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BEND

Magazine

Summer
Vibes

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FACES OF THE
GREEN WAVE

OUTDOOR EATS
FOREST FEASTS *and*
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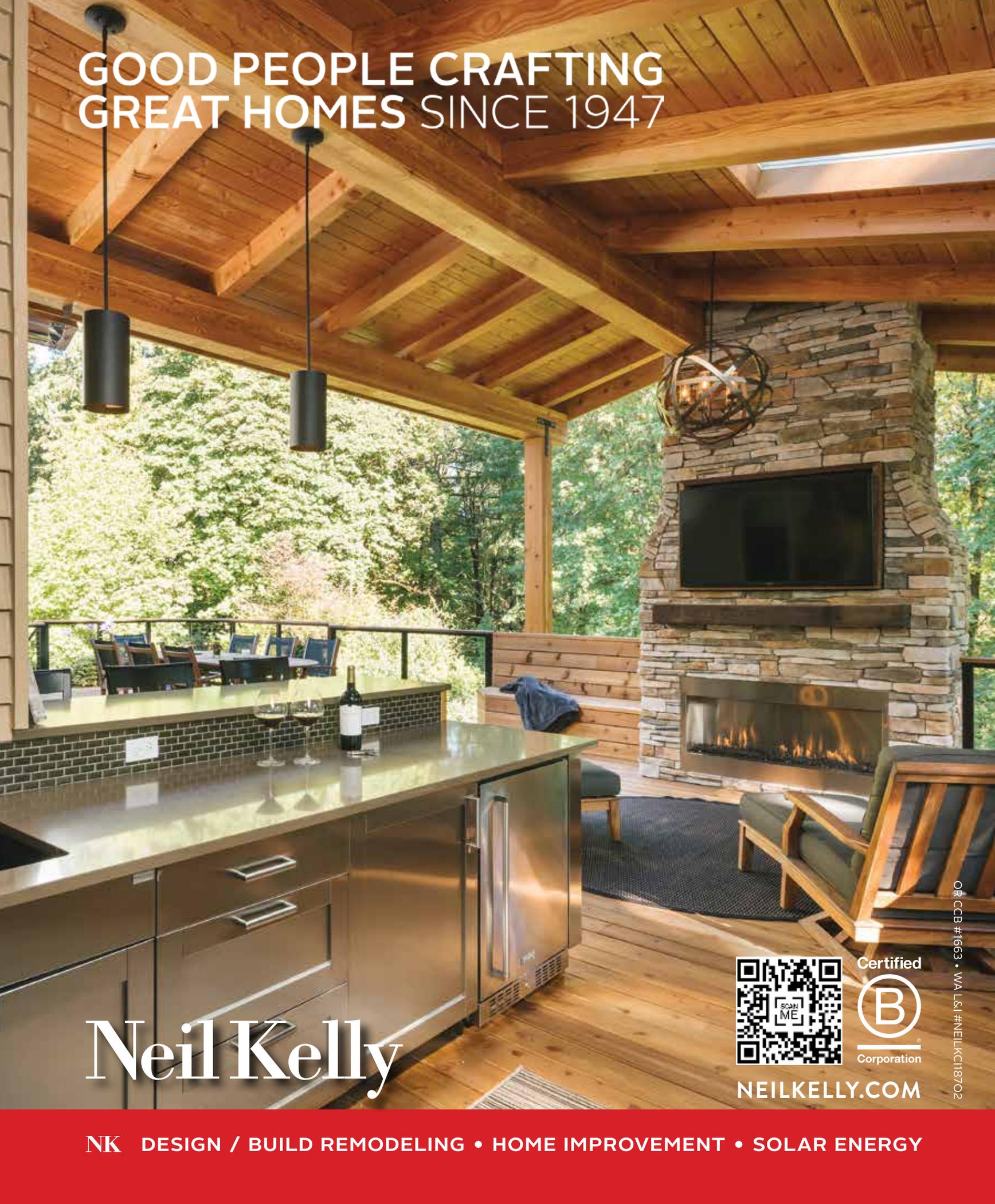
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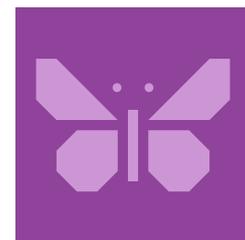
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DIGITAL EXTRAS

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.

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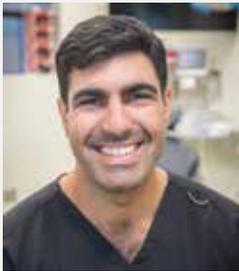
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72

RIDE THE GREEN WAVE

From pre-dawn until after dark, surfers are never alone at Bend's wave, named for the color of its eternally unbroken crest. Meet the community that exists there, and why being together brings Central Oregon an *ohana* spirit. *Written by Cheryl Parton.*

80

KAH-NEE-TA RETURNS

Since 1962, Kah-Nee-Ta Hot Springs Resort at Warm Springs has provided a prime venue for fun in the sun. Closed since 2018, it reopens this summer. The news is as reinvigorating as the mineral water pools that await. *Written by Daniel O'Neil.*

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CAMPING 101

Summer is for camping. From "tentiquette" and gear to tales and tail wagging from four-legged companions, here's a guide for enjoying prime camp time. *Written by Matt Wastradowski.*



ON THE COVER
Lled Smith at sunrise.

COVER PHOTO & ABOVE
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WORDS *and* PICTURES



CHLOE GREEN
WRITER

Having dreamed of being a writer since she was a small kid scribbling in journals and staying up past her bedtime reading, Chloe Green is now lucky enough to call herself exactly that. As a staff writer for *Bend Magazine*, she has penned stories about the people and landscapes that make her home in Central Oregon so special. Off-duty, you can find her teaching yoga, swimming in the river, hiking with her pup, or still staying up past her bedtime reading. In this issue, she explores The Rooftop of the SCP in Redmond, detailing its atmosphere, local cuisine and inspired ethos. See page 99.



ANNA JACOBS
PHOTOGRAPHER

Raised in Vermont, Anna Jacobs moved to Bend a decade ago. She divides her time between ventures that indulge her passions for photography, real estate and creative marketing. A photographer and real estate broker with an eye for architectural detail, Jacobs' work focuses on shooting interior spaces. She and her husband Damian Schmitt operate Mountain Modern Airstream—listed by *Dwell* magazine as one of the seven best Airstream renovation companies in the nation. For this issue, Jacobs photographed Sarah Westhusing's West Bend home. See page 63.



JOE KLINE
PHOTOGRAPHER

Always on the lookout for candid and storytelling moments, photographer Joe Kline has a style informed by more than a decade of documenting life as a newspaper photojournalist. Based in Bend, Kline enjoys photographing outdoor recreation, events, portraits and more. He cherishes exploring the outdoors, being with family and is an optimistic yet perennially disappointed Cleveland sports fan. This issue features Kline's photos of Bend cycling criterium's from years past on page 45. He also photographed the runway of the Rubbish Renewed Fashion Show. See page 25.



DANIEL O'NEIL
WRITER

Where there's rain, snow, the Pacific Ocean, or a soaking pool, you will find Daniel O'Neil. On warm days he'll locate a creek or river and tuck into the current while anchoring onto a rock—eyes and ears open like flood gates. O'Neil belongs to the Northwest, and that is where he concentrates his attention as a journalist, using illustrative words and photographs to speak for and honor his environment and the people who live in this region. Raised in Portland, he now calls the Oregon Coast home. For this issue, Daniel wrote about the reopening Kah-nee-ta Hot Springs Resort. See page 80.



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 spent early mornings and evenings at Bend's Green Wave to take portraits of the river-surf community and of the wave itself. See page 78.



HIB SABIN
"Owl Dreaming" 18x6x5 bronze ed. 15



GARY ERNEST SMITH
"Day's End" 30x24 oil



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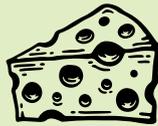
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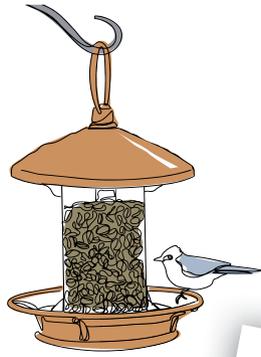


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“YOU DON'T HAVE TO BE A KID TO APPRECIATE THE GLORY OF THE SEASON.”

Editor's LETTER

Time feels different on a summer day, doesn't it? Remember riding your bike as a kid until sundown or when the street lights came on? Those days seemed to stretch beyond 24 hours. Long summer afternoons were as much about freedom and independence as exploring trails. Was it simplicity or the new experiences that made time feel endless?

In summer, it's easy to feel like a kid again. Some of the best parts of my job are to act like one: being curious, meeting people and telling stories. Last year, my goal was to surf the river. Being an early riser helped—I planned to be on the water in the morning, before anyone else, so I wouldn't embarrass myself. Maybe the wave would be empty then? Ryan Richard, wave shaper for Bend Park & Recreation District gets asked this question all the time: “When is there no line?” The answer is that you're never alone at the wave. So I found myself there at 6:45 a.m., with a group of people that were the impetus for a story on the Green Wave community, described on pg. 72.

Capturing stories about summer, we dove into the reopening of Kah-Nee-Ta with elders who remembered its heritage hot springs (pg. 80). Camping tips begin with putting away your cell phone and relationship with time, see pg. 84. At Camp Tamarack, Charlie and Michele Anderson give campers the gift of outdoor programs—understanding

time in nature breaks barriers and sparks connections, learning and growth (pg. 51). We learned about citizen assemblies as a way to gather diverse voices and affect government policy. True conversation requires slowing down and really listening to other points of view.

Novelty-filled days of waves and words went by quickly, but felt longer. In April, a paper published in *Nature Human Behavior* posited that when the brain processes complexity, time seems to contract. Summer in Bend is full of heightened experiences and connections, so maybe time can seem both fast and slow at once.

We all get the same 24 hours, but you don't have to be a kid to appreciate the glory of the season. Whether rising early or staying up late to view the stars, these days give us time to embrace new things and expand the slice of time we have on this planet, while holding on to simplicity, too. It's why we created these pages, to put summer in your hands. Enjoy!

Cheryl Parton, *Editor in Chief*

A photograph taken from the back of a van, looking out over a scenic landscape at sunset. A dog is lying on a blue tarp on the ground, and a person's legs in blue pants and boots are visible in the foreground. The background shows a valley with trees and mountains under a warm, orange sky.

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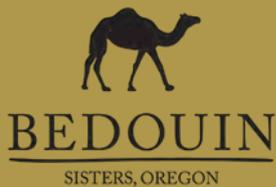
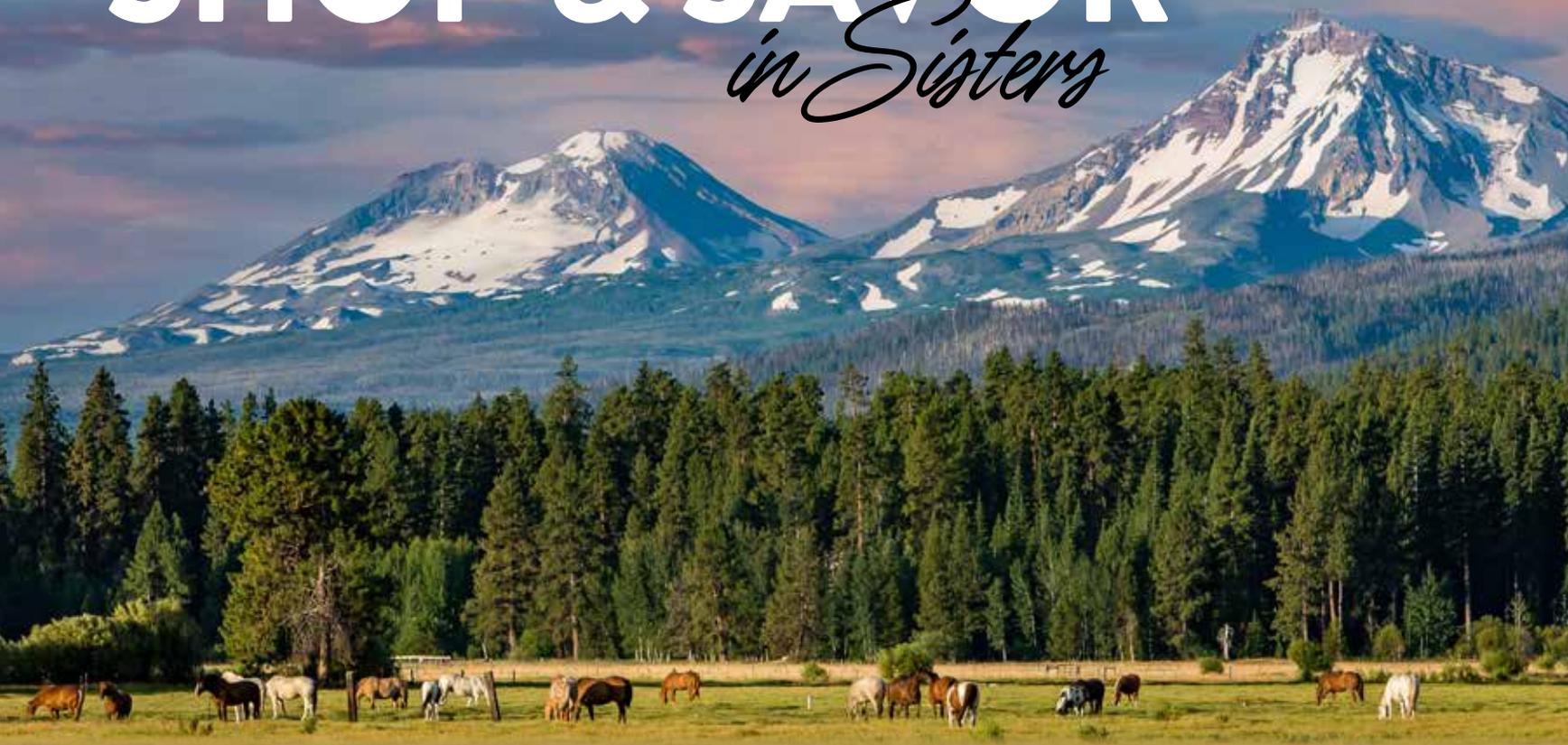


PHOTOS TOP LEFT: GWEN SHOEMAKER, COURTESY OF HAYDEN HOMES AMPHITHEATER | TOP RIGHT: TINA PAYMASTER | BOTTOM RIGHT: COURTESY OF SUNRIVER RESORT

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Rubbish Renewed rethinks waste and raises money for education

When it comes to upcycling, the Rubbish Renewed Eco Fashion show goes to great heights...all the way to haute couture. Stitching together environmental responsibility, fashion and community, the early summer event features the recycled creations of Central Oregon students, adults and businesses presented in a runway show. Founders Karen Holm and Amy Anderson first launched Rubbish Renewed in 2010 fundraiser for Realms magnet school. "We believed in the mission of transforming trash and inspiring community for a sustainable earth and had a love for the creative process," Holm said. This year, in the business category, a Bend Anesthesia Group team of two perioperative nurses and two anesthesiologists created a dress made of blue wrap commonly used to wrap surgical instruments to shed light on the issue of medical waste. "Our aim is to highlight ongoing initiatives focused on recycling this material and giving it a new lease on life," said Dr. Cherie Long. Beyond the catwalk, Long and Dr. Holly Graham are repurposing blue wrap into products such as reusable totes for The Environmental Center's annual fundraising campaign and for new mothers at the St. Charles Medical Center Family Birthing Center. See rubbishrenewed.org. 



Erika Miller designed and created the garment "Neuromagical" to highlight human neurodiversity, and the "diverse ways in which all people experience the world and express themselves."

News Shorts

FUTURE FUND PROJECTS TO ENHANCE THE REGION

A total of \$450,000 will be awarded to local tourism projects from Visit Central Oregon's Future Fund. The fund aims to protect and enhance the region by serving the community, visitors and local economy through the promotion of accessible adventure, stewardship and cultural tourism. Recipients include the AdvenChair AdvenTours Program, a guided trip series developed to offer people with disabilities access to the diverse natural environment of the area. Another grant recipient, South Wasco Alliance's Simnasho Tribal Market Project, plans to utilize the funds for a gathering space to host tribal members and travelers in the northern tribal land of the Confederated Tribes of Warm Springs. To learn more about other grant projects, see visitcentraloregon.com.



EMERGENCY RESPONSE CENTER RECEIVES FUNDING

A project to integrate a multi-agency coordination center titled CORE3 recently received \$1 million in federal funding. The center, focusing on public safety training and emergency response, will be centralized on a single campus adjacent to the Redmond Airport. CORE3 (Central Oregon Ready Responsive Resilient) is a community-initiated program with the mission to strengthen Oregon's resilience after the occurrence of wildfires, flooding, earthquakes and other disasters. "With wildfires and other emergencies demanding constant attention, it's imperative the state is equipped with a trained local workforce and the essential tools to help Oregonians weather any emergency," said Sen. Ron Wyden. The center is slated to break ground by spring 2026. See core3center.org.



RIVERHOUSE LODGE CELEBRATES 50 YEARS

At 50 years, an extensive renovation and rebranding effort celebrates a Bend icon—Riverhouse on the Deschutes, now named Riverhouse Lodge. Along with events throughout the remainder of 2024, such as a Dining Through the Decades series, Riverhouse Lodge's river-centric destination ushers in extended outdoor dining areas (including riverside firepits), remodeled rooms, a reimagined wedding lawn, an updated conference center and a new lobby. Currents, Riverhouse Lodge's restaurant, is now under the direction of Executive Chef Travis Taylor who has transformed the menu to feature seasonal and locally sourced plates. See riverhouse.com.

TRANSIT FOR TRAIL ACCESS

Facilitating access to popular trailheads, the Transit to Trails summer shuttle brings hikers, bikers and sightseers to stops along Century Drive from downtown Bend to Mount Bachelor, Wednesdays-Sundays through Labor Day. Operated by Cascades East Transit, it features a bike trailer with a capacity for 20 mountain bikes along with 38 riders. The fare is \$5 one-way or \$9 round-trip and the ADA-accessible bus originates from the SW Columbia Street Park N Ride. See cascadeseasttransit.com.

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Community Conversations

WITH CHERYL PARTON

Casting a ballot on election day counts your vote, but a new model of community decision-making gives residents more of a voice in government. Known as citizen assemblies, this concept of engagement takes a cross section of the public to examine complex issues and relevant community topics to recommend policies: think of it as a think tank-meets-jury box.

In the citizen assembly model, members are selected by sortition—a random lottery—to find a pool of decision makers. Then, an applied stratification ensures a group echoes community demographics by gender, ethnicity, age and socio-economic metrics. The next steps of the process include collective listening and deliberation, and after a shared weighing of evidence, a decision is made by supermajority. Citizen assemblies are not new, explained

Claudia Chwaliz, founder and CEO of DemocracyNext, an international nonprofit research and action institute based in the Netherlands. European countries have already implemented more than 700 assemblies, she told a Bend City Club audience. “We believe everyone should have the dignity and the agency to be involved in participating in democracy and in shaping decisions that affect their lives,” Chwaliz said.

The Central Oregon Civic Action Project (COCAP) nonprofit is leading the way for assemblies to take place in partnership with the City of Bend. The committee is dedicated to helping build a more civic-minded and vibrant community, said Josh Burgess, executive director of COCAP. “Public deliberations, such as civic assemblies, aren’t just run-of-the-mill town halls; they’re catalysts for lasting, positive change where everyone is empowered to determine our shared future.” See demnext.org. ■

Sound Off

We asked Bend leaders to weigh in on the ways that new models of dialogue help tackle tough policy problems in today’s political climate.

“Divisiveness in today’s society can feel pervasive and exhausting—but in almost every study we see, there is greater agreement among the average citizenry than political rhetoric or media stories would suggest. Researchers at The Laboratory for the American Conversation at OSU-Cascades have found that even amidst profound disagreement, most people still make decisions that benefit the public good...We do this so that tradition, freedom, justice, kindness and fairness can prevail.”

— Elizabeth Marino, PhD
Associate Dean of Academic Affairs,
Associate Professor of Anthropology,
OSU - Cascades

“We’re fortunate in Central Oregon to have a rich history of civic engagement, but it’s still not enough. Only when all members of our communities have a seat at the table and feel heard can we tackle thorny policy problems. By engaging in meaningful dialogue and collaborative decision-making, we strengthen our community’s social fabric, renew trust in institutions and enhance the ability of local officials to govern.”

— Josh Burgess
Executive Director,
Central Oregon Civic Action Project

“Growing up, I remember a series of educational PSAs called ‘The More You Know.’ I firmly believe that the more we all know, the better the policy decisions that change the course of our city.

We have big-town problems and small-city problems in Bend, and we need everyone to help us tackle them. We get information from so many sources, and these sources are often places that agree with our views. Methods of public dialogue that encourage broad information sources will only make us a more engaged and responsible population and will make for a better Bend.”

— Megan Perkins
Bend City Councilor

“New models of dialogue are desperately needed and desired. They can address tough policy problems by embracing diverse perspectives, encouraging inclusive participation and breaking through traditional bureaucratic barriers.

These approaches prioritize collaboration across different sectors and communities, leading to breaking up silos and fostering innovative solutions tailored to complex issues. Ultimately, to tackle today’s challenges, we must stop doing the same things the same way and expecting different results.”

— Xavier Borja, Latino Community Association Board President, Former Bend Park and Recreation District Board Member, Former City Club Board Member





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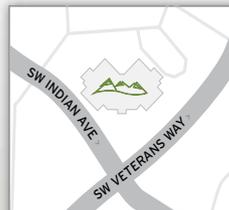
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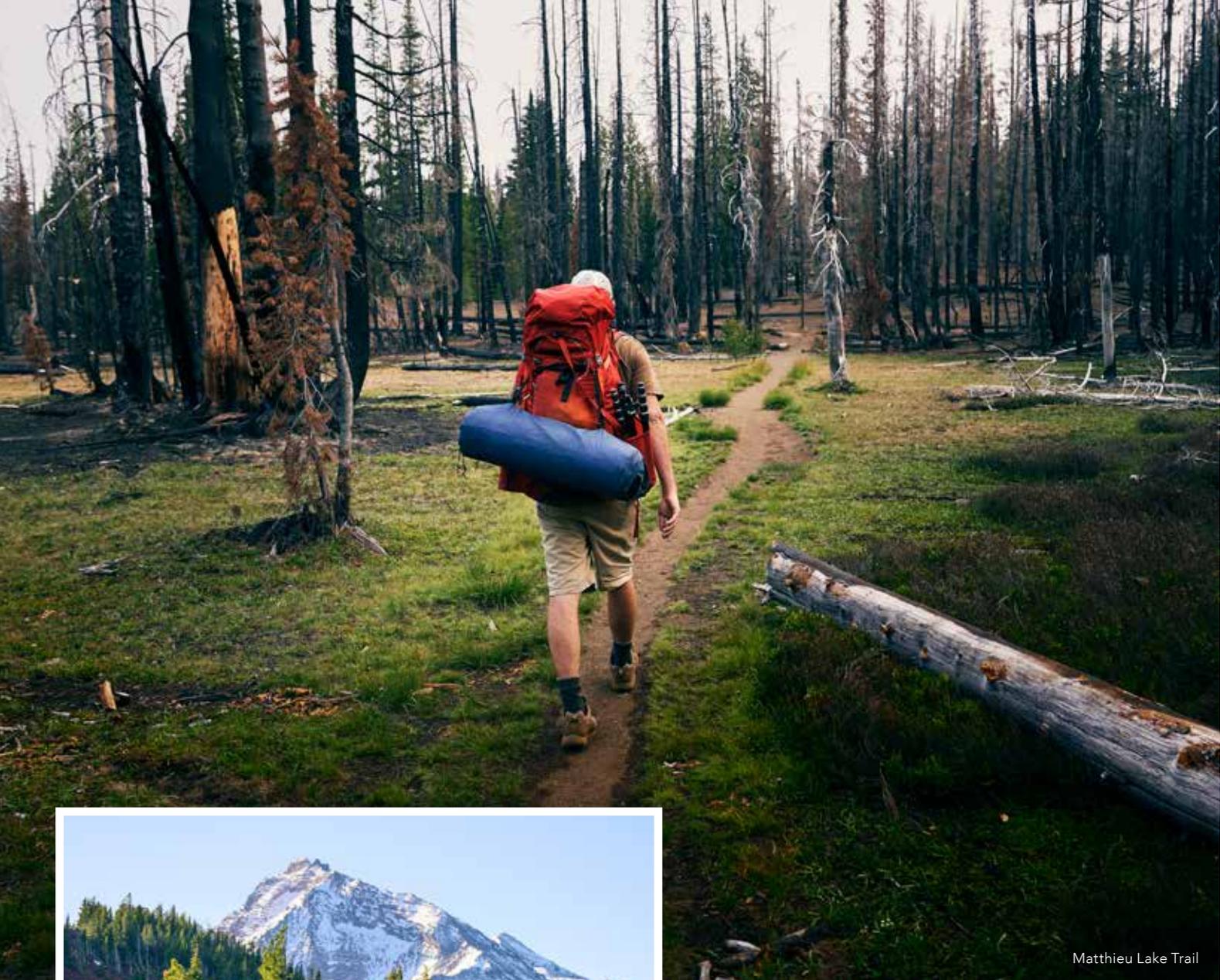
Three hikes in the Three Sisters Wilderness

WRITTEN BY DAMIAN FAGAN

The Three Sisters Wilderness is a spectacular region of shimmering alpine lakes, old-growth forests and wildflower meadows, including a family of glacier-clad peaks: the Three Sisters and Mount Bachelor (formerly, called Brother Jon). It is no wonder the wilderness trails are busy in summer.



South Sister Climb Trail



Matthieu Lake Trail



Matthieu Lake

In 2021, the U.S. Forest Service initiated a permit system to deal with overuse on the most popular Central Oregon trails. Obtaining an online permit to some of the region's well-known destinations can be a challenge, especially for a spontaneous hike. So here are three options that don't require advanced reservations. No planning required, just show up and go!

SCOTT'S PASS TRAIL

Named for cattleman Felix Scott who built a trail over the Cascades in 1862 to drive cattle from the Willamette Valley toward eastern Oregon, the Scott's Pass trail climbs through coniferous forests to the namesake pass and connects to the Pacific Crest Trail near South Matthieu Lake, named for Oregon pioneer Francis Xavier Matthieu. Great views of North Sister await from the shoreline.

- ▮▮▮▮▮ Trail detail: 6.8 mile out-and-back, 650 feet elevation gain
- ▮▮▮▮▮ Scott's Pass Trailhead: 14.5 miles west of Sisters off
- ▮▮▮▮▮ Highway 242

PHOTOS THIS PAGE: TOP ADAM MCKIBBEN | BOTTOM CHRISTIAN MURILLO
OPPOSITE PAGE RICHARD BACON

SIX LAKES TRAIL

This trailhead provides access to far more than six lakes—it eventually connects to the Mink Lake Basin, home to numerous bodies of water. Nearly a mile from the parking area, the trail passes by Blow Lake, a deep glacially carved lake, visible through the woods. Another mile beyond Blow Lake, the trail passes by Doris Lake, also visible through the trees. On Doris Lake's eastern shore, at the "day-use only, no camping" area, there is a swimming spot to take a refreshing dip on a hot summer day.

The trail past Doris Lake gradually climbs through old-growth hemlocks to a junction.

Turn right and the trail leads toward Mink Lake and numerous other lakes. Continue straight and head for Senoj Lake (Jones spelled backwards), a shallow lake within a large meadow. It's too shallow for a swim, but the muddy shoreline is often rich with signs of deer, elk and other Cascade critters.

Trail details: To Senoj Lake, 7.8 miles out-and-back, elevation gain 660 feet

Trailhead: Six Lakes Trailhead is two miles south of Elk Lake Resort on Century Drive.

Blow Lake



Park Meadow Trail



HORSE LAKE TRAIL

From the Elk Lake Trailhead, just across Century Drive from Elk Lake Resort, this trail leads through lodgepole pine and old-growth mountain hemlock forests, crosses the Pacific Crest Trail, before almost reaching Horse Lake. The main trail does not lead to the lake, rather a "fisherman's trail" skirts along the western edge of the shore. About halfway around, a prow of basalt juts out into the water making a fine lunch spot to share with the uber-cute golden-mantled ground squirrels.

On the return trip to the trailhead, watch for unmarked signs leading to two other lakes, Colt and Sunset. A detailed map is handy for navigating this trail.

Trail details: 8.9 mile loop, 600 feet elevation gain

Elk Lake Trailhead: 33 miles west of Bend, just across Century Drive from the Elk Lake Resort

CENTRAL CASCADE WILDERNESS PERMITS

Between June 15 and October 15, Wilderness permits are required for overnight and day use, however, no reservations are needed in advance. Permits, such as the Northwest Forest Pass or one of the Interagency Passes, are required for parking.

Ten of 44 trailheads in the Three Sisters Wilderness require an advanced reservation, with a nominal fee, through Recreation.gov or by calling 1-877-444-6777 (TDD 877-833-6777), starting June 5. All other trailheads have free, self-issue wilderness permits at their register boxes. **B**

PHOTO CHRISTIAN MURILLO

Lottery Play Helps Support Central Oregon Parks

Our state park system represents a century-long legacy of preserving Oregon's best places, and, of course, keeping those places open and available to all both now and into the future.

This hasn't always been the case. In the 1990s, some parks had to close seasonally, while some were even in danger of being sold outright in order to maintain others. The lack of full funding forced the Parks Department to make some hard decisions. Something had to give.

Lottery Dollars Making a Difference

While paying for projects like plumbing and electrical upgrades might seem underwhelming amid the magnificent landscapes that characterize our state parks, they're the sorts of expenses that play a vital role in keeping the parks open and safe for visitors year round. Thanks to Oregon voters — and your lottery play — these projects continue to support the local parks that mean so much to Central Oregon's economy, to tourism, and to the local residents who visit them regularly.



A Creative Solution

Luckily, in 1995, voters directed a portion of Oregon Lottery proceeds to support our unmatched state parks system. Since then, more than one billion dollars have been used to help preserve, improve and operate the more than 250 parks, viewpoints, scenic corridors, beaches and heritage sites that comprise the Oregon State Parks system. Here's how the dollars play out for Central Oregon's state parks.



Since 2020, **Tumalo State Park** has benefited most during this period with monies for ongoing necessary upkeep to drainfields and paved areas, electrical systems and accessible shower facilities. In total, these grants amounted to more than \$1.2 million for Tumalo State Park in recent years.

Smith Rock State Park has received more than \$16,000 in Oregon Lottery grants. The money has gone toward parking and trail improvements, as well as important work to reduce fuel for potential wildfires.



Just over \$35,000 in Oregon Lottery grants have gone to **Pilot Butte** for projects like landscaping and asphalt work.



LaPine State Park has received over \$250,000 of Lottery funds during the same period, spread over several projects. These range from smaller grants for updating electrical and sewer systems, to much larger grants for making restrooms ADA compliant and for parking lot restoration.



Learn more online at:
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BUILD A VAN

Bump, Set and Spike in the Sand

Central Oregon's beach volleyball scene thrives without a beach

WRITTEN BY TED TAYLOR

A couple of days each week during summer, Kendra Gulley and her friends gather before dawn at Bend's Pine Nursery Park to get in a few touches on one of its five sand volleyball courts. Sure, they're able to beat the heat by playing so early. But that isn't the main reason for the pre-work sand sessions. "If you're not out there by 5:30 in the morning, you're not getting a court," Gulley said. Other days, just before midnight on the other side of Bend, the group can be found wrapping up league night on the courts at Lifty's Bar off Southwest Century Drive. Gulley isn't alone. From sunup to well past sundown, where there's a sand volleyball court in Central Oregon, players are bumping, setting and spiking. "It's a huge, growing sport here," said Bob Trapnell, a leader of Bend's adult sand volleyball scene, "and I love the camaraderie we all have."





Those who frequent the sand courts say you get more touches on the ball compared to traditional, indoor 6v6 volleyball, and it's a sport just about everyone can play. You don't have to show up to the sand with a resume like Olympic sand volleyball teammates Kerri Walsh Jennings or Misty May-Treanor to have fun. (Although you likely will run into players with elite competitive backgrounds. Remember, this is Bend.)

Gulley's immersion in the local sand volleyball scene has happened over the course of the past decade. She'd pop over to the Pine Nursery courts with her dad looking for a game and to meet some new people. "It's a great community builder," Gulley said. "I've met all my closest friends through the sport of volleyball. As you get older, it's harder to meet new people. This is a great way to bring people together and stay active."

For those looking to sharpen their skills or simply learn the game, Trapnell and others host lesson clinics on Wednesday nights at 5:30 p.m. on the Pine Nursery Park courts. Roughly 150 people out of the 1,100 members of the Bend Beach Volleyball Facebook group regularly schedule games and hitting sessions there.

"The focus is on helping to deepen the talent pool in Bend over time," Trapnell said. "I love giving back at this stage of my life. There's so much to offer the different levels of players to enhance their game." With more local kids playing competitive

beach volleyball, and the continued surge of new residents in the area, Gulley foresees the scene here continuing to grow.

Youth indoor volleyball is a popular sport for students, beginning in third grade. High school teams and club volleyball programs feed the love for the sport, and sand volleyball is a natural extension. In 2024, boys volleyball was proposed as a new sport to be added to high school sports offerings. As the number of indoor players rises, the number of sand volleyball players follows, creating more opportunities to find competition.

This summer, Central Oregon Volleyball Club will host numerous tournaments for its players as well as popular "Friday Night Lights" games on two courts located outside the Cascade Swim Center in Redmond.

The single court at Lifty's in Bend, which can be reserved for \$30 per hour, is booked from opening to closing most days during the summer. On "Free Play Fridays," players fill the courts for 4v4 matches and Lifty's hosts tournaments throughout the summer.

"There's nothing like it in Central Oregon," Lifty's owner Chris Justema said, referring to both his bar's sand court amenity and the sport itself. "It's a fun, engaging outdoor sport that's perfect for all skill levels...it's just an overall good, healthy outdoor activity." See centraloregonvolleyballclub.com, liftybend.com, bendparksandrec.org. **B**

Pine Nursery

PHOTO THIS PAGE COURTESY BEND PARKS AND REC |
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One Step at a Time

Highlining for a record in Prineville

PHOTOS AND WORDS BY DANIEL TEITELBAUM

Walking toward the rim of Rocky Gulch Canyon in Prineville, the morning sky began to ignite, and the sun threw its rays from the horizon, illuminating the canyon below. The highline emerged from its meandering shadows, glimmering in the air and swaying in the breeze until the webbing disappeared from sight. While not visible, the far anchor lingered in the distance, 2.16 kilometers away.

Highlining, the sport of walking a slackline between two high points, is a delicate dance between opposing forces, with balance as a harmony achieved through focus, precision and mindfulness. During an eight-day stint in May 2023, highliners Sean Englund, Mike Ashworth and Chris Arndt, along with a team of 18 others, pushed their craft to a level few thought

was possible, breaking the record at the time, for the first 2-kilometer highline project in the United States.

"The motivation for the 2.16 km project was the next step in a progression of going bigger and bigger," said Arndt. "In the past, we've had a 470-meter line in that canyon, then a couple of 1-kilometer lines, and then a 1.53-kilometer highline." Unlike a steel cable, highline webbing can stretch and sag with weight, making one more than 7,000 feet long incredibly challenging to achieve. "To me," Arndt added, "it was just the next step to be taken."

THIS PAGE: Sean Englund on a sunrise warm-up walk before his first attempt on the big line.



IN THE BALANCE

TOP: The morning sun framed in the leash Englund uses for his first full walk on the line.

BOTTOM: Mike Ashworth focuses as he reaches the final 200 meters of his first walk on the 2.16 kilometer line.



BREAKING A RECORD

At dawn on the fourth day of rigging, Tom Brown, a computer engineer and vital team member, went out onto the line to release the last segment of the “curtain” used to tag the line across the canyon. As the sun continued to rise, the team trickled over from the nearby campsite to lay eyes on the reward of their tireless work. Englund tied into his leash. Stepping out from the canyon, 160 meters above the river below, he took the first steps toward becoming the first person in the United States to walk on a line this long.

When Englund starts his walks, he tries to silence his thoughts. They come and go, but he has to focus on his breathing and steps, one after the other. This can sometimes take hundreds of meters before finding the space where everything becomes fluid, “in a trance type of way,” he explained.

“Unlike climbing, the benefit to a highline is it’s the same movement time after time, allowing you to slip away into an altered head space,” Englund described. “I started off shaky with lots of feelings and emotions going through my head,” he said of that day. “At a certain point, though, I realized that I just needed to submerge myself in the line and, as corny as it is, become one with it and, eventually, I found my rhythm and began making fluid steps, one after the other.”

“I didn’t experience much sound around me during the walk, or at least I don’t remember it,” Englund said. “I vividly remember seeing the occasional bird fly by and a car or two pull over to observe and snap a photo.”

Ashworth was the second person to attempt the whole line. “I was there to be a part of the team, and in return, I got to continue pushing my own capabilities and the limits of this sport,” he said. “One of the biggest highlights for me, though, was watching my friends on the line.” Arnt added, “That week in the desert is a time that I will cherish for the rest of my life.” **IB**

HIGHLINE WORLD RECORDS:

1. Senja, Norway (2.8km, 2018)
2. Auvergne, France (2.7km, 2022)
- 3. Oregon, United States (2.16km, 2023)**
4. Lapland, Sweden (2.15km, 2021)
5. Asbestos, Canada (2km, 2019)

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Classic Redux

Return of a classic downtown criterium

WRITTEN BY LEE LEWIS HUSK

The crowd gathered early, anticipation building as they stood three rows deep to watch for the first cyclists to round the corner. An announcer called out the names of those leading the peloton as they streaked past in a blur of colors. Cheers of encouragement mingled with clanging bells as the athletes vanished for another circuit. Fans who remember the experience can look forward to the excitement again as the fast-paced Cascade Cycling Classic's Criterium returns to Bend this August after a seven-year hiatus.

2017 Cascade Cycling Classic
Pro Men: Stage 4.



IN RECENT YEARS, BIKE RACING HAS BEEN MISSING IN BEND, AND I THINK BEND HAS BEEN MISSING BIKE RACING."

Started by former professional riders and Bend residents Megan and Chris Horner, the Horner Cycling Foundation has resurrected the most popular stage of the Cascade Cycling Classic. Spanning from the late 1970s to 2019, the event was one of the longest-running stage races in North America, drawing both professional and amateur cyclists to sprint across the scenic roads and streets of Central Oregon for multiple races across successive days. The foundation opted to condense the race from five days to a more manageable single-day race, also known as a criterium.

Molly Cogswell-Kelley, race director and executive director of the Horner Cycling Foundation, explained that the multiday stage race had reached its natural conclusion before the pandemic hit. Additionally, Bend's rapid growth posed logistical challenges for a summer race, contending with factors such as peak tourism season, ongoing road construction and the ever-present threat of wildfires.

"Bike racing has always been a big part of summers in Bend, especially with the Cascade Classic," said Megan. "In recent years, bike racing has been missing in Bend, and I think Bend has been missing bike racing. Being able to bring back at least one great stage of the Cascade Classic feels like a huge step."

She added that the criterium was a personal favorite of both hers and Chris's from their racing days. "We can't wait to be there when the racing kicks off again."

Chris rode professionally between 1996 and 2019, winning the Tour of Spain in 2013. He also competed in the Tour de France seven times and in the 2012 Summer Olympics in London. He has been a Tour de France commentator for NBC Sports and on his YouTube channel, The Butterfly Effect. Megan spent a decade bike racing in the U.S. and internationally. A former U.S. National Road Racing champion, she has been practicing law since 2011 and is the managing partner of Horner Law, LLP.



PHOTOS TOP COURTESY OF BOB WOODWARD
BOTTOM JOE KLINE

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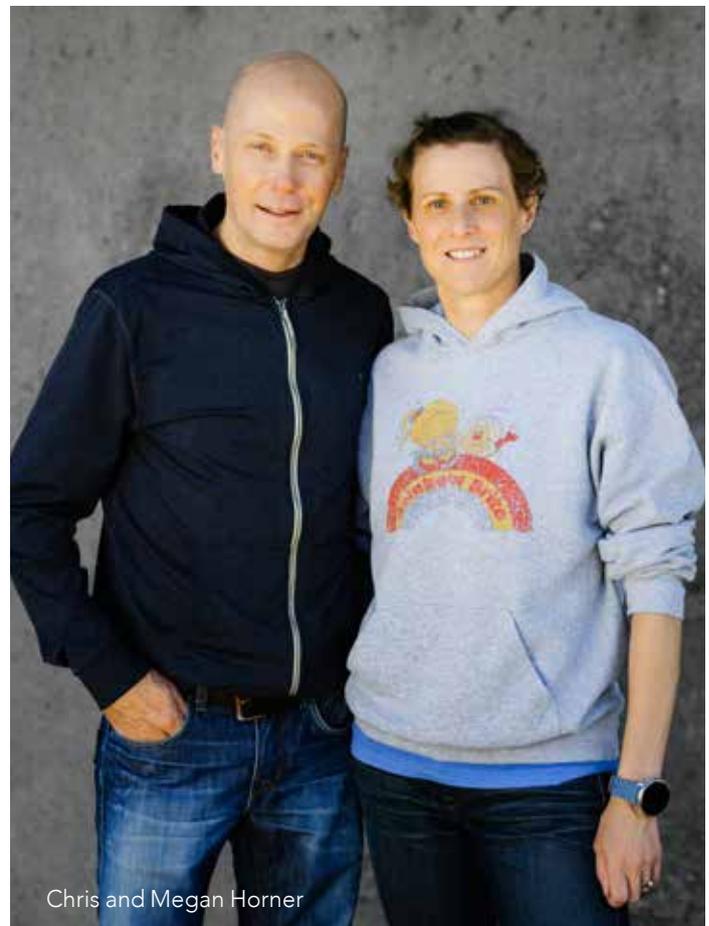
The mission of the Horner Foundation is to develop youth cycling in Central Oregon, create opportunities for kids to ride and race bikes, as well as develop a junior road cycling team that is both inclusive and socioeconomically accessible. With a focus on skill development and team building, the Horners hope to foster a life-long love of cycling.

Scheduled for Saturday, August 10 from noon to 8 p.m., the criterium will offer 19 racing categories, from junior athletes to professionals. The event will serve as the Oregon Bicycle Racing Association's Criterium State Championship for juniors (ages 10 to 17) and masters (ages 40 and up). Bonuses include a one-mile run and a kiddie bike race.

For the professionals, the day culminates with the much-anticipated men's and women's races. Riders will race as many laps as possible in a set time; race officials signify the last lap by ringing a loud bell. This year's course still runs along downtown's two major streets—Wall and Bond, but organizers added segments on Oregon, Minnesota, Lava and Franklin streets, making it a .7-mile loop.

"The course from 2017 was a bit boring, so we added more turns which helps prevent bunching in the field," Cogswell-Kelley said. She noted that riders with good technique will excel on the new course, and spectators will have lots of opportunities to see their skills showcased, especially in the elite races.

"People who remember the thrilling event know you don't need to know anything about cycling to get the energy and rush of the event," said Cogswell-Kelley. "You can't describe the feeling when the peloton is going by at more than 40 miles per hour." **B**



Chris and Megan Horner

PHOTOS TOP: JOE KLINE | BOTTOM: ELY ROBERTS

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Camp Tamarack

Providing a legacy of adventure

WRITTEN BY SUZANNE JOHNSON



Under a towering Douglas fir on the edge of Dark Lake, tucked into the hills west of Sisters, a trio of fifth graders stare intently into a tub of murky lake water. Using a turkey baster and an ice cube tray, they examine tiny critters in the mud. “Leech!” one kid proclaims, and the others nod. It’s macroinvertebrate day at Camp Tamarack’s Outdoor School, where Central Oregon students learn ecology through hands-in-the-dirt experiences.

Along with learning about science, students gain confidence in nature, unplug from technology and have a lot of fun during their three-day stay. Whether they come for Outdoor School or for a summer camp experience, campers absorb a good dose of the

Camp Tamarack spirit, captured by the motto that owners Charlie and Michele Anderson infuse into every part of camp: “Live more, every day.”

A CENTRAL OREGON LEGACY

Camp Tamarack began in 1935, when two Oregonian women, Donna Gill and Lucille Murphy, realized their dream of a horse camp for girls. They leased the forested land around Dark Lake, next to Suttle Lake north of Sisters, and built a camp that revolved around horses and water skills. In an era when few such opportunities existed, Camp Tamarack allowed girls to adventure fearlessly and thrive outdoors.

Since those early years, the camp has stayed true to its core mission: To cultivate

passion for the outdoors and confidence to try new adventures. As the newest owners, the Andersons recognized how Camp Tamarack sits at the heart of Central Oregon culture. “So many in our community were campers here. Their experiences shaped who they are—they still feel connected,” said Michele.

In 2013, the Andersons were seeking a location to grow the outdoor camps they’d created to honor the memory of Charlie’s brother, whose silhouette can be seen in the mountains of the Camp Tamarack logo. Tyler Anderson, an outdoor enthusiast and climbing guide, passed away in 2010 while climbing in Peru. “We felt the best way to carry on Ty’s legacy would be to nurture that spark of wonder and love of nature in kids.



Michele & Charlie Anderson

We started with a few small groups, and it grew from there,” said Charlie.

On their first visit to Camp Tamarack, the Andersons found the place empty and in need of renovation. Charlie and Michele focused on the camp’s potential as the permanent home of Tyler Anderson Youth Camp. Today, camp songs fill the air, campers splash along the lakeshore, and the legacy of adventure and learning continues.

BUILDING A LOCAL OUTDOOR SCHOOL AND CAMP

With Charlie’s background in education and Michele’s experience in accounting and real estate, the Andersons shaped their programming around two guiding ideas. First, to make local outdoor experiences accessible to all kids; and second, to create an environment where kids feel safe being themselves, away from technology and immersed in the natural world.

“We want to nurture curiosity, give a taste of adventure and the freedom of the outdoors. Campers might arrive with some anxieties, but a day unplugged in nature and those worries fall away. This camp has always been a place where everyone can

be their best selves, learning and trying new things, away from the pressures of society,” said Charlie.

This approach is working. Each spring and fall, more than 2,000 fifth-grade students from 38 schools come for three days of outdoor school—to explore the forest and bond around the campfire. In summer, more than 1,200 campers descend upon Tamarack, choosing camp names for the week, swimming and paddling the lake, making crafts and creating memories. Throughout the year, hundreds of high school students gain leadership and mentoring experiences as volunteers.

As the camp grows, inclusion remains a top priority. The Andersons work with local business partners and organizations, such as Bend Park & Recreation District and The Bend Foundation among others, for grants and scholarships to ensure that outdoor experiences don’t depend on income. “I’m so grateful for the support that’s helped us get here, and now we’re able to give back through Camp Tamarack. This place belongs to the community, and we want every kid to be part of it,” Michele said.

For the Andersons, getting all kids outside is the best way to live more, every day. **13**



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Vacation at Home

Creating spaces inspired by travel and the beauty of Bend

WRITTEN BY **CASEY HATFIELD-CHIOTTI** | PHOTOGRAPHY BY **ANNA JACOBS**

When guests enter interior designer Sarah Westhusing's West Bend home, they instantly feel at ease and, at the same time, transported.

While the clean lines and natural materials of Northwest regional style are present inside and out, there are also touches of Copenhagen coziness and playful accents—an abstract painting by Australian artist Shannon Heath and a cheetah print umbrella with tassels—that evoke the breeziness of a beach bungalow in Australia's Byron Bay.

Visitors may also notice the lack of clutter, abundant glass, warm glow of flickering candles and earthy scent of palo santo sticks. The special touches and spaces are as thoughtfully considered as a boutique hotel, and that is by design.

"I want to create a life and a space I don't need a vacation from," said Westhusing.

CREATIVE CALLING

The daughter of a meticulous craftsman and contractor, Westhusing grew up in Anchorage, Alaska, where she learned the importance of good design early on. She embarked on a career in product creation and global merchandising, working for companies such as KEEN and Nike.

In 2016, she moved to Bend with her husband and young daughter, Milo, namesake of her company House of Milo. Central Oregon's entrepreneurial spirit inspired her to launch her full-service interior design studio in 2019.

House of Milo works with clients, often creatives with a unique point of view, to create functional interiors inspired by nature and the art of living well.

HOTELS AS INSPIRATION

Westhusing's own home showcases her aesthetic and experiences. The great room, which includes the living room, kitchen with a marble island and dining, functions as the home's "lobby" with a 15-foot-tall vaulted wood ceiling, a combination of Douglas fir and hemlock, a 1960s-inspired sectional made in Belgium and a warm gray and taupe brick fireplace flanked by window seats. Items







collected during Westhusing's travels and sourced from other countries, such as intricately patterned Moroccan rugs and decorative Oaxacan clay bowls, add personality to the room and the rest of the house. Oversized windows in the living room and full-pane glass French doors off the dining area amplify the views and connect the space to the outdoors.

Hotels are an endless source of inspiration for Westhusing. "There's such a strong narrative that goes from the hotel room to the lobby, to the bathroom to the gym, and the story is multisensory: you smell the scent as soon as you walk in; you can feel the sheepskin rugs under your feet. It's an experience. It's not just about the look," said Westhusing.

She believes hotels are the ultimate hosts, making guests feel welcome from the moment they arrive. They offer conveniences not typically found but possible in residences, such as the ability to operate multiple lights without leaving the bed and discreetly placed charging stations. They also have a distinct story to tell. Knowing someone's favorite hotel really says a lot about them.

Never afraid to challenge conventional thinking, Westhusing says builders cautioned her not to create such large windows because the home wouldn't be private enough. She believes



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privacy can be overrated—she wants neighbors to feel like they can stop by—and would always opt to maximize the warmth of natural south—and west-facing light.

“I would rather see the entire height of a tree,” said Westhusing. “I think there’s something wonderful about a floor-to-ceiling window that allows you to see nature in its full scale,” she added.

PERSONALITY OVER CONFORMITY

Westhusing’s husband, PJ Jasienski, grew up in Southern California, so nods to surf and skateboard culture are an important theme. Two skateboards from his collection hang on the wall in the dining area, an intriguing contrast in shape and style with the Noguchi paper lantern light. In addition to family photos and art, the hallway gallery wall includes a mounted balsa wood handplane used to ride waves. There’s also a skate ramp in the yard.

From the main living space, a white slatted barn-style door leads to the rest of the single-story home on a third of an acre, which includes 8-year-old daughter Milo’s bedroom with handpainted wallpaper, a music room that doubles as a guest bedroom with a built-in Murphy bed and the primary bedroom. Westhusing’s sanctuary has woven rattan pendant light fixtures, a Mid-Century Modern sideboard, a speckled ceramic chain art piece by Portland-based Space Design, and a king-size bed with soft bamboo sheets and a patchwork comforter.

Like a luxury hotel room, glass doors lead to an elevated patio with a braided leather swing from Australia, a rectangular metal firepit and hot tub, and a standalone cold plunge.

Westhusing became interested in spa culture and wellness during a visit to Norway. People spend an estimated 87% of



their lives inside buildings, and she believes well-designed spaces provide psychological benefits and happiness.

“I love this quote from designer Ilse Crawford, ‘Design is a tool to enhance our humanity. It is a frame for life.’ Design really affects how we feel and behave,” said Westhusing.

Westhusing enjoys creating human-centered spaces that are unpretentious, welcoming, meaningful and fun, just as she has done in her own residence.

“Your home should tell a story of who you are and be a collection of what you love.” **IB**



Hear from Sarah Westhusing on The Circling Podcast with Adam Short. Listen at BendMagazine.com/podcast.

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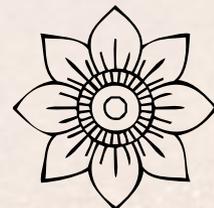
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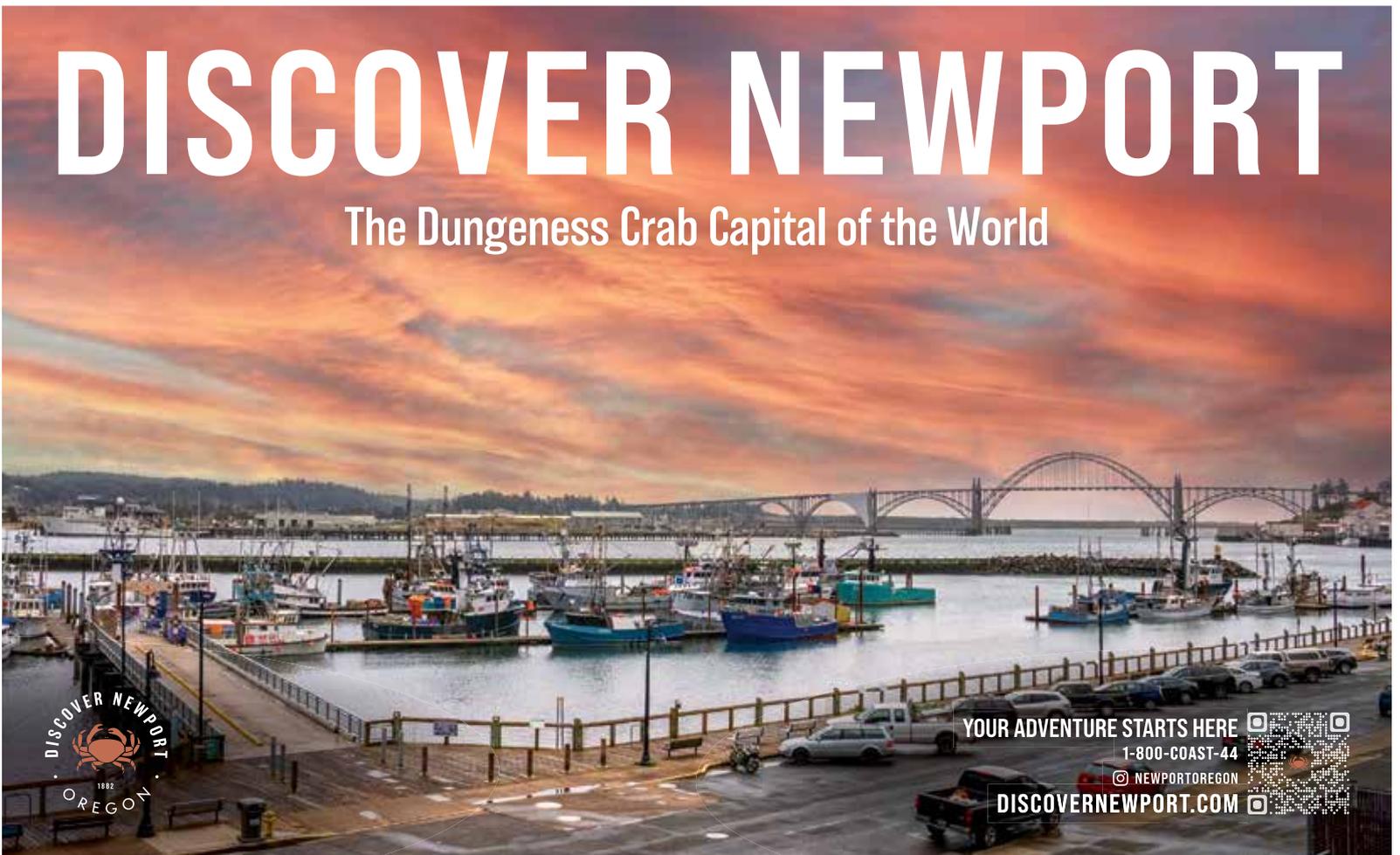
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Making a Splash

Local businesses redefine eco-friendly fun

WRITTEN BY CATHY CARROLL | PHOTOGRAPHY BY ELIF KOYUTÜRK

Like many women, Emily LaPlume could never find a swimsuit that was both comfortable and cute, so she decided to make one. That was in 2015, when she was a junior at Champlain College in Burlington, Vermont. When she won a scholarship to study abroad in New Zealand, LaPlume decided to bring some of her creations with her, trading her swimsuits for accommodations. "I was just handing out suits along the way to women in these really amazing, beautiful places, and they started documenting it and sending me pictures," said LaPlume, age 29. Instagram was just becoming popular, and after she began posting the photos, her swimwear started trending too.



Back at college, LaPlume sought out a mentor, fared well in collegiate “Shark Tank”-style competitions, and a few shops began selling her creations. After graduation, she debated whether to continue with the business or pursue her passion for traveling. She chose the latter and witnessed global pollution’s glaring impact on Southeast Asia’s coastlines and the exploitation of low-wage workers.



A breakthrough came in Byron Bay, Australia, a surfing town that promotes sustainable businesses. “That totally reignited something in me—to completely shift the focus of the company toward sustainability—for everything from hangtags to hygiene liners to packaging,” explained LaPlume. She began using regenerated nylon made of industrial waste, such as fishing nets, and in 2019, launched Saturday Swimwear. Returning home to Allentown, New Hampshire, LaPlume and her father converted a van into a mobile workshop and home for her new company.

Driving west, LaPlume discovered Bend. Since then, sales have doubled annually, confirming the market for her product. The suits are sewn in Portland, then sold online, at LaPlume’s shop in downtown Bend and in boutiques across the United States. No longer sewing the suits herself has freed up time for LaPlume to focus on other aspects of the business. She enjoys commissioning women artists to create nature-inspired prints for her swimwear, that swimmingly continue her goal of embracing aesthetics, adventure and comfort in a sustainable way.

AHOYA FLOAT TUBES



Whenever Emily Hoy and Justin Novicky finished floating the Deschutes River, their mood would quickly go from elated to deflated upon seeing trash cans filled with ripped, flattened, round tubes—yet more plastic destined for the landfill.

This inspired Hoy, age 48, a senior graphic and color designer at Hydro Flask, to engineer an adventure tube that’s more durable, functional and has some flair. Riffing on her name and the seafaring exclamation—Ahoy matey!—Hoy and Novicky launched the Ahoya all-season adventure tube for snow tubing and river floating.

Ahoya tubes boast an array of well-thought-out features addressing Hoy and Novicky’s mission. An inflatable backrest doubles as waterproof storage. Strong “daisy chain” webbing lets users carry the tube, connect with other tubes and attach a reusable water bottle. There’s no rope to fall off in the river and no cup holder, features designed to minimize trash and de-emphasize drinking alcohol, which is illegal on the



Swimsuits by Saturday Swimwear,
Floats by Ahoya.



Deschutes River. "It's our answer to the fast fashion of tubes," said Hoy.

After testing their fourth prototype, sample tubes are available this summer, with sales beginning in spring of 2025. The couple bootstrapped their startup—and credits Bend Outdoor Worx accelerator with the mentorship they needed. "We're so thankful because we're getting our brand voice dialed, our value propositions, our core beliefs, our 'why' before we release it," Hoy said. "We want to change the way people float the river—we want to create a river-lution." **B**



Meet LaPlume and Hoy on The Circling Podcast with Adam Short. Listen at BendMagazine.com/podcast.

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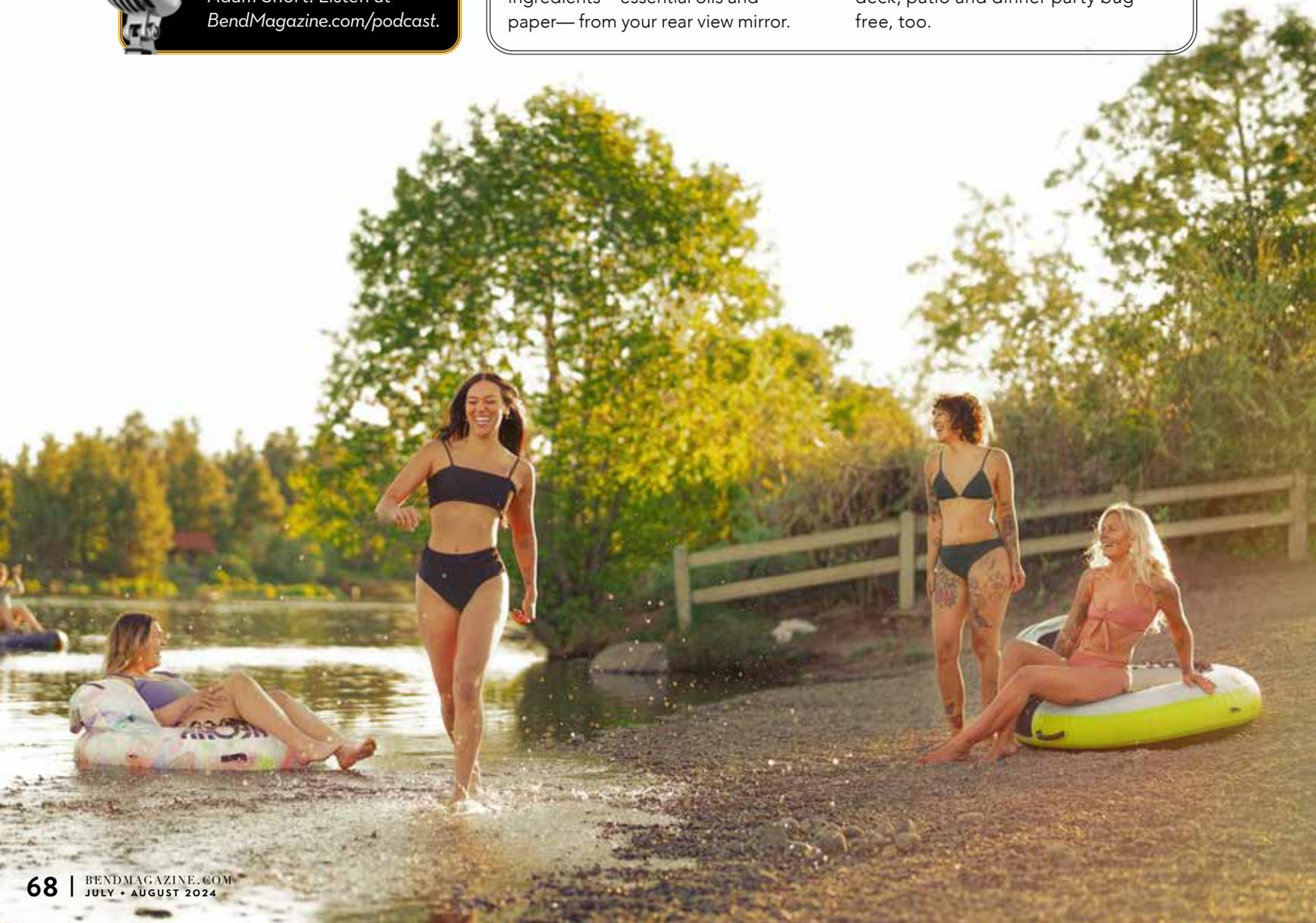
Is that the scent of beachy ocean air with notes of jasmine? No, it's the inside of a Subaru. Hang an air freshener made with just two ingredients—essential oils and paper— from your rear view mirror.

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Manuka Mana's superfoods blend nature and heart

A CONVERSATION WITH ADAM SHORT

In a pivotal life moment, Courtney Rebel and Josiah Alexander turned a brain injury into a life mission, one that led to the creation of their Bend-based startup Manuka Mana. A company dedicated to sharing the healing power of nature with the community, Manuka Mana produces functional supplements with two core power ingredients: Manuka honey from New Zealand and wild-harvested mushrooms grown in the Pacific Northwest. With an innovative approach to extraction, Manuka Mana's elixirs, tinctures and honey offer healing properties based on tradition. *Bend Magazine's* Adam Short spoke with Courtney about the origins of the family-owned business and how it captures the meaning of the Maori word *mana*—the energy that flows from the earth and is passed on from one to another. Here, read an abridged version of their conversation.

Q What fueled the creation of Manuka Mana?

A Josiah suffered a mini-stroke caused

by a few concussions he'd had when he was younger. We left his doctor's appointment thinking, we have a two-month-old, Josiah is only 32, we cannot take their prognosis for an answer. He was a chef at the time, and I was working in the wellness industry. We decided to find something you can take every day that will help heal the brain, leading to a personal journey of discovery, reading as much as we could about the brain. We were particularly impressed with the research behind lion's mane mushrooms.

Mushrooms seem to be at the forefront of wellness these days. Tell us about the benefits of lion's mane and others in your products?

The National Institutes of Health alone has more than 1,000 published studies on the power of lion's mane to regrow neurons and strengthen what is called the myelin sheath, the protective layer around the nerve cells. When you hit your head or even your tailbone, it can cause degradation of the myelin sheath. If not repaired, the damage can cause misfiring of the neurons. So, if you want brain power, lion's mane is for you. If you need energy, go for cordyceps. And turkey tail, research has shown, helps people increase natural killer cells, even reducing side effects from chemotherapy and radiation. Reishi is a powerful anti-inflammatory which promotes healing, and chaga is packed with antioxidants which build your immune system.

That's impressive. Can you share what makes Manuka honey different from other forms of honey?

Manuka honey has amazing healing components. Everyone in New Zealand has it in their medicine cabinets and uses it for everything, from eating straight off the spoon to putting it on a cut. It's really good for healing the skin and wounds. In every hospital in New Zealand and Australia, Manuka honey is on all the Band-Aids. It has a factor called methylglyoxal (MGO), a similar compound to what's found

in hydrogen peroxide, making it a natural antibacterial, antifungal and giving it a digestive component since it kills bad bacteria in your gut. It is the world's most powerful honey. Manuka is also an extremely clean honey. The New Zealand government carries out rigorous testing to protect the name and ensure it is free of pesticides, herbicides, mold and heavy metals.

What is one of your favorite products?

The Reishi Defend tonic is an awesome one. It has a base of apple cider vinegar and Manuka honey blended with reishi mushroom, elderberry, propolis and a little bit of vanilla. Families love it because you can make mocktails—and kids love it! They're getting a little treat, but also an amazing daily dose of immunity building. You can also pour it over warm water for tea or drink it straight as a little sipping shot to boost your immune system. Cycle it into your daily routine, and it'll bring you joy.

Can you explain the mission behind Manuka Mana?

Josiah, who was born and raised in New Zealand, is our alchemist. He's the kind of person who researches extraction late into the night and is always working on product development. We use ultrasound (soundwave) technology for our mushroom extracts to make them highly bioavailable, allowing people to actually feel the effects. Our mission is for people to know our products bring value to their lives, so we make sure they're as potent as possible. Using Manuka honey, mushrooms and other healing ingredients from the earth, we formulate them into something life-enhancing and then pass them along. We harness the *mana* within the ingredients and share them with the community. **BM**



Hear the full interview on The Circling Podcast, BendMagazine.com/podcast.



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the
**GREEN
WAVE**

a community connected by surf

WRITTEN BY **CHERYL PARTON** | PHOTOGRAPHY BY **CODY RHEULT**

An hour remains before sunrise. The city sleeps, but it's time for "The Mayor" to get to work. Pulling on a wetsuit, booties and gloves, all still damp from an evening session the night before, Lled Smith heads to the Deschutes River as he does every morning. He has totaled more than 1,000 surf sessions and tracks water flow on his website Greenwave Surf Report. When the water is high enough, he'll ride the ever-in-motion Green Wave—named for the color of a glassy face on the eternally unbroken crest of river water.



Austin Fernand

Smith won't be solo for long. With the sun comes the half-dozen before-work, early risers. They give way to a mid-morning crew, then the brunch club before lunch-breakers arrive. The groms come in a steady stream. From pre-dawn until after dark, there's constant motion at the lineup.

You're never alone at the Green Wave, and for the community of surfers that exists there, they say that's a good thing.

all are welcome

"There's a term in Hawaiian, *e komo mai* meaning 'all are welcome,'" said Dave Chun, surfboard shaper and owner of Bend Surf. "Here at our wave it's, 'Take your turn, be nice, be kind, surf with *aloha*'... that's the Bend way."

Smith has been there since the early days. "At first it was a 'Bro Pit,' a few guys that had been surfing the ditch [canal] before," Smith said. While a few came with experience surfing a river wave, most did not and that was just as well: Surfing a standing wave is unlike surfing an ocean wave, so years on a point break don't translate directly, which creates a camaraderie of learning together.

"It's easier for me to hold someone's hand," Smith said, "than to watch them flop." There's a democracy in the lineup, too, as everyone tests their patience waiting for their 60 seconds to ride, and inevitably does a lot of swimming when they float downriver after a wipeout. A kind of clockwork and social structure exists, one grounded in equanimity.

A welcoming vibe may be attributed in part to availability. The river flows 365 days a year, and when the flow is up, so is the wave. "The water keeps flowing, and the wave keeps coming," said Austin Fernand, age 22 and a two-time member of the U.S. River Surfing Team. He has surfed on rivers all over the world and said the consistency at Bend's wave is part of what makes it unique. Compare that availability to the ocean, where scarcity creates anxiety, said Chun. There's also no hierarchy in the lineup; a surfer's position or the number of years a person has surfed at a local break don't matter here. "Even if you got flushed

Lled Smith



down the river, you know your spot and just get back in line,” noted Smith. At the Green Wave, locals are friendly and check their egos before stepping onto an island where the line to take turns recognizes civility and order.

Aaron Smith knows a different experience, having surfed in Santa Cruz—a reef break known for its consistent waves and its localism—since he was 8 years old. At Steamer Lane, enforcers were known to keep the lineup in check, sometimes with a dose of grit. Living in Bend for more than 30 years, and an accomplished professional ski racer and cyclist, he questioned whether to introduce his 12-year-old daughter, Poppy, to surfing at the wave. That was six years ago, and the welcoming encouragement from the river surf community for his daughter contributed to Poppy’s love of surfing: “It’s different here,” Aaron said. Poppy calls him, “the ultimate Surf Dad.” Instead of enforcers, the Green Wave has teachers. It’s not uncommon to see Mr. Pipeline himself, Gerry Lopez, humbly lending a hand or offering tips to newcomers.

The minute you put on a wetsuit, you’re welcome as a surfer at a place engineered by wave shaper Ryan Richard, a river recreation specialist for Bend Park & Recreation District.

engineered stoke

Resembling Jason Momoa, Richard is a different kind of Aqua Man. He controls water levels at the Bend Whitewater Park’s three sections—a still-water habitat, the whitewater channel, and a fish ladder, referred to by some as the “kicks and giggles” lane for floaters. With the touch of a screen, Richard molds the surf waves of the whitewater channel remotely from an iPad, adjusting a series of 26 ramps and bladders positioned beneath the flowing water. At the top of the channel, Eddy’s Wave is the most complicated, with an interconnected structure below and frothy chaos above. Richard likens it to a “kayak rodeo hole,” with only skilled whitewater kayakers able to hold on for no more than a few seconds. Next down the channel, the Green Wave is named for the color of a foamless, consistent face of surfable water. At Jason’s Wave, below it, find kayakers, SUP riders or surfers who paddle in and pop up on a board. Each wave is technically a fish ladder, and surfers spending enough time on the water may see a fish swimming below them. But for Richard, his sights are on another species: the Oregon spotted frog, king of the river.

Richard is charged with keeping the water levels upstream of the Colorado Bridge optimal for the frogs to breed and rear their young. Once the levels are adjusted for the frogs, calls come



HERE: Dave Chun

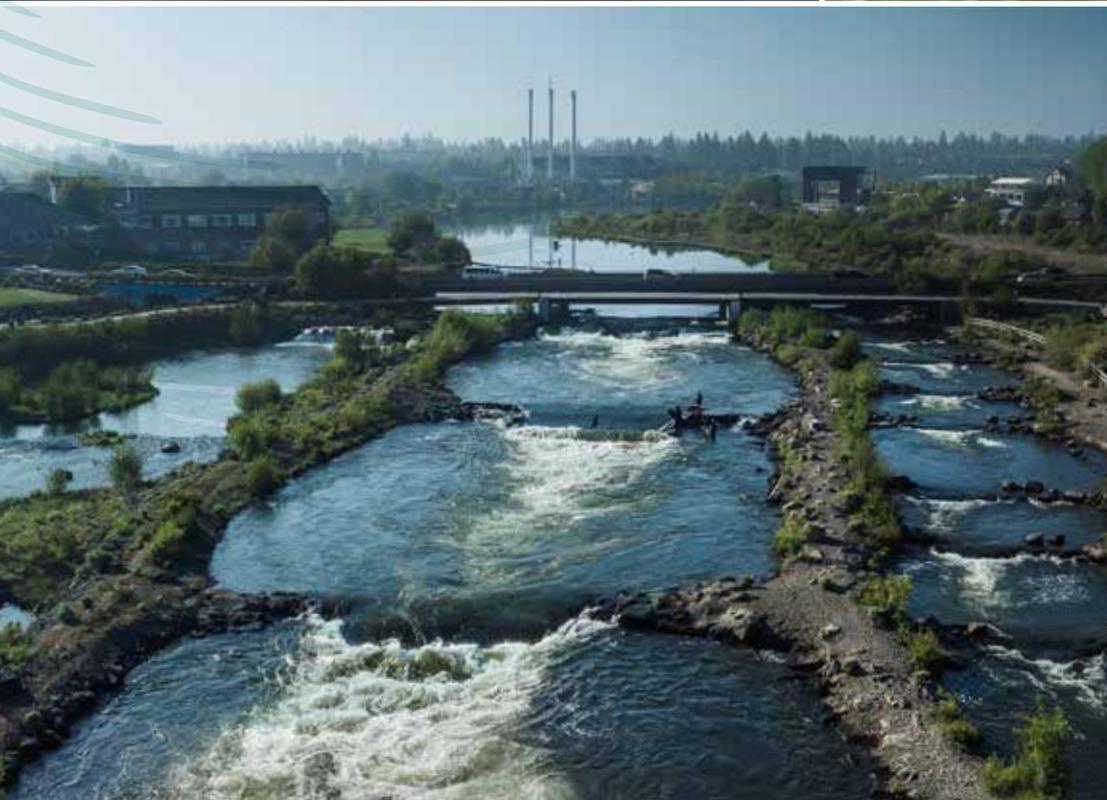
RIGHT: Poppy Smith surfs and gears up with Surf Dad, Aaron.





Take your turn, be nice,
be kind, surf with aloha...
that's the Bend way.





TOP LEFT: Mary Ann Kruz
TOP RIGHT: Austin Fernand
MIDDLE RIGHT: Allie Hofmann
BOTTOM: Shauna Pugliese

It's not uncommon for Gerry Lopez to share surfing tips and a welcoming spirit.



in from the surfers describing a wave that may need to change: it might be foamy, crumbly or “boney”—a reference to lower water levels exposing ramp structure, a bed of stones or a particular chicken head-shaped rocky hazard below. Conversely, if the flow is strong enough, Richards may get a call to “put in the rib”—a combination of ramp angles that creates a spine in the wave and simulates a bowl.

With spotted frogs on one side of the equation and up to 250,000 floaters during peak summer months on the other, numbers on the Green Wave island can inflate on a summer day, too, with up to 20 surfers lining up for their water time.

a tragic turn

Yet, despite its welcoming name and increasing popularity, the Bend Whitewater Park is not without risk. Although masterfully engineered, the wave channel is still within a dynamic and unpredictable river. On April 30, 2022, the power of the water claimed the life of a beloved member of the surfing community. Ben Murphy, 17 years old, passed away while surfing the wave in an event that deeply affected the immediate and extended surf family. Some would never return to the sport, others paused for an extended time in reverence. A memorial on the surf island invokes his spirit, honors him and is seen by every passerby. Murphy's life and memory bind the community in ways far beyond recreation.

island life

Mary Ann Kruz, age 72, has surfed most of her life and is a regular at the wave. “The Green Wave community,” she said, “is one without barriers of economics, race, age or size.” This ethos carries over into the range of boards under the arm or feet of each rider. From bright pink foamies to custom-made river boards, any board is acceptable here. While traditional lengths are four to five feet, Allie Hofmann brings down her 7'6" board—a length approaching the span of the wave itself. “At the basic level, it's more about the rider than the board,” said Chun.

Riders start young. The newly founded Central Oregon Surf Team Association (COSTA) high school league will host its first competition at the wave August 17. Called “Grom Con,” it features not only traditional heats, but one designated for riders on anything not classified as a board. “It's about having fun,” said Chip Conrad, founder of COSTA, explaining how the competition will draw students from Boise and Chelan to face off against Central Oregon surfers.

“Whatever state you're in, this is the elixir,” said Hofmann. “You can't help but be soothed by the molecules coming off the water. It's calming. You have socializing, physical exertion and endorphins—it's a recipe for joy,” she said. At the Green Wave, there's always someone there to lend a hand, let you know where your board pops up, and of course to whoop and holler at your success. That's community. “Having a good day? Surf,” she said. “Having a bad day? Surf. It makes everything better.” **IB**

KAH-NEE-TA RETURNS

Pools reopen to encourage splashes of heritage and community

WRITTEN BY DANIEL O'NEIL





PHOTO EDWARD HEATH

Water. No other sound or element brings more relief to a Central Oregon summer. The region is rich with lakes and rivers, and since 1962, the waters at Kah-Nee-Ta Hot Springs Resort at Warm Springs Reservation have provided a prime venue for “fun in the sun” in Central Oregon. Closed since 2018, this summer marks the return of the Warm Springs destination, news as reviving and relaxing as the mineral water pools that await.

The benefits of Kah-Nee-Ta reopening its pool and village extend beyond recreation. While the lodge, convention center and golf course remain closed for now, the Warm Springs community, along with Central Oregon residents and visitors alike, can once again enjoy the hot springs resort experience as a bridge between cultures every season of the year.

WATERS HEAL AND CONNECT COMMUNITIES

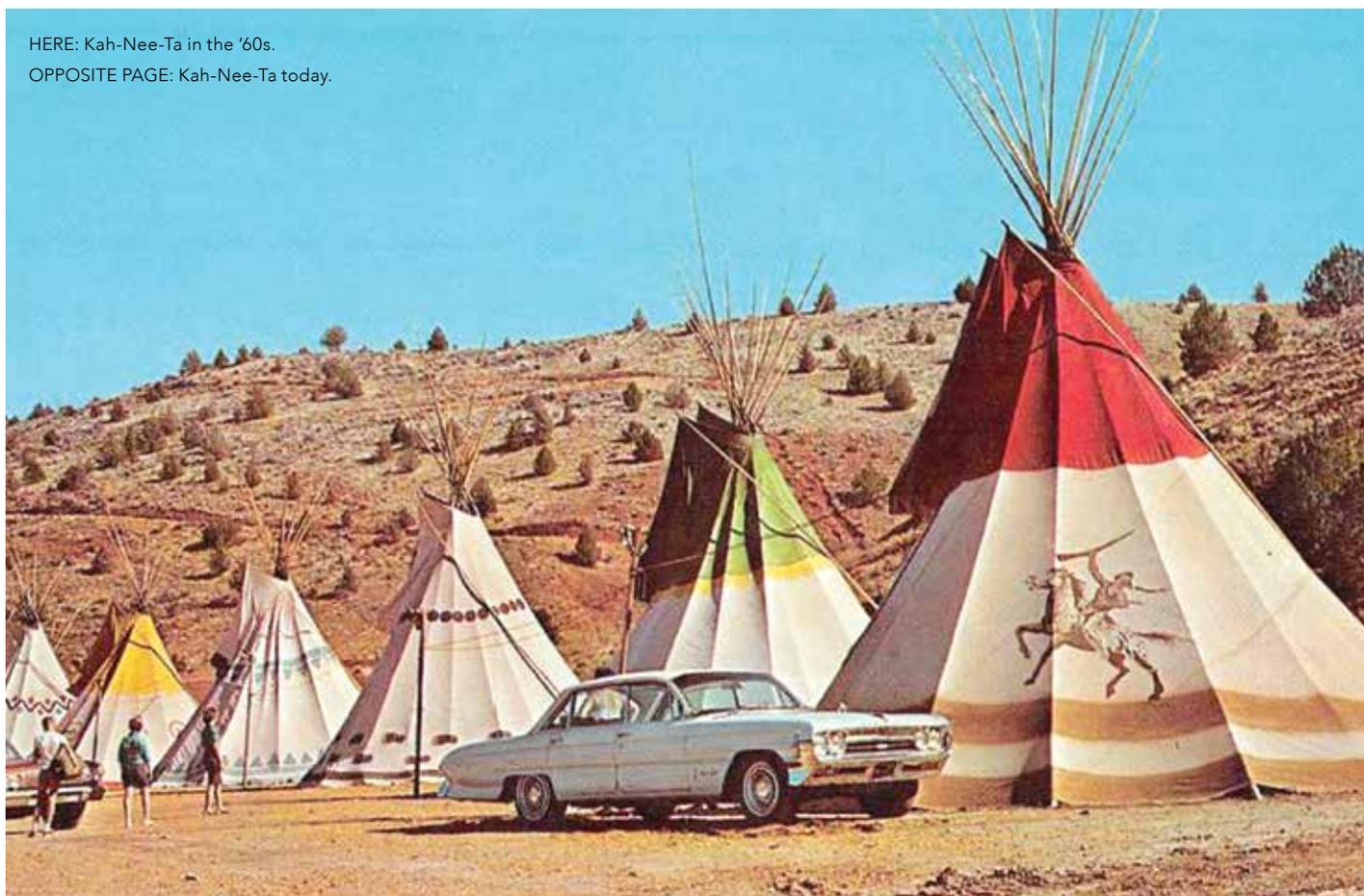
The Indigenous Warm Springs people, well aware of the healing qualities of hot mineral water released from the earth, have used Kah-Nee-Ta’s hot springs for thousands of years. Member of the Confederated Tribes of Warm Springs and former Oregon poet laureate Elizabeth Woody called the springs, “a healing spot, and it always has been—a welcoming place that has mystique, but also culture.”

“Water is the giver of life,” said Starla Green, a lifelong resident of Warm Springs and descendant of the resort’s namesake. Kah-Nee-Ta was named after Xnitla, a Warm Springs woman who lived, gathered and farmed there after the turn of the 20th century. “[The water of the springs] regenerates you and cleanses not only your physical being, but also your spirit and down to your soul,” Green said. The resort’s new pools and village have been designed to highlight and share the healing qualities and Warm Springs’ traditions around water.

“We’re adding to the wellness [aspect of the resort] by making this a chance to experience the water like you would in a natural hot springs,” said Jim Souers, CEO of the Warm Springs Economic Development Corporation. “The newly reimagined Kah-Nee-Ta offers a world-class soaking experience nestled in the majestic beauty of the region and with access to its rich cultural heritage.”

There are further enhancements as well—all the water for Kah-Nee-Ta will be treated by infusing it with oxygen and ozone, a technology the Japanese have embraced for 70 years, Souers explained. Rich in minerals, the naturally hot water flows into four of the seven pools at Kah-Nee-Ta. The hot-springs pools include an ADA-accessible leisure pool, and two smaller adjacent pools with temperatures up to 102 and to 104 degrees Fahrenheit. Twenty private, six-person

HERE: Kah-Nee-Ta in the '60s.
OPPOSITE PAGE: Kah-Nee-Ta today.



hot-spring soaking tubs sit just above the rippling Warm Springs River, creating an even closer connection between place, people and water.

Family is the foundation of Kah-Nee-Ta, both for Warm Springs residents and visitors. The new design provides even more options for all ages: A large pool offers children a place to play water volleyball and basketball, while a lazy river encircles the pool's deck for those who prefer a slower and more leisurely float. There is a beach-entry kiddie pool with spray features and fountains, a three-leaf-clover hot tub, ice baths, poolside cabanas and plenty of sunbathing areas.

MORE THAN A SPLASH

Beyond recreation, the reopening of the Kah-Nee-Ta pools and village will create jobs, especially seasonal opportunities for Warm Springs youth each summer. Having grown up near the resort and worked there in various roles, Starla Green is now the kitchen manager and co-food and beverage manager for the resort. She also serves on the Warm Springs Community Action Team, a nonprofit dedicated to helping people build economic independence and new businesses in Warm Springs. The Kah-Nee-Ta Village will provide a space where Warm Springs artists can sell their crafts, another added benefit for tribal and nontribal people to deepen the connection between cultures. Additionally, The Museum at Warm Springs and tribal retail stores alongside

the Indian Head Casino, such as Tananawit artist's collective, King Salmon fish and game and Pony Express coffee shop, provide places for visitors to stop, explore and learn more about the Warm Springs community year-round.

Kah-Nee-Ta is also bringing back the long standing tradition of a weekend salmon bake. Charles Jackson, Warm Springs tribal member and Economic Development Corporation board treasurer, described how his first job as a teenager was at Kah-Nee-Ta. He recalled the split salmon roasting on spits beside an open fire, the traditional dancing and the sense of camaraderie. "The salmon bake offers opportunities for visitors to interact with tribal members and get to know us, to get to know each other," Jackson said. "That's one of the things that we want to bring back—this regular intercultural communication between people who don't live here and the people on the reservation."

VISIT & PLAY

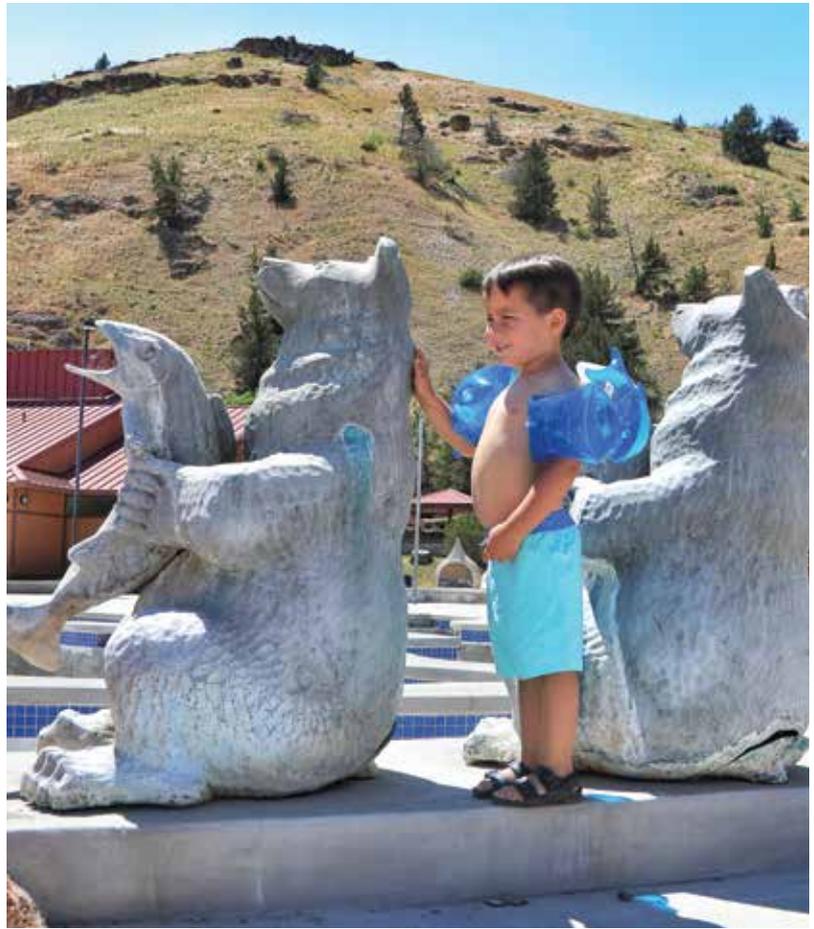
Beyond the hot springs, summer guests to Kah-Nee-Ta can float a three-mile stretch of the river in tubes or kayaks, then take a shuttle ride back to the village. Alongside and above the river, several 5- or 10-mile loop trails access Warm Springs terrain for hikes, walks and bike rides. Horseback rides, along with mini golf, ping pong,

frisbee golf, horseshoes and pickleball will also be available at the resort, creating diverse experiences and perspectives.

For replenishment and refreshments, a restaurant and full sports bar serve authentic tribal fare such as river-caught salmon and fry bread, while a full-service spa rounds out the holistic wellness experience. Some guests visit for the day, but overnight options include a 30-room hotel, RV hook-up sites and teepees made by Bend-based Nomadics Tipi makers that include the work of artists Kris Lawler and Dale Rae Samples. In the future, additional art will be created by Warm Springs artist Natalie Kirk as part of a grant from Visit Central Oregon's Future Fund.

"The region, as a visitor destination, is really excited to welcome visitors from around the world to experience our tribal community once again," said Kristine McConnell, vice-president of regional programs for Visit Central Oregon.

Generations of Warm Springs residents and visitors hold cherished memories of Kah-Nee-Ta. With the reopening, these memories can return, aided by the comfort of mineral hot springs, plenty of sunshine and a classic salmon bake. Newcomers, too, will have a chance to make Kah-Nee-Ta a part of their family traditions. Most importantly, perhaps, the new resort allows the Warm Springs community to reintroduce the land and its water, whose beauty and health benefits these tribes know better than anyone. **13**



A person is sitting inside a tent, looking out at a mountain range at sunset. The tent's interior is visible in the foreground, and the mountain range is in the background. The sun is low on the horizon, creating a warm, golden glow. The mountains are covered in snow and are partially obscured by clouds. The overall scene is peaceful and scenic.

LET'S GO CAMPING

EVERYTHING YOU NEED FOR AN EPIC OUTDOOR ADVENTURE

WRITTEN BY MATT WASTRADOWSKI

THE

summer is in full force, which means it's time to throw a few craft brews in the cooler, pitch a tent or park your van and spend the night in one of the roughly 100 campgrounds across Central Oregon.

If you're excited to sleep under the stars during the coming months, we've put together a guide that breaks down the basics for an epic camping adventure—from finding a site and pampering your pooch to telling spooky stories and keeping warm around a (safe) fire. Here's everything you need to know for a memorable trip into nature.

FIND YOUR NEXT FAVORITE SITE

Most campgrounds across the Deschutes National Forest and at Oregon State Parks offer reservations on a six-month rolling basis—meaning you can book a site as early as February 1 if planning a trip for August 1. While most choice sites have likely been booked since Valentine's Day, hope for a more spontaneous camping trip is not lost.

Even if your favorite campground looks full all summer long, be on call for an opening by setting up availability alerts (via ReserveAmerica.com for Oregon State Parks campgrounds or Recreation.gov for Deschutes National Forest campgrounds) that automatically email you when sites become available at your desired destination. For better odds, set your sights on the region's larger campgrounds (such as Tumalo State Park, which hosts more than 75 sites near Bend)—where the chance of a last-minute cancellation is higher.

As your trip date approaches, look into tighter reservation windows. Some campgrounds within the Deschutes National Forest open a limited number of sites for booking on a 14-day rolling basis; Paulina Lake Campground, within the Newberry National Volcanic Monument, makes five of its 68 sites available two weeks in advance.

If your camp time inches even closer and you haven't received one of those coveted alerts, see if your preferred campgrounds have set aside some sites on a first-come, first-served basis—and if so, try arriving early on Thursday for your best possible chance at scoring a site. (For example: Four of the nearly four-dozen sites at Lava Lake Campground along the Cascade Lakes Scenic Byway are set aside for last-minute arrivals.)

If you're a fastidious planner who'd rather have a reservation before packing the car, check some of the region's rare campgrounds that are not managed by the Deschutes National Forest or Oregon State Parks—they tend to have more availability than you might expect. It's not unheard of, for instance, to find week-of availability at Creekside Campground near downtown Sisters (which is managed by the city)—assuming you're not trying to reserve a site during a big event such as Sisters Rodeo. Private campgrounds—including The Camp, an RV park in Bend—tend to fly under the radar and have last-minute availability, as well.



BEING A GOOD NEIGHBOR

If you have campsite neighbors, follow a few simple guidelines to keep everyone happy.

Respect a campground's "quiet" hours (usually from 10 p.m. to 7 a.m.) by keeping your conversation volume low, turning off the Bluetooth speaker and putting away the guitar. Just before bed, take care to put a campfire all the way out; it should be cool to the touch. And if camping with four-legged friends, respect all leash rules.

Sharing a tent with someone? Practice good tent-etiquette by ensuring your headlamp is nearby in case you have to get up in the middle of the night, storing all your gear and clothing on your side of the tent, and trying to limit the amount of noise you make.

BRINGING PUPS TO CAMP

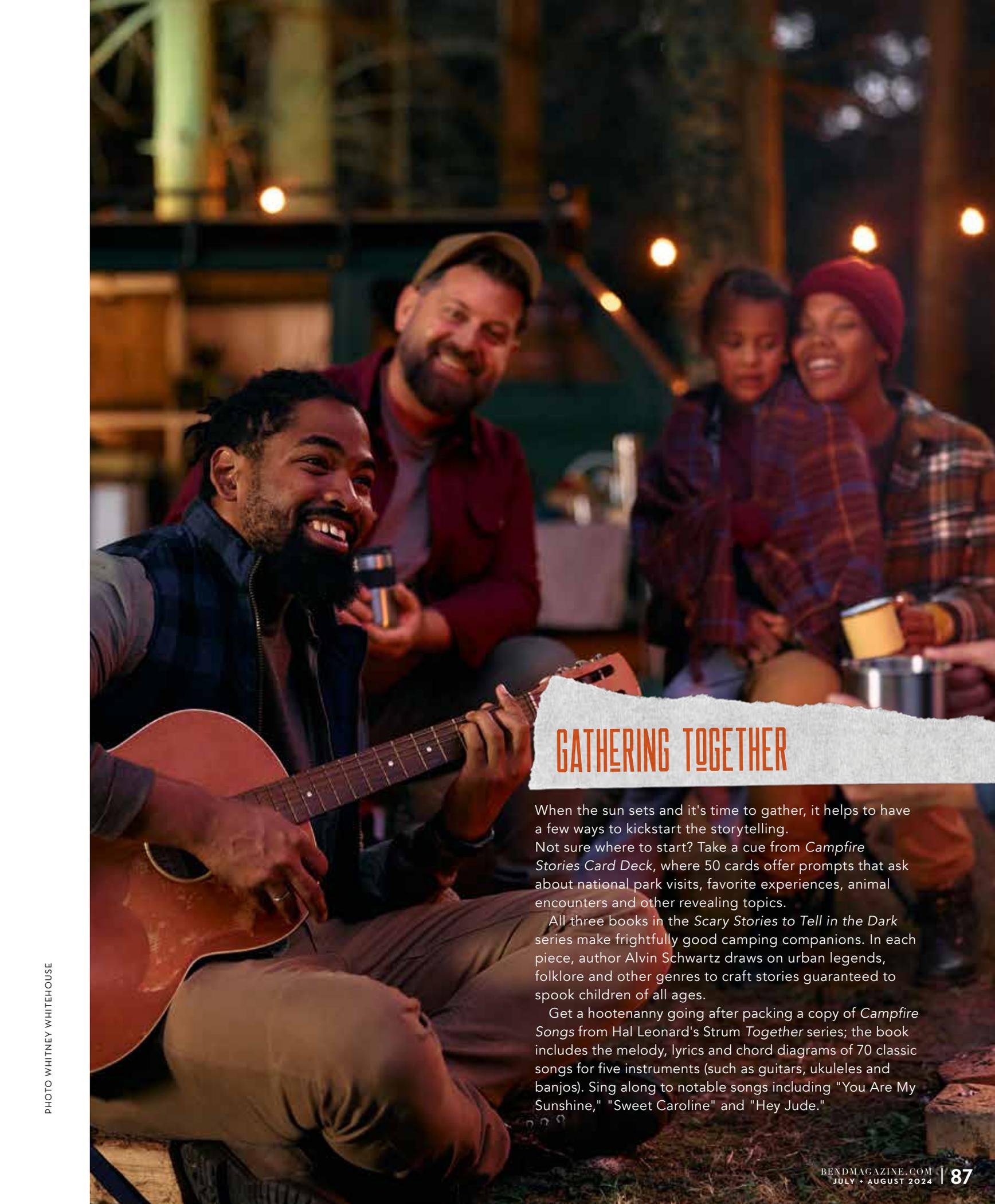
Camping is a family-friendly activity—and, in Central Oregon, that means the whole family, including fur babies.

When planning, look for a campground that offers pet-friendly amenities; for instance, The Cove Palisades State Park offers a fenced-in, off-leash dog exercise area. LaPine State Park hosts five dog-friendly log cabins.

As the trip approaches, be sure to pack dog food and a food bowl, a separate bowl for water, at least one towel, a leash, plenty of waste bags, identification tags, bedding, extra water and a pet-specific first-aid kit.

Once at the campsite, note that dogs must typically be leashed at all times, other than in your vehicle, tents, pet-friendly cabins or yurts, bodies of water and in designated off-leash areas. Note leashes should be no more than six feet long.





GATHERING TOGETHER

When the sun sets and it's time to gather, it helps to have a few ways to kickstart the storytelling. Not sure where to start? Take a cue from *Campfire Stories Card Deck*, where 50 cards offer prompts that ask about national park visits, favorite experiences, animal encounters and other revealing topics.

All three books in the *Scary Stories to Tell in the Dark* series make frightfully good camping companions. In each piece, author Alvin Schwartz draws on urban legends, folklore and other genres to craft stories guaranteed to spook children of all ages.

Get a hootenanny going after packing a copy of *Campfire Songs* from Hal Leonard's *Strum Together* series; the book includes the melody, lyrics and chord diagrams of 70 classic songs for five instruments (such as guitars, ukuleles and banjos). Sing along to notable songs including "You Are My Sunshine," "Sweet Caroline" and "Hey Jude."



FUN WITHOUT A CAMPFIRE

What happens when you can't gather around a campfire or cook over an open flame? (Don't worry, s'mores are still on the menu.)

Wildfires have grown more common in recent years, as have fire bans at campgrounds across the region. These regulations are put in place to keep campers safe and ensure that firefighters are being deployed where the need is greatest. But bans don't need to spell the end of a memorable night.

If you encounter a campfire ban on your next trip, consider cooking meals with a butane- or propane-powered stove—which is prohibited in only the most extreme circumstances.

Look for Coleman's lineup of two-burner, propane-powered stoves that provide reliable cooktops for most car campers.

You'll have plenty of options for gathering around a portable, propane-powered firepit after dinner; the small firepit may not keep you quite as warm as a traditional fire—but isn't typically banned at the lowest levels of fire restrictions, won't force you to dodge smoke all night, holds up better in damp conditions and requires almost no clean-up before bed. Outland Living is a popular producer of propane-powered firepits, with offerings in a variety of sizes and colors to match your needs and style. Whichever brand or model you go with, take heart: Propane firepits are still warm enough to roast a perfectly gooey s'more. **IB**

GEAR UP FOR A FUN, COZY STAY

You don't need to fill your vehicle with gear and gadgets before heading out, but a few helpful items can take your camping trip to the next level.

POLER NAPSACK

Part puffy jacket, part sleeping bag, the Poler Napsack is a vibe, whether you're warming up with camp coffee on early mornings or sharing tall tales at the end of a day.

STANLEY ADVENTURE HAPPY HOUR COCKTAIL SHAKER SET

Embrace your inner mixologist with the shaker set that's designed specifically for outdoor use. The all-in-one set comes with a twist-to-lock cap that prevents spills, and stainless steel cups offer a camp-friendly alternative to glass.

LUNO AIR MATTRESS

After a full day of adventures, happy campers sleep deeply without interference of rocks and roots emerging from the ground beneath them. With headquarters in Bend, Luno



offers comfy car-camping mattresses for a range of vehicles, from truck beds and vans, to Subarus Jeeps and Teslas. Their upcycled gear line, Project ReRoam, uses fabrics from returned mattresses to make new camping gear.

PORTABLE, RE-CHARGEABLE LANTERNS

After stargazing, want to read a book before bed? Portable LED lanterns hook to the top of a tent's interior, provide plenty of light and won't blind neighbors. Black Diamond's Moji R+ Lantern comes with a micro-USB charging port plus a full spectrum of fun colors to accompany impromptu dance parties or howling at the moon.

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Forest Feasts

Gourmet goes off the beaten path

WRITTEN BY MAISIE SMITH

Out in the wild, culinary disasters can strike as surely as rain: with sandwiches soggy enough to double as sponges, mediocre meals that taste suspiciously like yesterday's hotdogs and blame flung as freely as snack wrappers. Such gastronomic misadventures are legendary among those who venture into nature. Fortunately, the era of cooler chaos and frayed nerves is giving way to a revolution among the pines as innovative chefs transform Central Oregon's great outdoors into a grand dining hall. Humble campfire fare can be elevated to sublime feasts, proving that the best tables in town are under a vast sky in the middle of nowhere.

Jackson Higdon of
Luckey's Woodsman
Off-Grid Provisions

ELEVATED EATS MADE EASY

Once upon a smoky campfire, Jason Eckhoff and Chris Arathoon found themselves lamenting the culinary woes of camping with kids—from hastily grabbed convenience food on the way out of town to lackluster meals that sparked more groans than glee. “What if outdoor food was actually good?” they wondered. Not just passable, but mouthwateringly spectacular. From the ashes of mealtime misfires, their company Pacaya was born.

Named for a Guatemalan volcano and just as fiery in its ambitions, Pacaya is redefining what it means to eat well in the wild. No more last-minute dashes to the grocery store or the dreaded realization that the butter sits forgotten on the kitchen counter. Pacaya’s meal kits are the antithesis of traditional camp food. They are meticulously planned and locally sourced, with a dash of international flair. Offerings include flavor-packed hits such as Pork Carnitas Tacos with Guatemalan refried beans or Flatiron Steak paired with Chimichurri sauce. This isn’t roughing it; it’s dining out—way out.

The genius of Pacaya lies in its simplicity and attention to detail. Each meal kit is portioned and packed in a pre-chilled Yeti cooler and weather-proof dry box, turning the wilderness into a makeshift gourmet kitchen. Every component is labeled, organized and accompanied by easy-to-follow instructions, reducing both waste and the common campsite squabbling over who forgot to pack what. Even the culinary novice can prepare a feast under the stars in 20 minutes or less using one pot and one pan.

From their famous Easy Clean-up Western Omelette, made with pasture-raised eggs that slide out of the bag perfectly, leaving nothing to clean, to the Walking Tamale that promises mid-day mobility and flavor in every bite, Pacaya has simplified the outdoor dining experience without compromising on taste. “We want you to have fun in the woods instead of stressing over shopping, prepping and cleaning,” said Eckhoff. “Get outside, have an adventure, and leave the meal planning to us.”



PHOTO ALYSON BROWN





TASTE OF THE WILD

At Luckey's Woodsman Off-Grid Provisions in Sisters, Jackson Higdon draws on his heritage and love for the outdoors to deliver a menu that bridges Old-World techniques with modern culinary trends. Inspired by his grandparents' original establishment, Luckey's Woodsman celebrates the wild abundance of Central Oregon in several ways. He has a brick-and-mortar shop, food truck and hosts events, such as a forager's dinner where diners gather raw foods he prepares for a feast in the forest. Luckey's menu features hearty but healthy dishes that reflect the untamed spirit of the forest. The Lumberjack—a guest favorite—features a 14-hour smoked brisket paired with local greens and woodsman beans, drizzled with pesto and chipotle aioli. Each dish celebrates the region's natural bounty, crafted from fresh, locally sourced ingredients. For adventurers on the go, Luckey's offers Camper Kits—conveniently prepared meals just a phone call or email away. Hot kits are designed to be warmed on a stove or over a campfire. Cold boxes are packed with items such as the Wanderlust Wrap, guaranteed to withstand the day's journey without turning soggy. As a purveyor of outdoor-inspired cuisine, Higdon insists, "The forest shares its bounty generously; we must honor it." Deeply ingrained into every slice and simmer, this ethos is a nod to promise that was printed on his grandparents' original menu over 60 years ago of The Woodsman Way: "To honor all who stand in awe and appreciation of the great outdoors."

PHOTO ALYSON BROWN



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AL FRESCO ADVENTURE

Dining under a starlit sky, accompanied only by the rustle of leaves and clink of cutlery, is not the stuff of dreams but a daily reality for Robert Dudzik and Erin DeJarnette. The brains behind AlpenGlow Adventure Catering, the duo blends extensive culinary expertise with outdoor logistics prowess, showing Central Oregon that gourmet meals genuinely belong in the wild.

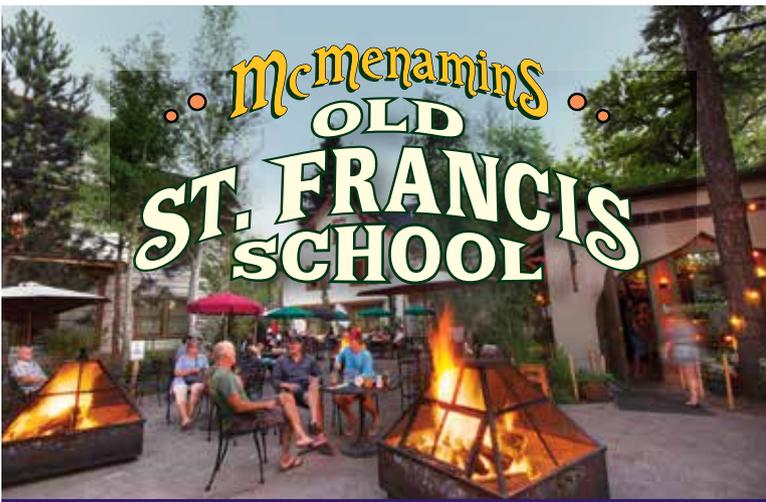
AlpenGlow's custom cook trailer transports a complete gourmet kitchen into the heart of the wilderness—whether

for a romantic dinner for two by a secluded lake or a lavish meal for 60 people in the Alvord Desert. Every meal, prepared over an open flame, is infused with a smokey richness that enhances each bite.

Guests are not just diners but participants in an immersive event that blends gourmet cooking with the rugged charm of Central Oregon. "Our meals are a testament to the beauty and abundance surrounding us," said Dudzik. "We're giving people a true taste of the

land." Dining with AlpenGlow might include a Cowboy Cookout with smoke-tinged slow-roasted brisket and Dutch oven delights or an exquisite nine-course affair with fire-roasted duck and an arugula salad with a burnt-orange gastrique. Every meal celebrates flavors sourced directly from more than 30 local farms and ranches. AlpenGlow's commitment to the "Leave No Trace" philosophy means that the only things they leave behind are satisfied smiles and perhaps a craving for seconds. **13**





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Rooftop Revelry

Local cuisine and 360-degree views
atop the SCP Redmond Hotel

WRITTEN BY CHLOE GREEN





Set against the panoramic backdrop of the Cascade Range, The Rooftop in Redmond makes you wonder why there aren't more rooftop bars in Central Oregon. The space atop the SCP Redmond Hotel dazzles with atmosphere, local cuisine and inspired ethos.

Spanning 1,500 square feet, the flex indoor and outdoor space provides guests with intimate seating amidst native gardens with vistas of the Three Sisters, Mount Bachelor, Black Butte and Smith Rock State Park. According to Tobias Colvin, SCP Redmond's general manager, "This is the place to visit for amazing sunsets, cuddly couches, glowing fireplaces and perfectly executed after-dinner drinks and desserts—ideal for romantic date nights or après-adventure storytelling."

The menu reflects SCP's core values of sustainability, community and wellness. Joseph Ortiz, the executive chef at The Rooftop explained, "The menu is influenced by blue zones and Mediterranean-style Pacific Northwest



THIS IS THE PLACE TO VISIT FOR AMAZING SUNSETS, CUDDLY COUCHES, GLOWING FIREPLACES AND PERFECTLY EXECUTED AFTER-DINNER DRINKS AND DESSERTS."

crops featuring fresh ingredients sourced from local farms, foraged from the region's land as well as SCP Redmond Hotel's very own rooftop garden." The result is a plant-forward menu offering nourishing light bites, shareable plates and carefully crafted beverages. Partnerships with local farmers in the high desert community prioritize both diner health and environmental sustainability.



Standout dishes include the grilled watermelon with burrata, a refreshing and flavorful starter evoking the essence of summer. The jackfruit nachos offer bold and hearty flavors crafted from plant-based ingredients for the adventurous palate. The pizzas feature a 72-hour fermented poolish dough for a crust that's both flavorful and easily digestible. Ortiz added, "Our special sourdough culture has been carefully developed over time with a focus on promoting healthy digestion and a strong immune system."

The menu's "hyper-local" ingredients are mentioned often for good reason. "Perennial plantings such as mulberries, strawberries, pears, cilantro, mint, parsley, rosemary and apples thrive in SCP Redmond's gardens," Colvin noted. These ingredients aren't merely garnishes; they play a central role in the cocktail menu as well.

From Garden by the Sea, a snap pea daiquiri with fresh cucumber and snap pea-infused rum, to the Matcha Do About Nothing, incorporating vodka infused with Metolius

matcha and honey, each drink offers local flavors that make for bright and effervescent summer patio cocktails. Additionally, The Rooftop offers an array of thoughtful nonalcoholic refreshments, such as the 6 am at the Farmer's Market, a herbaceous spritzer blending fresh herbs, green tea and house-made celery shrub.

Since its inception, The Rooftop has become a gathering place for Central Oregonians. "It provides a space for the community to gather and celebrate," Colvin reflected. From hosting weddings to offering a space for locals and travelers alike to unwind and connect, The Rooftop has become a cornerstone of the area—with a bird's eye view. **18**

The Rooftop at SCP Redmond
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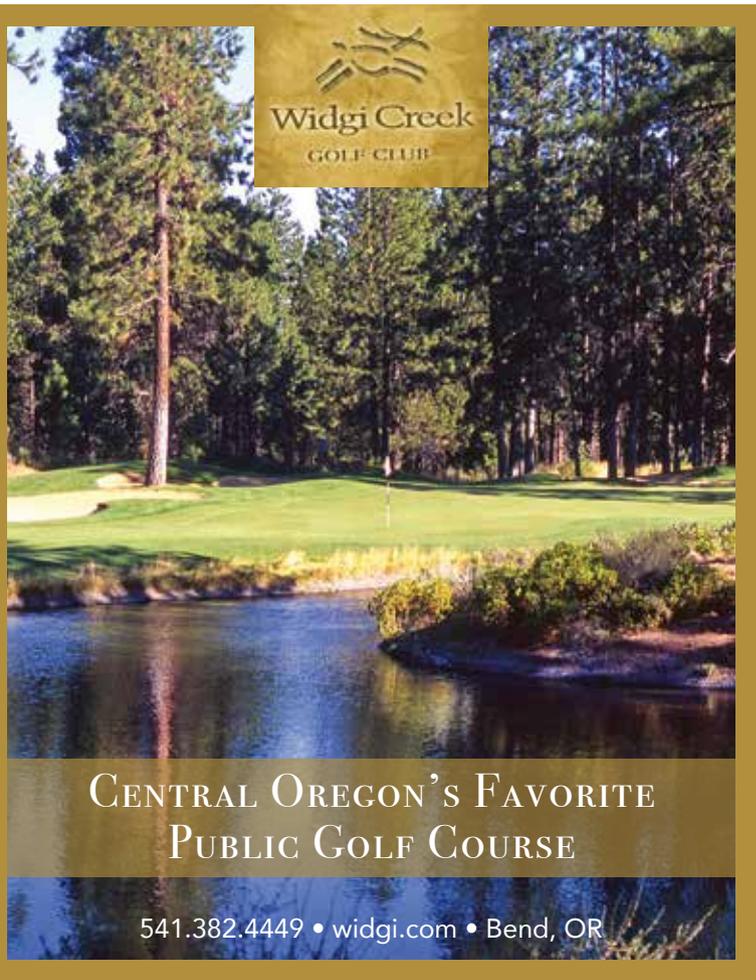


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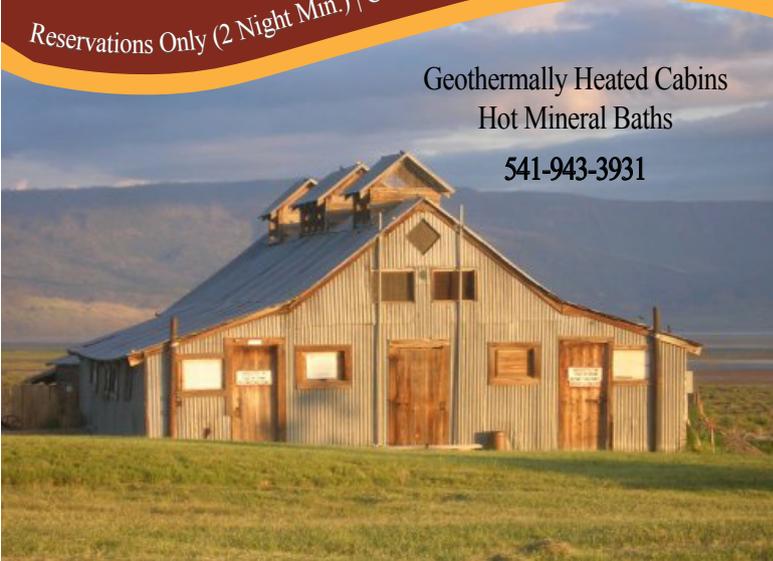


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Sips of Summer

Royal Juice Company melds science, nutrition and taste

WRITTEN BY **KARA TATONE** | PHOTOGRAPHY BY **TINA PAYMASTER**

Can summer be put in a bottle? Royal Juice Company hopes so. By offering turmeric shots and blends of cleansing vegetable, fruit and herbal-infused juices at a new shop in downtown Bend, proprietor Samantha Royal makes beneficial, thirst-quenching juice concoctions an essential part of a healthy summer.

Royal goes beyond the tried-and-true green blends to mix varietal seasonal veggies and tropical fruits with elixirs of herbs, mushrooms, squash, plant extracts and spices. A longtime avid juicer, she simplifies what can be a complicated nutritional science of organic, raw, vegan, herbal mixology by offering convenient modes for imbibing them. Several factors

converged in the creation of Royal Juice Company. Royal brought experience combining flavors and “adjusting the palate” from being a sommelier and bartender. She has a naturopathic background as a yoga teacher, mother, doula, a student of alternative medicine, and as a chef with her own cleansing and fasting program.

Try Royal’s dynamic Lemon Basil Hawaiian Juice for an herbal, earthy splash of summer, with its blend of lemon, ginger, basil, pineapple, poppy seed and botanically infused reishi extract. Like all the Royal Juice offerings, the Hawaiian is bold and refreshing botany in a bottle.

Nearly 80% of Royal Juice is made from

local produce and 100% of production takes place on a Bend farm, with hydroponics allowing greens to grow through the winter. Embrace those greens with the Get Yo Greens, a blend of cucumber, mint, parsley, cilantro, zucchini, broccoli, lemon, pear, spinach, kale, chard and a bit of peppermint oil. Or for a sweet treat, Strawberry Mint refreshes with strawberry, mint, lime, apple, botanically infused with schisandra berry extract. Nutrition is served. **IB**

Royal Juice Company
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royaljuicecompany.com

float the river in

4

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1



Start at the Park & Float.

2



Gear up.

3



Go float.

4



Return or repeat via the shuttle.

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Casting Spells

Custom fishing rods by Bill Amerongen

WRITTEN BY JENNIFER DELAHUNTY

Whether seen through an artist's or angler's eyes, Bill Amerongen's one-of-a-kind fishing rods are breathtaking. Mesmerizing colors form intricate bands and diamonds around the aptly named rod "blank" from foregrip to tip, weaving a spell of beauty, anticipation and—over time—memory and appreciation. Intricately conceived, these beauties are not meant to hang above the mantelpiece. With half a century of fishing expertise under his belt, Amerongen creates rods engineered to ensure the big one doesn't get away. "They are designed and built to be fished hard," Amerongen said. He has shipped them to anglers around the world, even as far as to the U.S. Embassy in Kabul, Afghanistan.

PHOTO TOBIAS CARRIER



PHOTO TOBIAS CARRIER



Bill Amerongen (left) and friend Jeff Fisher

Wrapped thread on the foregrip is site of the most flash and personalization. Farther up the rod, colorful threads secure guides through which the line flows. Amerongen's artistry was inspired by the work of the late Steve Paterson, a custom rod maker from Grants Pass, Oregon. "I knew I just had to learn how to do this," he said. Paterson began teaching him how to create patterns, some which may involve as many as 250 different threads. Amerongen taught himself the rest.

Everything about his rods is custom designed through an in-depth interview. He asks questions to determine: Where and how does the client like to fish? What length of rod, in how many sections? What kind of reel? How should the grips feel and work? Amerongen works closely with each client to select the proper rod blank, which is itself an alchemy of

strength, sensitivity, power, flexibility and speed. Then comes the choice of hand grip, whether carbon fiber or cork imported from Portugal. Next, the client selects the reel seat, a functional little sculpture of metal, figured woods and tough composites. Finally, thread samples are mailed to the client for precise hue selection. Barney Page owns six of Amerongen's rods and is awaiting the arrival of a seventh for catching large rainbow trout in Alaska. "These are pieces of art," said Page, "but number one to me is their performance."

Amerongen made his first custom rod at age 14, but wasn't always a full-time craftsman: He worked as a stockbroker, stay-at-home dad and his son's baseball coach before transforming his rod-building hobby into a business about a dozen years ago. Each rod takes up to 80 hours to complete,

so there is time to savor the creative process. Amerongen makes about 20 rods a year, they are often ordered to celebrate life's milestones such as birthdays and retirements, and most owners hope to pass them on to the next generation.

While Amerongen creates salmon and steelhead rods, as well as fly, spey and traveling rods—saltwater rods are where the magic of custom rods first appeared for him. As a child, he'd fish with his father off the coast of Southern California and remembers the first custom rod he ever saw. During those early fishing days, he learned that "highliner" is a term to describe the most committed, experienced and respected commercial and recreational fisherman in the world. Amerongen's work is a reflection of the highliner spirit. See highlinercustomrods.com. **13**

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Painting with Glass

The luminous mosaics of Mare Schelz

WRITTEN BY HEIDI HAUSLER | PHOTOGRAPHY BY TAMBI LANE





Sunlight streams through the blues and greens of a bright mosaic onto work surfaces covered in glass sheets of vibrant hues. Bottles of colored glass pebbles line the window below and a collection of bright glass spirals hang on adjacent hooks. "That's the first mosaic I ever made," artist Mare Schelz said in the midst of the studio where her art takes form, "I made it in kindergarten." Drawers and shelves filled with inspiration surround her, a rainbow of colors highlighting the creative energy that swirls through this artistic space. Here, shards of glass are fused together to create what Schelz calls "illuminated tapestries," original works manifesting the pieces of her artistic journey and her deep appreciation for natural beauty. "I've always been drawn to the outdoors. Walking among the trees, I'm keenly

aware of the dance of shadows and light," she explained. "In my art, I share those places and bring them to life."

In a blend of artistic mediums, the works of Schelz are stained glass mosaics, freer in form than a traditional stained glass, and luminous unlike classic mosaics, designed to hang in windows for light to shine through. Inspired by the flowing nature of her mother's watercolor paintings and the ebbs and flows of the natural world, Schelz's artistic process is organic and fluid, allowing her work to embody a free, uplifting feeling. Often encased in salvaged frames, her mosaics take shape from the bottom upward, like the roots of the earth, she explained, allowing inspiration to filter into the space between the head and hands. "My art has never been static—it has always evolved with my life," she said.



I'VE ALWAYS BEEN DRAWN TO THE OUTDOORS. WALKING AMONG THE TREES, I'M KEENLY AWARE OF THE DANCE OF SHADOWS AND LIGHT... IN MY ART, I SHARE THOSE PLACES AND BRING THEM TO LIFE."



Growing up in New York, Schelz lived near the birthplace of Tiffany glass, renowned for the lamps that bear its name. Her mother, an artist herself, would bring Schelz to see Louis Tiffany's work, planting a seed of fascination with glass that continued to develop in the glow of the ornate stained glass windows of Catholic churches she attended. "Stained glass is infused with my spirit," Schelz shared.

A high school art teacher further stoked Schelz's passion for glass work and ignited the way she continues to see the world, setting off a creative journey which spans decades. From designing stained glass pieces in high school to printing and weaving in college, blowing glass in her 20s to owning a glass tile business in her 30s and 40s, and her current work with glass mosaics, Schelz has always been drawn to the quality of light and color. As an artist, Schelz's life has been one of rich and constant color. She rode west on the Green Tortoise cross-country bus in the '80s to earn a BFA at Southern Oregon University, studied for two years at Penland School of Craft, lived in a yurt on a commune, has taught art to hundreds of schoolchildren and owns the most colorful house on her block. Her mosaics capture this life thread, depicting Central Oregon mountains, rivers and forests, dragonflies, birds, spirals, aspen trees and sea turtles, all layered in bright colors.

"My belief is that everyone should have art in their life," Schelz shared, "I strive to create legacy pieces that will be cherished and passed down for generations." The art of Mare Schelz is a mosaic of life, one she hopes "brings light to the world in hard times—and happiness to your home."

Find her mosaics at The Rickards Gallery in Sisters, The Bend Store and in the windows of Nancy P's Bakery & Cafe. Her work also hangs at the Unity Spiritual Sanctuary and Highland Magnet School at Kenwood, Bend. See therickardsgallery.com. **18**

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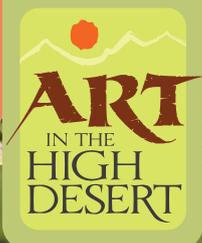
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Photo by: Michael Kellogg

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Culture *Shorts*



SHANIKO WOOL OUTFITS TEAM USA FOR PARIS OLYMPICS

As an official outfitter of Team USA, Ralph Lauren unveiled Opening and Closing Ceremony uniforms for the 2024 Paris Olympic and Paralympic Games created with materials from Oregon's Shaniko Wool Company. Classic styles were designed to endure for generations and support American manufacturers on a global stage. "By choosing our wool and telling our story, Ralph Lauren elevates our work and connects us to Team USA in a way we would never be otherwise," said Jeanne Carver of Shaniko Wool Company. Wool used in blazers athletes will wear for the Opening Ceremony is RWP (Responsible Wool Production)-certified which supports the best practices in land and animal care, Carver said. See ralphlauren.com, shanikowoolcompany.com.

EXHIBITION EXPLORES THE RELATIONSHIP BETWEEN HUMANS AND WILDLIFE

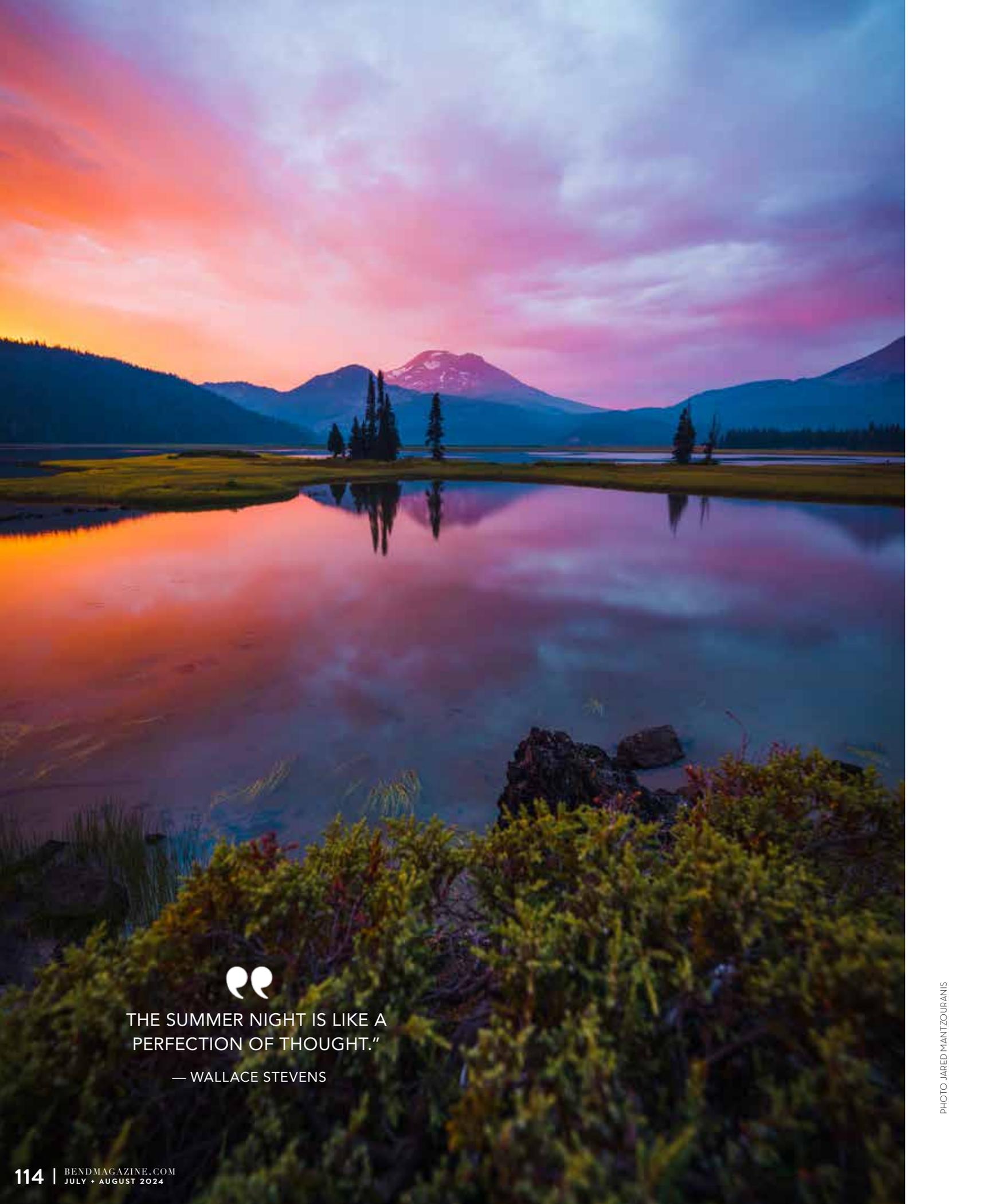
The High Desert Museum presents its latest exhibition, "Near, Far, Gone: From the Collections of Jordan D. Schnitzer and his Family Foundation," now until September 8. This collection, featuring works from artists Ann Hamilton, Matthew Day Jackson, Wangechi Mutu and Kiki Smith, explores the relationship between humankind and wildlife. Through 19 pieces, visitors will explore the complex interplay between endangered species and those adapting to human presence. With diverse artistic styles, the exhibition hopes to spark conversation about humanity's connection to the natural world. See highdesertmuseum.org.



NEW ARTS AND CULTURE INITIATIVES RECEIVE FUNDING

The Bend Cultural Tourism Fund (BCTF) has awarded \$300,000 to 13 arts and culture organizations to attract visitors through cultural tourism and boost Bend's economy. The funds aim to help local organizations enhance their marketing, publicity, planning and development efforts. Alongside cornerstone cultural events such as the Bend Film Festival and 4 Peaks Music Festival, new grantees include Bendi Gras and Art in Action Avenue. Art in Action Avenue is a collaborative arts installation project that involves the community in creating large-scale pieces in downtown Bend. Bendi Gras is a new event for Central Oregon that will bring a New Orleans-style Mardi Gras celebration February-March, 2025. See visitbend.com.





“

THE SUMMER NIGHT IS LIKE A
PERFECTION OF THOUGHT.”

— WALLACE STEVENS

PHOTO JARED MANTZOURANIS

2024

CONCERT LINEUP

HAYDEN HOMES AMPHITHEATER



JUNE

- 6.28 SAM HUNT
- 6.29 CHARLEY CROCKETT
- 6.30 FOREIGNER AND STYX

JULY

- 7.6 NICKEL CREEK & ANDREW BIRD
- 7.10 SLASH
- 7.12 THE DECEMBERISTS & THE HEAD AND THE HEART
- 7.13 PRIMUS & COHEED AND CAMBRIA
- 7.14 AN EVENING WITH THE AVETT BROTHERS
- 7.16 UMPHREY'S MCGEE + BLUES TRAVELER
- 7.18 STICK FIGURE
- 7.25 NEIL YOUNG & CRAZY HORSE
- 7.26 BUSH
- 7.28 STRAY CATS

AUGUST

- 8.3 ILIZA SHLESINGER
- 8.4 GIPSY KINGS FEATURING NICOLAS REYES
- 8.8 ST. VINCENT
- 8.9 TRAMPLED BY TURTLES
- 8.10 TYLER CHILDERS
- 8.11 TYLER CHILDERS
- 8.12 WALKER HAYES
- 8.13 MEGADETH
- 8.14 MICHAEL FRANTI & SPEARHEAD
- 8.15 NATHANIEL RATELIFF & THE NIGHT SWEATS
- 8.18 SLIGHTLY STOOPID AND DIRTY HEADS
- 8.23 MT. JOY
- 8.24 THE BEACH BOYS
- 8.25 KALEO
- 8.27 DAVE MATTHEWS BAND
- 8.29 311
- 8.30 IRATION AND PEPPER

SEPTEMBER

- 9.1 TRAIN & REO SPEEDWAGON
- 9.2 LINDSEY STIRLING
- 9.3 THE DOOBIE BROTHERS
- 9.4 HOZIER
- 9.5 JASON ALDEAN
- 9.7 CHROMEO & THE MIDNIGHT
- 9.8 RAY LAMONTAGNE & GREGORY ALAN ISAKOV
- 9.11 THEO VON
- 9.13 DAN + SHAY
- 9.15 TWO DOOR CINEMA CLUB
- 9.19 AN EVENING WITH STURGILL SIMPSON
- 9.20 KIDZ BOP LIVE 2024
- 9.22 CROWDED HOUSE
- 9.24 ORVILLE PECK
- 9.28 DWIGHT YOAKAM + THE MAVERICKS

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