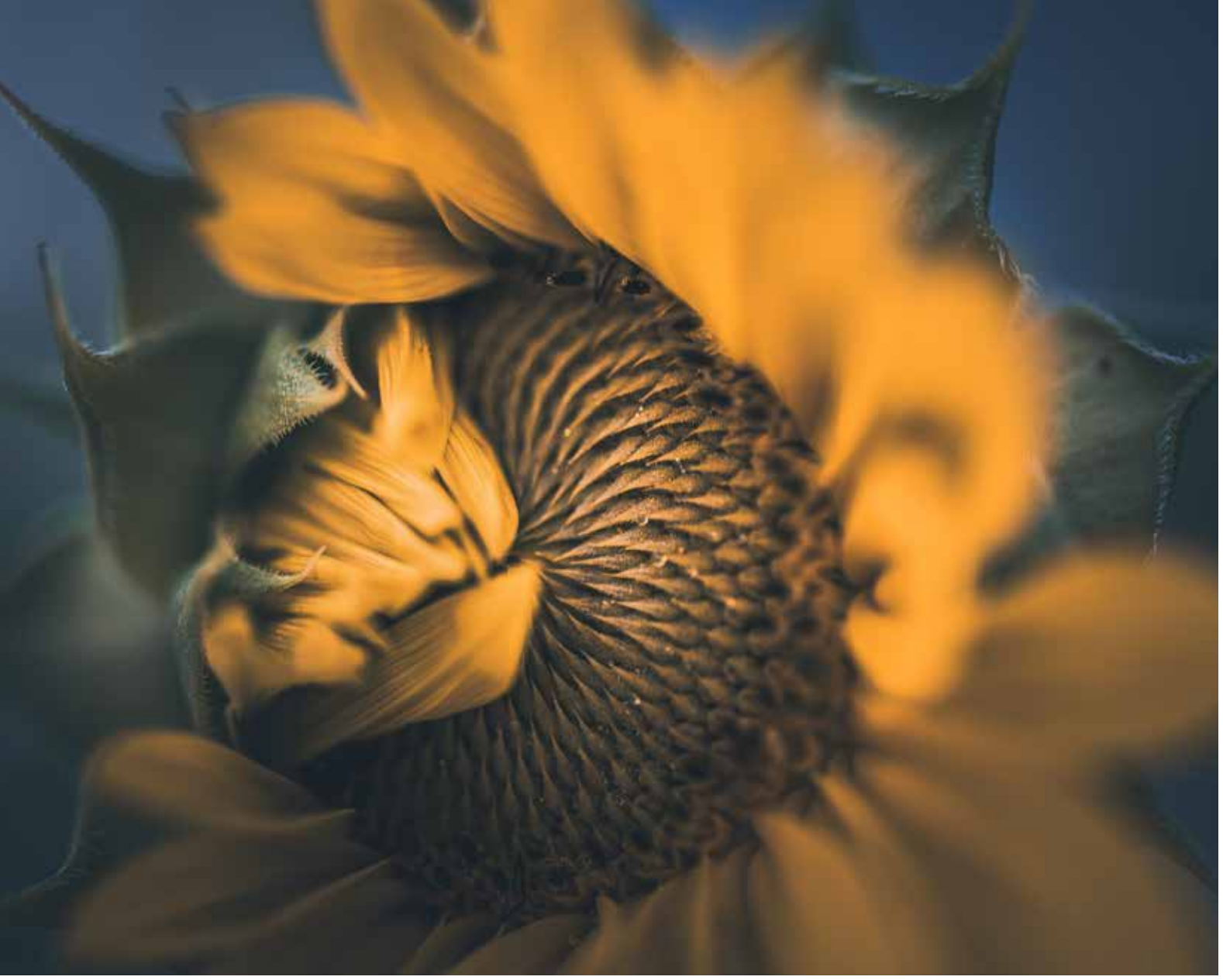
It's a Small World

A closer look reveals art in the little things

WRITTEN BY **CHERYL PARTON** | PHOTOGRAPHY BY **MEGAN BAKER**

With the swoop of a pen, poet William Blake inspired readers to, "See the world in a grain of sand," and with their cameras, macro photographers similarly reveal what might otherwise go unnoticed. "There is so much beauty in the small world around us," said Christian Heeb, founder and owner of Cascade School of Photography in Bend. "You make things visible that people overlook."

The term macro photography may appear itself a misnomer. Macro is a prefix derived from the Greek word *macro*, meaning big. But macro photography is not the art of capturing large objects, it is instead, the art of making small things look grand. To qualify as a true macro image, the subject will be magnified to a larger-than-life equivalent: a drop of water, flower petal or seed now resembles the cosmos or an extraterrestrial form.

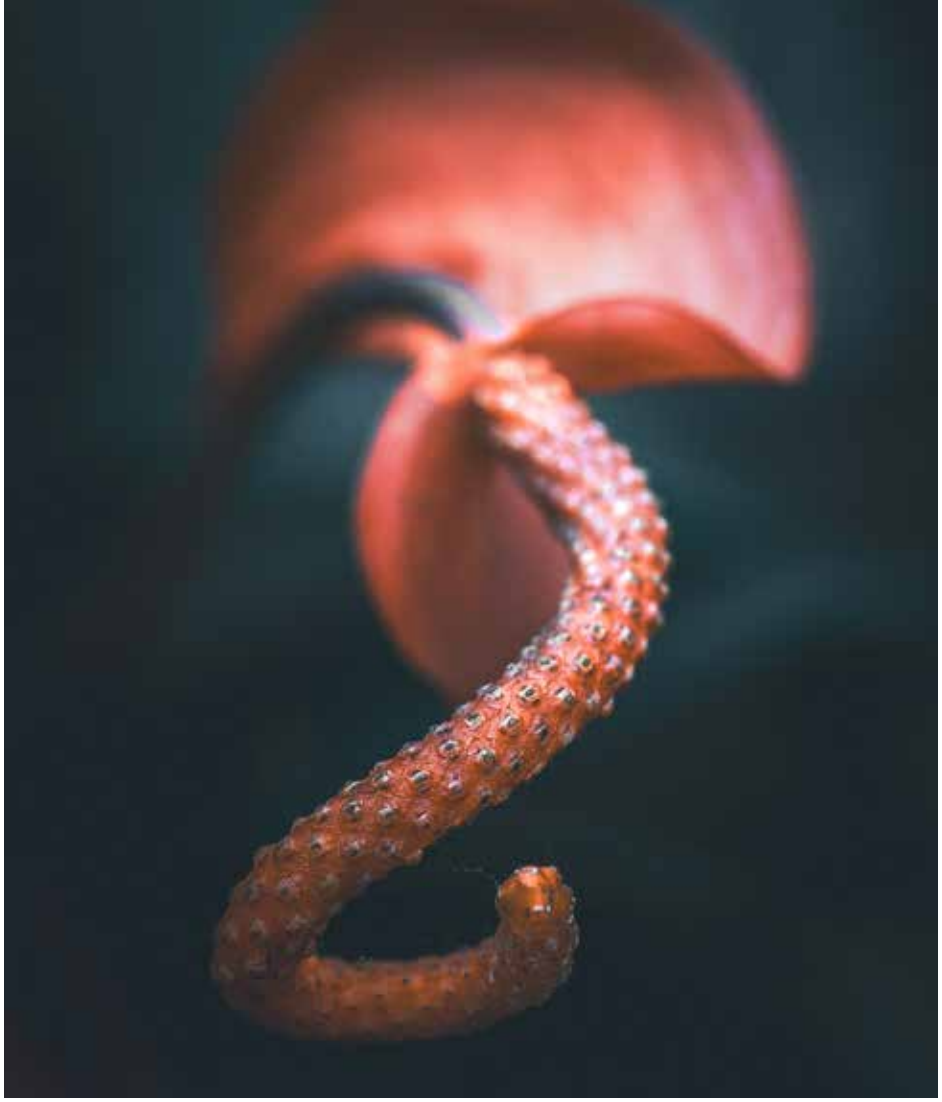


To create their art, macro photographers work with dedicated lenses and an understanding of photography techniques. A 1:1 focal-length lens is used, allowing photographers to focus very close to a subject and create compositions at life-sized—or smaller—scales. Digital advances, such as high-resolution sensors and sophisticated post-processing tools have opened doors to discovering minutaie. Microscope lenses allow vision to go even smaller, still. "It's more technical than other genres in photography," said Heeb. Besides a familiarity with issues such as depth of field, macro photographers need a good eye, sense of composition and framing, he said. While an understanding of the difference between visible, ultraviolet and infrared light isn't required to be a successful macro photographer, this subset of photographers is often versed in the details of optical science as part of the thoughtful and contemplative area in which they work. On a smaller scale, art is revealed in commonly overlooked things. "Revealing something people are unable to see with bare eyes creates a sense of wonder," said Heeb.

Plus, there's no need to travel to faraway landscapes to find extraordinary subjects. All that is needed is patience. A backyard, trail or garden may become exotic when the commonplace is elevated through a lens. A drop of water reveals another planet. Spring flowers look like undersea creatures. The allure for many is the genre's accessibility. To gain access to the miniature world, photographers look for hidden beauty in plain sight or take a class to guide them. The Cascade School of Photography offers workshops, including one on flowers of the Old Mill District this summer, taught by local photographer Barb Gonzalez.

MACRO OBSESSED IN THE PACIFIC NORTHWEST

Photographer Megan Baker came to macro photography as a way to quiet the noise of the world. Having photographed more than 3,000 weddings as a professional based in Maui for almost 20 years, it was the beauty found in a single snowflake that brought her to discoveries through her lens. Nature's symmetry, or a world that could be gracefully off-center, appealed to her, she explained.



Baker, who spent her early childhood in southern Oregon and had a camera in her hands by age 7, moved to Hawaii in middle school where her family ran a coffee plantation along the flank of Haleakalā Crater. There, her father kept bees, and her mother was versed in the arts of growing things from seed. An appreciation for watching these small miracles was coupled with an early introduction to photography. Baker's uncle, Stephen Ashley, an aerial photographer, shared his own bird's eye view by taking images from a plane. On land, a camera provided Baker with a similar "aerial" view of her natural surroundings.

Moving to Bend in 2017 with her husband and two sons, she brought her "dream chaser" spirit to the community. "As an idea person, everything comes down to seeds," she said. Macro photography was a place for her creativity to grow using a learned economy of scale.

Her image "The Drop" began as a search to capture the microscopic architecture of a snowflake. The fast-melted snow provided something unexpected, though. "I thought I had failed, but in the drop I could see trees, and a bud forming in another world," she said. In another photograph, a sunflower is less a complete symmetrical form as what she witnessed as an "unfolding."

With decades of experience as a photographer, Baker is able to use a manual focus in low light to create her images. She prefers what is discovered in the shadows, focusing on the quiet of plants and nature to create art in miniature. With 109 houseplants of her own, she need not go far for natural subjects, though by going small "the lens picks up things your eyes don't see," she said.

Looking at worlds hidden by the eye can often appear otherworldly. "I've always been drawn to the abstract," Baker said. "With macro photography I'm really able to express myself."

See *ccophoto.com, @chasing.indigo, mbphotographybend.com.*

Sat May 11 2-4 pm "The Joy Of Flowers!"

Ralph James
Robert Moore
Gretha Lindwood
Laurel Buchanan
Willo Balfrey
Rod Frederick
Steven Homsher
Randall Tillery
Charley Phillips
Pamela Claflin

Music By: Linda Cloudas, Accordionist 2-4 pm





Sat June 8th 2-4 pm "Precious!"

Craig Zuger
Tim Norman
Melanie Thompson
Steven Homsher

Music By: 'Sounds Of The Ochocos'
High Desert Flutes 2-4 pm


RIMROCK GALLERY

Tues-Sat: 10—5:30 541-903-5565 rimrockgallery.com 405A NW 3rd St Prineville OR 97754

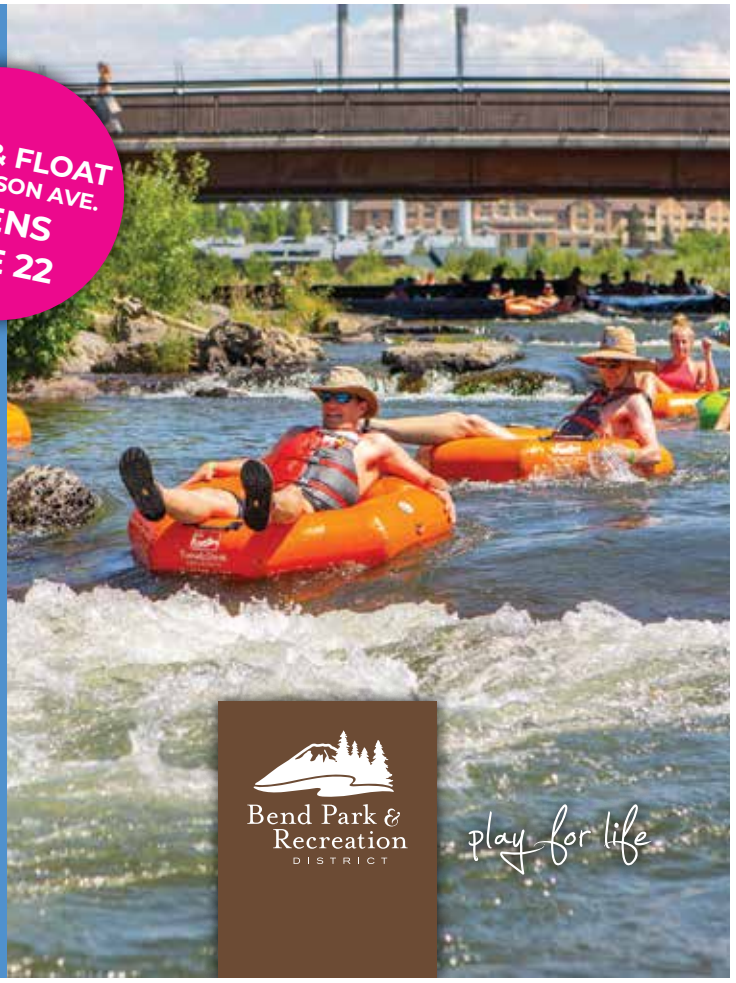
float the river in 4 easy steps

PARK & FLOAT ON SIMPSON AVE. OPENS JUNE 22

Start at Park & Float on Simpson Ave.
for parking, tube rentals, life jackets and shuttle service -
everything you need for a great day on the river.

1. Start at the Park & Float.
2. Gear up.
3. Go float.
4. Return or repeat via the shuttle.

Rental and shuttle details and maps at
bendparksandrec.org/float



Playful Painting

Art by Megan Nielsen portrays Oregon's whimsical side

WRITTEN BY **JENNIFER DELAHUNTY**

One summer afternoon, Megan Nielsen and her family were canoeing on Suttle Lake when the Sisters artist felt the unmistakable zing of inspiration. "Just looking at the lake, I knew what I had to paint," she said. Back in her studio, she sketched a bear and rabbit fishing that are oblivious to the bounty of fish swimming beneath their boat. A mountain resembling Black Butte rises above the scene.

Nielsen's whimsical work embodies the solace and magic of Central Oregon's surroundings. "I want to capture those moments that reset you and connect you to both the natural world and to the people you are sharing it with," she said. Her artistic enterprise, Canyon & Cove, features original paintings, prints, cards and stickers.

The artist's path toward becoming a full-time artist began when she was very young, tracing Disney images while dreaming of becoming an animator. An ardent animal lover, her work honors creatures because of "their simple, peaceful nature," but she is drawn to some in particular. "I've always been attracted to bears, compositionally. Though they appear ferocious, I love their big, peaceful spirits," she said. Otters are another favorite.

Her goal is to hit a sweet spot: "Not too cute, but not too realistic either:" A bear catching lightning bugs in a jar, a dog paddleboarding on a river, a moose riding a ski lift. Her drawings invite a smile, but her adept brushwork, clever composition and sophisticated color palette reflect an artist with studied talent. During college, she focused on interior design. The architecture courses inspired her creatively, and the teaching faculty urged her to experiment conceptually.

The charm of Nielsen's art reveals a fierce aesthetic curiosity; she continually pushes herself to learn new techniques. "I deconstruct paintings and illustrative styles I'm attracted to and then figure out how to uniquely apply those techniques to my work," she said. While many artists of her generation work digitally, Nielsen prefers watercolor, pencil and acrylic gouache. "You gain so much when playing by hand." The next stop on her artistic journey may be paintings that are "larger and looser."

Although she has a successful stationery and print business, Nielsen asserts she doesn't relate to a production mindset. "I must feel something to follow an idea. The intention comes from the artwork, not from a deadline."

"Lazy Days"

I MUST FEEL SOMETHING TO FOLLOW AN IDEA. THE INTENTION COMES FROM THE ARTWORK, NOT FROM A DEADLINE."

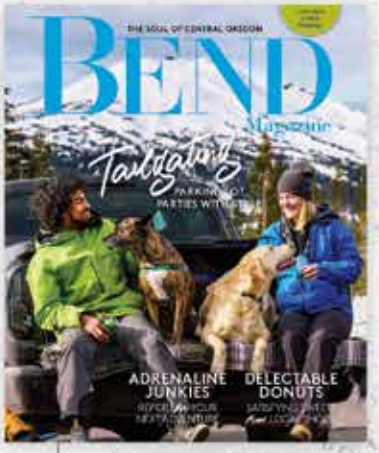
Her husband Jarred Nielsen joined the company in 2021, applying his business background. "Jarred's dedication, focus, organization and faith in the artwork have allowed the business to grow and shine," she added.

Megan was born in Alaska and raised outside of Seattle. Her move to Bend in 2015 came after a single visit. "I got that feeling that so many get when they visit Central Oregon," she said. In 2022, she and her family sought closer access to nature and moved to Sisters where she feels a particular affinity to the sight of the mountains and forest. In 2023, she rebranded and named her business Canyon & Cove to reflect "the places of erosion where beauty is found."

See *canyonandcoveart.com*.

BEND Magazine

The Soul of Central Oregon



SUBSCRIBE ONLINE: BENDMAGAZINE.COM/SUBSCRIBE

#1 SELLING MAGAZINE IN CENTRAL OREGON

Culture *Shorts*

LOCAL WRITER AND ILLUSTRATOR PUBLISH NEW BOOK

Good Morning, Mother Nature, a children's picture book collaboration between Bend artists, writer Lucas Alberg and illustrator Megan Marie Myers, was released in April. The book is a rhyming tale with playful artwork in a homage to nature, wildlife and the wonders of the outdoors. "Good morning world. Good morning light. Good morning critters peeking into sight," Alberg wrote. It is his third book and second children's book. Myers is a painter, illustrator and native Oregonian.

HIGH DESERT MUSEUM RECEIVES GRANT

The High Desert Museum will receive $500,000 from the National Endowment for the Humanities to support its revitalization of "By Hand Through Memory," a permanent exhibition built in 1999 and dedicated to Indigenous cultures of the region. The Museum was one of 10 institutions in the nation selected for funding in the exhibits category. Modern displays will allow the Museum to rotate its collection of more than 7,000 items. "To have this badge of honor is a testament to the legacy of the High Desert Museum and our partners," High Desert Museum Executive Director Dana Whitelaw, Ph.D. said. See *highdesertmuseum.org*.


"Su Talun"

PHOTO TOP RIGHT CHRIS MURRAY

NEW EXHIBITION AND FOUNDATION HONORS ARTIST KAYCEE ANSETH

From May 3-25, Scalehouse Collaborative for the Arts presents "Kaycee Anseth Legacy Foundation: Life + Death + Grief + Joy." Kaycee Anseth (1979-2020) was a skilled artist who worked in many mediums, including painting, drawing, ceramics, typography and music. Her main form of expression was collage, which she used to explore the realms of myth and fairy tale as they pertained to her personal narrative. The Kaycee Anseth Legacy Foundation was established to "beautify, heal and unite [the Central Oregon] community" by helping local artists overcome financial barriers in order to nurture their creative expression. See *scalehouse.org*.

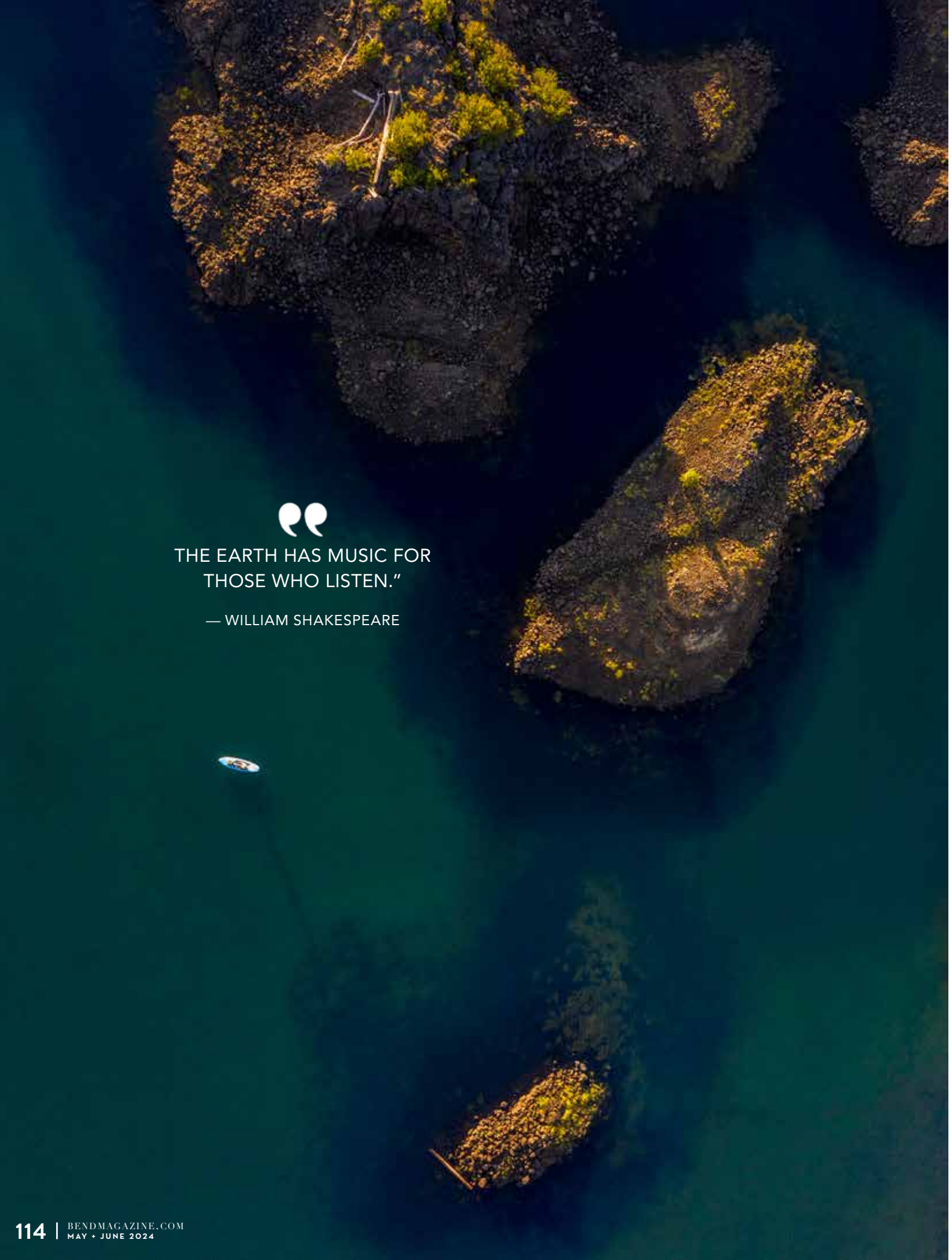


PHOTO JONATHON CHANDLER

Oregon Shakespeare Festival.

Season Sponsor | LITHIA & driveway NYSE:LAD

PLAYING IN THE 2024 SEASON

MACBETH • BORN WITH TEETH • SHAKESPEARE AND THE ALCHEMY OF GENDER
SMOTE THIS, A COMEDY ABOUT GOD ...AND OTHER SERIOUS $H*T • VIRGINS TO VILLAINS • LIZARD BOY
CORIOLANUS • BEHFARMAHEEN (IF YOU PLEASE) • MUCH ADO ABOUT NOTHING • JANE EYRE

Three stages.

OSF 2024

Limitless worlds.

World-class theatre and small town charm just a three-hour drive from Bend, Oregon.

March through October

Tickets at OSFashland.org

asi

Wealth Management

Connection.

It's at the heart of everything we do—and essential for crafting personalized financial strategies for our clients. Our goal? To foster genuine relationships that allow us to anticipate your needs and offer proactive advice built on trust and a deep understanding of your goals.

Looking for a trustworthy connection and an advisor who cares about your success? Contact us for a complimentary second opinion consultation.

Bend | Medford | Portland | Seattle **secondopinion@asiwealthmanagement.com** **541.617.0898**