

THE SOUL OF CENTRAL OREGON

BLIND

Magazine



Brian and James
Malarkey of Hawkeye &
Huckleberry Lounge,
page 89

HOME GROWN

LOCAL RESTAURANTS
ROCK A REVIVAL

Whiskey FESTIVAL
SIPS & STILLS

HIKING Trails
BLACK BUTTE BEAUTY



ANNOUNCING **NEW** DIRECT FLIGHT SERVICE TO DALLAS

FLY REDMOND

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

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

VISIT US ONLINE AT WWW.FLYRDM.COM

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

Air Service Provided by:



GOOD PEOPLE CRAFTING
GREAT HOMES SINCE 1947



OR CCB #1663 • WA LSI #NEILK118702



Certified



Corporation

NEILKELLY.COM

Neil Kelly

NK DESIGN / BUILD REMODELING • HOME IMPROVEMENT • HANDYMAN SERVICES



JENNAIR®

DESIGN THAT BREAKS THE MOLD



Get up to 15% off in Instant Savings. 5% off any two JennAir appliances or refrigeration panel kits; 10% off any three, 15% off any four. It's the perfect time to purchase a beautiful JennAir kitchen package.



JOHNSON BROTHERS
— APPLIANCES —

Experience matters. We've been serving our neighbors in Central Oregon for 74 years. Let our knowledgeable team show you JennAir appliances perfect for your lifestyle and your kitchen.

541-382-6223

Local. Different. Better.

jbbend.com



KNOWLEDGE IS USELESS WITHOUT THE EXPERIENCE.

ESTABLISHED IN 1967, WE ARE PROUD TO BE BEND'S OLDEST REAL ESTATE BROKERAGE. OUR PROVEN TRACK RECORD AND YEARS OF SUCCESS IN BEND, REDMOND, SISTERS AND BEYOND MAKE US THE LOCAL REAL ESTATE GO-TO. WHETHER YOU'RE BUYING OR SELLING, OUR BROKERS HAVE THE MARKET KNOWLEDGE AND EXPERIENCE TO SUIT YOUR NEEDS.

541-382-8262 | DUKEWARNER.COM



Bend Pet express
Dedicated to healthier pets since 1993.

YOU'RE
THE
BEST!

PET PARENTING YOUR WAY

NUTRITION · ENRICHMENT · SUPPORT



133 SW CENTURY DR · 420 NE WINDY KNOLLS DR

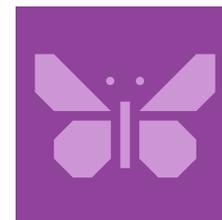
OPEN 7 DAYS · 2 LOCATIONS · FREE DELIVERY · LOCAL TO THE CORE



**Modern + sustainable
custom homes and
remodels.**

**ARCHITECTURE,
DESIGN +
CONSTRUCTION**

(541) 399-9003
info@lifedesignbuild.us
CCB#: 239880



**LIFE
DESIGN
BUILD**



Mt. Bachelor

THE WAIT IS ALMOST OVER

**OPENING DAY IS NOV. 29. BUY YOUR PASS
BEFORE SEPT. 25 FOR THE BEST PRICE**

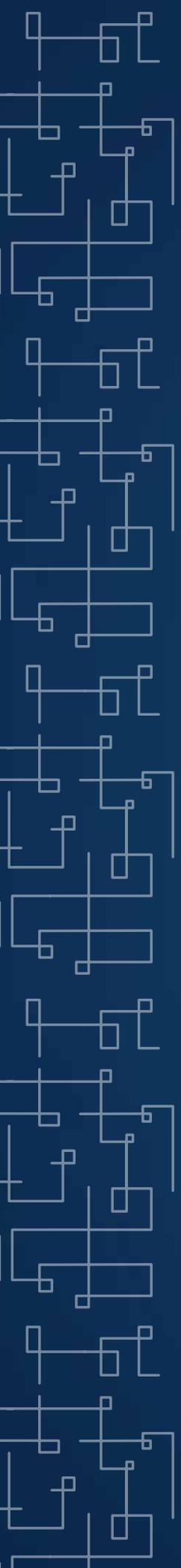
VISIT MTBACHELOR.COM



R

2024





Q: If I don't
have kids,
what should
I do with my
estate?

A: Talk to a philanthropic advisor at Oregon Community Foundation. We can help you form a plan that fits your hopes, dreams and needs. Our knowledge of nonprofits and expertise in estate and complex asset donations is unmatched. **We help you, help others.** Let's get started.



LET'S GET STARTED
OREGONCF.ORG/GETSTARTED



TABLE *of* CONTENTS



16 **CONTRIBUTORS**

20 **EDITOR'S NOTE**

25 **HAPPENINGS**

28 **FACES IN TOWN**
Celebrate the feats of our Central Oregon neighbors and friends.

31 **TRAILS**
Hiking Black Butte offers views of fall and treats at the namesake resort.

35 **OUTDOORS**
Kick-start the season, and avoid injury, with dry-land training.

41 **PURSUIITS**
Nonprofits and the City of Bend work to create safe cycling paths.

45 **HELPING HANDS**
Child life specialists comfort and heal the youngest patients.

49 **HERITAGE**
Follow a trail of haunted history, led by two ghostly guides.

53 **HOME**
Liz Cronin's Fall River family cabin gets a contemporary update.

63 **VENTURES**
Luthiers of Central Oregon. Plus, a local company's recipe for canine longevity.

89 **SAVOR**
Brian Malarkey returns to Central Oregon with his own twist on cowboy cuisine.

97 **IMBIBE**
Sip flights of fancy at Oregon Spirit Distillers' annual whiskey festival.

103 **INDULGE**
Local cheesemonger Kasia Wilson creates a perfect bite for fall.

105 **AESTHETIC**
Since the '70s, clay has been a family legacy at Blue Spruce Pottery.

109 **ARTS & CULTURE**
Michelle Schultz expresses her Lebanese heritage in colorful paintings.

114 **PARTING SHOT**

DIGITAL EXTRAS

Ready to enjoy the area's culinary best? Search our dining guide to learn more about the top spots at bendmagazine.com/dining-guide.

Find out what's happening in Central Oregon or upload your upcoming events at bendmagazine.com/calendar.

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



@BENDMAGAZINE

INTRODUCING
LAKE HOUSE

AT CALDERA SPRINGS



SUNRIVER'S NEW WATERFRONT DINING DESTINATION

Open Wednesday-Saturday | 5:00pm-9:00pm

It's here - the great reimagination of the Lake House at Caldera Springs. Discover a dedicated space to gather and create lasting memories against the backdrop of breathtaking natural surroundings. Now open to the public, guests are invited to lounge with the whole family in the dining room, warm up by the fireplace in the bar or roast s'mores under the starlit sky on the outdoor patio. Here, every meal and moment become a story.



To learn more or make a dining room reservation,
call 541.593.4855 or visit CalderaSprings.com/LakeHouse.

TABLE *of* CONTENTS



PAGE 76

70

DOUBLE EXPOSURE

Adventure athletes are multidimensional, and the Oregon Outdoor Athlete Project showcases them in profiles where there is more to an image, and a person, than first meets the eye.

Photos and interviews by Ben Kitching.

76

DARKER SKIES

Starry skies inspire scientists and poets, but a majority of North Americans are blinded to the stars by the light. Learn why dark skies matter, how to preserve them (and where to chase aurora borealis). *Written by Matt Wastradowski with Christian Murrillo.*

82

RACING FOR ALL

From prime-time television to Central Oregon's backyard, adventure racing options range from exotic locales to courses suitable for the whole family. *Written by Tim Neville.*



ON THE COVER

Brian and James Malarkey at Hawkeye & Huckleberry Lounge.

COVER PHOTO BY CODY RHEAULT

PHOTO NICK LAKE



Sunriver Resort®

Where Fall Comes *Alive*

Nature's peak season has arrived. Whether biking 40+ miles of scenic trails, soaking up the changing colors, relaxing with an autumn-infused spa treatment or enjoying seasonally inspired cuisine, it's finally fall at Sunriver Resort. Plan the ultimate fall getaway and experience the 3,300+ acres of natural splendor that is Sunriver Resort.



The adventure begins at [SunriverResort.com](https://www.sunriverresort.com)

WORDS *and* PICTURES



BEN KITCHING
WRITER +
PHOTOGRAPHER

While working as a backcountry guide in Alaska, Ben Kitching discovered his love of photography. What started as documenting his own adventures soon shifted to capturing and sharing the stories of others. His work conveys the emotions of athletes as they engage with nature's challenges, inspiring others to pursue their passions and embrace a life of adventure. You can find him climbing, skiing or paddling in remote corner of his home state of Oregon. For this issue, Kitching shared portraits from his Oregon Outdoor Athlete Project. Find his photographs and interviews on page 70.



TAMBI LANE
PHOTOGRAPHER

An entrepreneur at heart, Tambi Lane has run a portrait photography business since 2006. She loves collaborating with, and supporting, other artists. Currently, she is focused on food photography. Her work has been published in *Sunset Magazine*, and she has photographed two nationally published celebrity cookbooks. When Lane is not cooking, eating or photographing food, you can find her in the garden, doing something outdoors, or creating something new and fun. This month, she met and photographed the whiskey at Oregon Spirit Distillers (page 97) and Blue Spruce Pottery (page 105).



ELY ROBERTS
PHOTOGRAPHER

As a photographer for 15 years, Ely Roberts creates images with a timeless feel. With a sociology background, Roberts is interested in where people come from and what makes them happy, so he prefers photographing people more than landscapes. Whether selecting camera equipment and postprocessing or making people feel more comfortable behind the camera, photography allows Roberts to enhance his skills and creativity. Other passions include family, travel, cooking, hiking, camping, hunting, fishing and riding motorcycles. In this issue, Roberts photographed the Central Oregon luthiers on page 63.



MAISIE SMITH
WRITER

A self-proclaimed story junkie, Maisie Smith has spent her entire life knee-deep in creative endeavors, with humble beginnings as the weird kid who loved writing book reports and essays. Today, Smith is a freelance writer for the food and beverage industry, including *Savor* magazine. A resident of Bend and Lisbon, Portugal, Smith wanders the world in search of humanity's everyday stories and lives for campfire conversations with good friends and good whiskey. For that reason, she enjoyed research and writing the story on Oregon Spirit Distillers and its September whiskey festival, page 97.



MATT
WASTRADOWSKI
WRITER

With a love for the Pacific Northwest greater than any rational human should have, Matt Wastradowski has written extensively about the region's craft beer, natural beauty, fascinating history, dynamic culinary scene and outdoor attractions for *Outside*, *Portland Monthly*, AAA's *Via* magazine, and *Northwest Travel & Life*. Since 2018, he's also authored three Oregon-centric guidebooks for Moon Travel Guides—one on scenic hikes, one on the Columbia River Gorge and Mount Hood, and (most recently) a general guidebook to Oregon's top sites. This month, he celebrates dark skies on page 76.

Proudly Representing
ISABELLE ALESSANDRA



"New Beginnings"
54" x 11" acrylic



"You Had Me at Hello"
30" x 30" acrylic



"One Morning in July"
40" x 40" acrylic

PCA PETERSON **ART**
CONTEMPORARY

541.633.7148 PCAgallery.com
550 NW Franklin Avenue Suite #178, Bend, OR

Newport
Avenue Market
LOCALLY FOUNDED EMPLOYEE OWNED

ONE MARKET

A KAZILLION WONDERS



WONDROUS WINE



take a
PALATE TRIP

EVERY STYLE & PRICE

Known and loved
around the world,
especially
@oregon pinot noir



FREE WINE TASTINGS

~ ON FRIDAYS & SATURDAYS ~

NEWPORTAVEMARKET.COM

541-382-3940 • 1121 NW NEWPORT AVENUE

BEND Magazine

PUBLISHERS

HEATHER HUSTON JOHNSON
ROSS JOHNSON

EDITORIAL

Editor in Chief CHERYL PARTON
Associate Editor LEE LEWIS HUSK
Special Publications Editor HEIDI HAUSLER
Podcast Host ADAM SHORT
Staff Writers SIENA DORMAN, CHLOE GREEN
Copy Editor STEPHANIE BOYLE MAYS
Editorial Intern JESS MCCOMB

DESIGN

Creative Director KELLY ALEXANDER
Senior Graphic Designers CALI CLEMENT, JEREMIAH CRISP
Graphic Designer LIBBY MARSDEN
Print Consultant CLARKE FINE

SALES

Senior Account Executive RONNIE HARRELSON
Senior Account Executive SUSAN CROW
Account Executives BOOTSIE BODDINGTON, ALLIE FIELD
Sales & Marketing Coordinator GRETCHEN SORTOR

BUSINESS & MARKETING

Marketing Director CALI CLEMENT
Director of Operations HEATHER RENEE WONG

AUDIENCE DEVELOPMENT

Circulation Manager AMARA SPITTLER
Newsstand Coordinator ALAN CENTOFANTE

CONTRIBUTING WRITERS

LUCAS ALBERG, CATHY CARROLL, JENNIFER DELAHUNTY,
CASEY HATFIELD-CHIOTTI, HOLLY R. HUTCHINS, SHIELA G. MILLER,
GREGG MORRIS, CHRISTIAN MURILLO, TIM NEVILLE,
TERESA RISTOW, MAISIE SMITH, MATT WASTRADOWSKI

CONTRIBUTING PHOTOGRAPHERS

RICHARD BACON, ALYSON BROWN, ROSS CHANDLER,
TIM CROWLEY, ROB KERR, BEN KITCHING, NICK LAKE, TAMBIE LANE,
JARED MANTZOURANIS, CHRISTIAN MURILLO, CODY RHEAULT,
ELY ROBERTS, DARREN STEINBACH, GRANT TANDY, TONI TORENO,
DYLAN VANWEELDEN, ZEE WENDELL, WHITNEY WHITEHOUSE

FIND US ONLINE

BENDMAGAZINE.COM
INSTAGRAM + FACEBOOK: @BENDMAGAZINE

SUBSCRIPTIONS

BENDMAGAZINE.COM/SUBSCRIBE

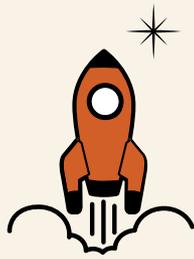


PUBLISHED BY OREGON MEDIA, LLC
974 NW RIVERSIDE BLVD. BEND, OREGON 97703
OREGONMEDIA.COM

BEND MAGAZINE Issue 5 Sept. 2024 (ISSN 29951860) is published bimonthly by Oregon Media, LLC 70 SW Century Dr. STE 100 Bend, OR 97702. Periodicals Postage: Paid at Bend, OR, and at additional mailing offices. Postmaster: Send address changes to Oregon Media at P.O. Box 15005 North Hollywood, CA 91615

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronically or mechanically, including photocopy, recording or any information storage and retrieval system, without the express written permission of Oregon Media. Articles and photographs appearing in Bend Magazine may not be reproduced in whole or in part without the express written consent of the publisher. Bend Magazine and Oregon Media are not responsible for the return of unsolicited materials. The views and opinions expressed in these articles are not necessarily those of Bend Magazine, Oregon Media or its employees, staff or management.

Proudly printed in Oregon.



THE LAUNCH

AT DISCOVERY CORNER

A GRAND OPENING CELEBRATION, OCTOBER 4 AND 5

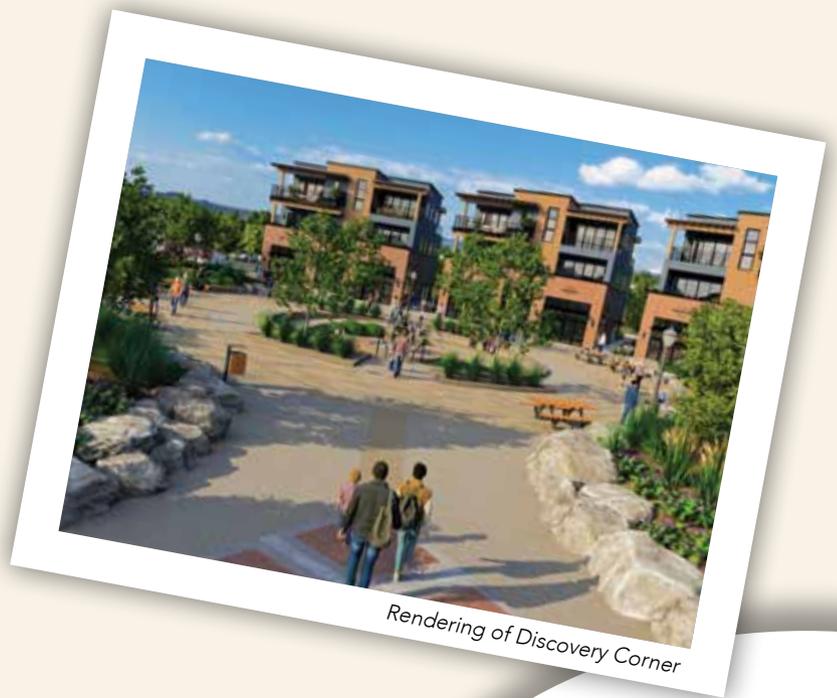
Discovery West (on the corner of Skyline Ranch Rd & Ochoa Dr., just west of NorthWest Crossing)

FRIDAY, OCT. 4 5:30-8PM

- Space Walk Open House Tour (homes, townhomes & cottages)
- Tours of Aerie, luxury overnight vacation rentals
- Food & drink
- Giveaways for the kids
- Drone Show, starting between 7:30-8pm

SATURDAY, OCT. 5 10AM-2PM

- Special guest, Dr. Ellen Ochoa, former NASA astronaut (meet & greet from 10am-12pm)
- Living History Fun (passport and prize for kids)
- Food & drink
- Giveaways
- Fun family-friendly activities
- Music



Rendering of Discovery Corner



Embark on an out-of-this-world adventure as we celebrate the launch of Discovery Corner, a vibrant community gathering place located in the heart of the Discovery West neighborhood in westside Bend. Join us for a stellar two-day experience full of good food, family fun and an appearance from a space-tacular special guest, all in celebration of our brand new plaza. Visit us at discoverywestbend.com/launch.



SOMETIMES IT'S IMPORTANT TO UNDERSTAND THE GRAND SCALE OF THINGS TO BRING US BACK TO WHAT'S IMPORTANT."

Editor's LETTER

Do you remember the moment things changed? Perhaps it was early one morning when you stepped outside for a run and the air felt different? Was it a subtle shift in the angle of light or temperature from the day before? Fall is on the way and like clockwork, nature offers the signal that as Bob Dylan sings, "The times, they are a-changin'."

This year, back-to-school calendars had even more meaning as we dropped our youngest daughter off at college and returned to an empty nest. From the time she was born in Bend, we were teaching her and preparing her to leave in this rite of passage to exchange her childhood bedroom for a dorm room. Ancient philosophers offered up the Latin phrase *memento mori*, loosely translated as remembering the end, guiding us to be more present in our days. It's not to be morbid but instead to deepen our appreciation for the present. In theory, I understood we only had 18 summers with our daughter, but the reality is that, boy, did they go by quickly.

Whether for 18 years or across centuries, nature offers comfort in its rhythmic consistency. Even as we shuffle between discipline and spontaneity during busy days, the natural path back home is assuring.

For Brian Malarkey, a return to Central Oregon led to founding the restaurant Hawkeye & Huckleberry Lounge with his brother, James. Meet the pair, plus take a peek at Hawk & Huck's food and its interiors with a Johnny Cash/man-in-black style. Discover artist Michelle Schultz, who was influenced by her Lebanese heritage and strong grandmother to create large-scale acrylic paintings that balance her past and present. And

through his photography, Ben Kitching gives us multilayered images to introduce Oregon athletes. Awareness begins with having a clear view of what's in front of you, or in the case of dark skies, what is above. In 2024, the formation of the world's largest dark-sky sanctuary—at 2-million acres in the Oregon Outback—is of universal proportions. Sometimes it's important to understand the grand scale of things to bring us back to what's important.

Home matters. At the end of summer, whether we pack away our paddle boards or move our favorite people across the country, caretaking creates space for germinating ideas in the resulting new space. I found one of the "seeds" while cleaning this nest of ours—a decades-old mother's day card (yes, I saved everything) from my daughter, talking about what she wanted to be when she grew up. Today, she's off to make it happen.

Who do you want to be? We create each issue of *Bend Magazine* as a bit of a homecoming and as a place to learn about the community, whether you live here year-round or stopped by for a visit. Let there be comfort and constancy that we are always here for you. Read on, and with each issue... welcome home.

Cheryl Parton, *Editor in Chief*



GABRIEL & CO.

Artisans of Love

1983
Saxon's
FINE JEWELERS

Old Mill District
www.saxonsfinejewelers.com

ON *the* WEB

Craving more stories about the community you love? Leap from the printed page to digital content to find inspiration, whether for adventure or amplifying your life, by visiting bendmagazine.com and connecting to the events, people and places that define the Bend lifestyle.



PHOTO LEFT ARIAN STEVENS

1. DINING GUIDE: Find expanded coverage beyond what's found in our Savor magazine and discover Central Oregon's top dining spots, including Luckey's Woodsmen (shown above) at bendmagazine.com/dining-guide. **2. PODCAST:** Listen to Bend Magazine's The Circling Podcast with host Adam Short. Find expanded content connected to stories such as his conversation with Sarah Westhusing from House of Milo, plus interviews with more of the people you'd like to meet at bendmagazine.com/podcast. **3. FREE SUBSCRIPTION, SIGN UP NOW:** Have Bend Magazine delivered to your door all year long by using code FALL4 at bendmagazine.com/subscribe.



Oregon's
Independent
Market

FIND THE FOOD YOU LOVE



*Gathering Together Farm
Philomath, OR*

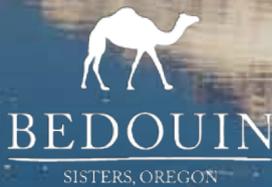
Here, what comes from independent family-run farms, ranches, and makers gets its time to shine – and makes each of our days better because of it. Come see what Oregon grew, raised, and made for you today.
Over 5,000 locally born goods in one nearby place.

Oregon's
MARKET OF CHOICE[®]

ASHLAND / BEND / CORVALLIS / EUGENE / MEDFORD / PORTLAND / WEST LINN

SHOP & SAVOR

in Sisters



BEDOUIN

A clothing, jewelry, and gift boutique — curated for the Pacific Northwest since 1986.

SHOPBEDOUIN.COM



BLAZIN SADDLES

A full service bike shop, offering repairs and rentals as well.

BLAZINSADDLESHUB.COM



SISTERS COFFEE

Family owned coffee roastery and cafe.

SISTERSCOFFEE.COM



SHIBUI SPA

Spa offering a wide array of therapeutic treatments.

SHIBUISPA.COM



SISTERS APOTHECARY

A selection of natural skincare, wellness products, and gifts.

[@_SISTERSAPOTHECARY](https://www.instagram.com/_SISTERSAPOTHECARY)



SKI INN TAPHOUSE

A boutique hotel, restaurant, taphouse and hang out spot.

SISTERSTAPHOUSEHOTEL.COM

Embodying the Soul of Central Oregon

Inaugural award honors Mike Hollern

Mike Hollern, chairman of Brooks Resources Corporation, was awarded the first annual Soul of Central Oregon Award by Oregon Media. The honor recognizes individuals who have significantly shaped the region's character and development. During five decades, Hollern has left an indelible mark on Central Oregon. His projects, including Black Butte Ranch, NorthWest Crossing and Discovery West, exemplify his commitment to sustainable development and community building. Hollern's influence extends beyond real estate; he played a crucial role in establishing OSU-Cascades and has been a staunch supporter of public art initiatives. His civic engagement is evident through his involvement with organizations such as Central Oregon Community College, the Bend Chamber of Commerce and the High Desert Museum. The award celebrates Hollern's holistic approach to regional development that balances economic growth with cultural and intellectual vitality. Hollern's work is not only a lasting legacy, but it continues to shape Central Oregon's landscape and future. **IB**

News Shorts

SUNRIVER LIBRARY UNVEILED

Sunriver's remodeled library opened in August to offer expanded spaces, such as a children's discovery area with interactive learning options, and a designated space for teens to study and create. The library also offers a meeting room that is accessible after hours and a flexible community area for small gatherings. With reimagined spaces, the library showcases book and material collections and features a new fireplace and reading area. See deschuteslibrary.org.

LOCAL NONPROFITS RECEIVE GRANTS FROM ST. CHARLES HEALTH SYSTEM

Sixteen Central Oregon organizations received more than \$106,000 in Community Benefit grants from St. Charles Health System. The funds address basic needs, support diversity initiatives and sponsor community events dedicated to fostering a sense of belonging. The grants allow Friends of the Children Central Oregon to launch youth and family cooking classes. Other grantees include BEAT Children's Theatre, City Club of Central Oregon and Better Together Central Oregon.



MT. BACHELOR OPENS MIXED-USE TRAIL

In August, Mt. Bachelor opened Evergreen, its first mixed-use trail. The 4.5-mile trail connects West Village to Pine Marten Lodge and is open to hikers and downhill bikers. Hikers can use the trail at no cost, or buy a Scenic Chairlift ticket, while bikers require a Bike Park pass. "It was intentionally built to offer an introduction to Mt. Bachelor trails and a mellow experience for all ability levels," said Dustin Smith, Mt. Bachelor's director of mountain operations. See mtbachelor.com.



BEND CELEBRATES WELCOMING WEEK 2024

The City of Bend, in conjunction with Welcoming America, will sponsor 10 events as part of its Welcoming Week 2024, September 13-22. With the theme "We're All In," the week is designed to bring together people with diverse backgrounds to herald diversity and foster connections. Bend joins other Welcoming Cities throughout the United States, and programming includes panel discussions, author readings and classes on history and culture. See bendoregon.gov.

PHOTO TOP LEFT JUSTIINA PATIENCE ROSETT | BOTTOM KATHARINA BARGUIL

2% cash back* on every purchase.



OnPoint[®]
COMMUNITY CREDIT UNION

OnPoint offers two Signature Visa[®] Cards designed to reward members with every purchase.

Bend Downtown

Bend South

Redmond

Drop by your local branch or go to onpointcu.com/signature-visa for more information.

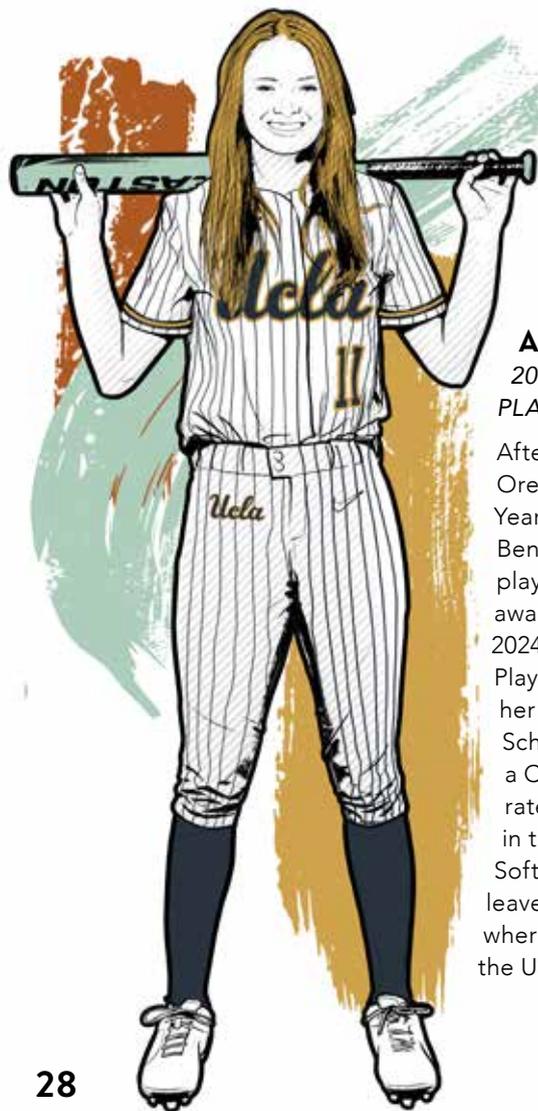
*To qualify for a Signature Cash Back card you must maintain qualifications for OnPoint Rewards. Existing OnPoint credit card accounts cannot be transferred to the new Signature Cash Back card. Cash back card rewards are credited annually to your open OnPoint checking account. If you close your OnPoint checking account before rewards are paid, even if your Signature credit card is active, you will forfeit your rewards for that year. All OnPoint credit cards are subject to credit approval. Federally insured by NCUA. Equal Housing Opportunity. 8/24

Faces in Town

JACK BILLOWITZ

MOUNTAIN BIKER + TRIATHLETE

Jack Billowitz entered the USA Triathlon Cross National Championships in Gaston, Oregon, as training for XTerra Portland. When he took first place, 16-year-old Billowitz secured himself a slot at the June 2025 World Triathlon Multisport Championships in Spain. Several weeks later, he was back on course at XTerra Portland where he won the Off Road Sprint Triathlon by more than six minutes and qualified for the XTerra World Championships in Italy taking place in September. Billowitz races for Bend High's mountain bike, swim and nordic teams. He also competes in cyclocross, road biking and mountain biking races across the state. While he is a multi-sport athlete, he said biking is his number one.



ADDISEN FISHER

2024 NATIONAL SOFTBALL
PLAYER OF THE YEAR

After being named Gatorade Oregon Softball Player of the Year three years in a row, former Bend High Lava Bears softball player Addisen Fisher was awarded the ultimate title of 2024 Gatorade National Softball Player of the Year. This spring, in her senior season at Bend High School, Fisher led the team to a Class 5A state title and was rated the top-ranked player in the 2024 recruiting class by Softball America. This fall, she leaves Bend for Los Angeles where she will play softball for the UCLA Bruins.

TAMMY KOVALUK

RECORD BREAKER

When she began her Guinness World Record attempt for the most kettlebell swings at Foundation Health and Fitness in southeast Bend this summer, strength coach Tammy Kovaluk had a sore back. But with a home court advantage and a 40-pound kettlebell, the former Bend resident smashed the one-hour record with 1,758 swings. Eleven hours later, Kovaluk had cumulatively lifted 293,166 pounds, nearly three times more than the previous 12 hour record holder. She walked away from her kettlebell with bruised and bloodied hands and returned to her current home in Canada, but added the honor to past achievements such as competing at the 2009 Ironman World Championships and breaking two other world records for most chest to ground burpees.



ILLUSTRATIONS BY DAVI AUGUSTO
BOTTOM LEFT ILLUSTRATION INSPIRED BY UCLA ATHLETICS

VERVE HEALTH

Discover a transformative approach to health and wellness!



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

Hair Restoration

Revitalize your hair with Exosome & PRP Treatments
Strengthen and Promote Growth
Free Consultation

BHRT Treatments

Improve Your Quality of Life with Personalized
BHRT Treatments
Optimize for Balanced Health and Vitality!
Free Consultation

Schedule your consultation today!

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

Download Our Rewards App



Our Provider:
Monelle Burrus
APRN, FNP-c

Metolius River
ASSOCIATION

Camp Sherman Store & Fly Shop
campshermanstore.com

Cold Springs Resort & RV Park
coldspringsresort.com

House on Metolius
metolius.com

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

Hola!
holabend.com

Lake Creek Lodge
lakecreeklodge.com

Metolius River Lodges
metoliusriverlodges.com
541-595-6290

Metolius River Resort
metoliusriverresort.com

The Suttle Lodge & Boathouse
thesuttlelodge.com



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

M
Maloy's Jewelry

Golden Dreams



717 SW 10th Ave
Portland, OR 97205
503.223.4720
www.Maloys.com

For fine antique and custom jewelry, or for repair work, come visit us in Portland—it's worth the trip! Before you visit, shop online at Maloys.com. **We also buy.**



Black Butte Beauty

Venture to Sisters for sublime seasonal explorations

WRITTEN BY CASEY HATFIELD-CHIOTTI

Visiting Black Butte, including the recognizable butte itself and the resort community of Black Butte Ranch, is a summer tradition for many. Still, locals know there's an even better time to visit. Fall, when the crowds have gone, is Black Butte's sweet spot.

PHOTO WHITNEY WHITEHOUSE

LEFT: A fire lookout at the top of Black Butte has been there since 1923.

MIDDLE: The serene beauty of an extinct volcano.

RIGHT: After hiking, visit the new lodge at Black Butte Ranch.



In autumn, all the Deschutes National Forest's deep green hues turn to burgundy, copper and gold. In addition to "yellow belly" ponderosa pines and Douglas fir trees, there are western larch trees, vine maples and quaking aspens that shimmer in October.

Seeing fall's warm light cast on the area's honey-hued meadows is a calming sight. Sunny but not-too-hot days lend themselves to a variety of outdoor activities. Horseback riding, biking and hiking are all great ways to explore this stunning slice of Oregon during September and October.

WHAT TO DO

Black Butte, an extinct volcano that last erupted roughly 20,000 years ago, is a Central Oregon landmark, and it's possible to hike to the top of the conical volcano standing more than 6,000 feet tall. The upper trailhead, about 30 minutes from Sisters, is accessible via a largely unpaved road off U.S. Highway 20. A \$5 recreation pass is required to park, but passes are available at the site.

The hike is only four miles roundtrip, but hikers are immediately met with a steep climb through moss-covered old-growth ponderosa pine trees. At the tree line, the trail wraps around the butte, unveiling dramatic views of Mount Washington, the Three Sisters and Black Butte Ranch below. The section feels reminiscent of a high alpine hike in Switzerland. From the top, the views are even more spectacular. Hikers are rewarded with a panorama of Cascade Range peaks from Mount Jefferson to jagged Three Fingered Jack. It's also fun to explore the summit, where a faded white building from the 1920s and a more modern tower hint at one of the butte's essential functions as a fire lookout site.

Following the quick hike down, visitors should reward their efforts with a refreshing drink. The Camp Sherman Store, established in 1918, sells cold root beer next to the crystal clear Metolius River. Another option is to head to Suttle Lodge off U.S. Highway 20 for smoked trout dip and a whiskey sour.

PHOTO LEFT NATALIE PULS | RIGHT RICHARD BACON



PHOTO COURTESY OF BLACK BUTTE RANCH

WHERE TO STAY

Since its founding in 1970, Black Butte Ranch has quietly been evolving into one of the finest vacation destinations in Oregon. While staying true to its roots as a livable community, the property has recently unveiled impressive, upgraded facilities and amenities for homeowners and guests.

The striking new lodge, designed by Hacker Architects, opened in 2023. Angular with a charred *shou sugi ban* wood exterior, it recalls the shape and color of Black Butte, which looms just behind. Visitors and homeowners gather at the Lodge Restaurant for Alaskan halibut with fava beans and Painted Hills ribeye with grilled asparagus beside the grand double-sided stone fireplace in the restaurant's center. Insiders know to sneak away to the second-floor Aspen Lounge before or after dinner for an expertly mixed cocktail or a lighter meal of elk sliders with cabbage slaw.

Time slows down at the ranch, where guests can rent various homes for a weekend getaway ranging from luxe log cabins to more modern condos. Black Butte Ranch has also seen a

flurry of home renovations since 2020. Newly renovated, the Lakeside Pool is open through late September and features a Scandinavian-style activity and wellness space with views of Mount Washington. Those visiting later in the fall can enjoy the Glaze Meadow Recreation Center, with its indoor and outdoor pools, a hot tub, fitness center and spa.

At Black Butte Stables, professional wranglers lead everything from buckaroo rides to all-day adventures. Sporty visitors can stay active by playing tennis and pickleball and exploring the 27 miles of bike paths, which take guests past meadows and spring-fed streams.

The General Store is a hub of activity, with its contemporary design, gourmet sandwiches to takeaway and artisanal products such as wine and chocolate for purchase. The Ranch offers seasonal events and activities, such as the Photography in the Aspens course taking place the third weekend in October. Led by the internationally published photographer Rich Schaffer, the course will allow novices and experts alike to turn their lenses toward fall's fleeting beauty. **18**

#1 FLORIST AND BEST OF CENTRAL OREGON



DONNER
FLOWER SHOP

From unique floral design to stunning weddings and special events

LOCATED AT
605 NW NEWPORT AVE.

541-382-3791 | DONNERFLOWER.COM

Relax
Disconnect
Unwind



Lake Creek Lodge Fall Special

20% OFF
nightly rate

For new reservations
between 9.8.24 & 11.15.24
Sunday – Thursday nights
(3 night min., excludes fees/taxes)

Promo Code: **FALLDEALS**



lakecreeklodge.com
541.588.2150 lodge
541.460.6550 restaurant

13375 SW FS Rd. 1419
Camp Sherman, OR



**UNDER NEW
MANAGEMENT**



MORE INFO



**BEND'S PREMIER CAR WASH | OPEN 24/7 365 DAYS A YEAR | FREE VACUUMS
FLEET ACCOUNTS AVAILABLE**

LOCATED AT 225 NE QIMBY AVE

FIND US HERE





Shoulder Season Prep

Dry-land training minimizes injury and maximizes fun on the slopes

WRITTEN BY LUCAS ALBERG

As the summer heat wanes and the first hints of autumn appear, athletes in Bend are already gearing up for the winter sports season. The shoulder season, that transitional period before the snow blankets the slopes, is a crucial time for both competitive and recreational athletes alike to hone their skills, build strength and stay sharp. Whether you're a lift junkie while downhill skiing or snowboarding, love to earn your turns in the backcountry, or prefer the endurance element of Nordic skiing, with a little thought, prep and foresight, you can make the most of this off-season and be ready for opening day.



According to Mandon Welch, a physical therapist at MW Physical Therapy and Sports Performance in Bend, core stability and hip strength are paramount for all winter sports disciplines. "You can't shoot a cannon off of a canoe," Welch said, highlighting the importance of a stable core. "Exercises focusing on trunk strength, axial stability and hip strength form the foundation of effective dry-land training. These areas are crucial for generating the force needed in sports like snowboarding and alpine skiing."

Welch also noted that flexibility, power and plyometric strength are integral components of winter sports conditioning. "Doing exercises that closely mimic the specific demands of each sport without actual snow is key," he said. "If you can go into the season at a higher fitness level, it will significantly shorten the curve to be ready, making the transition from dry-land to snow that much easier."

A good pre-season regime also helps to reduce injury among older athletes. "The most common ski injury is ACL ruptures," he said, while Nordic tends to be mostly overuse injuries. "Keeping good strength across those foundational areas will help reduce that risk," he added.

In addition to focused gym workouts and training, US Ski Team athlete and three-time Olympian Tommy Ford says he likes to mix it up in the off season to keep training both interesting and fun. "I'm always trying to find different cross training opportunities that are helpful," said Ford. Rock climbing increases core strength and mobility, plus climbing is great for mental focus, explained Ford. "It pushes your limits. You're tired, you might be exposed high up on a wall—it forces you to stay calm and keep focus to get to the top," he said.

PHOTO TOP ARIAN STEVENS | BOTTOM BEN KITCHING

Timothy R. Neal Architect

RESIDENTIAL & COMMERCIAL

REMODELS
ADDITIONS
CUSTOM HOMES
NEW CONSTRUCTION
TENANT IMPROVEMENTS

(541)546-4530

NealArchitecture.com

Oregon license 5494



FUTURE READY



Pre-K through 8th grade International Baccalaureate Program

DISCOVER WHAT SETS US APART
SEVENPEAKSSCHOOL.ORG
541-382-7755



Maybe you came for the

skiing biking
hiking boarding
rafting kayaking
and more

but don't forget to pick up the best
gear in town—your library card!

Use your **FREE** library card to check out everything from books and DVDs to museum passes and sewing machines. You can even stream movies and download eBooks and audiobooks on the go.

Deschutes County residents can get a card by applying online at dpl.pub/getacard, or stop by your local library to get a card in person.



deschuteslibrary.org

Mountain biking races, such as the Mt. Bachelor Gravity Series, require fast downhill sprints and focus. Some snowsport athletes bike to train because of its similarity to going through the trees in winter.



Former Summit High School athlete and now U.S. Snowboard Rookie Halfpipe Team member Elijah Pyle mountain bikes to train. "Going fast downhill through the trees is similar to snowboarding in that it forces you to be focused and gets you into that flow state," he said. Trampoline training is another key element of Pyle's shoulder-season routine, allowing him to practice tricks in a safer environment. "Trampolining helps you visualize and perfect tricks without the risk of injury on hard snow," he said.

For Bendite and Montana State University Nordic skier Delaney Jackson, the off-season is all about making gains. "Roller skiing is probably the most beneficial exercise as it closely mimics the movements and techniques used in cross-country skiing," Jackson said. Using adapted roller skates and ski poles with different tips, roller skiing allows cross-country skiers to skate along roads and paths before the snow falls. "I try to use paved bike paths as much as possible," said Jackson. "Skyliners is classic for roller skiers, but I try to do a lot in the Tree Farm neighborhood because it's great for interval training."

For any winter sport athlete, another challenge can simply be staying motivated when conditions don't allow them to practice their sport. Elijah Pyle explained that to keep his motivation high, he works out with fellow snowboarders and it helps everyone get better.

Pyle also shared how he keeps himself inspired by focusing on the more artistic side of his sport. "Watching old snowboarding movies is a great way to get you inspired," he said. "Or do some art or [make] music. Sometimes that creative spirit is just as important as the technical ability."

While not everyone in Central Oregon is a professional athlete, preparation into the shoulder season can pay dividends when the snow begins to fall. **IB**

PHOTO COURTESY OF MIBSEF

LOCALLY OWNED & OPERATED SINCE 1991

the Jewel
JEWELRY ARTS GALLERY



Architectural Alabaster



Jan Daggett Design
Rare & Fine Cut Gems



Wolfgang Vaatz - Natural Gold Nuggets
on Hand Carved Silver



Designer Silver with Natural
Gems & Opals

BUY & WANDER

in West Bend



HOPSCOTCH KIDS | HOPSCOTCHKIDS.COM



Nikki's
Nearly New

NIKKI'S NEARLY NEW | NIKKISNEARLYNEW.NET

IRIS & STOUT

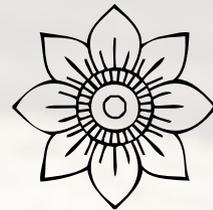
IRIS & STOUT | IRISANDSTOUT.COM



THE LOT | THELOTBEND.COM

THE CUTTING CLUB

THE CUTTING CLUB | 541-389-4449



SOLE FOOT BAR
SOLEFOOTBAR.COM



SECOND WIND SPORTS BEND
SECONDWINDBEND.COM

Biking Blueprints

City projects and nonprofits pave the way for urban cycling

WRITTEN BY GREGG MORRIS

ILLUSTRATIONS BY DAVI AUGUSTO, INSPIRED BY JOE KLINE PHOTOGRAPHY

As Bend's summer wanes, residents and visitors look forward to the cooler temperatures on two-wheels. Lycra-clad fitness enthusiasts ride scenic bikeways, kids look forward to riding to school and those simply looking for a calmer commute to work or the grocery store enjoy the less-crowded streets in their search for car-free freedom.

Luckily for cyclists, safety in active transportation has become a high priority for local government and cycling nonprofits during the past decade. Education, advocacy and a city council sympathetic to the needs of cyclists have helped remove many obstacles to urban cycling. Dangerous intersections have morphed into protected areas for all users, miles of new bike lanes have been added and plans to separate bikes from cars are in the works. In short, what has been a bike town based around world-class mountain biking is turning into a complete Oregon cycling mecca on the trails and in the streets.

TRANSPORTATION PLANS MAP THE FUTURE

Building a safe and connected network of bike routes will mean more options, less congestion and less pollution for everyone—visitors and residents alike, explained Bend City Councilor Ariel Mendez. "Good alternatives to driving benefit even people who drive, because it means fewer cars on the road and less competition for scarce parking."

After years of research, planning and legwork, 2020 saw the Bend City Council adopt the Transportation System Plan (TSP) to adapt to the community's growing needs for the next two decades. By balancing the diverse needs of Bend's differing modes of transportation, the TSP aims to uphold the community's values and protect what makes the city such a desirable place to live. The Bend Bikeway, or one city-wide cycling network including safe east-west and north-south routes, has become a major aspect in achieving Bend's transportation goals while prioritizing safety.



As a result of the city's efforts, residents and visitors are seeing upgrades to city roadways. The Wilson Avenue Corridor Project includes painted and separated bike lanes on both sides of the road. Bend's first protected intersections with physical barriers separating cyclists, pedestrians and vehicles are popping up around town. Safety advocates are happy to see one at the corner of NW Olney Avenue and NW Wall Street where a bicyclist was struck and killed by a turning FedEx driver in 2017.

GREENWAYS AND NONPROFITS LEAD THE WAY

Perhaps the first indicator that Bend was moving toward bicycle equity was born in 2019 with the creation of Neighborhood Greenways on NE 6th Street and NW 15th Street. The Neighborhood Greenway project is a national idea to describe a route more comfortable for cyclists and pedestrians than nearby busier streets. The roads are equipped with traffic-calming improvements including lower speed limits and speed

bumps, traffic circles aiming to slow drivers and signage indicating increased usage by non-vehicular users. The City of Bend has further prioritized non-vehicular travel and discouraged automobile traffic on the 16 current greenways through the installation of traffic diverters.

Kicking off a movement that has helped shift public and political perceptions on non-car transportation, the 2016 Bend's Open Streets event featured walkers, cyclists, rollerbladers and wheelchair users inhabiting a road blocked to cars. Local nonprofits Commute Options and Bend Bikes led the event and have continued to work toward safer roads for all. Among Bend Bikes' current list of desired improvements are a complete bike network and map, and more Neighborhood Greenways and protected bike lanes, in an effort to achieve bike equity.

To bring attention to its goals, Bend Bikes held its Bend Bike Night, co-hosted by the City of Bend earlier this summer at



The Grove at NorthWest Crossing. The block party started with a “bike bus” consisting of dozens of riders for “safety in numbers,” who pedaled from Larkspur Park in southeast Bend to The Grove where cycling enthusiasts found bike training, education and community. Included in the bike bus pack were Bend Mayor Melanie Kebler, Bend Mayor Pro-Tem Megan Perkins and Oregon Representative Emerson Levy.

Focusing more on education, Commute Options has been touting the advantages of active transportation since its inception in 1991, originally under the moniker Biking for a Better Community. A cornerstone of its programs lies in the state-sponsored Safe Routes To School (SRTS) program. As its name suggests, SRTS focuses on children being able to safely walk or roll to school, thus alleviating the need to be dropped off and picked up by their parents. Benefits to eliminating car travel include not only children’s health and well-being, but improved air quality and congestion around schools. For its

efforts, Commute Options added six elementary schools to the program and saw a 50% increase in participation last year.

THE FUTURE OF SAFETY

A path toward safe biking in Bend seems to be on an upward trend with progress on the Midtown Crossings Project along Greenwood Avenue. The Hawthorne Overcrossing project is also underway, with construction slated to begin in 2026. “A big opportunity will be in 2026 when the city updates its Transportation System Plan,” stated Councilor Mendez. “Biking is the priority of safety into transportation planning. [It] will mean more kids walking and biking to school, older adults living healthier, independent lives and a more efficient mobile workforce in Bend.”

For now, the City of Bend, transportation nonprofits and advocacy groups can enjoy their successes as they seek to inform the general public on how creating safer bicycle paths is a benefit to cyclists, pedestrians and drivers. **18**



JUST A **MOMENT TOGETHER** CAN SPARK A **LIFELONG FRIENDSHIP**



IT TAKES **LITTLE TO BE BIG**

Even the littlest moments can grow into big ones DEMO
with a little encouragement, a little hope,
and a little inspiration.

BECOME A BIG TODAY DEMO
bbbsco.org

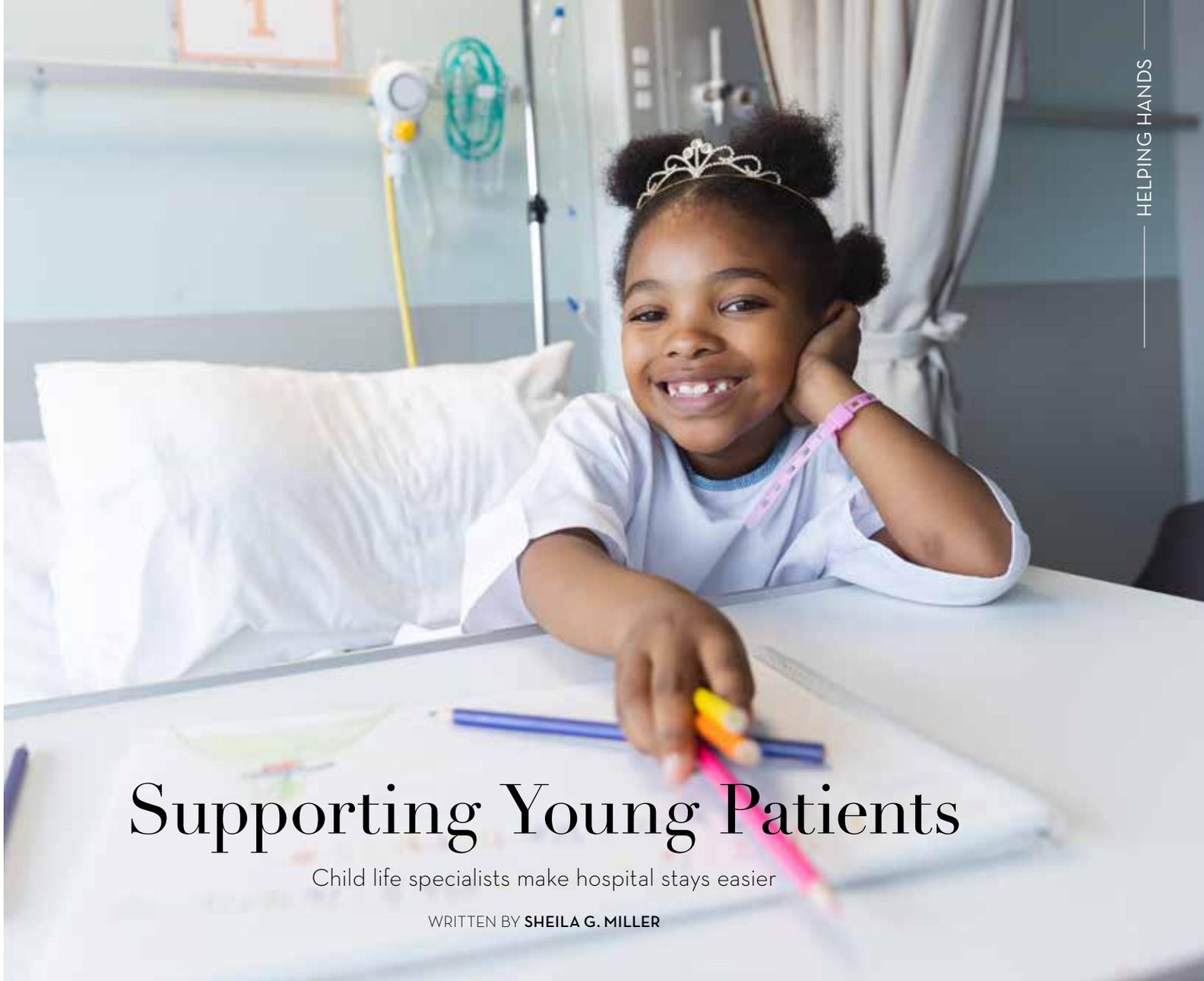


Big Brothers Big Sisters.
OF CENTRAL OREGON

We Are

J BAR J YOUTH SERVICES

Over 100 youth in Central Oregon are waiting for someone to **stand in their corner.** Will you be there for **one?**



Supporting Young Patients

Child life specialists make hospital stays easier

WRITTEN BY SHEILA G. MILLER

The first time Sarah LaPora met Kyle Cahoon, she was waiting with her then-2-year-old son, Lincoln, for an MRI. The doctors were running late, Lincoln was hungry and crying, and LaPora was eager to get the procedure done.

Cahoon dropped by the LaPoras' room at St. Charles, prepared with a book called *The Donut That Roared: A Child's Guide to Surviving an MRI* and a tiny toy MRI machine for Lincoln to play with. "It was a blessing to have him there," LaPora said. "[Cahoon] helped us, he helped Lincoln, and the day went a lot smoother."

Cahoon, along with Jeri Young and Meghan Kenison, are the three Certified Child Life Specialists (CCLS) working at St. Charles Bend, and this type of visit is

just one of many he and his colleagues make every day.

NAVIGATING A HOSPITAL STAY

The Child Life program, which started in February 2019, is a way to help children and their families as they face a hospital stay or a difficult medical encounter, such as an MRI or a blood draw. To qualify to do their work, St. Charles' CCLS team members hold at least a bachelor's degree in a related field, have completed 10 core courses and a 600-hour internship and passed a board certification.

Every day in the hospital is different. Sometimes a member of the team is referred by doctors; other times, a family will request their services. Child life specialists look at MRI and operating-

room schedules and drop in to the emergency room to check in on kids who might be there as well. On an average day, they work with at least 15 children and families at St. Charles. No matter who they encounter, the goal is for kids and families to come out of the hospital feeling a little more empowered.

"We meet the kids where they're at developmentally," Cahoon said, "and give them the tools for understanding what's going on in the hospital."

They achieve this by providing developmentally appropriate explanations of procedures, as well as identifying coping mechanisms to help the children and families move through with some level of comfort in what can be a traumatic experience.

Meghan Kenison, Kyle Cahoon and Jeri Young



Sometimes it's about distracting children with a book or a toy as they have a blood draw or making sure teenagers have some snacks while they talk about the medical terminology being used around them.

PROVIDING SUPPORTIVE EDUCATION

There are opportunities for the CCLS team to educate families about exactly what they can expect when a child gets an MRI or other procedure, or to share information about new diagnoses and help children decide how—or if—they will talk about their medical issues with friends at school. Sometimes they work with parents who have difficult diagnoses, such as a terminal condition or a brain injury that has changed their abilities, to help them navigate challenging conversations about what mom or dad is going through.

To many, the work looks like play, but there's a rationale behind every move the team members make, and if it looks like play, all the better.

"Play is how children learn," Cahoon said. "Purposeful play is our whole job." When a child does something well, even in play, they are praised, "so that they feel like they have some control," Young added.

So while a CCLS may be carrying crayons and toys through the hospital, don't be fooled—these are highly trained

specialists who must balance lighthearted play with serious, often sad health issues.

TEACHING SKILLS TO USE BEYOND A HOSPITAL STAY

"I love being able to help people through difficult situations and challenging times, Kenison said. "Then [I] see them come out on the other side with ways to adapt or be able to develop coping techniques and skills that they can take with them and use in other parts of their lives, not just at the hospital."

The last time LaPora and Lincoln were in the hospital, Lincoln woke up at 2 a.m. after surgery, ready to play. LaPora was exhausted and wondered how she would keep Lincoln entertained. Then she remembered that Cahoon had swung by earlier in the day and left a bag of toys and activities.

"They're like these little fairy godmothers," LaPora said. "They're in your corner trying to help... Child Life is there to help and support and make you feel comfortable and at ease. They support the whole family." For Cahoon, Kenison and Young, that's what keeps them going.

"It is a great honor to be let into some of these life-changing moments and to know that I can help guide them and help process these huge changes in a way that is going to be healthy," Cahoon said. "I can't imagine having a better job." See stcharleshealthcare.org. **18**

CUSTOMIZED • COMPREHENSIVE • DIVERSIFIED
Empowering Wealth, Enriching Communities



**BECKER CAPITAL
MANAGEMENT**

PORTLAND, OR | BEND, OR | SEATTLE, WA
541.410.3778 | BECKERCAP.COM



- Premium Sprinter Van Builds
- Prebuilt Vans For Sale
- Customizable Layouts
- Aftermarket Upgrades
 - Suspension Upgrades
 - Exterior Off-Road Lighting
 - Owl Vans Gear
 - And More!



Handcrafted in
Bend, Oregon

541-668-5113
cascadevan.com

BUILD A VAN



We'll keep you smiling!

Because beautiful smiles are part of healthy lifestyles.

Katherine Stahrr, DDS, Sam Elcik DMD, Michael Reynolds, DMD

901 NW Carlon Ave Suite 1, Bend 97703 | 541-389-1884

BENDDENTALGROUP.COM



COMPASSIONATE, COMPREHENSIVE CARE



“Extremely happy with the compassionate and professional care of the doctors and all of the staff at Bluebird Oral Surgery. I recommend them without reservation.”

- Barry T.



Dr. Welch



Dr. Schlam



Dr. Azari



Wisdom Teeth & Dental Implant Specialists

Haunted in Bend

Tours of paranormal history

WRITTEN BY **HOLLY R. HUTCHINS**

It's the time of year to tune up your "yikes," "eeks" and primal screams. Halloween is just around the corner and with it comes a ghostly variety of Bend's favorite haunts.

A starting point to explore Central Oregon's haunted history is the Ghosts and Legends of Downtown Bend tour, led by mother-daughter mystery writers Jools Sinclair and Meg Muldoon. The two have been writing mysteries and ghost stories about Bend for more than 13 years. While Muldoon focuses on mysteries, having published 30 different titles, Sinclair has penned scarier tales, including a 13-book series of paranormal mysteries in which the main character is a Bend-based ghost whisperer.

Jools Sinclair, center, in blue cap, leads a tour of Bend's most well-known haunts.





TOP LEFT: Goodwillie House, 1904. Today, known as Commons Cafe and Taphouse.

BOTTOM LEFT: Downing Hotel on Bond Street, circa 1920.

BOTTOM RIGHT: Bend Ghost Tour guides, Jools Sinclair and Meg Kehoe.



Since both are mystery authors, it was an easy transition for the two to create Bend Ghost Tours in 2021. "It gave us an excuse to dig up the real ghost stories of the city and use our storytelling skills to share with local or visiting ghost-hunter enthusiasts," Sinclair explained. The two offer ghost tours from March to November with multiple offerings daily during the month of October.

They begin on the banks of the Deschutes River with the tragic tale of a visiting presidential candidate who tried to save a boy from drowning in Mirror Pond. "We open with this story and occasionally during our narrative, you hear geese crying out overhead. These cries sometimes sound like people screaming, which never fails to give our guests goosebumps—pun intended," quipped Muldoon. There are many rumored haunted locations in Bend to explore, whether on a ghost tour or in a visitor's imagination. For example, the iconic Pine Tavern on Brooks Street is the site of alleged paranormal history, including a particular ghost named "Gretchen." Muldoon describes the story of a former waitress who started to leave the building after blowing out all the dining room hurricane candles at closing. "When she passed the dining room on her way out, she was shocked to see that every candle was lit again. [The waitress] believed Gretchen, the ghost, was behind this and many other scary times," Muldoon said.

Down the street from the Pine Tavern is reputedly Bend's oldest haunted house. Built in 1904 by Bend's first mayor, Arthur Goodwillie, today it's the home of Commons Cafe and Taphouse. When things are quiet late in the evening, passersby report hearing eerie sounds and seeing strange lights inside the house. On Wall Street, theatrical tradition at the Tower Theatre calls for a "ghost light" to stay on 24/7. Many theaters have a history of ghost visits, the Tower included, which has had repeated sightings of a long-deceased couple seated together in the empty space.

On Oregon Street, the O'Kane Building (circa 1916) has had multiple reports of unexplained activity involving an elderly man

roaming the building all hours of the day and night. Muldoon said tour visitors have captured interesting pictures of unexplained mists, shadows, orbs and faces in their photos. Some believe that the most notorious, rowdy haunt is the former Downing Hotel at 1033 NW Bond Street, now vacant, which is said to host a long-deceased lady in a green velvet dress who continues to roam the halls. She reportedly was the widow of Downing, who committed suicide after learning of his wife's unfaithfulness.

Why so much interest in the paranormal? Sinclair and Muldoon agree the paranormal offers a window into what lies beyond the grave. "It's a glimpse into the unknown and reminds us there are still things out there we don't understand," Muldoon said. ■

Historical Haunts

The 15th-annual Historical Haunts of Downtown Bend Walk, October 11-12, is a fundraiser for the Deschutes County Historical Society and Museum and is "mostly historic, with a sprinkling of the paranormal and a whole load of family fun," said Museum Manager Vanessa Ivey.

Especially spooky is the history of the museum building. Built in 1914, it was Bend's first modern school with central heating and indoor plumbing, and the site of the tragic death of building contractor George Brosterhus. He reportedly fell to his death from the third floor through an open stairway. Ivey explained that many people believe that his ghost now haunts the building. An interview for this story took place in Ivey's third-floor office at the museum, and as I got up to leave, the chair seat suddenly dropped about six inches, with no help from me. Ivey's response: "Another George moment!"

So how much is that 15 minutes saving you on insurance now?

Saving a few bucks on your insurance premium is all well and good until your so-called Claims Rep doesn't seem to know the meaning of "you're covered."

Let alone your name.

BUSINESS

HOME

AUTO

HEALTH

LIFE



CENTURY
INSURANCE GROUP, LLC

*When things are at their worst,
we're at our best.*

541-382-4211 | 1-800-599-2387

320 Upper Terrace Dr. Ste 104 Bend, Oregon

www.CenturyIns.com



Riverside
animal hospital

Riverside Animal Hospital is committed to providing exceptional and individualized veterinary care. Request an appointment today!

25 NW Olney Avenue, Bend

541.585.3739

MONDAY-FRIDAY 8AM-5PM

SATURDAY 8AM-1PM

RIVERSIDEVETBEND.COM

“PETS MOTIVATE
US TO *play*,
BE *affectionate*,
SEEK *adventure*
AND BE *loyal*.”

—UNKNOWN



Handcrafting Comfort and Style for Over 90 Years

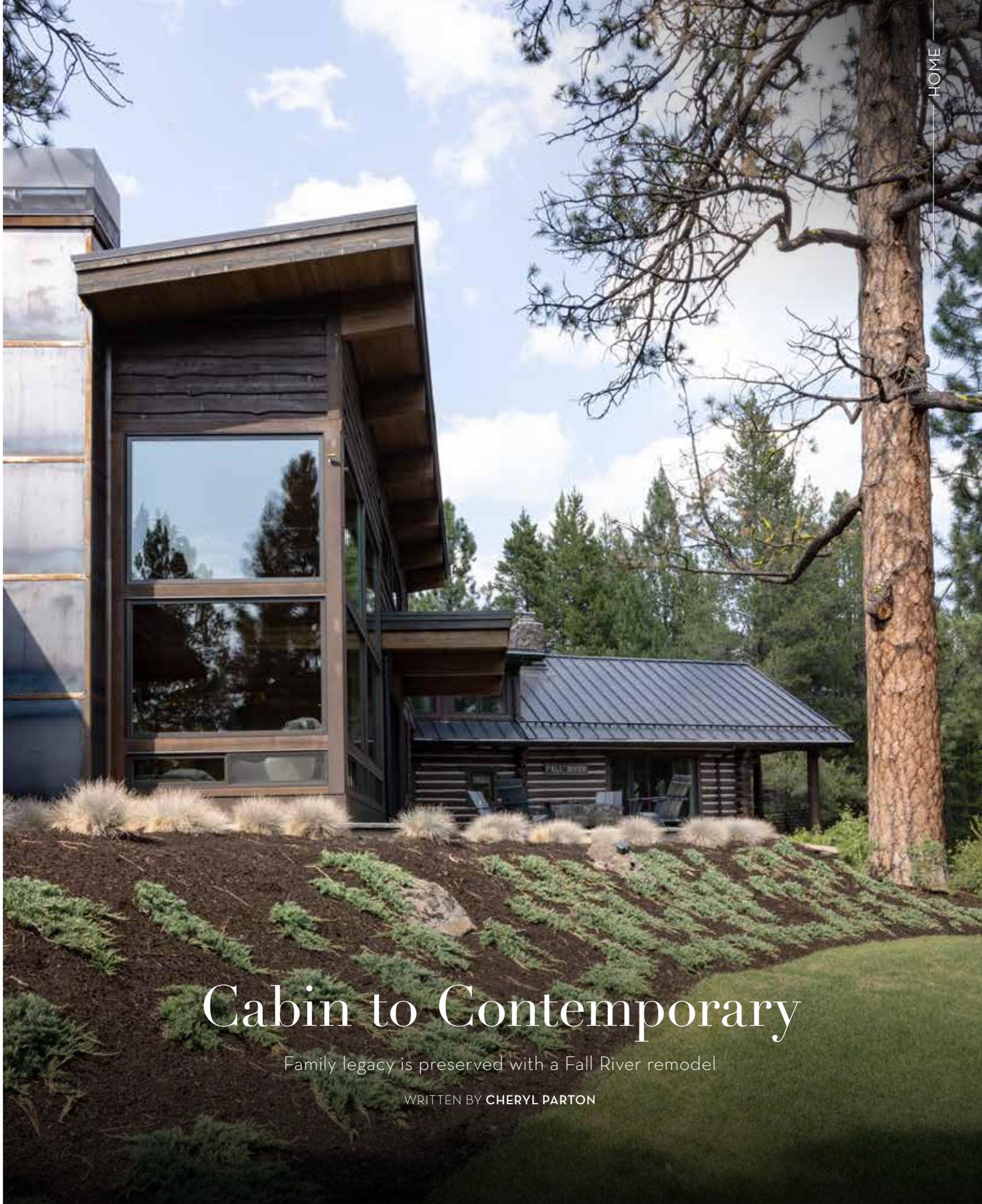


Ever since we invented the first recliner in 1927, it's been La-Z-Boy's mission to combine ultimate comfort with stylish designs. That's why we handcraft each piece using only the best materials and meticulous attention to detail. With furniture and decor for every room in the house, La-Z-Boy can create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

LA Z BOY
FURNITURE GALLERIES®

Live life Comfortably.®

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



Cabin to Contemporary

Family legacy is preserved with a Fall River remodel

WRITTEN BY CHERYL PARTON



From the time she was a baby, Liz Cronin has spent time next to the Fall River. She grew up swimming in a nearby pond, angling for rainbow trout or traipsing along the trails of a 100-acre family property bordering the flowing tributary of the Deschutes River found south of Sunriver.

The land was purchased as a fishing camp by her grandmother, Elizabeth “Betty” Meier, granddaughter of Henry L. Pittock, the pioneering Portland publisher of *The Oregonian*. Meier was an outdoors woman who fished there until her 90s and who lived to be 110 years old. The design for a rustic log cabin was sketched out on a napkin by Cronin’s father, Ted, and built on the site in 1975. Spending time at the cabin always felt like returning home.

ALL IN THE FAMILY

“It was really important to keep this place in the family,” said Cronin. The cabin, three miles downstream from the headwaters of the Fall River, is positioned at the base of waterfalls on a flat site with room to expand the original 1,200-square-foot floor plan. With previous experience in remodeling homes, most recently in Vail, Colorado, where she lived for 11 years, Cronin envisioned refurbishing the three-bedroom cabin to honor her family history, but she also wanted to create a contemporary design befitting her current lifestyle.

Vernon Sexton spent time camping along Fall River as a boy and was the right choice of architect to design a great-room suite addition resulting in a 4,200-square-foot home. As architect of Mt. Bachelor’s Pine Marten Lodge, Sexton brought reverence for place and experience, having designed more than 600 homes in his career. “The challenge for me, among other things, was to blend into the environment,” he said. The project included reappointing the log cabin and saving two centennial ponderosas that would become the physical borders of a new wing. Then, Dennis Szigeti of Leader Builders set about bringing the structure to fruition.

RESPECTING THE SITE

Approaching the Cronin home, one of the towering trees complements the oversized scale of a contemporary steel front door. The choice of Haida Skirl cedar wood siding on the addition, with its undulating pattern and texture, was chosen to echo the patterns of the original cabin’s lodge-pole construction. Stepping into the home, the great room welcomes visitors to view Fall River through a wall of floor-to-ceiling glass windows and into a tranquil space created with Sloan Pressly Lehman of Tribe Interior Design in Telluride, with whom Cronin had collaborated on previous projects.

PHOTO TOP ZEE WENDELL
OPPOSITE PAGE TOP ROSS CHANDLER | BOTTOM ZEE WENDELL



The space reflects Cronin's sophisticated aesthetic, honors the site, and Pressly Lehman helped hone the vision. Blending old and new, visitors pass a bent-reed entry table as they step inside. The kitchen island of leathersed Allure Quartzite and a driftwood stained dining table anchor the great room, with the table as a centerpiece. Kinetic movement of two brushed bronze fixtures by Huntington Forge above the table add lightness as a counterpoint to wood: "They move like clouds," said Cronin. McGuire cane dining chairs are an invitation to gather. The furniture choices in the room are a bit "retro" said Pressly Lehman and include Belgian high-back swivel chairs, textural fabrics and Moroccan rugs. An art aficionado, Cronin commissioned a large-scale encaustic-on-wood painting by Ingrid Dee Magidson to hang on an emerald green wall to reflect nature seen outside. Above the fireplace, Theodore Waddell's painting echoes the cascading falls of the river just beyond the windows. The wing extends to a primary suite with a bedroom and walls covered in seagrass to complement both the exterior and waterflow, and leads to what Cronin considers "the best view in the house"—from the bathtub. "I'm really about both fashion and function," she said. From the tub, the corner of glass allows a survey of the landscape.





MERGING INTERSECTIONS

One of the challenges to the project was to merge the contemporary wing with the cabin. “The intersections were particularly challenging,” said architect Sexton. Three wings—the log house, the great room wing and the garage with a secondary bedroom suite—come together at different angles, but the goal was to create “a seamless, emotional experience of place,” Sexton said. History and art guide guests: framed newspaper clippings about the family, collectible maps dating to 1844 and modern art take visitors toward the cabin’s main living space. The original lava rock fireplace was retained, but new windows, up to 8-foot-tall, capture views of the river and pond. Peekaboo balconies from a loft hint of a bedroom on the second floor. Not only did the project update the cabin to comprise four bedrooms, but it included



KITCHEN & BATH SHOWROOM • COUNTERTOPS & TILE • DESIGN • REMODELS
20794 HIGH DESERT LANE • 541.389.2759

Residential & Commercial Roofs

GUTTERS AND HEAT CABLE SYSTEMS

"Quality"
is in our name



"Raising the Standard"

www.nwqualityroofing.com | 541.647.1060 | CCB# 187751



the refurbishment of 16 pieces of Cronin's great-grandfather's hand-built furniture created from willow branches. Ample counter space in the addition allows for entertaining, as does a bar area in the cabin quarters, an outdoor kitchen with a pizza oven and a firepit—all within earshot of the flowing water. It's in these spaces that Cronin holds memories of family close, but she also invites friends from across the country to join her. An extensive patio looks upstream to the waterfalls, and from the cabin, a putting green and the pond are within sight. "I have friends who ask if I ever get lonely out here," Cronin said. But the answer is "no," she reflected. In the afternoons, she may watch bald eagles teaching their babies how to fish or watch osprey overhead. "It's a special place here. Sitting on the deck, it feels like paradise. This is my masterpiece." ■



PHOTO TOP RIGHT ZEE WENDELL | OTHERS ROSS CHANDLER



Your Oregon
Based Solar
Solutions
Provider for
14 Years

541.213.8062
NATIONALSOLARUSA.COM

TODAY, TOMORROW, TOGETHER
**START SAVING
WITH SOLAR!**

**OREGON DEPT OF ENERGY
INCENTIVES NOW AVAILABLE FOR
ALL HOMEOWNERS AND UTILITIES.**

Solar loans starting at 4.99% on Approved Credit

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

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



SUPPORT LOCAL BUSINESS!
Oregon CCB License: 186224

Morgan Stanley

IT'S ABOUT YOUR LIFE, NOT JUST YOUR MONEY.

Providing strategies that can help you reach your goals.
We are built for the long run.



PAUL WALTON
Senior Vice President, Financial Advisor
541-617-6038
Paul.Walton@morganstanley.com
NMLS# 1906183 | Lic.# 4104014

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

LAURA THOMPSON-BALL
Senior Registered Associate
541-617-6023
Laura.Thompson-Ball@morganstanley.com

The Tumalo Ridge Group at Morgan Stanley
705 SW Bonnett Way, Suite 1200 | Bend, Oregon 97702
advisor.morganstanley.com/the-tumalo-ridge-group

Morgan Stanley Smith Barney LLC. Member SIPC.
CRC4015738 12/2021

Dream Built



Crafting spaces as unique as you.
Begin your custom home or remodel journey with us.

DH BUILDERS

@dhbuildersco



Scan for complete project gallery

541.420.7355

On Board

Game time doesn't have to be relegated to a kitchen table. Elevate style with the strategic creation of a dedicated space to play. Find a nook for placing a rook or setting up a backgammon board. Contemporary design combines with comfort to welcome at-the-ready competition. **13**



PHOTO BRAD KNIPSTEIN, DESIGN STUDIO HEIMAT

Say Hello to **HIGH-SPEED HAPPINESS**

For over 50 years TDS® has served homes and businesses with services including:

- * Internet speeds up to **1 Gig**
- * All-in-one **TV service**
- * Digital **phone solutions**



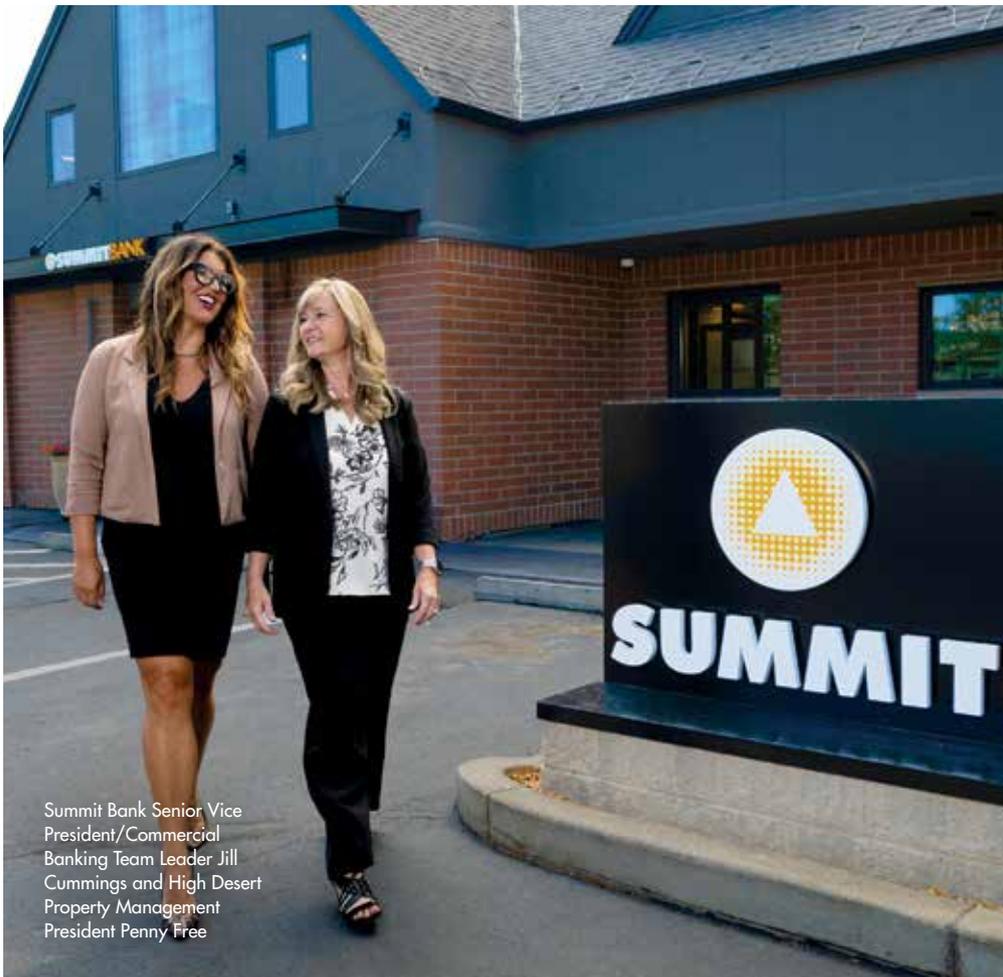
INTERNET | TV | PHONE

CONTACT US TODAY!

1-844-865-6844

HelloTDS.com

Internet speeds are "up to" and not guaranteed. Certain services not available in all areas. Terms and conditions apply. See website for details. TDS® is a registered trademark of Telephone and Data Systems, Inc. Copyright © 2024, TDS Telecommunications LLC, All Rights Reserved. 211240/7-24/12793



Summit Bank Senior Vice President/Commercial Banking Team Leader Jill Cummings and High Desert Property Management President Penny Free

NOW OPEN IN REDMOND

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

- Summit Bank CEO Craig Wanichek



SUMMITBANK

541-317-8000 • www.SBKO.bank

Harmonic Convergence

Master luthiers make music in Central Oregon

WRITTEN BY JENNIFER DELAHUNTY | PHOTOGRAPHY BY ELY ROBERTS

Mention Bend and folks say “beautiful” and “beer.” But there’s another descriptor taking the stage. “Central Oregon is an incubator of instrument building,” said Brad Tisdell, creative director of the Sisters Folk Festival. “People here have an expansive view of music and art as an expression of culture and economic vitality. We have created a very healthy ecosystem.”



CLOCKWISE FROM TOP LEFT: Tom Nechville, Butch Boswell, Jayson Bowerman, Andrew Mowry & Rebecca Urlacher



Butch Boswell in his Bend workshop.

For more than three decades, Central Oregon companies and luthiers have created fretted, stringed instruments—works of art played around the world. Some conjecture that Central Oregon has become an incubator for instrument-building because of its manageable humidity and temperature, or perhaps it's proximity to the robust builder scene in Portland and the availability of ideal wood in the Pacific Northwest. Then, there's Bend's laid-back, music-centric culture set in nature's playground.

"Every builder I know appreciates just being around wood," said Andrew Mowry, a Bend mandolin and archtop guitar builder who spends free time outdoors. "When I see a giant spruce tree, it's hard not to think of how many instruments could be made out of it."

While living in Montana, Mowry harvested an Engelmann spruce—a favorite for instrument tops. With undergrad and graduate science degrees, he uses a computer-controlled device to rough-carve his tops. But he's a scientist who also

likes to draw. "The convergence of art and science is one of the draws to lutherie."

His work is in high demand, as attested by a waiting list of more than three years and clients in Canada and the United Kingdom. That's without a single dollar spent on marketing. "Hand-made instruments are sold mostly by word of mouth," he said.

A REVERENCE FOR WOOD

It all begins with the wood. Instrument builders hoard it, hunt it and honor it. In essence, it's the soul of a hand-made instrument.

Bend luthier Butch Boswell thinks about wood incessantly, spending most of the year locked in his Franklin Avenue shop bending, carving and gluing pieces of wood together. At least once a year, he heads off to the Siskiyou Mountains where he harvests old-growth redwood from an abandoned railroad tunnel. "Tunnel 13" is the title of a Mark Knopfler song and the wood used in one of the several Boswell guitars Knopfler owns.

The former lead of Dire Straits has collaborated with Boswell on a signature model. The 20 slots sold almost immediately when the model was announced.

Boswell studied engineering in college while learning guitar repair at a music shop. Although he played in several bands, he was more drawn to instruments than performing. He spent 15 years repairing guitars but eventually began building them. About 12 years ago, he relocated from California to Bend, and his reputation soared. Boswells are described by *Fretboard Journal* as Martin-flavored, "inspired by the classics, but also sporting forward-thinking features."

What makes a good instrument builder? "Drive and tenacity," said Boswell. "You must give 150 percent to the work." Being a luthier is hard on the body, with hours spent hunched over a bench. All the carving, binding, inlaying and finishing require nuclear-level focus. Many materials, tools and operations performed by 21st-century luthiers would be entirely familiar to Stradivari, the 17th-century Italian string-instrument master craftsman. Unusual materials exist: Jayson Bowerman, a former Breedlove luthier, recently made one of the world's first lap steel-glass guitars with Sister's fused-glass artist Susie Zeitner.

TRADITION MEETS INNOVATION

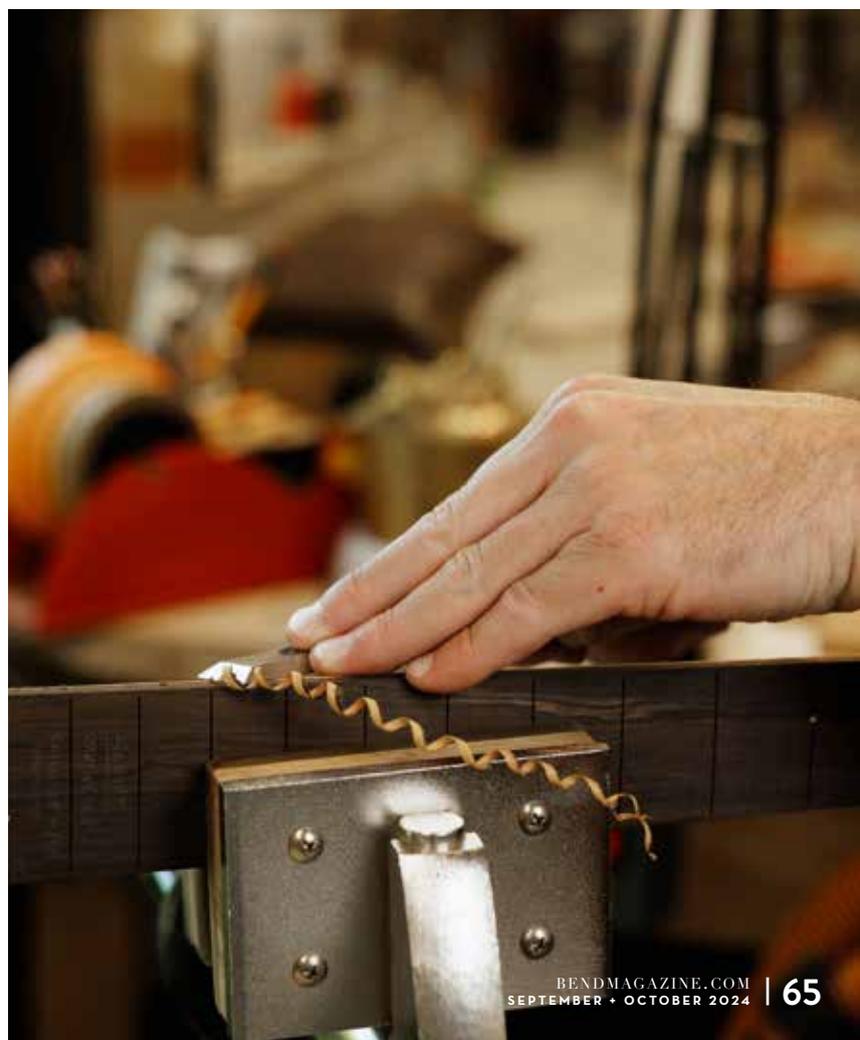
In 1990, two Taylor Guitar alumni, Larry Breedlove and Steve Henderson, founded Breedlove in a Tumalo studio. Breedlove's brother and banjo builder Kim joined them. The three builders carved a niche in an industry dominated by Gibson, Martin and Taylor by combining a distinctive modern design with Pacific Northwest woods, such as myrtlewood, redwood and Port Orford cedar. The operation moved to a new Bend facility in 2008 and encountered financial headwinds, leading to the sale of Breedlove to Tom Bedell, a guitar entrepreneur. Today, Bedell and Breedlove's two guitar brands are crafted by an almost 40-person team under the corporate entity "Two Old Hippies," Bedell's company. More than 1,500 Breedlove and 200 Bedell guitars are made in Bend annually. A luthier working alone would be hard-pressed to make more than a dozen instruments a year.

The two brands are strikingly different: Bedells harken back to another era of guitar building and are, in essence, an "old classic car," according to Robert (RA) Beattie, marketing and artist relations director. Breedlove, on the other hand, stakes its claim on innovation and sustainability, a kind of "Tesla of the guitar world." Breedlove pioneered the use of Oregon myrtlewood, which is wavy-patterned and more sustainable than most instrument wood. Company outreach includes donating materials to Sisters High School's luthier program and annually donating a guitar for the Sisters Folk Festival.

Also in Bend is Weber Mandolins, once part of the Two Old Hippies cohort. Since 2022, former Breedlove luthier Ryan Fish has run the company independently, with a reputation for making top-flight mandolins. If listening to Counting Crows, Trampled by Turtles or blues musician Keb' Mo', the bell-like mandolin pickings come from a Weber.



Jayson Bowerman and Susie Zeitner's glass guitar.





Tom Nechville

SISTERS JOINS THE BAND

The small town of Sisters is another hotbed of instrument building. Thompson Guitars, founded in 2013, is a boutique shop, building about 100 instruments a year. The company was founded by Preston Thompson, a guitar maker who fashioned instruments in the 1930s, the golden era of Martin Guitars. Master luthier Thompson passed away in 2019, but his approach to building continues at his Sisters shop. Thompson devotees include Grammy-award winner Peter Rowan, who bought his first guitar from Thompson in the 1980s, and Billy Strings, a wildly popular contemporary guitarist whose band played the Redmond “Farewell Festival” in July. Molly Tuttle, who won a Grammy for Best Bluegrass Album in 2024, has several Thompson guitars in her collection, including a Thompson Signature model.

Down the street from Thompson Guitars is the retail location of Banjos West owned by Tom Nechville and his partner Linda Leavitt. Nechville, an inventive banjo maker formerly based in Minnesota, recognized kindred musical spirits in Sisters. “Our alternative designs take the best ideas from the past and improve them, for an interesting balance of tradition and innovation,” Nechville said. He found the designs were more readily acceptable in the northwest, making Sisters a natural location for Nechville’s new production facility, Banjo Revolution, which allows him to spend more time on every banjo he creates.

The Billy Strings band embodies the instrument building scene in Sisters: Not only does Billy Strings play a Thompson guitar, but his banjo player Billy Failing picks and strums a Nechville Vintage Eclipse.

THE ARTISTRY OF LUTHERIE

Rebecca Urlacher is a rarity in the lutherie world. In the early 2000s, she Googled “female luthiers” and found only three women in the field. Urlacher, who moved to Bend in high school and earned a BFA at the University of Oregon, is also rare as a luthier who doesn’t play music. “She’s one of the top 10 builders I’ve encountered,” said Boswell. “She can voice a top like no one else.” Voicing a top involves tapping the wood, carefully listening to the tone and then adjusting its thickness and shape. When Urlacher taps a guitar top, she’s imagining “how that guitar will sing,” she said. Her finger-style guitars are known for their playability, amazing sustain and wide dynamic range.

Urlacher was a decade into a successful career as a porcelain ceramicist when she took a right turn toward guitars. “I saw a picture of a luthier’s shop—all those tools and wood—and said, ‘That’s it.’” Urlacher learned instrument building by reading books, watching videos and interacting with other builders. “You can approach building very scientifically, but I approach it more instinctually.” Her instincts—honed by years of hand-building classy, simple vessels of clay—help her shape magnificent instruments of wood, and she builds only five or six guitars a year, which allows her meticulous focus.

She said she builds guitars for the music. “There’s no greater thing than creating something people play.” 🎸



Rebecca Urlacher

*Embrace Elegance,
Experience Tranquility*



SPECIAL OFFER:

Enjoy 20% off any service

EVOKE

HEALING SPACE & SPA

634 NW Arizona Ave 97703

541-797-6744



◀ Stuart Hicks and Judah, left, and Russell Easter with Autzen, right.

Longevity for Pets

Good Dawg Gravy's recipe for health is 30 years in the making

A CONVERSATION WITH LEE LEWIS HUSK

In the 1990s, lifelong dog owner Russell Easter began making a homemade stew from butcher-shop scraps, carrots and sweet potatoes to supplement his golden retriever's diet. Over the years, he refined the recipe into a liver and vegetable gravy, enhanced with CBD, a supplement gaining acceptance in the pet world. He fed it to his aging retriever and discovered that it improved his dog's mobility. Soon enough, Bend dog owners saw the improvement and asked him to make the gravy for their pets. Fast-forward to 2021 when he teamed up with Stuart Hicks, who brought experience scaling product launches and growing hemp in Central Oregon. Together they created Crafted Better Days (CBD Inc). Headquartered in Bend, the startup produces Good Dawg Gravy, a chemical-free, and preservative-free, shelf-stable, longevity supplement replicating Easter's original formula. *Bend Magazine* sat down with the duo to discuss their journey.

Q How did your personal experience with CBD lead to the creation of your company?

A Russell Easter: I had been injured skiing, playing basketball and football and had multiple surgeries. Using CBD on my shoulders and back, I experienced its benefits firsthand.

Stuart Hicks: I was diagnosed with adult-onset muscular dystrophy in 2012 and began a four-year health decline, including loss of muscle mass, balance and mobility. It wasn't until I started using a local, cold-pressed, hemp CBD that I saw remarkable changes. Instead of being fitted for a cane as recommended by several MDs, I've been able to regain the mobility required of a Bend lifestyle. So when Russ came to me with his passion for an all-natural, healthy, pet-focused CBD company, I was all in.

Once you teamed up and decided to create your company, how did you approach market research?

SH: At first, I knew nothing about pet (markets), but Russ's claim that the trend in pet nutrition was all-natural, human-grade ingredients proved spot-on. I also quickly realized that pet CBD was dominated by tinctures and treats, with no brands offering a tasty, easy-to-use choice.

RE: The first part was to get the dosing right. Every product out there was severely under-dosed. We found that Cornell University College of Veterinary Medicine had the best research on CBD and dogs, so we tapped into their very specific guidelines on dosage according to breed and weight. Cornell studies proved what Stu and I knew from firsthand experience: CBD works best as a daily supplement and needs to build up in the system over time before it starts providing its wonderful benefits.

As we were figuring things out, I learned that the largest pet retailer conference in the world was returning to a post-COVID live format in Las Vegas. We jumped in Stu's old Subaru and drove 14 hours, sneaked into the show, because we couldn't afford the admission and found 41 different pet CBD manufacturers competing over who had the best tinctures or treats, the only two options available. We talked to each of them, not finding a single all-natural, healthy or nutritious offering. Stu and I walked out of there high-fiving with the realization that we had no competition.

How did you go from making gravy in a home kitchen to commercial manufacturing?

SH: Well, no one was doing all-natural because it ain't easy! The biggest challenge was making an all-natural, liver-based gravy shelf-stable, meaning no refrigeration is required for our 30-day monthly packs delivered directly to subscribers. We had to take Russ's recipe, mash it into a puree and scale it into a national brand. We talked to 250 co-packers around North America, ultimately deciding to build an automated packaging process here in Bend, while our base gravy manufacturing is done by a longtime, human-grade, pet industry supplier in the Midwest.

RE: We enlisted the help of an accomplished pet food scientist who helped us produce a daily, single-serve pouch. We get the base of rendered chicken liver shipped to us, and then we add carrots, sweet potatoes, bone broth and the best CBD on the market. We decided on stick packs like Otter Pops in the original recipe or formulas for aging, anxious and young pets. We're trying to extend lives, make our pets' lives happier. Our animals deserve it. See craftedbetterdays.com. **▣**

Own that back-to-school “to do” list

Start the year off right: Schedule a Well Child Check through the MyHealth app, by visiting copakids.com, or by calling — we're open seven days a week.

**Just to make it easy for you...
we are now open evenings and weekends
in Bend and Redmond locations.**

Together, we've got this.



Intérpretes en todas las ubicaciones y teléfono.



All Health Plans Welcome • Open 7 Days A Week • 24/7 Nurse Advice • Four Locations • (541) 389-6313 • COPAKids.com

EAST BEND

WEST BEND

SOUTH BEND

REDMOND



SKJERSAA
GROUP



Jason Boone

Principal Broker, CRIS

Terry Skjersaa

Principal Broker, CRS

Natasha Smith

Broker/Transaction Manager

Greg Millikan

Broker

THE SKJERSAA GROUP Deeply rooted in our community, our local expertise and market knowledge are unprecedented. **The Skjersaa Group** is the best resource for your real estate needs and beyond.



www.SkjersaaGroup.com | 541.383.1426
1033 NW Newport Avenue | Bend, Oregon 97703



The Skjersaa Group
contributes at least
1% of revenue to
charities &
non-profits.
OREGON STATE
LICENSEES

DOUBLE EXPOSURE

WORDS AND PHOTOS BRING THE LIVES OF OREGON ATHLETES INTO CLEAR FOCUS

Some of Ben Kitching's favorite childhood memories are from camping and road trips to national parks. It was in those places he became enthralled with stories of adventure. He poured through pages of *Backpacker Magazine* and watched videos of climbing, and got his first taste of the backcountry on a whitewater canoe expedition to Alaska as a Boy Scout. "There were endless possibilities around each turn of the river. I'd never felt more alive in my life," he said. Exchanging experiences as a collegiate athlete and admission to a prestigious medical school program for his camera, Kitching works as a professional photographer in Central Oregon. His Oregon Outdoor Athlete Project, a multiyear pursuit to create 100 athlete profiles, is a way to find an intersection between his love for the outdoors and his livelihood.

Using stacked images, he uses negative spaces of his photographs to help emphasize the action in a secondary image, resulting in visual storytelling that conveys more about a subject than a traditional environmental portrait. In interviews with his subjects, athletes share their personal stories. "Sports bring out emotion and nature adds another dimension," Kitching said. "There are so many stories to tell, and I love telling them."

The following interviews have been edited from their original format for clarity. Visit oregonoutdoorathleteproject.com to discover more athletes and read their full interviews with Ben Kitching.

▮ Listen to Adam Short's interview with Ben Kitching on
▮ The Circling Podcast at BendMagazine.com/podcast.



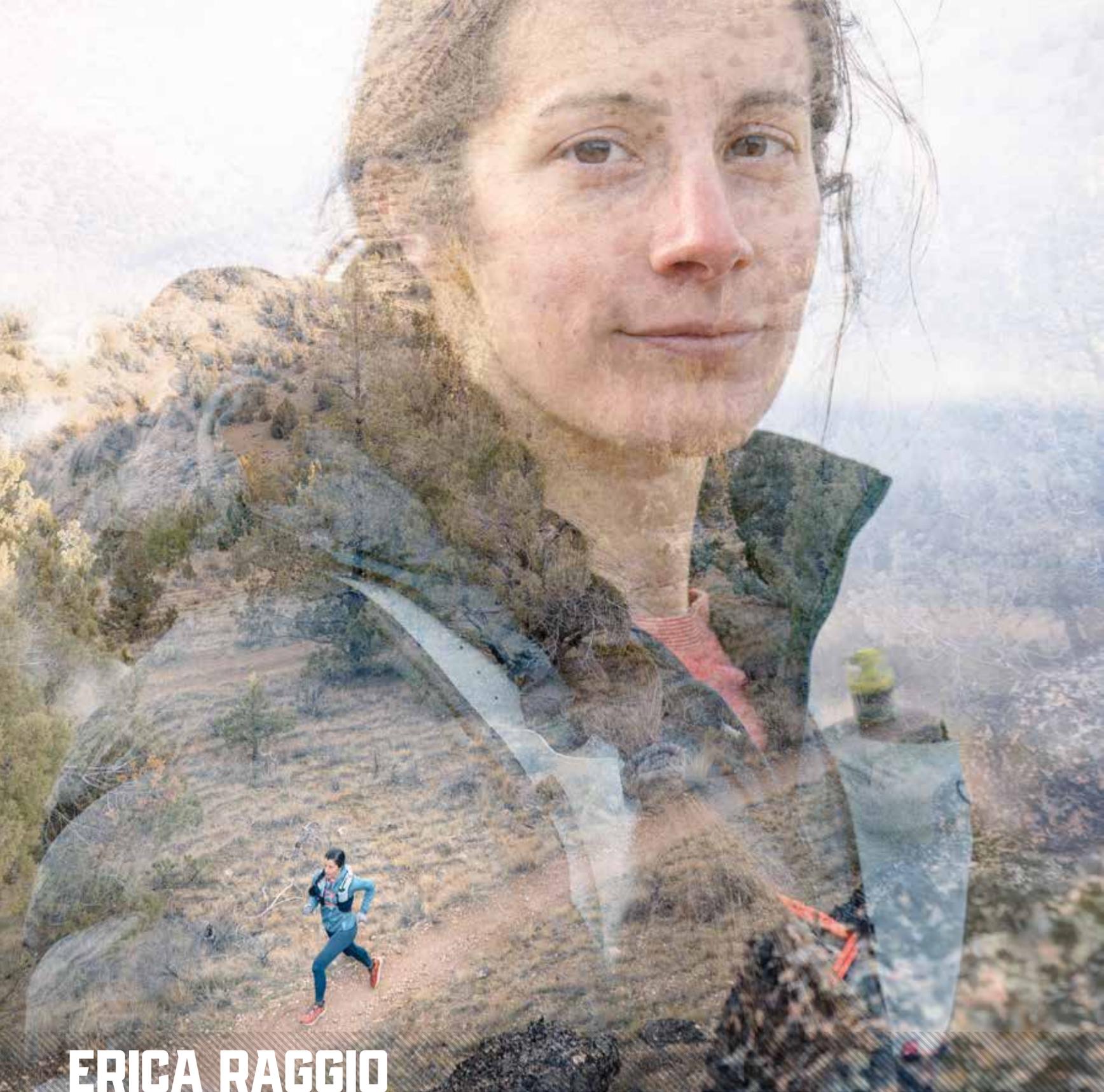


JT HARTMAN

WHITEWATER KAYAKER

"The whitewater community is incredibly tight-knit just by the nature of what we do. The bonds that you form with these people, even on an easy chill day on the water, are different. There's a certain amount of inherent connection and trust that you have to have with somebody to put yourself in these situations and feel ok about the potential outcomes. Struggle really bonds people...[on the river] that

point of commitment, realizing that your only option is to continue downstream is in my mind one of the most peaceful moments...Realizing whether you're afraid or not, you know what needs to happen. You have to put trust in yourself that you're going to know how to handle the situation and continue. There's a lot of beauty in that, that comfort with the point of no return. It's humbling, continuously. You're not going to win against the river."

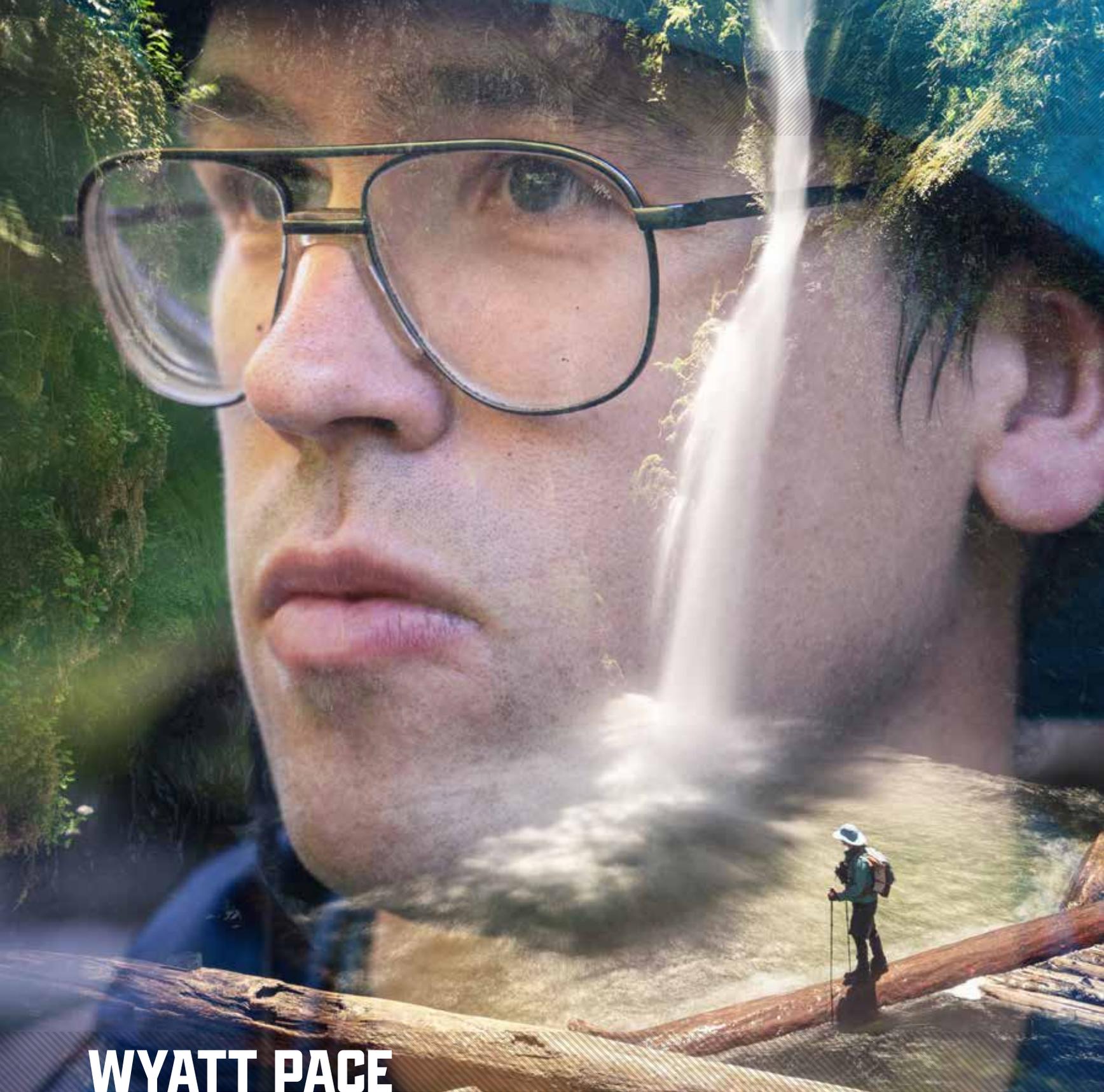


ERICA RAGGIO

ULTRARUNNER, CLIMBER & SKIER

"I still remember the first time I ever ran three miles. I thought it was the greatest thing I could ever accomplish. Then, I just kept running farther and farther. Running became this thing that made me feel independent and powerful. It made me feel strong. It made me love who I was. For a while I thought a 50k was the hardest thing in the world. It was brutal. It was so hard

but, your body adapts if you just keep pushing it. My latest race was a 100 miler I did this year. I felt like I was able to almost unlock a new part of my brain where I was able to acknowledge the pain I was experiencing but not let the pain control me. I think the idea is that you always have more to give than you think you do, whether it be emotionally or physically or mentally. I think your biggest competitor ends up being yourself."



WYATT PACE

WATERFALL HUNTER

"People say, 'Don't go chasing waterfalls,' and they are wrong. For me, it's all about the adventure and the journey to get there...a whole day of strenuous adventure. It feels like modern day exploration, going to places that don't exist on your apps, on your maps. There is data out there that suggests there are crazy amounts of falls that haven't been mapped out yet. There are

probably more off-trail waterfalls than the trailed ones. I would say more than half of them aren't known to the public. The crazy part is discovering and exploring those places. The first couple of steps are always the hardest, looking back [asking] 'What shenanigans am I about to get into? Is it worth it?' [But] this is almost my spirituality at this point...being out here, soaking in some negative ions is the closest I come to a higher power."



ANN HAZELNUTT

CLIMBER

"When I found climbing, I was about 16 years old. There is this grit and tenacity that comes with trying something that maybe seems impossible. I think that mentality really transfers to the rest of my life. I think climbing has given me so much confidence. I want to be outside, hearing the birds, just being outside all day. There's something really special about that. The connection and getting

dirty. Understanding that we're just animals on our own quest. It really puts a lot of the climbing experience into perspective. I just feel like a superhero when I'm climbing slab. I love how creative you can be on it. On top of that, it's just a mental challenge. It's scary, that moment where I feel like I believe in myself and something's possible, it's just a fun way to learn. It's just puzzles and it's your body and it's playing. It's being a kid again."



ANNA SOENS

MOUNTAIN BIKER, SKIER & BOATER

"Skiing has been the most empowering adaptive sport that I found. I can ski anything on this mountain that anyone else can so it's kind of liberating that way. I can go fast. I can cruise around. I don't feel disabled when I'm skiing. It's a challenge. It's rejuvenating. It's being able to disconnect and kind of reset. It reminds me to be in the

present. I think slowing down is a big piece of it. The non-negotiables that nature gives you are always changing and dynamic. I think that's what keeps it interesting. You never know how it's going to go. I'm always pushing myself and trying to find steeper skiing, more technical terrain, and I think there are always ways to push yourself. You value and cherish every time you are out there." 

ILLUMINATING

Dark Skies

WRITTEN BY MATT WASTRADOWSKI

Oregon Badlands Wilderness

(Note: Shining a laser on a passing aircraft is not only dangerous to pilots, but it is a Federal Crime.)



PHOTO GRANT TANDY

Dawn Nilson spends a lot of time under starry night skies. When she gazes at the cosmos alongside campers and astronomers, she notices a peculiar pattern. Voices get quiet, and tones are softened. A serene stillness blankets the scene. Certain animals come out and specific plants begin to flower. As the sun sets and the stars twinkle, the world transforms, and we transform with it.

In those awe-inspiring moments, Nilson—dark sky preservation director with the Rose City Astronomers and a delegate for DarkSky International—says we're connecting to something deeper than the brilliant display before us. "The stars have engaged people since we've been people," she said. "They have inspired all the major religions, all the sciences, farm work and poetry. It's just this big beyond—these really vast places of unknown."

This is the sentiment at the heart of Nilson's professional efforts to protect and preserve dark night skies for generations to come. Most recently, she managed and authored an application to create the Oregon Outback International Dark Sky Sanctuary—an area of more than 2 million acres, roughly 90 minutes southeast of Bend, recognized for its bracingly clear night skies.

Those efforts paid off in early 2024 with the establishment of the sanctuary, and organizers across the region aren't done trying to save our dark skies. Here's why that matters and what organizers are doing to keep those pristine views intact.

WHY DARK NIGHT SKIES MATTER

According to a 2016 study published in the journal *Science Advances*, nearly 80% of North Americans can't see the Milky Way on an otherwise clear evening—a problem caused by what's known as light pollution.

Light pollution occurs when streetlights and other sources of artificial light

TOP Todd Lake looking at Mount Bachelor
BOTTOM Broken Top | Summer Lake Hot Springs



PHOTOS CLOCKWISE JARED MANTZOURANIS, GRANT TANDY, JOEY HAMILTON, NICK LAKE



Sunriver Nature Center & Observatory

brighten and wash out otherwise pristine night skies. According to the National Park Service, that man-made light can travel up to 125 miles from its original source.

But the effects go far beyond what we can or cannot see. The presence of artificial light may attract invasive species that can alter established ecosystems, force native species from their habitats and throw off long-held migration patterns.

HOW SKIES ARE BEING PROTECTED

Fortunately, organizations around the world are working to reduce light pollution and protect clear night skies. Chief among them is the nonprofit organization DarkSky International, whose International Dark Sky Places program strives to curtail light pollution, collaborate with local communities to implement responsible lighting practices and educate the public on the importance of clear skies.

The first location in Central Oregon to receive a DarkSky designation was the community of Sunriver—which in 2020 was dubbed a Dark Sky Friendly Development of Distinction.

The recognition came after collaboration between Bob Grossfeld, who led the effort as observatory manager of Sunriver Nature Center & Observatory, and local stakeholders. Efforts included minimizing the number of streetlights and reworking lights on homes and community

buildings—typically by installing shields and focusing beams of light away from the sky and toward the ground. The following year, Prineville Reservoir was dubbed an International Dark Sky Park after staff members installed soft yellow and red lighting that reduced light pollution.

Most recently, in March 2024, the 2.5-million-acre Oregon Outback International Dark Sky Sanctuary was established in southeastern Oregon. Within those boundaries, and under the region's clear night skies, sits Summer Lake Hot Springs, the Hart Mountain National Antelope Refuge and other popular attractions.

Todd Forbes, the Bureau of Land Management's (BLM) Lakeview district manager, said the effort started after being approached in 2019 by community stakeholders, including Nilson.

Forbes has worked in Lakeview for more than two decades and says that travelers have been visiting the Oregon Outback the entire time to admire its starry skies. So when Nilson and others asked the BLM to support their efforts to establish the sanctuary, Forbes said it was a no-brainer to take part. "We saw this as a way to validate some of that recreation use that was already happening—and maybe draw some additional attention to the area," he said.

The sanctuary largely sits on existing BLM land, much of which is unlit—reducing the need to mitigate light

pollution. "There are usually a lot of conflicting uses out there," Forbes said. "And this is one that really doesn't conflict much with uses that are already going on."

That solitude gets at why so many have visited the region for decades—a trend that Forbes doesn't think will slow anytime soon. "What makes the Oregon Outback so special is the ability to find solitude pretty easily," he said. And now there are two million acres of dark sky to make it even more remarkable.

CHASING AURORA

WRITTEN & PHOTOGRAPHED BY CHRISTIAN MURILLO

When people think of chasing the northern lights, arctic destinations such as Alaska, Iceland or Norway typically come to mind. While auroras may not occur often in Central Oregon, the year ahead could be special.

The aurora borealis occurs when charged particles from the sun collide with Earth's atmosphere, resulting in a dazzling

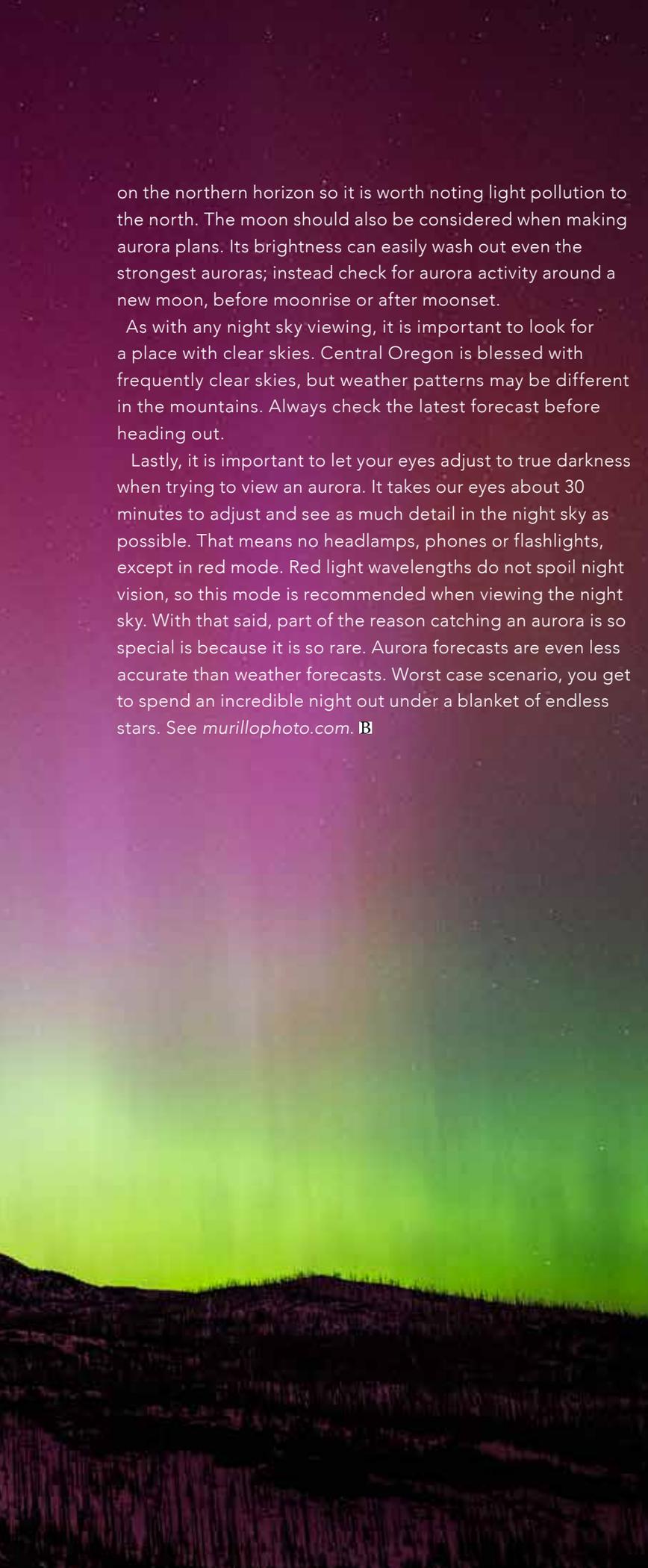
display of light and color. The solar flares that cause these energetic spikes follow a roughly 25-year cycle. We are currently reaching the solar maximum, a period typically associated with more frequent and stronger auroras. This period is expected to last through 2025 and may not appear for another 11 years.

TO VIEW AND ENJOY THE AURORA IN CENTRAL OREGON

First, keep an eye on the planetary K-index of the National Oceanic and Atmospheric Administration's Space Weather Prediction Center. The planetary K-index, or Kp, predicts the strength of an aurora. For reference, the aurora on May 10 hit Kp levels of 9, the upper limit of the scale. I have photographed an aurora in Oregon with a Kp as low as 6, but have found that it isn't really visible to the naked eye until it gets above 7. Even at this strength, the aurora is more visible to most cameras (even smartphone cameras) than to the naked eye. Since night vision in humans is poor, we need to do everything possible to see the night sky in its full glory.

One of the best ways to see the aurora with your naked eyes is to avoid light pollution. The northern lights typically display

Santiam Pass



on the northern horizon so it is worth noting light pollution to the north. The moon should also be considered when making aurora plans. Its brightness can easily wash out even the strongest auroras; instead check for aurora activity around a new moon, before moonrise or after moonset.

As with any night sky viewing, it is important to look for a place with clear skies. Central Oregon is blessed with frequently clear skies, but weather patterns may be different in the mountains. Always check the latest forecast before heading out.

Lastly, it is important to let your eyes adjust to true darkness when trying to view an aurora. It takes our eyes about 30 minutes to adjust and see as much detail in the night sky as possible. That means no headlamps, phones or flashlights, except in red mode. Red light wavelengths do not spoil night vision, so this mode is recommended when viewing the night sky. With that said, part of the reason catching an aurora is so special is because it is so rare. Aurora forecasts are even less accurate than weather forecasts. Worst case scenario, you get to spend an incredible night out under a blanket of endless stars. See murillophoto.com. **B**

WHAT CAN YOU DO?

Eager to help reduce light pollution and brighten the night skies across Central Oregon? It's easier than you think. Here's how to get started:

Unused lights: One of the easiest ways to make a difference is to turn off lights when not in use or aren't a necessity after dark.

Household lighting: Install shields that prevent porch lighting from pointing upward and toward the atmosphere and use lighting that focuses its beam toward the ground.

Camp lighting: Traditional headlamps, lanterns and flashlights can impair night vision and wash out the sky, so consider using red lighting, which provides illumination without ruining the views overhead.

Make a donation: Nilson says one of the easiest ways to get involved is through a tax-deductible donation to DarkSky International, which funds the group's advocacy work and supports the growth of its Dark Sky Places program.

WHERE CAN YOU GO?

In Central Oregon, we're some of the lucky ones who can actually see the Milky Way on a clear night. If you'd like to take a closer look, appreciate and celebrate the wonders of the universe, here are a few places around the region where you can do just that:

Sunriver Nature Center & Observatory has the largest collection of telescopes accessible to the public in the United States and offers year-round nighttime viewing by reservation. See snco.org.

Twenty-six miles southeast of Bend, **Pine Mountain Observatory** welcomes visitors on weekends from May through late September. The observatory is operated by University of Oregon Department of Physics under a special use permit from the Deschutes National Forest. See pmo.uoregon.edu.

The **Asterisk Observatory** at Smith Rock features a 17-inch PlaneWave telescope to offer a 360-degree view of the night sky and surrounding skyline. Visitors are welcome nightly through October or by appointment. See asteriskobservatory.org.

Overnight guests in **Tetherow's Ridge Homes** can view galaxies, star clusters and other celestial wonders alongside Bend-based astronomer Grant Tandy. The experience even includes celestial-themed drinks and dessert. See tetherow.com.

ADVENTURE RACING

GET HOOKED ON A SPORT WHERE EXCITEMENT
AND TEAMWORK CREATE COMMUNITY



PHOTOS DARREN STEINBACH



WRITTEN BY TIM NEVILLE



JASON GOCKEL FELT THE ALARM BELLS RINGING IN HIS HEAD.

It was early October 2023, and the teacher from Bend Forest School stood atop a bridge in La Pine State Park peering 30 feet down into the Deschutes River as it slipped past, cool and green. This was his first adventure race—a multisport, human-powered contest that involves navigating between checkpoints often by foot, bike and boat—and the 37-year-old had already spent the morning hiking off trail, cycling roads and using only a map and compass to orient his way through the park. Now, to complete a checkpoint, he and his partner, Matthias Ambert, had to rappel off the bridge into the water. But something wasn't right. The rope was much too short. He'd have to free-fall the last few feet right into the drink.

"I've done a lot of climbing, and rappelling off the end of a rope is something you never, ever want to do," Gockel said. "But that's what you had to do."

Gockel felt the end of the rope eerily slip through his harness as he plunged into the river with all of his clothes on. It took only a few seconds to swim to shore but something far more enduring had washed over him. This first-timer had caught the adventure-racing bug, bad. "I was totally hooked," he said. "It was one of the most fun days of my life."

Since then, in less than a year, Gockel has competed in no fewer than four adventure races, most of them in Central Oregon, which is an excellent venue thanks to an abundance of wild and varied terrain. On October 5 and 6, the La Pine Loop race—the same race that got Gockel started—will unfold for the seventh time. That race also includes a family-friendly version with

checkpoints where kids gather materials to make something fun they can keep, for example, charms for a necklace. Other races throughout the year include the Technical Endurance Challenge near Redmond and Smith Rock in April and Sunriver Scramble, a six- to eight-hour race taking place in June.

In September, some of the best teams in the world compete in Expedition Oregon, a whopping six-day contest that has racers tackling class III rapids, exploring caves, climbing cliffs and mountain biking single-track trails. "We call it America's Toughest Race," said Bend resident Jason Magness, who along with his wife, Chelsea, organizes, directs and competes in adventure races throughout Oregon and the world. Together they also

manage and participate in their own professional team called Bend Racing, one of the best adventure racing teams on the planet.

Magness and Bend Racing may sound familiar. The team featured prominently in Amazon Prime Video's 2020 reboot of the highly popular Eco-Challenge series that put adventure racing on the North American map in the 1990s. That new television series, which was hosted by Bear Grylls, saw Magness and three other teammates battle their way across the jungles of Fiji, where they built a make-shift raft out of bamboo to float down a river, sailed a traditional boat between islands and ran and biked for days on end through stifling heat and torrential rain. Mark Burnett, the series producer



PHOTO DAREN STEINBACH | OPPOSITE PAGE CLOCKWISE FROM TOP LEFT: TIM CROWLEY, COURTESY BEND RACING MEDIA, TIM CROWLEY, COURTESY BEND RACING MEDIA



WHAT IS AN ADVENTURE RACE?

Adventure racing takes racers off the road and into the unknown. Think triathlon, but make it wild. Instead of a swim, bike and run, the sports vary race-to-race and adapt to the natural landscape of each event. Teams of two to four athletes navigate miles of wilderness on mountain bikes, in kayaks, on ropes and by foot with no marked course. They work together and reach checkpoints along the way with the help of compasses and maps. For amateur teams, the only prerequisite is a sense of adventure. But to go pro, Bend Racing lists team requirements needs as: navigator, medic, bike mechanic, a captain to make big decisions, a pace counter to keep the team on track and "a stoker" to keep morale high.

WHERE TO FIND ONE:

-  **April 20-21: Technical Endurance Challenge, Redmond and Smith Rock** | *Features:* Day one is an advanced adventure race, but a kid and family- friendly race takes place on day two.
-  **June 1: Sunriver Scramble, Sunriver** | *Features:* Technical sections are suited for professional racers, but there are options to shorten the course and avoid difficult segments.
-  **September 6-14: Expedition Oregon, Columbia River Gorge** | *Features:* A world championship qualifier for experienced teams, this event is for experienced teams and spans six days with extremely technical sections for advanced racers.
-  **October 5-6: La Pine Loop, La Pine State Park** | *Features:* The seven-hour event is for intermediate and experienced endurance athletes. A four-hour course is less technical and best for kids and families.





PHOTO: DARREN STEINBACH | OPPOSITE PAGE TOP & MIDDLE: DARREN STEINBACH | BOTTOM: TIM CROWLEY

who also created shows like “The Apprentice,” likened the race to “an expedition with a stop-watch.”

For newcomers to the sport, such an undertaking would feel like cruel and unusual punishment, but the bite-size races are a great way to give the sport a try in a format that really ups the fun. Magness says adventure racing’s appeal at pretty much any level typically boils down to a person’s

willingness to embrace the unknown. You might make a wrong turn. Maybe your bike gets a flat. Perhaps everything goes far more smoothly than ever before and no one even gets a blister. “No two races are ever alike,” Magness said. “There aren’t a lot of endurance sports out there where you really don’t know what’s ahead.”

That element of surprise certainly appeals to Gockel but his new hobby

taps into something bigger, too—a sense of community. “I love being part of a team and how you can all work together to problem solve while running through the woods or paddling down a river,” he said. “If you want to be competitive, you can be competitive, and if you want to just have fun you can do that, too. Everyone who crosses that finish line has a smile on their face.” **IB**



WESTSIDE TACO SHOP

LOCATION: 1254 NW Galveston Ave

HOURS: 11am-10pm, 7 days a week

PHONE: (541) 797-7999

**EL SANCHO TACO SHACK
AT CRUX**

LOCATION: 50 SW Division St @ Crux

HOURS: 12-8pm, 7 days a week

**NEED CATERING FOR
A SPECIAL EVENT?**



PASTINI

EAT PASTA × DRINK WINE

PASTA

Perfect

OLD MILL DISTRICT × BEND



PASTINI.COM

Ranch to Plate

Brian Malarkey serves his own brand of refined rustic food, with a touch of glam

WRITTEN BY CATHY CARROLL
PHOTOGRAPHY BY CODY RHEAULT





Tumalo, 1983: Nine-year-old Brian Malarkey is riding a skinny-tired 10-speed down a rocky dirt road to school. He'd already cleaned out the horse stalls at the family's 90-acre cattle ranch and in winter, he'd have broken the ice in the animals' water troughs. An entrepreneurial kid, he'd earned a small bundle selling Scottish terrier puppies he'd bred and was splurging on taking his family out for a steak dinner—at Beef and Brew. It was the only restaurant more exciting to him than Bend's first McDonald's, which opened when he was 6.

It wasn't the Central Oregon experience that draws people here today. "It was down and dirty," said Malarkey. First chance he got, he was off—at 17, to Portland, then Seattle, Santa Barbara, L.A., Minneapolis and San Diego, working his way up from a chef to serial restaurateur. After selling his first restaurant group for \$25 million, he launched a second group with 10 San Diego-based concepts, including the acclaimed Herb & Wood.

Simmering on another burner throughout this time: Television—Food Network shows, Bravo's "Top Chef," ABC's "The Taste," appearances on "Good Morning America" and "Today." While the world learned about Malarkey, he learned about the culinary world.

Coming back to Central Oregon a couple of years ago, he saw it anew. "I finally looked around. I was like, oh, my God, this is paradise. It took me a lifetime to realize I was born in paradise. I've been running from it my whole life." His brother, entrepreneur and business partner James Malarkey, piqued the restaurateur's interest,



telling him about the ways the City of Bend encouraged new businesses with programs such as opportunity zones, that offered tax incentives. The celebrity chef said he never would have considered opening a restaurant in Bend before the pandemic. But watching the success of Rancher Butcher Chef, Bosa and Bos Taurus, he thought the timing might be right. "Those are big, loud, fun restaurants."

The pair landed on the location of a former eatery and mini-golf center on Century Drive. The name Hawkeye & Huckleberry Lounge popped into Brian's head, a synthesis of favorites, from ranch raptors and Hawkeye Pierce of TV's "M*A*S*H," to his dad's dog named Huckleberry. Plus, it's a favorite summer fruit. "And then, of course, the greatest Western of all time, *Tombstone*," he said. In the film, Val Kilmer, as gunslinger Doc Holliday, has the memorable line, "I'm your huckleberry." The brothers let Kilmer be their spirit guide. A larger-than-life, black-and-white poster of Holliday with his trademark line, blazes in pink neon and greets guests at the door of Hawk & Huck, which opened in June.





THAT'S WHAT BRIAN DOES BETTER THAN ANYBODY—HE EMPOWERS YOU TO BE GREAT—THE BEST CHEF, THE BEST BARTENDER, THE BEST RESTAURANT.”

More than 450 guests packed the grand opening, sipping everything from “rhinestone cowgirl,” concoctions involving vodka, Cocchi, strawberry, apricot, lemon and glitter to Coors Light. Large canvas tents created glamp-styled dining and lounge areas, with faux-shearling and bourbon-colored, tufted velvet swivel chairs. Each tent was named for local towns, with tables big enough to hold an entire stockyard laid out in the form of charcuterie. James wielded a flamethrower for the one-of-a-kind ribbon-cutting, and local band The Shining Dimes played Patsy Cline.

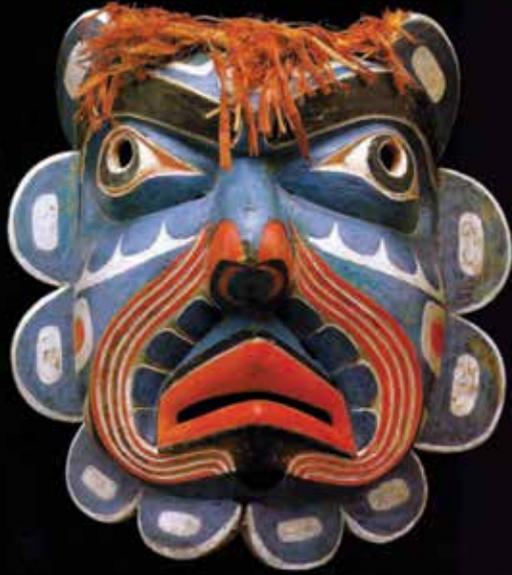


EXHIBIT OPENS FALL 2024

Cedar and Sea

THE MARITIME CULTURE OF THE INDIGENOUS COASTAL PEOPLE OF THE PACIFIC NORTHWEST

COLUMBIA RIVER MARITIME MUSEUM
ON THE WATERFRONT IN DOWNTOWN ASTORIA • CRMM.ORG



WE TAKE CARE OF YOUR FAMILY

Welcome to Mill View Memory Care! We are a family-owned and operated stand-alone memory care community based in the heart of Bend, OR. Our mission is to provide compassionate and individualized care to our residents, ensuring a safe and nurturing environment.

“ Mill View is not just a beautiful facility; it has become a second home for our family. The environment is peaceful and comfortable, but the staff makes Mill View special. They go out of their way to ensure every resident feels valued and every family member feels supported.”



📍 1290 SW Silver Lake Blvd,
Bend, OR 97702
📞 CALL US: (458) 202- 7020

🌐 WWW.MILLVIEWBEND.COM



bowtie

Catering Co.

Flavors of the Pacific Northwest,
Perfected.

James & Brian Malarkey



Second-hand guitars and old cowboy hats line the walls, waiting for patrons to grab them, get in the spirit and, of course, post photos on Instagram. A vintage trailer named Dolly, formerly owned by one of the players in the All-American Girls Professional Baseball League, which the movie *A League of Their Own* is based on, is tucked between the stage and a spacious event room.

Malarkey recruited longtime industry collaborators and chefs Tony Torres and Carlos Anthony to carry out his ranch-to-plate culinary vision in Bend. He roped them in from endeavors in Las Vegas and San Diego respectively, letting them discover their inner cowboys while living at his family's P-B Hawkeye Ranch. Learning what it takes for cows to go from graze to glaze is eye-opening for Torres and Anthony, self-described urban cowboys, and it's inspiring them.

For Torres, that means menu items ranging from Oregon beef tartare and ranch aioli with hand-cut chips, lime chili rub, house pickles and roasted poblanos, to P-B Hawkeye Ranch 32-ounce porterhouse steak cooked over

Oregon hardwood with a variety of sauces, from bone marrow gravy to horseradish cream. Add Dungeness crab hollandaise or fried oysters for a nod to the coast. Or, order a whole, roasted local pig two days in advance as a feast for eight.

The secret sauce, though, is engaging the entire staff in championing the story of local ranchers through every aspect of the dining experience. "It doesn't take a celebrity chef, it takes great people in every area, and that's what Brian does better than anybody—he empowers you to be great—the best chef, the best bartender, the best restaurant," said Anthony, who has competed against his mentor on Food Network's "Superchef Grudge Match."

Hawkeye & Huckleberry Lounge helps boost the neighborhood as a culinary zone, from The Flamingo Room and Hook & Plow to the old-school Cascade West Grub & Alehouse—Brian Malarkey appreciates them all. "And, the world's greatest restaurant is right across the street from me—McDonald's," he said. **B**



RIVERHOUSE

CELEBRATING 50 YEARS OF MEMORIES

www.riverhouse.com



ESTHETIXMD
Cascades

WEDDING SHOW
cascadesweddingshow.com

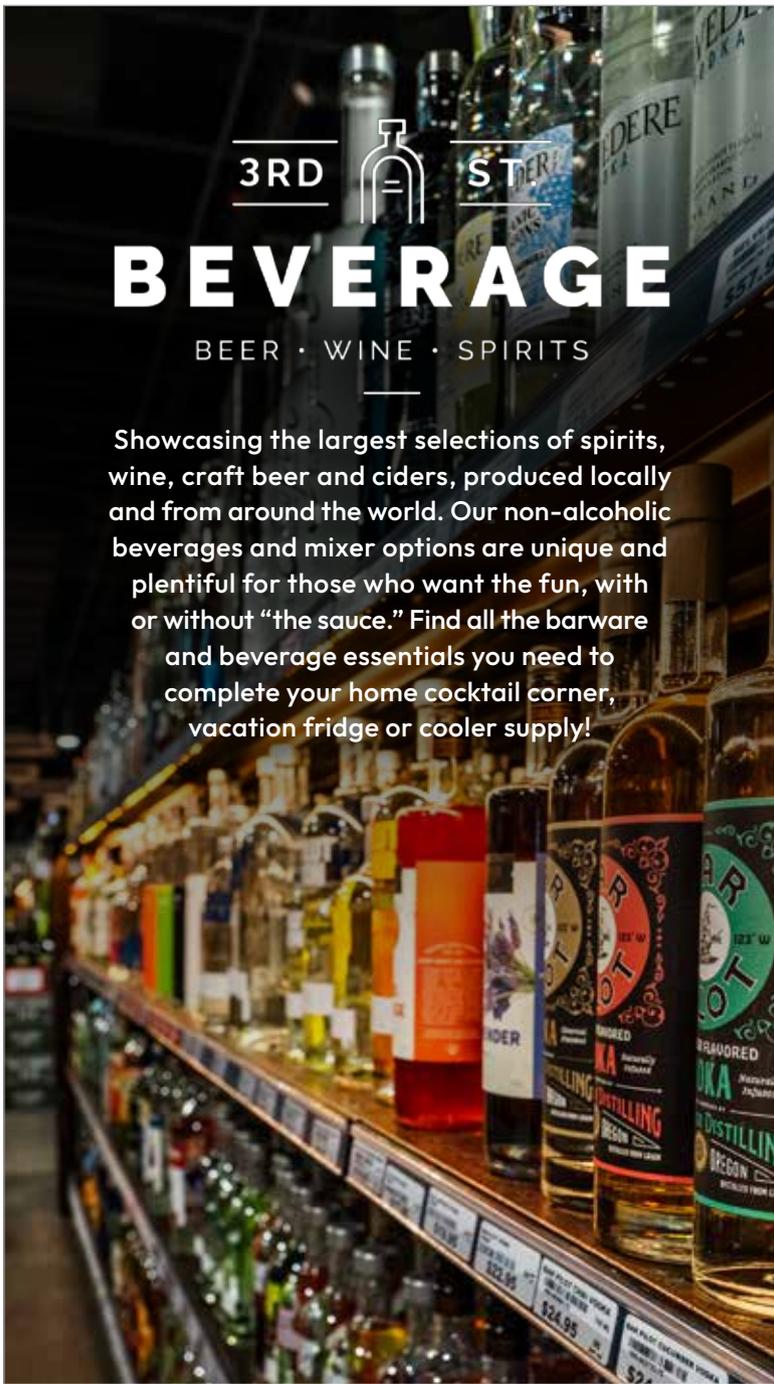
January 18, 2025, 10am-3pm

The Riverhouse at the
Deschutes Convention Center

To join us as a vendor, contact Ty Collins at
vendors@layitoutevents.com

*Plan Your Special
Day With Us!*
Tickets on sale now!





3RD STREET

BEVERAGE

BEER · WINE · SPIRITS

Showcasing the largest selections of spirits, wine, craft beer and ciders, produced locally and from around the world. Our non-alcoholic beverages and mixer options are unique and plentiful for those who want the fun, with or without “the sauce.” Find all the barware and beverage essentials you need to complete your home cocktail corner, vacation fridge or cooler supply!

Open Mon-Sat 10AM-8PM, Sun 11AM-7PM
740 NE 3rd Street, Suite 5, Bend | (541) 797-0028
3rdstreetbeverage.com



Savory Spice

SUMMER FLAVORS FROM SAVORY SPICE



YOUR SUMMER FLAVOR HEADQUARTERS

SAVORY SPICE
OLD MILL DISTRICT (ACROSS FROM REI)
(541) 306-6855

BROKEN TOP MOUNTAIN WHISKEY



Nestled in Oregon's Cascade Range, Broken Top Mountain is a beacon for daring hikers and mountaineers. Our whiskeys reflect the adventurous spirit of the Cascades. More than a spirit, Broken Top Whiskey is a celebration of the journey, boasting a secret ingredient—pristine water drawn from the base of the mountains—that imparts rare character. With a distinct Pacific Northwest influence, Broken Top is made whiskey distilled and aged in Central Oregon.

Find Broken Top Mountain Whiskey in a liquor store near you!

FOLLOW OUR ADVENTURES @BROKENTOPWHISKEY



For the Love of Craft

Raising a glass to Oregon whiskey

WRITTEN BY MAISIE SMITH | PHOTOGRAPHY BY TAMBI LANE



With Beyoncé-like flair and a knack for reinvention, it's no surprise that Oregon whiskey is so much more than what's in the glass. It's the star of a crafty universe that knows how to drop the mic.

In September, the 4th Annual Oregon Whiskey Festival turns Bend into a veritable whiskey wonderland. Brad and Kathy Irwin, the visionaries behind Oregon Spirit Distillers, are spearheading the event, and they have made it their mission to put Bend on the whiskey map.



TURNING GRAINS INTO GREATNESS

Brad's journey into whiskey began behind a Bend bar where he slung drinks and contemplated the mysteries swirling inside each bottle. "Why does corn whiskey taste different from wheat or rye?" he wondered. Obsessed with grain flavors, he built a home still to dig into whiskey's secrets. This tinkering phase led to an epiphany for the Irwins: "We need to start a distillery."

Fifteen years later, Oregon Spirit Distillers is a local favorite. Hardy grains, alpine-crisp water and an ideal climate for barrel aging come together to create the story of Oregon's pioneering spirit and love for all things craft. Let's just say it: The Beaver State has the right stuff.

While trends in whiskey move at a geriatric snail's pace, Brad sticks to what he knows best. "We don't follow what everyone else is doing," he said, noting a growing interest in wheat and rye whiskeys cask-strength spirits.

The distillery's tasting room menu features a blend of inventive and classic cocktails. The Old Fashioned and Manhattan make their dignified appearance, but the Boulevardier steals the show—a moody, enigmatic drink stepping out of Negroni's shadow. Crafted with its award-winning bourbon, house-made amaro and Italian vermouth, the Boulevardier tastes like a vinyl record sounds—deep, immersive and a little bit nostalgic.

For those who prefer to explore and compare whiskey by the sip, Oregon Spirit Distillers offers tasting trays with four of its signature whiskeys. Each tray is a sensory road trip through Oregon's finest grains, combined with pure water and years of careful aging.

A TASTE OF OREGON IN EVERY SIP

The 4th annual Oregon Whiskey Festival, set for September 20-21, promises to be a sprawling outdoor bash with live music, local food trucks and the unmistakable aroma of whiskey wafting through the air. A gathering of 20 distilleries from across the state, the festival celebrates Oregon's bold spirit and exceptional taste. Only distilleries that mash, ferment, distill and age their own whiskey are invited, ensuring Oregon authenticity in every drop.

The festival also offers a rare chance to meet the distillers—the wizards behind the curtain who love to talk shop. More than



Experience the
hottest event this
fall in Bend.



OREGON WHISKEY FESTIVAL



Over 15 Oregon distilleries
all in one location sampling
their finest Oregon made
grain to glass whiskeys!

September 20-21 • Oregon Whiskey Festival • 740 NE 1st St., Bend

General Admission:
Sat., Sept. 21 at 3pm-7pm

VIP Admission:
Sat., Sept. 21 at 2pm-7pm

Special VIP Event:
Fri., Sept. 20 6pm-9pm

Tickets are available at the Oregon Spirit Distillers tasting room or online at Eventbrite.com



a tasting event, it's a deep dive into the world of whiskey, where emerging enthusiasts and seasoned sippers can ask nerdy questions and maybe even uncover a few secrets.

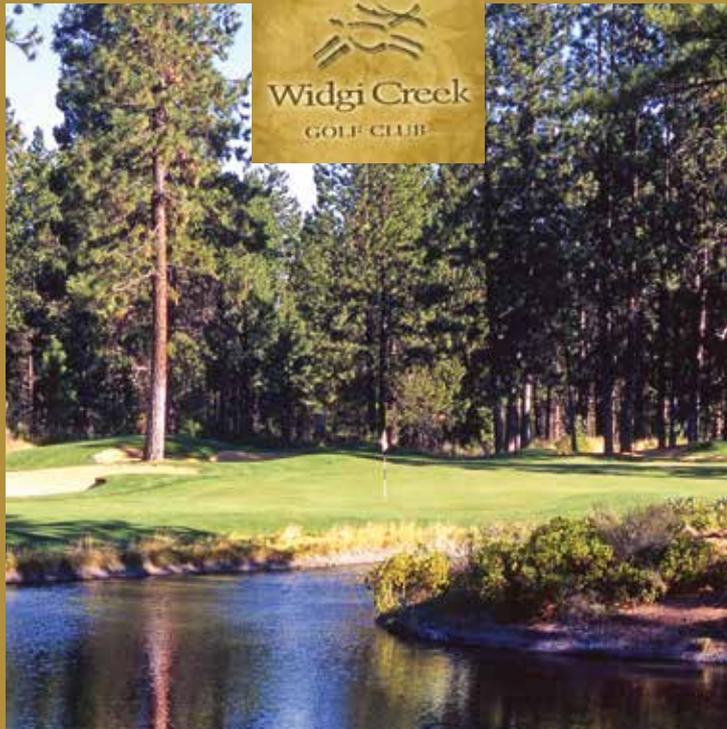
For a more exclusive experience, the VIP (Very Important Pours, as we at *Bend Magazine* like to call it) event on Friday night is a whiskey lover's dream—a night of indulgence and insider knowledge. Limited to 100 guests, the evening includes gourmet appetizers, bespoke cocktails and the chance to mingle and swap insights with Oregon distillers. VIP ticket holders also enjoy early entry to the main festival on Saturday, access to a luxe lounge and a private distillery tour.

Whiskey's journey from grain to glass is filled with twists and turns, each bottle telling its own tale. For those who believe some of the best stories are liquid, the Oregon Whiskey Festival brings the proof.

Beyoncé would be so proud. See oregonwhiskeyfestival.com. 



The Boulevardier

**CENTRAL OREGON'S FAVORITE
PUBLIC GOLF COURSE**

541.382.4449 • widgi.com • Bend, OR

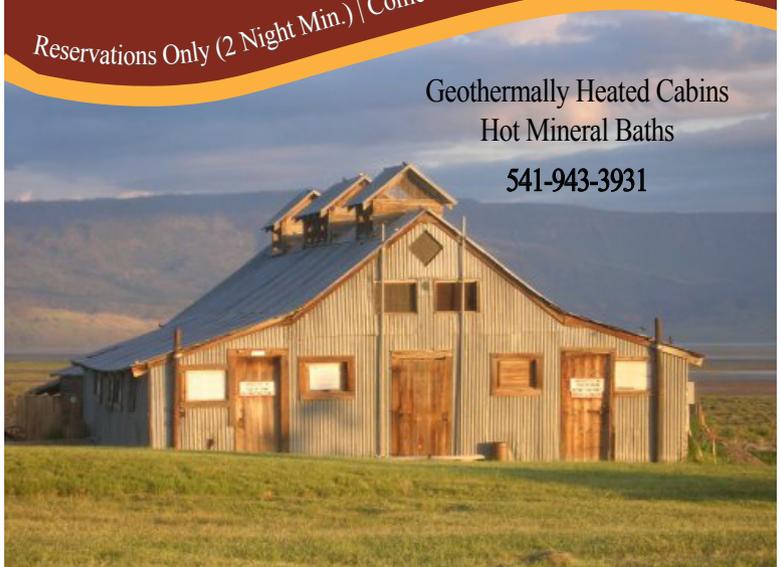
Summer Lake Hot Springs

A Healing Retreat

Paisley, Oregon

Reservations Only (2 Night Min.) | Come Experience the Energy of Nature

Geothermally Heated Cabins
Hot Mineral Baths
541-943-3931



Not Open For Drop in Day Use | Bring Your Own Bedding
2 Hours SE of Bend • SummerHotSprings.com



FINE ART EXHIBITION
SEPT. 20, 2024 — FEB. 9, 2025

rick bartow

ANIMAL KINSHIP

FROM THE COLLECTIONS OF JORDAN D. SCHNITZER
AND HIS FAMILY FOUNDATION

HIGH DESERT MUSEUM
HIGHDESERTMUSEUM.ORG

MADE POSSIBLE BY






your fall in play

FALL
REGISTRATION
NOW
OPEN

Every day of every season, there's something for you
at Bend Park & Recreation District.

You're invited to come play, learn and refresh
in any one of hundreds of opportunities.

Check online for:

- Fitness
- Sports
- Roller & Ice Skating
- Swimming
- Childcare
- Arts & Enrichment

For more information
and to register, visit
bendparksandrec.org



play for life



PLAY. SWIM. LIFT. RELAX. (REPEAT)

ATHLETIC CLUB OF BEND

Join a community dedicated to fitness.
The safest, cleanest 135,000 square
foot gym in Bend.

(541) 385-3062
ATHLETICCLUBOFBEND.COM
61615 ATHLETIC CLUB DR, BEND, OR

A Perfect Bite

Savory and sweet tastes of fall

WRITTEN BY JESS MCCOMB | PHOTOGRAPHY BY ALYSON BROWN

Kasia Wilson is a picky eater, except when it comes to cheese. As a cheesemonger, Wilson will try any cheese in pursuit of the perfect bite.

In June, she attended the 2024 Cheesemonger Invitational competition in Brooklyn, New York, to represent Market of Choice and compete with other cheesemongers in categories such as cheese wrapping, precision cheese cutting and blinded cheese identification.

In the Perfect Bite section of the competition, she was given 90 minutes to assemble 100 bites of the Humboldt Fog goat's cheese assigned to her months before the competition.

In preparation for the contest, she taste tested for months before landing on a pairing of exclusively Pacific Northwest products, topping the cheese with huckleberry jam, crushed huckleberry candy and lavender on a sesame biscuit.

"Humboldt Fog is a blank canvas for just about any flavor," Wilson said. "I could pick any jam off my shelf and it would taste good with the cheese."

To ring in the first tastes of fall, Wilson uses Humboldt Fog to craft a perfect bite for Central Oregon that's true to the harvest season. Trading the floral, fruity notes of summer for an earthy palate, Wilson paired it with Divina Fig and Chili Jam, a dab of honey, a sprig of fresh rosemary and a dried fig.

The rosemary hits your taste buds first with an herby punch that lingers. A sesame biscuit is the ultimate vehicle—it's soft, crumbly and nutty, and it falls apart in your mouth to meld with the other flavors. The fig chili jam is sticky and sweet with a kick of spice that's evened out by the creamy, mild goat cheese. To top it off, the dried fig is something to chew on as you savor the flavors. "There's no hard and fast rules with pairing cheese and jam and meat and everything else," Wilson said. "So anything that you'd like is the perfect bite." **B**

COFFEE
—
BACKPORCH
—
ROASTERS



1052 NEWPORT AVE | 1075 SE 15TH STREET
550 FRANKLIN AVE | 706 NE GREENWOOD

25% OFF FIRST ONLINE ORDER WITH CODE - BENDMAG

21ST ANNUAL
**BEND
FILM
FEST**
OCT 10-13TH

**TICKETS ON SALE
SEPTEMBER 20TH!**



BENDFILM
A COOPERATION OF BACKPORCH ROASTERS

www.bendfilm.org | [@bendfilmfestival](https://twitter.com/bendfilmfestival)



**“ALL ABOUT
OREGON”**

**OPENS
SEPT 14**

**ALL GALLERY
ARTISTS!**

THRU NOV 6



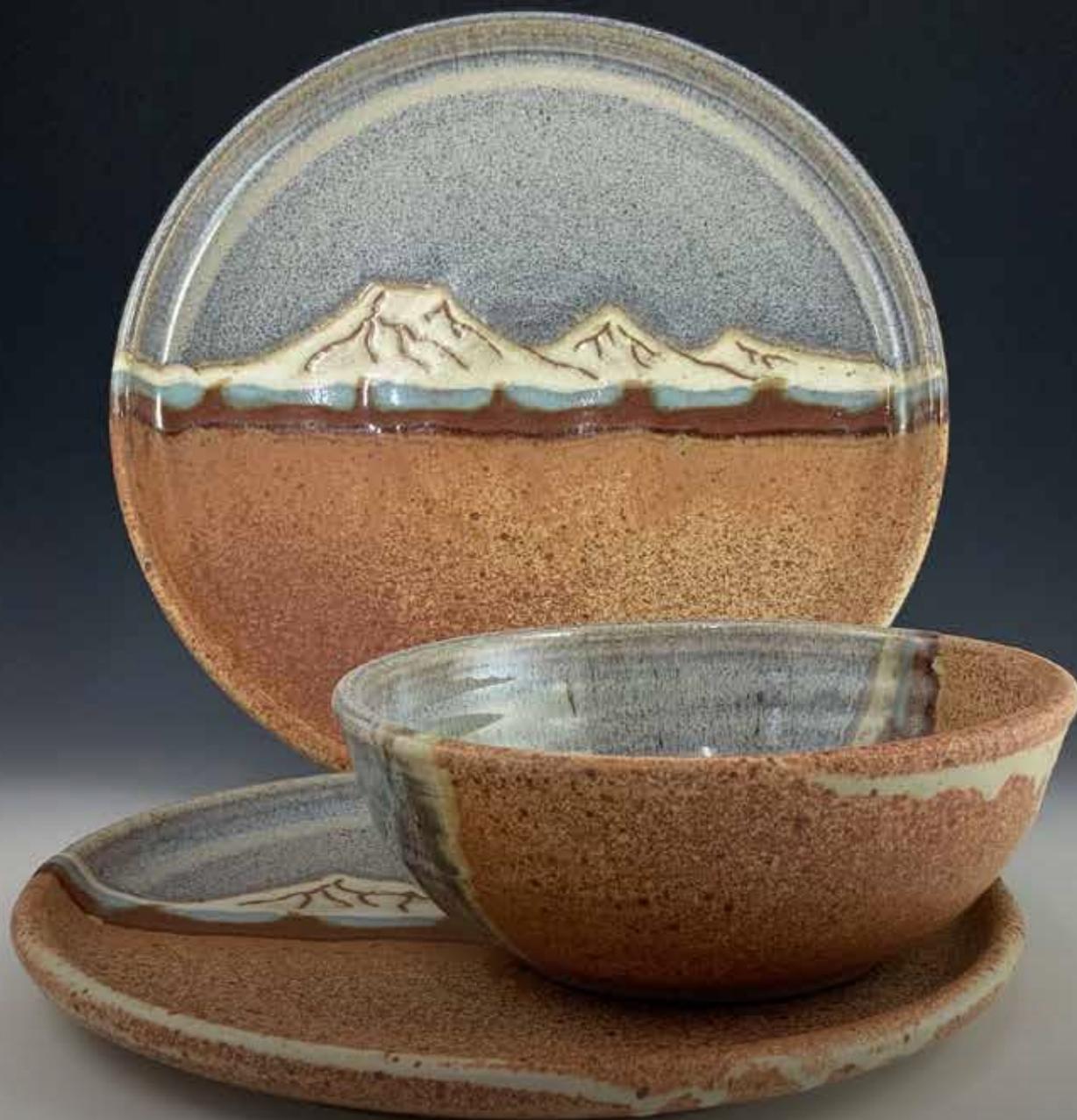
RIMROCK GALLERY

Tues-Sat: 10-5:30

541-903-5565

View Art: rimrockgallery.com

405A NW 3RD ST, PRINEVILLE, OR 97754



Shaping a Legacy

Bend's Blue Spruce Pottery follows family traditions

WRITTEN BY TERESA RISTOW

When high school sweethearts Michele and Michael Gwinup moved from the Willamette Valley to Bend in the 1970s, they brought with them their first Christmas tree, a potted blue spruce. They planted it in the front yard of their new home on Newport Avenue, and when it came time to name the Gwinup's new venture—a handmade pottery business—it was the tree that served as their inspiration.



Melissa and Patrick Woodman

Blue Spruce Pottery has existed in Bend ever since, operating a gallery space on the south end of town for many years before shifting its focus to a home studio with work sold on consignment at other galleries, online and at the occasional market or fair. The company became a second generation business in the early 2000s when the Gwinup's daughter and son-in-law, Melissa and Patrick Woodman, began throwing clay with them. "I've been playing with clay since I was a little kid, but we didn't start doing it professionally until 2003," said Melissa Woodman, who left Bend for Eugene to attend college before returning to Central Oregon to live and eventually start a family of her own.

CLAY CREATIONS

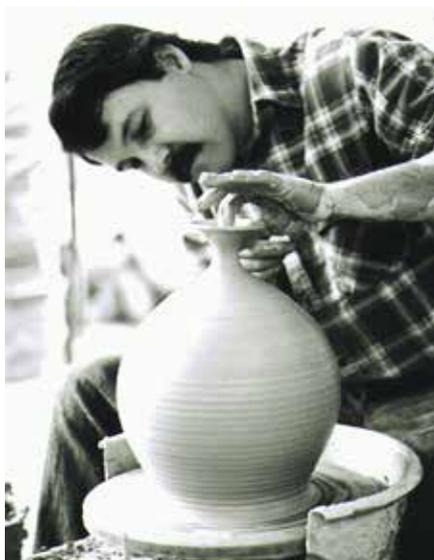
The family's work stands out among local pottery for many reasons, beginning with a custom clay formula that Michael Gwinup created, the use of a massive gas-powered kiln (many studios stick to more accessible electric varieties) and glaze recipes that have been tested and tried for years. The designs on many of Blue Spruce Pottery's pieces are inspired by the Cascade Range, with the mountain skyline of the Three Sisters and Mount Bachelor distinctly visible on some larger pieces and more abstract Oregon-inspired mountain designs on smaller mugs and bowls.

The company focuses on two varieties of pottery. The first is functional, food-safe stoneware, including mugs, bowls and butter dishes, which is fired to 2,200 degrees in the gas kiln and is very durable. The second is raku pottery in which pieces are fired to 1,800 degrees and then



Michael Gwinup

PHOTOS THIS PAGE TAMBILANE



TOP: Michael and Michele Gwinup, founders of Blue Spruce Pottery in 1976.

BOTTOM: Pottery often has tones and motifs evoking Bend.

placed in sawdust to catch fire before being covered with a lid. This creates a “reduction atmosphere”—an environment with limited oxygen—often resulting in metallic colors on lamps, vases and wall art.

CARRYING ON THE LEGACY

Most of the 400 ceramic pieces completed by Blue Spruce Pottery each month are handmade by the Woodmans, who spend weekdays and some Saturdays standing behind their pottery wheels in the detached studio at the Gwinup home, two doors down from their own house. Melissa’s dad, Michael, taught his son-in-law his techniques under an informal apprenticeship roughly three decades ago, and today it’s Melissa and Patrick who are carrying on the family legacy. In 2022, Michael died unexpectedly from a heart attack while snowboarding at Mt. Bachelor, a place that served as inspiration for the mountain designs on his work. “We took a month off because it was just hard to be in here,” said Patrick, while working behind a potter’s wheel in the family studio in July. The family is committed to carrying on his legacy through the business he created. “We’re following the traditions that Michael started and get to be creative and play in clay every day,” he said. The Woodmans said they like being able to create pottery that has the potential to outlast a person’s lifetime, that could travel around to many destinations or be a favorite item used in someone’s daily life. “People use their favorite mug every day, and that’s kind of cool to hear,” Patrick Woodman said. Michele Gwinup, who still crafts a few items for the business and helps with glazing, along with bookkeeping and shipping, said she’s happy to see Blue Spruce Pottery thriving nearly 50 years after she and Michael first got started. “You work really hard to establish a business, so it’s so nice to see it continue.” The tree that inspired the business name is still around as well, having grown much larger than imagined and serving as another reminder of the humble start and lasting legacy of the business. See bluesprucepottery.com. ■



PLANT SHOPPE & THEATER

VOTED #1 in Central Oregon

SOMEWHERE THAT'S GREEN

INDOOR PLANT SHOPPE

Upcoming Workshops

- Tropical Terrariums
- Mushroom Cultivation
- Propagation 101

GREENHOUSE CABARET

Upcoming Productions

PROOF

Aug 16-31

**SWEENEY
TODD**

Oct 24-Nov 24



Sign up on Website Below

1017 NE 2nd St. Bend

Somehweregreen.com & TheGreenhouseCabaret.com

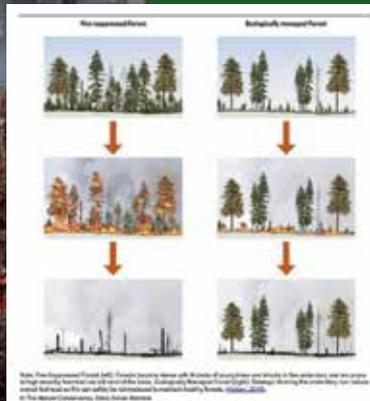


Learn more

PREScribed FIRE AND FOREST THINNING ARE TOOLS TO RESTORE OUR FOREST BACK TO NORMAL AFTER LOGGING AND TREE FARMING DONE IN THE 1900S CREATED AN UNBALANCED ECOSYSTEM.

Prescribed and thinning sometimes means trail closures. It also means:

- Dramatically less fuels for wildfires
- Less intense and catastrophic wildfire potential
- Safer conditions for firefighters and communities
- Improved wildlife habitat
- Less competition for resources for plant and wildlife
- Remaining trees will thrive



deschutescollaborative.org

Colorful Heritage

Michelle Schultz paints to connect with family and herself

WRITTEN BY SIENA DORMAN

From roots on a 100-acre Georgia farm to her current status as an acrylic artist, Michelle Schultz's journey mirrors the layers and vibrancy of her art. With an approach that unifies ancestral heritage and contemporary femininity, Schultz is not just painting—she's cultivating an artistic community that includes a global cohort.

An acrylic artist with a home studio in Bend, Schultz specializes in large-scale paintings and has most recently exhibited her work at Scalehouse Gallery. Her expressive pieces often explore themes of the female experience, heritage, nostalgia and spirituality.

These themes are deeply rooted in Schultz's childhood. As a young girl, she spent a lot of time in her grandmother's kitchen. "I was surrounded by my aunts with everyone cooking and laughing," she said. The women gathered to create Lebanese dishes, celebrating their heritage. Schultz's grandmother was the matriarch who showed her what it looked like to work hard, "She was basically the one who was working the farm," Schultz recalled. "She was out chopping wood and driving tractors."

The example set by her grandmother, who was "completely herself" and who embodied ancestral strength, inspires and permeates Schultz's art today. "She was so honest and spoke her mind, but still had all of the Southern sayings," Schultz said.

This influence is unmistakable in Schultz's work, which has developed through her various adventures, including a defining three-year stint in New Zealand. There, she immersed herself in local culture, finding inspiration from Maori tattoos and the country's supportive art community. "I really got to explore their culture and heritage," Schultz said, recalling how this era taught her to create community and make a name for herself.

Art school is where Schultz became serious about being an Artist, with a capital A. An assignment with egg tempera—a painting technique that mixes egg yolk with powdered pigment made popular during the Renaissance—influenced her layered approach.

"I'll Catch You If You Fall"

"Egg tempera took so many layers to build up, and this has come into my work," Schultz explained. "It's almost like building something until it comes alive."

Her 8-foot-wide piece, "Sistine Feelings," depicts a snake navigating the canvas, with a baby's hand latched to an adult's as the centerpiece. "In the background there are all these patterns that represent my Lebanese heritage," Schultz pointed out.

Schultz's painting communicates life's juxtapositions, revealing resilience and vulnerability. Like many of her pieces, it's forthcoming about womanhood. The bold and multifaceted messaging is something most impactfully observed in person.

"I go back and forth. Sometimes, I will be so soft. And then I have to let the other side out," Schultz said of her range. This is pronounced in her painted skateboards, which represent her "freedom and rebellion."

Her latest collection, "Prisms," shown at Scalehouse Gallery, was inspired by another kitchen moment; a sun-catching prism reminded her of "the magic in the world through my children and through the ancestry that has been passed down." For the exhibit, she collaborated with HUE (Hearts Unknown Education) to teach children how to paint their own prisms with watercolor. Their art was then displayed alongside hers at the show.

Schultz describes the process of her art coming alive as capturing souls. "I'm pouring my soul into my work, but then there's this amazing conversation between the artist and the canvas, and then the viewer and the canvas," she said. "They bring their own experiences, feelings and emotions—their own life." See michelleschultzstudio.com. ■



Creating an Artistic Community

Beyond painting, Schultz expresses herself and uplifts fellow artists through her podcast, "She Who Paints," a blog, and community spaces such as her Collector's Circle and Instagram [@michelleschultzart](https://www.instagram.com/michelleschultzart). Through these channels, she creates resources and an outlet of expression as "a community and a space for other artists to find inspiration and to keep giving their art to the world—because it would be a sad place without it," Schultz said.

Painted skateboard decks can be found at The Haven, Bend. ▶



Shop Historic Downtown Bend

THE HEART OF BEND OREGON

PROUDLY SPONSORED BY:

Hot Box Betty

Luxury Women's Apparel
@hotboxbetty

Ju-bee-lee

Inspired Gifts &
Lifestyle Shop
@jubeeleebend

Jack + Millie

Men's & Women's
Lifestyle Store
@jackandmillie_bend

Outside In

Men's & Women's
Clothing & Shoes
outsideinbend.com

Arcane Mercantile

Crystal Shop
arcanemercantile.com

Lulu's Boutique

Women's Boutique
lulusboutiqueinbend.com

Tatics

Skate & Snowboard Shop
tactics.com

Truffle Pig Trading Co.

Thrift & Consignment Store
trufflepigtradingco.com

Lone Crow Bungalow

Mountain Rustic Gifts
lonecrowbungalow.com

Dudley's

Bookshop & Cafe
dudleysbookshopcafe.com

Cascade Cottons

Tshirts, Sweatshirts
& Hats
cascadecottons.com

Wild Petals Provisions

Specialty Cheese
& Meat Shop
wildpetalsbend.com

Nashelle Jewelry

Handmade Jewelry
nashelle.com

Mockingbird Art Gallery

Fine Art Gallery
mockingbird-gallery.com

PCA Art Gallery

Contemporary Art Gallery
pcagallery.com

Haven Home Style

Furniture & Design
havenhomestyle.com

Cowgirl Cash

Western Vintage
in Brooks Alley
cowgirlcashbend.com

Desperado

Women's Boutique
desperadoboutique.com

Lark Mountain Modern

Home Decor & Gifts
larkmountainmodern.com

Bronwen

Artisan Jewelry for
Active Lifestyle
bronwenjewelry.com

VISIT DOWNTOWNBEND.ORG

DISCOVER NEWPORT

The Dungeness Crab Capital of the World



YOUR ADVENTURE STARTS HERE

1-800-COAST-44

NEWPORTOREGON

DISCOVERNEWPORT.COM



Statement of Ownership, Management and Circulation

| | | | | | |
|---|--|--|--|---|--|
| Publication Title Bend Magazine | | Publication Number 25699 | | Filing Date 08/01/2024 | |
| Issue Frequency Bi-Monthly | | Annual Subscription Price \$19.95 | | Number of Issues Published Annually 6 | |
| Mailing Address of Known Office of Publication 974 NW Riverside Blvd, Bend OR 97703 | | | | Contact Person Amara Spittler: 541-389-4383 | |
| | | Average No. of Copies Each Issue During Preceding 12 Months | | No. Copies of Single Issue Published Nearest to Filing Date (7/1/24) | |
| a. Total Number of Copies (Net press run) | | 15,000 | | 15,000 | |
| b. Paid and/or Requested Circulation | (1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies) | 6190 | | 5577 | |
| | (2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies) | 1493 | | 1850 | |
| | (3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS | 362 | | 420 | |
| | (4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First-Class Mail) | 0 | | 0 | |
| c. Total Paid Distribution | | 8045 | | 7847 | |
| d. Free or Nominal Rate Distribution (By Mail and Outside the Mail) | (1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541 | 245 | | 505 | |
| | (2) Free or Nominal In-County Copies Included on PS Form 3541 | 408 | | 177 | |
| | (3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail) | 0 | | 0 | |
| | (4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means) | 5557 | | 6300 | |
| e. | Total Free or Nominal Rate Distribution (Sum of 15d. (1), (2), (3) and (4)) | 6210 | | 6982 | |
| f. | Total Distribution (Sum of 15c. and 15 e.) | 14,225 | | 14,829 | |
| g. | Copies not Distributed | 745 | | 171 | |
| h. | Total (Sum of 15f. and g.) | 15,000 | | 15,000 | |
| i. | Percent Paid (15c. Divided by 15f. Times 100) | 56.44% | | 52.92% | |
| a. | Paid Electronic Copies | 0.00% | | 0.00% | |
| b. | Total Paid Print Copies (Line 15c.) + Paid Electronic Copies (Line 16a.) | 8045 | | 7847 | |
| c. | Total Print Distribution (Line 15f.) + Paid Electronic Copies (Line 16a.) | 14,225 | | 14,829 | |
| d. | Percentage Paid (Both Print & Electronic Copies (16b divided by 16c x 100) | 56.44% | | 52.92% | |
| | | Amara Spittler | | 8/1/2024 | |

TAKE THE BEST OF CENTRAL OREGON WITH YOU, ALL YEAR LONG!

Receive a one-year free subscription using promo code: FALL4



Subscribe at [BENDMAGAZINE.COM](https://www.bendmagazine.com) and use promo code "FALL4" at checkout for a free 1-year subscription. No limit on number of times code can be used to also allow for gift subscriptions.

Culture *Shorts*

GRANT BOOSTS WARM SPRINGS MUSEUM ARTS PROGRAMS

The Museum at Warm Springs has been awarded a \$100,000 grant from First Nations Development Institute to support traditional Native arts programs. The grant will enhance the museum's annual arts workshops and facilitate three rotating exhibitions in the museum's Changing Gallery, starting with the "31st Annual Warm Springs Tribal Member and Youth Exhibit" in November. The funding helps preserve cultural heritage, supporting local artists and strengthening Native American economies and communities. See museum.warmsprings-nsn.gov.



MUSEUM DIRECTOR RECEIVES STATEWIDE AWARD

Deschutes Historical Museum Executive Director Kelly Cannon-Miller was named a 2024 recipient of the Oregon Heritage Excellence Award. In recognition of her dedication and contributions to heritage preservation work in Deschutes County, Cannon-Miller's award, in the form of a ceramic covered bridge, highlights the impact she's made building bridges between the Deschutes Historical Society and organizations in the community. "I want to help people think more broadly about the history of our area by bringing stories forward," Cannon-Miller shared. See deschuteshistory.org.

PHOTO TOP RIGHT: HALEY HARROLD



NEW MURAL ADDS COLOR TO OLD MILL DISTRICT

Bend artist Evan Namkung has unveiled a street mural, "Birds of the River Trail," on a staircase in the Old Mill District. The artwork features three geometric paintings of local birds. Namkung's piece, described as 'sunshine for your soul' by Old Mill's Event Manager Bria Holub, transforms this public stairway into an eye-catching, joyful display of Bend's natural beauty. See oldmilldistrict.com.



FUTURE SITE FOR CHILDREN'S MUSEUM

The Children's Museum of Central Oregon announced the location for a permanent museum. With the support from the JTMF foundation and Empire Construction & Development, the museum will be nestled within an 11-acre family-focused development on Bend's north side. The site, located at Nels Anderson Place, will be the future hub of hands-on learning and discovery for Central Oregon youth. See cmcoregon.org.



IF YOU KNOW FROM WHENCE YOU
CAME, THERE ARE ABSOLUTELY NO
LIMITS TO WHERE YOU CAN GO.”

— JAMES BALDWIN



PHOTO DYLAN VANWELDEN

dear
IRENE

MODERN DINING & CURATED BAR

926 NW Brooks, Downtown Bend

dearirenebend.com

@dearirenebend





Wealth Management

Trust.

It's the cornerstone of any really good relationship—and we put in the effort to earn it from our clients. With honesty, integrity and transparency, you'll have peace of mind knowing we have your best interests at heart and are committed to your financial well-being.

Who can you trust your money with? Contact us for a complimentary second opinion consultation.

Bend | Medford | Portland | Seattle asiwealthmanagement.com 541.617.0898