CENTRAL OREGON LIFE & STYLE

BEND

WINTER 2015

BACKCOUNTRY STASHES

3 WAYS TO FIND POWDER WITHOUT THE LINES

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The best places to refuel after a day on the mountain.

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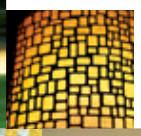
Local Jana Rogets shreds a secrect powder stash in the Central Oregon backcountry. Photo by Brian Becker.

TOP PHOTO BY JEFF KENNEDY; COVER PHOTO BY BRIAN BECKER

TARTAN DRUIM



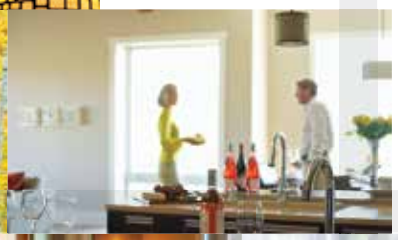


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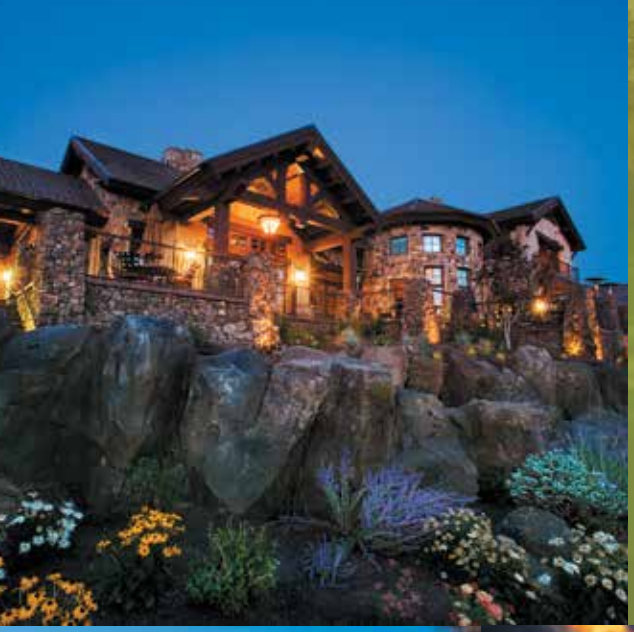
PHOTO HEAVEN MCARTHUR



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WORDS *and* PICTURES

ANDES HRUBY

Andes Hruby is a recent import to Bend, but her life on the road less traveled encouraged her to stay fit. Hruby graduated from Columbia University with an MFA in writing and has spent thirty years as a certified fitness instructor in five disciplines. The former East Coast NBC fit guru shares her thoughts on how to hydrate and acquire the best liquid carbohydrates après ski.

JEFF KENNEDY

Jeff Kennedy is a native Oregonian who lives in Bend. For this issue, he drew the short straw and got to hang out with fun people, drink beer and eat some amazing food. Along the way, he shot people doing the same at their favorite après ski hangouts. See Jeff's work at ijkproductions.com.

KAYLEY MENDENHALL

Kayley Mendenhall took a look at how Bend-La Pine School District's digital conversion—giving an iPad to every student in grades 3 through 12—is affecting local families. Having lived in Bend for more than a decade, Kayley has covered topics ranging from health care to business to social services. She enjoys trail running with friends, hiking and camping with family and spending time with her 6-year-old daughter.

STEPHANIE BOYLE MAYS

Writer Stephanie Boyle Mays moved to Bend almost twenty years ago. In the years since, she's hiked up Broken Top, volunteered at Tumalo Community School, taken up Nordic skiing, ushered at Deschutes Public Library Author! Author! events and served on the board of the Youth Choir of Central Oregon among other activities. When not writing the Home section for BEND *Magazine*, she works as a technical writer for Redmond-based Medline ReNewal.

DUNCAN GALVIN

Duncan was raised in Oregon's own Columbia River Gorge. Exploring the photographic opportunities of his home state has made his boots tough. In this issue, Duncan photographed elements of Bend's diverse local business gems for the Ventures section.

MEG ROUSSOS

Meg moved to Bend following her thru-hike of the Pacific Crest Trail two years ago. After freelancing and working at *The Bulletin*, she set out and thru-hiked the Continental Divide this past summer and has returned once again to Central Oregon's beauty, freelancing locally and nationally. In this issue, Meg photographed Belknap Hot Springs, as well as Deschutes Brewery owner, Gary Fish. Meg's work can be found at megroussos.com.


NINETY PERCENT OF SMOKERS START BEFORE THEY ARE EIGHTEEN
It's a vicious cycle. For every person who dies from tobacco-related disease, at least 2 kids, teens or young adults become regular smokers. In fact, last year thousands of kids in Oregon started smoking—more than graduated from all the public high schools in Medford, Bend and Pendleton. What's for sale in your community?
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Smokefree Oregon is an Oregon Health Authority initiative.

CENTRAL OREGON LIFE & STYLE
BEND

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FROM *the* EDITOR

The founders of BEND - Central Oregon Life & Style (left to right): Ross and Heather Johnson, Sarah and Kevin Max.

In the end, Deschutes Brewery saved my life. Last winter, my family and I were driving back across the border from Canada in a minivan full of kids, smells, smelly kids and a Canadian friend whose passport stamps, if properly scrutinized, would raise questions.

A cool breeze raised goosebumps on my anxiety as I opened the window approaching the customs booth. Would the customs agent do the math on our Canadian friend's passport and pull us aside for hours-long interrogation? Would the stench billowing from the car disgust him to the point of hastily waving us through? I handed the border-control agent five passports. He didn't flinch at the stench. He was too intent on his duties. Then he paused on a passport and raised his eyebrows. I began to see myself withering inside a Canadian prison cell, befriending then eating beetles and looking for messages on the moon's surface through the tease of a window above.

"Your passport is expired," he said to me.

"Really? I just … oh right, they only last ten years … My last one was … " I said.

"Where are you travelling to today?" he asked, his voice with the reserved emotion of an executioner.

"Bend, Oregon, sir," I replied.

"Isn't that where they make Deschutes beer? Love that Black Butte Porter. Go on, get that passport taken care of and have a beer for me."

Gary Fish brewed his first Deschutes beer in 1988, when craft beer was sold out of trunks and garages. Bend was the setting. The water was good and the climate was ripe for a microbrewery. Today Fish is leading the 350,000-barrel brand that is known throughout the Pacific Northwest, at the Canadian border and, soon, up and down the East Coast. Turn to page 67 for "Master of Craft," a behind-the-scenes look at the founding, the rise and expansion of one of the nation's top craft beer brands.

Bye-bye textbooks. One controversial newcomer to the Central Oregon elementary education environment is the ubiquitous iPad. Bend-La Pine School District has, essentially, mandated an iPad-based teaching platform starting in third grade. The school district and many parents believe it's important to prepare our kids for a tech-driven future by getting them involved at the earliest ages. Others see the program as another intrusion of technology upon young lives and an impairment of their kids' cognitive abilities. This is a battle that is likely to play out in more school districts across the country, as technology and education collide. In "Digital Guinea Pigs or Better Citizens?" on page 70, we look at this issue through the eyes of the school district, parents and kids in the Bend-La Pine system.

Thankfully, art hasn't been replaced with the iPad. Artist Sheila Dunn is creating beautiful "abstract patternistic" paintings, whose figures melt in your eyes. Here we witness an artist who has moved out of a garage and is on the verge of becoming a full-time painter. Read her story on page 91 and look for her paintings around town.

Beyond town is backcountry skiing, more of an emotion than a motion. It melds freedom, bounty, nature, risk and solitude inside your helmet and plays out across many places in Central Oregon. If you're already of this mindset, this issue's Three Ways article on "Backcountry Skiing" will help you explore new places. If you haven't yet gotten out in the backcountry, take an avalanche safety class, gear up, then turn on the Xbox and stay home.

Lastly, thank you all for supporting BEND - *Central Oregon Life & Style*. The fall launch of our premier issue was an overwhelming success, and momentum continues to build. We raise our (craft beer-filled) pints to you in cheers.

PHOTO ANDRES PEREZ

Continue connecting with us online @BendMagazine

@maile_killer

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Whether you're tasting a brewery's latest beer, discovering a new local artist or hiking a new trail after fresh snowfall, you're invited to share photos of the little things you love about Central Oregon.

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CONTEST PHOTO BY MARK MCINNIS

BENDmagazine.com

BELKNAP HOT SPRINGS

After exploring the McKenzie River Trail, soak in the mystical waters of Belknap Hot Springs.

BENDMAGAZINE.COM/BELKNAP

SHEILA DUNN

Bend painter Sheila Dunn integrates life and environment wherever she can fit a canvas.

BENDMAGAZINE.COM/ARTIST

BACKCOUNTRY SKIING

After getting to know the procedures of winter in the backcountry, explore these snow-packed Cascade peaks.

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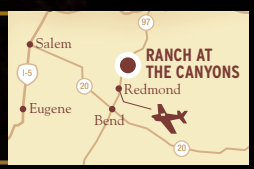

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WRITTEN BY **ANNA BIRD**

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PHOTO BY KAREN CAMMACK

CENTRAL BY CENTRAL OREGON?

bend

IDEAS, INSPIRATION AND INNOVATION

This past October, Central Oregon took its first step toward establishing a miniature version of South by Southwest. The renowned event that takes place in Austin, Texas identifies as "the unique convergence of original music, independent films and emerging technologies." The films and technologies were covered in spades by the BendFilm Festival, Bend Swivel Conference, Bend Design Conference and Bend Venture Conference. The four conferences stacked together a week filled with creativity, inspiration, entrepreneurism and entertainment—effectively turning Bend into an incubator of discovery. Perhaps next year organizers will coin the term, "Central by Central Oregon," and if they do, we'll take full credit.

MORE ON DECK Contemplating the future of Troy Field. Bend conferences breakdown. Getting to know superintendent Shay Mikalson. Redmond's year of sustainability. Making the most of 2016.

■ street cred

As of November, the City of Bend moved a tad closer to tackling the million-dollar question: How will we fund our roads? The City formed a Streets Funding Committee to weigh different options. After weeks of deliberation, the committee decided to back a $6 to $7 million gas tax, found $3 million in the general fund that could go to street preservation, and suggested using $2 million in system development money for pedestrian and bike projects.

■ troy field

How do you think Troy Field should be used?

A SMALL BUT VALUABLE chunk of ground in downtown Bend has been the source of contention over the past year. Troy Field, a 0.8-acre plot of land owned by the Bend-La Pine School District, has become a symbolic hotbed for the future of Bend. The district doesn't use the field for anything, so most often it's used for pickup soccer, football, ultimate Frisbee games, and a space for dogs and kids to run. The Bend-La Pine School District put the land, estimated at $2.6 million, up for sale so it could use the money for funding schools.

There is no real opposition to the school district selling the property, but the buzz grew when the highest bidder turned out to be a Portland developer proposing the construction of high-end condos. The space was offered to public entities such as the City of Bend and Bend Parks and Recreation District first, but the City of Bend was the only one to bid. The school district rejected its offer and accepted the developer's offer of $1.9 million, to which local activists responded with protests and petitions. Zoned for limited commercial use, the property comes with a public facilities comprehensive plan designation. The school district is applying to have the plan designation changed to match the zoning designation, and at the time of publication, it's estimated the city council will make a decision in early 2016.

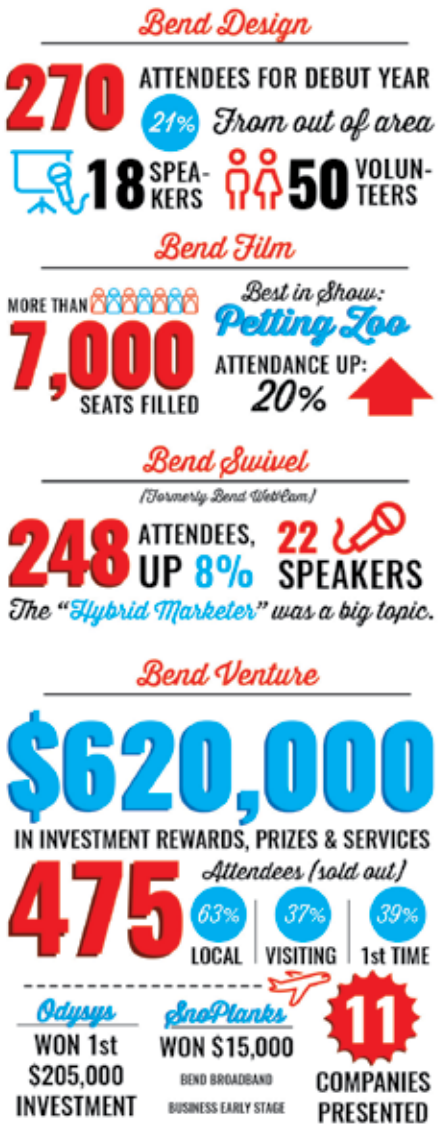
Give us your thoughts at BENDMAGAZINE.COM/TROYFIELD

■ High-end condo

■ Run-of-the-mill community park

■ Bend (micro) Adventure Gym

■ conference recap



A 2014 Bend Venture Conference finalist launched its product into the market this September. Based in Bend, kidRunners are all-terrain joggers designed for parents who don't want to sacrifice performance and freedom for a run with the kid. The biomechanically efficient, hands-free design is 35% lighter than other joggers and allows runners to maintain natural form. The company says bike and Nordic ski options are future possibilities. KIDRUNNER.COM, ***$750***

ILLUSTRATIONS BY BRENDAN LOSCAR

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5 Questions for Shay Mikalson

The new superintendent for the Bend-La Pine School District sat down with BEND *Magazine* to talk growth, goals and technology.

AS A PARENT YOURSELF, WHAT ARE PARENTS MOST CONCERNED WITH RIGHT NOW? I think our challenge, or our opportunity, as we look forward is making our system fit the needs of each of our students, instead of asking our students to fit into this system of schools. We're getting great achievement, but we just need to make sure that achievement is happening for all of our kids.

HOW IS IT GOING SO FAR? It's a dream job in a dream district. I have five kids, so this work is not only about the 17,500 that we serve, but four of mine are in our schools. I'm absolutely thrilled to be in this role.

WHERE DO THE SCHOOLS NEED TO IMPROVE? We need to improve for our students that are historically underserved or disadvantaged students in poverty, our English Language Learners. Those are the students we're seeing that, while we're having growth, we're not having the growth that's necessary for them to catch up or close that achievement gap, and that needs to be a focus.

HOW ARE YOU RESPONDING TO GROWTH? This year we're up about 380 students from where we were at the end of last year. We look for expertise across our community, as well as partner with Portland State Population Research Center and others to really help forecast where growth might be happening and work closely on that.

HOW DO YOU THINK TECHNOLOGY, SUCH AS iPADS, IS BENEFITTING STUDENTS? We think it's a great resource, and as we look forward, we want to provide not only a 21st Century education, but the skills they need, too. We think it's a critical tool. But just that, a tool.

- **Sutton Mountain wilderness** 29,675 acres
- **Pat's Cabin wilderness** 15,951 acres
- **Painted Hills wilderness** 6,900 acres
- **Dead Dog wilderness** 4,939 acres

■ *wilderness & recreation*

Senators Thinking Wild

IN MAY, Sen. Jeff Merkely introduced the Sutton Mountain and Painted Hills Area Preservation and Economic Enhancement Act of 2015 to the 114th United States Congress. The bill would designate certain BLM land in the John Day River Basin as wilderness and give about 2,000 acres of BLM land to Wheeler County for economic and community development. The following designations will formalize areas of BLM land in the Prineville District, giving almost 58,000 acres the highest level of conservation.

In October, Sen. Ron Wyden drafted a bill that would update federal regulations on recreation, streamlining and modernizing recreation use permits for visitors, outfitters and guides. By prioritizing recreation, and increasing trail maintenance and voluntarism, on public lands, Wyden's draft bill aims to boost Oregon's recreation and tourism economy. | To read the draft and provide feedback, go to WYDEN.SENATE.GOV.

■ *redmond*

Sustainable City

This year, Redmond was selected for the Sustainable Cities Initiative, a yearlong program through the University of Oregon. The program is in its sixth year, each year partnering with a new city to assess existing infrastructure and assist with sustainability projects. Salem, Springfield, Gresham and Medford are past partners. Redmond is the first city chosen east of the Cascades. The program is cross-disciplinary, tailoring curriculums to fit the needs of the city. The Sustainable City Year Program usually starts in the fall, but in Redmond's case, it began with a bicycle transportation planning course last spring to address a bike and pedestrian initiative. Students identified fifteen potential projects to promote alternative transportation and make routes more accessible. Throughout the year, the U of O will dedicate twenty classes, more than 400 students and about 52,000 hours of work to projects ranging from neighborhood revitalization to city utility branding.

WINTER PROJECTS:

- Local business empowerment procurement policy
- Affordable housing plan
- Airport strategic branding and marketing plan
- Downtown market analysis
- Development of comprehensive entrepreneurial incubator/accelerator
- Redmond sports complex feasibility analysis
- Airport landscape master plan

BOTTOM LEFT PHOTO BY TYSON FISHER, TOP LEFT PHOTO BY BYRON ROE

Find the full interview with Shay Mikalson at **BENDMAGAZINE.COM/MIKALSON**

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6 New Year's Resolutions to Keep in 2016

Whether you vow to do a juice cleanse, call your family more, work out every single day or cut back on Netflix, New Year's resolutions are generally a farce. Let's set some goals that have staying power.

1 Get a library card ... and use it. The Deschutes Public Library has six locations in Bend, Sunriver, La Pine, Sisters and Redmond. Crook County and Jefferson County libraries have you covered beyond that. Reading is like kale for the mind—it's almost too good for you.

2 Bike to work instead of driving every once in a while. It's super vague, sure, but resolutions often lose promise with lofty goals. Try it one time, and you'll realize the childlike feeling you get atop a bike beats the road-rage riddled adult you are in a car.

3 Compete in a race. There is no shortage of races here in Central Oregon, so you have options with varying degrees of difficulty and types of activities. Whether you feel most adept at walking, running, pedaling, paddling or skiing—or all of them—there's a race for you.

4 Bag a new peak or swim in a new body of water—or both! Obviously summer here is rippling with things to do, but whether you've been here twenty years or six months, chances are there are places you have yet to explore.

5 Try a work week micro-adventure. What's a micro-adventure? It's something you can do before or after work, or on your lunchbreak. Adventuring doesn't have to be a grand thing—just wake up a little earlier and wedge it in where you can. For ideas, go to BENDMAGAZINE.COM/MICROADVENTURES.

6 Catch a museum or art exhibit. We don't mean indulging in the free snacks and beverages of First Friday Art Walks while admiring local art. Intentionally seek out a museum exhibit or go to an art gallery and take in the history and creativity of the area.

■ survey says ...

You're excited for winter.

When the temperature finally began to drop this past fall, we asked our Facebook community to share their favorite winter activities. Here's what you had to say:

"Après ski nachos at The Row. Shuffleboard and Soaking Pool at McMenamins. Movies at the Tin Pan." *—Cassondra Spring Schindler*

"Going to Florida!!! Swimming in the Gulf!" *—Carol Brunbeck*

"Sledding!!! Walking thru the woods. Snow angels, snow spiders, mm ... Snowflake catching" *—Heaven McArthur*

"Skiing! I hope it comes soon and brings lots of snow!" *—Alexis McKee*

"Skiing, skiing, skiing! And skiing in to the snow shelters for moonlight get togethers with friends. And skiing, also." *—SweetPea Cole*

"Snowshoe walks!" *—Christine Boone*

"Ummm... ALL OF THEM." *—Justin McCormack*

"Snuggling up in front of the fire with some wine and my man. Ya. I know ... not a sport, but still my favorite thing." *—Carol Pratt Nickel*

■ the skyliners

IN 1927, four Scandinavian lumber workers formed the Bend Skyliners mountaineering club and set the stage for winter sports in the Cascades. Nels Skjersaa, Chris Kostol, Nils Wulfsberg, and Emil Nordeen came from Norway and Sweden, and built a reputation in Central Oregon as expert skiers and alpinists. Modeled after similar outing groups in Oregon, the Skyliners sponsored races, conducted mountain rescues and promoted competitive skiing. They also built a ski jump and toboggan hill in the McKenzie Pass, and later a "winter playground" along the upper area of Tumalo River where they built a ski jump on Skyliner Hill. By the time Mt. Bachelor Ski Resort was developed in 1957, the Skyliners were an integral part of the Central Oregon ski community, fostering the careers of Olympic skiers such as Jean Saubert and Mike Devecka.

Check out the "Winter Comes: Oregon's Nordic Ski Heritage" exhibit at Des Chutes Historical Society, opening late January. DESCHUTESHISTORY.ORG

METOLIUS TEAS North blend is a perfect sweet-and-spicy winter treat. Fresh, rich flavors of cardamom, ginger, pink peppercorns, licorice and cinnamon are rounded out with toasted coconut. It's the perfect drink after a long day out in the snow. You can find Metolius Tea at various locations around Central Oregon. METOLIUSTEA.COM

BOTTOM LEFT PHOTO COURTESY OF DES CHUTES HISTORICAL SOCIETY

WRITTEN BY **JEN FLOYD**

#ZWICKEL16

Here's everything you need to know about Zwickelmania 2016.

- This statewide day of brewery open-house events gives Oregon beer lovers a chance to meet brewers, sample free beers and go behind the scenes at their favorite breweries.
- A zwickel is a valve that allows beer to be poured directly from a fermentation tank.

Local participants:

DESCHUTES BREWERY 901 SW Simpson Ave., Bend | Tours, tastings, zwickel samples

CRUX FERMENTATION PROJECT 50 SW Division St., Bend | Zwickel samples and tours

WORTHY BREWING 495 NE Bellevue Dr., Bend | Brewery tours, samples, small bite food pairings

WILD RIDE BREWING 332 SW 5th St., Redmond | Meet the brewer, samples

SUNRIVER BREWING 56840 Centure Ln., Sunriver | Samples

February 13 from 11 a.m. to 4 p.m. | OREGONCRAFTBEER.ORG/ZWICKELMANIA

■ *cheers, 2016!*

A SWANKY NYE FOR BEER LOVERS

Pre-dinner drink at The White Water Taphouse
WHITEWATERTAPHOUSE.COM
GO FOR a huge selection and modern décor with thirty rotating taps offering beer, wine, cider and kombucha.

Dinner at Zydeco
ZYDECOKITCHEN.COM
GO FOR a good tap list, but an even more impressive variety of rare and high-end bottled beers, including Ale Apothecary's La Tache & Sahalie.

Party at Old St. Francis School MCMENAMINS.COM
GO FOR a pint and live music by Tubaluba (New Orleans-style rock, in the Father Luke Room) and Mosely Wotta (hip hop and spoken-word performer, in the theater). Starts at 9 p.m.

Nightcap at Astro Lounge
ASTROLOUNGEBEND.COM
GO FOR the late-night crowd and ten beers on tap.

■ *ale apothecary*

Paul Arney is settling into new digs for his Ale Apothecary, now located at the Century Center on the west side of Bend. The brewery has hit stride, and recently started offering beers through Tavour and other online sales outlets. Arney hopes to make the Ale Apothecary's membership plan accessible to more members in 2016. New perks will include "meet the brewer" tours and complimentary tastings at the new facility.

THE MORTGAGE VETERANS

From left to right: Stacy Carreras, Kelly Baer, Matt Bassitt, Michelle Lindikoff, Vicky Williams, David Jones
Parked behind: A1C AWOL

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Recommended by the staff at Paulina Springs Books in Sisters.

COZY

WINTER reads

1 OUR SOULS AT NIGHT by Kent Haruf (Reviewed by Barb)

This is Kent Haruf's final novel, written after he was given less than six months to live. Set in the fictional town of Holt, Colorado, as was his previous trilogy, this book introduces us to Addie Moore and Louis Waters. In their seventies, both are widowed and alone and living just one block apart. One evening Addie comes to Louis with a proposition: "... We're both alone. We've been by ourselves for too long. For years. I'm lonely. I think you might be too. I wonder if you would come and sleep in the night with me. And talk." And so it begins. Though initially awkward, the two settle into a comfortable routine, trying to ignore the gossip that inevitably goes with small town life. As with all Haruf's books, this is a quiet story about ordinary people who are attempting to live meaningful and honest lives.

2 BEAUTIFUL QUESTION: FINDING NATURE'S DEEP DESIGN by Frank Wilczek (Reviewed by Brad)

Does the universe embody beautiful ideas? Or, put another way: Is it a work of art? This is the question Frank Wilczek, winner of the 2004 Nobel Prize in physics, sets out to answer in his latest book. Frank does his best to write about extremely complicated concepts for the lay person. The first half of the book is well within the reach of armchair scientists such as myself, presenting fascinating explorations of human sight and hearing, while offering intriguing comparisons between art and science. The second half of the book enters into mathematics and particle physics that go beyond my level of understanding, but the bits and pieces I can grasp make it worth the effort of reading. These are truly beautiful ideas presented about reality that boggle the mind.

3 MORNING LIGHT by Barbara Drake (Reviewed by Sue)

A number of years ago, I read Barbara Drake's first book, *Peace at Heart: An Oregon Country Life*, which was an Oregon Book Award finalist back in 1999. I thoroughly enjoyed it and was excited to see that she had a new book about her life in the Willamette Valley, so I dove right in. I love reading books about place, especially when the author is so gifted that you feel their joys, sorrows, and quiet moments. Drake is such an author. She writes about aging with much grace and poignancy via the stately oaks on their property, their dogs, and her and her husband.

4 COME RAIN OR COME SHINE by Jane Jaron (Reviewed by Amanda)

Time passes in Mitford as it does in the rest of the world, and it's finally time for Father Tim's adopted son, Dooley, to marry his soulmate and former rival, Lace Harper. If you read the earlier novels, you probably wondered if these two broken kids rescued from awful childhoods could ever work their way into a lasting relationship. By work and by grace, they've done it, and are now planning their country wedding in Karon's newest Mitford novel. Karon works well with a small tapestry; this book is centered on one event, but is fully textured and kept me reading with great enjoyment. I have searched, but haven't been able to find, any other fiction like Karon's.

excerpt

"SHE STOOD AND WENT OUT AND WALKED BACK HOME, AND HE STOOD AT THE DOOR WATCHING HER, THIS MEDIUM-SIZED SEVENTY-YEAR-OLD WOMAN WITH WHITE HAIR WALKING AWAY UNDER THE TREES IN THE PATCHES OF LIGHT THROWN OUT BY THE CORNER STREET LAMP. 'WHAT IN THE HELL,' HE SAID. 'NOW DON'T GET AHEAD OF YOURSELF.'" —FROM OUR SOULS AT NIGHT BY KENT HARUF

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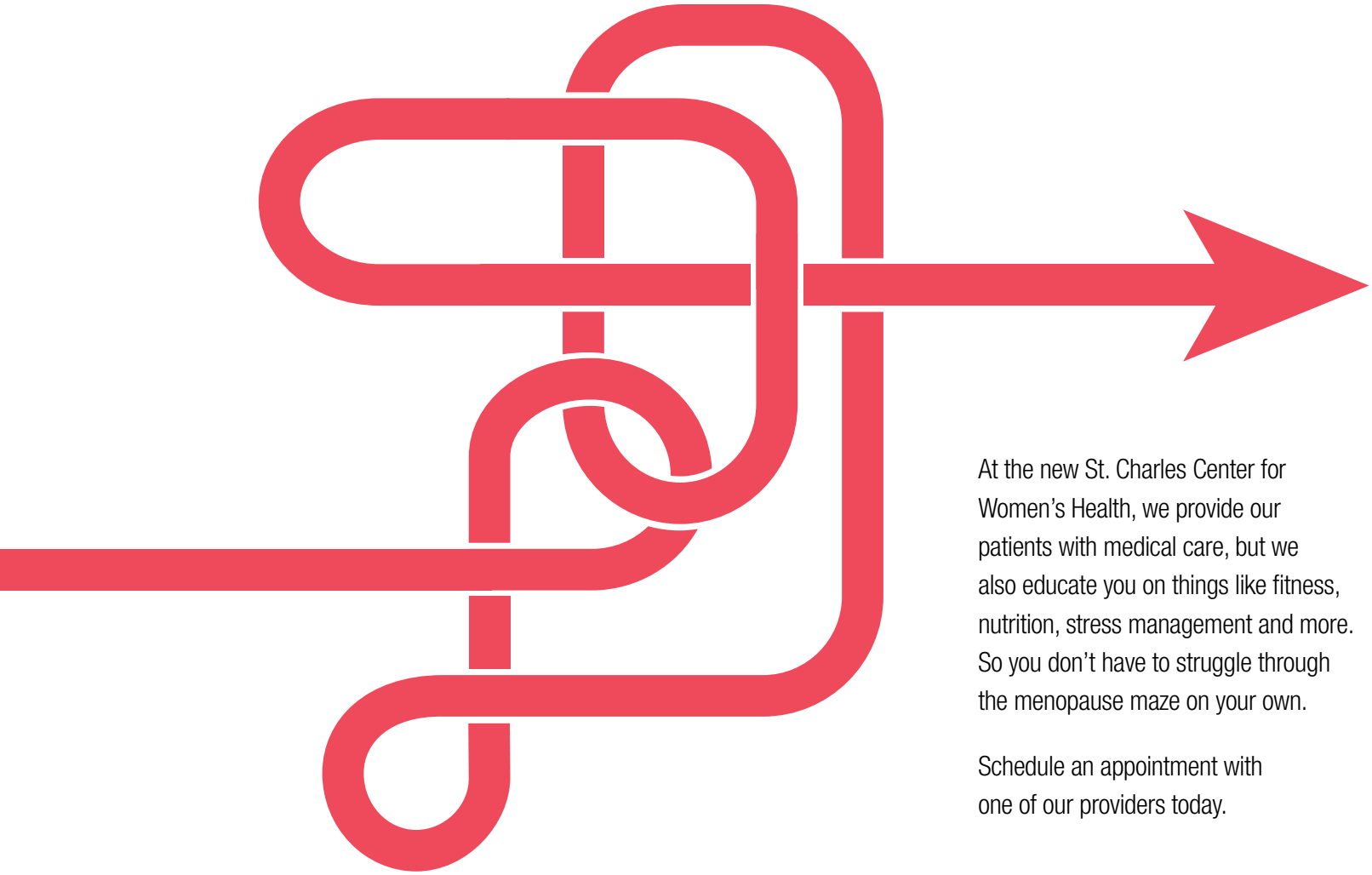

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BACKCOUNTRY SKIING

Three Ways

Central Oregon's Cascades offer an abundance of excellent skiing for those willing to seek it out and make the effort. Depending on snow conditions and time of year, much of the area's terrain is accessible for a day, overnight or weekend trip. Before embarking on any backcountry adventure, always check the weather forecast and prepare accordingly. Even better, monitor the snow and weather cycles throughout the season, as well as the snowpack observations on the Central Oregon Avalanche Association (COAA) website.

Carry the proper gear, have fun and come home safe.

WRITTEN BY **ALLISON MILES**

PHOTO BY JON TAPPER

THREE SISTERS

Tam McArthur Rim is in the Three Sisters Wilderness, north and east of Broken Top. During the winter, skiers access Tam Rim from Sisters via Three Creek Lake Road, which turns into NF-16. Usually, the road is clear to Upper Three Creek Sno-Park. From there, it's a six-mile approach by snowmobile or on Nordic skis to Three Creek Lake at the base of Tam Rim.

The Three Sisters Backcountry yurts, available by reservation (threesistersbackcountry.com), are located here, making this area a great option for overnight or multi-day trips, with more comfort than camping directly in the snow—that is unless your tent comes equipped with a keg and a sauna. This is also where Three Sisters Backcountry hosts its hut-based avalanche education courses. Even if you aren't taking a course or reserving a bed, the huts are a good place to stop and inquire with other skiers regarding any avalanche events or snowpack observations about the area.

From the lake, skiers can choose from a variety of aspects across the rim, ranging from north- to southeast-facing. Terrain options include widely-spaced old growth trees, glades, open bowls and cliffs. On the north-facing aspects during the winter, powder will linger for days after a storm.

GET PREPARED

COAA promotes avalanche safety and education in Central Oregon. COAA's four professional snowpack observers post weekly reports to the COAA website throughout the season. Thanks to Bend's backcountry community and local businesses, COAA also recently bought a mountain weather station, which will stream weather data directly to the COAA website. The weather data will help backcountry

PHOTO BY JON TAPPER

riders make better decisions about when to go in the mountains.

Having the proper gear (beacon, probe and shovel) and knowing how to use it is essential for traveling in avalanche terrain. COAA offers free monthly "Know Before You Go" events at Broken Top Bottle Shop. Check COAVALANCHE.ORG for dates.

BROKEN TOP

Broken Top is a preeminent Central Oregon backcountry skiing destination for a day trip, overnighter or multi-day excursion. With a snowmobile, it's about a thirty-minute ride to the wilderness boundary from Dutchman Flat, depending on snow conditions. On skis, the rolling and gradually climbing six-mile approach from either Dutchman Flat or Mt. Bachelor's Nordic Ski Center will vary depending on snow conditions, as well as the skier's fitness and experience level. No matter the approach, with an early start, a trip to Broken Top can easily be done in a day and is worth the effort every time.

Arguably one of Central Oregon's most aesthetic mountains, this extinct stratovolcano has been glacially eroded over the past 100,000 years, exposing its cone and ultimately creating outstanding skiing terrain. Due to its complex shape and elevation, this mountain typically has good snow on at least one of its aspects. Some of the classic ski descents drop into the bowl, including the 11 o'clock couloir, called Pucker Up, and the 3 o'clock face. However, any of Broken Top's faces and ridges are skiable in the right conditions, in addition to nearby Broken Hand and Ball Butte.

DAY TRIPS

Broken Top and Tam McArthur can be done as day trips, but it's worthwhile to put together a small group and make a weekend out of it, especially if the snow is good.

PHOTO BY JON TAPPER

MOUNT BAILEY

Mount Bailey is about 100 miles south of Bend, near Crater Lake National Park, on the west side of Diamond Lake and across from Mount Thielsen. From Bend, skiing Bailey is ideally an overnight or long-weekend trip. If you can spare the time and the snow is good, it's also worth skiing Mount Thielsen while you're in the area.

Mount Bailey is another classic Oregon volcano with an abundance of terrain and aspects from which to choose, including north- and east-facing bowls. During the winter, the approach to Mount Bailey begins at Three Lakes Sno-Park, located off the Diamond Lake Highway. Skiers can reserve the Hemlock Butte cabin, a rustic backcountry hut at the base of the mountain that requires a four-mile approach on skis or snowshoes. From there, Mount Bailey's terrain can be reached via its southeast ridge.

A clear day will provide skiers with an incredible panorama of Diamond Peak to the north, Diamond Lake and Mount Thielsen to the east, the Crater Lake Rim to the southeast, Mount McLoughlin to the south and more. The most popular terrain is in the east-facing bowls. Experienced skiers will find steeper terrain off the north side.

PHOTO BY BRIAN BECKER

CAT SKI TOUR

For advanced and expert skiers, guided tours are available through Cat Ski Mt. Bailey, covering an average of 15,000 to 18,000 vertical feet per day. With a maximum of twelve skiers and riders per day, the cat skiing operation makes turns accessible on 6,000 acres of terrain. $350 per person, or $3,500 to reserve the twelve seats on the cat.

CATSKIMTBAILEY.COM

HEMLOCK BUTTE

The Hemlock Butte cabin can be reserved for free, but it gets booked up for the season quickly, so plan ahead. It is a four-mile trek in to this base camp. With ample access to ideal ski terrain, this shelter does not disappoint. The cabin provides basic amenities and has room for about twelve people.

RESERVEAMERICA.COM

For more ways to explore the Central Oregon outdoors, visit BENDMAGAZINE.COM/EXPLORE

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PHOTO BY TALIA GALVIN

FIT & FOCUSED

Health Goals for 2016

WRITTEN BY **ALLISON MILES**

The start of a new year is an opportunity to reflect on the past year while looking forward and thinking about changes we'd like to make in the coming year. It's an inspiring and motivating time, yet resolutions can be difficult to sustain. Life seems to get in the way of lofty goals and old habits die hard. That's why, for 2016, we asked three local nutrition experts for advice on setting resolutions we can keep.

PROFESSIONALS

Juli Huddleston, MS RD | Nutrition by Jules | NUTRITIONBYJULES.COM | 503.871.2054

Stephanie Howe | Endurance by Stephanie | ENDURANCEBYSTEPHANIE.COM

Adam Hamilton, DC | Redmond office located in Triumph Fitness: 2757 NW 7th St., Unit B, Redmond | Bend office located inside Elevate Athletics: 62860 Boyd Acres Rd., Unit B-2 | 541.316.5915 | ADAMHAMILTONDC.COM

Lori Brizee | Central Oregon Nutrition Consultants | 516 Southwest 13th St. #101, Bend 541.306.6801 | CENTRALOREGONNUTRITION.COM

Anne Guzman | Nutrition Solutions | NUTRITIONSOLUTIONSANNEGUZMAN.COM

Three New Year's Resolutions Recommendations from Local Nutritionists

- Juli Huddleston -

PRACTICING MINDFULNESS

Mindfulness is having awareness and intention about what you do. It can be related to food choices and portions, how you move and keep your body active, sleep quality and energy, and self-care, including stress management. You can measure mindfulness by setting small, achievable goals and keeping a log to help you maintain awareness. Juli Huddleston suggests practicing mindfulness for your body by scheduling five minutes after every workout to stretch and relax your muscles.

- Stephanie Howe -

SETTING A SMART GOAL

Resolutions such as "get healthier" or "lose weight" are often unsuccessful because they are not specific or time-oriented, resulting in a loss of motivation, frustration and failure. "Instead, set yourself up for success by setting a SMART goal: specific, measureable, attainable, realistic, and time-oriented," said Stephanie Howe. Begin with a specific behavior you'd like to change, and then set an attainable and realistic goal that can be measured. Give yourself a deadline for completion and reward yourself for progress.

- Adam Hamilton -

KNOW WHERE TO START

Many people want to set resolutions around eating better or losing weight, but they don't know where to start. Using a nutritional tracking app to monitor your typical food intake helps provide a baseline for improvement. "Awareness of your average caloric intake and typical macronutrient distribution allows you to make more realistic diet modifications that can be easier to maintain in the long run, no matter what nutritional plan you choose," said Adam Hamilton.

DAY TRIP

Belknap

A steamy winter refuge

WRITTEN BY **ALLISON MILES**

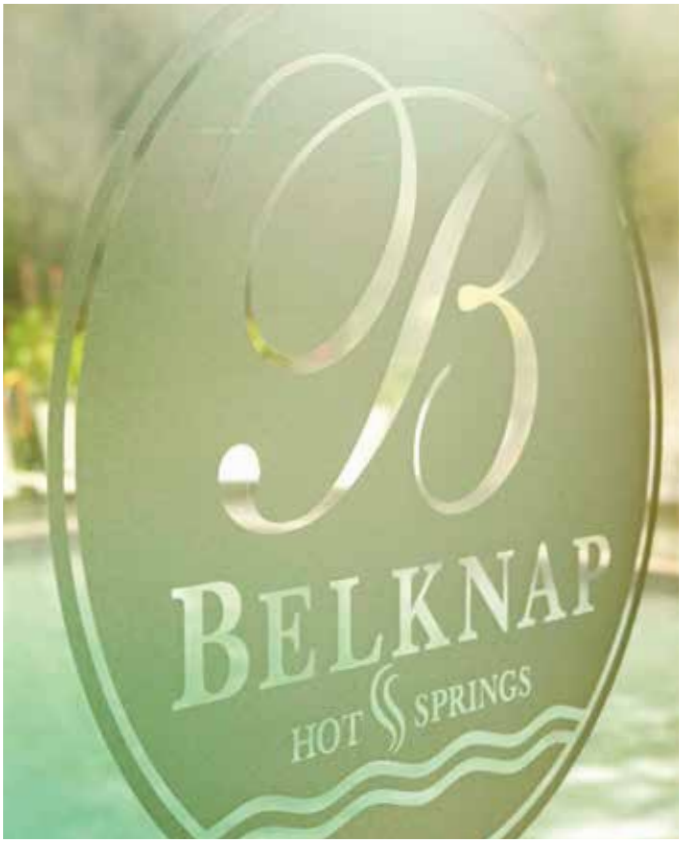
PHOTOS BY **MEG ROUSSOS**

Nestled along the McKenzie River seventy miles from Bend, Belknap Hot Springs offers refuge from winter's bite in a quintessential Pacific Northwest setting. The air is heavy and saturated, so it's hard to tell whether it's actually raining, and wisps of fog waft among the surrounding hillsides like ghosts peering out from the trees. The resort embodies a mood that is like ghosts emerging from trees. The quest for contemplation slows time here.

Open year-round, Belknap Hot Springs is an easy getaway from Bend, whether to hit the reset button with a day at the spa or to work a soak into a full-day excursion along the McKenzie River. Originally developed in 1869 by R. S. Belknap, the springs have been open to the public almost continuously since the 1870s. Today, the resort includes a lodge, cabins, campsites, RV sites and two 104-degree mineral pools fed from the natural spring bubbling out of the ground directly across the river. Behind the lodge, a footbridge spans the McKenzie River and links to a network of trails that meander through gardens, lawns, ponds and woods. After soaking, it's worth venturing across the bridge to explore the wooded paths and gardens.

The upper pool is limited to overnight guests, but the lower pool is available to the public for day use, and is family-friendly and large enough to hold multiple groups without feeling crowded. The lower pool sits alongside the river, which rushes over smooth stones, adding a low hush to the tranquil ambience.

For an extended gallery of Belknap Hot Springs, visit BENDMAGAZINE.COM/BELKNAP



■ **DON'T LEAVE WITHOUT** exploring the McKenzie River Trail. Bring running or hiking shoes or even a mountain bike to access the scenery. At the springs, birthday suits are prohibited, so pack a bathing suit. Bring your own towel and save $2.

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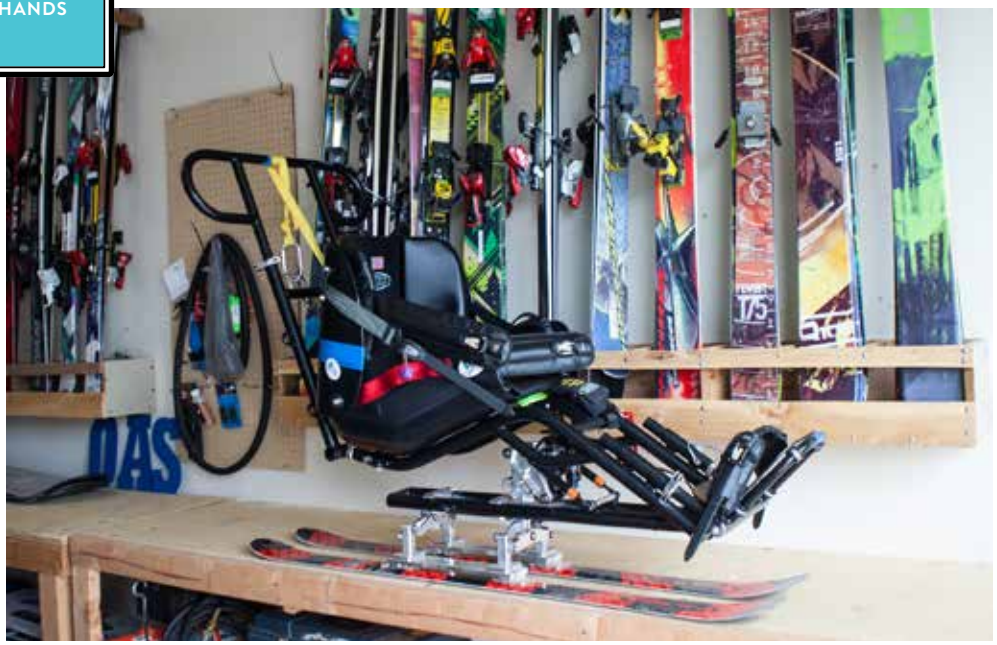
PHOTO COURTESY OF LAY IT OUT EVENTS

WINTERFEST

community fun

Oregon WinterFest is a three-day celebration of the season in Bend. February 12-14, thousands of people will take over the Old Mill District and descend upon craft beer, wine and activities for the entire family. For the daredevils in the group, there is the largest off-mountain rail jam in the Northwest. Taking it to another level still, the world-famous Metal Mulisha motocross team will push the boundaries of gravity during big-air shows. New this year, festival-goers will be able to vote for their favorite entry in the Fire Pit Competition, which will showcase the work of more than twenty artists. This year's local beneficiary is the nonprofit Saving Grace.

February 12-14 at Bend's Old Mill District | OREGONWINTERFEST.COM



Half-day or full-day lessons at Mt. Bachelor and Hoodoo include adaptive equipment when needed.

Oregon Adaptive Sports

WRITTEN BY **MACKENZIE WILSON**

> "They share part of their life with you and that's a very special, intimate experience."

Learning to ski or snowboard can be exciting and intimidating for anyone, but imagine not being able to see where you're going or hear another skier coming up behind you. Oregon Adaptive Sports (OAS) helps people with disabilities enjoy and safely navigate the mountain. The nonprofit started out in 1996 as the Central Oregon Adaptive Ski Program. Now, more than 400 people donate their time to the organization, which operates year-round. Throughout each winter, volunteers teach participants on Mt. Bachelor and Hoodoo.

Many of the participants are only able to join OAS on the mountain once, but there are some who come back every year. Volunteer Barb Smith said watching them progress and helping them push their limits is her favorite part. "They share part of their life with you and that's a very special, intimate experience," said Smith.

There are more than 200 volunteers on the winter roster for OAS, but more are always needed. Smith said new people often show up timid and unsure of how much help they'll be. "We learn as we go. None of us is perfect, but we're all doing our best," she said. "The number one thing is you have to be safe and have fun." OAS puts their volunteers through at least eight hours of training, including a half-day of work on the mountain. Throughout the season, OAS also teaches local students from "life skills" classes and seniors from the Whispering Winds retirement home.

About OAS

Serving people from all over Oregon, OAS operates year-round with opportunities for snowsports, kayaking, golfing, hiking, cycling and disc golf for participants.

BY THE NUMBERS

- 400 volunteers throughout the year
- 200 volunteers during the winter
- More than 300 participants in 2014

GET INVOLVED

Donate or complete the volunteer application at OREGONADAPTIVESPORTS.ORG

- December 19th—tentative first day for lessons
- January 9th—tentative new volunteer training at Hoodoo

VOLUNTEER EXTRAORDINAIRE: BARB SMITH

Barb Smith began volunteering for OAS in 2009 when she moved to Bend to retire. Smith, 65, said OAS consumes her winter in the best way possible. She taught physical education for thirty-two years, so working with OAS is a natural fit. "You never stop being a teacher and never stop wanting to give, but I get so much more back—you change their lives and they change yours," said Smith.

PHOTOS BY HEAVEN MCARTHUR

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LOCAL HERO

Brett Miller, founder of Warfighter Outfitters

Hunting to Heal

WRITTEN BY **MACKENZIE WILSON**

For three years, Brett Miller was in a hospital. In 2005, a roadside bomb blew up six feet from his Humvee in Iraq. Now, the 40-year-old Army veteran is blind in his right eye, deaf in his right ear and is partially paralyzed on his left side. Miller said a lot of disabled veterans' injuries aren't noticeable to others.

Army veteran Talitha Wark served in Iraq in 2003. She said she was lucky to not get blown up, but she's had surgery on her knee, shoulder and back because of injuries she got while on the job.

Wark, 30, was one of fifteen disabled veterans on the 2015 eight-day elk hunt with Warfighter Outfitters in the Mt. Washington Wilderness. The nonprofit, based in Sisters, takes wounded warriors on fishing and hunting trips throughout the Pacific Northwest and in Mexico. This year, they've taken more than 300 disabled vets on fishing trips and more than thirty-five on hunts. The veterans haven't paid a dime. "A lot of these guys think these are once-in-a-lifetime trips because we're all working class," said Miller. "If someone was to buy a trip like this, you're paying anywhere from $3,000 to $5,000."

After spending several years taking people on trips using his own funds, Miller, in 2011, founded Warfighter Outfitters as a nonprofit so more veterans could benefit. People started to rally around the cause. This year, the Central Oregon community played a big part in making an elk hunt happen. It was a last-minute effort to get veterans who hadn't pulled a tag—another chance to get an elk. Miller said people donated meal cards and sponsorships to get the trip going. "Central Oregon wanted to show these guys how proud of them they are and that's what they did," said Miller.

The trips are as much about camaraderie as they are the hunt. "It doesn't matter what age you are or what type of unit you've been in or what service or branch you've been in, everybody gets along," said veteran Allen Holland, 55.

Wark said she thinks the trips help her and the other veterans more than people realize. "To most people who would come out here and look at this camp, they'd just see a bunch of people hanging out, having a good time," Wark said. "For us, this is our therapy."

PHOTOS BY BRENDAN LOSCAR

"You need to be able to put people before everything else; they're front and center and the most important person on the snow."

Ski Instructor Q&A

When Larry Smith started working at Mt. Bachelor, the mountain still went by its original name—Bachelor Butte. Since 1979, he's spent every winter teaching skiing there. Sometimes he's on the snow 150 days a year. Smith remembers when the main hangout was Egan Lodge, a thirty-by-fifty-foot hut, a quarter of the way up the mountain. Smith, 67, said that many of the people he started with at Mt. Bachelor went on to different jobs or are now retired. Smith spends his summers guiding cycling tours in Europe, but he's always excited to head back up Century Drive. Here is a slice of Smith's three decades on the mountain.

INTERVIEW BY **MACKENZIE WILSON**

1 ***What is the most memorable lesson you gave?*** A couple winters ago, there was a former ballerina from the Bolshoi Ballet who came here to ski. She'd never skied before, and we went out and learned how to dance on the snow. It was pure delight because she understood balance and movement. All I said was, "This stage isn't flat, this one tips, so you need to stay perpendicular to the stage as it tips."

2 ***We've all witnessed a mid-run tantrum. How do you deal with them?*** You have to figure out why the tantrum is happening: Why is the kid uncomfortable? You have to be good at reading kids. I like to give them the opportunity to make choices. I say, 'Would you like to do this or do that?' Both of them are good choices, but they get to feel like they're choosing things. Kids like to be self-directed.

3 ***What about adults?*** Very few people who are teaching their friends or loved ones actually know how to teach. Just because you know how to do something doesn't mean you can break it down and explain it to somebody else in a manner that allows them to be successful. We (ski instructors) understand little bitty pieces and baby steps for starting out so that you just gradually become more comfortable and you aren't thrown into the steep stuff right away.

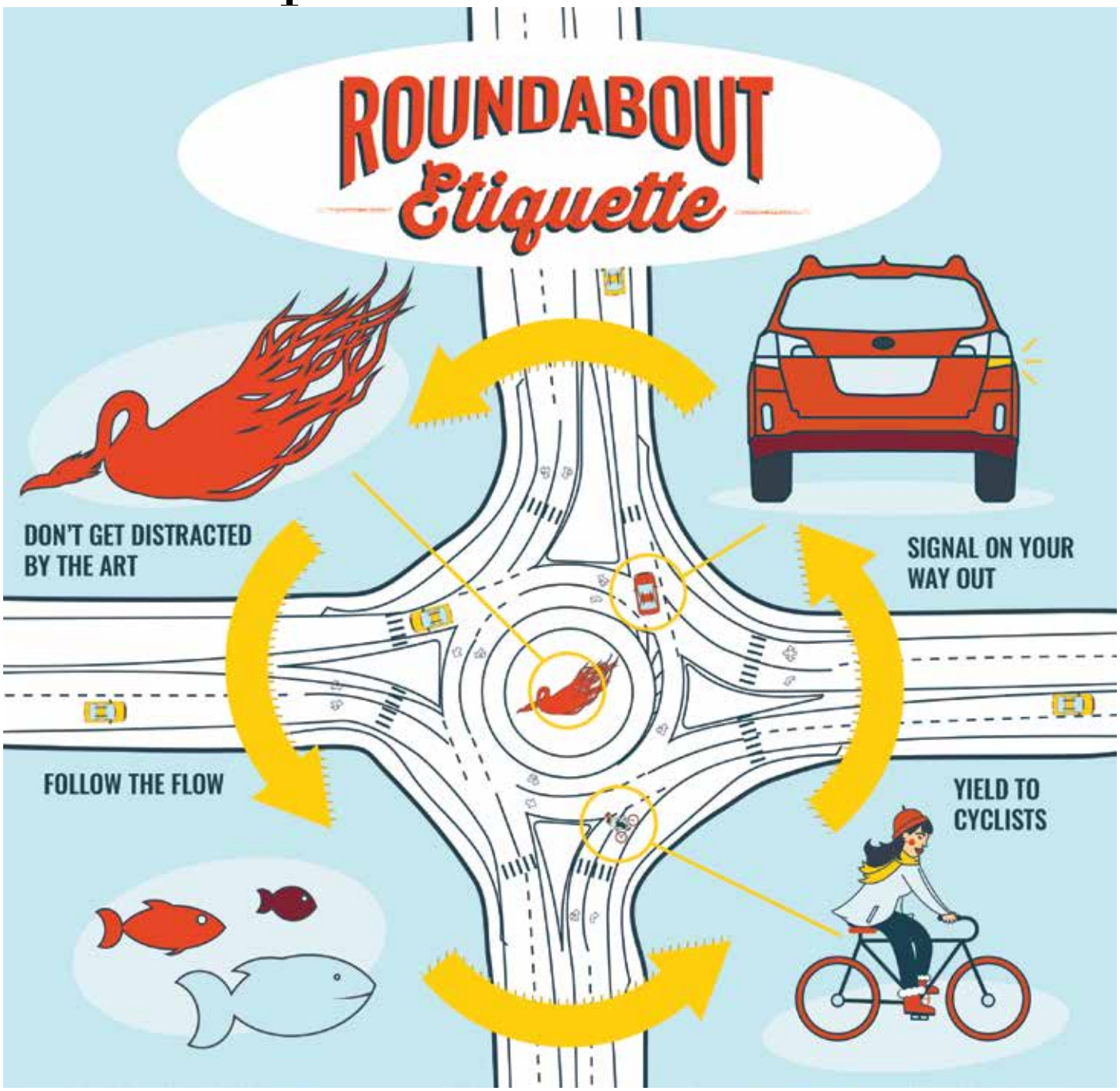
4 ***What's it take to be a great ski instructor?*** You have to want to help people. You need to be able to put people before everything else—they're front and center and the most important person on the snow. If you can do that and believe it, and love it, you'll be fine.

5 ***You gave up a job in telecommunications to be a ski instructor. Any regrets?*** When I was in telecom, I was good at it. I managed people and ran big programs, but it didn't feed my soul. When I'm on the snow and I'm sharing skiing, there's no better place for me to be. Although, my mom does still wonder if I'll ever grow up. The only thing that would stop me from teaching is if something happened to my health and I couldn't. Otherwise, I see no reason to ever stop. I don't even think of it as a job.

PHOTO BY BYRON ROE

MISS MANNERS

Bendiquette



1 **Don't get distracted by the art.** Wait until you're not driving to assess the meaning of "Phoenix Rising," pictured here. Was it meant to be a social commentary on the transformation of Bend circa early 2000s? Leave it to pedestrians to sort out.

2 **Signal on your way out.** As you *enter* the roundabout, it's redundant to put on your right blinker because right is the only way you can go—ever. When *exiting*, however, signal. This is the key feature to keeping traffic flowing and required by Oregon law.

3 **Yield to cyclists.** Bicyclists can use the sidewalk and the crosswalks, but can also move into traffic at the end of the bike lane, acting as a car until entering the bike lane on their exit.

4 **Go with the flow, man.** It's like John Lennon once said, "Turn off your mind, relax and float downstream … " Except, you definitely don't want to turn off your mind. You should, however, float downstream (it would be incredibly dangerous to go against the current in this situation). Above all, don't be an idiot. Go to BENDOREGON.GOV for more tips.

ILLUSTRATION BY BRENDAN LOSCAR

GREETINGS FROM THE STATE OF SELF RELIANCE

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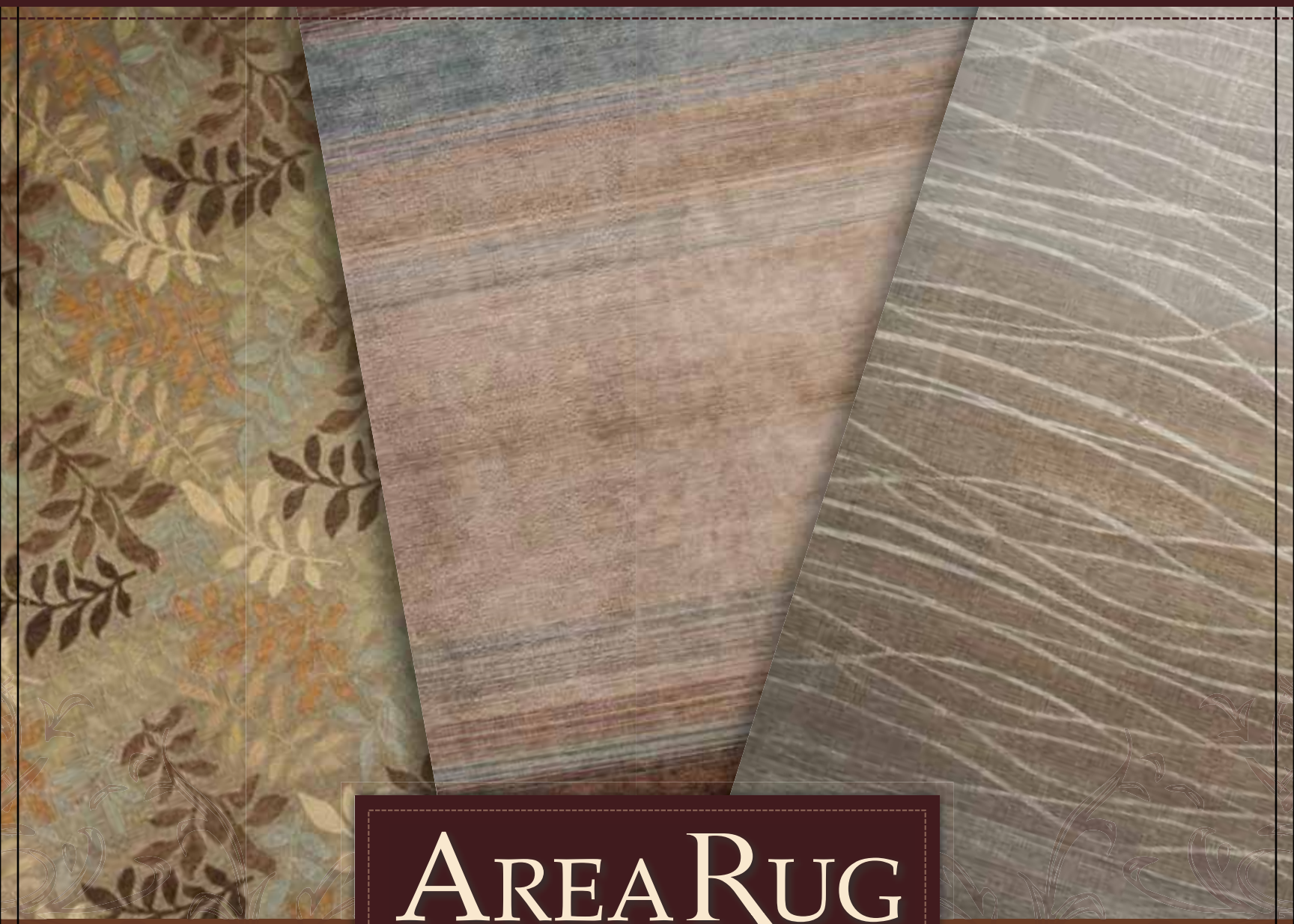

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MUDROOMS

Practical Messes

Kids and jackets, hiking boots, muddy dogs, soggy mittens, soccer shoes, guest coats and wet gear—living and playing here in Central Oregon can be a dirty business and a storage challenge. The mudroom may be the hardest-working room in the house.

WRITTEN BY **STEPHANIE BOYLE MAYS**

PHOTOS BY MEG ROUSSOS

PHOTOS BY MEG ROUSSOS

A mudroom was a must-have when Portlander Tiffany Talbott and her husband gave architect Scott Gilbride the wish list for their new home. "To a lot of folks, the mudroom is a pretty important space," said Gilbride. "It solves a lot of storage needs, and it becomes all-purpose. Some people include a laundry center or a pet area while others make it a hobby room or add a space for wrapping presents."

Storage and multi-purpose were two concerns for the Talbott family, who built their Bend home with an eye on eventually moving here permanently. In the meantime, though, they spend summers and vacations in Bend and needed to have an area in which they could shed coats, feed the dog, and dry swimsuits or ski boots—depending on the season.

"I had three notebooks of ideas," recalled Talbott. "I wanted it to be very practical."

Among the included ideas were a drain in the floor, a dog area by the sink, a drainage area for skis and boots and copious amounts of storage. "We have a whole wall of cubbies," said Talbott. "They look like shelves but Scott designed them to slide out so they're really more like trays. We use them for shoes, hats, gloves and even our chargers. It's very easy to keep everything tidy."

Also included were pegs for hanging coats and jackets, and a washer and dryer in which to launder athletic clothing before dirt could be brought farther into the house.

"I also wanted it be well-designed and pretty," said Talbott, "the green and white is very calming."

"Central Oregon has a very active community," added Gilbride "You need storage for all your sporting equipment and a place to take off your boots. We use these spaces a lot; why not make them enjoyable?"

Architect: Scott Gilbride, Scott Gilbride Architect Inc.

PHOTOS BY MEG ROUSSOS

Designer: Andria Garrett, Legum Design

"It had to have a window with a view of the backyard," said Manuela Bond of the mudroom in her Westside Bend home. "I like being able to see the kids play, and the room really had to be nice and bright. It is a well-used room," she added. That's a bit of an understatement.

For Bond and her husband, builder Greg Welch, the mudroom served several duties: a buffer space between the house and garage, a laundry room, a store room for smaller sporting gear, and all the coats, hats, and other winter accessories that they and their three children bring in.

Designer Andria Garrett of Legum Design lined the room with the same bright white Shaker-style cabinetry used elsewhere in the house and covered the floor with plank porcelain tiles in the same tone as the home's wood floors. One side of the room is designed for storage; floor-to-ceiling drawers and cabinets can hold out-of-season jackets and boots. Each family member has his or her own storage area and place to sit in the adjoining built-in bench with hooks and storage above and cubbyholes below. Facing the bench and storage are additional cabinets, a laundry center and a utility sink with a drying bar. On the window wall are more cabinets and the requested view of the backyard. Counters are topped with large porcelain tiles that have minimal grout lines.

"The goal was to make as much storage as possible while keeping it looking nice as well as functional," explained Garrett.

"I like things to be put away and organized," added Bond, "and I like that I can shut the door and close it off from the rest of the house. That may be the best part."

DO-IT-YOURSELF

Not Your Teacher's Chalkboard

Keep your family on task with a magnetized blackboard.

WRITTEN BY **STEPHANIE BOYLE MAYS**

The size of the frame (and the piece of sheet metal) will be determined by the size of your wall. Whatever size you choose, the project steps are the same. We found an unfinished wood frame, which we painted white. A piece of sheet metal in the same size was found at a local box store.

Traditional hues of blackboard (also called chalkboard) paint are green and black, but most specialty paint stores can tint the paint to the color you prefer.

Sand the metal with 120- to 200-grit paper to remove any gloss and wipe down with a damp cloth. Prime the sheet metal (if necessary). Following the instructions on the can of paint, paint the sheet metal with the suggested number of coats and let dry. Condition the surface by rubbing a piece of chalk on its side across the entire blackboard. Erase with a damp cloth.

Insert the sheet metal in the frame. Secure with the frame's accompanying clips or brads. Attach hangers (if necessary) and hang. Add cup hooks at the bottom for keys. Hold take-out menus and flyers in place with the magnets. Get out the chalk and start writing notes and to-dos.

WHAT YOU NEED

- A FRAME
- SHEET METAL TO FIT FRAME
- BLACKBOARD PAINT
- 120- TO 200-GRIT SANDPAPER
- CHALK AND ERASER
- MAGNETS
- PAINT FOR FRAME
- PRIMER
- BRADS
- HANGING HARDWARE
- CUP HOOKS

Doormat

1. No one said utilitarian doormats had to be boring. Made from 100% palm fiber and backed with water-resistant vinyl, the stylish eighteen-by-thirty-inch mat will help keep dirt and mud in their place ($30). 831 NW Wall St. | Bend LARKMOUNTAINMODERN.COM

Wire baskets

2. Corral soggy mittens, hats and scarves in decorative wire baskets. The ventilated design facilitates quicker drying. Baskets measure sixteen inches across and thirteen inches deep ($65), or nineteen inches across and sixteen inches deep ($85). 331 W. Cascade Ave. Sisters TWIGS-SISTERS.COM

Boot jacks

3. Give yourself a leg up and use a bootjack to remove your footgear. Modern and antique models are available in a range of designs to suit your fancy. $20 to $100, based on material and vintage. 339 SW Evergreen Ave. | Redmond BEYOND-THE-RANCH.COM

Slippers

4. Do like the Scandinavians and leave your boots by the door in favor of warm and cozy slippers. Cheerful Acorn slippers range in sizes from baby bear (infant) through papa bear (men's large). Starting at $28. 836 NW Wall St. | Bend | BIRKENSTOCKBEND.COM

Coat rack

5. When Rudolph, Dasher or Prancer could have modeled for your coat rack, your kids will beg to hang their jackets up. Available in two-antler ($22) and six-antler ($55) models. 120 NE River Mall Ave. | Bend POMEGRANATE-HOME.COM

design advice

Sunny Maxwell of Maxwell Design has been working as an independent designer for the past six years in Bend.

Mudrooms are often all about storage. How do you begin to organize that space? Place main cabinets on a windowless wall and put a sink on the wall with a window for natural light. Designate a cubby and hooks for each member of the family. Having storage up near the ceiling is great for out-of-season items, and they can be easily reached if you use a stepstool.

Any tips on material choices? Tile is the obvious choice for floors. On counters, you can save money with simple laminate or you can get a remnant piece of granite. Use a solid surface because grout can be difficult to clean. All surfaces should be easy to care for.

What are some design tricks for mudrooms? Put a drain in the floor. Install a small shower with a hand nozzle where you can wash the dog or hose off muddy legs. Hang a drying rack from the ceiling on a pulley system. It's convenient when you need it and out of the way when you don't.

Many older or smaller homes don't have a mudroom. What then? Use an armoire or some lockers by the front entry. Both will give you a place to hang coats, scarves and gloves behind closed doors. If there's room, add a small bench and an indoor/outdoor rug to catch dirt before it spreads into the house.

PHOTOS BY DAVID JOHNSON

MAKERS

Riding Bamboo

SnoPlanks builds boards for a smooth ride.

WRITTEN BY **KELLY KEARSLEY**

SnoPlanks began in James Nicol's garage. He and college friend Ryan Holmes wanted to create a different type of snowboard. "We were looking for something that was more surf style and that really lent itself to Mt. Bachelor, which isn't super steep," Nicol said.

In search of something light, flexible and beautiful, they began making boards from bamboo. What started as a passion project has exploded into one of Bend's most talked about new companies. SnoPlanks won the $15,000 early stage award at the Bend Venture Conference in October. Now the founders want to show the rest of the world what bamboo boards and skis can do.

Keeping It Simple

Both Holmes and Nicol grew up in the Pacific Northwest and spent their childhood vacations in Central Oregon. They reconvened in Bend within the past few years and started contemplating the potential for a new type of board while riding at Mt. Bachelor.

SnoPlanks co-founder James Nicol.

PHOTO BY DUNCAN GALVIN

In 2012, they started experimenting with maple and birch woods. They'd test their creations, giving boards to friends and well-known local riders and incorporating that feedback into their subsequent models. Bamboo was a revelation. In their shop in Northeast Bend, Holmes grabbed a newly made board and easily bent it into an arc. "These just float," he said. "They're solid, but super responsive."

They touted the simplicity of their product. No crazy colors. No wild designs. Just the beauty of the wood combined with a unique ride, especially made for powder. It wasn't long before their ski and boards grabbed people's attention. Other riders wanted to know what these wooden boards were all about.

A Business Born

Nicol and Holmes have come a long way from the garage mentality. They sponsored the Big Wave Challenge at Mt. Bachelor last April. They added skis to their SKUs, then tapped into

WRITTEN BY **KELLY KEARSLEY**

Bend's startup community. Bend Outdoor Worx, an incubator program for outdoor industry companies, selected SnoPlanks for its third cohort. "That was a turning point," Holmes said. "We knew that we'd have a network of people who could really drive our growth."

Their first big order came last fall—160 snowboards for Deschutes Brewery, which is using them as part of its Red Chair promotions. Holmes and Nicol, along with their employee, made all of the boards by hand. They believe this season could be a game changer for SnoPlanks, as they invest in production efficiency marketing. They'd already sold 200 boards by the end of October. SnoPlanks are available on the company's website and will also be in some local Bend shops.

In the meantime, the founders remain committed to crafting their products by hand, and doing it here. "Bend literally and figuratively shaped SnoPlanks," Nicol said. "This is an Oregon brand through and through."

James Nicol grinds a SnoPlank.

GROWING ITS OWN SnoPlanks is experimenting with growing its own bamboo west of the Cascades.

BEYOND BOARDS Though the company began crafting snowboards, SnoPlanks now offers handmade bamboo skis on its website.

A CALIFORNIA CONNECTION Co-founders Ryan Holmes and James Nicol met while they were students at the University of San Diego.

A PROFESSIONAL TEAM SnoPlanks has four team riders, all professional snowboarders: Forrest Devore, Marissa Krawczak, Will Dennis and Randal Seaton.

Kolletive CEO Dan Vetras in his new Bend space.

Kollective Migration

Last year, Kollective CEO Dan Vetras offered to fly his thirty-five Bay Area employees to Bend on a weekend relocation scouting mission. As the head of a fast-growing cloud-based video software startup, Vetras wanted to find a place with affordable office space and a high quality of life for his employees.

Bend provided both. First, however, Vetras needed to know whether a critical mass of his staff would be willing to move. After visiting, a dozen employees indicated they'd relocate. Kollective opened its Bend office in the 1001 Tech Center this past summer and immediately started hiring. Vetras expects the office will have twenty-five employees by year's end. "It's proving the thesis that we can recruit for and build out a software company in Bend," said Vetras.

The company kept a smaller California office, but the move helped cut its real estate costs by 65 percent, freeing up capital that Kollective can use to grow. The CEO noted that the long-term success of Bend's tech companies depends largely on OSU-Cascades creating a pipeline of computer engineers who come for school and stick around. "In the interim, we're going to have to sell people on why they want to be here," he said. "That's not hard, we just have to get them on a plane for a weekend."

TOP PHOTO BY DUNCAN GALVIN; BOTTOM PHOTO COURTESY OF KOLLECTIVE

Got Gear?

BOW Incubates Outdoor Startups

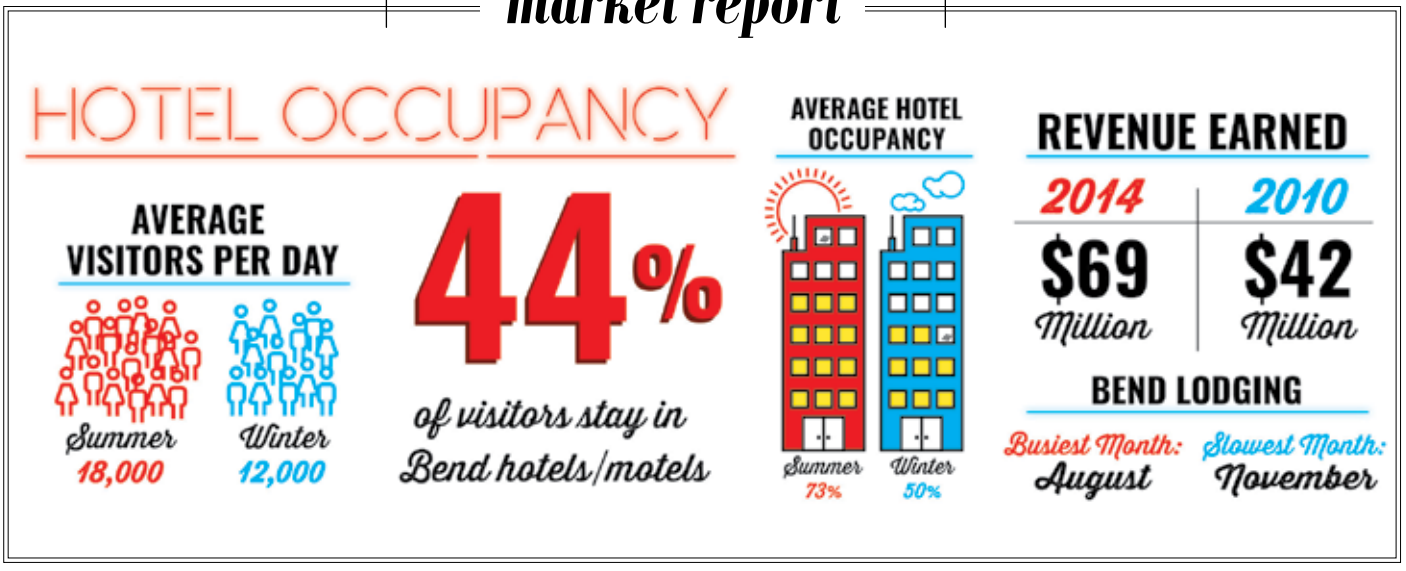
BOW founder Gary Bracelin.

FOR OUTDOOR industry startups, Bend isn't just a good place to start a company, it is a place to stay and grow. Gary Bracelin founded the Bend Outdoor Worx incubator last year to help companies do just that. BOW capitalizes on the vast experience that Bracelin and several other local BOW mentors have in the outdoor industry to help guide the founders of fledging Bend businesses.

"We wanted to help the companies that were already here, and then create a synergy that attracted even more people," said Bracelin. He has spent most of the past twenty years working in sales for outdoor companies. Most recently, he co-founded the GB2 agency, which has worked with Kialoa Paddles, Sessions Apparel and Homeschool Snowboarding. BOW selects two to three companies per each three- to four-month mentorship session. It doesn't provide its companies with funding. Instead it offers education and resources aimed at addressing the startups' stress points—from marketing and production to finding the capital and managing growth.

The incubator has worked with eight companies so far, among them are Cairn, a fast-growing subscription box for outdoor enthusiasts, and SnoPlanks, a Bend startup hand-making bamboo snowboards. "We've seen real value in our ability to offer unique insight, experiences and hands-on mentoring that supports and assists companies as they scale their businesses right here in our own backyard," said Bracelin. "It's been rewarding to see not only that vision in action, but also to see the community and industry support since we launched."

market report



TOP PHOTO BY DUNCAN GALVIN; ILLUSTRATIONS BY BRENDAN LOSCAR

STARTUP FUNDING

Julie HARRELSON

Q&A with Julie Harrelson, manager of the Cascade Angels Fund

INTERVIEW BY **KELLY KEARSLEY**

Founded *in 2013, the Cascade Angels Fund invests in Oregon startups with an eye toward spurring economic growth here and elsewhere. Julie Harrelson, founder of the Harrelson Group, which manages the fund, knows a thing or two about the adventure of entrepreneurship and what it takes to succeed. She's started two successful companies, held executive roles in design, technology, and angel investing and recently wrote a book called* You Can Get There From Here, *aimed at helping leaders take big leaps with confidence. We caught up with Harrelson to learn more about Cascade Angels, the role she wants the fund to play in Bend's growing startup community and what her investors look for in an entrepreneur.*

What is the significance of a year-round angel fund in Central Oregon? It's important for several reasons. Entrepreneurs can have great ideas and access to advisors and experts, but if they don't have access to local capital, it can be difficult to find funding and get their company off the ground. Additionally, with a professionally managed, investor-driven fund, the community members become engaged in working toward the financial success of the company and building a strong ecosystem that generates jobs and economic diversity.

What developments in the community have made the existence of Cascade Angels possible? We already have a lot of the building blocks of a great startup ecosystem. The Bend Venture Conference provided a base and generated interest in launching Cascade Angels. We have local accredited investors, founders, and early sponsors including Jones and Roth, Karnopp Petersen and Bank of the Cascades, who were willing to support a nascent fund. Collaboration here and across the state with other funds has been key. Everywhere you look in Bend, things are happening—from incubators and co-working spaces to the future four-year university. In addition to the burgeoning tech scene there's lots of activity in bioscience, food products and outdoor gear.

What's your perception on the quality of potential investments in Bend? The number of startups is growing and their development is accelerating. Cascade Angels is a statewide fund. We're based in Bend, but we invest across the state. Five of the eight companies we have invested in are here: Amplion, Droplr, LeadMethod, Manzama and Odysys. That is a high percentage if you think about the size of Bend relative to the rest of Oregon.

What do your investors value most in an entrepreneur? As you can imagine, we've met lots of entrepreneurs in this effort. What really gets investors' attention is someone who knows what business they are in—who is confident, but open to feedback and who can execute. It's the person who can convert all the great ideas into actionable results.

What do you enjoy most about your work as fund manager? I love the people I get to work with: investors, entrepreneurs and community leaders. By nature, I am a very curious person and to get the chance to work with so many smart, successful people working on so many opportunities is just awesome.

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MIRROR POND

Gary Fish MASTER OF CRAFT

HOW *REAL* CRAFT BEER CAN BECOME A NATIONAL BRAND IN AN ENVIRONMENT OF MEGAMERGERS AND REGIONAL BUYOUTS.

Joe Lakowski sipped a dark beer and chatted with his fiancé, Susan, at the Deschutes Brewery Public House. The din of the tavern made chatting a louder undertaking in recent more crowded years. "I love the Black Butte Porter," said the 32-year-old electrician from Chicago. "I went to Deschutes' Street Pub this summer in Chicago, and I had to come out to Bend to see it for myself," he said. "It's better than I imagined."

Before 1988 and the dawn of craft beer in Central Oregon, craft beer drinkers would have had only a couple of choices of mass-produced beers in what has become a booming incubator of brewing. When Deschutes Brewery opened in 1988, times—and tastes—were changing.

Gary Fish, Deschutes Brewery's founder, is a young 59 with a businessman's head on his shoulders and a knack for spotting trends. He and his wife, Carol, moved from Northern California to Bend in 1987 to open what was supposed to be a modest public house and restaurant serving its own beer.

Deschutes Brewery became all that and more.

Deschutes is now the largest-selling American beer in British Columbia and Alberta, Canada, and is the seventh- or eighth-largest brewery in the nation by sales volume—Fish isn't sure and doesn't really care. As Deschutes enters its twenty-eighth year, Fish is entertaining offers from hundreds of East Coast cities eager to have a Deschutes outpost in their community.

WRITTEN BY **VANESSA SALVIA**

PHOTOS BY **MEG ROUSSOS**

Fish grew up in Northern California where his father was a wine grape grower in the 1970s, although both his mother and father were native Oregonians. Fish had been in the restaurant business for years, working his way up from dishwasher to part owner of a Salt Lake City restaurant. In the early '80s, Fish sold his share of that restaurant and moved back to California to help open a brewpub. He and his wife had been looking for a place to relocate when his parents came through Bend after a high school reunion in Corvallis and returned with favorable opinions about the community. "We came up and took a look at Bend, and things fell together pretty quickly after that," said Fish.

The wine and local food renaissance in California in the early '70s informed what the Fishes believed was happening to beer in the mid-'80s. A handful of other Northwest breweries—Portland's McMenamins, Widmer Brothers, BridgePort and Portland Brewing; Hood River's Full Sail; Rogue in Ashland and Newport and Corvallis' Oregon Trail Brewery—had opened in that era. When Deschutes opened in June of 1988, Bend was still a raffish mill town of 15,000 people coming out of a massive recession that many would say rivals the recent downturn.

"Craft beer wasn't known then," recalled Fish. "There were no breweries in town, and there were maybe a couple bars that served 'microbrewery beer,' as it was called then—'craft beer' was a term years in the making. The idea that

"COMMUNITY INVOLVEMENT HAS BEEN PART OF OUR DNA FROM THE VERY BEGINNING WHEN WE WANTED THE PUB TO BE THAT EUROPEAN MODEL WHERE IT WAS REALLY THE CENTER OF COMMUNITY LIFE IN SMALL TOWNS."

the consumer would drive for more variety, more intrinsic and perceived quality was, we thought, a pretty solid assumption given what we knew about what had happened to wine and what was starting to happen with coffee and produce in the area where I grew up in California."

Fish recalls a lot of boarded up storefronts in downtown Bend. As a result of this economic lull, the restaurant wasn't immediately successful. "It was tough going," he said. Then some taverns in Portland began pouring Deschutes beer, which kicked off the wholesale side of the business.

"We began to grow," he said, "and we didn't really know why or what to make of it. Once the industry took off, we took off with it, and we were just trying to make sure the tide kept rising."

In 1986, the Brewers Association reported 124 breweries across the nation. In 1987, that number was 150. By 1988, there were 199. The paradigm was shifting, led by what Fish called "enterprising entrepreneurs and adventurous consumers."

"I think every place was ready for it, but Oregon was a little more out front," he said.

After opening in June of '88, Deschutes brewed 310 barrels through December. In 2015, it produced some 350,000 barrels. Deschutes beer is on tap or in the beer aisle in twenty-eight states and the District of Columbia. Fish now has about 525 employees spread among the Bend tasting room, the pub, the manufacturing facility and the Portland pub. A team of thirty brewmasters is led by Karl Ockert, Brian Faivre and Veronica Vega, who have decades of experience among them.

While nearly 50 percent of Deschutes' sales are in Oregon, more people on the East Coast will soon be tipping pints of Bend's iconic beer. Fish has spent the past two years looking for an East Coast expansion location. He anticipates a decision to be made by the end of 2015, although it may be a while before that decision is publicly announced.

"WE CAME UP AND TOOK A LOOK AT BEND, AND THINGS FELL TOGETHER PRETTY QUICKLY AFTER THAT."

His team of scouts started with 5,000 potential locations and narrowed it down to 110. Needless to say, there's a great deal of competition for his business. "We're going to move into a community and spend a lot of money, hire a lot of people and make a big impact on the community," he said. "That's an attractive proposition for a lot of these communities, and they want us to know how badly they would like us to pick their community."

Concepts for the East Coast outpost call for an initial real estate footprint of between 100,000 and 200,000 square feet, with an initial capacity somewhere between 200,000 and 400,000 barrels annually and the ability to grow substantially beyond that. Fish expects that there will be a restaurant attached to it at some point in time, but not necessarily at the outset. The competition for this business is incredibly flattering, he said, but he's not shopping for kind words and convenience. "What we want is a community where we can develop a meaningful relationship," he said. "It's challenging, and there are a lot of really, really cool communities out there to build a brewery in."

Even as Deschutes continues to diversify its market, it hasn't lost track of where its home is. "We're trying to stay local as much as we can, but we know that there are people who live in other parts of the country who want the beer," Fish said. No matter where the bottles originate, the Oregon-based branding will not change. "That's very important to us, and it's our home," he said.

Fish is level-headed and eternally positive when discussing his business plans. The company's motto is, "Do your best and next time do it better."

His speaking tones are leveled with confidence and his pace measured. He smiles though, when explaining his involvement in the Bend community. The company has donated one dollar per barrel to local charities since its inception. "Community involvement has been part of our DNA from the very beginning when we wanted the pub to be that European model where it was really the center of community life in small towns," he explained. "It's called a 'public house' for a reason, and we knew if we were going to be successful we needed to be involved in the community and we have been ever since. This extends to the other communities where we sell beer, and it continues to grow and it's an important part of what we do.

He laughs when considering the possibility that Deschutes Brewery take the route of 10 Barrel Brewing Co., which was acquired by beer giant Anheuser-Busch InBev. "I honestly don't think about it," he said. "We're not planning to sell. We're not trying to sell. We're having fun. We're moving fast—things are good. If I wanted to sell the company, there are plenty of people who would line up to buy it, but I really have no interest in that."

Fish conceded that, at some point, he may consider selling, but that time is not now, and when—or if—it does come, he'll take into consideration all of the things that matter beyond his financial windfall.

Much like the company's high-end Reserve Series beers that are intended to develop more complexity over time—like a fine bottle of wine, Deschutes Brewery's path is plotted to evolve and age as well.

According to the Brewers Association, the majority of Americans now live within ten miles of a local brewery. Craft beer has become such a part of everyday life that what's disappearing, Fish said, is not Bud or Miller Lite, but brand loyalty among craft beer drinkers.

Although things change quickly in this industry, Fish wants customers to consider Deschutes Brewery and think of "trust" when they're standing in front of the beer cooler selecting what to drink that day. "They know that every one of our beers in any style category is going to be exemplary of that style, and they can trust that that beer is going to taste a way that exceeds their expectations," he said. "We've put so much effort over the years into the idea that what goes into the bottle rather than what goes on the label is what matters to our consumer. That's something we're very focused on every single day."

Digital Guinea Pigs or Better Citizens?

Bend–La Pine Schools roll out the iPad experiment, beginning with third-graders.

WRITTEN BY **KAYLEY MENDENHALL**

Not long ago, Karissa Sams walked up to her fourth-grade teacher at Jewell Elementary School and asked a simple question: "May I please have paper homework?"

She was struggling to use her school-issued iPad to complete her assignments, said Misti Sams, Karissa's mom. The device had become a point of contention for the family and a cause of stress in Karissa's life.

"There are five different programs they have to access to do their homework," Misti Sams explained. "She's never been behind in homework. She has spent so much time stressing over making the iPad work that she is behind now. It has been more of a stressor than anything."

Since the culmination of Bend-La Pine School District's roll-out of its digital conversion program this year, all students in grades 3 to 12 have their own iPad for use at school and at home. The idea behind the program is to give every child access to digital tools that will prepare them to succeed in the workplace.

It is the largest digital conversion of its kind in the Pacific Northwest, said Skip Offenhauser, executive director of curriculum and instructional technology for Bend-La Pine Schools, with more than 16,000 devices distributed to teachers and students to-date.

"What we have done and what we are doing is groundbreaking," Offenhauser said.

Yet many parents throughout the district are frustrated with the devices and are questioning if use of the iPad is actually improving education—or if it is nothing more than an experiment with their kids cast in the role of lab rats.

Parental advisory

Sally Maskill and Cortney Runco each have four children in the Bend-La Pine School District.

The friends have spent a lot of time discussing the district's digital conversion and the iPads their children now bring home each day. Their concerns range from health issues associated with too much screen time to worries that their kids are missing out on the fundamental building blocks of education.

They also wonder if the effort isn't more about cost-savings for the school district than it is about innovation.

"This is replacing books and paper with iPads. This is not technology," Maskill said. "I don't appreciate our kids being the guinea pigs."

"Our little ones are going to start in third grade and go all the way through," Runco added. "It feels like an experiment with no plan."

Depending on the class, their kids can end up without a paper textbook to reference. Texts are available online, but the students need to switch in and out of applications to look at their book and then answer their homework questions—a problem that school officials say is improving with newer devices.

"You can't look at your textbook and your question at the same time," Maskill said. Her kids have often used their phones to take a photo of their text so they can refer to it when working out homework assignments as they flip in and out of different interfaces.

In some cases, the homework is just a scanned paper document turned into a pdf. The school-issued iPads do not come with keyboards, which can be challenging when assignments require a lot of typing.

Because the digital conversion is still underway, Offenhauser said that teachers and schools are at different places in the transition. Those using scanned pdfs are at the beginning of the process—the substitution phase, where the technology directly replaces the paper and pencil tool with no real change in function.

It's an eighteen-month process to go from substitution to augmentation to modification and finally to redefinition in what's known as the SAMR model, an acronym representing each part of the process.

"Many of our teachers right now are still in that [substitution] area," Offenhauser said. "When you see kids who are just filling out a pdf, that's in the [substitution] range. Could they have done it with a pencil? They could have. Where the teacher is and where the kid is, it's establishing habits and comfort level in the technology."

The goal of the digital conversion has never been to replace all textbooks and papers with the iPads, but to make the program cost-neutral for the school district, some cost savings have come from moving to digital texts, he said.

Maskill and Runco have both resorted to buying textbooks for their kids for certain classes—at a cost of roughly $60 per book. Maskill has been willing to purchase some of the advanced placement books for her high school kids, but drew the line at one of the more expensive texts for her middle school-aged daughter.

When her son's geography book arrived in the mail, she said the whole family flipped through the pages in awe of its beauty.

"There is so much research out there that says if you want to read deeply and understand the context, you have to have the book in hand," she said. "The screen time is a huge concern."

Until recently, the American Academy of Pediatrics recommended no more than two hours a day of screen time for kids older than 2, other than use of a computer for school work. In October, the organi-

Key messages on kids, screen time and learning from the American Academy of Pediatrics

• Media is just another environment. Children do the same things they have always done, only virtually. Like any environment, media can have positive and negative effects.

• We learn from each other. Neuroscience research shows that very young children learn best via two-way communication. "Talk time" between caregiver and child remains critical for language development. Passive video presentations do not lead to language learning in infants and young toddlers. The more media engender live interactions, the more educational value they may hold (e.g., a toddler chatting by video with a parent who is traveling). Optimal educational media opportunities begin after age 2, when media may play a role in bridging the learning achievement gap.

• Content matters. The quality of content is more important than the platform or time spent with media. Prioritize how your child spends his time rather than just setting a timer.

• Curation helps. More than 80,000 apps are labeled as educational, but little research validates their quality. An interactive product requires more than "pushing and swiping" to teach. Look to organizations like Common Sense Media (commonsensemedia.org) that review age-appropriate apps, games and programs.

• Co-engagement counts. Family participation with media facilitates social interactions and learning. Play a video game with your kids. Your perspective influences how your children understand their media experience. For infants and toddlers, co-viewing is essential.

• Playtime is important. Unstructured playtime stimulates creativity. Prioritize daily unplugged playtime, especially for the very young.


We need to begin teaching our students how to be good
digital citizens and begin teaching them future-ready skills.
I believe that needs to start early.
—SKIP OFFENHAUSER, BEND-LA PINE SCHOOL DISTRICT

There is so much research out there that says if you want to read deeply and understand the context, you have to have the book in hand. The screen time is a huge concern. —*SALLY MASKILL, PARENT*

zation backed away from setting specific time limits, but still advises parents to be mindful of how their children are using screens and the importance of time spent away from devices.

Bend-La Pine School District does not have specific guidelines for teachers on how much time students should spend using the devices each day, said Scott McDonald, an information technology coach for the district. The iPad, he said, is meant as one of many tools.

"I want a teacher to be able to use a device when it helps their curriculum and put a device away when it doesn't," McDonald said. "We don't celebrate teachers that use the iPad all day long. We want them out when they enhance learning."

Digital conversion

In his role, as a technology coach for schools, McDonald hears the frustrations of parents, students and teachers every day.

But he also hears stories that inspire him and make him believe that his job is worthwhile. McDonald works with teachers, training them to use the technology in their classrooms and researching ways to make the programs more innovative.

"If you walk into a building and you want to find a frustrated student or teacher or parent, you will. If you do the same thing and want to find someone who is psyched, you'll find that, too," McDonald said. "My job is to make it so that every year we have less frustration and more success. I take it very seriously."

On a recent Wednesday, McDonald was on his way to REALMS, or Rimrock Expeditionary Alternative Learning Middle School, to gauge how students are integrating technology with more standard pencil-and-paper learning.

While studying Edgar Allan Poe's, "The Raven," the kids made poster storyboards with stanzas from the poem on each page. They then used an iPad app called Aurasma to create an augmented reality experience for other students in the halls.

"When the kids point their iPad at the poster they have written the stanza on, they hear "The Raven," read out loud to them in the student's voice," McDonald explained. "That's transformative. They get excited about it. They have a genuine audience of their peers. So many more people will benefit from their work because of the iPad."

Across town at Bear Creek Elementary, McDonald said that same morning he watched a teacher leading students in two languages—English and Spanish—using an app called Notability. On a screen in front of the room, the teacher guided students as they edited a standard worksheet from one language into another.

"He's comfortable with it, and the kids are all engaged. One kid in the room is semi-off task," McDonald said. "If you did that same project with paper, you wouldn't see the results up on the screen. You would have kids not engaged."

Nationally, school districts embrace and struggle with technology in the classrooms.

- In 2013, the Los Angeles Unified School District temporarily took back thousands of tablet devices after some students were able to get past security systems to access social media, video games and other content that should have been blocked.
- Fort Bend Independent School District near Houston, Texas ended a $16 million iPad initiative in October 2014 due to teacher complaints that the curriculum on the devices was not complete.
- Guilford County Schools in Greensboro, North Carolina put its $30 million program on hold due to high rates of damage to the Amplify tablets it had supplied to 15,000 middle school students.

The Wall Street Journal *reported, "Schools Learn Tablets' Limits," in October 2014.*

Risks and rewards

Maskill is part of a small group of parents at Miller Elementary School who provide feedback on their experience with the digital conversion. The group is made up of parents with different backgrounds; Maskill herself is a former educator and others in the group have medical experience.

Each person brings different concerns to the table.

Maskill's biggest fear is that her children aren't developing the strong connections in their brains they'll need throughout their lives and truly learning the material. Others question the health risks associated with screen time ranging from eye damage to musculoskeletal issues.

"The real consequence (of too much screen time) is missing out on what is essential—time in real life with people learning how to talk and react, and time doing things essential for health: falling asleep, playing and moving outside in the sunlight, and the opportunity to focus for long periods of time on one thing," said Dr. Wendy Sue Swanson, a pediatrician at Seattle Children's Hospital. "Everything in life is a balance, and one that we have to think of as a series of opportunities for delight, learning, mindfulness and exploration—we have to balance distraction."

Swanson, who writes the blog *Seattle Mama Doc* about a wide range of children's health issues, believes in the power of technology, but also focuses on the need for restrictions. With kids having access to more screen time at school, she advises parents to set limits at home.

"With schoolwork and learning transitioning in large part to screens, we can optimize time out of school," Swanson said. "We can work hard to restrict time in front of screens and time with devices in our hands."

She encourages families to set "tech-free" zones in their homes that include the dining room table and the bedroom for at least one hour before bedtime until morning.

For these reasons and more, every weekday Runco asks her son, who is in the fourth grade at Miller Elementary School,

to hand over his iPad when they walk in the door to their house so she can lock it in her closet to charge for the night.

But for her two older kids who attend Summit High School, the situation is different. They need the device to do their homework. She can't take it away from them.

Maskill said she feels the same way.

"We've all been told, 'No computers in the bedroom,'" Maskill said. "Will starts out his homework at the dining room table, then says, 'I'm going to my room where it is quiet.'"

Pretty soon he's watching ESPN.

At the Sams household, Misti Sams has faced similar struggles. She ends up taking the iPad away from her daughter most days, but resents the battle the device has created for her family.

"I'll ask her if she's doing her homework and she says, 'Yep, Mom, I'm doing my homework,'" Sams said. "And you go over there and she has taken forty pictures of the dog."

Digital distraction

Cortney Runco is not surprised that her fourth-grade son gets his iPad taken away at school frequently for playing games when he shouldn't.

"I try. I tell him he can't do that," she said. "What did you think was going to happen? You are giving a fourth-grade boy an iPad. Of course they are going to play games."

She has also heard parents yell to their children to stop looking at their iPads while walking through the school parking lot at pick-up time.

Her high school kids admit that some students watch movies during class instead of listening to their teachers. While the devices are locked down with security so kids can't access inappropriate sites, they can still listen to music, watch YouTube videos and generally surf the internet.

"As a teacher, how do you police it? They are in the hands of every kid in the room," Runco said. "I think it's rude as a high-schooler to watch a movie when your teacher is up there talking."

Sams said she feels her high-school age son has had fewer challenges with the iPad in terms of setting limits than her daughter. She questions why the school district decided to start the program in third grade and wonders if the younger kids have the maturity to be responsible for the device and to handle putting it away when the time is right.

Some of the reasons for starting the digital conversion in third grade have to do with the curriculum, McDonald explained. The entire third grade curriculum is now digital. But he agrees that asking whether the devices need to go home each night for elementary school kids is an important question.

"When you talk to families, their frustration with the iPad in the classroom is a frustration that any modern family feels with devices of any kind," McDonald said, explaining the problems come from gaming, social media use and cyber bullying. "We are all in this place in this world where we are sick to death of hearing about technology's role in these problems. Now it is in the classroom. My answer to almost every issue is this: If we can have students see this as a productivity tool and something that moves into their learning rather than something we are entertained with, we will all benefit."

McDonald said he doesn't really set screen limits for his kids, but parents can restrict internet access on iPads.

Offenhauser, who served as principal of Buckingham Elementary School when the digital conversion began, said that many students already had their own smart phones and other devices at school before the schools started providing them, meaning the distraction was already in place.

"We need to begin teaching our students how to be good digital citizens and begin teaching them future-ready skills," he said. "I believe that needs to start early."

Going slow

When Karissa Sams asked to receive her homework on paper, her teacher was understanding and she now takes her worksheets home rather than trying to complete the scanned documents on the iPad, her mom said.

But when Maskill emailed her son's chemistry teacher with a similar request—asking if she could print out the pdfs to send home for him to study—she got a different response.

"She was awesome and receptive and wrote, 'We no longer have a budget for printing,'" Maskill said.

Some of the underlying frustrations for parents seem to come from the inconsistencies at schools throughout the district. Runco and Maskill said having one standard tool for their kids to use to turn in their homework, for example, would help.

At the district level, Offenhauser and McDonald said they want to give teachers a chance to experiment with different apps before making any standard decisions in order to ensure what is being selected is the best possible option. The three apps used for turning in homework—Google Classroom, iTunes U and CanaryFlow—have different capabilities. Having options, Offenhauser said, is important.

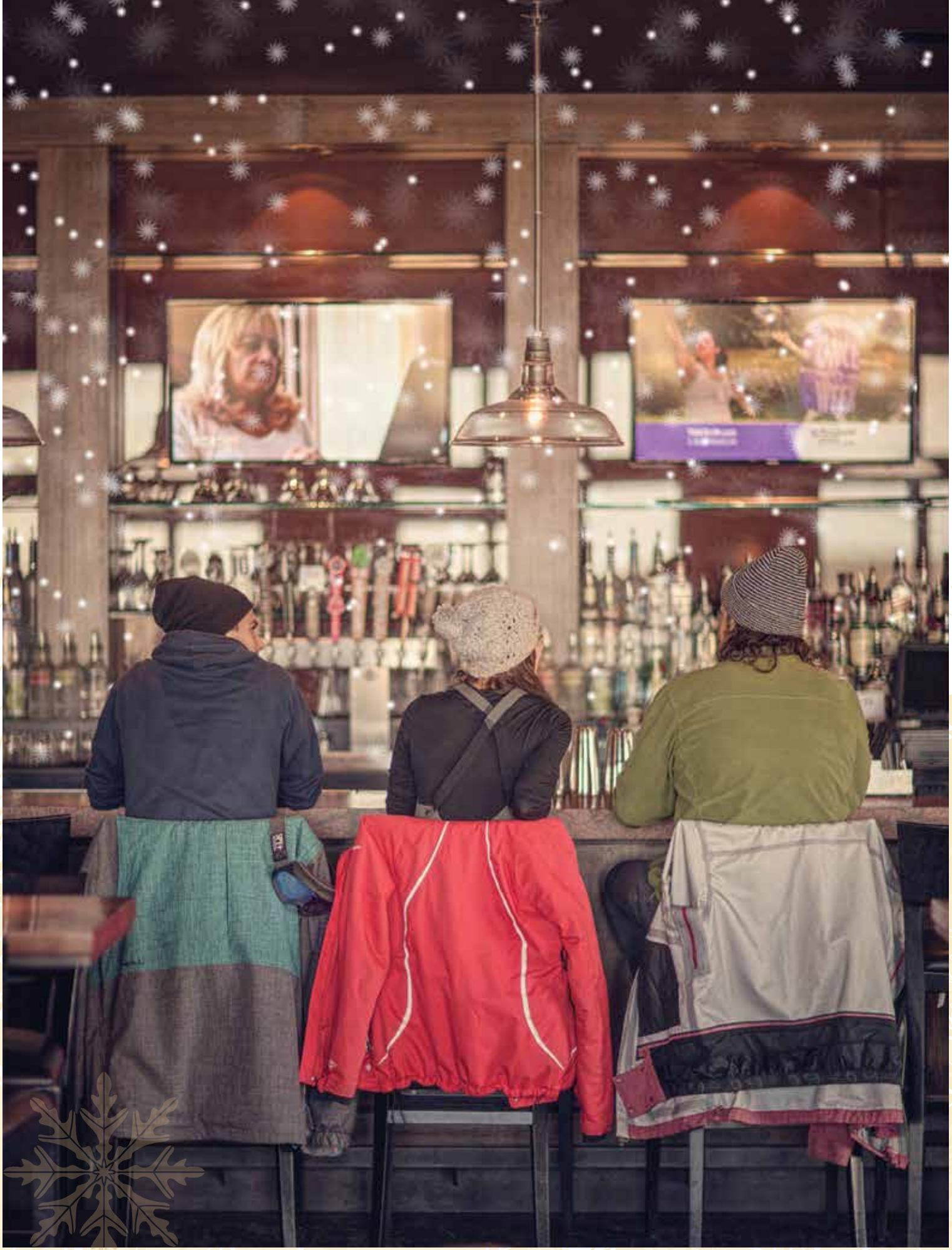
But parents feel that options for their children are important as well. If kids want books instead of iPads, they should have a choice.

"The teachers were told to go slow at Miller. They are doing it slowly, step-by-step," said Maskill. "In their reading groups they read off the iPad. Paul doesn't like it. You can't mark your page or your favorite part."

It's this kind of feedback that Offenhauser said is useful to the schools, many of which are creating parent groups to address questions and concerns.

"We are not throwing everything away," he said. "Our world has changed whether you like it or not. There is no way we are holding back this tidal wave. The ship has sailed. We can either embrace it or let it roll us over. I intend on embracing it and using it for good."

I'll ask her if she's doing her homework and she says, 'Yep, Mom, I'm doing my homework.' And you go over there, and she has taken forty pictures of the dog. —*MISTI SAMS, PARENT*



BEST PLACES *to* Après Ski

It might be plunging into champagne powder, chattering down a grating groomer or cutting through an icy blow-over. No matter what kind of day it was at the mountain, the great equalizer is knowing the best après. Unclip or unlace your boots and kick up the stories of your Mt. Bachelor runs over gamely priced drinks and food. Sit by a fire or around a table with mountain views, and recall the day's face plant, the flat light that blew your last run, or the perfect poodle turns you made.

WRITTEN BY **ANDES HRUBY**
PHOTOS BY **JEFF KENNEDY**

Twisted Tavern

SUNRIVER RESORT, SUNRIVER
541.593.3730

HOURS
4 p.m. – 12 a.m. daily

DAYS
7 days a week

FROM MT. BACHELOR
20 miles

DEAL
Show pass or lift ticket for half-off appetizers and desserts at happy hour

Sunriver

Many visitors this winter will hit Sunriver Resort after skiing. The resort recently underwent a large renovation, replacing dated digs with an entourage of upscale restaurants, bar nooks, beer gardens and patios. The new team is focused on inclusivity. Even if you are not a guest of the resort, take advantage of all it has to offer. After all, the drive to Sunriver and Bend from Mt. Bachelor is comparable.

Instead of separate states of mind (and grub), the new layout of **The Twisted Tavern**, **Carson's** and **The Living Room** now have an all-encompassing atmosphere. Open kitchens, love seats, benches and lounge chairs seamlessly come together around a huge stone hearth harboring seven feet of fire. The upper level of the Twisted Tavern is for adults only and has intimate seating beyond the bar. The lower level is nestled under glass windows that provide a spectacular sunset view of Mt. Bachelor. The menu has grazing options or bigger items such as baskets of fried pickles or homemade pretzels. Full menus and service are available on the heated patio, where there are two massive firepits and wooden benches, and dogs are welcome. Specials include half-off appetizers and desserts at happy hour. Discounted rates, ski packages, kids ski free and shuttles make Sunriver Resort more than just a happy hour pick.

For another aspect of Sunriver, head into Sunriver Village and stop at **The Village Bar and Grill**. Recently renovated and now offering more elbow room and an expansive patio, it overlooks the north lawn of the mall. A roaring fireplace separates the dining room, bar seating and patio. A rollicking happy hour kicks off at 3 p.m., with family-friendly deals until 6 p.m. This is pub food at its best with burger classics and a balanced selection of vegetarian and gluten-free tweaks. Portions are beyond big, so bring a mountainous appetite. Delicious deals include Burger and a Beer Monday, Taco Tuesday kids-eat-free dinner and Thirsty Thursday has all-day happy hour. Watch your kids glide around the ice skating rink from the back side of the bar alcove, where heavy-duty heaters and your hot toddy keep you comfortably warm.

THE VILLAGE BAR AND GRILL AT THE VILLAGE AT SUNRIVER
SUNRIVER
541.593.1100
SUNRIVERVBAG.COM

HOURS: 11 a.m. – 9 p.m. dining room; bar and lounge open later
DAYS: 7 days a week
FROM MT. BACHELOR: 19.7 miles
DEAL: Happy hour from 3-6 p.m.; DAILY DEALS: Burger and a Beer Monday, Taco Tuesday kids-eat-free dinner, Thirsty Thursday all-day happy hour.

Sip Wine

BEND
541.323.8466
SIPWINEBEND.COM

HOURS
4 p.m. – 10 p.m.

DAYS
Tuesday - Sunday

FROM MT. BACHELOR:
20.8 miles

DEAL
Pass or lift ticket honors happy hour pricing all night.

Century Drive

The first thing to know when you are heading down the west side of the mountain is that the pint waits for no one in Bend. One of the first options on the southwest edge of Bend is Tetherow Resort. It may look like a private club, but **The Row** is a welcoming, family-friendly, Scottish-inspired pub that serves a discount seasonal après ski menu starting at 1 p.m. Clunky ski boots and sweaty helmet heads are welcome. Bring a tribe of kids and collapse by one the big screens. Breweries from across Oregon rotate twelve fresh taps with inspired beer-infused menu items (Beer Snob Cobb, Beer Berry Smoked Salmon, Hopanero Dip). Huge glass windows overlook the snow-covered golf course—where sledding is encouraged on the driving range and every seat is primed for a perfect view. At the outdoor firepit, there are also events such as "Stouts and Smores." This is a great place to stop and to stay. Tetherow has special ski package discounts and shuttles to the mountain.

Continuing down Century Drive, you can also veer right to **Bistro 28**. This newly renovated restaurant is attached to the members-only Athletic Club of Bend, but the casual Bistro 28 is open to the public. Trudge past the front desk in your down jacket and find a space to rejuvenate. You can experience full service on the couches by the massive fireplace or take your kin up to the long wood table at the bar. An open-kitchen design offers great chef-watching in the dining room. With the purchase of an entrée, pass holders and single ticket skiers receive discounts on artisan pizzas from the classic wood-fired oven or a free dessert.

Just a little farther down Century Drive, look for a solitairy gondola on the left at the second roundabout. **Cascade Lakes Brewing Company** kicks it with a hoppy and happening happy hour Monday through Friday from 4 p.m. to 6 p.m. More than a dozen handcrafted beers alongside nicely discounted appetizers make for another good happy hour option. Taco Tuesdays champion cheap eats and margaritas. The lodge is a family-friendly watering hole with pool tables, dartboards and a central fireplace. Pub fare ranges from hot wings to Kobe beef sliders. (There are vegetarian options.) The décor is rugged yet relaxed, and the cost is comforting.

Slip farther down Century Drive and stop by **Sip Wine Bar** at Galveston Avenue for a relaxed and refined flight of wine or champagne. Don't ditch your beer buddies, as there are a few taps here, too. Although happy hour is only from 4 p.m. to 5 p.m., if you flash your pass or lift ticket, this cozy spot will honor happy hour pricing all the time. Inside, tall tables allow your boots to drip-dry. Better yet, take advantage of the outside patio with a firepit glowing with red-hot glass Sangria fire beads. There is a great built-in wooden banquet and love seats for a snuggle.

The Row

BEND
541.388.2582

HOURS
12 p.m. – 12 a.m.

DAYS
7 days a week

FROM MT. BACHELOR:
18.1 miles

DEAL
Discount seasonal après ski menu starting at 1 p.m.

BISTRO 28 BEND
541.728.0065
BISTRO28.COM
HOURS: 4:30 p.m. – 10:00 p.m.
DAYS: 7 days a week
FROM MT. BACHELOR: 19.5 miles
DEAL: Purchase entrée, receive discount on artisan pizzas or a free dessert if you show your pass or lift ticket.

CASCADE LAKES LODGE BEND
541.388.4998
CASCADESLAKES.COM
HOURS: 11:30 a.m. – last man standing, or "shut it down when you do"
DAYS: 7 days a week; Happy hour Monday-Friday
FROM MT. BACHELOR: 20.1 miles
DEAL: Happy hour Monday-Friday from 4 – 6 p.m.; Taco Tuesday.


HOP VALLEY
CIDER
6

On the Side

ÜBER-CASUAL

You might see a line out the door of **Parrilla Grill**. This local spot is beloved by big appetites. It offers a wallet-friendly happy hour seven days a week, from 4 p.m. to 5 p.m. The burritos are filled with goodness from influences all over the world, and the staff multiplies the magic. Ask for "all the recs," or recommendations, tailored to each burrito from nine housemade salsas and other culinary condiments. Skater stickers adorn the door and the line forms along a vestibule clad with posters that will keep you in-the-know for live music shows.

ADULTS ONLY

Velvet lounge sounds fancy, but this rugged two-story bar in the heart of downtown has rough reclaimed cabin wood walls and antler chandeliers. It is sassy and classy, with the right touch of hip. Mason jars packed with organic fruit-infused booze and creative cuisines go down easy during the happy hour from 5 p.m. to 7 p.m. Grab a board game or zone out to radical videos of backcountry bombers ripping down couloirs. Minors not allowed.

APPLE OF OUR EYE

On the fringe of downtown near the Old Mill is the sweet new **Atlas Cider** taproom. Northwestern to the core, its apples are sourced from Hood River. Grab a mason jar and explore a crisp, thirst-quenching drink. No additional sugars or sweeteners are in this farm-fresh pour. Your pass or lift ticket will give you $2.50 off a cider flight. A vintage-looking machine pumps out free popcorn. Chill on couches by the fireplace or play old school cool pinball machines and arcade games. Watch the sun set behind the snow-capped peaks from the comfort of a heated, enclosed patio. There are beers on tap too, but Atlas Cider is as refreshing as the crisp mountain air.

PARRILLA GRILL BEND
541.617.9600
PARRILLAGRILLBEND.COM
HOURS: 11 a.m. – 10 p.m.
DAYS: 7 days a week
FROM MT. BACHELOR: 20.7 Miles
DEAL: Happy hour 4-5 p.m.

VELVET BEND
541.728.0303
VELVETBEND.COM
HOURS: Monday - Friday, 5 p.m. – close;
Saturday - Sunday, 12 p.m. – close
DAYS: 7 days a week
FROM MT. BACHELOR: 21.5 Miles
DEAL: Happy hour 5 – 7 p.m.

ATLAS CIDER BEND
541.633.7757
ATLASCIDER.COM
HOURS: Wednesday - Sunday, 11 a.m. – 11 p.m.;
Sunday-Tuesday, 11:30 a.m. – 7: 30 p.m.
DAYS: 7 days a week
atlascider.com
FROM MT. BACHELOR: 20.9 Miles
DEAL: Cider flights 25% off with pass or lift ticket

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COPA

copakids.com

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Want to stay in the finest lodging on the coast? The oceanfront **Cottages at Cape Kiwanda** have gorgeous 2 and 3 bedroom units just steps from the ocean. **866-571-0605** Reserve online at **KiwandaCottages.com**

Need room for the whole family? Rent a fully furnished vacation home from **Shorepine Vacation Rentals**: **877-549-2632** Reserve online at **ShorepineRentals.com**

Pelican Pub & Brewery: 503-965-7007
Moment Surf Shop: 503-483-1025
Twist Wine Bar: 503-965-6887
Adrift Angling Guide Service: 503-929-6847
Haystack Fishing: 503-965-7555
Nestucca Adventures at The Marina: 503-965-0060

PHOTO BY RICK JOHNSON

ACT ONE

■ *opera in bend*

OperaBend debuted in March of 2015 with a full-length production of Wolfgang Amadeus Mozart's *The Magic Flute*. Creative director Nancy Engebretson and executive director Jason Stein founded the nonprofit organization after a dearth of local opera since 2008, when the previous Bend opera company ended its decade-long run. OperaBend features performances by accomplished guest artists from around the state as well as performers in Central Oregon. This season will begin with *Die Fledermaus* in December and January. For its second performance in May, OperaBend will collaborate with the Central Oregon Mastersingers for a production of *Carmen*. To close the season, the company will perform *Via Láctea* in June.

Back Deck ■ *arts & events*

WRITTEN BY **BRONTE DOD**

■ recycled

Fashion for a Cause

January 15 | $10-$20 | Midtown Ballroom | 541.322.5323
RUBBISHRENEWED.COM

At Rubbish Renewed, one person's trash is also her treasure. That is, professional and student designers reinvent recycled products or unwanted clothes to create new fashions. In January, the designs are featured in a runway show, and then auctioned as a fundraiser for REALMS charter school in Bend.

■ series

Sisters Folk Fest

WINTER CONCERT SERIES

Sisters High School | $20-$60 | SISTERSFOLKFESTIVAL.COM

Since 1995, the Sisters Folk Festival organization brings exceptional acoustic music to the Central Oregon community throughout the year. For the winter installment of the popular Sisters Folk Festival, Sisters will host three concerts. The Wood Brothers will perform in January; Bumber Jacksons will follow in February; and Darlingside, who performed sold-out shows the past two years at the summer folk festival, will close the winter concert series in March.

■ coming to town

National Music Acts

MIDTOWN BALLROOM

January 17 | Tribal Seeds
February 3 | Dr. Dog
March 4 | Rebelution

DOMINO ROOM

February 24 | Railroad Earth

THE BELFRY

December 31 | Mardi Gras New Years with Andre Thierry and Zydeco Magic
February 13 | Lovers Ball with Chiringa and MOsley WOtta
February 17 | Tommy Castro and The Pain Killers
February 19 | Polyrhythmics
February 27 | Brothers Comatose

■ conference update

THE MUSE CONFERENCE is the Central Oregon installment of the worldwide conference that brings together women to inspire and empower. This was a sold-out event last year, where local women and girls connected with activists and artists to celebrate women.

March 4-6 | $10-$350 | Tower Theatre | 541.410.5513
MUSECONFERENCE.ORG

PHOTO BY TALIA GALVIN

ARTIST PROFILE

Sheila Dunn

Painting consumes her, but can it sustain her as a young artist on the brink of something bigger? We follow the story Dunn at the nexus of 'abstract patternistic' and realism.

WRITTEN BY **LEE LEWIS HUSK**

"Painting is something I have to do. I can't imagine not doing it."

Seeing an artist's workspace is often a reminder of what it takes to make it as an artist. Sheila Dunn used to paint in a friend's garage where she dressed warmly to combat the chill. These days, her studio is in a second-story bedroom with a futon that sleeps the occasional guest. This studio, perhaps just another stepping stone, is a snapshot of a young painter with a part-time job and a full-time passion for canvas.

The former yoga instructor from Colorado lives and paints in an apartment off a busy Bend residential street. She offers tea and then leads the way up a narrow staircase to her studio. The room is small but the painting in progress is large—six feet by five feet—and occupies the majority of the wall. It's hard to imagine her getting the canvas up the stairs.

Women are a common theme in her art, although she does occasional male portraits and admits that she's even done a few dog commissions. She said her work explores the integration of living subjects with the environment. Lines between a figure and the background get blurred. Bodies are fractured, pixilated into shimmering colors and geometric brushstrokes. "I try to stay loose and not overwork my paintings," said Dunn.

Mentor and fellow painter, Stefan Kleinschuster of Los Angeles, said, "Sheila's paintings display mastery in both 'abstract patternistic' beauty and the deep 'correctness' or 'rightness' of the realism of her subjects. This makes for a very rich and satisfying visual and visceral experience, and a melting, sumptuous sensation communicating deeper truths."

When Dunn is in the studio, the process consumes her. "Painting is something I have to do," she said. "I can't imagine not doing it." Balance is sometimes difficult to achieve but a part-time job as a graphic designer for Mosaic Medical helps ward off isolation.

At thirty-two, Dunn feels that she's at a point where art could fully sustain her. Her work can be found all over Central Oregon, including the Bend Visitor Center and in fifty private collections. She avoids galleries and prefers to sell directly to people on Etsy, her website (sheiladunnart.com) or showings in businesses such as Velvet, Deschutes Brewery, Naked Winery and Bellatazza.

With a bachelor's degree in fine art from Colorado State University, a body of growing work, including prints and wall murals, Dunn will continue exploring new ideas and styles. "I have a whole lifetime to create," she said.

PHOTOS BY TALIA GALVIN

Popping the Question?

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WEB :: SilveradoGallery.com

WRITTEN BY **LEE LEWIS HUSK & BRONTE DOD**

THEATER A Cappella Voices to Ring Out

WHEN A CAPPELLA sensation Pentatonix topped the Billboard album charts in October, vocal harmonies hit a new high. With the inaugural Bend A Cappella Festival, from February 19 to 21, the contemporary a cappella will resonate with lovers of harmonies.

The Tower Theatre Foundation, with funding in part from the Bend Cultural Tourism Fund, will present three days of boot-stomping, beatboxing a cappella singing. Performing Saturday night at the Tower Theatre will be San Francisco's The House of Jacks, another top national a cappella group. The group coached other performers on NBC's "The Sing-Off" and created all of the musical arrangements for both *Pitch Perfect* movies. The show will open with the winning a cappella group from the festival's own "sing off"—held the previous night at the Tower, and judged by members of The House Jacks.

Erin Felder, festival director, said the line-up of professionals is amazing and will draw high school, collegiate and amateur groups from around the Northwest to participate in master classes, critique sessions and "Aca-Pops," or spontaneous street performances. (Big hint: plan to be on the streets of downtown Bend or in the Old Mill District on Saturday, February 20, between noon and 6 p.m. The crowd around you might just erupt into song.) Individual tickets go on sale January 1. BENDACAPPELLAFESTIVAL.COM and TOWERTHEATRE.ORG.

BEND A CAPELLA FESTIVAL | February 19-21 | For tickets, go to TOWERTHEATRE.ORG

Bend

OUTDOORS

SNOWSHOE WITH A RANGER

Through 3/31 Snowshoes are provided and no experience is necessary on these free winter excursions through the snowy terrain of Mt. Bachelor. Join an experienced guide and naturalist as you explore the winter terrain of the mountain. *Free. Mt. Bachelor, 541.383.4771* DISCOVERYOURFOREST.ORG

MUSIC

UNDER THE STREETLAMP

1/16 If you're feeling nostalgic, check out Under the Streetlamp, a quartet composed of cast members from the Broadway musical *The Jersey Boys*. They go by the mantra "Retro never sounded so now," and perform classic hits from the Great American Songbook collection. *$28-$58. Tower Theatre, 541.317.0700* TOWERTHEATRE.ORG

THEATRE

SHREK THE MUSICAL

1/22-1/30 Even if you and your family have seen *Shrek* countless times, the musical promises to be a different experience. Bend's Thoroughly Modern Productions is producing *Shrek the Musical* for a limited run in January that both kids and families will enjoy. *$28-$35. Tower Theatre, 541.317.0700* TOWERTHEATRE.ORG

THEATRE

THE 39 STEPS

1/22-2/6 A combination of suspense and humor are at play in this four-person adaptation of the classic Alfred Hitchcock movie. It's a fast-paced production that won critical acclaim when it had its Broadway debut in 2005, and now the Cascades Theatrical Company in Bend will be producing the show. *$13-$20. Cascades Theatre, 541.389.0803* CASCADESTHEATRICAL.ORG

MUSEUM

WINTER COMES: OREGON'S NORDIC SKI HISTORY

Opens February Featuring a display of historic photographs and artifacts from prominent ski pioneers in Oregon's history, the newest exhibit from the Des Chutes Historical Society examines and celebrates the history of Nordic skiing in Oregon. *Free-$5. Des Chutes Historical Museum, 541.389.1813* DESCHUTESHISTORY.ORG

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A6 EXHIBIT Mt. Bachelor from a Fresh Perspective

BEFORE BEER AND BIKING, there was Bachelor—a name synonymous with Bend since the 1960s. Much beloved by the outdoor crowd, it's also been a favorite subject for artists. This cone-shaped volcano on the western horizon has inspired paintings, logos, carvings, sculptures and countless other works of art. With so many renderings out there, one local gallery has challenged artists to create a fresh image.

Presented by A6 Studio and Gallery (also known as Atelier 6000), "Mount Bachelorisms" will open February 5 at the gallery's new space at 50 Industrial Way, Suite 180 in the Old Mill Market Place. Dawn Boone, executive director, said this fun, "tongue-in-cheek" exhibit is intended to break from the "overdose of Bachelor" through new and original prints, mixed-media works or artist books. The works selected by juror Bill Hoppe, painter and professor of art at Central Oregon Community College, will evoke one of eighteen "isms" in art history: Cubism, Dadaism, American expressionism, Futurism and so forth. The exhibit runs through February 28.

January's exhibit is "Amazonia" by Bob Nugent, whose abstract imagery is inspired by frequent trips to the Amazon rain forest. Also displayed in A6's new space, the exhibit runs January 4-31.

MOUNT BACHELORISMS | February 12 | ATELIER6000.ORG

Bend *(continued)*

MUSEUM

RAIN, SNOW OR SHINE EXHIBIT

Through 2/21 Lifestyles of Central Oregonians are often determined by the weather. The Rain, Snow or Shine exhibit at the High Desert Museum explores questions about the weather and how it impacts our lives. *Free-$15. High Desert Museum, 541.312.4754* HIGHDESERTMUSEUM.ORG

FESTIVAL

OREGON WINTERFEST

2/12-2/14 With the creation of Oregon Winterfest, Central Oregon residents don't have to wait out the winter season to get their festival fix. Now in its fourth year, the winter season festival has all the fun of a summer festival with local brews, live music and a marketplace, but with the added bonus of firepits that create a winter wonderland atmosphere. *Free. Old Mill District, 541.323.0964* OREGONWINTERFEST.ORG

MUSIC

MARIACHI SOL DE MEXICO

3/8 Mariachi Sol de Mexico is thirteen-piece traveling band that performs traditional mariachi music. The band returns to Bend after their Christmas performance last year. Families will enjoy this lively band that has been performing for more than 30 years. *$28-$48. Tower Theatre, 541.317.0700* TOWERTHEATRE.ORG

AUTHOR

LISA SEE

2/25 Lisa See will be the third author featured in this season's Author! Author! series presented by the Deschutes Public Library Foundation. See is the author of numerous fiction books including *Shanghai Girls* and *Snow Flower and the Secret Fan*. See will share her work and engage the audience in a discussion. *$25-$75. Bend High School, 541.312.1027* DPLFOUNDATION.ORG

CONFERENCE

MUSE CONFERENCE

3/4-3/6 The Muse Conference is the Central Oregon installment of the worldwide conference that brings together women to inspire and empower. This was a sold-out event last year, where local women and girls connected with activists and artists to celebrate women. *$10-$350. Tower Theatre, 541.410.5513* MUSECONFERENCE.ORG

MUSIC Pete Escovedo and Sheila E.

FOLLOW THE BEAT of world-class Latin jazz percussionists (and father-daughter duo) Pete Escovedo and Sheila E.

The dynamic father-daughter duo will energize Latin jazz fans February 12 at the Tower Theatre as part of the BendBroadband Jazz at the Oxford series.

Sheila E. is considered one of the best female drummers in the world, according to Patrick Lamb, a Portland-based Billboard-listed singer and saxophonist who books groups for the Oxford. "Sheila and her father are world-class musicians who bring extreme depth in jazz and entertainment," he said, adding that Jazz at the Oxford "is bigger and better this year."

Sheila E. has recorded and toured with such musicians as Prince, Lionel Richie, Diana Ross, Stevie Wonder, Natalie Cole and Ringo Starr. Pete Escovedo was part of the Escovedo Brothers Latin Jazz Sextet when Carlos Santana hired Pete and his brother, Coke, to play with the band. Today, Pete leads an ensemble of musicians from Los Angeles and the Bay Area who mix Latin rhythm with jazz, R&B and funk. "It was a coup to get these musicians," said Ben Perle, regional vice president of operations for the Oxford and a jazz enthusiast. He said this concert will be the first in the series to be held at the Tower, due to the orchestra's large appeal.

PETE ESCOVEDO AND SHEILA E. | February 12 | TOWERTHEATRE.ORG

Bend *(continued)*

ACTIVE/SPORTS/CAUSE

ST. PATRICK'S DAY DASH

3/13 This is the sixth year of the St. Patrick's Day Dash in downtown Bend. The annual 5k race is fun and family-friendly and starts and ends at Deschutes Brewery. Prizes will be awarded for the best outfits, and all proceeds from the race will benefit the Kids Center. *Downtown Bend, 541.382.8048* DOWNTOWNBEND.ORG

Sisters

ART

FOURTH FRIDAY

1/22, 2/26, 3/25 Each month, businesses in Sisters keep their doors open late to feature the local artisans and artists of Central Oregon. There's also live music and complimentary food and drinks. *Free. Downtown Sisters, 541.549.0251* SISTERSCOUNTRY.COM

Sunriver

BEER

K9 KEG PULL

2/6 Sunriver Brewing Company hosts this annual race in the Sunriver Village. Dogs race across a 150-foot snow runway while pulling an empty keg that is sized according to their weight. Owners can cheer on their dogs from the sidelines, and the winning dogs receive awards at the end. *$10. Sunriver Brewing Co., 541.633.9600* VILLAGEATSUNRIVER.COM

RACE

MARCH MUDNESS

3/20 The annual race is only one-and-a-half miles, but you'll encounter plenty of mud and obstacles to slow you down. March Mudness is designed for families to run together and to be a non-competetive, fun race through Mary McCallum Owner Park. *Sunriver Homeowners Aquatic & Recreation Center, 541.585.5000* SUNRIVERMARCHMUDNESS.COM

La Pine

FESTIVAL

CRAB FEED

3/12 The annual Crab Feed held as a fundraiser for the La Pine Frontier Days Association has become a tradition for the Central Oregon town. Join the community at the height of crab season, and practice your crab-cracking skills at this all-you-can-eat event. *$40. La Pine Community Center, 541.536.9771* LAPINE.ORG

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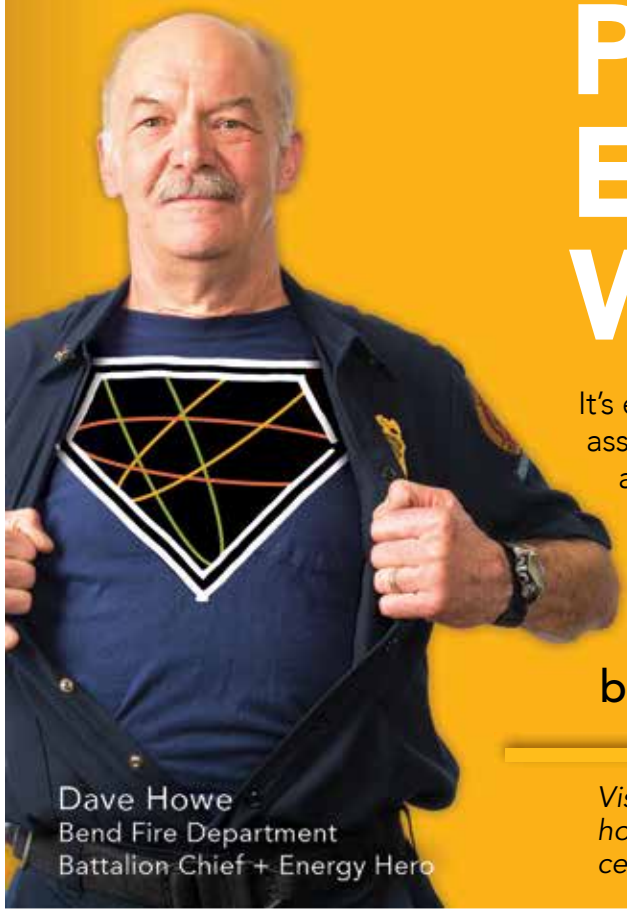

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greensavers

Neil Kelly

ART Using Instinct and Throwing Clay

LEAVE THE ELECTRONIC SCREENS and tech gadgets behind and reboot yourself to the ancient pleasures of clay. "Clay is the ground we walk on. Everyone has a natural instinct to connect with it," said John Kinder, a local potter and ceramics instructor at Central Oregon Community College. He and fellow potter Helen Bommarito, also of Bend, will teach adult clay classes this winter at the Art Station in the Old Mill District.

"Making something out of clay is a soothing, open-ended thing," he said. "You don't have to be creative—you just need a pair of hands. It's human instinct."

Kinder will teach from 6:30 to 9:30 p.m. on Tuesdays. The first six-week session runs January 26 through March 1, the second from March 8 through April 19.

Bommarito, who has taught pottery classes for many years and currently exhibits at Red Chair Gallery, said sitting at the potter's wheel can be relaxing and often takes people away from their everyday lives. Her eight-week class is from noon to 3 p.m., Fridays, February 12 to April 15.

The Art Station pottery classes are open to all experience levels and will incorporate wheel throwing, hand-building and design. Students will explore creative methods and receive inspiration for completing a project, which might include cups, bowls, plates and figurative sculpture. The Art Station is run by the nonprofit Arts Central.

ART STATION | Winter and spring sessions | ARTSCENTRALOREGON.ORG

Redmond

ACTIVE/SPORTS/CAUSE

POLAR BEAR RUN & EXPO

1/9 The Polar Bear Run & Expo is a family 5k and 10k run or walk through Redmond's Dry Canyon. Hot chocolate and coffee will be provided, and there will also be food and drinks available to purchase after the race. *$10-$150. St. Thomas Academy, 541.548.3785* VISITCENTRALOREGON.COM

FOOD

CRAB CRACK

1/23 At the first annual Crab Crack in Redmond, enjoy a meal of fresh dungeness crab along with other seafood and pasta selections. The outdoor culinary festival will also have live music that the entire family will enjoy. *$45. Downtown Redmond, 541.923.5191* VISITREDMONDOREGON.COM

Warm Springs

MUSEUM

TRIBAL MEMBER ART EXHIBIT

Through 1/6 This is the 22nd year of the Tribal Member Art Exhibit at the Warm Springs Museum. The exhibit will feature traditional artwork as well as contemporary creations from members of the Warm Springs tribe. *Free-$7. Warm Springs Museum, 541.553.3331* MUSEUMATWARMSPRINGS.ORG

Madras

OUTDOORS/ANIMALS

EAGLE WATCH

2/20-2/21 For a short amount of time each year, migrating bald eagles join the permanent resident birds of prey in the area surrounding Lake Billy Chinook. Oregon State Parks and Recreation has created a free weekend for families to view the eagles and learn more about these birds. *Free. PGE Round Butte State Park, 541.923.7551* OREGONSTATEPARKS.ORG

WRITTEN BY **SAM KATZMAN**

■ ***micro eating***

Cart Count

They aren't quite the pods Portland is known for, but Bend is emerging as a hotspot for street food vendors. The largest conglomeration of carts in Central Oregon is The Lot at the corner of Columbia Street and Hartford Avenue. Its heated seats, many tap handles and covered patio make the groundbreaking model popular year-round. The growth of cart culture in Central Oregon is also due to Bend's thriving brewery culture, where al fresco dining and imbibing is common and leads to partnerships between breweries and food carts. Tim Foley, manager of the Mobile Food Unit Program for Deschutes County, gave us the specifics.

■ ***dining***

Bethlyn's Global Fusion Goes Off its Wheels

Save yourself from a family argument and don't bother asking everyone, "What are you craving for dinner?" Instead, bring the whole family to Bethlyn's Global Fusion's new brick-and-mortar restaurant on Second Street in Bend. The menu offers something from all corners of the planet to satisfy just about every craving. Unlike its predecessor on wheels off of Galveston Avenue, the restaurant allows patrons to dine in—though the dining room resembles a coffee shop more than a sophisticated restaurant. The new location has more options than the food truck, but the focus on fresh, local ingredients remains the same.

BETHLYNSGLOBALFUSION.COM

■ ***community foods***

Edible Alliance

High Desert Food & Farm Alliance (HDFFA) values the three As: Access, Agriculture and Action. The nonprofit organization supports a community-based food system with an objective of teaching Central Oregonians where their food comes from. HDFFA focuses on providing consumers and chefs with fresh, nutritious food from local farms and promotes sustainable agricultural land use. Covering Crook, Deschutes and Jefferson counties, HDFFA sponsors community gardens, cooking workshops, farm tours and Seed to Supper, which is an instructional course about growing produce on a limited budget. The Farm Alliance also publishes an annual Food & Farm Directory. Ultimately, the goal is to leave no community member hungry and for consumers to know the farmer who produced their food.

CHEF PROFILE

Nigiri Neverland

How one Bend chef keeps the world stage and his community fueling his creativity.

WRITTEN BY **CATHY CARROLL**

PHOTO BY DUNCAN GLAVIN

What chef Joe Kim did when he was invited to be a guest chef at the James Beard House in New York speaks volumes about Kim, his restaurant, 5 Fusion and Sushi Bar, and Bend.

Kim and his business partners, Lilian and Mike Chu, decided that rather than spend money on traveling across the country to enjoy the spotlight, they would leverage the recognition in a way that would benefit their community. In 2014, they launched a series of James Beard Foundation Benefit Dinners that has raised more than $16,000 for culinary school scholarships, including students going to Bend's Cascade Culinary Institute.

In the process, Kim's multicourse menus for the series showcase what is arguably one of America's most creative culinary talents. (Kim was a semifinalist for the James Beard Foundation Award for Best Chef Northwest in 2015 and 2014, when he was the first Central Oregon chef to be nominated.) One such dinner in 2014 coincided with Kim's thirty-third birthday. He paid tribute to his culinary influences, starting with a haute version of the first thing he ever cooked – Rice-A-Roni – and on through to black truffle ravioli.

A more recent dinner opened with several minimalist interpretations of dishes such as bacon-and-egg salmon, paired with champagne. Six courses and libations followed—from a Japanese soup with crispy lamb sweetbreads and mint oil to squab with miso sage butter and buffalo ribeye with kimchi. At the penultimate course, Kim unleashed nostalgic humor. He replaced the contents of individual Kraft Handi-Snacks packs with brie fondue and miniature house-made pretzel sticks. A lipstick case became a vessel for goat cheese, fuchsia-tipped with marionberry.

Diane Harris Brown, director of educational and community programming for the James Beard Foundation has called his dishes, "truly works of art – original, witty, beautiful, and above all – delicious!"

Kim said he strives to improve on what has been done before. "I hope our customers feel like they are in Neverland!" he said.

That said, the venue is accessible and satisfying for happy hour weekdays (think spicy pork sliders and cucumber gimlets) to dinner, with a menu ranging from pork tenderloin "lollipops" to nigiri flights.

5FUSION.COM

RESTAURANT HIGHLIGHT

Dining in Training at Elevation

Students learn the ins and outs, from kitchen to table.

WRITTEN BY **MEGAN OLIVER**

A white tablecloth experience isn't typically associated with college, but for diners at Central Oregon Community College's Cascade Culinary Institute student training restaurant, Elevation, the courses are upper level. Located on the COCC campus in an airy, modern $3 million building, lunch and dinner is served in fine dining style, with largely organic, seasonal and local ingredients.

Staff members are students in the midst of their two-year culinary training. Students are required to work in the front of the house (dining room), as well as the back of the house (kitchen). "This cross training not only broadens the learning experience, but also allows students to understand the importance of communication and respect," said chef instructor Thor Erickson. Though small service blips in the dining experience do occur, they are mitigated by a staff that is ready to remedy any situation. Review forms encourage feedback. Erickson said that students benefit from hearing guests' expectations and experiences.

Because the goal of the establishment is education over profit, the fine dining, seasonal menu is presented at light fare prices. Smoked wild salmon cakes ($8) with an Asian touch are the perfect density and texture. A white bean and root vegetable cassoulet ($12) highlights the best flavors Central Oregon soil can grow. Tender filet mignon ($20) is grilled to the temperature of one's desire with prime steakhouse accuracy. Even if much of the staff can't yet legally drink, Oregon wines and beers are plentiful, and the desserts are worth reviewing.

"Guests enjoy themselves so much, they sometimes forget that they are at a culinary school," said Erickson.

Lunch Thursday and Friday, starting at 11:30 a.m.; dinner Wednesday-Friday, 5:30 p.m. to close. Reservation-only: ELEVATIONBEND.COM

EAT Feeling at Home *Nancy P's Cafe & Bakery*

WRITTEN BY **SAM KATZMAN**

SOME PLACES AND FACES in the community seem to stick with the town as part of its identity. That's the case at Nancy P's Cafe & Bakery. A fixture on Bend's Westside for more than fifteen years, Nancy P's held onto its name when Katy and Tom Clabough bought the familiar breakfast, lunch and dessert haven from Nancy five years ago.

All of the bakery's planet-sized sandwiches are made with fresh, local ingredients heaped on, making them almost as tall as they are wide. Thick slices of Tillamook cheese put deli-slicers to shame and are stacked between bread slices that can't get any more local, because loaves are made fresh daily in house.

Baked goods such as New York-style black and whites, cupcakes and seasonal pastries tantalize patrons in a display case that runs almost the length of the bakery. It's hard not to buy out the entire case of calories, but if you had to pick one, try the Chocolate Puddle, a rich and dense brownie in an oversized cupcake holder with a gooey chocolate core.

A popular choice among patrons is the $8.50 lunch special, which includes two of three items: a cup of soup, a half sandwich (which is a full-sized sandwich anywhere else) and a half salad. On warm mornings, there's no better place to drink a cup of joe than the garden patio. On cold days, the Central Oregon sun fills the indoor space with warm light.

Art from Bend-area artists lines the walls, and the dining room is a comfortable spot to read the newspaper or work away at a computer. The Claboughs want their guests to feel at home when they visit, and that happens almost immediately. Perhaps it's because the building used to be a home?

Many folks who live in the neighborhood that surrounds Nancy P's have been consistent customers for years. Newcomers usually become regulars after their first visit. Its contemporary mom-and-pop charm and delectable baked treats set it apart from run-of-the-mill franchise coffee shops. NANCYPS.COM

BEND

PINE TAVERN ***AMERICAN***
This classic Bend locale never goes out of style. The location is stellar, the food and drinks are on point and the giant pine tree is still planted in the middle of the dining room. *967 NW Brooks St., 541.382.5581* $$ PINETAVERN.COM

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 BY DUNCAN GALVIN

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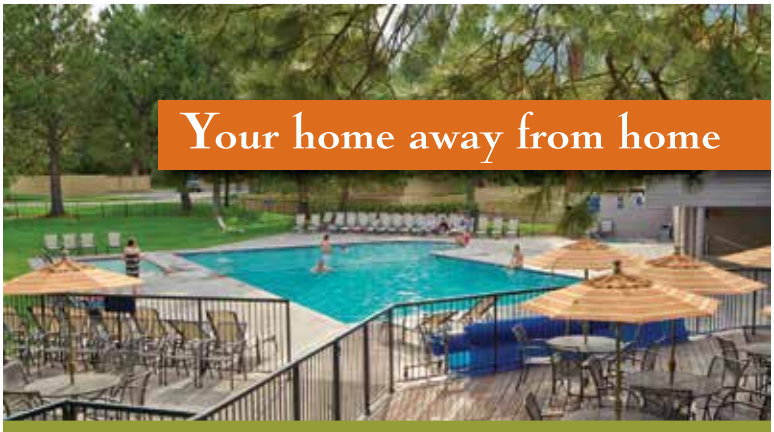

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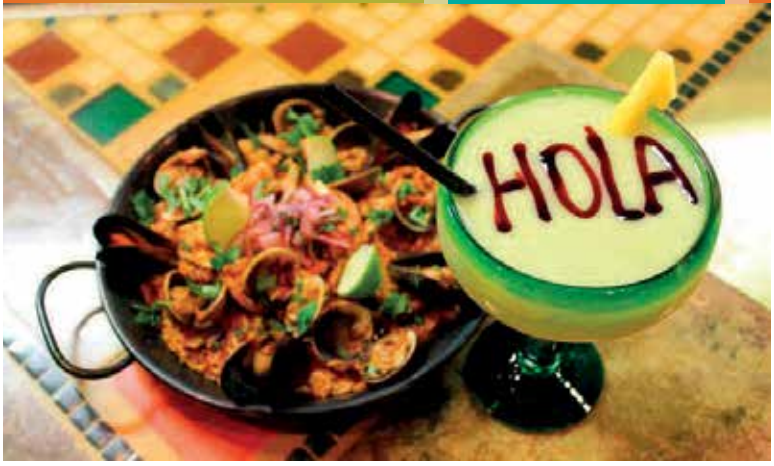

PHOTO BY LYNN HOWLETT

FARM Happy Cattle *Country Natural Beef*

WRITTEN BY **SAM KATZMAN**

MORE AND MORE these days, consumers are demanding that the meat on their plate be raised naturally and happily. At many places around the country, cattle are pumped with hormones to spurt growth and confined to a small area with only a trough of corn to stare into every day. That's far from reality, though, for the cows that eventually become Country Natural Beef.

Founded in 1984 by Doc and Connie Hatfield, this Burns-based company sources its beef from small, family-operated ranches in just about every state in the West. When the beef-marketing cooperative began, originally with the name Oregon Country Beef, fourteen ranching families pitched in with a mission to supply customers with humanely raised beef. Today, nearly 100 ranches work in partnership with Country Natural Beef.

Unlike many products in the meat aisle at supermarkets, Country Natural Beef clearly labels the source, because it wants its customers to know where their product came from and how the animal was raised.

Country Natural Beef is sold in Whole Foods, New Seasons Market and most natural grocery stores in the West. As the beef supplier for the popular Oregon and Washington chain, Burgerville, for the past eleven years, it's also helping to end the stigma around some fast food. In Central Oregon, Jackson's Corner, McMenamins, Zydeco Kitchen and the High Desert Museum serve Country Natural Beef. The only local market stocked with the product, however, is Newport Avenue Market (where it is still sold under the original company name, Oregon Country Beef).

Most of the beef sold in Bend comes from the McCormack Ranch in Brothers, which began herding cattle in 1943. The ranch has been handed down through three generations and is also one of the founding family ranches.

"We have a saying. It is, 'Healthy land, healthy animals, healthy people,'" said Country Natural Beef marketer Alan Kartchner. "A number of ranches in our co-op have been in Oregon for five, six or seven generations, and they hope to be able to do that for generations to come." COUNTRYNATURALBEEF.COM

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 Up 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, 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*, made from 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* $$ FIND ON FACEBOOK

EL SANCHO *MEXICAN*

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

DISH REVIEW Hash it Out at *Cottonwood Cafe*

THERE IS SOMETHING SPECIAL about eating in a restaurant that is housed in a converted home. Co-owner of Cottonwood Cafe, T.R. McCrystal, greets a steady flow of breakfast, lunch and brunch diners who wait their turn for a table in the small café, feeling the successful transition of the eatery from special occasion dinner spot (Jen's Garden) to daytime hotspot. McCrystal's co-owner and chef, Jennifer, is behind the scenes creating remarkable dishes.

Portions are not especially massive, but neither is the price. The price point is, however, average. Quality versus quantity wins the row of the day. One of the heartiest and perfectly-executed menu items is the Hash it Out ($12), made with slow-roasted pork so tender it melts away almost before you can savor it with the fresh, seasonal vegetables and perfectly cooked fried potatoes. Two fried eggs topping the dish give it substance. A white cheese sauce will have you scraping the bowl clean.

Service was a little haphazard after the twenty-minute wait for a table, but the kindness of everyone working in the front of the house seemed warm and genuine. The cluster of locals and aspiring locals dining at the homey restaurant, a block south of the main drag in Sisters, is proof that the move to daytime was the right one for Cottonwood Cafe.

403 E. Hood Avenue, Sisters | INTIMATECOTTAGECUISINE.COM

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. (east) 2748 NW Crossing Dr. (west), 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

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

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. Open for breakfast, lunch and dinner. *1005 NW Galveston Ave., 541.647.2774*

$$ OBLIVIONBREWINGCO.COM

ZYDECO *AMERICAN*

Years go by, and Zydeco still manages to crank out well-balanced dishes in a casual fine dining atmosphere. Loyal patrons rave and the downtown establishment is often tossed around in "best of" conversations. *919 NW Bond St., 541.312.2899* $$$ ZYDECOKITCHEN.COM

Bartender Gabe Swazo.

RECIPE

"Whovians" know the Bad Wolf character well. Bad Wolf Bakery and Bistro's pastry chef, barista and co-owner Breezie Dueber is one such Whovian—or a fan of the cult classic television show, "Dr. Who." Along with her co-owner parents, Andrew and Kristi, Breezie has decorated the year-old bakery in a tasteful, modern style with touches that Whovians will recognize as an homage to the show. Regardless of your sci-fi acumen, the bakery is worth a visit for its top-notch breakfasts and lunches, as well as a bar stocked with mad scientist infusions concocted by Kristi. 7 a.m. - 2 p.m., daily BADWOLFBAKERYANDBISTRO.COM

CHAI AYE AYE

1 ½ ounces Cascade Alchemy bourbon, infused with chai

½ ounce fresh-squeezed lemon juce

½ ounce honey, melted

Melt honey by pouring into a shot glass, then place the shot glass in a shallow bowl of boiling hot water. Pour all three ingredients into shaker with no ice. Stir well and pour over rocks in a rocks glass.

Learn how to make chai-infused bourbon at BENDMAGAZINE.COM/CHAI

WILD ROSE *THAI*

The specials available on the floor-to-ceiling chalkboard wall never change, but no one is complaining. Always busy, but rarely with a wait, Wild Rose executes authentic Thai dishes to great fanfare. In addition to the recognizeable plates, the true Thai afficionado will appreciate seeing northern Thai curries and nam priks. *150 Oregon Ave., 541.382.0441* $$ WILDROSETHAI.COM

RAT HOLE BREWING *BREWERY*

Their beers tend toward the flavored and the sweeter variety, which is a nice break from other local breweries. The lemon wheat, vanilla porter, and honey pale are all memorable. The southwest, scratch-made bent of the food menu is another pleasant departure from the norm—the housemade tortillas are top notch. *384 SW Upper Terrace Dr., 541.389.2739* $ RATHOLEPUB.COM

THE OPEN DOOR *ITALIAN*

Combining an art gallery and a restaurant is not a new feat, but The Open Door does it well. The tiny dining room has the kind of charm and comfort that every restaurant dreams of, and their equally tiny menu delightfully executes its handful of Italian dishes. *303 W Hood Ave., 541.549.4994* $$ OPENDOORWINEBAR.COM

CHANTRELLE AT PRONGHORN *NORTHWEST*

With the drive, it takes about a half an hour from Bend or Redmond until you are in the dining room at Pronghorn. The golf course and mountain views, the food, the service and the wine list make the trip more than worth your while. *65600 Pronghorn Club Drive, 541.693.5300* $$$ PRONGHORNRESORT.COM

NEW! THE CAPITOL *AMERICAN, COCKTAIL BAR, VENUE*

The downtown Bend basement bar is an urban-feeling throwback to a time when dresses flapped and bow ties reigned. Go for a meal, drinks, or to groove on the dance floor to live music or a DJ. 190 NW Oregon Ave., *541.678.5740* $$ THECAPITOLBEND.COM

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

PRINEVILLE

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* $$ FIND ON FACEBOOK

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

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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 spring, 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

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

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* $$

FIND ON FACEBOOK

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. *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

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* $$

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

Lara House Bed and Breakfast

Lara House Bed and Breakfast is a 1910 craftsman, that offers a unique and luxury experience for adults in Downtown Bend. The Lara House overlooks Drake Park and the Deschutes River and is only two blocks from boutique shops and restaurants. Our six guest rooms are each different with their own private craftsman style bathroom. Included in your stay is a multi course breakfast, complimentary bottled waters, sodas and freshly baked cookies.

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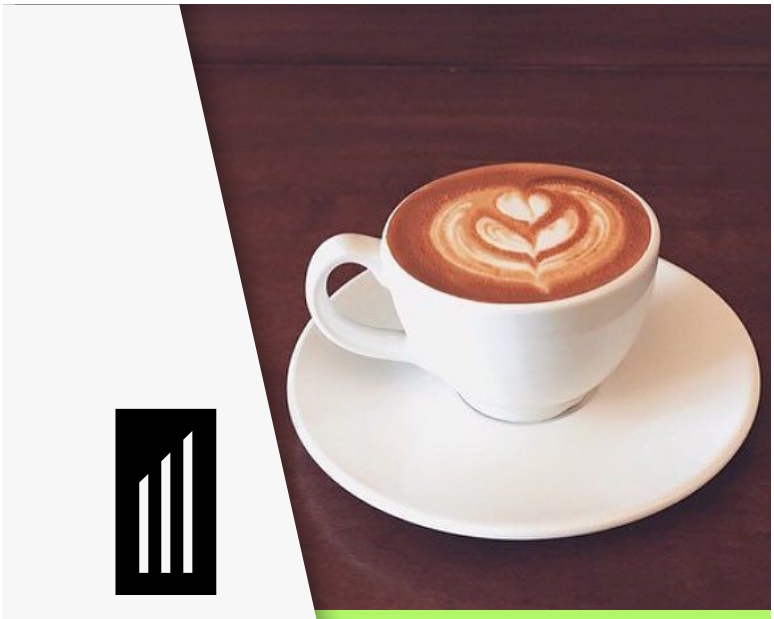

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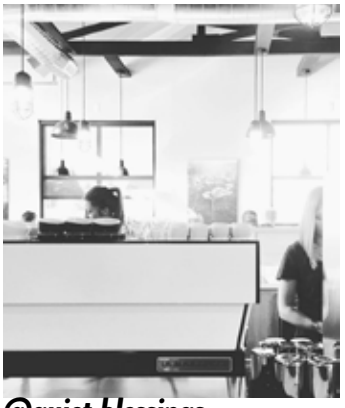

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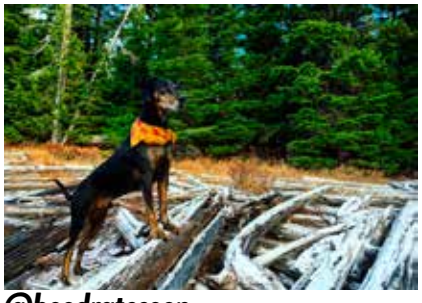

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TOP TO BOTTOM
COLUMN ONE Bend Design Conference installation at Liberty Theatre. BendFilm Festival-goers line up outside Tower Theatre. BendFilm's opening night at Dogwood. Erik Shirai, director of *Birth of Sake*, accepts his awards for Best Directing and Best Documentary at BendFilm. Dima Otvertchenko (left) and Courtney Sheehan (right) at the BendFilm party at Dogwood.

COLUMN TWO Bend Design Conference mashup at Crow's Feet Commons. Two local musicians play in Tin Pan Alley during BendFilm. Devon Keller (left), the lead actress in BendFilm standout *Petting Zoo*, holds the trophies her film won for Best Narrative Feature and Best in Show; next to her is Tyler Grant, cinematographer and editor of *Omo Child: The River and the Bush*, which won the Katie Merritt Audience Award. (Left to right) Andie Edmonds, Sally Meyers Kohnstamm, Jenny Korak Raze, Dori Kirkland Olmsted and Tanya Elder pose at BendFilm.

ABOVE Greg Vodicka presents on the Swivel stage.

COLUMN THREE Debra Weekley hula hoops at Swivel. Jason Miller of LinkedIn presents at the Swivel Conference. Swivel conference passholder. Bradley O'Neal hangs outside the Bend Design Conference.


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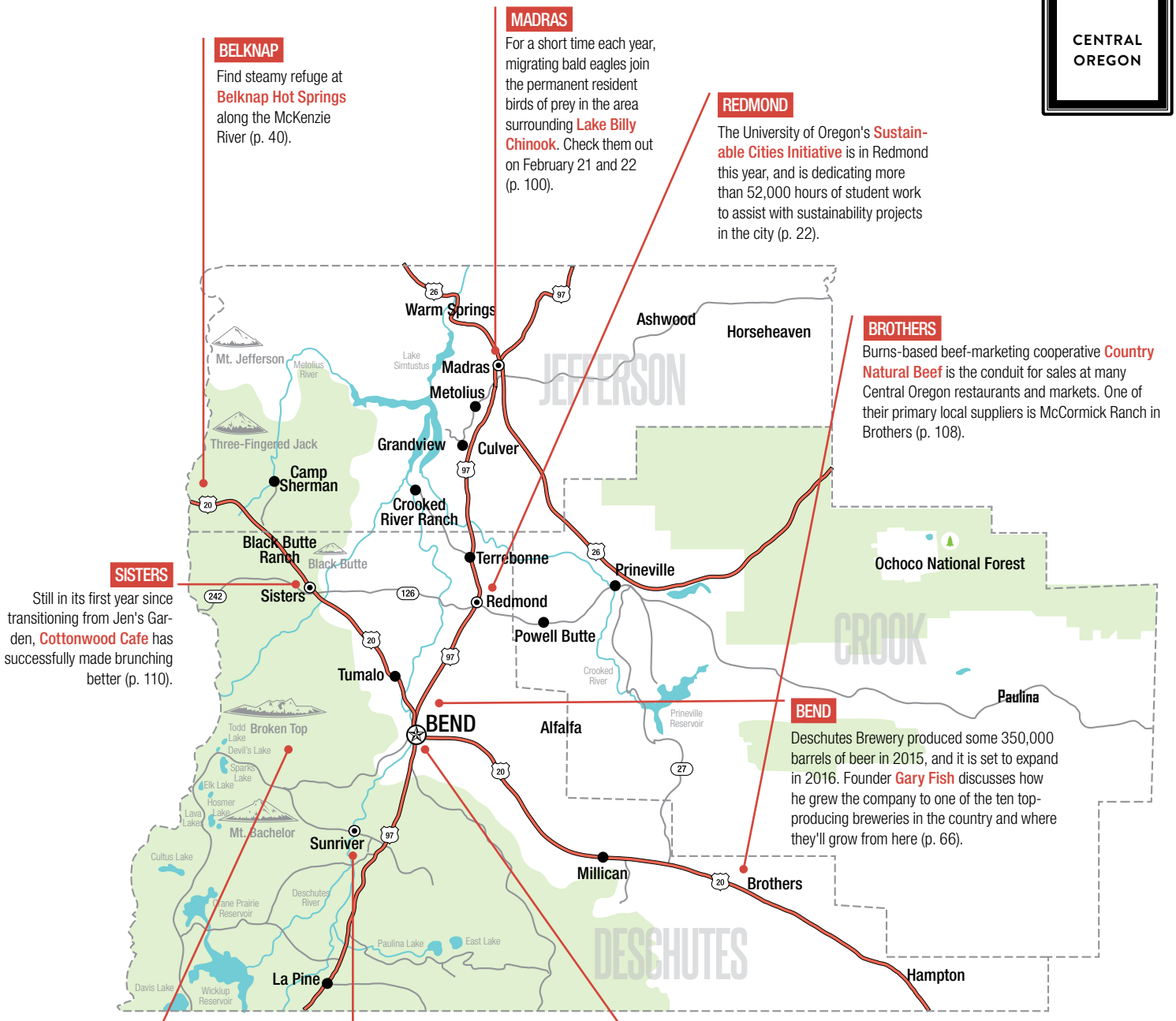
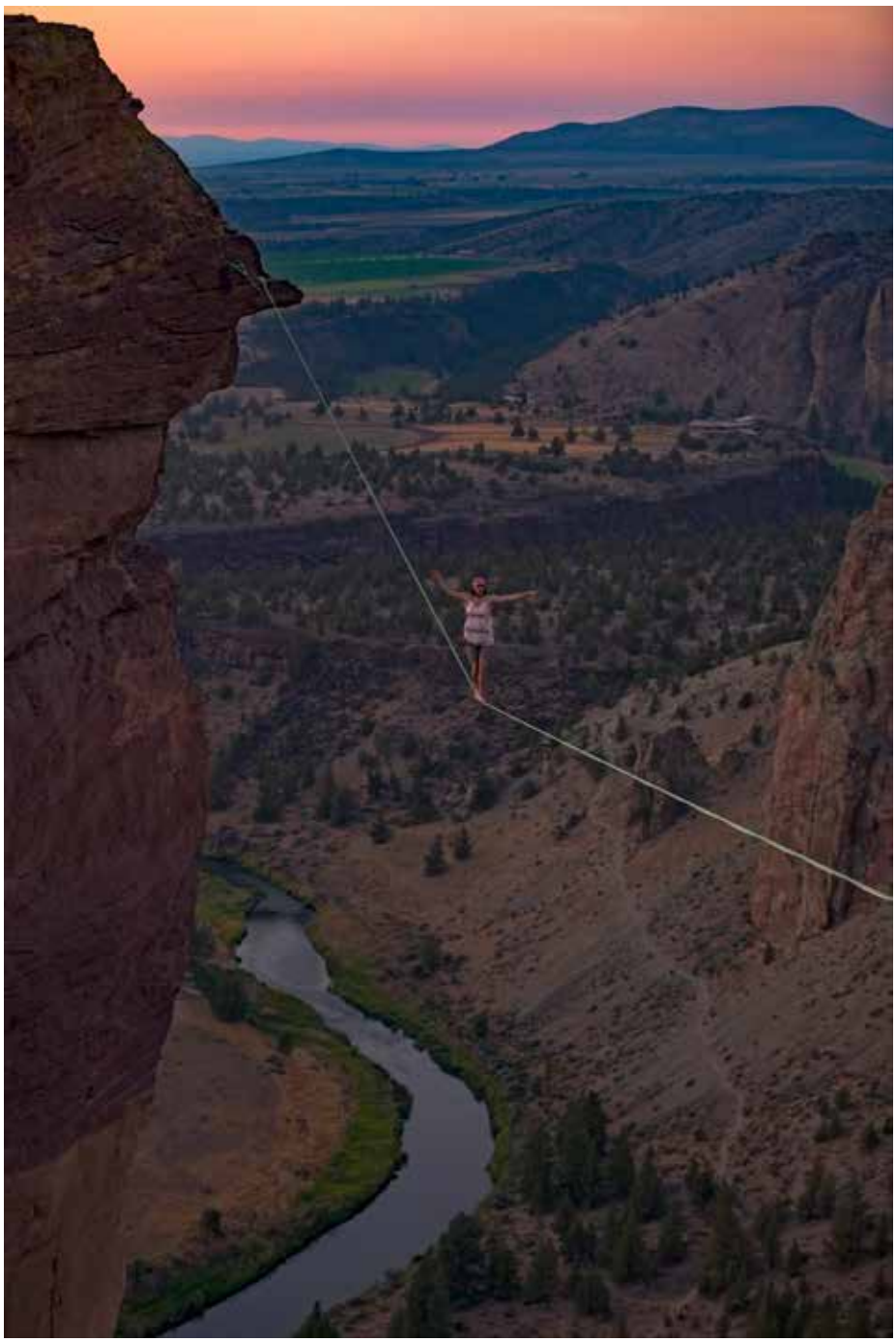


in this issue

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



Highlining at Smith Rock

PHOTO BY **NICK BRAUN**

This photo was taken in September 2015, during the unofficial Highline Fest at Smith Rock State Park. Highliners from all over the country and globe converged on Smith Rock for four days of rigging, walking and enjoying the high life.

The new line that leads to the Monkey Face façade is 230 feet long. Ari Delashmutt (pictured) was the first line-walker to make the complete, daring journey.

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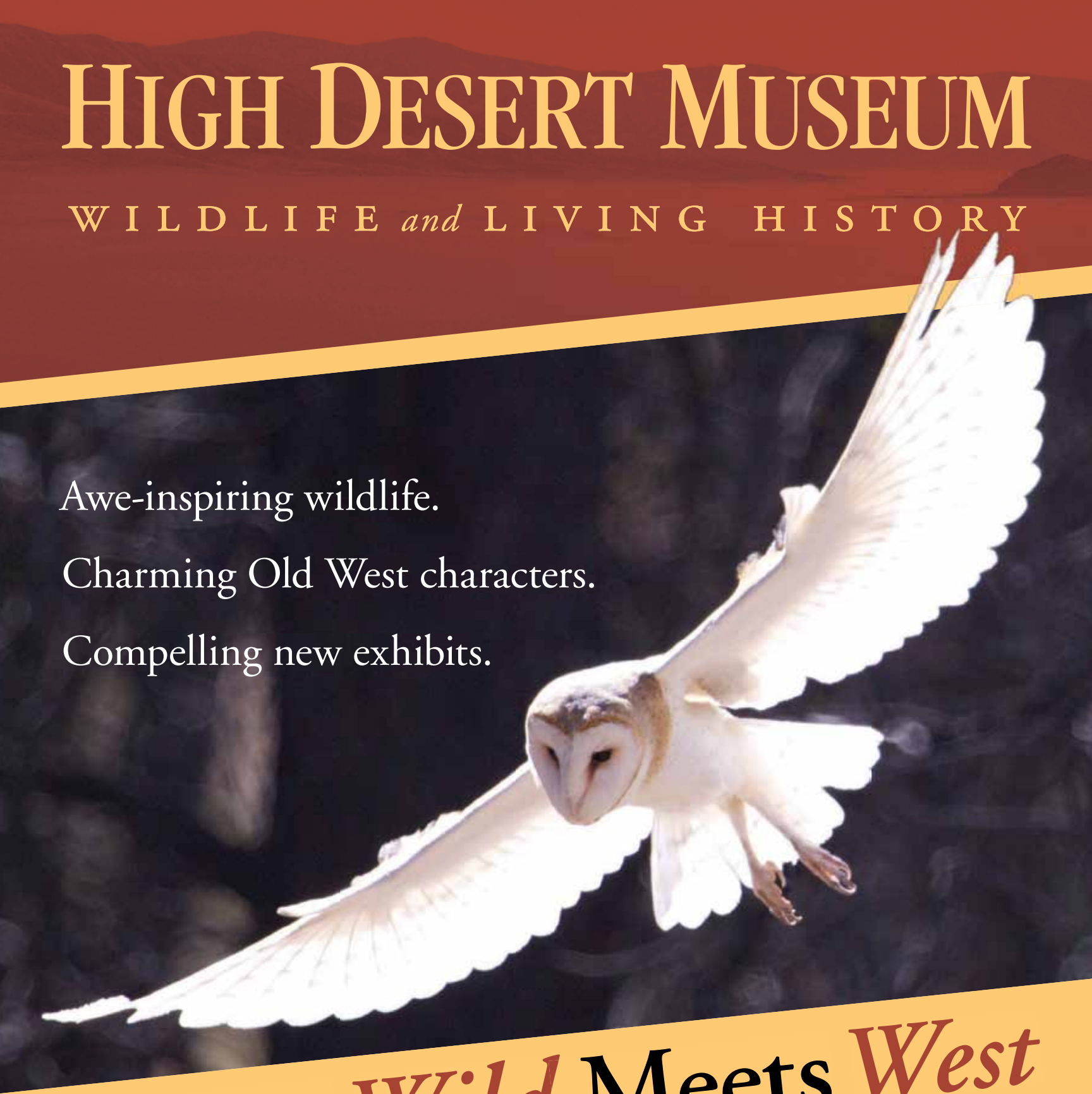

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