CENTRAL OREGON LIFE & STYLE

BEND

PREMIERE ISSUE 2015

Where Do We Grow from HERE?

Mike Hollern considers the past fifty and the next fifty years.

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CAMPING OFF GRID

See where local Pam Stevenson likes to get away in the Jefferson Wilderness.

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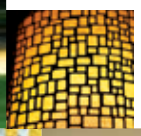
ON THE COVER

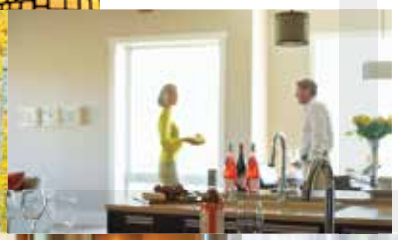
Two photographers, one chalkboard artist and a great photographic subject made this cover shoot and feature happen. A special thanks to Joni Kabana, Terry Manier, Katey Dutton and Mike Hollern.

Find out more about chalkboard artist Katey Dutton and see behind-the-scenes images from the cover shoot at: **BENDMAGAZINE.COM/COVER**

TOP PHOTO BRIAN BECKER; BOTTOM PHOTO JONI KABANA

TARTAN DRUIM





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Perched on the ridge above Tetherow stands a prestigious outpost. A sentinel on the Druim for those seeking to go further. A neighborhood comprised of thirty-nine luxury single family homes affording a carefree lifestyle. Here are living spaces delivering the freedom to forge the authentic experiences that come with an accomplished life, while accessing all the civilized comforts Bend has to offer. Phase I homesites range from one-half to just over three-quarter acres and feature a complement of single and two-story homes ranging from $997,750 to over $1,500,000.

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Primal Cuts proprietor Bryan Tremayne is on a mission to provide locally-raised meats to Bendites.

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WORDS *and* PICTURES

Contributors

ROB KERR

Rob Kerr has more than two decades of experience as an editorial photographer, including fifteen years as a photojournalist at *The Bulletin*. He teaches photojournalism at COCC's Continuing Education program and is a mountain bike guide with Cog Wild. For this issue of BEND Magazine, he photographed "Running Wild" for the Explore section. Photographing trail runners and sharing the attraction of the area's natural environment is Rob's ideal.

HEAVEN MCARTHUR

Heaven ended up in Bend by chance. Bend's community, food, and stunning and immediate access to nature made it a lucky find. For this issue, Heaven got to photograph Bryan Tremayne of Primal Cuts. "Bryan embodies Bend's values of local, sustainable and ethical business," she said. "His commitment to quality and educating the customer about the meat they are buying is inspiring."

KELLY KEARSLEY

Kelly Kearsley wrote about Bend startups and the tech community for this issue. She loves the passion and energy of entrepreneurs and writes about them regularly on her blog, BendTECH.com. Kelly is a business writer and editor. She has lived in Bend for six years, though not in a row. The mountains brought her and her family back in 2013. She tries to get out among the peaks as much as possible.

ERIN FOOTE MARLOWE

The Bulletin reporter, Central Oregon Community College administrator and instructor, editor at *The Source Weekly*, owner of a political communications firm, and now Bend 2030 executive director—Erin has packed a lot of learning into the ten years she's lived in Bend. These days, she's focused on ensuring that this community's vision for Bend in 2030 is achieved through civic engagement and public policy advocacy work. The rest of life is filled with violin lessons, picnics, play dates, library trips and dance parties with her daughters, Nora and Liz.

ALLISON MILES

Allison Miles arrived in Oregon ten years ago and promptly overdosed on caffeine from too many stops at drive-thru espresso stands. She was hooked in more ways than one and decided to make Bend her permanent home. With a passion for writing and all things outdoors, she shares some of her favorite places to go trail running in this issue of BEND Magazine. She still fuels her adventures with Bend's local coffee.

TYLER ROEMER

Tyler Roemer is an outdoor adventure sports photographer based in Bend. His work has been featured in editorial and commercial projects around the world. For this issue, he explored and photographed Oregon fly-fishing in Central Oregon, from the arid Owyhee to the lush stretches of the McKenzie River. For more info on Tyler visit TYLERROEMER.COM.

A river runs through them...

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LOWER DESCHUTES RIVER HOME

Enjoy the tranquility of the Deschutes River as it flows by this Central Oregon home, one of just a few homes on this private stretch of the river. Fish and raft right from your backyard, or just sit back in the hot tub on one of the decks. The 1,870± sf single story home boasts a wall of windows facing the river from the living and dining areas. 2 bedrooms and 2 baths, including a spacious master suite plus a pine clad den off the living room. The finished, triple tandem garage doubles as a man cave and the landscaped yard includes a fully automated sprinkler system. Offered at *$825,000*

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BEND

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FROM *the* EDITOR

It feels like a homecoming.

It wasn't the growth of Central Oregon's population. It wasn't the broadening of the economy beyond residential housing. It wasn't blind admiration for the national recreation brand that Bend has become. It wasn't that the number of breweries overran the number of actual beer drinkers. It wasn't that we felt compelled to tell the stories of this community.

It was everything.

Welcome to the premiere issue of BEND - *Central Oregon Life & Style*. We at 1859 Media wanted to remain true to our roots (and all of the people who have supported us over the years) by shining a light on the community we all know and love … and spin it forward to glimpse what our region will look like in ten years and beyond. At the core of our mission is reinforcing a sense of community through world-class content.

The 1859 Media team is the best I've worked with anywhere. They bring to this venture the same passion for excellence, creativity and collaboration that floods every project with the adrenaline of a startup. For us, this startup was perhaps more difficult, a look in the mirror. It brings together what we do, where we live and who we are—introspection.

BEND - *Central Oregon Life & Style* is a foundation of recreation, emerging business cultures and the people among us who lead extraordinary lives. We wrapped all of this in a clean, modern design that we hope will connect with our readers.

We wanted to begin with an honest discussion about growth—the theme on everyone's mind, and reported in fragments throughout Central Oregon. Over the next twenty years, Bend, alone, is expected to grow a brisk 54 percent, one of the country's top growth rates. Growth is change, and change is difficult in any environment. So too, will it be in this small town's transformation from logging lair to mid-sized MSA to bustling borough growing at such a fast rate.

Here I'll invoke Gandhi, who implored us to be the change we want to see in the world. Conversely, Holden Caufield lamented that "Certain things, they should stay the way they are. You ought to be able to stick them in one of those big glass cases and just leave them alone." Bob Dylan had the last words, singing in his engine-that-won't-catch voice, "… and the first one now will later be last, for the times they are a chaaan-gin'."

Change is coming to our neighborhoods, trails and roadways. Essentially the future of Central Oregon is at our feet now, looking up to us for direction. That direction is not in the hands of the city council, or the county commission. It's something in which we all participate.

Someone sitting next to me at a lunch recently mumbled something to the effect, "Any decision made without all input is, by definition, inferior." I know not whether he lifted this notion from a cereal box or Lao Tzu, but it stands up nicely to the inspection of reason and reaches the height of civic engagement. We hope you join this voice in shaping what we become as a community, what Central Oregon can become. Whether we stick some things in a box and leave them alone or become the change that we want to see, the direction we go is ours to decide.

PHOTO HEAVEN McARTHUR

CENTRAL OREGON LIFE & STYLE
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#THISISBEND

Whether you're tasting a brewery's latest beer, discovering a new local artist, or stepping into the cool air for a morning hike, you're invited to share photos of the little things you love about Central Oregon. Follow and tag **@BENDmagazine**

RUNNING WILD

Local runners prefer dirt and elevation gain to sidewalks and treadmills. For trail maps, info and tips from locals, check out

BENDMAGAZINE.COM/TRAILRUNNING

CHRIS COLE

Bend sculptor Chris Cole transforms scrap metal and bike parts into kinetic art. Photographer Talia Galvin captured his process.

BENDMAGAZINE.COM/ARTIST

SCENE & HEARD

The faces of Central Oregonians at the events and causes we support.

BENDMAGAZINE.COM/SCENEHEARD

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CHRIS BEHNKE (LEFT), ISAAC TOLPIN (RIGHT)

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Front Deck

WRITTEN BY **ANNA BIRD**

NEWSWORTHY TIDBITS + FEATURED EVENTS + HISTORICAL ITEMS + HOW TO BEND

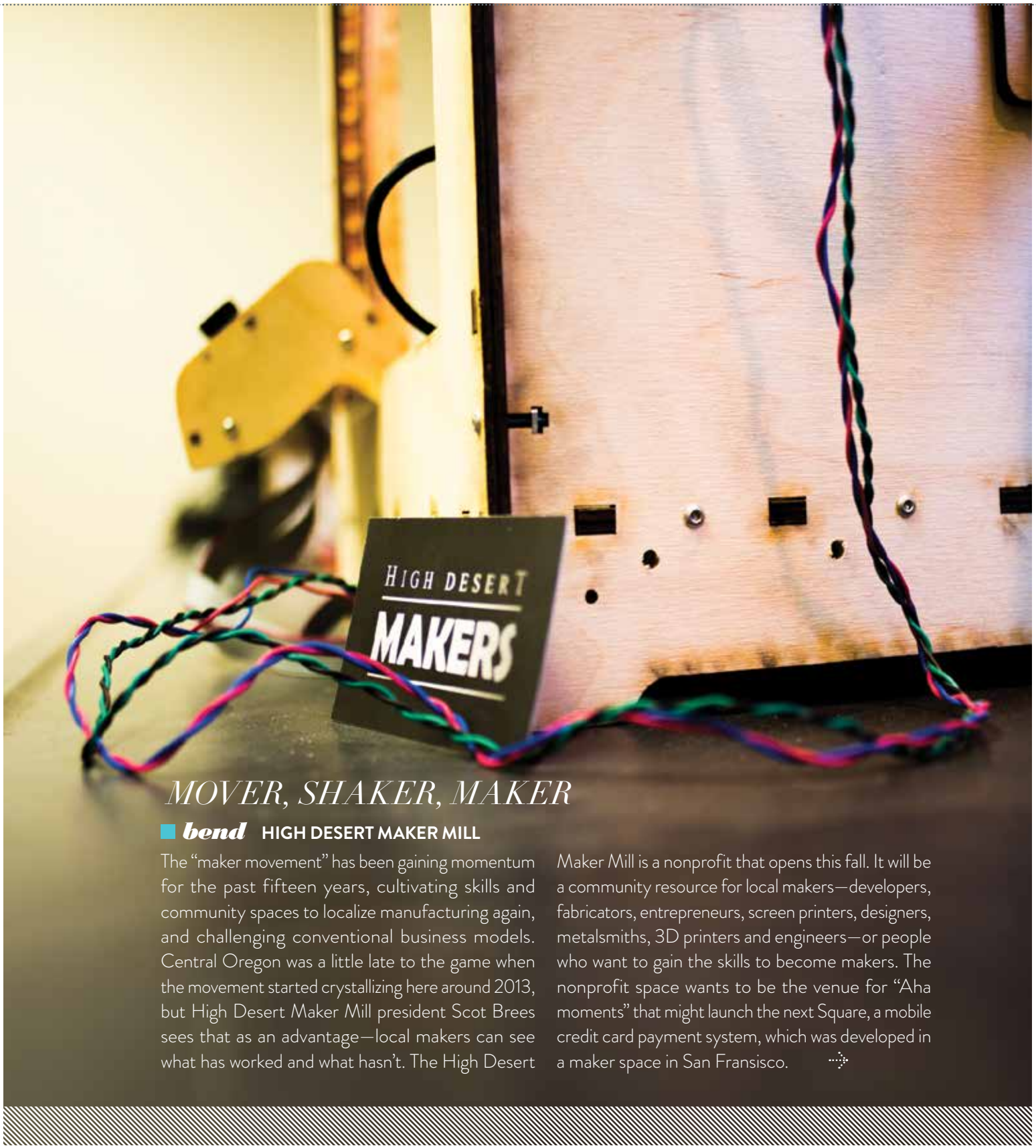

PHOTO TALIA GALVIN

MOVER, SHAKER, MAKER

bend **HIGH DESERT MAKER MILL**

The "maker movement" has been gaining momentum for the past fifteen years, cultivating skills and community spaces to localize manufacturing again, and challenging conventional business models. Central Oregon was a little late to the game when the movement started crystallizing here around 2013, but High Desert Maker Mill president Scot Brees sees that as an advantage—local makers can see what has worked and what hasn't. The High Desert Maker Mill is a nonprofit that opens this fall. It will be a community resource for local makers—developers, fabricators, entrepreneurs, screen printers, designers, metalsmiths, 3D printers and engineers—or people who want to gain the skills to become makers. The nonprofit space wants to be the venue for "Aha moments" that might launch the next Square, a mobile credit card payment system, which was developed in a maker space in San Fransisco.

Front Deck ■ *bend*

MORE ON DECK Building updates in Bend, BendFilm ups the ante with a new programmer, the new Prineville Bike Park, honing data on Mother Nature with Sam Lanier, and a list of literature to keep you reading this fall.

■ *maker mill*

"We know what infrastructure is necessary to enable the opportunities—whether it's for kids, adults, businesses or whatever. We're building a community, and out of that community are going to come a couple of those entrepreneurial lightning strikes that just explode."

—*SCOT BREES, HIGH DESERT MAKER MILL* *(extended interview online)*

■ *new face*

THIS YEAR'S BendFilm Festival programmer, Mimi Brody, began her career when she co-programmed the Golden Gate Awards section at San Francisco International Film Festival from 2000 to 2001. Brody, along with BendFilm director, Todd Looby, is interested in how filmmakers got their start.

BENDFILM
Mimi Brody (middle), *Film Programmer*

This year they're launching a program called "First Features," and bringing in prominent filmmakers to talk about their debut films and give audiences insight on breaking into the industry. "The most exciting thing for us is discovering brand new films and filmmakers," Brody said. Her favorite independent film is *Demon Lover Diary* by Joel DeMott, a documentary in which DeMott follows two factory workers on their mission to make a low-budget horror film. One of the workers actually sacrificed a finger in an "industrial accident" in order to get insurance money for the movie. "To me, that's independent to the extreme in terms of funding," Brody said. "But it's really one of the most incredible documentary films that I've ever seen."

With BendFilm's growing reputation, festival organizers won't have to take such desperate measures. This year they have received a record-breaking number of film submissions—more than 1,200. Each film must be viewed by at least two people, a process that is helped along by about fifty film-screening volunteers. As the programmer, Brody's job is to select the films and cultivate the artistic direction of the festival. Along with Brody, staffers and volunteers help bring in special guests, filmmakers and jurors, and create panel discussions for the festival.

BENDFILM | October 8-10 Tower Theatre, McMenamins, Regal Cinemas, The Oxford Hotel, Sisters Movie House, Cascades Theatrical Company and Tin Pan Theater.

■ *construction*

Floating through our coveted mountain air are the sounds of construction. Here's a quick update on some projects around Bend.

COLORADO DAM

The $9.68 million dam removal and river passage system (including a white-water park) is expected to be complete this fall, while the McKay Park and trail construction will continue until next summer. ***Fall 2015***

SIMPSON PAVILLION

The $11.35 million open-air, covered pavilion is being built kitty-corner to the Deschutes brewing facility. The seasonal ice rink and multi-sports court is expected to be completed before winter. ***Fall 2015***

BASECAMP TOWNHOMES

A small squadron of modern, luxury townhomes (starting at $650,000 per unit) is being built on the corner of Arizona Avenue and Wall Street. ***Early 2016***

MARKET OF CHOICE

Giving Bendites another choice in grocers, the Eugene-based company is building its first Central Oregon site, a 34,000-square-foot store, between Arizona and Colorado Avenues, near the parkway. ***Summer 2016***

Education Development

> SCHOOL IS BACK IN SESSION. TWO NEW FACILITIES ARE ADDING STYLE, FUNCTIONALITY AND AMPLE SPACE TO CROOK AND DESCHUTES COUNTY CLASSROOMS.

- **What:** 34,000-square-foot Redmond Technology Education Center
- **When:** Summer 2014
- **Who:** Central Oregon Community College
- **Why:** To support new programming in Advanced Automotive and Flexible Technology, Green Technology and Non-Destructive Testing, a Center for Entrepreneurial Excellence and Development (CEED), and Digital Arts and Media
- **How Much:** $12.5 million 2009 bond project, plus $5.7 million match from state of Oregon

- **What:** 72,000-square-foot Barnes Butte Elementary in Prineville
- **When:** Fall 2015
- **Who:** Crook County School District
- **Why:** To accommodate future growth and offer classes for about 660 students, taking the place of two outdated elementary schools.
- **How Much:** $50 million

prineville

BIKE PARK FUNDS RAISED

There are exciting things happening in and around Prineville for those who spend a lot of time on two wheels. In August, Central Oregon Trail Alliance and Crook County Commissioner Seth Crawford broke ground on a three-year project to build a bike park in Prineville. It will have have BMX jumps, mountain bike obstacles, a pump track and a strider park for budding bikers. Along with the Lower 66 that opened in early 2015, another bikeway under review near the Ochocos, and an ongoing effort to bring bike tourism to the area, Prineville might be on its way to challenging Bend's unofficial "Biketown USA" title.

"It's a great addition to our community, and it's especially something that we can have for kids to do. I'm always looking for amenities that we can add to our community to help the kids have something better to do than go make bad decisions."

—SETH CRAWFORD, CROOK COUNTY COMMISSIONER

madras

Historic Hangar

+ Erickson Aircraft Collection

THIS JULY, the Madras Army Air Field North Hangar was officially listed in the National Register of Historic Places. The hangar is one of the last remaining buildings from the WWII Army Air Corps training base, and was originally built to house the Boeing B-17 "Flying Fortress." Built in 1943, it's a rare intact example of the standard OBH-2-type hangar, with all-wood construction and a bowstring roof truss system. The Madras airport is also home to the Erickson Aircraft Collection—more than 20 vintage aircraft collected by Jack Erickson—which moved from the Tillamook Naval Air Station Museum to Madras last summer. With the historic hangar, the aircraft museum and the annual Airshow of the Cascades, the Madras airport has become an unlikely historic aviation destination.

Front Deck ■ *fire season*

Harnessing Data on Mother Nature

WRITTEN BY **ANNA BIRD**

> FIREWHAT USES GIS TECHNOLOGY to map natural disasters, and track responders and assets in and out of the field. In June FireWhat merged with Geo-Spatial Solutions to become a premier geo-development shop in the Pacific Northwest. FireWhat CEO Sam Lanier breaks it down for BEND Magazine.

How do people on the ground use your software? Most everything we do is web-based, so at a fire command post, they'll use laptops and mobile devices. Then to get the information from there, it just goes to the cloud and it's digested on a smart phone. Rather than create the technologies, we use the technologies that already exist. Being able to track firefighters through the use of an iPhone happens on a daily basis, so why don't we take that cell phone and make it a sensor?

FIREWHAT INC.
Sam Lanier, CEO *(left)* and Rusty Merritt, COO

Who uses your technology? Primarily government agencies for wildfire management. We're working on a big partnership with AccuWeather, and AccuWeather is using our information to disseminate to all of their industry clients.

What are you doing to advance your technology? We're working on UAV technology—Unmanned Aerial Vehicles. Rather than having satellite imagery that we collect once a day, we can actually have live imagery up over an incident to see where a fire is actually headed right now.

You recently merged with Geo-Spatial Solutions, what does that mean for FireWhat Inc.? We're a company with GIS as an emphasis, and management in wildland fire administration. Geospatial Solutions is a geo-development company that focuses specifically on location-based analytics and understanding movements and patterns and analyzing geographic information on earth. Bringing the two together gives us an opportunity to grow as a company.

■ *fire lookouts*

In 1910, a devastating slew of forest fires swept across Washington, Idaho and Montana. It came to be known as the "Big Blowup." To prevent a future catastrophe, the National Forest Service built fire lookouts at high elevations around the country. People staff the lookouts over the fire season and watch for lightning strikes or smoke columns. In Central Oregon, there are fifteen fire lookouts staffed throughout the summer, along with a couple of privately owned lookouts. According to the Central Oregon Dispatch, about 75 percent of fire calls come from the lookouts.

■ *wildlands*

Deschutes National Forest Fuel Manager, Deana Wall

What is the Wildland Urban Interface (WUI)? The Wildland Urban Interface is made up of many land managers and land owners. It's the nexus of human development and lands that are unoccupied or somewhat wild. Our WUI is changing all the time, and as we head into future growth, it will continue to look different. About one-third of Deschutes National Forest falls under WUI—approximately 550,000 acres.

What is the Deschutes National Forest Service doing to protect public lands from wildland fires? We focus on restoring and maintaining our local fire-adapted forests so they can be resilient to wildland fire. We use thinning, mowing, and prescribed burning across the landscape of the forest to minimize wildland fire impacts to large areas of our forest and our communities. These restoration efforts also improve forest health and provide for diversity of plant and wildlife habitat. We work with other local agencies such as Deschutes County, local municipalities, Oregon Department of Forestry, and other fire protection groups to ensure our federal efforts are leveraged to all within our Wildland Urban Interface.

More about the history and future of wildfire management:
BENDMAGAZINE.COM/FIRE

Front Deck *books*

Recommended by librarians at Deschutes Public Library and BEND Magazine staff.

FEARLESS

FALL *fiction*

1 ETTA AND OTTO AND RUSSELL AND JAMES by Emma Hooper (Simon & Schuster, 2015)

Eighty-two-year-old Etta has never seen the ocean. So early one morning she takes a rifle, some chocolate, and her best boots, and begins walking the 3,232 kilometers from Saskatchewan to Halifax. Her husband, Otto, wakes to a note left on the kitchen table. "I will try to remember to come back," Etta writes. He waits as their friend Russell goes on a search for Etta, while spending his time creating huge papier-mâché animal sculptures to manage his memories of Etta. A story about true love, a woman and the two men she loves. And who is James? Hooper's first novel captures discovery, adventure, beauty and relationships—with a side of humor.

2 RE JANE by Patricia Park (Pamela Dorman Books, 2015)

Growing up in Flushing, Queens, Jane Re—who is half Korean and half American—is working for her uncle in the family grocery store. Desperate for a new life, she's thrilled to become the au pair for the Mazer-Farleys, where she's inducted into the world of organic food co-ops, and nineteenth-century novels. Jane is the recipient of Beth Mazer's feminist lectures and Ed Farley's very male attention. But when a family death interrupts Jane and Ed's blossoming affair, she flees off to Seoul, leaving New York far behind. Connecting with the language and lifestyle of modern Korea proves to be a struggle. When she returns to Queens, she makes peace with her two worlds and discovers who she is. *Re Jane* is a bright, comic and contemporary retelling of Jane Eyre.

3 THE FREE by Willy Vlautin (Harper Perennial, 2014)

Leroy Kervin, an Iraq veteran who suffered a traumatic brain injury, attempts suicide and retreats to deep memories while lying in a coma. Freddie McCall works two jobs and still can't make ends meet. Alone and in debt, he considers a lucrative—and dangerous—proposition. Pauline Hawkins is a nurse at the local hospital, and though she attends to others' needs with practical yet firm kindness, including her mentally ill elderly father, she remains emotionally removed. Then a new patient, a young runaway, touches something deep and unexpected inside her. The lives of these characters intersect as they look for meaning in desperate times. Heartbreaking and hopeful, *The Free* is a testament to the resiliency of the human heart by award-winning author and Oregon native, Willy Vlautin.

4 WELCOME TO BRAGGSVILLE by Geronimo Johnson (William Morrow, 2015)

Born and raised in the heart of old Dixie, D'aron Davenport finds himself in unfamiliar territory in his freshman year at UC Berkeley. Two thousand miles and a world away from his childhood, he is a small-town fish floundering in the depths of a large, hyper-liberal pond. An alternative history class inspires a trip to Braggsville, D'aron's hometown, with his group of idiosyncratic friends. Their journey through backwoods churches, backroom politics, Waffle Houses, and drunken family barbecues is uproarious to start but will have devastating consequences. Geronimo Johnson has written an astonishing, razor-sharp satire. Using a panoply of styles and tones, he skewers issues of class, race, intellectual and political chauvinism, Obama-ism, social media and more.

Author! Author!

Deschutes Public Library hosts its fourth annual Author! Author! literary series, beginning October 1. $25 per event, $80 for the series ($75 and $260 for event and series preferred seating)
DPLFOUNDATION.ORG

TIMOTHY EGAN | *The Worst Hard Time* | October 1
ELIZABETH GILBERT | *Eat, Pray, Love* | November 13
LISA SEE | *Snow Flower* | February 25, 2016
ALICE HOFFMAN | *The Dovekeepers* | May 26, 2016

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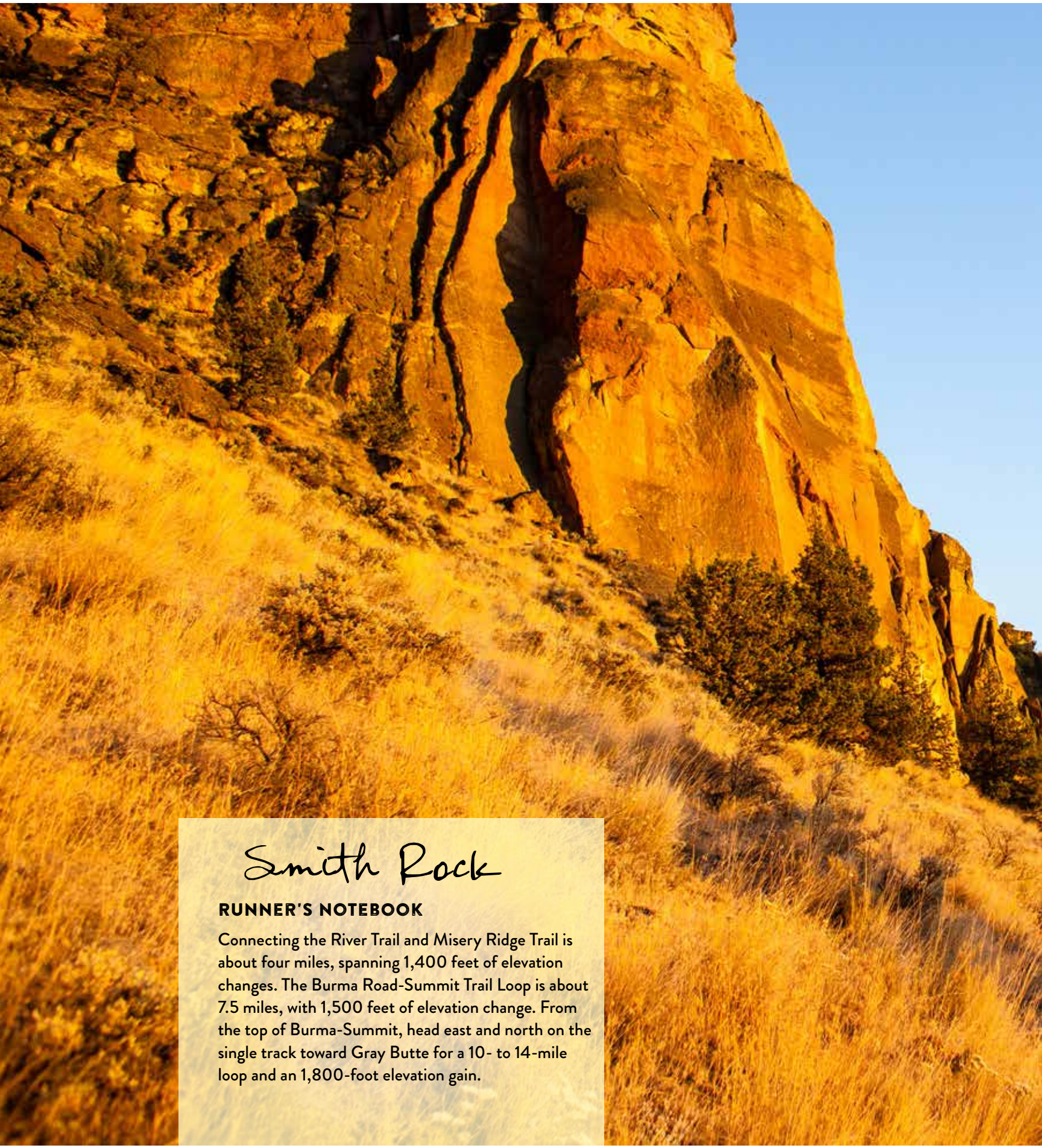
ACTIVE LIFESTYLE

Running Wild

Among other accolades, Central Oregon is a trail runner's paradise with hundreds of miles of trails for the ultra runner to the weekend warrior. Here's the beta on a few favorites.

WRITTEN BY **ALLISON MILES**

PHOTOS BY **ROB KERR**



Smith Rock

RUNNER'S NOTEBOOK

Connecting the River Trail and Misery Ridge Trail is about four miles, spanning 1,400 feet of elevation changes. The Burma Road-Summit Trail Loop is about 7.5 miles, with 1,500 feet of elevation change. From the top of Burma-Summit, head east and north on the single track toward Gray Butte for a 10- to 14-mile loop and an 1,800-foot elevation gain.

DURING THE LAST HALF-MILLION YEARS, the Crooked River has carved a canyon through ancient compressed volcanic ash and basalt flow. Today, textured rock formations climb to 3,200 feet, creating a stunning outdoor playground that's a high desert wildlife oasis and a geological wonderland. For rock climbers, Smith Rock is known as the birthplace of American sport climbing. With more than 1,800 climbing routes, it remains an international climbing destination. For trail runners, Smith offers grueling hills balanced with panoramas of the Cascade Mountains, sweeping views of the high desert and river canyon below, and no shortage of adventure. The park is open year-round, and the only time that's not ideal for running is during the heat of summer.

The trail running options at Smith Rock extend as far as a runner's imagination and sense of adventure. The classic trails go up Misery Ridge, Burma Road and Summit Trail. Misery Ridge can be accessed from the base of the footbridge by going straight up or by taking the River Trail to the left and going around to the west side of the rock spires. You can also jump on Summit Trail to the left via the River Trail or by taking a right from the footbridge and ascending Burma Road. Any of these trails can be combined for a four- to eight-mile loop from the welcome center. For seasoned runners, continuing east and north at the top of Burma Road-Summit Trail toward Gray Butte offers grassy meadows, sage, more juniper and a network of trails throughout BLM land.

TRAIL REPORT

THE TRAIL SURFACE CONSISTS OF HARD PACKED CLAY, LOOSE ROCKS AND SCREE, SO WATCH FOOTING, ESPECIALLY ON STEEP SLOPES OR IN WET WEATHER. BRING WATER, WEAR LAYERS AND WATCH FOR RATTLESNAKES IN WARM WEATHER. DON'T FORGET TO GLANCE UP NOW AND THEN TO CATCH A GLIMPSE OF BALD EAGLES, GOLDEN EAGLES, HAWKS, GREAT BLUE HERONS AND OTHER WILDLIFE.

THIRTY MILES TO THE WEST OF SMITH ROCK is the small town of Sisters and the Peterson Ridge trail system. Beginning on the southeastern edge of town and ascending into national forest, the Peterson Ridge system gradually climbs toward Three Creeks Lake and the Three Sisters Wilderness, revealing views of Black Butte and the Cascade Range with each mile. Peterson Ridge trails are runnable throughout the year, though they can get muddy after rainstorms or during periods of significant snowmelt.

TRAIL REPORT

THE TRAILS IN THE PETERSON RIDGE NETWORK ARE NOT ALWAYS CLEARLY MARKED-. BRINGING A MAP IS ADVISED. THE TRAIL SURFACE VARIES BETWEEN DUST, DIRT AND MUD, DEPENDING ON THE TIME OF YEAR. WATCH FOR ROCKS AND BE ON THE LOOKOUT FOR DEER, ELK AND OTHER WILDLIFE.

Peterson Ridge

RUNNER'S NOTEBOOK

From the campground area on the southeast end of Sisters, follow the trail system to Peterson Ridge Trail East, which climbs 6.5 miles and about 400 feet to Peterson Ridge, a rock outcropping with views of the national forest and the Cascades to the north and west. From the ridge, head back downhill via Peterson Ridge Trail West for about the same distance to complete the loop.

WITHIN BEND, a small canyon burrows into the western edge of town and hosts a network of trails as well as access to the national forest beyond. Called Shevlin Park, the canyon is home to Tumalo Creek, which provides refreshment and wildlife habitat as the creek flows through—merging with the Deschutes River just north of the park. A great running option year-round, Shevlin's towering ponderosa pines shade the canyon and help hold in cool air coming off the creek in the summer. Shevlin's perimeter trails above the canyon stay snow-free through most of the winter. There's a four-and-a-half-mile loop of rolling hills, and it's easy to tack on three to four extra miles by looping up to the fire road on the south end of the park. From there, runners looking for a challenge can hop on Mrazek Trail and go another thirteen miles uphill to Tumalo Falls.

TRAIL REPORT

KEEP AN EYE (AND EAR) OUT FOR GREAT HORNED OWLS AND BALD EAGLES, ESPECIALLY AT DUSK. ASPEN GROVES TURN THE CANYON GOLD IN THE FALL. WATCH OUT FOR ROCKS AND ROOTS THAT MAY TRY TO SNAG YOUR TOES AND BEWARE OF ICY TRAILS WITHIN THE CANYON DURING WINTER.

Shevlin Park

RUNNER'S NOTEBOOK

From the lower parking lot to the south end of the canyon is about 2.2 miles on any trail. Add about a mile round-trip from the upper parking lot. Linking the canyon perimeter trails is a nice 4.5-mile loop from the lower lot or about 5.5 miles from the upper lot (up to 350-foot elevation gain). Run to the back of the canyon and up Mrazek Trail, looping back via the fire road for a 6- to 8-mile option.

For more trail running tips, go to:
BENDMAGAZINE.COM/TRAILRUNNING

PRE-SEASON

Knee Health for Skiers

With ski season approaching, now is the time to get your body ready for a successful season on the hill.

WRITTEN BY **LAUREL BRAUNS**

Knee injuries, particularly ligament tears, are the most common traumas for alpine skiers. There are plenty of measures one can take to prevent them, with a solid mix of preseason training to increase strength, stability, and endurance. Here are some classes and tips from local experts to make this ski season a healthy one.

PROFESSIONALS

Kneebound: Loving Your Knees | Video produced by Desert Orthopedics | Available at the office for $10 | 1303 NE Cushing Drive, Bend | 541.388.2333

Rebound Physical Therapy | Alpine ski strength class at the Bend Westside Clinic location | Begins in November, $96 for eight sessions | 1160 SW Simpson Avenue, Bend | 541.322.9045

Athletic Club of Bend | Alpine skiing preseason workout classes | 61615 Athletic Club Drive, Bend | 541.385.3062

L.I.F.T. | Board Walk and Steel Wheels classes for lower-body strength and conditioning $19 per session, or 10 sessions for $150 | 1441 SW Chandler Avenue, Bend | 541.550.7822

STRENGTH TRAINING

It is essential to build support for your gluteal muscles, hips, quads and hamstrings. Start with double leg squats: place your feet shoulder-width apart and stick out your bottom, keeping your knees in line with your toes. Then do a set (20 reps) with your weight on one leg, and the other leg hovering (or toes lightly touching the floor). Repeat with the other leg. Next try side-to-side skaters: stand on one leg and take a large step to the side with the other. Steady the standing leg, then move to the other side.

PRE-SEASON WORKOUTS

Dr. Michael Ryan of Desert Orthopedics has been a physician with the U.S. Alpine Ski Team for twenty years and recommends alternating running and cycling 30 to 40 minutes every other day, beginning in September. He also suggests developing a flexibility program for the lower extremities by taking yoga or doing simple quad and hamstring stretches.

BALANCE AND TIMING

"When you are skiing, you have to adjust to variable terrain and conditions," explained physical therapist Mandon Welch of Rebound Physical Therapy. He suggested balancing on an unstable surface such as a bosu ball and doing squats as described above. Welch also recommends dead lifts, which is simply bending forward from the hips to make a reverse L with your body, with a weight bar in your hands. Remember to keep your core tight and back flat. Use only as much weight as is comfortable.

MAIN PHOTO JON TAPPER

Shaniko

Oregon's high desert, old West town.

For more photos, go to:
BENDMAGAZINE.COM/SHANIKO

WRITTEN BY **ANNA BIRD**

PHOTOS BY **TALIA GALVIN**

North of Madras on Highway 97, the town of Shaniko was once the largest inland wool shipping center in the world. It was formed in 1900 when the Columbia Southern Railway was built for Central Oregon, and the terminus was planned for the high plateau in Shaniko, surrounded by grassland. People began pouring into Shaniko, living in tents until lumber was delivered for buildings. With priorities in mind, residents built a saloon first. Freight wagons came from as far away as Northern California to ship their goods north on the railroad. The town set a record of $3 million in wool sales in 1903, and at its peak, the town reached a population of about 600 in 1910.

The Columbia Southern Railway couldn't continue past Shaniko because of Cow Canyon to the south, and once the Des Chutes Railroad was built along the Deschutes River to Bend in 1911, traders from the south stopped making the trek to Shaniko. Now an inhabited ghost town, population 32, it's a roadside testament to its history. Walking along the wood-plank sidewalks makes you feel like you should have a six-shooter in your holster, but it's a perfect place to wander, find souvenirs or storied antiques, and enjoy an ice cream cone at End of the Trail Ice Cream shop. The town's setting and historic buildings make for a photographer's playground worth more than just a glance from the car window while passing through.

■ **DON'T LEAVE WITHOUT** stopping by the Imperial Stock Ranch but call ahead and schedule a tour. Imperial produces hand-crafted meats, yarn, wool and apparel. For the 2014 Winter Olympics, Ralph Lauren selected its Imperial Yarn for Team USA's opening ceremony sweaters.

541.395.2507 | IMPERIALSTOCKRANCH.COM

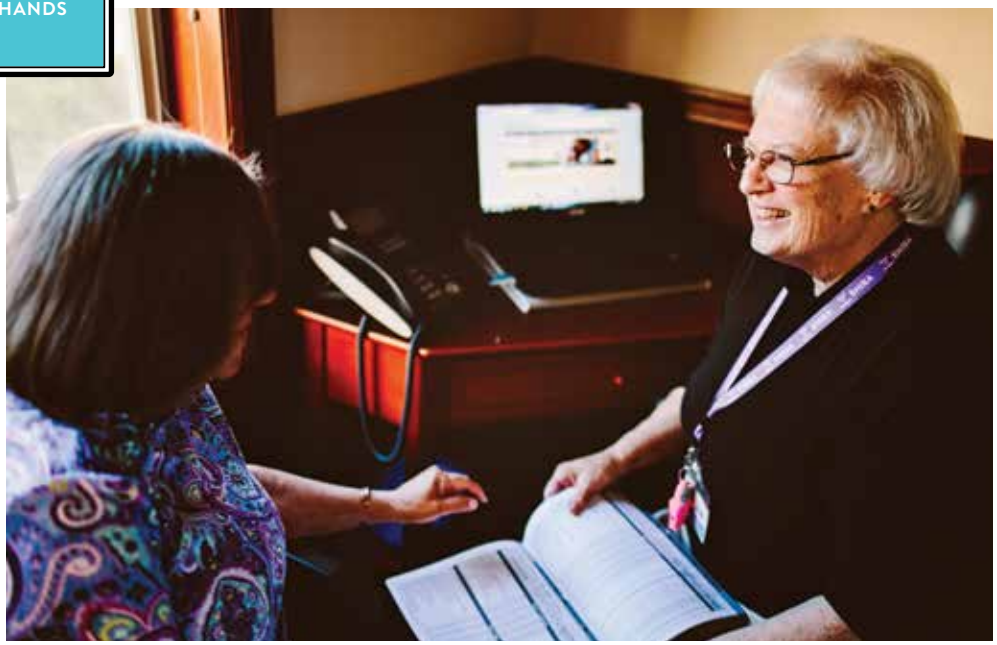
Debra Holbrook has documented Shaniko's history as part of the Shaniko Preservaiton Guild. She also owns the town's small museum.

PHOTO R. TODD CARY

RACING DUCKS FOR CHARITY

good cause **ROTARY CLUB OF GREATER BEND**

Since the Great Drake Park Duck Race started in 1989, the annual event has raised more than $1.2 million for local nonprofits. Each September, a giant flock of colorful plastic raffle tickets in the form of ducks are dumped into Mirror Pond via crane, edging out the floatie and paddleboard throng. A Rotary Club fundraiser, the race has reached iconic proportions in Bend, and draws large crowds to cheer on the ducks and support the community. The many prizes are no ugly ducklings, either. One lucky duck even gets $20,000 toward a new car.



Jan Smith (right) helps a senior navigate the complicated Medicare system.

Central Oregon Council on Aging

WRITTEN BY **MACKENZIE WILSON**

"I've had super early morning calls and late night calls, I feel like I've gone through some of the hardest parts of their lives."

Imagine paying into Medicare for decades then getting penalized when you apply for benefits because you weren't aware of all the rules associated with signing up. It's a reality for seniors and is the reason for the Central Oregon Council On Aging (COCOA), which supports the national organization Seniors Health Insurance Benefit Assistance (SHIBA) with a dozen local volunteers. Through seminars, phone calls and sometimes house calls, local SHIBA counselors help people understand complicated processes involved with applying for Medicare insurance. Volunteers also act as watchdogs for elder abuse, fraud and sometimes simply lend an ear when clients just need to talk to someone. Volunteers support Meals on Wheels, SHIBA, TECH (Teen Elder Computer Help) and Gatekeeper Programs.

VOLUNTEER EXTRAORDINAIRE: JAN SMITH

She's been a travel agent to celebrities, a medical assistant and an art gallery owner, but Jan Smith's favorite job doesn't pay. Smith, 68, volunteers as a certified counselor for SHIBA, sometimes for more than forty hours per week. She jokes that she dreams in acronyms now, but she wasn't always such a whiz when it came to Medicare. After having trouble signing herself up, she became obsessed with learning all she could and sharing that knowledge. Now, she's the only local volunteer who gives clients her home phone number.

About COCOA

BY THE NUMBERS

COCOA:
Approximately 230 local volunteers served 74,620 Meals on Wheels in 2014.

SHIBA:
12 active local volunteers served 1,983 Medicare beneficiaries in Central Oregon in the past year.

MAIN EVENT:

Seniors in Central Oregon can learn how to protect themselves from Medicare fraud, identity theft and other schemes at the Senior Medicare Patrol Scam Jam. The event will be held September 30 at the Riverhouse.

GET INVOLVED:

For more information on this event, or to learn how to volunteer for other programs supported by COCOA, contact the COCOA Central Office in Bend at 541.678.5483. Drop-ins at the office (373 NE Greenwood Avenue) are always welcome. Business hours are Monday through Friday, 8 a.m. to 4:30 p.m. People interested in volunteering for SHIBA should go to the state's website: OREGON.GOV.

PHOTOS ALLISON HARP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LOCAL HERO

Katie Mital, a certified personal trainer, spends Wednesday nights helping people fight cancer.

Fighting, the Fit Way

WRITTEN BY **MACKENZIE WILSON**

The classes aren't the typical high-intensity workouts with music blaring, people grunting and sweat pouring. Instead, the classes have an emphasis on movement—sometimes even just walking. "People are really hard on themselves," said Mital, 45. "It can be so discouraging to be able to do all this before and suddenly now, you walk on the treadmill for five minutes and feel totally winded. I'm concerned with what today looks like."

Her path to personal training started with an interest in solving problems. She graduated from the University of Dayton in Ohio with a degree in computer science. After several years working at software startups in Silicon Valley, she was done. Mital went back to school and studied kinesiology and then began training people. In 2008, she received her masters in human movement.

When she was 30, she fell head-first off a horse and damaged her neck. "The injury made me much more empathetic toward those who are recovering from an injury or experiencing chronic pain," Mital said.

Since then she's specialized in injury-prone clients, but the cancer patients and survivors have sparked an even deeper interest in what the body can handle after trauma. "Each type of cancer has a different treatment, protocols and surgeries," she said. "Breast cancer patients and survivors can have limited range of motion in their upper extremities due to scar tissue from mastectomy and reconstruction."

Yet the physical challenges aren't the only hurdle that patients face. Mounting medical bills and the inability to generate income during cancer treatment can throw them into a downward financial spiral. One hour of personal training with Mital typically runs $65 to $75. For these workouts, sponsored by Bend Memorial Clinic and held at Recharge Sport on the edge of the Old Mill District, Mital donates her time. She said she'll keep doing them as long as people continue to show up. "I've met some of the strongest, kindest people while doing these classes," she said. "I leave every class with a big smile on my face."

For Mital, this pursuit is personal. She took it up after her aunt, Debbie Schlessinger, died in 2002 from breast cancer at age 50. During her aunt's six-year battle, Mital's mother, Myra Miller, asked doctors what types of activities or exercises her sister could do. Her doctor admitted that there weren't exercise classes available for cancer patients.

More than a decade later, Mital said the medical community isn't just flirting with the idea of exercise as a form of medicine today—they are prescribing it. "I wish there had been something like that for my aunt," Mital said.

PHOTOS ALLISON HARP

Ranch at the Canyons

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"Squeak loudly, but nicely and with a smile. If we really want to keep that small-town, friendly feel, it's up to each of us."

Sustainability Q&A

When it comes to growth in Central Oregon, Mike Riley knows what's at stake. Riley is the executive director of The Environmental Center and has lived in Bend for eighteen years. Debates about OSU-Cascades expanding on Bend's Westside and tense talks about the urban growth boundary have raised questions regarding how Central Oregon can grow sustainably. Riley, who's also the co-chair of the City of Bend's UGB - Boundary and Growth Scenarios Technical Advisory Committee, gave us his take on what changes are in the works and how residents can get their voices heard.

INTERVIEW BY **MACKENZIE WILSON**

1 ***Some people still think of Bend as a small town. Is it?*** Size matters. We're growing fast again—predictions are that we'll have 115,000 residents by 2028. That's not even a large town—it's a small city. With that come the same problems seen in most cities, including congestion and what we do about it. Big changes can be jarring to long-time Bend residents.

2 ***What was your reaction to crews breaking ground on the OSU-Cascades campus?*** I knew they had started the construction while I was out of town, so I did a drive-by and I gasped—audibly. It was nicely spaced, mature trees; now it's ugly, bare dirt. I hate that. I also know that even older-timers than me had the same reaction when my new neighborhood was built in 1996-97. Kids used to ride their bikes on trails where I now live. My neighborhood is once again full of kids, has mature trees and is a desirable place to live close to downtown. A decade from now, OSU-Cascades will be a thriving educational and cultural center of our community.

3 ***What timeline should people expect for a decision on the urban growth boundary?*** The plan is for the city council to choose a final boundary scenario by late fall of this year. Then the city staff will turn that into a formal document to send to the State of Oregon for review and approval in April of 2016. Frankly, I have no idea how long it will take the state to bless it. There's always the possibility of legal challenges and then all bets are off. I am hopeful we are doing it right this time to minimize delays and challenges.

4 ***How can Bend residents be an active part of how our community changes?*** Get out of your car, bike, walk, take a ride on the bus—to school, to work, for an outing on the weekend. If those options are not convenient or safe where you live, then call the City of Bend and complain. Tell them to add a sidewalk or bike lane or bus stop. Squeak loudly, but nicely and with a smile. If we really want to keep that small-town, friendly feel, it's up to each of us.

PHOTO COURTESY THE ENVIRONMENTAL CENTER

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HOME

KITCHEN REMODELS

Old Becomes New

Two kitchens become the gathering places of their homeowners' dreams. One keeps tradition as it gets a facelift, while the other starts new and goes modern.

WRITTEN BY **STEPHANIE BOYLE MAYS**

MODERN FLOW

"The design is all about the river," said Ronda Sondermeier of the home she and her husband built along the Deschutes River. "We wanted the kitchen to look across the great room and out onto the water, and the design needed to flow out of the kitchen and into the rest of the house."

As the project evolved, the couple brought in interior architect Kirsti Wolfe to fine-tune the plan. There were immediate challenges such as creating enough storage space in a kitchen that had lost one wall to the river view, choosing surfaces and finishes that would work with the darker tones the couple had selected, and providing it all in a comfortable, sleek and modern room that would relate to the rest of the home.

Wolfe added vertically opening glass doors to wall cabinets and then realigned the cabinets below the upper windows that had been chosen for light, ventilation and privacy. She installed ergonomically designed hardware, added a stainless steel hood above the range and rearranged the appliances to make them more accessible. Sondermeier is most appreciative of the kitchen island that houses the sinks and dishwasher, provides hidden storage, serves as a gathering spot for guests and recreates the shape of the river. The island's black recycled glass top has a curved edge that's cut to the bends of the river. Extensive storage in the base is hidden behind a waterfall veneer of bubinga wood that mimics light playing on the dappled surface of the river. The bubinga veneer is repeated in a bar situated between the island and great room and, just as the Sondermeiers requested, the common themes in the cabinets, island and bar help the design flow out of the kitchen, across the great room and down to the Deschutes.

Contractor: Pinehurst Homes (Ryan Langhaim)

Kitchen Designer: Kirsti Wolfe, NKBA, Kirsti Wolfe Designs, Inc.

Cabinetry: Dansky Cabinetry, Kayha Veneer stained, Waterfall Bubinga veneer lower island

Appliances: Wolfe range, hood, microwave, and oven; Kitchen Aid dishwasher, Subzero refrigerator and freezer (integrated column design); Miele coffee machine

Lighting: Tech Lighting monorail

Faucets and other fixtures: Hansgrohe

Concrete counters: Cement Elegance

Recycled glass counter top (raised area at island): Glass2 from Pental in Portland and fabricated by Classique Marble and Granite in Salem

Backsplashes: United Tile, Lunada Bay Tile glass

Stools: Cantoni Toto Stools

Sinks: Kohler Stainless steel

PHOTOS PAULA WATTS PHOTOGRAPHY

Designer: Martha Murray, Martha Murray Design

Contractor: Young Construction Company

Soapstone counters: Shadleys Soapstone

Walnut butcher block: Brilliant

Cabinetry: Highland Cabinets

Cabinet, wall and ceiling paint: Benjamin Moore Revere Pewter

Island paint: Benjamin Moore gray stone

Window seat fabric: Kravet

Window seat table: Walnut top was built by homeowner

Lighting: Tech through Globe Lighting

Hardware: Emteck

Faucet: Moen (hands free) through The Fixture Gallery/Consolidated Supply

Appliances: Jenn Air, Johnson Brothers

Backsplash and floor tile: Baptista through United Tile

PHOTOS ROSS CHANDLER

For designer Martha Murray, the biggest challenge to a Mirror Pond-area remodel was keeping the new kitchen within the footprint of the old one. "The homeowners really wanted to honor the history of the house," said Murray, "and they did not want to remove or push out any walls. It's challenging, because older homes were not built the way people want to live now."

To visually open the room, Murray removed a false acoustical-tile ceiling and used a neutral color scheme. They installed Shaker-style cabinetry to provide needed storage. The placement helped to define zones between adjoining rooms to accommodate the homeowners' extended family and frequent visitors. A window seat serves as a spot to gather or to plan the day. A beverage center with refrigerator drawers is easily accessible from the dining room, and a landing spot for backpacks, coats and other gear is located between the kitchen and garage.

To connect the house with the nearby river, they brought the outside in with soapstone counters and a walnut butcher-block island. Blue fabric on the window seat nods to the blue water, and a wavy-textured glass backsplash are a nice complement to the new kitchen's clean and classic lines.

DIY PROJECT

DO-IT-YOURSELF

Homemade Kombucha

In Bend, kombucha, the fermented tea with a distinct taste, has grown from being a beverage with a cult following to rivaling craft beer in popularity. Now, new kombucha breweries are popping up around Bend. Like beer, kombucha can easily be brewed at home. Here, we show you how.

WRITTEN BY **BRONTE DOD AND LINDSAY McWILLIAMS**

GOOD to KNOW

Because kombucha is made with bacteria, it is important to make sure that all the brewing pots and storing jars are very clean, and that your hands are clean, too. Avoid contamination by rinsing your pots, jars and hands with vinegar.

For more kombucha tips, go to: **BENDMAGAZINE.COM/KOMBUCHA**

1 Bring 3 quarts of water to a boil, then remove the pot from heat and add 1 cup of sugar. Once the sugar has dissolved, add 2 tablespoons loose leaf black tea, or about 8 tea bags. Steep the tea in the pot until the water has cooled, which could take a few hours, then remove the tea bags or strain out the leaves.

2 Pour the mixture into a 1-gallon glass jar along with two cups of a neutral flavored store-bought kombucha (this functions as a substitute for a tea starter). Add what's called a "scoby," which is the bacteria that ferments the kombucha. The unsightly bacteria product can be purchased online or at local grocery stores. Cover the lid of the jar with a clean cloth or paper towel and secure with a rubber band.

3 Keep the jar at room temperature and out of direct sunlight. On the seventh day, taste the kombucha to determine its sweetness. At this time, you can add flavoring, if you wish. If it tastes too sweet, let the jar sit for another day and taste again. The kombucha should be ready by the tenth day, at the latest.

4 When the kombucha tastes right to you, remove the scoby (store it in a plastic bag and place in the fridge to reuse) and pour the mixture into jars along with any additional flavors you want to try. Store the covered bottles at room temperature again for the next one to three days to allow the kombucha to carbonate. After that point, keep the kombucha in the fridge and drink within a month.

ALSO TRY

flavoring your kombucha

Use fresh fruits, dicing them or smashing them for even stronger flavor. Then, add spices or herbs for complexity. You can either add fruits and herbs to your glass right before you enjoy it or add flavors after the initial fermentation period and store them in airtight bottles for a couple of days.

NEED SOME IDEAS?

Try blueberry mint, blackberry thyme, lemon ginger or apple cinnamon.

NEED A KICK?

The latest trend is to use kombucha as a mixer in your favorite local cocktail.

PHOTO LINDSAY MCWILLIAMS

DESIGN FINDS

1

2

Swedish Dishcloths

1. Is it a towel? Is it a sponge? It's a little bit of both, and it's from Sweden. Made of cellulose and cotton, the dishcloths absorb fifteen times their weight in water, can be laundered in the washing machine and can even be composted when it's time to move on to another pattern. Find the import at Lone Crow Bungalow. $8 | 937 NW Wall St., Bend | LONECROWBUNGALOW.COM

Antique Bowls

2. Add vintage patina to a new home with **yellow ware** mixing bowls. Popular from the mid-1800s until the advent of plastic in the 1940s, the bowls were once a staple in every kitchen. Available in a range of sizes and patterns at the Redmond Antique Mall. Starting at $45 | 502 SW Evergreen Ave., Redmond REDMONDANTIQUEMALL.COM

3

Carved Servers

3. Master craftsman **Will Nash** carves one-of-a-kind coffee scoops, spatulas, spoons, ladles and other serving implements from hardwoods such as cherry, claro walnut, California orange wood and Oregon pear wood. Available through Red Chair Gallery. Starting at $18 | 103 NW Oregon Ave., Bend | 541.306.3176

Decanters

4. Serve spirits stylishly in these Oregon-made, apothecary-style liquor decanters. Sold with their own wood serving tray, the three-bottle sets are available in clear or red glass. Each decanter holds 500 ml. From **Bourbon Moth Woodworking** and available through Be Oregon (previously 541 Threads). $60 | 126 NW Minnesota Ave., Bend | 541.350.2856

4

design advice

Certified master kitchen and bath designer Kathleen Donohue has worked with remodeling and construction firm Neil Kelly Co. for the past twenty-six years, with the last eight of those in Bend.

What is the starting point for a great kitchen? People think about what they want but rarely consider what they don't want and, in the case of a remodel, what they want to keep.

What happens at a first meeting? I learn about clients' style and how they want the space to function. I also begin gauging the professional help they may need. Some people want to be very involved and are ready to take on a lot of the work, while others want to rely heavily on professionals.

Is there a Central Oregon style of kitchen? People want clean lines and low maintenance, and the kitchen to be open to other rooms.

What advice would you give to anyone considering a redesign? Don't skimp on lighting; stay away from soffits and lowered ceilings; use drawers rather than cabinets for functionality; incorporate a separate pantry to separate foodstuffs from glasses and dishes; and plan for a family command center.

What is fundamental to a successful project? In the end, it's all about teamwork. The clients and the professionals are all on the same side working toward the same goal. Respect for each other and everyone's areas of expertise is crucial.

PHOTOS TALIA GALVIN

SOFTWARE

Travel Market Innovation

Odysys shifts the power to boutique hotels.

WRITTEN BY **KELLY KEARSLEY**

PHOTOS BY **BRIAN BULEMORE**

You've likely heard stories about entrepreneurs who got their start with a lemonade stand or newspaper route. Kent Schnepp is that guy, though with a distinctly Oregon narrative. A Portland native, Schnepp put himself through the University of Oregon by building bikes and websites, both skills he taught himself.

"I've only ever worked for a handful of companies," Schnepp said. He started his own web design firm two years out of college. He then joined forces with a mountain biking buddy in 2006. Together they transformed Schnepp's design business into a data-driven internet marketing company called EngineWorks. As organic search began to dominate, demand for search engine optimization and marketing business in Portland exploded. They sold the successful company six years later. Schnepp relocated to Bend in 2014 with his newest startup, Odysys, a company that combines his knowledge of digital marketing with a software platform to help independent and boutique hotels boost their bookings.

Escaping Expedia

While building EngineWorks, Schnepp had taken a vacation to Thailand and came back with a new target market. "We kind of stumbled into the hospitality vertical," Schnepp said. "I thought it would be a great excuse to travel more." The whim turned into a solid business after EngineWorks reached out to web development agencies specializing in destination resorts. "We ended up running all the digital strategy and SEO for Vail Resorts, and we had clients around the world," he said.

When Schnepp founded Odysys last year, he returned to that travel market. He saw that boutique hotels much smaller than his previous clients were becoming dependent on online travel agencies (OTAs) such as Priceline and Expedia to acquire customers. These OTAs, however, command a steep commission of up to 20 percent per booking.

Schnepp saw an opportunity. "Our goal is to drive customers to book on the hotel's direct website instead of through the OTAs," he said. Odysys offers clients a platform that houses their website, search, content marketing and reservations system all in one place.

Same fundamentals, smaller place

With interior brick walls and an open floor plan, Odysys' office in downtown Bend has the appearance of a startup in any major city. City life, though, is the last thing Schnepp wants for himself or his burgeoning business. "I want to have a balanced life, and I want my employees to have balanced lives," he said. "It's a fallacy that everyone at a startup has to work fourteen hours a day and give up every hour of their life for the cause."

He's hired nearly a dozen people, all of them local, with an eye toward more growth. "It feels like we can have a positive impact on the community," he said. "I've done that in Portland, but it's more tangible here."

LOCAL INVESTMENT Citing its "interesting market," Cascade Angel Fund announced a $100,000 investment in Odysys in August.

LOCAL CLIENTS Bend's vibrant tourism market offers a wealth of potential clients for Odysys. The Pine Ridge Inn was one of the company's first customers.

BEND BENEFITS Schnepp loves Bend's access to the outdoors and community." However, Bend is still a small town and often in the shadow of Portland," he said. "So hiring can be a challenge. But I think that is changing due to the strong startup community."

BUILDING ITS BUSINESS The company's plans for the next year include improving its software platform, growing its customer base and building its Bend-based team.

From left: Kelly Thiel, Wallis Levin, Karen Ruane

Get Out of the House

Working from home sounds great in theory, but for many people the reality can be lonely and uninspiring. Fortunately there's a new wave of co-working spaces that cater to everyone from artists and writers to developers and makers.

Consider **THE WILDS**, a hybrid co-working art studio space in the Century Center in Bend. The workspaces were full before the space opened, with more hopefuls on a wait-list. Co-founders Wallis Levin (middle), a Bend entrepreneur who builds sets for photo shoots; Karen Ruane (right), a painter; and Kelly Thiel (left), an artist who works primarily in clay, created the space "for fearless creators who need a place to focus on their work, while enjoying the atmosphere of other entrepreneurial artists." The trio launched a Kickstarter in June, raising $7,400 to renovate the facility with skylights, exposed wood beams and glass garage doors.

The region's other co-working spaces include **BENDTECH** and **SISTERSTECH** (both targeting technology workers), the **HIGH DESERT MAKER MILL**, and **THE BRIDGE**—which includes a mix of light industrial facilities and office space.

PHOTOS BRIANBULEMORE

Selling Something on Facebook?

There's an app for that.

MILLIONS OF PEOPLE regularly log on to Facebook to do more than post pictures of their kids and "like" cat memes. Instead, they're using the social network's groups to buy, sell and swap everything from sports equipment to furniture. "People have naturally organized into like-minded groups, but they need a better platform to do what they're already doing," said Molly Scofield, co-founder of Bend-based startup, Handsell.

Handsell is an app that integrates with existing social communities, such as Facebook and offline groups (think your school's PTA), to make all that buying and selling much easier. The app lets you post listings for things you want to sell, manages the related communication and facilitates the exchange of money.

Scofield came up with the idea while working in Paris for Global Strategies, an Ogilvie Company. She wanted to find used goods to furnish her home and had a hard time connecting with expats who could help. She joined forces with Dave Mullan in 2012, a former Microsoft employee and startup veteran from Seattle. The app is running on 26 Facebook groups while the startup collects feedback, develops new features and raises money.

Dave Mullan and Molly Scofield

market report

TRENDING

PHOTO TOP BRIAN BULEMORE; ILLUSTRATIONS BRENDAN LOSCAR

Q & A

Bruce CLEVELAND

One venture capitalist's mission to bring a slice of Silicon Valley to his adopted home with a polytechnic institute.

INTERVIEW BY **KELLY KEARSLEY**

Like *many Silicon Valley escapees, venture capitalist Bruce Cleveland discovered Bend on vacation and began plotting how he could move here. The former Siebel Systems executive and early employee of Oracle could have retired to a quiet life of fly-fishing. Instead, Cleveland dove headfirst into helping build Bend's nascent tech community. His most recent project—creating BendPoly, a polytechnic institute here in the high desert.*

Describe the ethos of BendPoly.
BendPoly is a professional skills academy that helps bridge the gap between a student's undergraduate or graduate degree program and the skills these students need to compete for jobs. We are specifically targeting liberal arts students. Our inaugural six-week course, which finished in August, focused on digital marketing. Companies of all types need these skillsets, not just technology companies.

You've dubbed BendPoly the "ninth semester." Why do you think it's necessary?
The types of "vocational" skills that industry needs in a service-based economy have changed dramatically. The industry is looking for people who understand areas such as sales operations, customer success and digital marketing. Since the applications used in these areas change so rapidly, it is virtually impossible for universities to keep up with the latest applications. This is where BendPoly comes in. We are not

a substitute for a traditional higher-ed program. Instead, we act as "the ninth semester," providing students with the additional, practical training they need to acquire great jobs.

Why put a polytechnic in Bend?
We believe that through BendPoly we can create a center of excellence in Bend focused on skillsets that don't necessarily have to be located at company headquarters. Ultimately, we want to draw students and companies here to Bend; students for the programs and companies that need the skilled labor. We hope to entice both to stay in Bend, thereby building our talent pool and a supply of high-paying jobs.

After a long career in Silicon Valley, how did you land in Central Oregon?
I grew up in Northern California, but my dad and his family were from Salem, so I've been coming to Oregon since the early '60s. We were interested in eventually retiring in Bend, but I wanted to see if there might be a way for me to contribute to the community. Through my research, I learned more about the efforts of others to build the Bend tech community. I partnered with Dino Vendetti (founder of Seven Peaks Ventures) in 2013 to launch the Big Bend Theory in support of the effort to turn Central Oregon into a regional tech center.

Why do you think Bend has the potential to become a destination for growing tech companies?
Bend easily sells itself. It offers a great outdoor life, fantastic schools, and the personal value systems here closely mirror many of the people who live in the Bay Area—family, education, sports and environment, with a substantially lower cost of living. Young families in the Bay Area are desperate for alternatives and, I believe, Bend could be a superb one. Still, there's no panacea; we need to put some fundamental elements in place. The primary one is a four-year university—OSU-Cascades. That will be a deciding factor for companies contemplating a move to Bend as it is the "talent factory" companies need for growth.

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CHAIRMAN *Mike Hollern*

Brooks Resources chairman, **Mike Hollern**, decided to stay in Bend for a while to see what happened. That was **fifty years ago**. Today, the creative developer's influence is everywhere, and he's **not done yet**.

WRITTEN BY **KEVIN MAX**

PHOTOS BY **TERRY MANIER**

By many metrics, Mike Hollern leads a conventional life. He works in an office that was once, in fact, a convent for a quiet order of nuns from the St. Francis Parish. He wears knit sweaters, collared shirts and khakis to work. He has chosen not to accessorize his life through decorous eyewear, as many people do these days. He has not gone completely mobile. He has an office phone and answers it instead of hiding behind layers of staff or technology, as is today's emergent protocol.

"We've got to do something about the roads. The road situation is deteriorating," Hollern told me from a small conference room. There's no alarm in his voice but the tone of someone who has navigated similar problems before.

I ask him how we'll fund it. "I support a gas tax. It borders on a no-brainer," he said. Inside I smiled, remembering that Hollern was never someone who is afraid to call for a tax in the face of a local anti-tax sentiment. No matter how the city ends up funding what appears to be a massive deferred-road-maintenance bill, the man who has had a creative hand in shaping Bend over the past fifty years will be a part of the process.

His profession as a developer is almost never mentioned in the same paragraph with the term "creativity" unless prequalified by its absence. Nonetheless, it's Hollern, chairman of real estate development firm Brooks Resources, who has quietly led an artful revolution of transforming a lumber town of chokes and chainsaws into one of recreation and roundabouts, of higher-use and higher-ed, of artworks and aesthetics.

Hollern, of course, disavows any moniker beyond his professional designation as a developer. "We're just developers with a long-term planning horizon, who care about our community," Hollern said. He politely deflects attention to some of the area's iconic community builders: Sister Catherine Hellmann, the first CEO of St. Charles Medical Center, *The Bulletin* editor Bob Chandler, Mt. Bachelor booster Bill Healy and Old Mill District developer Bill Smith.

When we talk about growth in Central Oregon, Mike Hollern's contribution is both obvious (Black Butte Ranch, Awbrey Butte) and subtle (the High Desert Museum and roundabouts). His influence is ubiquitous today, but his story is one that began one hundred years ago. Going back to the early days, Brooks Resources was Brooks-Scanlon, a logging company based in Minnesota. Bend was a dot on a map surrounded by green. Some of the nation's largest timber barons operated in Minnesota, where they were quickly running out of timber as World War I was in the works.

Brooks-Scanlon Lumber Company—of which Hollern's mother's family, Pauline Brooks, was an owner—looked west and to Bend, where trees were abundant. In 1911, the golden spike was driven into the Oregon Trunk-Des Chutes Railroad tracks that would begin transporting logs and lumber from Bend to bigger markets north and east. What is now the Old Mill District was once the venue of Brooks-Scanlon and Shevlin-Hixon, two Minnnesota-based sawmills on opposite sides of the Deschutes River.

There in Minnesota, Hollern grew up. The Land of 10,000 Lakes was known more for its water than its lumber. Many of these lakes froze in winter, creating the playing surface for Minnesotans' pastime of hockey. It was this sport that sent a young Hollern to join other Minnesotans at Dartmouth College for his undergraduate years. In his junior and senior years there, Hollern was one of the top scorers for a team that would win the Ivy League in 1959 and 1960. For good luck, number 21 would call his fiancé, Sue Ungar, at Skidmore College before every game.

After Dartmouth, Hollern and his new wife, Sue Ungar Hollern, eventually moved to Palo Alto, California where he pursued an MBA at Stanford University while continuing his hockey career with the semi-pro San Francisco Shamrocks in Berkeley. "That consisted of practicing for half an hour on Sundays at 5:30 before a 6:30 game," Hollern said. "I think the team provided the uniforms and the beat-up rented arena. We needed gloves, skates and medical insurance."

Hollern had worked a couple of summers in Bend for Brooks-Scanlon, but the couple's move here in 1965 was more exploratory. "We made a promise to each other—we give it two years," Hollern

recalled with a laugh. "If either of us wanted to leave, we'd go. I didn't have great visionary thoughts at that point. I just thought it was a great place to be. Bend was a marvelous opportunity."

In 1965, Bend's population was approximately 10,000. Because many mill workers were Scandinavian, winter sports and skiing were important to Bend's residents. Lumber workers Nels Skjersaa and Emil Nordeen are just two prominent names in Bend's early ski legacy. There were skiing competitions on Pilot Butte and Bachelor Butte. Frank Cammack, a lumber broker for Brooks-Scanlon coached the Skyliners ski team.

By 1970, Hollern had become president of Brooks-Scanlon. The logging company owned vast tracks of timber in Central Oregon. "We were in the real estate business whether we wanted to believe it or not," said Hollern. Brooks Resources, the real estate development arm of Brooks-Scanlon, formed in 1969 with Hollern at its helm. Bend was changing.

Black Butte Resort was Hollern's freshman project. Brooks Resources owned most of the land that would become Black Butte Ranch but needed the state's regulatory blessing and a crucial road frontage easement to make it work. He recalls sealing the deal on the land from a meeting in a bar behind Portland's airport. That day, the Minnesota Vikings were playing a Kansas City Chiefs team led by quarterback Len Dawson in Super Bowl IV. Hollern lost a $5 bet on his beloved Vikings but came home with the final piece of land that would become Black Butte Ranch.

From 1970 to 1980, Brooks-Scanlon went from being a $10 million company to a $100 million enterprise, Hollern said. Brooks Resources spun off from Brooks-Scanlon in 1979, with Hollern as its chairman. This new entity was, indeed, in the real estate business and soon began shaping Central Oregon's landscape. There was Awbrey Butte, River Wild at Mt. Bachelor Village Resort, Tollgate in Sisters, Yarrow in Madras, NorthWest Crossing in Bend and roundabouts.

Maybe he saw the first American incarnation of a roundabout in Berkeley as he drove to the Shamrocks arena in the early '60s, but Hollern clearly recalled the traffic-calming devices in Europe after a vacation abroad. Traffic was the main roadblock for the City of Bend to allow further development on the west side. Hollern devised a plan through which developers would build them with their own money and gradually get paid back by the City of Bend.

Soon roundabouts were everywhere with art pieces set in the middle, including the so-called Flaming Chicken. In its typical curiosity-about-the-Western-cousins-style, *The New York Times* took an editorial interest in Bend's roundabouts in a piece in December 2002.

That same year, sociologist Richard Florida published a book—*The Rise of the Creative Class*—whose premise Hollern quickly embraced. The author best summarizes his thesis as, "Access to talented and creative people is to modern business what access to coal and iron ore was to steel-making. It determines where companies will choose to locate and grow …"

While Hollern doesn't think of himself as "particularly creative," the notion behind *The Rise of the Creative Class* resonated with him. "I just thought it made a lot of sense to think about economic development in a different way than just developing shovel-ready industrial sites and providing tax subsidies to lure employers," he said. Projects such as the mixed-use NorthWest Crossing, Prineville's IronHorse, marketed as desert dens for creative pursuits, and others fit easily into this philosophy.

As integral as he has been to the growth of Central Oregon, the Brooks Resources chairman rarely emerges from his professional role. Hollern, nonetheless, has sometimes stepped up in support of art, culture and human equality, but always with a forward-looking perspective. For the Basic Rights Oregon campaign that helped bring about legal equality regardless of sexual orientation in Oregon, Hollern's voice becomes one with *Creative Class*. "We know that young, bright people gravitate toward areas that are perceived as tolerant and open," he wrote in support of 50 Voices for Equality, an equal rights advocacy group. "So if our communities do not adopt principles and legislation demonstrating our tolerance of all sexualities, we'll be losing that influx of people."

"I'm inclined to think that we're on the brink of greater growth. I think the economy will continue to diversify. I still worry about the lack of racial diversity and the lack of affordable housing."

One high-profile project that combines many of Hollern's passions for community building is that of the OSU-Cascades campus. The Brooks Resources chairman is on the site-planning advisory committee of the new four-year university. Its location, on Bend's west side, has become a source of public controversy, with one group calling for its removal to a tract of land on Bend's outskirts.

OSU-Cascades president Becky Johnson worked with the site planning committee of five developers, including Hollern, to choose the final site for the campus. "When Mike looks at the campus, he looks at it from a community-building perspective," she said. "He always has a bigger picture of how you can do business but make your community a better place to live."

Despite owning no piece of these parcels, Hollern argued for an integrated campus on Bend's west side, where non-motorized transportation would prevail. Central Oregon's greatest opportunity going forward, he said, is helping Oregon State University-Cascades grow to provide opportunities, stability and a culture increasingly built around education.

"I'm inclined to think that we're on the brink of greater growth," he said. "I think the economy will continue to diversify. I still worry about the lack of racial diversity and the lack of affordable housing."


BEND
PEAK
LAKE
TRAIL
BEND
POP.
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Where Do We GROW from Here?

Over the past fifty years, Bend has grown in short, intense bursts. This time, it means growing up or growing out. Are we ready?

WRITTEN BY **ERIN FOOTE MARLOWE**
GRAPHICS BY **BRENDAN LOSCAR**
CHALK ART BY **KATEY DUTTON**

On July 15, a dozen people packed the Bend City Council meeting. Determination radiated from their florescent yellow shirts whose bold capitals proclaimed, "Save Pilot Butte."

There was no insidious plan to close the butte, or strip it of its junipers or pave it over with a new road. What Pilot Butte needed saving from was growth in the form of an apartment complex planned for a nearby neighborhood. This proposed 205-unit apartment complex would add to the scarce inventory of available rental housing and likely offer affordable homes to some of those families in Bend's growing population.

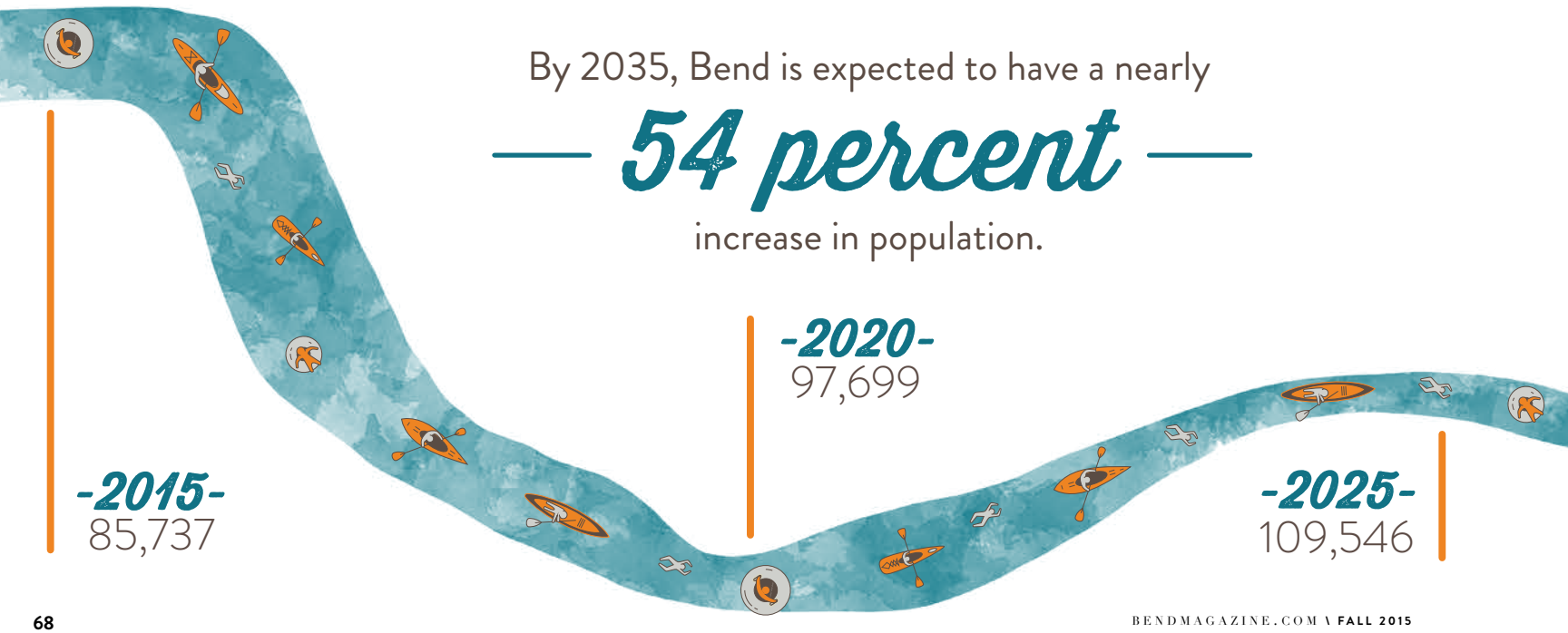
At this council meeting, there was little solidarity from a renter in another nearby apartment complex. "I don't believe that the four-story apartment complex is the best, efficient use of that land," said Hope Dalryample. "[Our street] already has parking problems as it is. Our lease is month-to-month, and if they do the construction, our plan is to move because it is just going to be unrealistic to get out of that parking area."

Dalryample's voice, shaky with nerves at times but determined nonetheless is increasingly the voice of many Bendites who weathered the recent recession and now see a city ready to explode with growth once again.

Urbanization, in-fill, and density are all themes in play as Bend contemplates its larger self. No matter what moniker it goes by, change—significant change—is on the cusp. Central Oregon, and Bend in particular, will look very different in the coming years.

Multi-storied buildings and other housing density projects will soon be planned for neighborhoods in the southeast, the northeast, the downtown core and every other section of the community as Bend seeks to accommodate a projected 54 percent increase in population over the next twenty years while balancing a state mandate to keep the city's urban growth boundary tight around the waist.

"It's in the cards, and it's not going to be easy," said Nan Loveland, one of the founders of Old Farm Neighborhood Association in southeast Bend who, at times, has closely scrutinized developments near Pilot Butte and sees the "Save the Butte" group as an inevitable harbinger of growing conflict. "[This apartment building] is going to add more people, it's going to change the nature of how the area looks," Loveland said. "Residents have had open spaces for a long time. People just don't like change. Very few people embrace it."



POPULATION

Loveland, who moved to Bend in 2000 after retiring from a teaching career, was part of an earlier wave of Bend's population growth—a boom that increased Bend's population nearly 70 percent between 1995 and 2000.

Trevor Scott, 28, is part of a new influx that is being driven by recreation and new industries, particularly high-tech.

Trevor and his wife, Rachel, 26, moved from California to Bend in June for his new tech job with Five Talent, an app and software development company. She left a steady job as a risk analyst with Ventura County, where she had just earned a promotion. The couple packed up their studio apartment in a desirable neighborhood just a mile from Ventura beach and headed for Bend, even before finding housing.

"We just wanted to live here," said Rachel. "We felt the draw for so many years and to have the door open up for us, we just couldn't say no."

They came for the love of the outdoors, skiing at Mt. Bachelor and to be closer to family, who live in Northern California. The young couple knew it would be difficult for Rachel to find another job, and that affordable housing in Bend was scarce, yet they believed it was the right thing for their family and first child.

"The conversation basically came down to, 'Do we want to be semi-comfortable in Ventura or live somewhere where we actually want to live and risk being slightly less comfortable?'" said Trevor.

This quality-of-life debate, chiefly among millenials and seniors, is expected to result in an additional 46,500 people migrating to Bend by 2035, increasing the population to 132,200. This growth is expected to outpace the rest of Oregon, the West Coast and most areas across the nation.

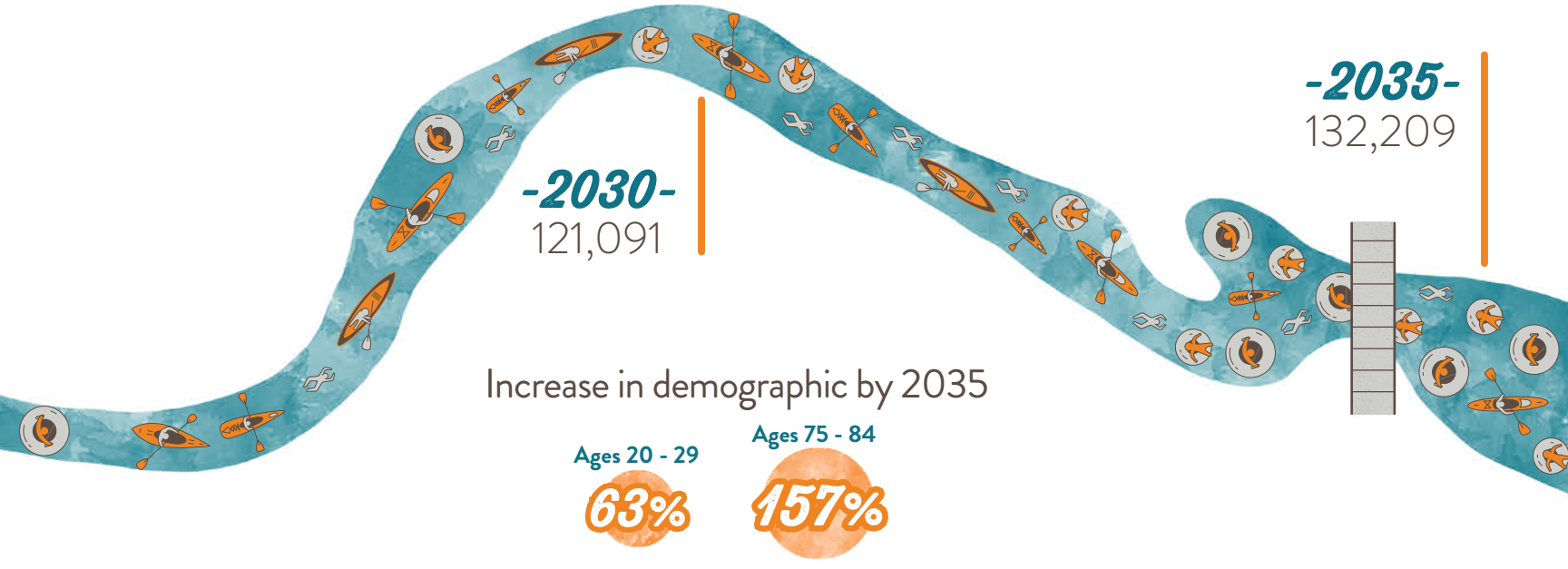
"Boomers and the millenials are the dominant market in Bend to the mid-2030s," Arthur C. Nelson, a professor of urban planning at the University of Utah and a nationally recognized demographer, told the Bend City Council and the City Club of Central Oregon in July. "What these two groups want will help spur the coming changes in how people live and get around in Bend."

Fewer millennials, now 20 to 35, are opting for the quintessential single-family home on a suburban lot. Likewise, seniors are, increasingly, looking to downsize to smaller homes, condominiums or apartments. Both groups favor walking, biking and public transit.

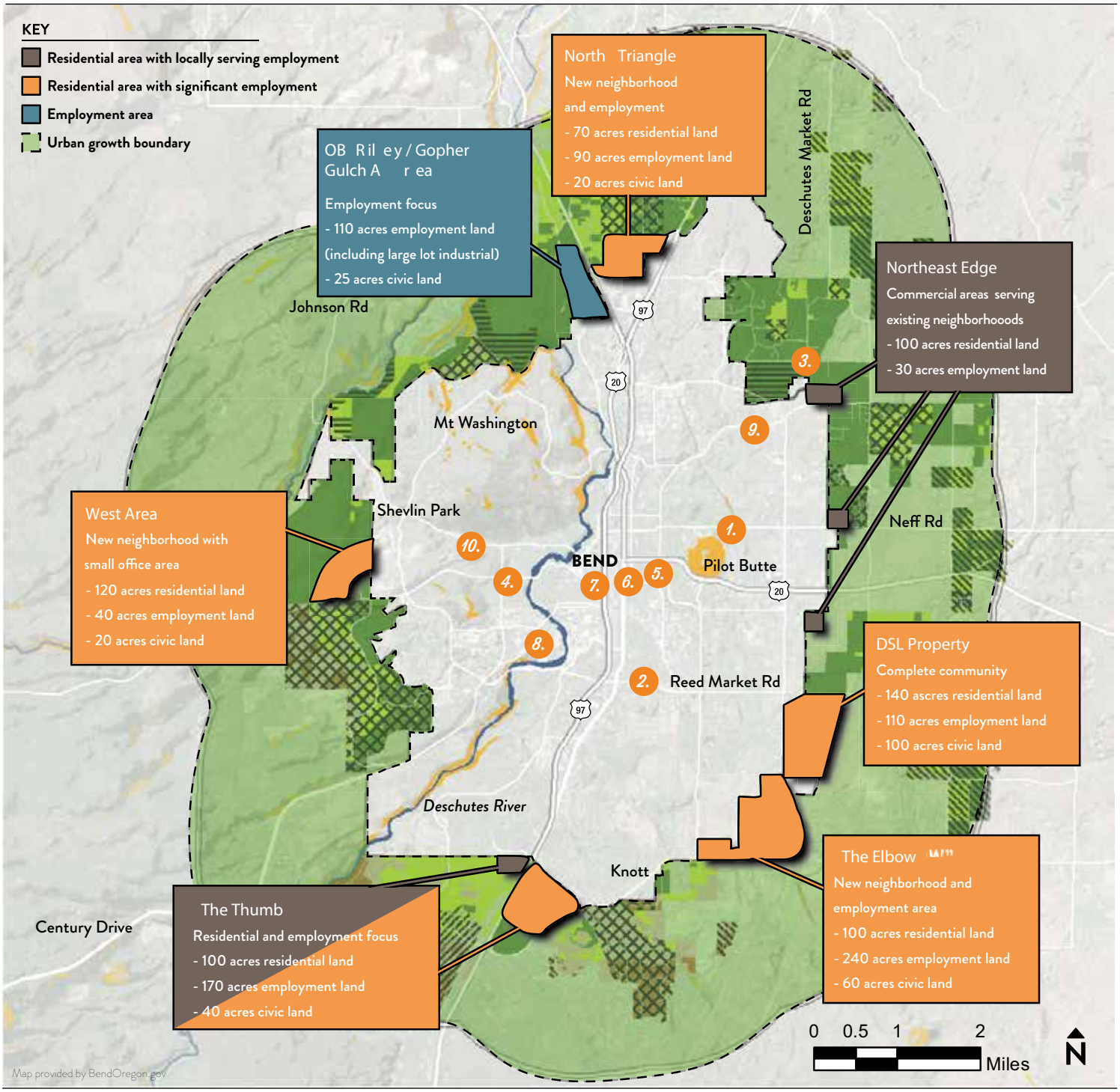
"This will lead to a decline in home ownership," said Nelson. "Basically forty percent of all new demand will be for rental housing. A much higher share of all new housing going forward to 2040 is going to have to be different. And these groups will be looking for more opportunity for walking and biking."

"We just wanted to live here. We felt the draw for so many years and to have the door open up for us, we just couldn't say no."

—RACHEL SCOTT



URBAN GROWTH PLANS



PROJECT QUEUE

1. **Neff/Purcell Intersection & Corridor*** Improve intersection, bike safety, sidewalks **Est Cost: $3.6M**
2. **Wilson Corridor (2nd to 9th)*** Improve intersection, bike safety, sidewalks **Est Cost: $2.4M**
3. **Purcell Canal** Crossing and sidewalks **Est Cost: $1.5M**
4. **Galveston Streetscape** 14th to Riverside **Est Cost: $2.8M**
5. **8th Street*** Franklin to Greenwood **Est Cost: $900k**
6. **6th Street Bike Boulevard** North/South bike improvements **Est Cost: $300k**
7. **Hawthorne Bike Boulevard** East/West bike improvements **Est Cost: $500k**
8. **Columbia to Harmon Bike Boulevard** North/South bike improvements **Est Cost: $500k**
9. **Wells Acres/Butler Market (8/9th to 27th*)** Sidewalks and multi-use path **Est Cost: $1.6M**
10. **Newport (bike-sidewalk)*** Improvements **Est Cost: $500k**

HOUSING

In an attempt to slow urban sprawl and maintain farmland and forests, Governor Tom McCall, in 1973, signed a progressive land-use bill that mandated a twenty-year supply of land for housing and economic development for every city in Oregon. McCall, in a passionate speech, decried, "sagebrush subdivisions, coastal condomania and the ravenous rampages of suburbia."

The relationship between the state-regulated UGB and the City of Bend has been that of teacher and student. In 2010, the city submitted a plan to the state Land Conservation and Development Commission to expand its boundary by 8,400 acres—the first proposed expansion since 1981. The state rejected the application for its failure to first show how it would use existing space within the city efficiently.

The overriding message from the State of Oregon to the build-first predisposition of Bend was that density must precede sprawl. Now the city is planning for an expansion of around 2,000 acres with a focus on using land currently inside the UGB differently. It's likely that this philosophy, more than anything else, will shape Bend's cityscape over the next fifteen years.

Behind this prescription is the notion that the largest tracts of undeveloped land, such as those in southeast Bend where Loveland lives, will be rezoned and subdivided to usher in a greater density of residences. At the same time, the city will look to create incentives for new development on small infill lots inside existing neighborhoods throughout town. For example, the Bend City Council recently eliminated the need for expensive conditional use permits for new duplexes on corner lots.

That single change immediately triggered a fuss in Bend's West Hills, where a developer began building a multi-family home in an area surrounded by single-family houses. Homeowners took to an online forum called Nextdoor to vent their frustrations with the new project.

"I need some space around me but still be within walking distance of amenities and be able to meditate while looking at the mountains," wrote one West Hills resident in the thread relating to the new duplex. "I have lived down in the flats, and it was a lot noisier."

"Although I enjoy the convenience of living in town, the thought of leaving the city, or buying a larger parcel within, crosses my mind every day," wrote another resident. " … The unfortunate fact of the matter is that there are too many people who want to live in Bend, to build every residence a typical single story with a quarter-acre or more."

This frustration over new development in the city isn't a new problem. From her single-family home off of Ferguson in southeast Bend, Loveland looked out of her sliding glass door on a recent afternoon and described how she and a dozen other residents were able to persuade the city to reduce the number of lots that a nearby tract was subdivided into about a decade ago.

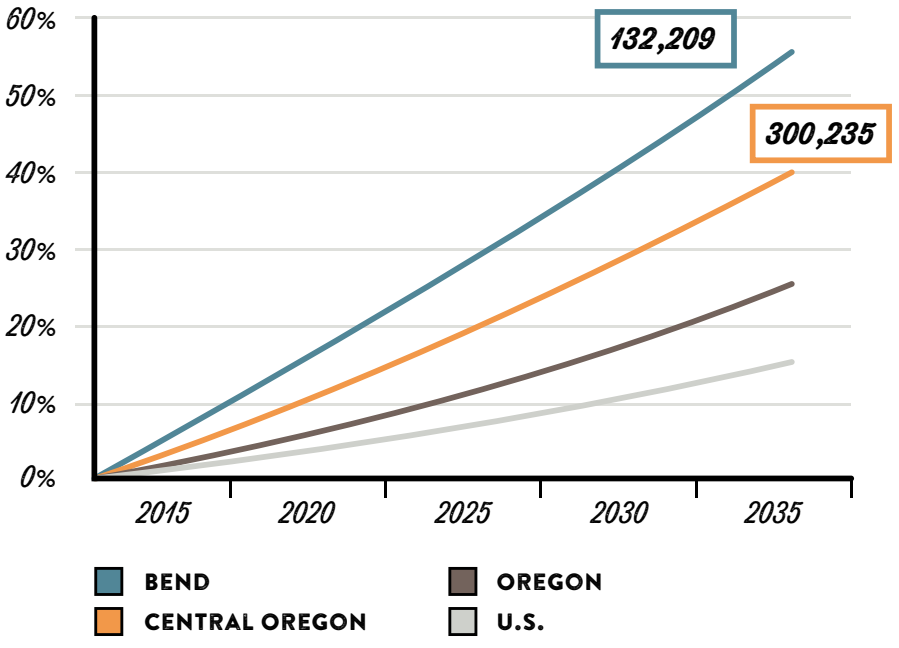
"That subdivision was going to go in with sixty-eight homes—it was going to be high residential," she said. "That left (some neighbors) with five new homes along their lot line. So a bunch of us got together and hired Paul Dewey as a lawyer," Loveland said, referring to the executive director of Central Oregon Landwatch, a group that encourages smart growth. "We got it down to thirty-eight."

Despite Loveland's earlier success in shaping development, she isn't sure how new rules currently being drafted by the city's planning commission will affect new higher-density residential projects abutting existing neighborhoods.

"My concern is that the new language will have protections for RL, the lowest density zoning, but what happens when you put these big lot residential single-family lots up against residential medium density lots or residential high density lots?" Loveland asked, speaking in the vernacular of developers gleaned from her involvement in civic committees and land use. "How do we preserve the character of these old neighborhoods?"

As the UGB expansion marches forward, the key to achieving this will be community input. "Involvement is a big key—it's a huge key," Loveland said. "You have to spend the time to learn what the problems are, who the players are, and how you can influence things, what you can bring to the table that might be helpful."

GROWTH COMPARISON



TRANSPORTATION

Crumbling streets, an incomplete sidewalk grid, dangerous bike and pedestrian routes and a fledgling transit system that runs just six days a week and stops at 6:15 p.m.—this is the current state of Bend's transportation system.

Now picture another 25,000 cars here by 2030 with virtually no new roads, the addition of a university, and the realization of denser residential housing.

What sounds like a system doomed to failure could actually be the seed of a solution to Bend's transportation issues, said Robin Lewis, transportation engineer with the City of Bend. The more congested the streets, the more people are willing to consider alternative modes of transportation. For investments in key multimodal infrastructure such as public transit to pencil out, more people have to be willing to regularly take the bus.

In the coming months, as part of the UGB process, the city will begin changing zoning and development rules to create incentives for developers and residents to embrace supporting alternative modes of transportation.

In fact, earlier this spring, the city reduced parking space requirements for residential developments near a transit line, in the hopes of encouraging more development near transit lines and to coax future residents to take public transit.

Moves like this could encourage people to live along "transit corridors," which will become the skeletal structure for higher density areas throughout the city. Greenwood Avenue, Third Street, Reed Market Road, and other major streets will eventually offer the multimodal transit, bike and pedestrian facilities that will allow the city to better accommodate growth with fewer cars.

These changes, however, imply a change of culture and a substantial influx of funds. A tally of the cost of projects for improvements to transportation run more than $100 million, plus ongoing annual funding of $5 million or more to operate the public transit facilities.

Earlier this year, David Abbas, the street maintenance director for the City of Bend, said that city streets have declined to a "D" level and the city is facing $80 million in deferred maintenance. Compare that to Deschutes County and Redmond, which have maintained streets at a "B" level.

The deferred maintenance is the result of at least a decade of political and administrative instability, said Bend City Manager Eric King. From 2000 to 2007, Bend had four city managers and a great deal of turnover on the city council. To tackle large infrastructure issues during that time was very challenging, he said, and earlier attempts to fund roads were voted down by the city council.

"These are not easy things," said King. "There have been efforts to educate the council on these issues, and sometimes there is political will for it and sometimes there's not."

Loveland watched it happen from her position on the city's infrastructure advisory board, where she served for years. "The hard thing for Bend is that we are playing catch up," said Loveland. "The decisions were not made thirty years ago when they should have been made."

Because of the constraints of Oregon's Measure 50, the funding mechanisms to catch up are few and local. Twenty-three cities across the state have navigated this issue with a local fuel tax, another thirty-one have passed transportation utility fees—which are frequently tacked onto water and sewer bills.

A tally of the cost of projects for improvements to transportation run more than $100 million, plus ongoing annual funding of $5 million or more to operate the public transit facilities.

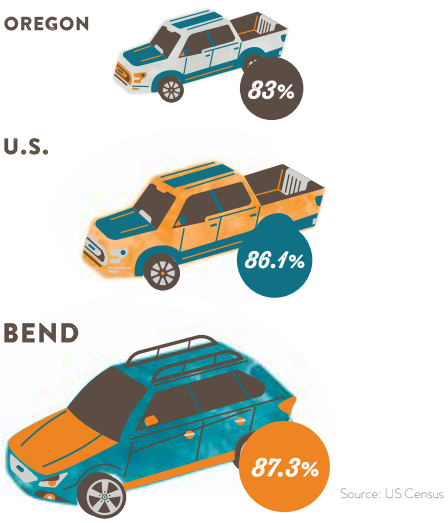
In August, Bend City Councilors, in a four-to-three vote, agreed to open up the debate of a local fuel tax to Bend residents by putting the issue on the March 2016 ballot. Passing it will be tough, with formidable opposition likely from a group of local petroleum dealers, which has hired Bend's former mayor, Jeff Eager, to lobby against the tax on their behalf.

But the city has other options for raising transportation money. It could ask the public to pass a food and beverage tax that would seek to capture more tourism revenues from the roughly 2 to 3 million Bend visitors each year. The city also has plans to lobby the Oregon Legislature to pass a studded tire fee or new vehicle registration fee.

While funding roads in Bend is challenging, the real question is whether the city has strong enough political leadership to address the issue and adequately frame what's at stake for its residents.

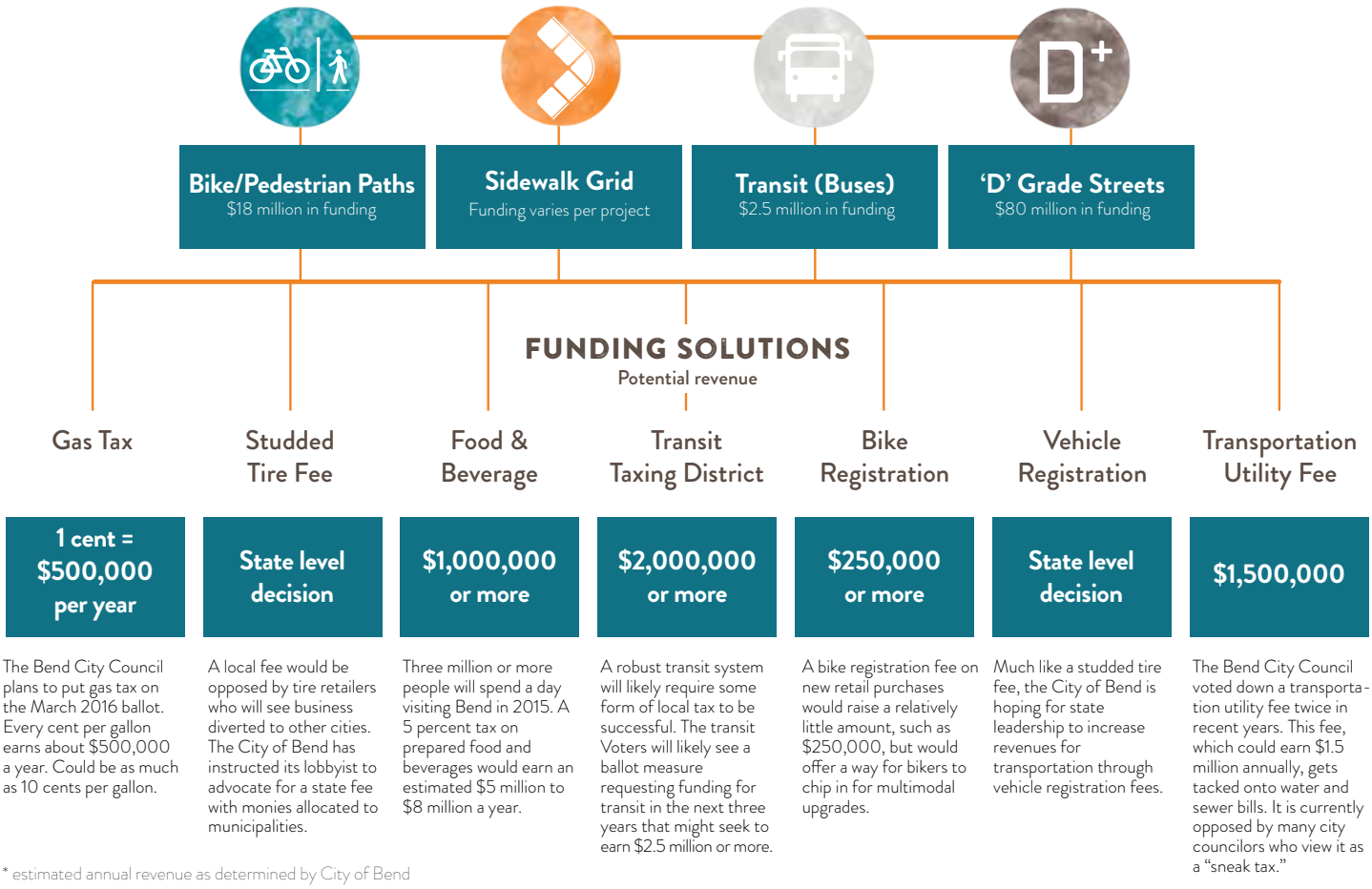
TRANSPORTATION COMPARISON

Percentage of commuters using personal vehicles to drive/carpool to work.



Source: US Census

TRANSPORTATION FUNDING



* estimated annual revenue as determined by City of Bend

For Trevor and Rachel Scott, Bend's future looks promising, but they are concerned whether the city they chose will be a good long-term bet. They wonder if voters will continue to fund schools with new levies. Will there be local employment opportunities for their daughter to stay in Bend when she is of working age? Can the small-town charm be preserved in the face of growth?

"It does seem like it's on the cusp of something," said Trevor. "I couldn't tell if it would be negative—it seems like it would be positive."

Meanwhile, many longtime residents resent the influx of newbies and change.

"Everybody has lived in rental housing at one point or another in their lives, but they don't see the individuals for the whole," Loveland said. "They don't see the individual college student coming in, they just see the hordes."

You can give your input and help make the decisions you want to make.

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Visit BendMag.com/projectse

Central AREA PLAN

Central Westside AREA PLAN

Galveston CORRIDOR PROJECT

GREAT ESCAPE

FOUR (EASY) WAYS TO GET AWAY LOCALS-STYLE

GETTING AWAY is the easiest thing to do in Central Oregon. Deciding which of the many options to pursue is the real Central Oregon dilemma. Nonetheless, you neither have to look nor go very far to embark on a vacation near at hand. The trick is choosing an adventure to suit your mood.

We asked four people to share their cool local getaways in hopes that it would inspire your own. Their favorites range from intimate music venues to adrenaline-doused downhill biking to solitary wilderness retreats. Adventure begins as a stirring, a yearning. Let these ideas be your spark.

written by **KIM COOPER FINDLING**

CAMP OFF GRID

LOCAL

Pam Stevenson, entrepreneur coach and outdoor adventurer

BETA

Every fall, Pam Stevenson takes a backpacking trip into the postcard beauty of the Mt. Jefferson Wilderness. “The views of Mt. Jefferson are fantastic, and the foliage is all red,” she said. There are five or six routes to access the wilderness area by foot. Stevenson usually opts for the Whitewater Trailhead, which is about a six-mile hike. Once there, she has many options. Jefferson Park is home to Scout, Bays and Russell lakes, all of which have several designated campsites. “I make a full weekend trip of it,” she said. “It’s a bit chilly come October, but the upside is that there are no mosquitoes.”

A Bend resident for sixteen years, Stevenson is a committed outdoor adventurer. That spirit led her to a 1968 vintage Shasta compact trailer that she bought this summer to extend her camping season. Her favorite trailer camping destination in the Cascades is Crescent Lake. “I love the sandy beaches, warm water, and views of Diamond Peak,” she said. “It’s my go-to.” The former director of marketing for Kialoa Paddles appreciates the water recreation at Crescent Lake. There are several campgrounds around Crescent Lake, some of which are open year-round and include yurts for rent.

PHOTO BY BRIAN BECKER

GO FLY-FISHING

LOCAL

Becky Johnson, President, OSU-Cascades

BETA

Becky Johnson has been fly-fishing Hosmer Lake since the 1980s. "It was a lot less crowded then, just some hard-core canoeists and fishers." Bird-watchers and others soon discovered this gorgeous alpine lake tucked behind Elk Lake off of Cascade Lakes Highway. Despite its increase in popularity, it's still Johnson's favorite place to fish. "You turn one way, there's Mt. Bachelor, turn the other way, there's South Sister, you look down, you see the fish, you look up, you see the reeds along the banks," she said.

Johnson, who has led the direction and growth of Central Oregon's first four-year college campus, has caught both Atlantic salmon and brook trout on the lake. "I usually use a transparent line and a wooly bugger with two droppers," she shared. From her pontoon boat, Johnson likes to ply the canal that connects the two main portions of the lake.

Another favorite is the Upper Deschutes River between Crane Prairie and Lava Lakes, but Hosmer Lake still has her heart. "I always think, if I'm going to go, let's make it here. Just let the lightning strike me now."

PHOTO BY TYLER ROEMER

PINE NURSERY PARK POND
Within this 159-acre park in northeast Bend is a fishing pond, open to all ages and well stocked with rainbow trout, bluegills and bass.

CROOKED RIVER
Trout love swimming the Crooked River between Bowman Dam and Prineville, making this a great classroom for the aspiring fly-fisher. The river is particularly accessible—no bushwhacking required.

LOWER DESCHUTES RIVER
Legendary fishing for trout and steelhead plays out along this ribbon of cold, clean water running through a rimrock basalt canyon in northern Central Oregon. Expect crowds during high season.

MCKENZIE AND METOLIUS RIVERS
For the experienced fly-fisher only, these two rivers will test your mettle with clear water and savvy fish. Bring your smallest flies and your biggest dose of patience.

SEE LIVE MUSIC

LOCAL

Brad Tisdel, Creative Director, Sisters Folk Festival

BETA

As a twenty-year resident of Sisters and the creative director of the Sisters Folk Festival, Brad Tisdel has witnessed the small city's gradual evolution into a regional music mecca. Tisdel points to a number of creative stages around Sisters as his favorite places to see music acts.

As the annual folk festival grew over the years, it spawned many small intimate venues, he noted. Many of these stages are active outside of festival season, offering music lovers diversity and opportunity. "Each has a unique community feeling and provides a special experience," said Tisdel.

A few of Tisdel's favorites include The Belfry, The Open Door, The Depot Café, FivePine Lodge and the backyard of Angeline's Bakery. "Angeline's started hosting 'festive Fridays' maybe fifteen years ago in a sweet space in their backyard that quickly became a welcoming community gathering place. It's kid-friendly with exceptional performances and a feel-good vibe." Others followed suit, often adding a stage to an existing business. The Depot is a café; FivePine is a resort; and Open Door is an alter ego of Clearwater Gallery. "Open Door is an intimate, art-focused space with great food and an Italian café atmosphere," Tisdel offered. The Belfry is a larger newcomer that Angeline Rhett of Angeline's Bakery converted from an old church to a hip music venue that hosts acts such as Iris Dement and Brothers Comatose. "It contributes greatly to the mellow, talented, welcoming local music scene," observed Tisdel.

PHOTO BY BRENT McGREGOR

LES SCHWAB AMPHITHEATER
Bend's biggest venue, Les Schwab accommodates 8,000 people for concerts and other events on the banks of the Deschutes River in the Old Mill District. It hosts a growing list of big-name acts beneath pastel sunsets.

MCMENAMINS OLD ST. FRANCIS SCHOOL
The McMenamins brothers have a relentless passion for renovating old buildings into fun, psychedelic, and creative hotels, movie houses and taverns. This former Catholic school is a great place to catch live music in Bend.

CENTURY CENTER
Live music acts and festivals pop up here at Bend's Volcanic Theater Pub, the spacious garden at GoodLife Brewing, and other indoor and outdoor venues on this mixed-use property.

SILVER MOON BREWING
This oldie-but-goody local brewery features live music on Friday and Saturday nights year-round in its industrial space in downtown Bend.

MASTON TRAILS
Between Tumalo and Redmond is a network of terrific trails on gently rolling terrain with incredible views of the Cascades. Sheltered by old growth juniper trees, these trails are popular for winter riding.

PETERSON RIDGE TRAIL
At the south edge of Sisters across Whychus Creek is a twenty-five-mile trail system composed of playful, flowing singletrack through a pine forest. Good for varying abilities.

RIDE DOWNHILL

LOCAL

Arlie Connolly, Miller Elementary third-grade student

BETA

Arlie Connolly started mountain biking before he started school. These days, he takes on trails that would strike fear in most adults. Some of those are at his favorite destination—the Mt. Bachelor Bike Park. At the new bike park, ski lifts hoist mountain bikers and their bikes up the hill, leaving them to plummet down developed trails on their own. The park now has thirteen miles of developed trails with more to come. Connolly counts himself as one of the first to try the park in 2014, and has participated in Mt. Bachelor's weeklong Gravity Bike Camp for two summers.

The elevation change is what sets the bike park apart, said Connolly. "It's really different than riding down a regular trail." He admitted that it took him some time to get used to the idea. "It's kind of scary when you haven't done real downhill mountain biking." He started with FTL, or First Timer Line, on the Sunshine lift. "It's a beginner trail with no rocks and nice flowy turns," he said. His current favorite, Hanger, off of the Pine Marten lift, is a bit more challenging. "There are a couple of ditches, and when I come down that one hill on Hanger, I'm never confident."

The young rider became such a familiar face in the park that park managers featured him in a promotional video called, "The Kids of Gravity Bike Camps." When he's not in camp, he screams down the mountain with his dad, Nate, and sometimes with his mom, Trish. The Connolly family often makes a day of it with a tailgate picnic in the parking lot after a day of riding. "It's fun to have lift access and not have to climb," said the youngest Connolly. Open seasonally.

PHOTO BY TYLER ROEMER

PRINEVILLE GRAVEL
Crook County is home to hundreds of miles of gravel and dirt roads, perfectly suited to off-road riding and touring. Get off the grid and into the stunning forests of the Ochoco Mountains.

MCKENZIE RIVER TRAIL
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Back Deck

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Back Deck ■ *arts & events*

■ rodeo

NPRA Rodeo Finals

> SEPTEMBER 25-26 AT THE CROOK COUNTY FAIRGROUNDS

The NPRA Rodeo Finals is the culmination of some of the best cowboys, cowgirls and livestock from the season. The NPRA is the largest rodeo organization in the Western United States, and hosts many rodeos across the West throughout the year.

■ film

BendFilm

> OCTOBER 8-11 AT VARIOUS LOCATIONS IN AND AROUND BEND

Now in its twelfth year, the BendFilm Festival just keeps growing. BendFilm's partnership with the three other conferences—Bend Swivel, Bend Design and Bend Venture—happening the same week, means creative-types can take part in a weeklong mind-expanding journey.

■ sports

Hosted in Maupin along the Deschutes River, **Ride Row Run** is not a typical triathlon. In lieu of swimming, participants paddle their way through part of the Deschutes. Paddlers also don't have to go it alone—your whole team can get in a raft or kayak for that leg of the journey. If multisport events aren't your game, try a running, walking or golfing alternative.

RIDE ROW RUN | September 20 | Maupin

PACIFIC AMATEUR GOLF CLASSIC | September 19-24 | Sunriver

CRUSH CANCER 5K/10K | September 27 | Terrebonne

ZOMBIE RUN | October 30 | Downtown Bend

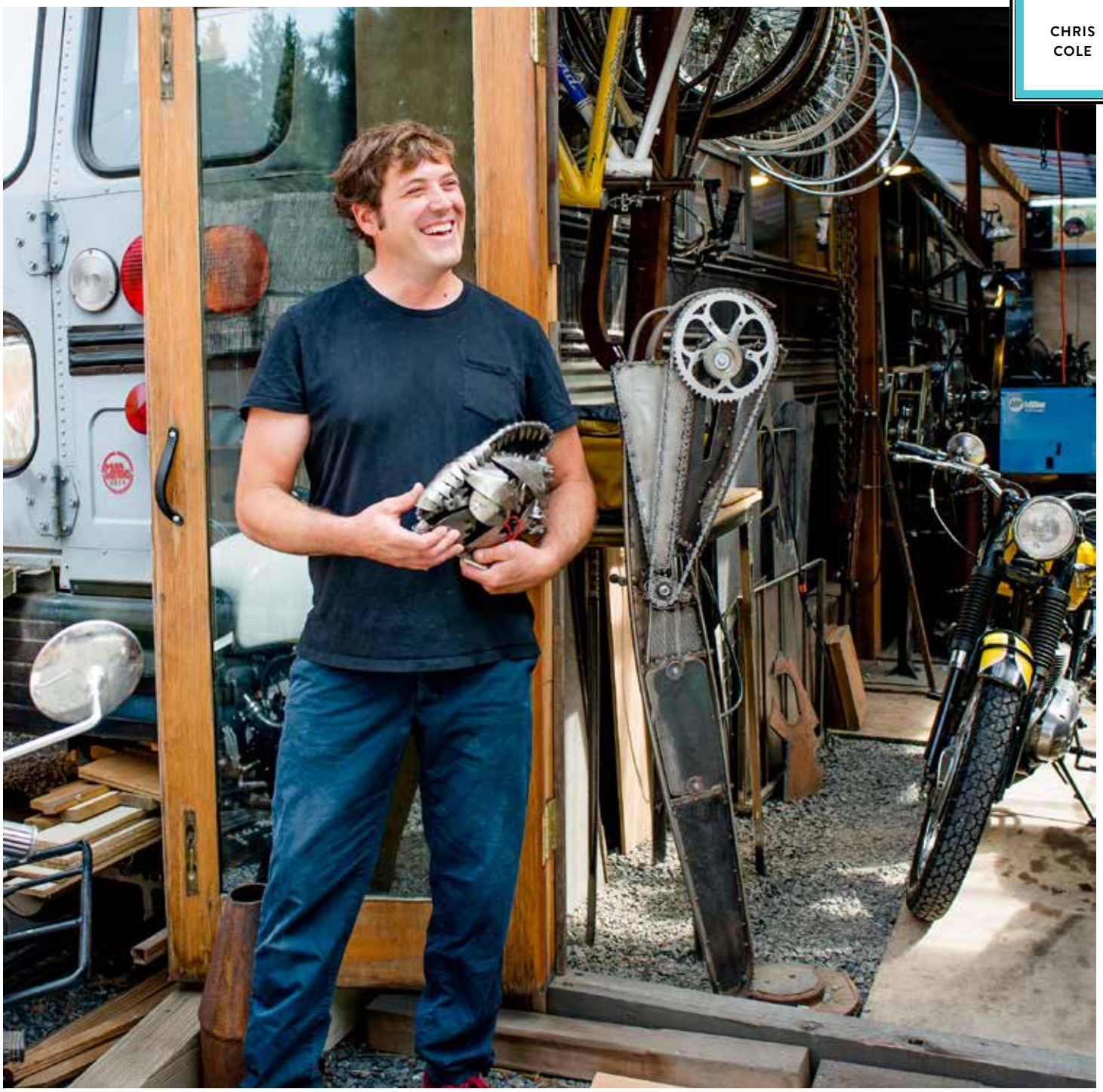
■ conference update

Bend Swivel Conference (formerly known as WebCAM) will host speakers in three locations in Bend to kick off a creative and inspiring week following BendFilm Festival. Slotted for the middle of the week is the innaugural year of the **Bend Design Conference**. The week concludes with the **Bend Venture Conference**, offering entrepreneurs, startups and growing companies the opportunity for investment from notable investors and business leaders. René Mitchell, the founder and a board member of ScaleHouse—a nonprofit fostering the creative spirit in Bend—said that with the addition of the **Bend Design Conference** to the lineup of BendFilm Festival, Bend Swivel Conference and Bend Venture Conference, the city is "organically creating our own [South by Southwest]."

SWIVEL CONFERENCE | October 12

BEND DESIGN CONFERENCE | October 14-15

BEND VENTURE CONFERENCE | October 15-16



ARTIST PROFILE

Chris Cole

Chris Cole's kinetic art tranforms discarded metal and bike parts into wondrous moving creatures.

WRITTEN BY **LEE LEWIS HUSK**

PHOTOS BY **TALIA GALVIN**

CHRIS COLE

Ripley's Believe It or Not! and the luxury department store, Barneys New York, wouldn't seem to have much in common. Yet, they share an aesthetic that converges on a quiet back street of Bend, where sculptor Chris Cole transforms new and salvaged metal scraps and discarded objects into fantastic works of kinetic art.

"I'm an outdoorsy person, which contrasts with my work—machines, motors, electronics and all these recycled objects."

Thousands of New Yorkers and holiday shoppers this past December got to see "Patterson," a mechanized and metallic owl sculpture nestled in a holiday window display at Barneys' flagship store on Madison Avenue. The six-and-a-half-foot, 500-pound bird rotated its head, ruffled its feathers, told tales and peered back at the crowd through its motorcycle headlight eyes. Cole isn't sure how the iconic department store found him, but he was honored to receive the commission. At the opening, Cole said he loved watching New York bike messengers screech to a stop and take pictures of the owl.

When the gig was over, Barneys returned ownership of the sculpture to Cole, who found an eager buyer among an existing collector, Ripley's. The owl will eventually entertain visitors at the San Francisco Ripley's on Fisherman's Wharf. "Basically, Ripley's buys funky art and interactive pieces," he said, adding that the owl is the tenth motorized sculpture the international franchise has bought from him. His kinetic sculptures run by electric motor or hand crank; the owl, his largest piece yet, has five motors running its parts.

As a former bike mechanic and self-described tinkerer, Cole started drilling, tapping and welding leftover bike parts and other objects into sculptures in the late '90s—"just for the fun of it," he said. Today he works from an old school bus parked in his backyard. The bus is lined with bins of bicycle gears, chains, spokes, hubs, motorcycle parts, even artificial human limbs.

Cole draws inspiration from the convergence of the natural and industrial worlds. "I'm an outdoorsy person, which contrasts with my work—machines, motors, electronics and all these recycled objects," he said. His portfolio of paintings, sketches and kinetic sculptures features many different creatures, but fish are his favorite. "I love the body shape of fish," he said. He evokes Leonardo da Vinci's drawings of flying machines as an influence on his bird sculptures and drawings.

Appreciation for his art is growing among collectors and museums. He currently exhibits at RiverSea Gallery in Astoria and R E Welch Gallery in Seattle. His kinetic sculptures sell for an average $10,000, with some going for as much as $22,000, giving the 45-year-old Bend resident the opportunity to spend most of his time pursuing his passions—tinkering in his studio and camping on the Oregon Coast.

For extended content, go to:
BENDMAGAZINE.COM/ARTIST

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WRITTEN BY **BRONTE DOD**

THEATER

WRITTEN BY **LEE LEWIS HUSK**

THE MUSICAL COMEDY *Avenue Q*—and its ribald troupe of puppets—premieres for the Tower Theatre Marquee Series on September 11. The musical comedy's coming-of-age story features puppets. These puppets, however, tell irreverent jokes, surf the web for porn and have sex on stage. The Tower has posted a warning on its website: "Full puppet nudity and other vulgarities will induce laughter."

Stage Right Productions, a local nonprofit that runs 2nd Street Theater and brought *Spamalot* to Bend, is producing the play. It's unlike anything people might expect from theater and reminiscent of a childhood show.

Ray Solley, executive director of the Tower Theatre Foundation, said that the annual Marquee Series showcases the best singers, dancers and musicians in Central Oregon. The musical score comes from the same composer as *Book of Mormon*. The script is by Oregon playwright Jeff Whitty, who also wrote *Head Over Heels,* premiering this season at the Oregon Shakespeare Festival. When *Avenue Q* made its New York debut in 2003, it won the Tony "triple crown" for best musical, best score and best book.

The show is a blend of human actors and puppeteers visible to the audience. The story follows a group of young adults—in particular a recent college graduate named Princeton—who live in a dilapidated neighborhood and struggle to find jobs, love and their way through life. The song, "It Sucks to Be Me," sums up the situation. And peppering the plot line are two Bad Idea Bears that encourage irresponsible deeds.

AVENUE Q | September 11-19 | For tickets, go to TOWERTHEATRE.ORG

Bend

MUSEUM

DEADLY BY NATURE: VENOM AND POISON EXHIBIT

Through 10/11 If you haven't seen the Deadly by Nature: Venom and Poison Exhibit at the High Desert Museum, you still have a chance. Through October 11, you can see some of the deadliest creatures on earth. The exhibit includes some species native to the region, along with a lionfish and a dragon lizard. *Free - $15. High Desert Museum. 541.382.4754;* HIGHDESERTMUSEUM.ORG

MUSEUM

FINDING FREMONT: PATHFINDER OF THE WEST

Through 12/31 Through the end of the year, you can discover the story of John Fremont, who traveled through Central Oregon in the middle of the nineteenth century, with artifacts that have been found along his path. *General admission $5, Ages 13-17 $2, Under 12 free. Deschutes Historical Society. 541.389.1813;* DESCHUTESHISTORY.ORG

FESTIVAL

OKTOBERFEST

9/18 - 9/19 Fall in Bend does not really start until Oktoberfest rolls around. Featuring traditional Bavarian food paired with sixteen local brews to say "prost" with, this downtown Bend event will provide food, drinks, entertainment and games throughout the weekend for the entire family. Grab your lederhosen and dirndl and experience a traditional German festival in Bend. *Free admission. Downtown Bend. 541.788.3628;* BENDOKTOBERFEST.COM

FILM

WILD & SCENIC FILM FESTIVAL

10/2 Educational and inspiring, the Wild & Scenic Film Festival showcases short films about the earth's natural wonders, athletic feats and epic adventures. Proceeds from the screenings and raffle benefit the Oregon Natural Desert Association, helping to protect and restore Oregon's high desert. Matinee $12, Evening $14, Students $8. *Tower Theatre, 541.317.0700;* TOWERTHEATRE.ORG

PHOTO TALIA GALVIN

ART WALKS

WRITTEN BY **BRONTE DOD**

ARTISTS AND CREATORS are not at a loss for inspiration in the high desert. Each month, creativity that stems from local inspiration is celebrated in art walks throughout the region. Local art galleries and other small businesses stay open late to the public and provide a lively community gathering space along with food and drinks.

Since its opening in 2010, the Red Chair Gallery in downtown Bend has been a popular part of the art walk. The gallery was founded by four artists who thought that local artists in Central Oregon didn't have enough venues to display their work. Dee McBrien-Lee is an acrylic and oil painting artist and one of the founders and owners of Red Chair. She said that Red Chair has helped local artists gain exposure, recognition and success. The event is typically their biggest day of sales for the entire month. For Central Oregon residents, art walks are a community gathering, and a way to see the inspiring and creative work being produced in the region. Even so, "As the night goes on, it becomes more of a party than an art walk," she said.

FIRST FRIDAY | Downtown Bend gallery walk. Most downtown businesses stay open late and offer complimentary libations.

LAST SATURDAY | The Old Ironworks district in Bend hosts an art walk with food, drinks and live music.

THIRD FRIDAY | Downtown Redmond businesses stay open late.

FOURTH FRIDAY | Sisters hosts an evening stroll through its downtown businesses.

Bend (continued)

CYCLOCROSS

HALLOWEEN CYCLOCROSS CRUSADE

10/31-11/1 More than 1,000 cyclocross racers will take to the Bend course for a two-day competition. As the racers test their strength and agility in the pursuit of Cross Crusade points, they will also don Halloween costumes. With Deschutes beer, live music, food and entertainment for spectators, it's a legendary Bend event. *Deschutes Brewery,*

CROSSCRUSADE.COM

COMEDY

BIG BROTHERS BIG SISTERS COMEDY BENEFIT

10/23 Now in its eighteenth year, the comedy event in Bend to attend this fall is the Big Brothers Big Sisters Benefit. Along with the performance, there will be live and silent auctions, including the return of the "Beer for a Year" prize. The $50 ticket or two tickets for $80 will directly benefit the youth mentoring programs of the Big Brothers Big Sisters, an organization that has been serving Central Oregon for over a decade. *$50-$80, Corporate $1,000. Tower Theatre. 541.317.0700;*

BBSCO.ORG

MUSIC

THE TEN TENORS: HOME FOR THE HOLIDAYS

11/23 Coming all the way from Australia, the Ten Tenors are a classically based contemporary singing group, with "unmistakable charm, camaraderie, and vocal power." A night of singing and entertainment at the Tower Theatre in downtown Bend will feature traditional and contemporary holiday music for the family. *$38-$68. Tower Theatre. 541.317.0700;*

TOWERTHEATRE.ORG

MUSIC

THE TRAIL BAND

12/19 This eight-piece historic music ensemble is a staple of the Northwest. For more than a decade, these men and women have been performing sold-out shows with a self-described "diverse tapestry of sound." *$34-$39.50. Tower Theatre. 541.317.0700;*

TOWERTHEATRE.ORG

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EXHIBIT

IN A COLLABORATION among multiple organizations, as well as a private collector in Central Oregon, Atelier 6000 (known as A6) is exhibiting fifty Edward Curtis prints in its Bend studio. The photogravure prints of Curtis' work documenting American Indians at the turn of the century will be on display and available to purchase through October 31. He believed that their culture needed to be recorded and preserved in the midst of the changing West.

Until recently, Curtis had been largely forgotten. "You don't see Curtis exhibits every day," said Dawn Boone, executive director of A6. The nonprofit organization, a publicly accessible printmaking and book workshop, compiled the resources of the Deschutes Public Library, the High Desert Museum and the BendFilm Festival to encourage different ways of interacting with the exhibit and Curtis' legacy.

"These events should tease out some important discussions," said Boone. The Deschutes Public Library will sponsor at least three talks connected to Curtis and his work, including a talk by author and journalist Timothy Egan, whose 2012 biography of Curtis, *Short Nights of the Shadow Catcher: The Epic Life and Immortal Photographs of Edward Curtis* helped bring modern recognition to Curtis' work. BendFilm will screen a documentary about Curtis.

EDWARD CURTIS: Shadow Catcher Exhibit

Atelier 6000 | ATELIER6000.ORG | Bend | Free (except Saturdays, $6)

Sisters

BEER

FRESH HOP FESTIVAL

9/26 In Central Oregon, you have your pick of beer festivals all summer long. Sisters offers their take this fall with its Fresh Hop Festival, where Oregon breweries bring at least one beer with hops straight off the vine. Now in its fifth year, it's a great way to spend a fall Saturday in Sisters. *Free to get in, all ages / $5 mug, $1 drink tokens. Village Green City Park. 541.549.0251;* SISTERSCOUNTRY.COM

FESTIVAL

HARVEST FAIRE

10/10 - 10/11 With more than 180 vendors showcasing and selling their handmade goods, you'll need to use the two days of this festival just to make sure you don't miss anything. All the vendors that weekend are local and regional artisans and artists. *Free. Downtown Sisters. 541.549.0251;* SISTERSCOUNTRY.COM

CHRISTMAS

HOLIDAY CELEBRATION & PARADE

11/27 - 11/28 The Sisters Holiday Celebration and Parade kicks off with the annual tree-lighting ceremony on Friday and continues through the weekend. The holiday parade is on Saturday afternoon, followed by a visit from the Clauses and food and drinks at the chamber. *Free. Fir St. Park. 541.549.0251;* SISTERSOREGONGUIDE.COM

Sunriver

GOLF

PACIFIC AMATEUR GOLF CLASSIC

9/19 - 9/24 For nearly two decades, the Pacific Amateur Golf Classic has been the golf event for championship-caliber amateur golf in the West. The three-day tournament is based in Sunriver, but courses are played throughout Central Oregon, and you don't have to be a professional to take part. *$475-$530. Sunriver Resort. 888.425.3976;* PACAMGOLF.COM

WINE

UNCORKED, SUNRIVER STYLE

9/18-9/19 Along with sampling and learning about Oregon wines over this two-day event, you can also witness a certified sommelier cracking jokes about the wine business and snobby wine connoisseurs. Laurie Forster's laid-back approach to wine education brings a sense of humor to a traditionally staunch industry. Also, musical performances by Honey Don't, Yvonne Ramage and the University of Oregon a capella group, On The Rocks. *$18 per day or $23 for two-day pass, Sunriver Homeowners Aquatic & Recreation Center (SHARC), 541.585.5000* SUNRIVERSHARC.COM

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The Von Trapps

MUSIC

SUMMER CONCERTS on the lawn at Les Schwab Amphitheater may have ended for the season, but that doesn't mean the Central Oregon live music scene is hibernating. Throughout the fall, local Bend venues such as the Volcanic Theater Pub, Midtown Ballroom and McMenamins are hosting live music. Outside of Bend, be sure to catch a show at The Belfry in Sisters. Get your tickets now for these upcoming shows:

CITIZEN COPE | September 28 | Midtown Ballroom, Bend | $34-$39

KEN DEROUCHIE BAND | October 3 | Volcanic Theatre Pub, Bend | $12

SUGAR BEETS | October 9 | Belfry, Sisters | $20

HARLEY BOURBON | October 7 | Volcanic Theatre Pub, Bend | $15-$20

THE VON TRAPPS | October 7 | McMenamins Old St. Francis School, Bend | Free

FREAK MOUNTAIN RAMBLERS | November 13 & 14 | McMenamins Old St. Francis School | Free

ZEPPARELLA | December 3 | The Belfry, Sisters | $20

Madras

WESTERN

COWDEO

10/17 Aspiring cowboys and cowgirls can join the fun and put their rodeo skills to work at the annual Cowdeo held in Madras. Kids up to 14 years old don their boots and hats and compete in events such as mutton busting, horseless roping and the chicken rabbit scramble. *Jefferson County Fair Complex. 541.325.5050;* JCFAIRGROUNDS.ORG

La Pine

HALLOWEEN

TRUNK OR TREAT

10/31 Created as an alternative to trick-or-treating in rural areas, Trunk or Treat in La Pine is held annually at Pioneer Heritage Park. Families can head to the park on Halloween night in their best costumes and "trick or treat" throughout the decorated car trunks in the park and a haunted house. *Free, $1 haunted house. La Pine Community Center Park. 541.536.2223;* LAPINE.ORG

Redmond

LATINO

FESTIVAL OF CULTURES

9/26 Sponsored by the Latino Community Association in Redmond, the Festival of Cultures provides an opportunity for families to experience the diversity of cultures in Central Oregon. The one-day event, which is the biggest festival in Redmond each year, will have food and vendors, arts and crafts, and song and dance performances throughout the day. *Free. Centennial Park. 541.382.4366;* LATINOCOMMUNITYASSOCIATION.ORG

Prineville

HALLOWEEN

HARVEST PARTY

10/31 It's not fall until you've been to a harvest party. On Halloween night, families can attend the Prineville Harvest Party for free. The event will host games, food and arts and crafts with plenty of activities to keep kids entertained all night. *Free. Crook County Fairgrounds. 541.447.6575;* CROOKCOUNTYFAIRGROUNDS.COM

CHRISTMAS

SANTA'S WORKSHOP

11/21 - 11/22 At the Santa's Workshop in Prineville, it's the kids who make the presents. This annual event will provide the tools and projects for kids ages 3 to 9 to get creative with their holiday gifts and make as many projects as they want. Admission is $3 and covers the cost of the projects. *$3 per family. Carey Foster Hall.* CCPRD.ORG

PHOTO BEN MOON

WRITTEN BY **SAM KATZMAN**

■ ***brewing***

The Napa Valley of Beer

Let's face it, Bend is the craft brew capital of Oregon. The city with the most breweries per capita in the state has the second-most breweries per capita in the country. Within the past year, Bend welcomed three new beermakers, according to Oregon Brewer's Guild executive director Brian Butenschoen. Among the newcomers are Craft Kitchen and Brewery and Oblivion Brewing Co. With these newbies, Bend now has twenty-four breweries—still room for nine more if we're to have one brewery for each square mile of city. There are thirty-one craft breweries in Central Oregon. The largest of breweries is Deschutes Brewery, which by sales ranks as the country's seventh largest craft beer producer. It's no wonder why they call this region the "Napa Valley of beer."

■ ***cooking***

El Sancho

The New Clean Cooking Standard

DON'T BE ALARMED if you pick up a whiff of fire coming from out back at El Sancho Taco Shop in Bend. That's just the world's cleanest, most efficient stove stoking the meat. Owners Joel Cordes and Jon **BARVELS HAVE BEEN** using an InStove institutional-sized clean-burning stove to slow-cook their taco meats since opening El Sancho's new brick-and-mortar location on the first of July. Manufactured in Cottage Grove, InStove's products are powered solely by wood or biofuel and are primarily used to cook food en masse at orphanages, hospitals, and schools in developing countries where fuel sources aren't readily available. "It frees up our kitchen and stovetop space," said Cordes. "Bonus benefits are that it's environmentally friendly and helps this nonprofit subsidize getting stoves over to developing countries—and it's affordable too."

El Sancho is the only restaurant in North America to implement one of these stoves in the kitchen. "People we know tear down something on their house and they bring us a pile of wood that lets us cook for a month," said Cordes. "It's renewable. We could clear the forest of dead limbs and cook for everyone; not that we're going to be going out in the woods collecting sticks."

■ ***dining***

Voluntarily Hospital Dining

Nothing sounds less appetizing than a hospital visit—unless the hospital is the new St. Charles Prineville healthcare facility. Included in the $30 million 62,000-square-foot campus, which opened this month, is a café that serves fresh produce from Crook County farms. The first-floor café will feature menu items made with ingredients provided by a community-supported agriculture program. Thomas Pastor, food services manager for St. Charles Madras and Pioneer Memorial Hospital, is collaborating with local farmer Jerre Kosta Dodson to manage supply and demand. "I want to challenge my staff to use all of the fresh foods in our daily specials," Pastor said in a release.

TRAVIS TAYLOR

CHEF PROFILE

Narrative Bounty

Sunriver Resort underwent an overhaul, and the culinary delights at Carson's American Kitchen are on trend and authentic thanks to head chef Travis Taylor.

WRITTEN BY **CATHY CARROLL**

PHOTO DUNCAN GLAVIN

Pan-seared Muscovy duck breast, with warm summer vegetable and crispy pancetta salad, herb-roasted yukon gold potato planks and cherry chipotle sauce.

When legendary mountain man Kit Carson guided explorers westward nearly 200 years ago, he camped below a meadow that today is the panorama from Sunriver Resort's revamped signature restaurant. At Carson's American Kitchen, chef Travis Taylor is leading a culinary corps of discovery. He brought the resort's dining scene into vogue, deftly walking a fine ridgeline between trendy and authentic.

"What's going to tell our story?" asked Taylor, who has crafted a compelling narrative based on the area's local bounty. "Whether it's local fish and what's running, or farmers' markets or going to [Bend's] Windflower Farm … with produce, I'm like a kid in a candy store."

Carson's menu focuses on Oregon flavors in dishes that are "unintimidating," said Taylor. Dinner may begin with a flatbread with Rogue Creamery blue cheese, roasted apples, roasted garlic, candied walnuts and arugula or Oregon-raised charcuterie served with local honey, dried fruits, pickled vegetables, marionberry mustard and cherry chutney.

One of the best entrées served anywhere in Central Oregon is Carson's perfectly prepared herb-and-butter poached salmon with "American mole" dark-chocolate barbeque sauce, lobster mashed potatoes, spiced shrimp and garlic wilted spinach. You will count the days until you can return to have it again.

Taylor, who took his first cooking class at age 16, began his career as an apprentice at the Jacksonville Inn and then Jacksonville's McCully House Inn, where he discovered the possibilities that come with preparing dishes with produce grown on site. He began cooking at Sunriver's Crosswater Grille in 2002, and last year was named resort executive chef, overseeing the destination's eleven dining outlets. SUNRIVER-RESORT.COM

ESTA BIEN

RESTAURANT HIGHLIGHT

Simple Latin Perfection

Central Oregon's Latino peasant dishes, fit for royalty.

WRITTEN BY **CATHY CARROLL**

In the 1989 novel *Like Water for Chocolate* set in early twentieth-century Mexico, young Tita, forbidden from marrying Pedro, her true love, can express herself only through cooking. Her longing and passion for Pedro becomes infused in her food, influencing everyone who eats it. A similar magical realism is palpable at Esta Bien in Bend, where Marcos Rodriguez, managing partner of the area's five Hola! nouveau Mexican-Peruvian restaurants, manifests his love for Latino peasant dishes.

Tortas ahogadas—a signature dish of his native Guadalajara—are "drowned sandwiches," a roll stuffed with pork and drenched in salsa. Traditional Salvadoran *pupusas* keep it interesting, too. The handmade corn tortilla, like a stuffed savory pancake, is slightly crisp on the outside, light and fluffy inside. Inside is melted cheese and freshly grated seasonal vegetables such as green squash. The *revuelta* is filled with soft, mild quesillo cheese, ground pork and beans. "It's very good, fresh food, nothing too fancy, with handmade tortillas," said Rodriguez.

Since it opened on SE Third Street last October, it has filled a niche for what the 39-year-old proprietor calls "soul food," with a setting to match. A few steps inside the glass front door, a raven-haired woman with gold-rimmed teeth presses tortillas. A handful of tables and booths with turquoise vinyl-covered seats make it "cool, different, old-school," Rodriguez said.

This fall, patrons can expect to see specials such as *birria*, a spicy meat stew made with beef or goat, baked slowly with tomatoes and garnished with minced onions, cilantro and lime. As the mountain air grows crisp, a bowl of *pozole*, a corn hominy soup with pork or chicken, or a brothy Mexican meatball soup will warm you from within. Margaritas are made to order, specialty tequilas are on hand, and as late fall settles in, traditional Mexican hot chocolate is on the menu, too. 541ESTABIEN.COM

PHOTOS DUNCAN GALVIN

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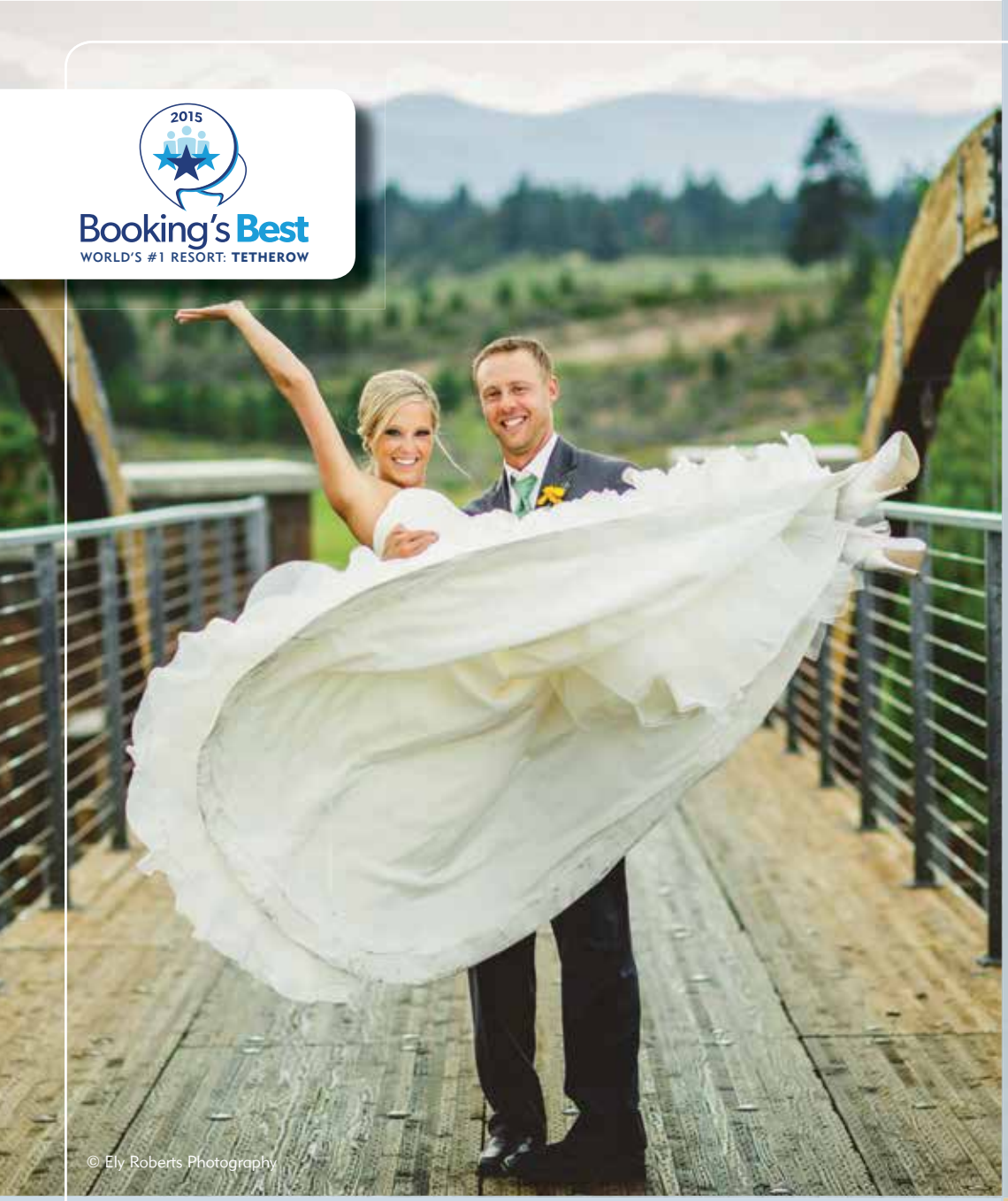
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TETHEROW
BEND OREGON

EAT Keepin' Meat Real *Primal Cuts*

WRITTEN BY **CATHY CARROLL**

IT'S NO COINCIDENCE that the phrase "keepin' it real" gained popularity alongside a strong interest in knowing where your food comes from. What better place to keep it real than at a butcher shop? At Primal Cuts in Bend, proprietor Bryan Tremayne is on a relentless quest to offer locally raised meats of the highest quality.

When Tremayne said, "We want to bring back the true farm-to-plate experience for all our customers to enjoy," he didn't mean it in the trendy, Portlandia-esque, what-was-my-chicken's-name sort of way. He is talking about eating well—really well. That means incredible flavor and healthy food.

Bringing that to the plates of Central Oregonians means Tremayne truly knows local farmers and their practices—sourcing meat from places such as DD Ranch in Terrebonne, which raises free-range, grass-fed beef, and pork raised on wheat and alfalfa grown on the ranch. Grass-fed meat is more tender, leaner and richer in omega-3 fatty acids compared to grain fed animals.

Instead of being factory processed at an earlier date and trucked hundreds of miles, the meat is cut in front of you, wrapped in brown butcher paper and handed to you by someone who knows exactly what it is and how best to prepare it.

It will cost about the same or a fraction more than the grocer's meat section, but with exponentially higher value. Tremayne gets excited about osso buco in the fall. It's traditionally made with braised veal shanks, but beef, pork, lamb and goat are delicious options. Fall is the time to turn on the oven for a few hours and coax out the rich taste. "A good braised pork osso buco is one of my favorite meals," he said. "You still get a nice taste of marrow with the flavor of pork."

Like most venues in Bend, Primal Cuts is a source of local beers, too. Growler Phil's tap room has two dozen craft brews on tap. Pour your favorite beer and talk to your butcher about preparing your favorite cut for dinner. It doesn't get any more real than that. PRIMALCUTSMEATMARKET.COM

BEND

JACKSON'S CORNER ***BISTRO***
For a breakfast, lunch and dinner spot with great food and friendly service, head to Jackson's Corner. They offer a wide selection of food, and the specials are always tempting. *845 NW Delaware Ave. (west) and 1500 NE Cushing Dr., Suite 100 (east), 541.647.2198 (west) and 541.382.1751 (east).* $$
JACKSONSCORNER.COM

ARIANA ***ITALIAN/AMERICAN***
Above all, Ariana is known for consistently serving delicious gourmet food and providing a wonderful atmosphere. You'll definitely want to make a reservation, though. *1304 NW Galveston Ave., 541.330.5539.* $$$$
ARIANARESTAURANT.COM

900 WALL ***AMERICAN***
900 Wall remains a busy restaurant for someone looking for an upscale dining environment with good atmosphere. This is a great spot to get a cocktail and small plate for happy hour. *900 NW Wall St., 541.323.6295.* $$$ 900WALL.COM

NEW! BETHLYN'S GLOBAL FUSION
ASIAN-AMERICAN FUSION
From food cart to restaurant, Global Fusion has continued to explore new culinary territory with an almost entirely revamped menu. Most items on the menu can be ordered vegan, vegetarian or gluten-free. *1216 NE 1st St., 541.617.0513.* $$$
BETHLYNSGLOBALFUSION.COM

5 FUSION & SUSHI BAR ***ASIAN FUSION***
For many years, 5 Fusion & Sushi Bar has held a reputation as the best sushi place in Bend, but the menu doesn't stop there. Their renowned chef creates gourmet twists on both Asian and American cuisines. *821 NW Wall St., 541.323.2328.* $$$ 5FUSION.COM

MCKAY COTTAGE ***BRUNCH***
Get here early to beat the Bend brunch crowd, but if you hit snooze, the breakfast is still worth the wait. Definitely don't pass on the cinnamon rolls. *62910 O.B. Riley Rd., 541.383.2697.* $$ THEMCKAYCOTTAGE.COM

PHOTO HEAVEN MCARTHUR

FARM Year-round Produce *Locavore*

WRITTEN BY **BRONTE DOD**

BY THE MIDDLE of October, the farmers' markets in Central Oregon will pack up their stands until spring. You won't be starved of farm-fresh produce for fall and winter, though. With Central Oregon Locavore and Agricultural Connections, two Central Oregon organizations dedicated to the local food movement, there are still plenty of ways to support regional farmers and get access to locally grown and fresh foods in any season.

Founded as a nonprofit in 2009, Locavore sells local farm produce to the Central Oregon community all year. Central Oregon Locavore operates an indoor, permanent market open year-round. Shoppers can stop in and buy produce for that night's dinner, or plan ahead using the online ordering system before picking their food up in the store. The organization is dedicated to community education, and also provides educational opportunities in local farming and teaches what "fresh" really means when it comes to our food.

Like Central Oregon Locavore, Agricultural Connections serves as a link between farmers and people who want to support those farmers with community sourced agriculture (CSA) boxes. Agricultural Connections offers produce, dairy, meat, and eggs sourced from within 100 miles, with pickups or deliveries in Bend and Redmond, fifty-two weeks a year. Both organizations source food from farmers who use sustainable, organic practices that bring the freshest foods to your kitchen table.

CENTRALOREGONLOCAVORE.ORG

CASCADE LAKES LODGE *PUB*

Eclectic Pacific Northwest pub grub is on the menu at this well-situated brewery at the bottom of the return from Mt. Bachelor. The Cowboy burger and salads are good pairings with Cascade Lakes brews. *1441 SW Chandler Ave., 541.388.4998.* $$ CASCADELAKES.COM

JACKALOPE GRILL *NORTHWEST*

A long-time resident of Bend, the Jackalope Grill is now tucked quietly in a great space on the east edge of downtown. A well-rounded assortment of seafood and traditional grill offerings pair nicely with the quirky fine dining atmosphere. *750 NW Lava Rd., 541.318.8435.* $$$ JACKALOPEGRILL.COM

SPORK *FUSION*

Spork, a Bend food truck turned restaurant, is a hands-down local favorite. With bold flavors and intriguing spices, Spork elevates a fusion of Mexican, Asian and American cuisine to surprising heights. *937 NW Newport Ave., 541.390.0946.* $$ SPORK.COM

ESTA BIEN *MEXICAN*

Now open for almost a year, Esta Bien is known as the best place to get authentic Mexican food in Bend. Frequent diners recommend the pork *pupusas*, a thick corn tortilla served with a blend of cheese, beans and meat. *304 SE 3rd St., 541.633.7696.* $$ 541ESTABIEN.COM

DANG'S VIETNAMESE *VIETNAMESE*

Along with its extensive menu of classic Vietnamese dishes, Dang's Vietnamese is also affordable. The restaurant is known for the best *pho* in Bend and generous portions of noodles. *1180 SE 3rd St., 541.385.8888.* $$ DANGSVIETNAMESERESTAURANT.COM

STIHL WHISKEY BAR *BAR, AMERICAN*

It started as a bar serving the best selection of whiskey in Bend. Adding two top chefs, Stihl quickly became a place to find old-school atmosphere with quality food. Plus, its Irish coffees are served with homemade whipped cream—a warm way to end a night out in downtown Bend. *550 NW Franklin Ave., 541.383.8182.* $$ FACEBOOK.COM/THESTIHLWHISKEYBAR

EL SANCHO *MEXICAN*

With "The Shack," "The Shop," and "The Cart" you're bound to find a good taco—and the margarita to go with it—at El Sancho. *(Westside) 50 SW Division St. (Eastside) 335 NE Dekalb Ave.* $ ELSANCHO.COM

REVIEW Paella at *Barrio*

WRITTEN BY **MEGAN OLIVER**

WHEN OUR WAITER delivered two orders of paella to our table, the tapas motif of Barrio seemed to ring true. A shallow bowl of the house chicken and chorizo paella, about the size of my small hands, rolled out a steamy scent of paprika and saffron but left me worried that I should have ordered more. I eyeballed my partner's seafood paella as I plotted a sneak attack on the salmon, whitefish, shrimp and mussels. Digging in, I felt as hungry as the farmers and laborers for whom the dish was created 1,200 years ago in Valencia. If the chorizo of ancient Valencians was anywhere as flavorful as Barrio's, those residents lived well. The C's of delight were in attendance—chili powder, cumin, coriander and clove. In the seafood bowl, however, the flavors were less prominent, letting the oceanic wonders speak for themselves.

We dug into the rice-laden seafood and veggie combo, discovering zucchini, spinach, tomatoes, broccoli and carrots cooked just enough to still retain a crunch. Realizing we were full, we reconsidered the bowls that had seemed so shallow. They could have fed a third lunch companion. We had barely touched the perfectly charred rustic bread on the edge of the bowl.

BARRIO | 163 NW Minnesota Ave., Bend | BARRIOBEND.COM

Lunch, $10 per bowl

Dinner, $14 and up for small, $26 and up for family style

SPARROW BAKERY ***BAKERY***
The original Sparrow Bakery, located in an impossibly charming little building in the Old Ironworks district, is known for baking of the highest caliber. If you're looking for something savory and sweet, you'll want to try the Ocean Rolls. *50 SE Scott St. (Eastside) 2748 NW Crossing Dr. (Westside), 541.330.6321.* $$
THESPARROWBAKERY.NET

BARRIO ***SPANISH***
Located in the middle of downtown, Barrio is known for its refreshing and original cocktail menu and flavorful food. Barrio always seems to be packed, but the wait is worth it. *163 NW Minnesota Ave., 541.389.2025.* $$ BARRIO.COM

SUNNY YOGA KITCHEN ***HEALTHY***
A yoga studio with a health food café? How could one place be more Bend? Sunny Yoga Kitchen is the place for great exercise and good food. All your day needs after a visit to this place is some kombucha and a float down the river. *2748 NW Crossing Dr., #120, 541.678.3139.* $$ SUNNYYOGAKITCHEN.COM

NEW! CRAFT KITCHEN & BREWERY ***BREWERY*** Another addition to Bend's brewery scene, Craft Kitchen & Brewery has taken a new approach to the service model. Customers order at the counter and then are served in the dining room or on the patio with a wonderful view of the river. *803 SW Industrial Way, 541.647.2772.* $$ CRAFTKITCHENANDBREWERY.COM

DESCHUTES BREWERY ***BREWERY***
With the founding of Deschutes Brewery in 1988, the Bend brewery boom began. After twenty years, the staple brewery is still known for great beer. The original pub in downtown recently underwent a major expansion and serves a solid menu that complements the beer. *1044 NW Bond St., 541.382.9242.* $$
DESCHUTESBREWERY.COM

NEW! OBLIVION BREWING CO. ***BREWERY***
One of the newest additions to the Bend brewery boom, Oblivion is quickly gaining recognition for the food offerings at its Westside restaurant. The waffle paninins are a savory must-try. Open for breakfast, lunch and dinner. *1005 NW Galveston, 541.647.2774* $$
OBLIVIONBREWINGCO.COM

RECIPE

A recently-opened, family-run distillery in Sisters is the newest face in the burgeoning craft distillery scene. Cascade Street Distillery is a small-batch distillery housed in a barn, with the Three Sisters in the background. The distiller's idyllic surroundings have become inspiration for its gin, vodka, and aging bourbon. South Sister Gin is crafted for the desert soul, with a citrus base, handpicked juniper berries, desert sage and ponderosa pine pods. For fall sipping, the distillers recommend the South Sister Citrus Spice cocktail, made with South Sister Gin, fresh-squeezed orange and lemon juices, spiced apple cider, fennel and a splash of soda water. "The citrus makes the gin come alive," said Nick Beasley, who co-owns the distillery with his father, Mark. "Fennel is used quite often during the holidays and … adding it with the cider and gin rounds out the drink."

SOUTH SISTER CITRUS SPICE

1 ½ ounces South Sister Gin
Juice of ½ an orange
Juice of ½ a lemon
Spiced apple cider
Splash of soda water
Muddled fennel
Garnish with an orange peel

SUNRIVER

MARCELLO'S CUCINA ITALIANA ***ITALIAN***
With an expansive menu of classic Italian dishes, the whole family will find something to enjoy here. For a break from the burger and bar scene, Marcello's Cucina Italiana offers a casual setting with great cuisine in Sunriver. *57031 Ponderosa Rd., 541.593.8300* $$$ MARCELLOS-SUNRIVER.NET

PANINI'S PIZZERIA ***PIZZA***
For great, fast pizza in Sunriver, Panini's Pizzeria is the place. They also offer a selection of sandwiches, soups and salads—all for reasonable prices. *Building #18, The Village at Sunriver, 541.647.1051* $ PANINISPIZZERIA.COM

VILLAGE BAR & GRILL ***AMERICAN***
The Village Bar & Grill offers a wide range of menu items, satisfying almost any tastes. It has a great atmosphere and warm, friendly service. *Building #7, The Village at Sunriver, 541.593.1100* $$ SUNRIVERVBAG.COM

SUNRIVER BREWING ***BREWERY***
One of the most popular places to eat in the Village, Sunriver Brewing Co. offers a wide selection of food to pair with their brews. *Building #4, The Village at Sunriver, 541.593.3007* $$ SUNRIVERBREWINGCO.COM

OCHOCO BREWING COMPANY ***PUB GRUB***
It's never too early for beer .. battered pancakes made with Prinetucky Pale Ale brewed a few feet from the kitchen. Stop by for breakfast lunch or dinner and don't forget to bring your growler for a fill. *234 N Main St., 541.233.0883* $$ FACEBOOK.COM/PAGES/OCHOCO-BREWING-COMPANY

PRINEVILLE

BARNEY PRINE'S STEAKHOUSE & SALOON ***STEAKHOUSE***
Enjoy a grilled onion-topped charbroiled steak in a dining room decorated with artifacts that pay homage to Prineville's wild West past. Named after the founder of the oldest community in Central Oregon, Barney Prine's Steakhouse and Saloon offers an upscale dining experience with a rugged flare. *389 NW 4th St., 541.447.3333* $$$ BARNEYPRINES.COM

CLUB PIONEER ***STEAKHOUSE***
A town staple for more than seventy years, Club Pioneer is the type of place where the servers know their customers on a first name basis. Sit down for a homestyle dining experience and devour a sizzling prime rib made with beef that grazed in the Northwest. *1851 NE 3rd St., 541.447.6177* $$$ CLUBPIONEER.COM

APPLE PEDDLER ***AMERICAN/DINER***
You'll want to spring out of bed to grab a booth and order the French Toast Plus, made using cinnamon roll dough with more frosty swirls than a Hubble space photo. Serving up meals around the clock, Apple Peddler is the only 24-hour diner in town. *1485 NE 3rd St., 541.416.8949* $ APPLEPEDDLERRESTAURANT.COM

DILLON'S GRILL ***BBQ & BURGERS***
The many tap handles with Central Oregon-made beers and cider make this one of the town's most popular spots to sip. Watch the game with friends while you enjoy some barbeque and a beer. *142 5th St., 541.447.3203* $ DILLONSGRILL.COM

SISTERS

NEW! COTTONWOOD CAFE ***BRUNCH***
If your mantra on trips is "do as the locals do," you'll want to eat here. Don't let the name confuse you. Formerly known as Jen's Garden, the owners refocused and revamped their eatery last April, transforming the space into a cozy café, with tons of charm and delicious breakfast scrambles, crêpes and sandwiches. Open Wednesday-Sunday. *403 E Hood Ave., 541.549.2699* $$ INTIMATECOTTAGECUISINE.COM

RIO ***MEXICAN***
Using generations-old recipes, Rio elegantly blends contemporary with traditional Mexican cuisine. All tastes are accommodated, with many gluten-free and vegetarian options. *1011 E Desperado Tr., 541.549.6118* $$ RIOSISTERS.COM

LATIGO ***STEAKHOUSE***
The plate acts as a canvas for the artistic presentation of "Upscale Ranch" food. Serving seasonal flavors with Pacific Northwest ingredients, Latigo's tasteful dishes match the opulence of the exposed wood beam dining room. *370 E Cascade Ave., 541.2414064* $$$ LATIGOSISTERS.COM

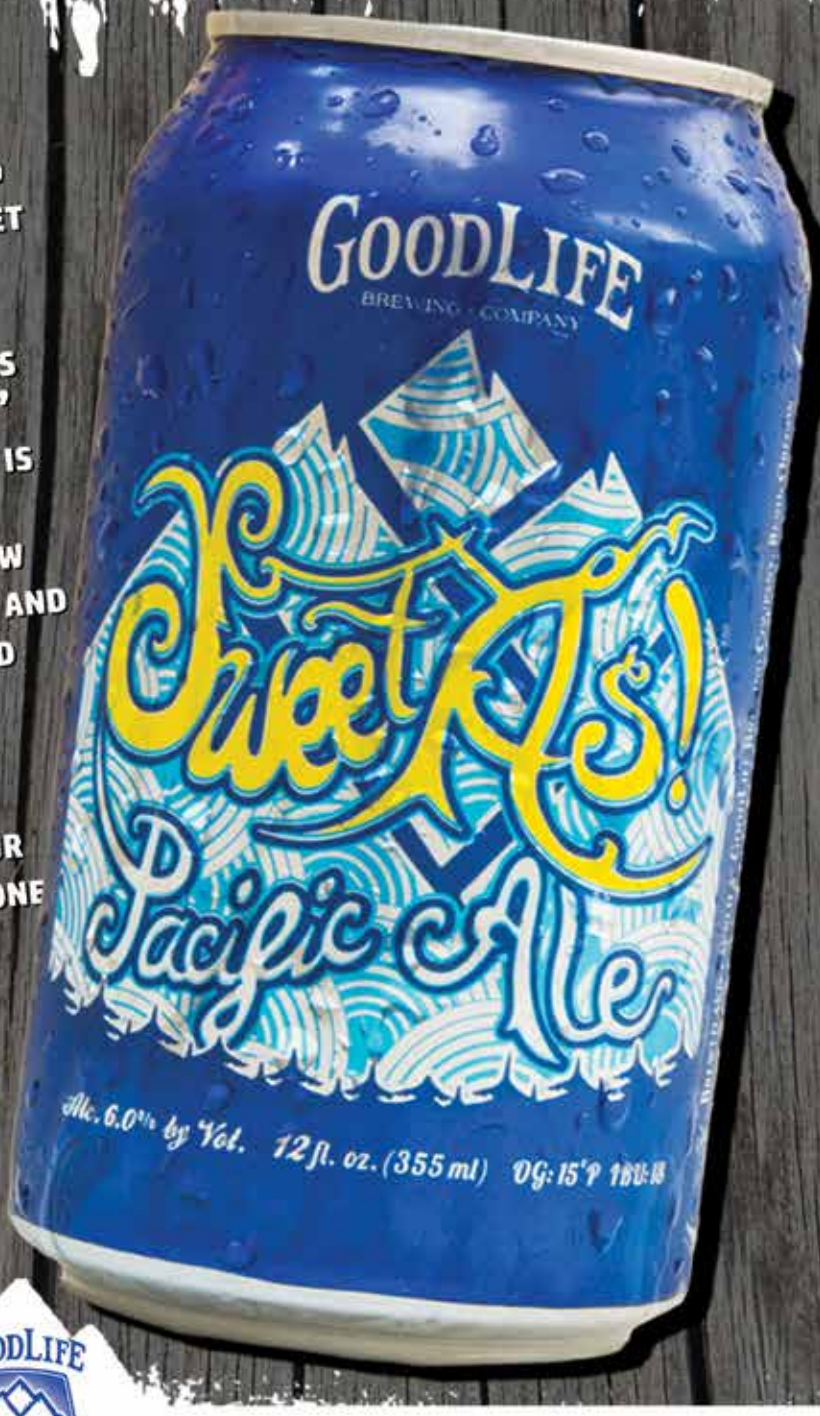
PHOTO COURTESY CASCADE STREET DISTILLERY

GoodLife
BREWING · COMPANY

SWEET AS! PACIFIC ALE

You may ask yourself, why the heck did we name it "Sweet As!"? Well, "Sweet As" is a slang expression (mostly if you're an Aussi or Kiwi!) that means awesome, bodacious, cool, radical... as in, "How were the waves today, Kev?" "Oh man, Sweet As, bro!" Sweet As, is what this beer is. A chill concoction brewed exclusively with hops from New Zealand and Australia. More Pacific and tropical in their flavor and aroma and just right for a light beer.

We wanted a craft beer for our blistering hot summer days here in our hometown of Bend, Or. So we made one and now everyone gets to enjoy the refreshing goodness of Sweet As!



GoodLife Brewing Company Bend, Oregon www.GoodLifeBrewing.com

dining guide

THE PORCH *COMFORT FOOD*
From the outside, it looks more like a home than a restaurant, but once you get inside and try the fare you'll easily be fooled into thinking you're at the finest of dining establishments. Whatever you order for the main dish, be sure to pair it with a side of parmesan truffle fries. *243 N Elm St., 541.549.3287* $$
THEPORCH-SISTERS.COM

LOS AGAVES MEXICAN GRILL *MEXICAN*
Try not to fill up on chips and salsa before your entrée arrives. The spacious back patio is a great place to sit down for a hearty meal with your family or have a nice bonding moment with a margarita. *291 E Cascade Ave., 541.549.0777* $$ LOSAGAVESSISTERS.COM

THREE CREEKS BREWING *PUB GRUB*
Not great at making decisions? Why settle for one pint when you can order a flight of six shooters and get a diverse taste of what's brewing in Sisters. To make your decision even easier, make sure one of your pours is the Hoodoo Voodoo IPA. *721 S Desperado Ct., 541.549.1963* $$ THREECREEKSBREWING.COM

DEPOT CAFÉ, *HOMESTYLE*
You know it's good if it holds up to the "Great Grandma standard." This policy at the Depot goes as follows: If it contains ingredients that co-owner Pam Wavrin's great grandma wouldn't recognize as food, or something that Wavrin couldn't have pronounced when she was six years old, it doesn't belong on the menu. *250 W Cascade Ave., 541.549.2572* $
SISTERSDEPOT.COM

REDMOND

AK'S TEA ROOM AT THE REDMOND HOTEL *BRITISH TEA CAFE*
This quaint, British tea room serves authentic cream teas, pastries and sandwiches. Famous are its freshly baked scones in scrumptous flavor combinations, such as blueberry white chocolate chip or lemon ginger. Nestled in the Historic Redmond Hotel, AK's Tea Room serves classical British culture via afternoon and high teas. *1119 8th Ave., 541.322.3263* $$
FACEBOOK.COM/AKSTEAROOM

SMITH ROCK BREWING *PUB GRUB*
Smith Rock Brewing has the best of both worlds—a solid, affordable menu and a well-rounded tap list. This consistently rotating list includes two or three of Smith Rock's brews, accompanied by several guest beers, some local and some not. The restaurant serves above-average pub grub: sandwiches, burgers and hotdogs alongside crispy onion rings or gigantic steak fries. *546 NW 7th St., 541.279.7005* $$
SMITHROCKBREWING.COM

DIEGO'S SPIRITED KITCHEN *MEXICAN FUSION*
A favorite in Redmond, Diego's Spirited Kitchen puts its own spin on traditional Mexican cuisine. Exhibits A and B: pork carnitas ravioli and Creole barbeque shrimp. The dining experience here isn't complete without a "Rules" margarita and house-made guacamole. *447 SW 6th St., 541.316.2002* $$-$$$ CENTORMALL.COM/DIEGOS

TERREBONNE

TERREBONNE DEPOT *NEW AMERICAN*
Stationed in an historic depot that once served the Oregon Trunk Railroad, Terrebonne Depot pays homage to its state by highlighting locally grown ingredients. It serves a bit of everything, from burgers and pizza to hearty meat entrées of the Northwest: elk, buffalo, salmon and more. The Depot even packs to-go orders in picnic baskets for those on their way to an adventure. *400 NW Smith Rock Way, 541.548.5030* $$ TERREBONNEDEPOT.COM

CAMP SHERMAN

KOKANEE CAFE *PACIFIC NORTHWEST*
This upscale eatery, and the only standalone full-service restaurant in Camp Sherman, delivers a Northwest-style dining experience. Kokanee Cafe is essentially a large, rustic cabin along the Metolius River that blends in seamlessly with Camp Sherman's cozy community. This cabin, however, has such an extensive list of high-end wines. *25545 SW Forest Rd., 541.595.6420* (Restaurant is handicap accessible, restroom is not.) $$$ KOKANEECAFE.COM

MADRAS

RIO DISTINCTIVE MEXICAN CUISINE *MEXICAN*
While the restaurant's décor is nothing fancy, the plates here are quite the opposite. Rio Distinctive Mexican Cuisine serves outstanding chili rellenos with a beautiful presentation of colorful, spicy sausages drizzled artfully. Housed in a repurposed home in Madras, guests rave about the authenticity of the food at this restaurant. *221 SW 5th St., 541.475.0424* $$ RIOMADRASMEXICANCUISINE.COM

THE EAGLE BAKERY *BAKERY*
The Eagle Bakery has that warm, friendly atmosphere you love in a bakery. Owned locally by a family in Madras, this place is loved for its fresh cinnamon rolls and biscuits and gravy. It's open only on Friday and Saturday, so be sure to stock up while you're there. *123 SW H St., 541.475.4593* $ EAGLEBAKERY.NET

GREAT EARTH NATURAL FOODS *BREAKFAST, BRUNCH AND DELI*
This organic grocer also serves as a café, and the perfect place to stop for a quick breakfast or lunch. Great Earth features sandwiches and grilled paninis loaded with fresh veggies and refreshing smoothies with local berries. For breakfast, try a spinach and mushroom frittata or a hot oatmeal bake. *46 SW D St., 541.475.1500* $ GREATEARTH.BIZ

LA PINE

HUNAN CHINESE RESTAURANT *CHINESE*
Hunan Chinese serves up satisfying, classic Chinese fare such as sesame chicken, mu shu pork and Mongolian beef. Many say that this is the only genuine Chinese food you'll find for miles. If you're on the road, take-out is also available. *51546 US-97, 541.536.3998* $$

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SCALEHOUSE SUPPER

The first ScaleHouse Supper series took place at the Liberty Theater, for a popup dining experience. Attendees included early ScaleHouse supporters and founding members that share an interest in bringing contemporary creative arts and thinking to Bend. ScaleHouse is hosting the Bend Design Conference October 14-15.


Martha Murray and Todd Looby


Pickin' & Paddlin'

PICKIN' & PADDLIN'

Locals gathered at Tumalo Creek Kayak & Canoe for Americana and bluegrass tunes, microbrews and gear demos to raise funds for the Bend Paddle Trail Alliance. Proceeds go toward the Colorado Dam Project.

PHISH CONCERTS

The infamous jam band with a huge cult following descended on Bend in late July. Their two-night show at Les Schwab Amphitheater sold out and packed the town with Phish Phans.


Bloom Project Board of Directors


Bouquets of the Heart

BOUQUETS OF THE HEART

The Bloom Project Board of Directors and Staff: Liz Taylor, Heidi Berkman, Kelly Herman, Helen Riser, Kim Curley Reynolds, Sue Jones, Michelle Martin, Mary Powell. Bouquets of the Heart floral arrangement by Madison Hartley, art by Anne Bullwinkle.

PHOTOS BY KAREN CAMMACK (SCALEHOUSE), BRENDAN LOSCAR (PICKIN' & PADDLIN'), AND NATE WYETH (PHISH). PHISH LOGO BY ANOUK TAPPER.

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CENTRAL OREGON

SISTERS

This is *the* town for live string music, from **Sisters Folk Festival** to **The Belfry, The Depot** to **The Open Door**, and more (p. 78).

MADRAS

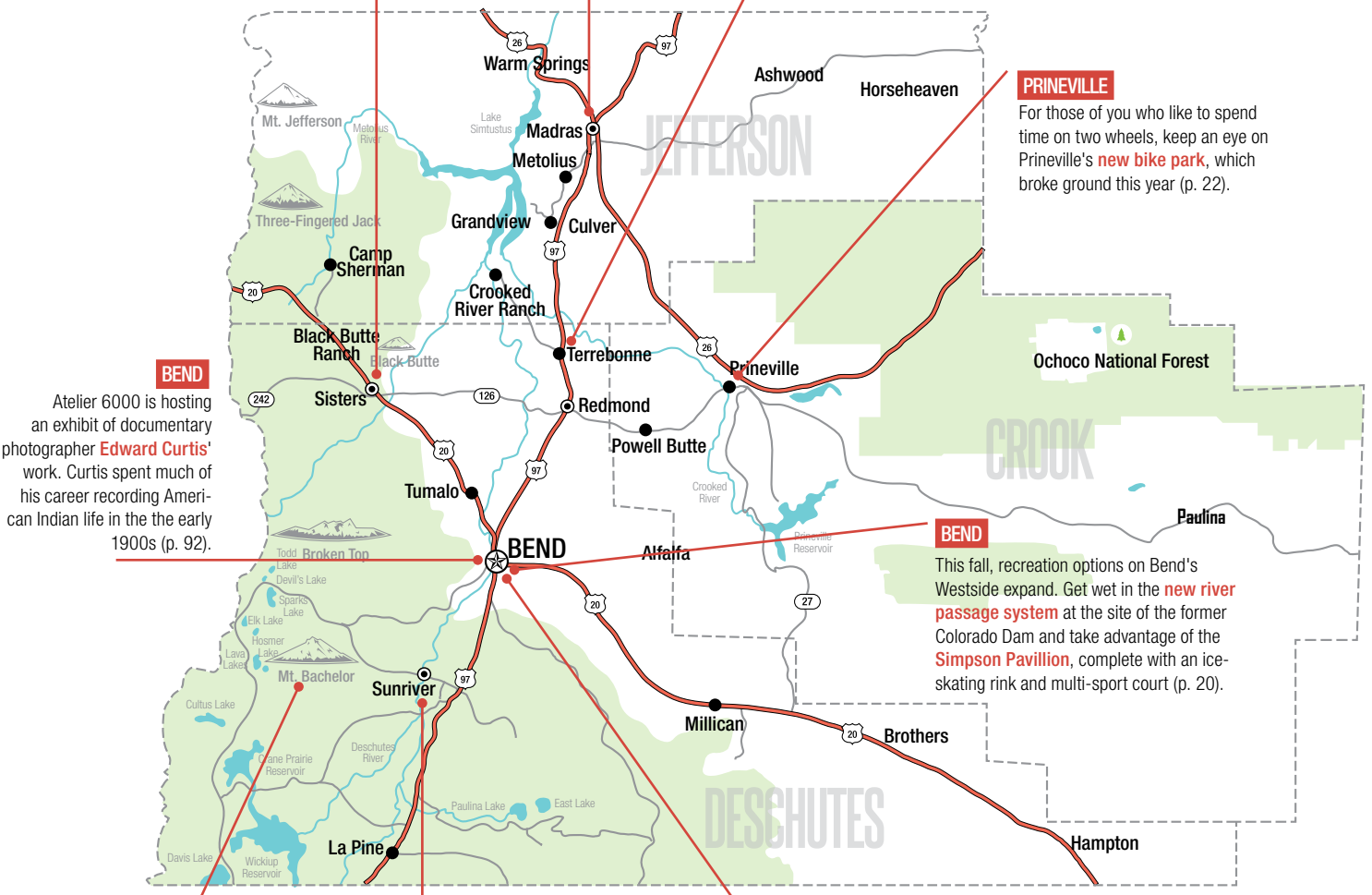
Visit the Madras Army Air Field North Hanger to see the **Erickson Aircraft Collection** of twenty vintage aircraft (p. 22).

TERREBONNE

The famed river canyon and rock formations at Smith Rock are a scenic dream for trail runners. **Try the Burma Road-Summit Trail Loop** or the **Misery Ridge Trail** (p. 30).

PRINEVILLE

For those of you who like to spend time on two wheels, keep an eye on Prineville's **new bike park**, which broke ground this year (p. 22).



BEND

Atelier 6000 is hosting an exhibit of documentary photographer **Edward Curtis**' work. Curtis spent much of his career recording American Indian life in the the early 1900s (p. 92).

BEND

This fall, recreation options on Bend's Westside expand. Get wet in the **new river passage system** at the site of the former Colorado Dam and take advantage of the **Simpson Pavillion**, complete with an ice-skating rink and multi-sport court (p. 20).

MT. BACHELOR

Have the ski lift hoist you and your bike up to unparalleled hieghts, then plummet down the trails at **Mt. Bachelor Bike Park**—before the snow falls (p. 82).

SUNRIVER

After an overhaul at Sunriver Resort, **Carson's American Kitchen**'s head chef, Travis Taylor, is crafting some of the best dishes in Central Oregon (p. 97).

BEND

Conferences have never looked better. From October 8-16, expand your mind with **BendFilm, Swivel, Bend Design and Bend Venture** (p. 20, 84).

in this issue

These points of interest are culled from stories and events in Jefferson, Crook and Deschutes counties.

Big Bend at the Deschutes River

PHOTO BY **JOHN WILLIAMS**

John Williams is a wildlife photographer living in Bend. Much of his photography takes place on or near the Deschutes River. Here, he captures a lazy fall day on the Deschutes, south of town.

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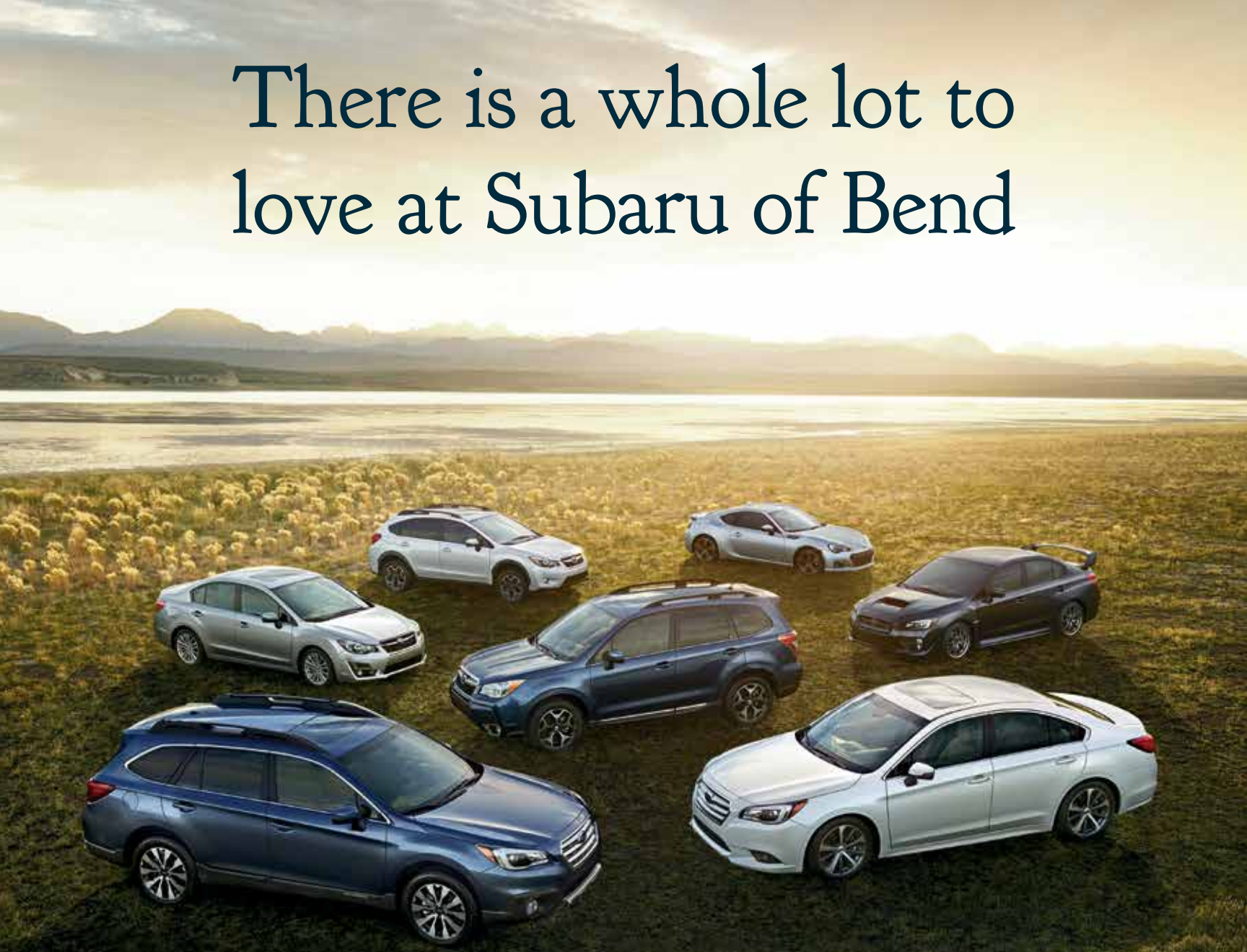

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