

Your Business

ALL UP IN YOUR BUSINESS

50 minutes inside an egg distorts time

BY HARRISON MCKINNEY
Redmond Spokesman

I had no idea what I was in for when I climbed into in Central Oregon's only "harmonic egg." A low rumbling frequency emanated from the huge 12-sided orb located at Spark Wellness, 210 SW 5th Street. It is an 11-foot wide, 7-foot high sensory chamber that uses light and sound to immerse the subject and shut out the real world.

The curved door slid shut as I reclined in the chamber. It was dark except for cracks along the door.

At first I was nervous and had trouble relaxing. Then the darkness was broken and I was drenched in blue and purple lights. Then I heard forest sounds trickle in and long wave frequencies emanated from speakers at each end. Sensations of floating overwhelmed me as the 50-minute session progressed, followed by pinpricks of sound frequencies reverberating throughout my body. And even though the music was loud, I felt as though I were being lulled to sleep. Time felt like it behaved differently. As I exited the chamber feeling like I had just gone on a long trip.

While I was inside, I couldn't help but try to figure out how they assembled the thing. I followed the seams and thought about how you'd manufacture hundreds of giant wood and fiber-glass eggs.

According to Spark Wellness owner Laura Wagner, her goal is to bridge the gap between medicine and spirituality using this new technology. She opened the business in October 2021 and de-

Up in your business

My name is Harry. For 14 years I've watched Redmond grow exponentially, with new businesses cropping up all the time. In an effort to promote economic growth and introduce customers to all the new offerings around town, I am starting this regular feature in the Spokesman. We're titling it "Up In Your Business." If you want me to stop by your office and try it out, contact me at hmckinney@redmondspokesman.com.



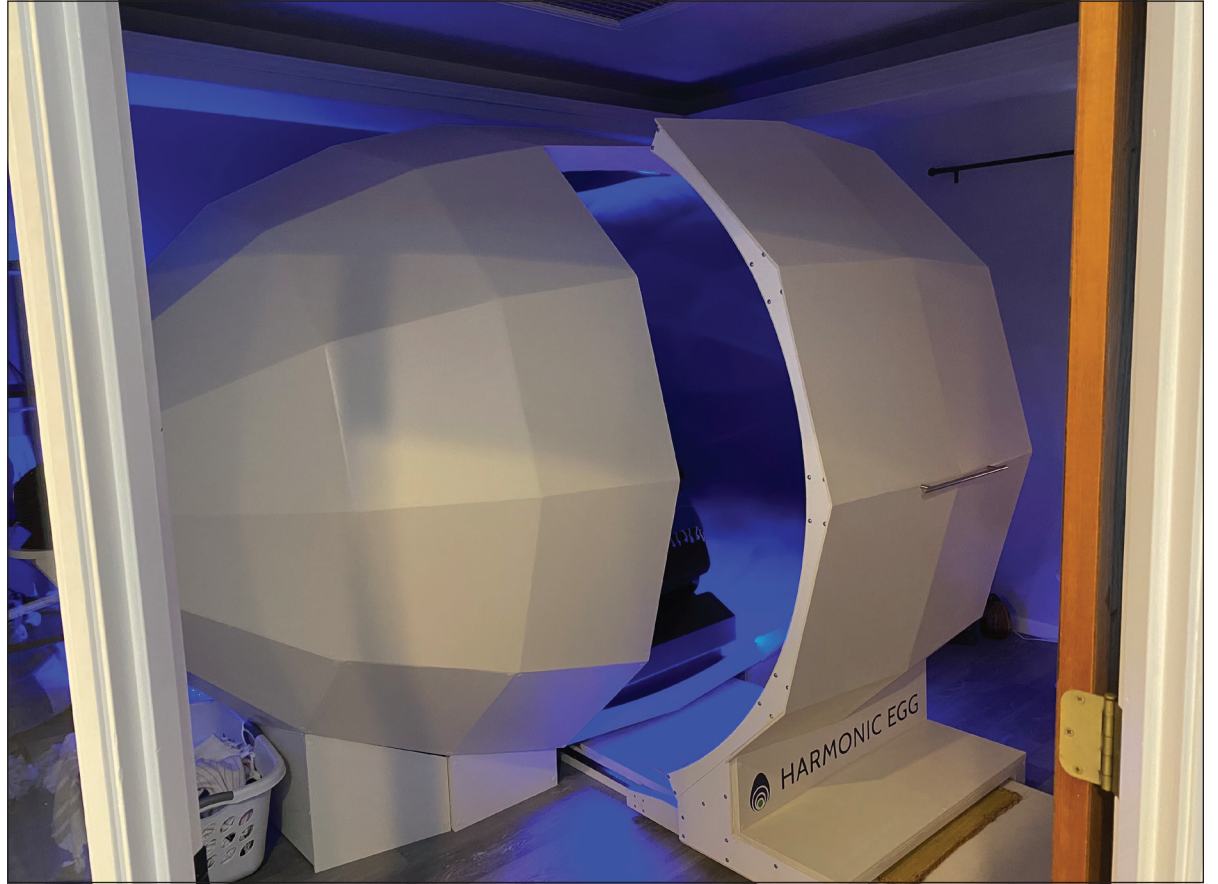
McKinney

scribes it as a "quantum healing center." "What I'm trying to do is to bring spirituality back into the human healing process," she said.

After working in conventional medicine, Wagner made the shift from one end of the wellness spectrum to the other.

She says it would be easier to name what the "egg" doesn't help. Of course, I must be careful of with my choice of words, especially when referring to the egg "treating" illnesses, which is explicitly discouraged. Wagner says the healing is believed to take place at a cellular level, similar to how sound is used to break up kidney stones or other blockages in the body, which is called lithotripsy.

I don't know about all that, but there



Harry McKinney/Spokesman

The Harmonic Egg, located at Spark Wellness in Redmond.

I did find a universal truth in all of this. The fact that we live in a world full of overstimulation, the egg offers a brief respite from the constant barrage of lights, sounds and information we experience 24/7.

I emerged feeling bewildered and in desperate need of a nap, as I was on the precipice of sleep when time was up. I

slept very well that night.

Wagner recalled one man in his 60s who was apprehensive about the idea. He suffered from anger issues, depression, heart disease, surgical complications and fought with doctors that he felt weren't listening. He said that 20 sessions in the "egg" reduced his stress level. His mentality and worldview

changed, she said.

Want to try it out? Here's how: Schedule an appointment at the address above for an 90-minute introductory session: \$75, Single session: \$111. Contact info: 541-604-2440, hello@sparkwellness.love

■ Harrison McKinney: hmckinney@redmondspokesman.com, 541-923-1370



Submitted photo

The airline Avelo began direct flights from Burbank, California, to Redmond in May. It's not the only smaller airline that sees potential in Central Oregon. Submitted photo

Avelo begins its direct flights to Palm Springs

BY TIM TRAINOR
Redmond Spokesman

Avelo Airlines, a Houston-based carrier, on Nov. 11 started its nonstop service from Redmond to Palm Springs, California.

The flights leave Redmond at 10:45 a.m. on Fridays and return at 5 p.m. on Mondays.

Avelo will use a Boeing 737 aircraft, which seats 189 passengers, to fly the routes. The flights have a roughly two-hour duration.

Avelo has been operating a direct flight from Redmond to Burbank Airport in Los Angeles since May 2021. Olson said that route has been successful for the company, with more than 80 percent of seats filled, and he thinks the com-

pany will consider additional expansions between Redmond and the wider West Coast.

Avelo is a discount airline that does not offer a first class section or connecting flights. It serves nearly 30 destinations, including now 12 in the West, with its base of operations at Burbank. In addition to Redmond, the airline is adding connections to Palm Springs from Eugene and Santa Rosa, California.

Zach Bass, Redmond Airport director, said the Palm Springs flight ups the number of direct connections from Redmond to 10. Six commercial airlines are currently operating out of the Redmond Airport and Bass said he hopes to increase both

numbers as air travel bounces back from the pandemic.

To start, the new Redmond-Palm Springs flight will be offered on a seasonal basis. Olson said Avelo will consider its options in the spring, once they have information on the number of passengers that have used the service.

■ Reporter: ttrainor@redmondspokesman.com

Redmond DMV to reopen Nov. 15 for limited days, hours

By SPOKESMAN STAFF

The Redmond DMV, closed since May due to staffing shortages, will reopen on Nov. 15.

The office, located at 3835 SW 21st Place, Suite 101, will be open Tuesday through Thursday. Its hours on Tuesdays and Thursdays will be from 8 a.m. to 5 p.m., and on Wednesdays from 10 a.m. to 5 p.m. The office will remain closed Mondays and Fridays.

Staff shortages resulted in a temporary reduction in service days and hours in several DMV offices statewide.

"We recommend going online to DMV2U more than ever," DMV Administrator Amy Joyce said in a press release. "Every time you need a DMV service, see if you can get it done at DMV2U.Oregon.gov. We've



Nick Rosenberger/Spokesman

The Redmond DMV sits empty at 3835 SW 21st in Redmond after closing in May due to staffing shortages.

added over two dozen services in the past three years."

Some services, like adding the Real ID option to your license, must be done in person.

"DMV has been experiencing the same shortage of applicants for job openings as other employers statewide and nationwide," Joyce said.

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