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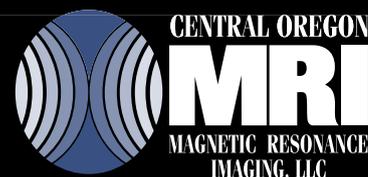
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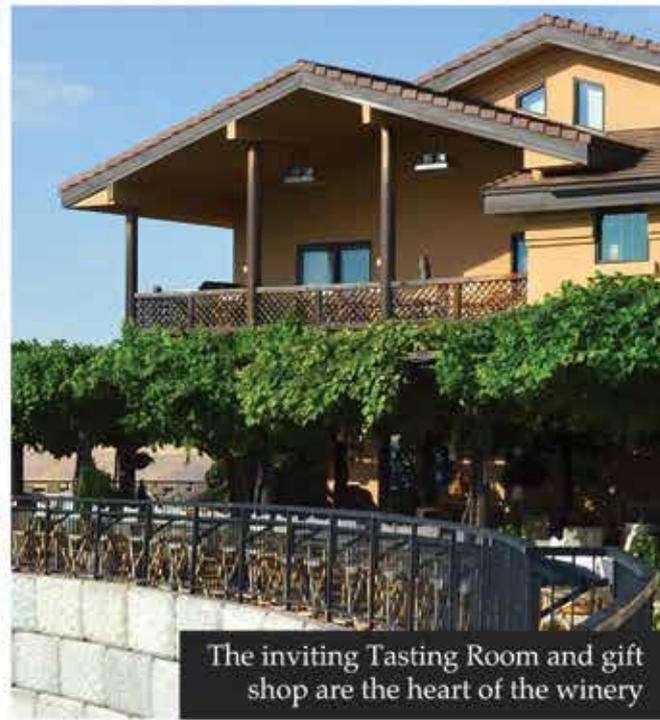
Panoramic views of the Columbia Gorge



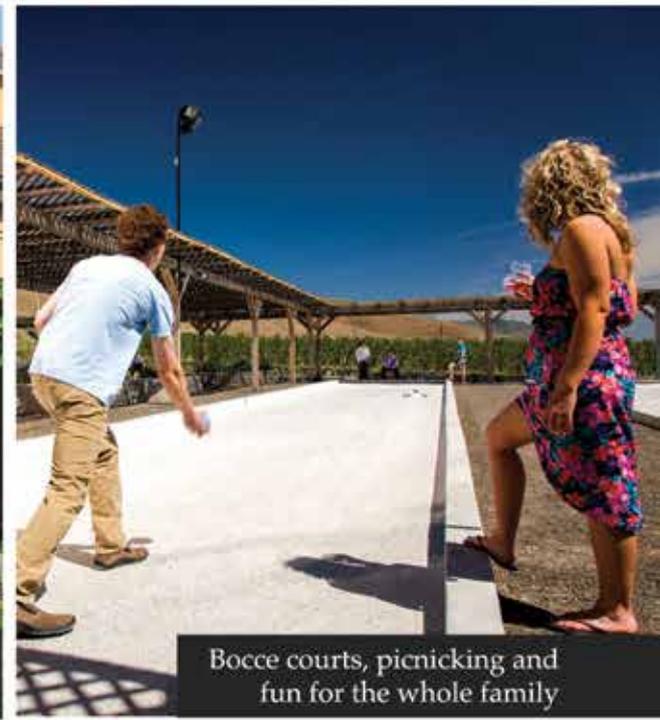
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KIDDING AROUND

Local excursions to help you get out and play as a family this spring

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Bend kids grow up with a healthy appreciation for nature. We unpack family adventures and chat with local parents about raising mountain kids.
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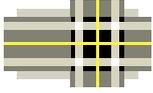


ON THE COVER

A rainbow trout is precious cargo in the water of the Deschutes River.

Photo by Tyler Roemer.

TOP PHOTO BY JON TAPPER



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A young child with reddish hair, wearing a striped shirt, dark pants, and a teal backpack, is walking away from a large blue door. The child is captured from behind, walking on a concrete surface. The text 'MAKE YOUR MARK' is overlaid in large white letters across the lower half of the image.

MAKE YOUR MARK

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WORDS *and* PICTURES

Contributors



DAVE SEMINARA

Dave Seminara decided that he wanted to move to Bend while on a hike alongside Dillon Falls in May 2013. A Buffalo, New York native who was a member of the U.S. Foreign Service before becoming a journalist, Dave has lived in a host of less appealing places in six other U.S. states and four foreign countries. He is the author of *Bed, Breakfast & Drunken Threats: Dispatches from the Margins of Europe* and is working on a Kindle Single about wanderlust. His work has appeared in *The New York Times*, *BBC Travel*, *The Washington Post*, *Chicago Magazine*, *Boston Globe Magazine* and a host of other publications.

ERIC FLOWERS

Eric Flowers is a veteran Central Oregon journalist and the former editor of *The Source Weekly*. When he is not doing keyword research for SEO clients, he can often be found on a nearby river, trail, or in a sand trap. He enjoys spending time with his amazing wife and two awesome daughters, particularly when it involves a raft, a cooler full of beer and a few fly rods.



ANTHONY SMITH

Bike magazine's photo editor, Anthony Smith, is originally from Calgary, Alberta. After studying photography at the Emily Carr University of Art and Design in Vancouver, British Columbia, Anthony migrated south to pursue his passion for bikes and photos. Since joining *Bike* in 2010, he's grown to love Southern California's endless riding season, but there's nothing more exciting for Anthony than being in a new place with his bike and camera, ready to explore.

LEE LEWIS HUSK

Lee Lewis Husk graduated from Bend High School when it was the only high school in Bend. Interrupting college to backpack in Europe, she eventually earned a degree in graphic design at Portland State University, but writing turned out to be her calling. In 2000, Husk moved to Bend from Portland, following a stint in Italy. She lives on Bend's West Side, where her family can hop on their bikes, be on the slopes, or walk their beloved dogs on the Deschutes River Trail.



TALIA GALVIN

Talia Galvin scours the Pacific Northwest to create images capturing the essence of her home state of Oregon and using her design skills to share them with the world. While most girls were packing bikinis for Cancún, Talia spent her college spring breaks exploring Oregon's hinterlands in search of crummy old homesteads. With a mild form of synesthesia, Talia loves to photograph weddings (especially shotgun ones), movement and unforgiving landscapes.

KELLY KEARSLEY

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



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HEATHER HUSTON JOHNSON
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Creative Director ANOUK TAPPER

Editor-in-Chief CATHY CARROLL

Editorial assistant MARY STUTZMAN

Production Manager KELLY ALEXANDER

Account Executives

RONNIE HARRELSON, HILLARY ROSS, FLETCHER BECK, SUSAN CROW, KRISTIE LA CHANCE

Contributing Writers

STEPHANIE BOYLE MAYS, ERIC FLOWERS, HEIDI HAGEMEIER, ANDES HRUBY,
LEE LEWIS HUSK, KELLY KEARSLEY, ALLISON MILES, DAVE SEMINARA,
CINDY TISHER, MACKENZIE WILSON

Contributing Photographers

SCOTT NELSON, JASON CHARME, TALIA GALVIN, DUNCAN GALVIN,
RICHARD SCOTT NELSON, MARIA RANGEL, TYLER ROEMER, ANTHONY SMITH,
DEAN STAUFFER, STEVE TAGUE, JON TAPPER

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Chief Executive Officer HEATHER HUSTON JOHNSON

President ROSS JOHNSON

Director of Business Operations DENISE ULLMAN

Corporate Communications Manager CLAUDIA JOHNSON

IT Specialist SHANE KETTERMAN

Distribution RILEY ROSLUND

Newsstand Consultant GARY JUDY

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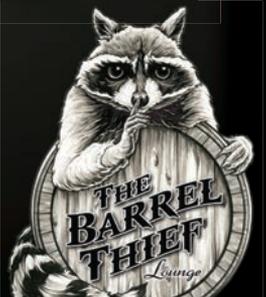
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FROM *the* PUBLISHERS



If common values and shared location are what make a community, then we have all hit the jackpot. Whether that means a year-round recreation mecca, an exciting business landscape or meaningful volunteer opportunities around town, *BEND Magazine* hopes to inspire our readers to get involved in what's going on around them.

In this issue, we pay homage to some of the men and women who did just that. They are the founders of Central Oregon's outdoor movement—recreation legends like Bob Woodward, Gary Bonacker, Phil Meglasson and Dennis Oliphant (pg. 74). These pioneers made a difference in our community by blazing the tracks, trails and routes we still enjoy today. Nordic skiing, mountain biking, climbing, and whitewater rafting have all added to the popularity of our region and we are lucky to have had these trailblazers lead the way.

Central Oregon's community is also largely built on and around its relationship with the Deschutes River. From ranchers and rafters to fishermen and naturalists, the river's flow means something to all of us. But if our way of life affects water levels, what does that mean for the river's future? "The Deschutes Basin's Last Great Problem" (pg. 83) contemplates the wonders and complications of our region's most important waterway. By looking at water management from multiple perspectives, we hope to support a conversation that seeks a collaborative solution to the problem of fluctuating river flow and its effect on the Upper Deschutes.

Our river is part of the abundant natural playground families can explore together here in Central Oregon. As local parents we know how Bend has taught our kids to appreciate the outdoors, play fearlessly and most importantly, to have fun. Here we share a few of our favorite "Family (Pass)Times" (pg. 92), and some summer programs for youth in our area.

Here at Oregon Media, we strive to be responsible stewards of what it means to be part of our Bend community, to describe our shared ethos for newcomers, and to celebrate it with you.

Heather & Ross Johnson

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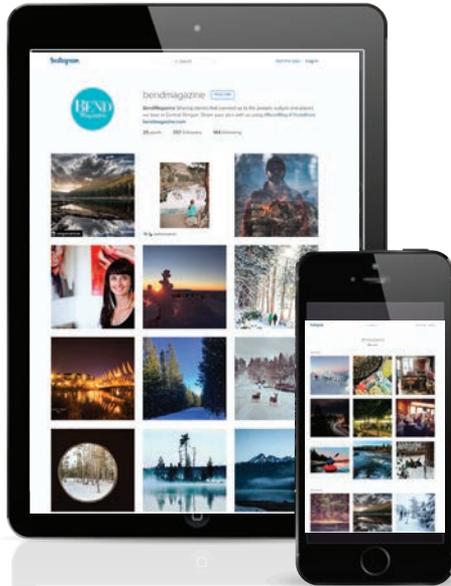
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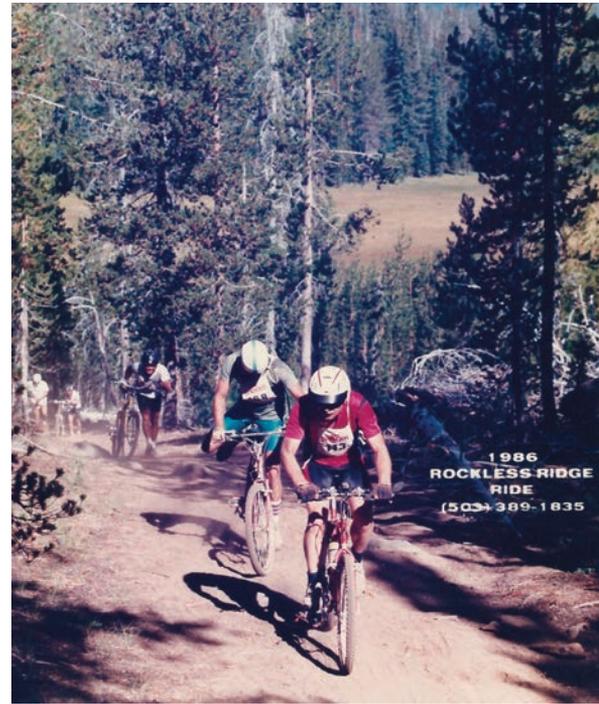
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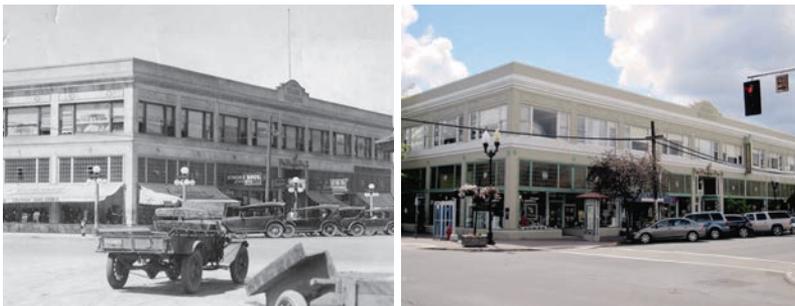
Whether you're enjoying a brew out on the deck, digging in a community garden, river surfing, or shredding a new trail, we invite you to share the moments that make you love Central Oregon.



TALES FROM THE TRAILS

Adventure through time with extra stories from the founders of Bend's outdoors scene. Click through photo galleries and hear tales from the early outdoor days of Bend. BENDMAGAZINE.COM/FOUNDERS

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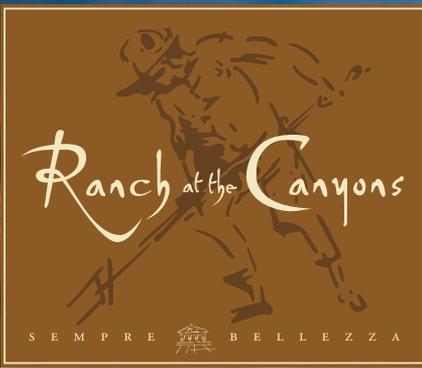
CENTRAL OREGON: THEN AND NOW

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HANGING OUT

redmond *Bridge on the River Dry*

After visiting Utah in 2013, local climbing icon Ian Caldwell returned home to find the same sweeping arches right in his backyard. Working with the city of Redmond, Caldwell erected the first of eight climbing routes last summer on the 70-foot tall arcs of Maple Ave. Bridge. “The flow of the route is fun and challenging,” Caldwell said, “From a climber’s perspective it’s a neat area to hang out because the bridge is an urban structure but also surrounded by the dry, rugged canyon.” Unlike vertical climbs at Smith Rock State Park, the bridge overhang starts at forty-five degrees and eventually becomes horizontal. Opening this spring, the second route will range from 5.12 to 5.14 difficulty. More information and climbing rules at CLIMBMAPLEBRIDGE.COM

PHOTO BY DEAN STAUFFER

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Front Deck ■ bend

■ whitewater

In 2014, the Bend Park and Recreation District began to create a safer, better way for floaters and paddlers to float the river. Three channels have replaced the dangerous Colorado Street dam: one for floaters, one for whitewater and one for wildlife. Upper whitewater wave bladders are computer-controlled onsite via an iPad. A “soft” opening in September allowed a functional preview so adjustments and repairs could be made during winter’s low-water season. The park will re-open in spring alongside a new pedestrian bridge. Here are some stats on the project:

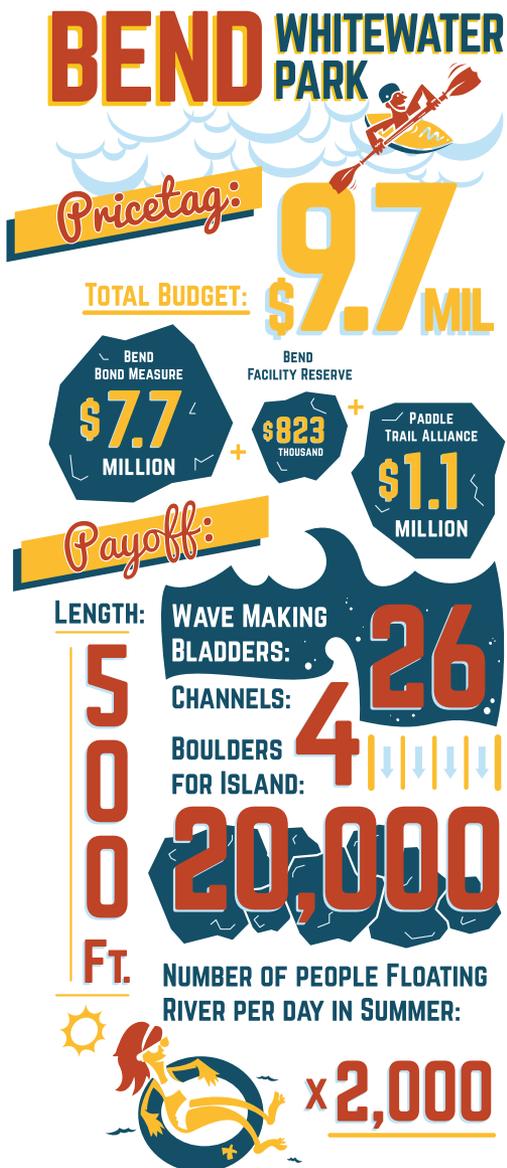


ILLUSTRATION BY BRENDAN LOSCAR

■ ONDA

Hundreds of volunteers have heeded the call of Bend-based Oregon Natural Desert Association, which is spearheading the effort to repair the damage done by armed occupiers at the Malheur National Wildlife Refuge near Burns. Militants who disputed the extent of the federal government land ownership and ranching restrictions held the compound for forty-one days in January and February. They reportedly created military-style trenches, a dirt road, expanded a parking lot and downed fences. ONDA is planning restoration projects this summer or fall. ONDA.ORG

■ nw crossing



Trend Building comes to NorthWest Crossing

JUST IN CASE you were wondering about the construction in Northwest Crossing—so were we. Almost a year since builders broke ground on the Trend Building at 900 NW Mt. Washington Drive, now the project is nearing completion.

Slated to open sometime in May, the new mixed-use building at the intersection of Mt. Washington and NorthWest Crossing Drive brings a new restaurant, offices and retail space to the heart of the planned community located on Bend’s Westside.

Leasing the largest space on the first floor, a new restaurant will feature a bar, patio and takeout window to serve up food for the neighborhood. Ted Swigert, owner of Drake Restaurant downtown said the space was designed with Bend locals in mind.

“It’s a fun, creative neighborhood, and we’re hoping the location will reach residents,”

Swigert said, “We’re going with creative, American cuisine that’s more approachable for families.”

Designed with post and beam construction, the modern 14,000-square-foot building incorporates a simple and linear design. Architect Darren Thomas incorporated floor-to-ceiling windows that will display views of the Cascade Mountains while flooding the space with natural light.

“This will introduce Northwest contemporary design in office buildings,” said Shayne Olsen of Sace Inc., the company developing the property, “It’s something that hasn’t been done yet on this scale in Bend.”

The commercial corner houses thirteen spaces on two stories, and Olsen said he is expecting tenants to move in sometime in May 2016.

Front Deck ■ central oregon

■ prineville



- Miles of proposed bikeway 19
- Oregon Scenic Bikeways 14
- Central Oregon Scenic Bikeways 5

Bikeway on its Way

Plans to bring more biking to Prineville are cruising forward. A nineteen-mile stretch from the City of Prineville along Highway 27 to Prineville Reservoir has received tentative approval for designation as a state-designated scenic bikeway. The proposed Crooked River Scenic Bikeway route highlights views of the Crooked River Valley. The Oregon's Scenic Bikeway Advisory Committee chose the route from among eight proposals. "We consider it a really big honor to be chosen," said Crook County Commissioner

Seth Crawford. "We're excited about what [the bikeway] brings to our community, because it will take existing infrastructure to bring in outside dollars to Prineville." In 2014, similar bikeways such as the McKenzie Pass Scenic Bikeway near Sisters generated \$1.7 million in spending. Final approval could take up to a year, with next steps including public meetings and approval from Oregon Parks and Recreation.

■ madras

Solar City

ECLIPSE CHASERS from around the globe are shifting their gaze toward Madras. Experts say the city will be one of the best vantage points for the total solar eclipse on August 21, 2017. It will be the first total solar eclipse visible from North America in more than three decades. "I don't think you can find words to describe what it feels like when you see your first total eclipse," said Jay Anderson, a well-known Canadian "eclipse chaser" and meteorologist. "Even after having almost thirty years under my belt, I still get a rush."

Anderson said Madras lies directly under the eclipse track, and the area's dry, clear weather should make for optimal viewing. The city has set aside \$40,000 in room-tax revenue to pay for eclipse-related events, which are expected to potentially draw 25,000 people. Details at: facebook.com/madras2017eclipse. — Cindy Tisher



■ redmond

RDM GROWS UP

Redmond Municipal Airport is slated for \$20 million in projects this year, including reconstruction of part of the runway, which will close the airport May 2 – 22. The project will pave the way for future expansion. Overseeing it all is the new airport Business Manager, Zachary Bass, 32, a U.S. Air Force veteran who took the helm in January and is the fifth director in the past five years. "We are moving from a small commercial airport to a regional air center," Bass said. During the shutdown, projects will also happen inside the terminal. Exclusive marketing deals with corporate partners will pay for a \$30,000 expansion of the children's play area, and a lodge-style lounge with a fireplace and comfortable furniture. Bass said these projects will attract more users to the airport, which is an economic driver for the region. "When we look at the \$800 million in tourism money generated in Central Oregon, a lot of those people get here through us," he said. Also planned is a new building for the Central Oregon Interagency Dispatch Center, which will be the regional base for smoke jumpers during fire season. — Cindy Tisher

"When we look at the \$800 million in tourism money generated in Central Oregon, a lot of those people get here through us."

—ZACHARY BASS,
REDMOND AIRPORT
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Front Deck ■ *spring*

5 Questions about Alternative Commuting

> Jeff Monson, executive director of Commute Options for Central Oregon, gets around by bike year-round, and he offered some advice on how to commute differently this spring.

What's the best way to get started in using your car less? Most of us need to drive our cars, maybe even most days. We like to suggest to get started, people get out for a bike ride or a walk on a Sunday morning when there's only light traffic. Explore the best route and make sure it's fun.

How much does having the right gear have to do with a person's success in driving less? When you head out in more diverse weather, be sure to get the right layers of clothes, a helmet for biking, good walking

shoes and lights if you'll be out after dark, and studded bike tires are great in the winter. Remember, there's no rule against taking the car once in awhile.

Should commuting by car or bike be a family affair? Kids of all ages love to bike and walk, and they're great options to avoid car traffic and parking issues. Plus, kids get a different perspective of the neighborhood, and it's a great way to get some quality exercise.

What's a Blue Zone and why does Commute Options want Central Oregon to be one? The Blue Zones Project studies what factors go into helping a person live longer. So, that's where Commute Options comes in. We promote active transportation and focus on the built environment – in other words, living in a community where driving is not the first (and only viable) option.

What is being done to make Central Oregon more bike and walking friendly? Every city in Central Oregon is working to make bicycling and walking safer and easier. Cities are adding green bike lanes, under-crossings, pedestrian bridges, trails, safety crosswalks and more. We offer bicycling and walking education classes in thirteen area schools. More tips and resources at COMMUTEOPTIONS.ORG

– Mackenzie Wilson



JEFF MONSON
coordinates
bicycle and
commuting
programs across
Central Oregon.

■ *brew news*

Immerse Yourself

Why buy beer this spring when you could brew it yourself? Starting in May, Immersion Brewing is set to expand the B-I-Y experience in Bend. Immersion brewers will guide guests in making their own craft beer during a two-hour brewing session. For the following two weeks, Immersion monitors the fermentation in their climate-controlled fermentation room, and invites guest brewers back to bottle the beer and take it home. Half homebrewing, half restaurant, Immersion's full pub-style kitchen will serve seasonal dishes alongside specialty beers on tap. The cost is \$160 to \$220, depending on the beer recipe and includes all ingredients, bottles, custom labels and, of course, the brewski. IMMERSIONBREWING.NET



■ *community gardens*

Don't have the time or space for a garden this year? Good news: community gardens such as this one at Franklin Crossing are sprouting up across Central Oregon, and are seeking volunteers to help make them grow. The more that's grown, the better for everyone, because High Desert Food & Farm Alliance distributes donated excess produce to community members in need. Here's a list of community gardens, below. Details at HDIFFA.ORG

Bend

COCC Collaborative Garden
Kansas Ave. Learning Garden
Franklin Crossing Garden
Hollinshead Park Garden
Miller's Landing Garden
Nativity Lutheran Church Garden
NW Crossing Garden

Other Areas

Culver Community Garden
Madras – Willow Creek Garden
Madras – The Margaret Dement Garden
Metolius Community Garden
Prineville – Presbyterian Church Garden
Prineville – Ward Park Garden
Redmond – Community Organic Garden
Redmond – St. Albans Episcopal Church
Warm Springs – Community Garden
Warm Springs – Youth Garden (OSU)





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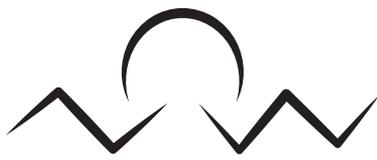
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EDGY SPRING *reads*



1 LOVECRAFT COUNTRY by Matt Ruff

Matt Ruff's latest novel reveals a darker reality about racism in the Jim Crow world of the 1950s. Atticus Turner and his father, Montrose, battle over just about everything, from Montrose's obsession with his dead wife's background to Atticus' love of science fiction novels. After being estranged from his father, Atticus receives a letter from Montrose with information about his ancestral roots. By the time Atticus reaches Chicago, his father has gone missing and clues lead Atticus to a New England mansion, where a secret cult is itching to use him in a strange ritual. Ruff succeeds in blending historical fantasy with memorable and likeable characters for a distinctively good read.

2 VIOLENT CRIMES by Phil Margolin

The New York Times' bestselling author Phil Margolin's latest Amanda Jaffe mystery. Tall and athletic, with a keen intellect, Amanda is an attorney at a Portland law firm. The story opens with Christine Larson, Jaffe's friend from law school asking a favor to help clear a paralegal's name. Soon after, Christine is found brutally murdered and the bodies start to pile up. A senior partner is discovered beaten to death in the den of his expensive home, and his son is seen running away from the crime covered in his father's blood. When Amanda is hired to represent the son, the case becomes complicated. Is this death connected to the murder of Christine Larson? Meanwhile, Amanda's relationship with the prosecuting attorney deepens and differing philosophies make for interesting dilemmas.

3 ALL THE WINTERS AFTER by Seré Prince Halverson

Set in Alaska with a beautiful use of landscape, this is a joy to read. Kachemak Winkel leaves Alaska after graduation, giving up a promising future in music to study business. After college, he stays in Austin, Texas, for two decades following the death of his parents in a plane crash. Unemployment and his grandmother's failing health prompt Winkel to return home. He expects to see the family's untended property in bad shape. Instead, it's in pristine condition, with every item in place and cared for by Nadia, a mysterious and frightened Russian woman. Winkel is shocked and wonders what secrets she is hiding. After discovering the answers in this lovely story, readers are invited to meet the internationally bestselling author, Seré Prince Halverson, at Sunriver Books & Music on April 23 at 5 p.m.

4 THE GUEST ROOM by Chris Bohjalian

Richard Chapman has it all: a family he adores, a job he loves, and a beautiful home in an upscale neighborhood. One lapse in judgment puts it all in jeopardy. Richard's brother finally seems to be shaping up when he gets engaged to a sweet girl. Richard agrees to host the bachelor party in his spacious home. Richard sends his family away for the weekend, and expects the party will be tame. How wrong he is. Two strippers are delivered to the home by Russian handlers, drunkenness devolves into disturbing behavior, and before the night is over, the Russians are dead. The story is told through two perspectives: Richard's as his life crumbles around him, and one of the strippers, as she attempts to escape the police. Edgy and contemporary, *The Guest Room* prompts thoughts about how quickly a life can change.

■ excerpt

“

THIS WAS THE PART OF THE ROAD HE KNEW BEST, THE PART HIS OLD BLUE SCHWINN HAD KNOWN SO WELL THAT AT ONE TIME, THE BIKE MIGHT HAVE FOUND ITS WAY BACK HOME WITHOUT ANYONE RIDING IT. NO TURNING AROUND NOW; THE PULL GREW STRONGER, MAGNETIC. HE WASN'T THE FIRST ONE TO LEAVE AND GET PULLED BACK

”

—FROM *ALL THE WINTERS AFTER* BY SERÉ PRINCE HALVERSON

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EXPLORE

MOUNTAIN BIKING

Spring Riding

The Oregon Outback is home to some of the best mountain biking around. Come springtime, sun-filled skies give gearheads a hankering to hit the trails, but it pays to know where to go before you start pedaling—and when. Muddy tracks tear up trails, so be sure to check in with the Central Oregon Trail Alliance at COTAMTB.COM and Bend Trails at BENDTRAILS.ORG for maps, updates, current conditions, etiquette and more.

Bike smart, be nice, and get ready to ride.

WRITTEN BY MARY STUTZMAN

PHOTOS BY ANTHONY SMITH

GET TECHNICAL

This season, say hello to the hard stuff on the fifteen-mile North Fork to Farewell Loop high in the hills west of Bend. Climb through gorgeous forest on the uphill-only North Fork trail connecting to Mrazek trail, then drop 1,200 feet in three fast miles, ending at Tumalo Falls. One of the area's most demanding rides, be ready to navigate tight switchbacks and steep terrain and don't forget to brake for the breathtaking views.

Another wild ride lies east on Highway 20 at Horse Ridge where the wide-open terrain differs from trails closer to Bend. Ascend 4,700 feet on abandoned roads such as Mad Max Drive, then rip through lava rock and junipers down Sand Canyon for a super fun spin. Thirty miles of trail options up and down the ridge make for endless entertainment.

Up for a downhill challenge but don't want to climb? Come summer, Mt. Bachelor's Downhill Bike Park opens up thirteen miles across the mountain, complete with banked turns, fun boxes and lots of ramps and jumps. Survive hair-raising, hairpin switchbacks, then take the chairlift to the top for all-day downhill fun and shred like it's ski season.

KNOW: WHEN TO GO

The biggest challenge in spring is keeping riders off trails that are simply not ready to ride. Riding muddy trails erodes and widens trails as riders steer around puddles. More tires on trails widen singletrack that is meant to be narrow, leaving ruts that seriously alter the flowing fun of the ride and makes them dustier in summer.

More people riding has an impact on Bend trail systems. It's important for people to understand the work it takes to keep our trails in good shape. The Central Oregon Trail Alliance (COTA) does an amazing job with education, trail maintenance classes and community workdays to get local riders involved in owning our trails.

This page: World Cup mountain biking champion Kirt Voreis leads Lev Stryker, owner of Cog Wild bike tours on a ride at Horse Ridge near Bend. Previous page: Eighteen-time national championship rider and Bend local Adam Craig gets big air on a descent at Maiden Peak near Oakridge.



DAVID MARCHI

Shredding etiquette this issue comes straight from David Marchi, owner of Crow's Feet Commons, a coffee, beer, bike and ski hub for the mountain-minded located in downtown Bend. Originally from the Mt. Shasta area, Marchi came to Bend to

watch cyclocross in 2009 and ended up opening his business four years later. With a passion for cycling and all things single-track, David shares three tips about when, where and how to tackle the trails this spring.

MIDDLE TRAILS

Ask any Bendite about biking and Phil's Trail will come up. In the early 1980s, trail-builder Phil Meglasson and his friends carved out a few trails west of Bend (*story on p. 76*). Today, the Phil's complex crisscrosses hundreds of miles of singletrack through the Deschutes National Forest with trail names like Funner, Tiddlywinks and Whoops. To the northwest, Mrazek trail connects into Phil's, offering thirteen intermediate miles of ridge complete with logs, ramps and some steep descents.

When trails in Bend are muddy, the Maston system in Redmond is drier and has plenty of good trails to try. In spring, flat and fast dirt follows the Deschutes River with a few moderate technical sections thrown in. Right across the road, advanced riders in search of steeps can climb up Cline Butte and descend through some gnarly rocks.

Just beyond Central Oregon, the McKenzie River Trail is well worth the ninety-minute drive. Hailed as one of the top mountain biking destinations in America, this twenty-six-mile singletrack trail weaves past waterfalls and through old-growth forest while rock obstacles make for one killer all-day ride.



This page: Professional mountain biker and skills instructor Lindsey Voreis tears it up on the MacKenzie River Trail seventy-five miles West of Bend. Married to professional rider Kirt Voreis, Lindsey lives in Bend and heads up Liv Ladies AllRide, a series of mountain bike skills clinics for women.

KNOW: WHICH WAY TO GO

COTA has created one-way trails on the more congested networks such as Phil's Trail to limit interruptions and head-on encounters, but a good rule of thumb is if you're riding up behind someone, make it clear from a good, safe distance. Handlebar bells are good for this—less

startling than yelling, and somehow more polite and less aggressive. If you choose to wear headphones, be aware that you aren't the fastest rider on the trail and someone may want to pass. You also may not hear someone rallying up ahead, and you may cause a head-on collision.

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CRUISER VIEWS

For a cruiser steeped in the sheer beauty of Central Oregon, the Deschutes River Trail is hard to beat. Winding it's way through the heart of Bend, the thirteen-mile trail follows the river, flaunting stellar views of the Cascades and Mt. Bachelor. It's also an extremely popular hike, so expect people, pets and other bikers, especially on weekends in downtown sections, but access is available from multiple points along the DRT.

Another easy trail is through scenic and relatively flat Shevlin Park. Climb a few short switchbacks then coast along the ridge over gently rolling singletrack, catching glimpses of Tumalo Creek in the canyon below. The main trail circles a 4.6-mile loop, linking into Mrazek and other intermediate routes.

Outside of Bend, Peterson Ridge in Sisters presents a perfect playground for beginning mountain bikers. More than twenty miles of singletrack mixed with old service roads swoop around an 18.4-mile outer loop spiderwebbed with dozens of connector trails. Moderate ups and downs lead riders to rewarding views, making this a great spring ride before dry and dusty summer conditions.



Champion rider Adam Craig cuts tracks on Farewell Trail west of Bend. Originally from Maine, Craig is a Bend local who has raced (and won) across multiple off-road cycling disciplines including short track, cross country, Super D, and enduro.

KNOW: THE RULES

The number-one trail etiquette: be cool with each other. We are all out there searching for the same ethereal feeling on our bikes, so be nice. With a growing population of riders who want to go fast using apps such as Strava to track their speed, it's important to just be polite. Say "hello" to your fellow rider and take time to let people pass.

When you encounter someone riding in the opposite direction on a single track, slow down and let the uphill rider pass. If you are on a flat trail, both riders should stop, give each other a high-five and continue with their day. To be extra nice, pitch in at COTA work parties or Adopt-a-Trail programs.



Photo credit: Potts

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- **Flows and conditions will vary** in the Deschutes River.
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ACUPUNCTURE

On Pins and Needles

An ancient Chinese practice, acupuncture treatments in Central Oregon have taken some time to stick.

“I’ve waited fifteen years for people to widely recognize its benefits,” said Jennifer Cochrane, the founder and owner of Central Oregon Acupuncture. With two centers in Bend and one in Redmond, Cochrane said she endured raised eyebrows without giving up her resolute beliefs that the right points of pressure can be life-saving.

Acupuncture has been used for over 4,000 years to heal and treat various physical, mental, and emotional ailments. Now, the service is offered in various types of clinics across Central Oregon including, physical therapy, chiropractic clinics and even a yoga studio. In 2015, Mark and Gina Montgomery opened Bend Community Healing, a health studio that combined Mark’s acupuncture background with Gina’s yoga experience and promotes communal bodywork in groups sessions.

Having pricked a finger or experienced a paper cut it is hard to imagine how the harsh sensation caused by needles could be healing, but acupuncture actually aims to eliminate pain. Working below the body’s sensitive nerve fibers in the deep dermis, acupuncturists target acupoints along a system of channels called meridians.

According to tradition, energy blocked in these channels can lead to health problems. Acupuncturists treat a combination of points with their needles to remove cricks in the internal circuit of the body. Cochrane’s explanation likens these blocked passages to a garden hose. Simply put: a hose with kinks will not nourish the garden.

Using acupuncture to treat more than sixty conditions, ranging from allergies to peptic ulcers, Cochrane believes the goal of acupuncture is to correct the root of a physical problem rather than merely reducing symptoms.

“I’m an advocate that in three treatments you should see improvement or we need to reevaluate,” she said, “With a few well-placed needles, you should feel the effects of a spring tune-up in just one session, even if you are training for the Pole Pedal Paddle.”

Cochrane attributes acupuncture’s new acceptance in the region to this preventive approach and the belief that pain should not be permanent, making the more than fifteen clinics across Central Oregon a case in point. – *Andes Hruby*

Other services offered by acupuncture clinics include:

ALLERGY ELIMINATION

By testing one allergy at a time, Nambudripad Allergy Elimination Techniques, (NAET) aim to retrain the nervous system’s responses to specific substances.

CUPPING

Used primarily to treat respiratory conditions, cupping therapy comes from the traditional Chinese practice and uses heated glass cups to draw out muscle tension and relieve pain.

MASSAGE

Central Oregon Acupuncture’s clinics employ a number of massage techniques, including deep tissue massage, Swedish massage, myofascial release and prenatal massage.

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Camp Sherman

Retreat by the River

A river runs from it, not just through it. Tucked away in the woods northwest from Sisters, the Metolius River provides a source of both relaxation

and recreation for those who want to truly get away. Well-known as a fly fisherman's dream, the currents and eddies of the twenty-eight mile stream call people from all walks of life to slow down, observe, and go with the flow.

Year after year, photographers, hikers, bicyclists and birders flock to Camp Sherman to see white-headed woodpeckers, catch rainbow trout or just go for a stroll amid the flowers and wildlife on riverside trails. Those not fishing can feed salmon and trout at Wizard Falls fish hatchery or snorkel the river to get a close-up look.

According to legend, Native Americans named the river "Mptolyas" or "white fish" for the light flesh of the salmon that swam in its waters.

Springing up from underground somewhere underneath Black Butte, the river attracted settlers in the 1890s but the creation of the Cascade Forest Reserve halted further homesteaders.

Established by visitors from Sherman County and shaped by logging and public work projects in the 1930s, the quiet community of Camp Sherman has changed little over the decades. The same quaint cabins line the river, ready to be rented to vacationers, supplied by the same general store since 1917.

Clear, cold water flows and green plants flourish along the banks, painting a picture of tranquility that can only be described as Metolius magic. There are bigger gorges. There are larger resorts. There is more extreme. But it is hard to find more consistency for a vacation spot. Great for a daytrip or to stay half the summer, the Metolius Basin remains a place where people can be still, sit back and watch while the river keeps running.

❖ ■ *see*

Headwaters of the Metolius

Everything in Camp Sherman revolves around the twenty-eight-mile river, starting here at its headwaters. Watch clear, blue water spring up from the ground to create a full-fledged river within a few feet. From the observation deck, let your jaw drop from taking in views of Mt. Jefferson or make a longer trek on the Wizard Falls trail.

■ *stay*

House on Metolius

Set on 200 acres of private land surrounding the Metolius, this venerable, intimate, understated lodge and cabins have been a private estate and retreat for more than a century. Escape to this serene environment, where the art evokes the history amid millions of acres of national forest. More small resorts and campgrounds round out the options here.

■ *eat*

Kokanee Cafe

Fine wines and fare of the Northwest such as steelhead and elk burgers suit the surroundings perfectly. Dinner is served in this rustic restaurant May through October. A year-round restaurant at Lake Creek Lodge is known for its homemade cinnamon rolls and family-style meals.

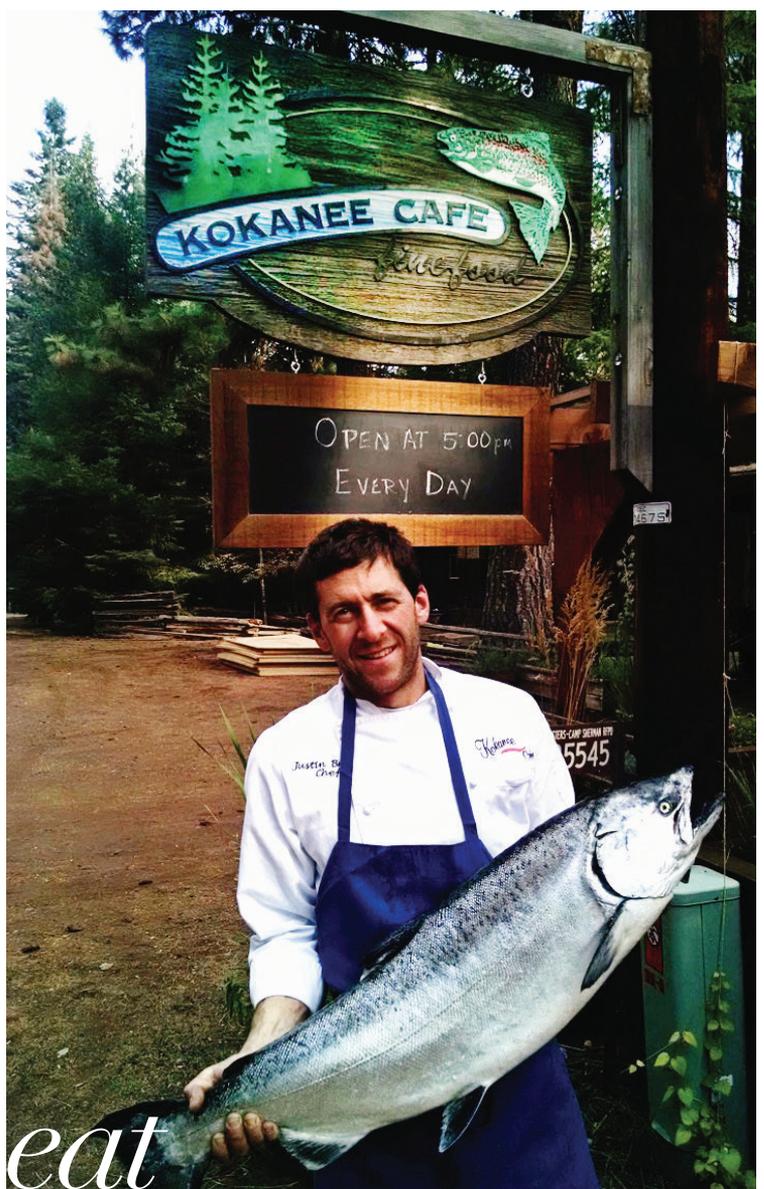
■ *shop*

Camp Sherman General Store

Around for nearly a century, the Camp Sherman General Store is truly “general”, selling a little bit of everything and serving as a hub for the town. Get tackle gear, hear the fishing report and stock up on essential supplies, souvenirs and snacks.



see



eat



shop

TOP AND LEFT PHOTOS COURTESY AL KRAUSE

Metolius River

ASSOCIATION

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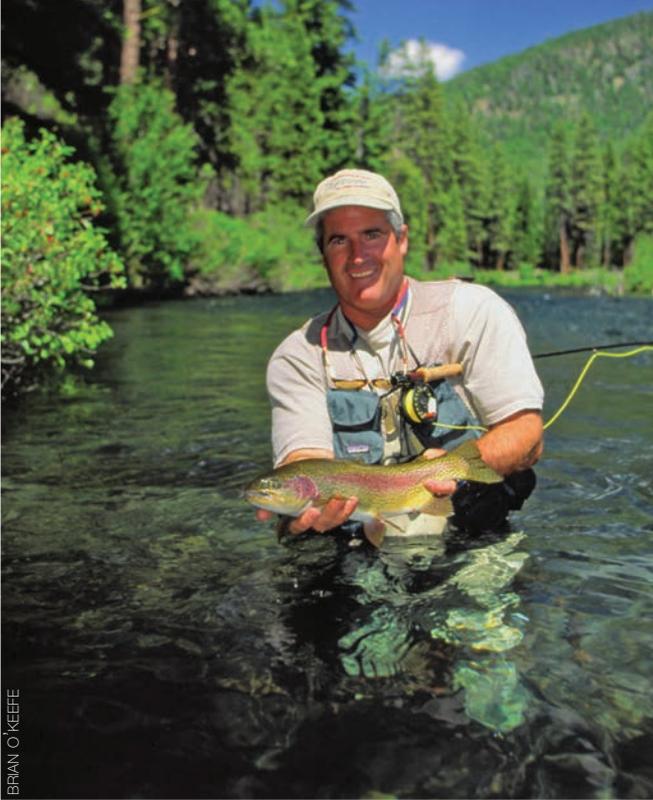
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SISTERS RODEO

■ *sisters* Real Western Rodeo

In 1940, cowboys at the first Sisters Rodeo competed for a \$500 purse by riding broncos, roping calves and wrestling steers. Seventy-six years later, the “Biggest Little Show on Earth” is still kicking as throngs converge on the town for barrel racing, extreme bull-riding, bullfighters, a downtown parade and of course, the clowns. This year, the rodeo has booked the McMillan Family Trick Riders as its specialty act (above). Five of the family’s ten children will show off their skills and horsemanship, performing stunts such as the hippodrome stand, spin the horn and the Cossack drag during this Soap Lake, Washington-based act’s stop on their national tour.

June 7-12 | Sisters Rodeo Grounds | SISTERSRODEO.COM



A Mosaic of Care

“The focus and pressure for innovation and change has landed with primary care providers, with a significant focus on the vulnerable populations.”

Addressing everything from insurance issues to language barriers, Central Oregon’s nonprofit Mosaic Medical, has striven to keep the stress out of getting sick for more than a decade.

It all began in 2002, when a group of community members in Prineville started working toward creating better access to health care for Crook County residents. Their efforts gave rise that year to the Ochoco Community Clinic in Prineville, which began serving anyone in need. During its first year, 689 patients came through the door.

The Ochoco Community Clinic became a model for other clinics opening throughout Central Oregon, and by 2012 those nonprofit clinics were united under the name Mosaic Medical. Today, Mosaic encompasses a dozen clinics including its Mobile Community Clinic (below). Serving about 20,000 people last year, it has grown from having about 100 employees in 2012 to 250 in 2016.

“The focus and pressure for innovation and change has landed with primary care providers, with a significant focus on the vulnerable populations,” said Mosaic CEO

Megan Haase, who has been with Mosaic since its inception.

Mosaic has also partnered with school districts and created walk-in clinics at Bend High School, Ensworth Elementary School in Bend, Lynch Elementary School in Redmond and Crooked River Elementary School in Prineville. Deschutes County Mental Health began partnering with Mosaic Medical in 2011 to provide integrated care, and created Harriman Health Care at the Deschutes County Downtown Clinic in 2014. —*Andes Hruby*



HEALTH ON WHEELS: MOBILE COMMUNITY CLINIC

Mosaic Medical’s Mobile Community Clinic has offered primary care, urgent care, health screenings, immunizations, mental health referrals and dental referrals since 2012. The mobile clinic stops weekly in Bend, Redmond, Prineville and Culver. The permanent staff onboard builds relationships and long-term trust with patients who would not otherwise have access to health care. The mobile clinic accepts health insurance and also offers reduced rates and sliding scales.

Schedule

Mosaic Medical’s Mobile Community Clinic Schedule:

■ **TUESDAYS:**

Culver - Culver School District, 310 East Street, 9 a.m. - 5 p.m.

■ **WEDNESDAYS:**

Bend - United Methodist Church, 680 NW Bond, 8 a.m. - 6 p.m.

■ **THURSDAYS:**

Prineville - Richi’s Place Grill & Spirits, 14749 SE Juniper Canyon, 9 a.m. - 12 p.m.

■ **THURSDAYS:**

Redmond - Church of God Seventh Day, 205 NW 4th Street, 2 a.m. - 6 p.m.

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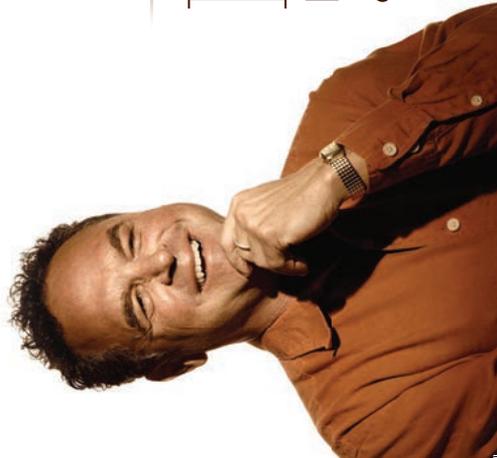
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AMERICANA PROJECT:

Connecting Creativity and Learning

Brad Tisdell is a co-founder of the Americana Project music and arts education program, in which Sisters Middle School and High School students learn to play music, write songs, record and engineer a final product. The professional singer-songwriter also is consulting with Bend LaPine Schools to bring the program there. - *Andes Hruby*



1 | *What is the Americana Project to you?*

It is a broad-brush stroke of infusing music and art education into academia. We prove that art integration will create stronger ties to the value of learning. Artistic opportunity allows for us to connect to the creative, and then focus on the practical manifest of work. It’s turning on the light bulb and realizing you need inspiration, creativity and education to connect the wires.

2 | *What was the inspiration for the Americana Project?*

It was a beautiful trifecta of endearing moments. I was a musician and songwriter who had a degree in sociology and had traveled the world. When I came to the Sisters Folk Festival, I was first a performer and then a consultant. In 2000, I saw a community which would benefit by having more music opportunities in their lives. It was hard times—cutbacks in art education and a recession. I went into the school with my guitar and poetry and the Sisters community kept saying, “Let’s do more!” The folk festival generated funds, and we have grown to year-round venues, an art auction, awards and mentors—returning alumni. Before we knew it, we had a grant from the Oregon Community Foundation and are bringing sixteen keyboards into the classrooms.

3 | *Can you detail all of the events and entities surrounding the Americana Project?*

The Sisters Folk Festival is the non-profit organization umbrella. We like to say ‘all the town’s a stage,’ but it is no longer just a three-day festival of performances with old-school, laid-back intimacy. It has given birth to many rivers and tributaries of creative expression. First, we have the outreach of the Americana Project. To help fund it, we have My Own Two Hands, a community art auction and celebration of artists and their work.

Before each folk festival, we have the Americana Song Academy, where artists performing in the folk festival arrive early to teach aspects of music, performance, songwriting and singing. There is also our commitment to the Americana Luthier Program, which teaches kids how to build their own guitars and ukuleles, and in the spring we offer the Americana Song Academy for Youth. Oh and now we don’t hibernate, we have a winter concert series

4 | *Do children who have participated in the Americana Project stay engaged with the organization?*

We have a revolving group of great young adults who always come out and help for the festival, and alumni who return to teach. But it’s better than that; for those age 18 to 32, we have built a focus on mentoring, talent sharing and support. We are open to progressive social change that is encouraging a new hub of diversity. We have people coming back to create sustainable agriculture when they are not on tour. We see people like Slater Smith of the Weather Machine keeping his commitment and focusing on our youth even as his own journey around the world grows.

5 | *For a creative guy in charge of many things, this is quite a clean office. What does your day look like?*

Ha! It’s clean because I’m never here. I generally work from a home office, consult in schools, book the talent for the festival, and am always scheduling and looking at who has great energy to bring into the classroom and into our community to share their insight and talents. I’m also asking myself how best to utilize the amazing opportunity we have to make a lasting impact. And now, I have to go and coach my son’s basketball team.

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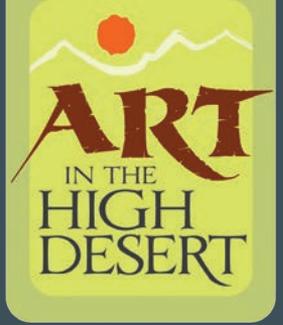
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Bendiquette

Recently I was returning my shopping cart in the parking lot of a Bend supermarket, and a person passing said, “Gosh, you people do that here?” Yes, we do. It’s just one example of our local culture of being nice, along with not honking our car horns or unnecessarily idling our car engines. And, when it comes to hitting the trails in spring, it’s important for people with dogs to follow our etiquette, which also happens to be our leash law.

Bend is known for being a dog-loving community as well as a recreational mecca, and the city has done a great job of accommodating everyone, including designating off-leash areas just for dogs. As the weather warms up, we all start to feel footloose and fancy free, so it’s important to tap into your moral compass and be respectful of everyone on our trails.

The Central Oregon group DOGPAC.ORG helps maintain off-leash areas and educates people about being responsible dog owners. It offers these tips for practicing good etiquette for off-leash areas and trails.



Most important—always carry a leash and poop bags.



Pick up after your dog. If you're bagless on the trail, bury the poop. It'll be less offensive and will decompose faster.



Keep your dog in sight and under voice control, or on leash.



If your dog is not relaxed and friendly around people or other dogs, keep him on leash (and out of dog parks).



If you meet children, dog-averse people, dogs on-leash, or bikers on the trail, have your dog sit, or leash up while they pass by.



When you visit an off-leash area, unleash and walk around with your dog. This will encourage good dog interactions.



If your dog gets into a problem situation, don't stand there and yell, go and get him.



Even a good dog can be unpredictable; err on the side of caution and courtesy. You are liable for any damage caused by your dog.



For downloadable maps of local off-leash spots in Bend, and many dog-friendly trails along the Cascade Lakes Highway, check out the useful online info at DOGPAC.ORG

Miss Manners Karen Cammack was born in Bend, and is a skier, hiker and former long-distance runner who spends much of her time exploring Central Oregon’s trails and doing freelance photography.



WHAT'S THE DIFFERENCE BETWEEN THESE TWO HOMES?

HINT: IT HAS TO DO WITH SAVING ENERGY AND MONEY.

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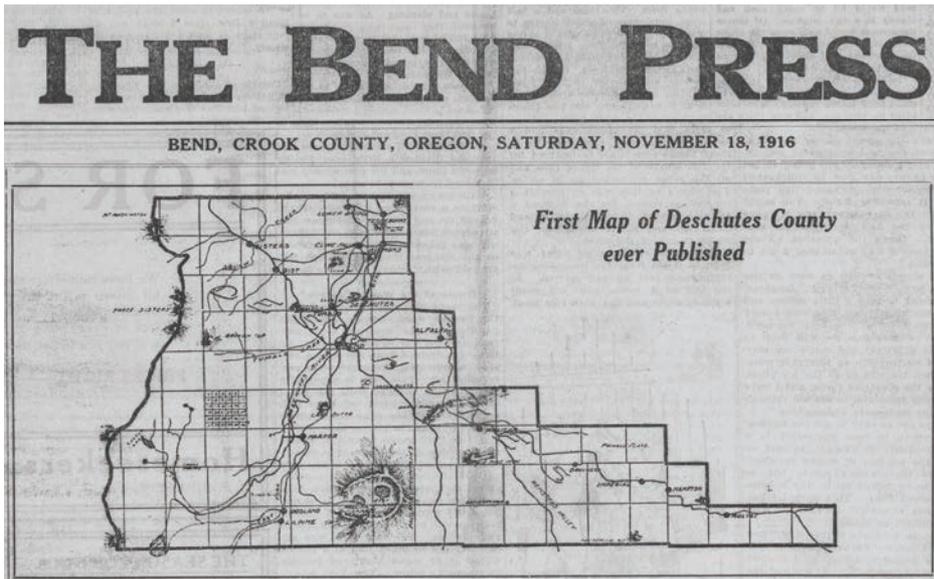
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1916-2016

Deschutes County Centennial Celebration

In 1916, as newly built railroads and lumber mills boomed in Central Oregon, the balance of power shifted from Prineville to Bend. After a failed attempt to move the county seat, Bend residents voted to break away from Crook County and on December 19, 1916 Deschutes County was born.

A hundred years later, Oregon's youngest county is celebrating its birthday in a big way. A reconditioned (and running) 1907 Holsman automobile will accompany a traveling exhibit to major fairs and events throughout the year. In addition to art contests and time capsules, performances of a four-act play about the birth of the county will start in May. Festivities run through December and wrap up with an open house hosted by the Deschutes County Historical Society.



Images from 1916, courtesy of Deschutes Historical Society. Clockwise from left: A newspaper describes the first map of Deschutes County saying: "It looks like a foot afflicted with a broken arch but it is safe to assert that it has some kick to it." Dad West's place burns in 1916. Back then, Bend relied on a volunteer fire department and a fire system consisting of underground wooden pipes. Built in 1916, the O'Kane Building on Oregon Ave. downtown housed the first county offices and remains one of the largest commercial structures in Bend. The Redmond baseball team poses outside of the Wright Hotel in Bend. Resident Jess Tetherow (far left) was an avid baseball player known to ride his bike to games. School children in La Pine practice cursive handwriting in 1916. In 1916, an automobile made the first rural mail delivery from Bend (above), even as Central Oregon Stage continued to make rounds in Redmond (below).



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Life on the Edge

A distinctive modern structure juxtaposes elements, and blends into its steep, rocky perch in Bend, appearing as if it landed there

WRITTEN BY **STEPHANIE BOYLE MAYS**

PHOTOGRAPHS BY **STEVE TAGUE**

Dan Slape of Bend frequently talks to passersby in his West Hills neighborhood. That's because of his house.

"It has always attracted notice," he said. "We had people stop when it was under construction and want to talk about it. Even now when it's finished, we still have people stop when they see us outside, and they want to talk about it."

The distinctive modern structure, home to Slape and his wife, Debbie Benson, is a juxtaposition of wood, cement, metal and glass angles which blends into its site. "We just wanted it to look like it landed here, and we wanted to maintain the integrity of the site,"

said Benson. Another more practical priority was that the couple did not want a lawn or to even own a mower.

The challenge for friend and Bend-based architect Neal Huston was to design the home with only one story. Huston used stilts to perch the house on its steep, rocky site. A catwalk takes friends and visitors from the street level to the front door, a wood-and-steel design by Huston, which accents a tree nearby where Slape proposed to Benson.

Huston continued using the exterior architectural materials on the interior, with cement floors, metal beams and raw-edge wood





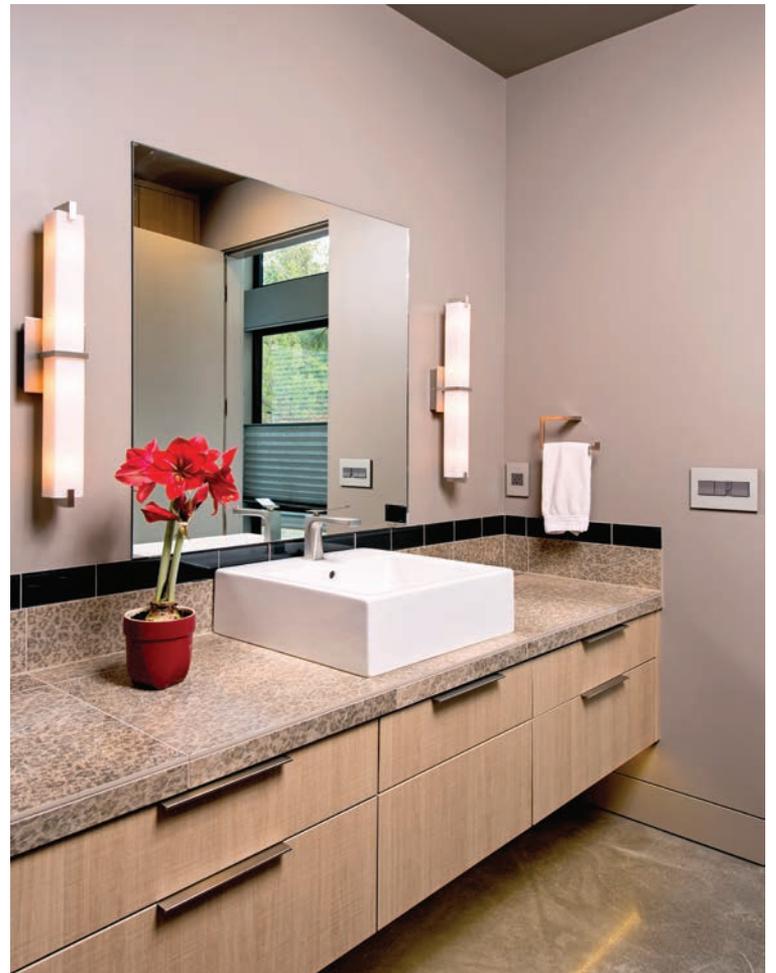
counters in a half-bath and as an accent to the island.

“I really wanted the look of an industrial loft here in Bend,” explained Slape, who grew up in Prineville but lived for many years in the eastern U.S. And Benson agreed, though at times she asked him to take it down a notch or two. “I always think of the eventual resale value,” said Benson, who is a real estate agent.

The home’s tree-house-like feel is enhanced by twenty-foot-high ceilings and south facing, floor-to-ceiling windows that look out over Bend. Its layout is as mindful of the views outside as it is of the flow of rooms inside. The master bedroom is situated to one side of the combination living, dining and kitchen area to provide privacy and take advantage of the view.

“We didn’t realize it when we were building the house, but we can also see the Old Mill and the river,” said Benson. “That was a happy surprise.” On the other side of the public areas are two guestrooms and a bathroom. The only room that does not look out over the city is a guest room used as a home office.

Once settled on the layout of the 2,400-square-foot home, Slape and Benson enlisted the help of interior designer Carol Gregg and spent evenings searching online for design elements they wanted in their home. One of their first purchases was a yellow-green and pink rug for the living area to add color to the otherwise neutral palette. Pink turns up again in a master





bathroom lighting fixture, and the yellow appears in the kitchen's upper cabinets and the knobs on the stove.

Combined with the playful touches are clever interpretations of functional elements such as corner drawers in the kitchen cabinetry, frosted glass in the master bath to allow for natural light while providing privacy, a fireplace that doubles as a defining line between the living and dining areas without obstructing the view, and a wall of windows that folds back upon itself for egress to the deck.

The couple agrees that the house turned out to be exactly what they wanted, in exactly the right spot. Despite Benson's attention to resale value, both agree that Huston also designed a home that they will never have to sell. "There is not a stair here, and we can 'age in place,'" said Benson. "We'll never have to leave." 🍷

Lessons Learned

Having gone through the home-building process, Dan Slape and Debbie Benson have words of advice to pass on.

Don't Skimp on the Design

Spend adequate time with the architect. Slape and Benson found they had researched things on their own and later found their architect already knew all about those topics.

Get a Project Manager

Make your architect the project manager. The architect has authority that a homeowner does not. Slape and Benson said they had a subcontractor walk away when he was offered a better job.

Form Good Relationships with Everyone Involved

"I wish I had taken more time to develop a good working relationship with the city," said Slape. "We had a couple of issues that might have turned out differently if I'd gotten to know them better."

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Tabletop Treasure

1. From Uruguay, this amethyst specimen is a section of a gigantic geode, sure to induce both wonder and awe of the violet variety. (\$350) The Silver Otter. 706 SW Industrial Way | Bend THE SILVER OTTER.COM

Keep It Classic

2. Tailored in a transitional style, the tufted back seat of this sectional combines the flair of 1950's Hollywood with refined modern details. American Leather Ainsley Sectional (price varies) Furnish. 761 NW Arizona Ave | Bend FURNISHDESIGN.COM

Take It Or Leaf It

3. Constructed from solid beechwood and 100% recyclable polypropylene, this Calligaris chair evokes the shape of a basil leaf, presenting a natural, ergonomic choice for the kitchen or living area. Calligaris BASIL Chair (\$259) Furnish. 761 NW Arizona Avenue | Bend FURNISHDESIGN.COM

Fine Lining

4. Framed around simple angles, birch-themed tables, chairs and sideboards mix and match to create a contemporary dining area. Huppe Outline Collection (\$540 - \$1668). Furnish, 761 NW Arizona Avenue | Bend FURNISHDESIGN.COM

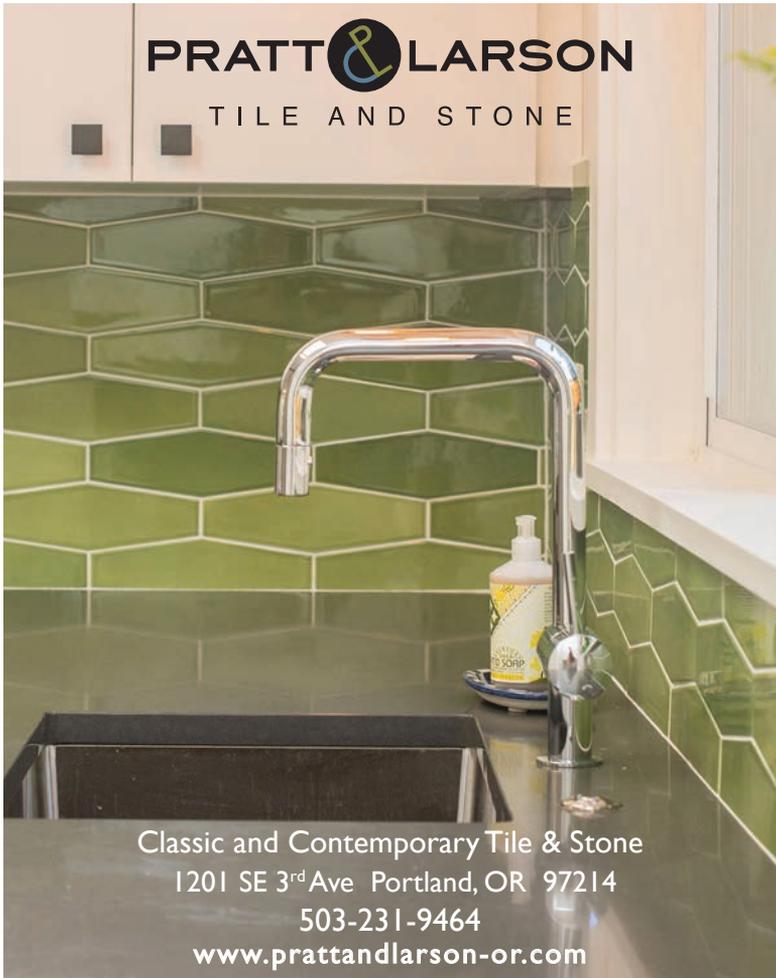


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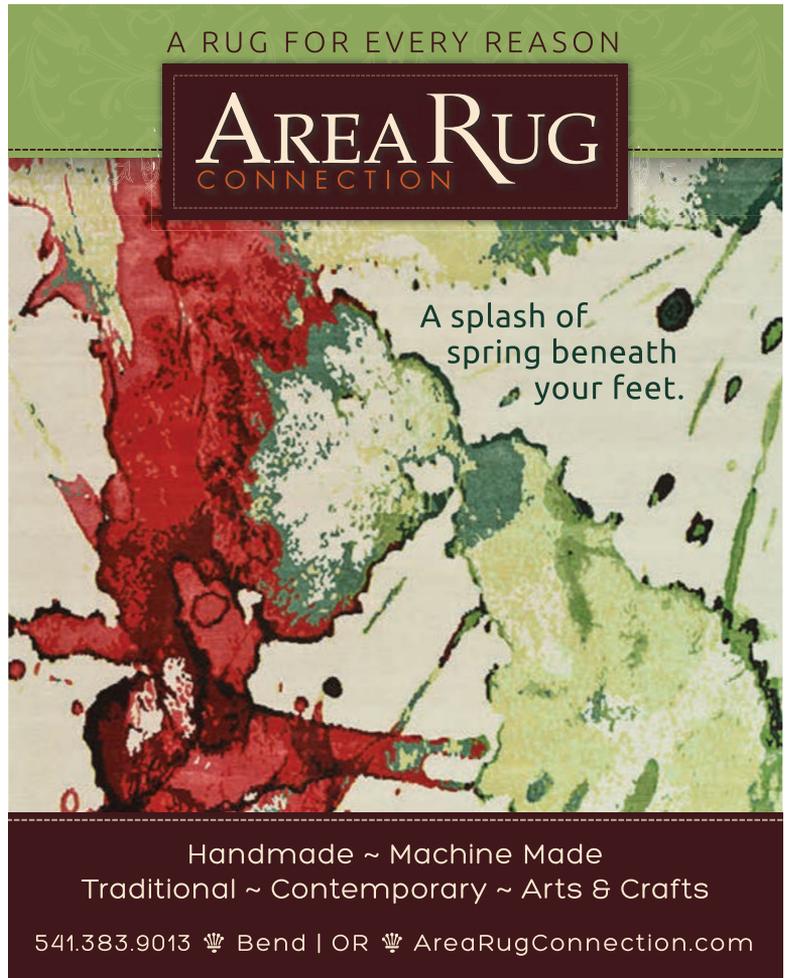


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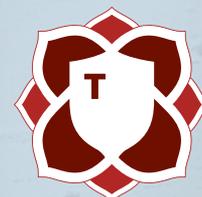
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Surf the Greens

Bend-based GolfBoard aims to speed up the age-old game and add even more fun

Jeff Dowell

grew up in Bend, playing golf for Bend High School and Central Oregon Community College before moving on to Indiana State. His career in product innovation, technology and startups led him around the world and then ultimately back home nearly three decades later to his first love: golf.

Dowell became president of fast-growing GolfBoard in 2014. Originally inspired by surfing, the GolfBoard is a four-wheeled board that allows golfers to smoothly ride around the course, speeding up the game and adding another element of fun. In two years, the GolfBoard went from a relatively unknown product to a coveted novelty among hundreds of courses ordering up fleets of them. “It’s been a crazy ride,” Dowell said.

“We’ve had tremendous exposure and a significant amount of orders. Now we’re really crossing the chasm from early adopters into mainstream.”

Surfing Roots

The idea began with surfers who love to golf. Don Wildman, founder of Bally Total Fitness, and renowned surfer and athlete



Jeff Dowell and his GolfBoard on the greens at Tetherow.

Laird Hamilton began experimenting with riding homemade electric boards around courses in Malibu and Hawaii years ago. They teamed up with Paul Hodge, a startup veteran who had moved to Central Oregon, as well as electric vehicle enthusiasts Star Faraon and Mike Radenbaugh, to help further develop the technology.

Hodge, a co-founder and board member of GolfBoard, described it thusly to *American Golf* magazine in 2013: “We initially used the boards for personal enjoyment, but every time we played on the courses, we were mobbed by people who wanted them. Eventually, we decided to develop a safe, fun, and easy-to-ride board that everyone could enjoy.”

The product has since gone through several iterations and improvements, Dowell says. The company honed in on the board’s safety, ensuring it was stable, and added a handlebar for balance. Most people get the hang of it within a few minutes. “It’s really intuitive,” Dowell said.

A Breakout Year

The concerns that Dowell initially fielded about the boards—that they’d be unsafe or hard to use—have abated after thousands of golfers have



Jeff Dowell (left) Laird Hamilton (right) surf the greens on GolfBoards.

SPEED PLAY

Players on GolfBoards can play 18-holes in an average of two hours and thirty-seven minutes.

LEAN INTO IT

The boards have a handle for balance, but you actually turn them by leaning with your body.

CHARGE UP

GolfBoards are powered by a lithium battery built into the base of the board. The batteries can be charged 1,800 times, with an estimated range of eighteen miles per charge.

tried it and enjoyed it. None of the courses renting GolfBoards has reported injuries from them, Dowell said.

Indeed, the golf community appears to be embracing a product that not only speeds up the game, but has the potential to attract more young people to golf. GolfBoard has been featured on national television shows, has had a presence at tournaments, and is getting interest from international golf course management companies.

GolfBoard primarily sells fleets of the boards to courses and Dowell projects that nearly 200 golf courses will offer the product this year. Central Oregon courses include Tetherow, Awbrey Glen and Aspen Lakes.

Dowell anticipates that 2016 will be the company's biggest sales year yet. "It's been really well received, and people are excited about the potential for injecting new life and fun into the game." he said.



The Vintage Vector

During the nearly two decades in which Brett Pulliam worked with high-tech animation studio Pixar, he pursued a decidedly lower-tech passion in his off-time. Instead of IMAX 3D, think Q*bert, Pac-Man and Centipede.

Today the passion has become profession, as Pulliam delights video gamers

and newcomers alike with his downtown Bend business Vector Volcano Arcade. The space catapults visitors back to the early '80s, complete with pinball machines, joystick-and-fire-button video games and a jukebox stocked with selections curated from his collection of nearly a thousand 45 records.

"I'm still a collector," said Pulliam, age 45. "But it's all about if the game is fun, not if it's rare. If it's not fun to play, it's not here."

The focus is on games that are easy to play and family friendly. For instance, in Bubbles, you're a soap bubble with the object of cleaning the sink. In Journey, your mission is to reunite Steve Perry with his microphone. While arguably part of a burgeoning '80s "barcades" trend around the nation (beer and wine are available at Volcano, too) Pulliam puts the emphasis on the games rather than the snacks and drinks. Patrons pay \$5 for an hour and need not plug the machines, allowing a try at everything from destroying the Death Star to saving the damsel from Donkey Kong.

"New game" signs regularly signal a rotation from Pulliam's personal collection of about 100 video games. And Pulliam happily shares his vast knowledge about the early '80s video game experience. He even admits that it's not unusual for him to stay until midnight after the arcade closes, trying for high scores on Tapper and Galaga.

"It's time consuming, but I love it," he said. "I still feel like it's my hobby. I hope the customers can feel that passion." — Heidi Hagemeyer



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Is that a Bottle in Your Pocket?

AFTER BECOMING frustrated with trying to cram bulky water bottles into his carry-on bag when he traveled, Niki Singlaub decided to take matters into his own hands. A freelance product designer, Singlaub spent two years developing a collapsible water bottle that he could fold up and put in his pocket.

Not only did the idea solve his problem, but Singlaub's aptly named Hydaway Bottle captured the imagination of thousands last April on Kickstarter. Singlaub was aiming to raise \$20,000 to fund a first-production run of the bottles and launch his business. The campaign far exceeded his goal, topping out at more than \$263,000.

"I think the timing was right, we had lots of great imagery and the right incentives," he said.

"Just as important was that the product solves a true need and helps reduce global plastic waste, which is a serious issue."

With his 5,000-plus Kickstarter rewards delivered (almost 40 percent of his backers were from overseas), Singlaub now has his sights set on building the next great beverage container company—in Bend. He's spent the first part of this year introducing the product to national retailers, as well as to Bend stores Hopscotch Kids, Via Delia, Outside In, the East Side's Postal Connections and at hydawaybottle.com.

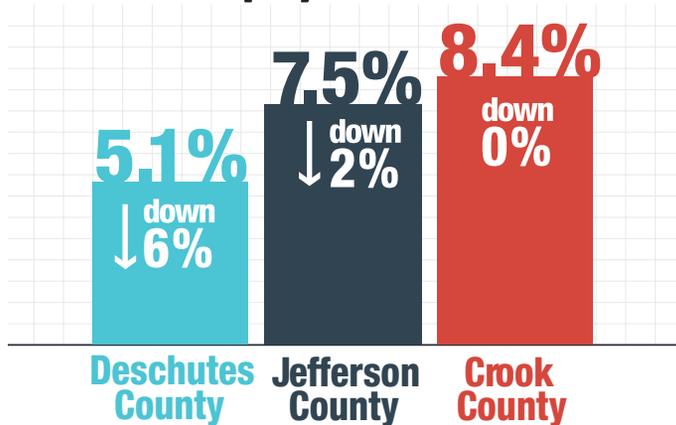
Singlaub is also hiring sales staff so he can free up his time to develop more collapsible containers. "I'm looking at other shapes and forms and I think there's a huge opportunity there," he said. — *Kelly Kearsley*

Niki Singlaub of Bend spent two years developing the Hydaway Bottle, a collapsible water bottle that he could fold up and put in his pocket.



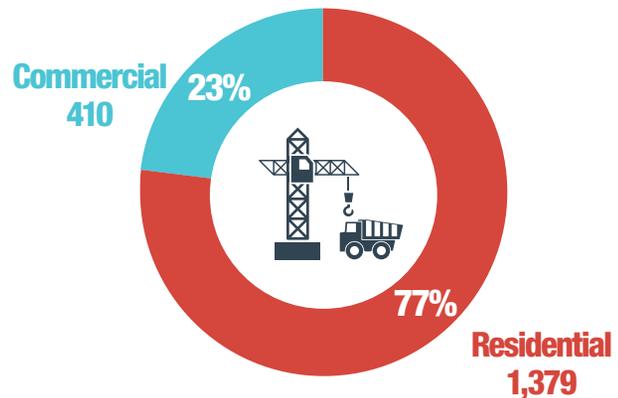
BY THE NUMBERS

Unemployment



Over the past year, Deschutes County added 4,150 jobs, an impressive growth rate of nearly 6 percent. Fast job growth drove the unemployment rate down to 5.1 percent, now in line with the statewide rate. Employment growth was more modest in Jefferson County (up 2 percent), while Crook County's employment rate remains unchanged from last year. *Source: Oregon Employment Department, March 2016*

Construction



Last year there were a total of 1,789 new and remodel commercial/industrial and residential applications in Bend. There were 1,379 (77%) residential applications and 410 (23%) commercial/industrial applications. *Source: City of Bend*



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STARTUP FUNDING

Dan HOBIN

G5's Co-Founder and CEO discusses his company's recent success and the importance of maintaining local connectedness

INTERVIEW BY KELLY KEARSLEY

When it comes to starting and growing technology companies in Bend, you could say Dan Hobin was an early adopter. Hobin moved here in 2002, after working with tech companies in the Bay Area for more than a decade. Betting on the value and lifestyle benefits offered by his new hometown, Hobin founded G5 three years later. The company, which provides a digital marketing platform for the property management sector across multiple industries, has since grown to employ nearly 200 people. We caught up with Hobin to learn about recent changes at the company, challenges he has faced and what the future holds for our growing technology industry.



Last year, your company announced a \$76 million investment led by Pennsylvania-based Peak Equity Partners, which took a majority stake in G5. How has that investment had an impact on the company?

We chose Peak because they have a ton of operating experience. I believe that most people on our team, at least our executive team, would agree that we are all learning how to be a better company. We have been looking at everything from lead generation to sale to developing scientific models for how to scale more efficiently. We are a good company, but we all know we can be a lot better. The capital from that investment is helping us to do so.

What challenges did you encounter as your business grew here, and do you believe those issues are at play now?

Hiring software developers was a challenge early on and it is still an issue, though it's not

a problem unique to Bend. We are lucky in that we tend to attract a different type of engineer, typically one who loves the outdoors and wants to be in Bend for quality of life. We have some amazing talent and it seems like our options keep growing.

What do you consider to be the most important factor in supporting Bend's technology industry and growth?

I think we can do a better job of networking and promoting the companies that are here. Many people who move here have networks from where they came from that they continue to use. Better networking will help us be more efficient in hiring or recruiting new people.

G5 prioritizes community involvement through charitable giving and volunteer work. Why do you think that is important?

I believe that like many cities, Bend is changing from a local GDP to an imported

GDP, meaning more of our companies have customers outside of the region. As this happens, we have to make sure we maintain the community connectedness that has made Bend such a great place to live. Many of the people who contributed to making Bend so great had local businesses and did business with each other. As more traded sector companies move here, we have to continue to drive this local connectedness, even though we may not do business with each other.

What do the next few years hold for G5?

We plan to continue to grow G5 in Bend. We have amazing people who appreciate the opportunity to be in the game and live in this beautiful playground. A company is only as good as its culture and the level of engagement of its people. We seem to be very lucky on both fronts. We have close to 200 incredible people today. I don't see why that can't double in the next five years.



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OUTDOOR PIONEERS

WRITTEN BY CATHY CARROLL AND ERIC FLOWERS

Dragging boards behind snowmobiles, they made tracks for a new way to ski, with a country eager to try it. They carried steel cruisers up mountainsides and put fat tire tracks where they'd never been before at a time when nearly no one knew the term mountain biking. With cheap plastic kayaks and Army surplus rafts, they descended rapids, lived to tell about it, and created a tourism draw for an entire region. Defying criticism, they scaled the sheer volcanic tuff walls towering over a world that had never heard of sport climbing. They transformed a region that would draw people from around the world. They didn't have a plan for any of it. It was about friends, fun and a thirst to explore the new. They were the founders of fun, Central Oregon's original trailblazers.

WHEN IT COMES to describing Bend's outdoor recreation, the world has nearly exhausted the superlatives. The trails, rivers, lakes and mountain slopes fuel the area's rapid population growth and an economy supported by a half-billion dollars in annual tourism spending. While this may be a year-round playground, it was once just a working town with a view. Whether you're a

weekend warrior or a die-hard adrenaline junkie, you have others to thank for blazing the literal and proverbial trails that now define our region.

Our Outdoor Pioneers are still outside doing nearly every activity they founded decades ago, so if you run into them on the trails or at a local watering hole, say thanks and buy them a round. We owe them one.

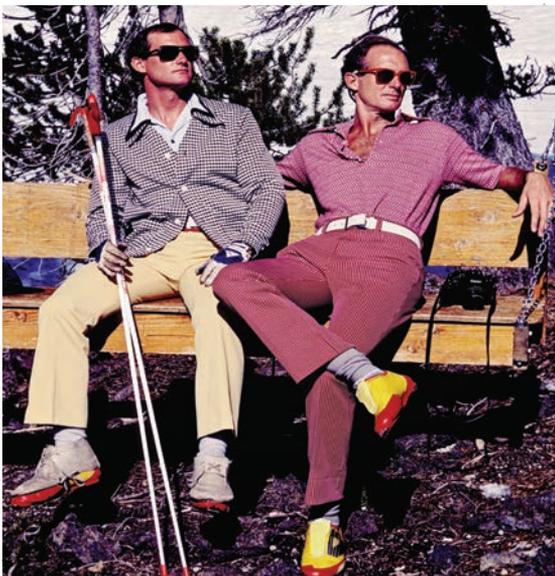
Above: Skiers pose for a photo at "summer camp", run by Bob Woodward from the '70s through the early '90s (photo Bob Woodward). Right: Virginia Meissner leads a ski tour near the base of South Sister (photo courtesy Deschutes Historical Society). Mark "Ace" Pearson, left, and Bob "Smooth" Woodward relax in polyester splendor at the Fischer-Swix-Salomon Summer Ski Camp's "Dress-up Day" in June 1986 at Mt. Bachelor (photo Bob Woodward).

N O R D I C S K I I N G

Native Minnesotan Bob Mathews had stayed on at St. Cloud State College through the Vietnam War, and with a degree in history, didn't know what he wanted to do this life, so he hit the road. While helping some of his high school buddies move to Bend to work at Mt. Bachelor, he got a job teaching cross-country skiing there.

"Cross-country was an afterthought at that time, so I went to Bill (Healy, a co-founder of the Mt. Bachelor ski area) to make something out of it," said Mathews. "I typed a one-page proposal, and he said, 'Yeah, let's do it.' It was the right time and the right place, and he was an incredible guy to work for."

That was in 1976, when there had been just one small loop for cross-country skiing, and Mathews proposed a Nordic ski school separate from Mt. Bachelor's alpine ski school. Mt. Bachelor began grooming a few cross-country skiing trails using



one of its first snowmobiles. Just like that, the Mt. Bachelor Nordic Center was born, rooted in the spirit of camaraderie from a simpler, bygone era.

"Most of the people who worked up there were—I don't know—ski bums," said Mathews. "They hadn't gone to college for ski area management, so people did a lot of on-the-job training. They were there for the moment, and they liked to ski. It was a fun place to work, the whole industry was in an upswing."

Mathews and Bob Woodward ran Nordic ski camps and races, drawing hundreds of people. In 1978, the year Woodward had moved to Bend, he helped stage the Cascade Crest Marathon cross-country ski race from Mt. Bachelor to Little Lava Lake and back. Racers carried their own water with no aid stations in sight.

"It was a real wilderness cross-country race and spurred interest in long-distance racing," said Woodward, "people showed up from Portland because it was the only groomed Nordic in the state. People went home saying Bachelor was a great place to go, and that Bend was cool."

Woodward had moved to Bend two years after he and his wife, Eileen, had first visited and vowed to make the small logging town with a population of less than 18,000 their home. Working as a freelance sports writer and photographer, Woodward shared his passion for cross-country skiing running a summer ski camp at Mt. Bachelor—a tradition he began during his first few months in Bend and carried on for the next fifteen years.

The geography-is-destiny quotient played out on a micro level as the Klister Korner gang, a group of Portland Avenue area denizens who took their nickname from a sticky cross-country ski wax, generated interest in Nordic skiing, mountain biking and whitewater kayaking.

"It was natural synergy, with everybody loving and living to do all that stuff," said Woodward. "We were exploring all the time, and there was always something new, someplace new to tour. Discovery was the key word, whether it was technique or things to do on the snow like snow camping."

As Mathews designed and cut out new Nordic trails, he paid homage to his compatriots, naming

Oli's Alley for Dennis Oliphant and Woody's Way for Woodward. By the time Mathews left his position as director at the Nordic Center in 1992, the groomed trail network had expanded to fifty-six kilometers, with several hundred season-pass holders.

"There was a real sense of a little community that was building these sports, and it was the key to why it lasted," said Woodward, who at 76 still skis and bikes frequently. "We got involved, stayed involved and spread it around. I'm tickled to death that there's so much interest in Nordic. The only thing that bothers me is that people take it so seriously now. We had the dress-up days and kept a sense of humor about it at all times," he said. "We'd get serious a few times for races, and the rest of the time was always about the fun and camaraderie. When I raced mountain bikes as the Reverend Lester Polyester and Art Deco, there were people in town who would call me Art—'Hey Art, how you doing!' There was nudging and winking a jaundiced eye for anything too serious—everybody was in on the gag."

These modern-day enthusiasts were building on the earlier roots of cross-country skiing in Central Oregon, established by those such as Virginia Meissner, a mountaineer and Bend's Nordic first lady. She began teaching cross-country skiing at Mt. Bachelor when the ski area opened in 1958.

"They would have to go out and break a trail, because they didn't have grooming equipment back then," said her daughter, Jane Meissner of Bend. "They had a first-generation snowmobile and would drag a sled behind them with two boards to make ski tracks."

Throughout the '70s and '80s, Virginia Meissner taught cross-country skiing through Central Oregon Community College. She was known for her patience, encouragement, passion for sharing her love of the outdoors and for her perennially tan face. In the early '70s, Meissner helped form the Central Oregon Nordic Club and served as its president, developing Nordic trails at Swampy Lakes, Dutchman Flat and Vista Butte. After Meissner died in 1988, the U.S. Forest Service named the Virginia Meissner Sno-Park in her memory.

MOUNTAIN BIKING

IF THERE IS A SPORT more firmly rooted in Bend's DNA than mountain biking, it hasn't yet been discovered. The sport has its international roots in Marin County, California, where bikers in the late '60s and early '70s were first experimenting with off-road riding. But Bend is the official birthplace of mountain biking in the Northwest, and the founders here needed no more inspiration than their own sense of exploration and some fat tires.

Before Central Oregon became a world-class mountain biking destination, there was Phil Meglasson riding forest roads and deer paths on a second-hand mountain bike he got at an auction in Fossil.

This true pioneer of mountain biking in Central Oregon, along with his friends (including Bob Woodward and Dennis Heater) began riding the area's forests and deserts at the dawn of mountain bike manufacturing in the early '80s. Phil's Trail was originally called Double-Cut Tree Trail, for a tree halfway up the canyon, but as mountain biking began to take hold and the area gained popularity, the U.S. Forest Service started referring to the area as "Phil's," and the name stuck.

In those days there were no signs. No maps. Meglasson and Heater, who founded the area's first mountain bike fraternity, took old logging and forest service roads wherever they led, veering off on game trails that served as the precursor to what is now the area's legendary singletrack.

"That's how Phil's Trail got started," Heater said. "We'd follow it as far as we could and then we'd start bushwhacking." The intrepid pioneers cobbled together spare parts to turn a Schwinn cruiser into an off-road cycle. This typically meant new handlebars, motorcycle grips and oversized tires. The tools were inelegant. The methods were crude. (Heater remembers using a two-by-four to pry open the frame of his Schwinn to accommodate the new fat tires.)

"We could name everybody in Bend who

had cycling shorts—and they were wool," said Dennis Oliphant. If bike shops didn't know what to make of these DIY "dirt bombers" as they referred to themselves, neither did anyone else, including the Forest Service, whose timberlands were quickly becoming the playground for the pioneering bikers.

"We wanted to go where no other bicycles had gone," Heater said. "Back in the early days before the wilderness was closed (to bikes) we rode around the base of the Three Sisters in a single day. Talk about a gnarly ride."

A Vietnam veteran with thick muscled arms, Heater grew up around Gilchrist riding his bike down gravel roads to reach fishing holes at Wickiup Reservoir. After losing his job in Southern California in the '70s, Heater returned to Central Oregon. He started mountain biking shortly thereafter because he "couldn't throw his motorcross bike over a fence."

A gregarious guy with a penchant for adventure, Heater organized group rides and off-road biking events around Central Oregon. He founded the Black Rock Club with a dozen other dirt bombers and a box of black T-shirts with no sleeves, printed with the club name.

"When it came to trails, it was Phil. When it came to fun it was Heater," Woodward said.

What the early adopters lacked in gear, they made up for in sheer grit. They rode Waldo Lake, made the first mountain bike trip up Burma Road Trail at Smith Rock and cut the heart of the trail system west of town. Other things were done, well, just because. That includes Gary Bonacker's seminal descent of Mt. Bachelor with Tim Boyle and Don Ipock.

Armed with lightly modified cruiser bikes outfitted with coaster brakes, the trio hiked their steel frames up undeveloped summit slopes. It was October of 1976, nearly two decades before most people would even hear the term mountain biking.

A speed record may have been set, but never

recorded. It was a different time. It wasn't about conquering the mountain, it was about proving to themselves and maybe a few naysayers that it could be done. "Every one of the sports, it was uncharted water. It was new to here," Woodward said.

Bonacker recalls training on Tumalo Mountain for the planned first descent of Mt. Bachelor. It wasn't unusual for the group to run into the occasional hiker on the trail. At the time, the notion of bikes on sub-alpine trails was so unprecedented that the hikers would look at them as if they were from another planet. Bonacker and his merry band of bikers may have appeared fanatics and freaks to the outside world. But they never questioned the logic. "It was there. We needed to do it," he said.

Closing in on 70 years old, Heater looks with awe at what the sport has become. From its humble beginnings, an entire industry and way of life that is now integral to Bend has grown. Dennis is still a regular trail rider, and the sport has a great future, in large part because of its storied past.

"I'm shocked that a few people have noticed that I was part of that gang that started it all," he said. "And I think that's a pretty good badge. I can't think of another sport that I'd want to promote as much as mountain biking."

Clockwise from left: Bend cycling enthusiast Gary Bonacker shoulders his bike in 1978 on one of the earliest descents of Mt. Bachelor by mountain bike (photo Don Ipock). An entry from Dennis Heater's comprehensive journal, detailing one of the many mountain bike trails he and his crew pioneered circa 1986 (courtesy of Dennis Heater). Tim Boyle, Don Ipock and Gary Bonacker sit on the summit of Mt. Bachelor in October 1976 with their "Klunker" bikes, an early, one-speed version of a mountain bike (photo Bob Woodward).



Clockwise from left: Dennis Oliphant navigates a rough section of the Deschutes River in 1978 (photo Bob Woodward). Oliphant, far left, in raft, poses with river guides in 1979, during the early days of Sun Country Tours when it was a small business run from a garage with eight employees and four rafts (photo Dennis Oliphant). Kayaking between rapids on the lower Deschutes in the summer of 1978, left to right, Dennis Oliphant, Gary Bonacker and Bob Woodward. They were known as the Klister Korner gang, a group of Portland Avenue area denizens who took their nickname from a sticky cross-country ski wax (photo Bob Woodward). Oliphant, far left jokes with guests and guide Barry Norton in 1979, two years after he launched a rafting excursions program while he was an intern at Inn of the Seventh Mountain (now Seventh Mountain Resort). Oliphant and his cohorts cobbled together Army surplus rafts and brought 4,000 people down the river that first summer (photo Dennis Oliphant).

W H I T E W A T E R

LOOK AROUND TODAY and signs of river culture are everywhere in Bend. The region's primary export, Deschutes Beer, takes its name from the river that cuts through downtown. A newly minted whitewater play park opened this past fall—the crown jewel of a paddle trail that stretches from the high lakes around Mt. Bachelor to Bend.

It wasn't always so.

Back in the 1970s, the Deschutes River was still the lifeblood of agriculture and industry. Recreation was an afterthought. That all changed in the 1970s with the Klister Körner gang. The tightly knit group included Bob Woodward, Gary Bonacker and Dennis Oliphant who, together with a larger group of friends, started breaking down the boundaries. The approach was the same they would also take with mountain biking, substituting cheap kayaks and Army surplus rafts for their Schwinn Torpedos.

Together the group with its rotating cast of characters, including Woodward who had brought some whitewater experience and a passion for exploration, made the first kayak trips down the lower Crooked River, at that time a largely uncharted area filled with technical water and ever-changing obstacles thanks to its flood-and-drought regimen.

The group tamed Big Eddy, setting the stage for Oliphant to launch a rafting business out of the Inn of the Seventh Mountain (now Seventh Mountain Resort). He parlayed that into Sun Country Tours, the region's premier river-guiding business.

Oliphant had arrived in Bend in the winter of 1977, fresh out of college at the University of Oregon, for a recreation management internship at the Inn of the Seventh Mountain. During that internship, Oliphant proposed and drafted a budget for a program to do rafting excursions on the Deschutes River. Commercial rafting was in its fledgling stage in those days. Cobbling together Army surplus rafts and learning from

trial and error, Oliphant and the other program employees brought 4,000 people down the river that first summer.

"We certainly weren't all-stars, but we were adventuresome enough and maybe a little crazy," said Oliphant, whose company guided its millionth guest down the river last summer.

When Oliphant and his running mates weren't guiding, they were exploring and pushing untested boundaries. As usual, Woodward wasn't far from the action.

A reformed outdoor retailer-turned adventure writer and photographer, Woodward used his industry contacts to wrangle at a super discount an entire truckload of Hollowform kayaks in 1979. They arrived on the back of a flatbed truck outside of Sunnyside Sports, one of only two shops on Bend's west side and a gathering place and which was a gathering place for the area's early outdoor adventure addicts.

Oliphant recalled hawking the novel, thirteen-foot (and one inch) plastic boats around town. It didn't take long for the idea to catch on. "It was like instant kayak community," he said.

The group made their paddling home-base at First Street Rapids, where Woodward taught Bonacker and others the basics, including how to roll a boat. "First Street was like a clubhouse," said Bonacker, who sharpened his skills on the small wave that still attracts kayakers almost four decades later.

It wasn't long before the ragtag group was adding more firsts to their growing list of outdoor exploits. Woodward and several others made the first documented nonstop run of the Deschutes from the Riverhouse to Tumalo State Park. It took two attempts and a small log removal project. Two weeks later, Oliphant would join them on the same run.

Soon they were venturing out of Central Oregon down the Klamath River, where they took on the expert-rated stretch below the John C. Boyle Dam at full-high-water stage. It was

on this stretch where Bonacker, who has lived twelve years with brain cancer and still bikes to work, had a near-death experience.

Bonacker recalls that he had attempted to "wet exit" his boat, dubbed "Fidel" for its brown, cigar-like profile, in a powerful eddy. Rather than slide out of the river's hydraulic current as he had planned, he was recirculated. It ripped off his boat's spray skirt—and his shoes. Unable to swim out, Bonacker was pulled down.

He remembers struggling, then, finally, relaxing. A single thought popped into his mind: the headline of tomorrow's paper, "Bend Man Drowns." It was then that he looked up and saw the white paint on the top of his boat. Energized, he struggled up through the current and poked his head into the inverted seat hole of the craft and the awaiting pocket of air. He was rewarded with his first breath in what felt like hours. Steadied, he maneuvered the upside-down boat out of the eddy to safety. The rest of the day brought multiple portages around the remaining rapids, Bonacker's nerves frayed.

His eyes are bright, soft and kind. His salt-and-pepper hair neatly combed. His skin is freshly tanned thanks to a two-week late winter stay in Baja, Mexico. His arms, however, are thin. He acknowledges that his kayak rolling days are over. Living with cancer for more than a decade, Bonacker has learned to accept some limitations even as he defies his doctors' expectations.

Some of the risk taking his earlier years he chalks up to youth and ignorance. But he has no regrets.

"If you start thinking about the "what ifs," you're probably done kayaking," he quipped.

More than thirty years later, he's still paddling, looking for the next adventure. Cancer be damned.

ROCK CLIMBING

DURING THE 1950S, Jack Watts and fellow Madras residents Jim and Jerry Ramsey started climbing at Smith Rock, putting up dozens of first ascents before it became a state park. Two decades later, Watts' son, Alan, began climbing at age 14 with high school buddies. It was an inauspicious start to the birth of American sport climbing. Clad in the neon-colored lycra of the day, he—and Smith Rock's standard-setting sheer canyon walls—would become world famous.

"The biggest obstacle I faced at the start was that almost no one climbed," Watts said. "Developing the climbing at Smith Rock was not something that a young man should be doing with his life. My mom, in particular, was intensely concerned. Part of her concern was practical—I might very well kill myself pursuing my dream, but just as concerning for her was the fact that climbing wasn't what normal young men did with their lives. Something must be wrong with me. Much like ski bums and surf bums, I was a climbing bum, more an outcast from society than a part of it."

In 1979, traditional climbing was still the norm and sport climbing was controversial (people chopped off bolts in rock walls and got into fistfights). On top of this, Smith's soft, crumbly volcanic rock is not the typical surface sought by climbers. Watts, however, having honed his rock climbing skills near Eugene during college, was drawn to the possibilities for the towering walls and textured spires.

"I spent so much time at Smith, I started noticing all of these unclimbed routes," he said. "Almost everything done before 1980 followed a line up one of the natural crack systems splitting the walls. Once I started doing new routes at Smith Rock, it became apparent that traditional climbing tactics (used at Smith Rock and throughout the U.S.) wouldn't work. I couldn't just start from the ground and climb to

the top. There was no way to protect myself in case I fell, and the rock was often dangerously loose."

Rather than creating climbing routes from the ground up, Watts began bolting them by rappelling from the top of the wall to get a closer look at whether a route was possible, then drilling into the wall to place permanent bolts. Unbeknownst to Watts, this method of establishing climbing routes was catching on in Europe, but it was still relatively unheard of in the U.S. As a result, Watts took Smith Rock and American rock climbing to a new level.

Thanks to Watts, Smith Rock is now known as the birthplace of American sport climbing and attracts top climbers from all over the world. One classic route, Chain Reaction, became the most photographed route in the '80s and helped spread the love for sport climbing around the globe. In 1986, the route To Bolt or Not to Be became America's first 5.14 route and remains one of the hardest routes to this day. The origins of indoor climbing also can be traced to Smith Rock.

In 1992, Watts created the guide book, *Rock Climbing Smith Rock State Park*, which endures as the premier rock climbing resource for the park. For him, the best moments were before the rest of the world discovered Smith Rock climbing.

"I wasn't the only one who saw the potential of Smith Rock, and together we unlocked the potential," he said. "At most there were a dozen of us, all living in Bend, who transformed Smith Rock into a world-class climbing area. The most fun came from hanging out with these incredible, inspiring, fun-loving individuals, sharing the dream. It became obvious after a few years that our approach was working tremendously well, and we knew that someday the rest of the climbing world would have to take notice."

Watts was waiting in line at Jackson's Corner in Bend a few months ago when he ran into an old friend and chatted for a moment until it

was Watts' turn to order. "In the background I quietly heard him mention to his female partner 'He's the one who developed climbing at Smith Rock.' And I heard her quiet reply, 'He must feel horrible about what he did.'"

When Watts goes to Smith Rock on a sunny day in peak season, and there's no parking for a half-mile before the park entrance, he understands her point and shares her frustration. "But I recognize that I'm not to blame," he said. "The discovery of the climbing potential at Smith Rock was inevitable. If I had never been born, someone else would have done the same thing."

But despite the massive growth throughout Central Oregon's outdoor playgrounds, Watts considers the environment remarkably well preserved. "There are still days when you can be enjoying Nordic trails at Mt. Bachelor almost alone, or riding or running on Phil's Trail when few other people are out there," he said. "I still go to Smith Rock from time to time and find myself alone."

Some areas have barely changed from the early days, he added. On a sunny day in August, hundreds of people will climb South Sister, while just a few will stand atop North Sister. "We are blessed with the vastness of our outdoor recreation options ... each one of us has the responsibility to treat these special places kindly, so that future generations can enjoy the same experience as the pioneers." ●

— *Writer Allison Miles contributed to this report.*

Right main: Alan Watts leading a route near Monkey Face at Smith Rock State Park in 1989 for a segment of an adventure sports television show on sport climbing. Thanks to Watts, Smith Rock is now known as the birthplace of American sport climbing and attracts top climbers from all over the world. (photo Bob Woodward)

DENNIS
OLIPHANT



VIRGINIA
MEISSNER



JAY
BOWERMAN



ALAN
WATTS



BOB
WOODWARD



DENNIS
HEATER



PHIL
MEGLASSON



BOB
MATHEWS



GARY
BONACKER





A spring morning on the Middle Deschutes
near Wychus Creek. photo Jon Tapper

The Deschutes Basin's Last Great Problem

The competing visions for a river, which has drawn people and sustained life for millennia, are as old as the West itself.

On the last Saturday in January, a bright, sunny affair when the promise of spring felt near, the Fly Fisher's Place in Sisters was full of impatient anglers debating the merits of some of the shop's 1,400 flies. But the light vibe turned serious when I asked Jeff Perin, the shop's owner, about his connection to the Upper Deschutes River. Seated at a table in the back room of his meandering store, Perin spoke about the river wistfully, as though retelling the story of a once great athlete who had fallen upon hard times.

"I got hooked on the river the very first day we moved here, back in June 1980," he said, his alert blue eyes shadowed by a stiff-billed fishing cap.

Perin, then in sixth grade, didn't catch a single fish that day. In fact, he fell into the river. But his older cousin caught a slew of rainbow trout, enough to make a big impression and cement what would become a lifelong passion for the river. Perin can recall days of remarkably good fly-fishing on the Upper Deschutes as recently as three years ago, just before a devastating fish kill in October 2013 that galvanized attention to a problematic twenty-five-mile stretch of the river between the Wickiup Reservoir and Sunriver, where low streamflows have had a harmful impact on fish and wildlife.

"The river is oversubscribed for irrigation purposes," he said. "The Upper Deschutes was once one of the best places in the country for trout fishing, but now it's not even in the top 100."

Most in Central Oregon agree that this stretch of the Upper Deschutes is sick, but there is no consensus on how to treat it. The conversation can be, in the words of one conservationist, a "clash of cultures" as fisherman like Perin, boaters, conservationists, state and federal agencies, municipalities, farmers and ranchers grapple for solutions and defend their turf. The debate will play out in meeting rooms and courtrooms, thanks to a lawsuit related to the Oregon spotted frog. It will continue in government offices, where officials will rule on a regulatory process initiated by eight local irrigation districts and the city of Prineville.

The competing visions for this river, which has drawn people to the region and sustained life for thousands of years, are as old as the West itself.

"There's a reason why they say 'whiskey is for drinking and water is for fighting,'" said Shon Rae, communications manager for the Central Oregon Irrigation District (COID), a quasi-municipal group that has 3,623 members, mostly small farmers and ranchers.

Origins of the Last Great Problem in the Deschutes Basin

The Deschutes River runs north, covering some 250 miles, and has numerous tributaries and three sections: the Upper Deschutes, which begins at Little Lava Lake and runs down to Bend, the Middle Deschutes, which extends to Lake Billy Chinook, and the Lower Deschutes, which flows up to the Columbia River. The Deschutes is a spring-fed river that has been called the “Peculiar River” because of its remarkably consistent streamflow.

Early inhabitants of the Deschutes basin region included the Warm Springs, Wascoes, Paiutes, Klamaths, Modocs, Nez Pearce and Walla Walla tribes. Europeans began exploring Central Oregon as early as 1813. That year a pair of fur traders carved their initials and the date on a large stone on the banks of the Deschutes River, south of present day Bend.

In 1877, John Todd purchased a ranching claim along the Deschutes River he named the Farewell Bend Ranch. When travelers left the ranch and headed north, knowing it was the last bend in the river along their route, they would say, “Farewell Bend.” The nickname stuck but the post office shortened the town’s official name to Bend, since another community along the Snake River had already laid claim to the name Farewell Bend.

One of the first government reports on the water resources of Central Oregon, written by Israel Cook Russell, an early geologist and geographer, was published in 1905 and marveled about the river’s “conspicuously clear” waters.

It is a swift flowing stream ... a delight to the beholder on account of its beautiful colors, refreshing coolness, and the frequently picturesque ... impressive scenery of its canyon walls, as well as a blessing to the arid region to which it brings its flood of water for irrigation and other purposes. It is also an attraction to the angler and its waters are abundantly stocked with trout.

In the first decades of the 20th century, Bend evolved into a prosperous mill town along the banks of the river. The Shevlin-Hixon and Brooks-Scanlon companies opened mills on opposite sides of the river in 1916. They built a dam between them for log ponds, and the river was an indispensable conduit for transporting timber to market.

In 1894, Congress passed the Carey Act, which allowed private

irrigation companies to erect irrigation systems and sell water to landowners in the arid Western states. A handful of irrigation districts were established in Central Oregon starting in 1904, and the state passed an agriculture-friendly water rights code in 1909 which encouraged farmers and ranchers to settle in the region, offering free land in exchange for the cost of irrigation. By 1924, 28,500 acres of land in Central Oregon were irrigated, supporting a population of about 10,000 people in Deschutes County.

The founding principal of the state water code was and still is—first in time, first in right—meaning the irrigation companies with the most seniority have first dibs on water rights. The eight irrigation districts in Central Oregon have “priority dates” ranging from 1899 to 1916, which dictate when and if they get their water.

A series of dams were built along the river starting in 1910, along with six reservoirs, including Crane Prairie (1940) and Wickiup (1949) on the Upper Deschutes. The Bureau of Reclamation (BOR), a government agency tasked with managing and protecting water resources, assigned irrigation districts to manage these reservoirs, which are used to store water during the winter and release it to district members during the irrigation season, April 15 through October 15.

Conservationists argue that BOR and the Oregon Water Resources Department (OWRD) have allowed the irrigation districts

to oversubscribe the river, hoarding water in the reservoirs in the winter and flooding the river during the summer irrigation season. The upper stretch of the Peculiar River that historically flowed at a remarkably consistent at 700 to 800 cubic feet per second (cfs) year-round, is slowed to a trickle, sometimes down to 20 cfs in the winter between Wickiup and Sunriver, and can roar to the tune of 2,000 cfs in the summer. The Oregon Department of Fish and Wildlife (ODFW) has set the instream water right at 300 cfs, but that is essentially just a target—one that hasn’t been met in recent winters largely due to demand from the irrigation districts. (Climate change and a growing population in the region also play an important role.)

“It’s clear that fish and wildlife would benefit from a more natural river flow,” says Ryan Houston, executive director of the Upper Deschutes Watershed Council, a Bend-based nonprofit that takes a collaborative approach to trying to restore the Upper Deschutes. “But how do we get there? The devil is in the details.”

“The Upper Deschutes was once one of the best places in the country for trout fishing, but now it’s not even in the top 100.”

DESCHUTES BASIN IRRIGATION DISTRICTS

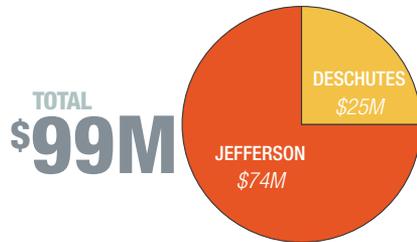
PRIORITY DATES

WICKIUP/CRAPE PRAIRIE WATER RIGHTS

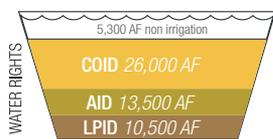


ANNUAL AGRICULTURAL VALUE

DESCHUTES AND JEFFERSON COUNTIES



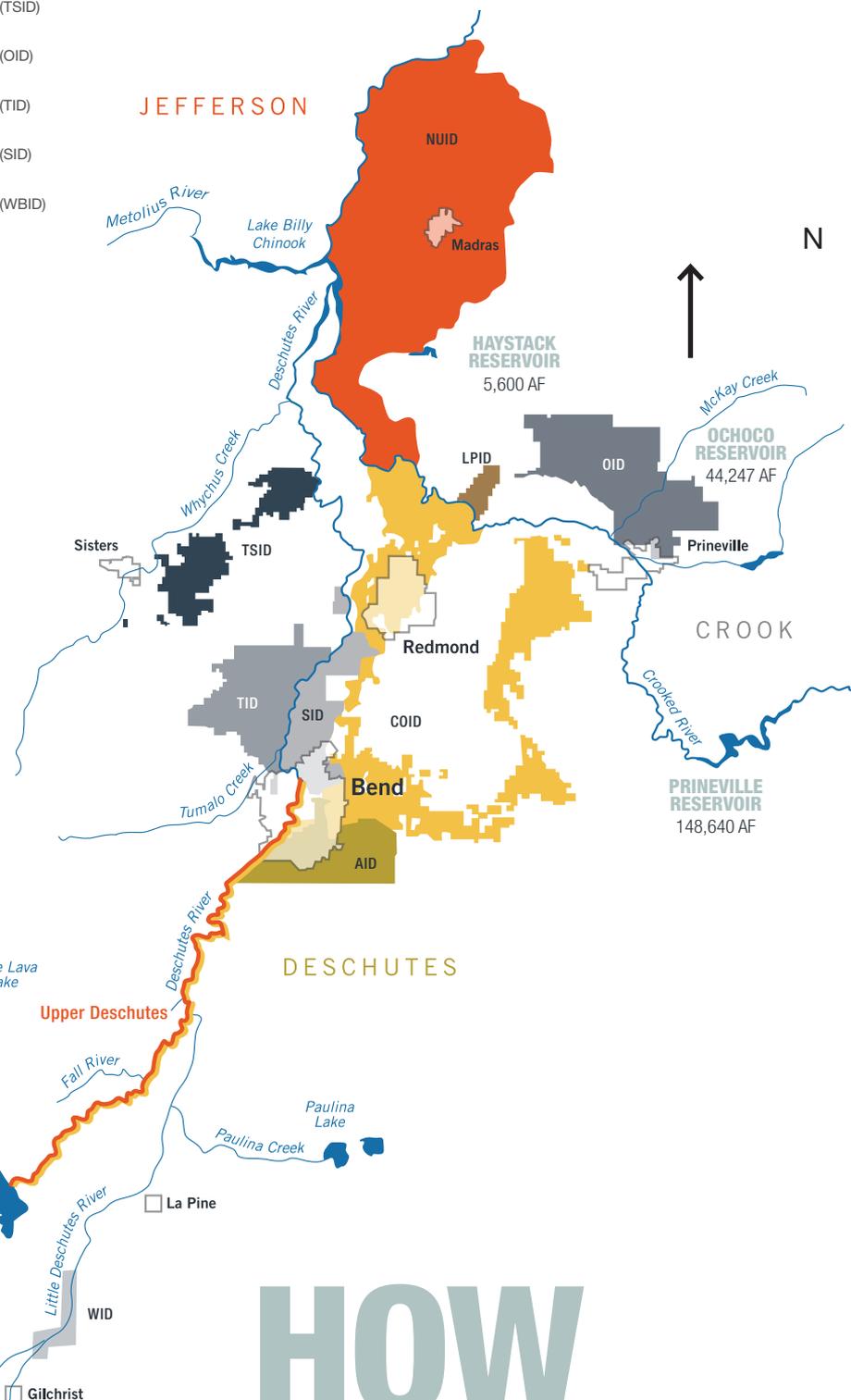
CRANE PRAIRIE RESERVOIR



WICKIUP RESERVOIR



CRESCENT LAKE RESERVOIR



HOW MUCH?

US Bureau of Reclamation, Pacific Northwest Region
Major Storage Reservoirs in the Deschutes River Basin

AF - Acre Foot: An acre foot is the volume of one acre of surface area to a depth of one foot, approximately 325,853 gallons.

Sources: Oregon State University Extension, 2011

Upper Deschutes River Background Paper, 2012, Deschutes River Conservancy

*“If the river had been flowing at 250 cfs,
it never would have happened, but at 20 cfs,
those fish never had a chance.”*

A striking stretch of the Upper Deschutes in 2015, below
the Wickiup Reservoir. photo Richard Scott Nelson

The Fishermen

Yancy Lind's office is perched on a bluff above the memorable bend in the river where the Upper Deschutes morphs into the Middle Deschutes. As a financial manager who needs to follow the markets, Lind monitors four computer screens at a desk with a panoramic view of the river. But he's also a board member of a fly-fishing group, Central Oregon Flyfishers—he's a guy who owns no less than eighteen rods. His real passion lies beyond the screens.

"I'm obsessed with the river," he said. Lind is intense, deadly serious when it comes to the Deschutes, and looked annoyed when I told him I was writing a story about the river.

"The river is many rivers," he said, sweeping a hand toward the window and the view. "It has many different areas of ecological concern, and they are dramatically different. You cannot possibly write an article of any depth about the whole river."

I conceded the point and asked him to grade the particularly problematic stretch of the Deschutes between Wickiup and Sunriver.

"If you're going to quote me, I better be diplomatic," he said, with a wry smile. "It's a g**damn, f**king disaster. A complete ecological kill zone every winter. On a scale of one to ten, it's a minus one."

Lind is equally certain of what needs to change: the laws which grant, in his opinion, far too much latitude to the irrigation districts to manage the river. "The irrigation districts own 90 percent of the water," he said. "And the law says that we cannot release any water instream solely for the benefit of the fish. People in Bend think we can just sit around a table and sing Kumbaya to fix this problem, but that hasn't worked."

When I asked about his obsession with the river, he declined to answer, insisting that my story should be about the river, not him. But when I asked again, he relented.

"People come to Bend for this ambiguous thing, quality of life, right?" he asked. "We live stressful lives. You see I'm monitoring four computer screens, and that doesn't count my iPad and my phone. Some people do yoga, some go to church. But for me, and I think a lot of people, I go to the river. That's what grounds me. And it's my calling to try to make it better than it was when I moved here."

Jeff Perin is equally passionate, but doesn't shy away from his personal connection to the Deschutes. He holds one of just seven permits to guide anglers on the Upper Deschutes, and he was there before, during and after the October 2013 fish kill near Lava Island Falls that killed more than 3,000 fish.

"The year after that big kill, all those fish we were catching (and releasing) were gone," he said. "If the river had been flowing at 250 cfs, it never would have happened, but at 20 cfs, those fish never had a chance."

The Environmentalists

Paul Dewey came to Oregon in 1977, armed with a law degree from the University of Virginia, after reading a "go west young man story" in a magazine that described the state as a kind of progressive "Ecotopia."

"I guess I was hoping it would be like a continuation of the '60's here," he said.

After a stint working as a caretaker at a horse farm in Sisters, he became an attorney specializing in land use, environmental and Native American law. He founded Central Oregon Landwatch, a nonprofit dedicated to protecting the environment, fish and wildlife in 1986, and has fought and won many legal battles over the years. When asked about the Upper Deschutes problem, he exhibits the energy of an idealistic college student and the passion of an evangelist.

On the afternoon I met him at Stackhouse Coffee in Bend, he was brandishing an enormous binder with materials from the Upper Deschutes Basin Study Group, a well funded, collaborative effort involving just about every water rights stakeholder in the region. I asked him if this group is likely to produce a solution to the streamflow problem.

"We've been studying the problem for thirty years," he said. "Studying it is great, but we need litigation to affect change."

The litigation he was referring to is a pair of lawsuits filed by two environmental groups, Water Watch and the Center for Biological Diversity. The latter sued the U.S. Bureau of Reclamation (BOR), the former sued BOR plus the irrigation districts, alleging that their operation of the Wickiup and Crane Prairie dams is harming the habitat of the Oregon spotted frog, which is protected as a "threatened species" under the Endangered Species Act. The suits were recently combined by agreement of all parties.

Aside from what he views as antiquated water laws, Dewey pointed to "two-llamas-and-a-Prius gentleman farmers" whom he claims don't know how to conserve water. "They use their farming losses as a tax write-off, and they don't even grow anything," he said. "The state considers almost anything a 'beneficial use' of water, so they use their water on big lawns, water features and so on."

Ryan Houston and his group, the Upper Deschutes Watershed Council, believe in a more collaborative, less litigious approach to the problem. He says that the river has been fundamental to every stage of Bend's evolution—from early Native American and European settlement, to its heyday as a mill town, to today's tourism and recreation-focused economy. Houston says that we're still wrestling with the ecological impact of Bend's logging days—in those days, the river was cleared of much of the dead wood that rivers need to sustain a healthy ecosystem to facilitate moving logs up the river. That damage can take decades, even centuries to right, so his organization is helping to restore that habitat balance by placing dead wood back in the river. But boaters, floaters and others who recreate on the river aren't always happy about that.

“People floating the river don’t want a huge 150-foot-tall ponderosa pine in their way as they float down the river,” says Houston, a native of Southern California who moved to Bend in 2001.

And so, the debate over how to manage the river isn’t just about streamflow, and it’s not just fishermen and conservationists versus big agriculture. Add issues such as restoring the river habitat and the interests of tourism and recreation, and you have a contentious stew indeed. Few know more about being caught in the middle of these competing interests than Tod Heisler, the executive director of The Deschutes River Conservancy, a Bend-based nonprofit that is coordinating the Upper Deschutes Basin Study, a \$1.5 million collaborative process that seeks to “provide a road map to meet water needs for rivers, agriculture and communities for the next fifty years.”

Heisler says that while the problem stretch of the Upper Deschutes appears to present a “seemingly intractable” set of issues, he believes an agreement could be reached in one of three ways: through the courts, via the spotted frog lawsuit, through the voluntary basin-study group process, or through the regulatory process, based on the habitat conservation plan being prepared by the irrigation districts and the city of Prineville. (In the latter scenario, this group is seeking a permit that would essentially exempt them from lawsuits such as the spotted frog one. Their habitat conservation plan, which would need to be approved by two federal agencies, and withstand scrutiny and, potentially, lawsuits from environmental groups, would have to make the case that they have a plan to mitigate the impact of their actions on protected species such as the Oregon spotted frog.)

“This won’t be an academic report that just sits on someone’s desk,” Heisler said. “It’s going to be a solutions-based study, based on science, that could result in the negotiation of a regional water management agreement Central Oregon so urgently needs.”

The Technocrats

If you saw Douglas DeFlitch sitting in a corner of the Bluebird Coffee Company, steeping a cup of black tea, you might guess that he works for an environmental NGO, rather than BOR. Yancy Lind only “half-facetiously” described DeFlitch, who manages BOR’s Bend Field Office, as “the enemy.” But when I met him, he had a week’s beard growth and wore a pair of faded jeans and a puffy winter coat. “Casual Friday,” he explained. And when asked about the problem area of the Upper Deschutes, he was candid, not at all like the stereotype of the secretive government bureaucrat.

“It is the last worst place on the Upper Deschutes,” he said of the stretch between Wickiup and Sunriver. “But we’ve spent a lot of money and effort working to put more water instream to solve the problem.”

DeFlitch contends that management of the river has been tilting more toward the natural end of the spectrum in recent years and will continue in that direction. But he cautions that changes cannot happen overnight because irrigators have rights that are enshrined in

law, and maintains that the current system delivers large economic benefits to Central Oregon. “We’ve grown economies based upon a particular use of the river so you need to take that into consideration before you change from the way the river has been managed,” he said.

Kyle Gorman, a region manager for Oregon’s Water Resources Department, was more blunt than DeFlitch in attempting to refute claims I’d heard from conservationists. I’d heard that the existing “use it or lose it” water laws encourage waste, but Gorman says not so, because those who don’t need their water can lease it back instream and not lose their water rights. Environmentalists complained to me that the required “beneficial use” of water can include anything, even watering rocks, but Gorman scoffs at this notion, insisting that regional watermasters investigate reports of this kind of misuse. (Though he admits that there’s nothing the state can do if farmers want to have big lawns and water features.) And Gorman thinks that those who advocate for a completely natural approach to the river aren’t considering all aspects of a complicated issue.

“Folks that have the water rights, they were promised those rights and told if they developed the land and continued to use the water, they could retain those rights,” he said, “You can’t take something away from someone by just pointing a finger and saying, ‘I don’t like that, I want it changed,’ to the detriment of someone else’s investment that they’ve made.”

The Farmers and Ranchers

Matt Borlen’s ranch is situated just beyond where the rolling hills east of Bend give way to the parched farms and ranches in the tiny community of Alfalfa. Before setting foot on his property, I met some of his 300 cows—black and red Angus, Tarentaise, and Hereford, beautiful creatures who linger close to the fence and study passersby. Given the arid landscape, water rights are no trifling matter in these parts. But Borlen is an optimist, and he greeted me on a blustery morning in early February with a smile and apologies for “being so dirty.”

Borlen and his father, Bob, humanely raise cattle and provide ground beef that is used in the burgers at the Deschutes Brewery Pub and other area restaurants.

During the irrigation season, they order their water from the Central Oregon Irrigation District (COID). The water comes to them through the Central Oregon Canal, which flows behind Fred Meyer, and through the Pilot Butte Canal to a sub-canal that flows through their property. That canal leads to a pond, where a pump connects it to underground pipes that fan out across the fifty-two acres they irrigate.

“Without this water, we couldn’t grow hay, we couldn’t sustain the cows,” he said, as we tromped around the ranch against a brisk wind.

Borlen said that he’s invested tens of thousands of dollars in

FLUCTUATING FLOWS

LOW FLOWS

Low flows result in:

- exposed channel subject to frost action as well as piping that loosens bed material and becomes sediment when the river rises
- insufficient or no water over spawning gravel
- susceptibility to pollution
- low water temperatures and icing
- reduced aquatic vegetation
- reduced biomass transfer
- diminished habitat for aquatic life

FLOW FLUCTUATION

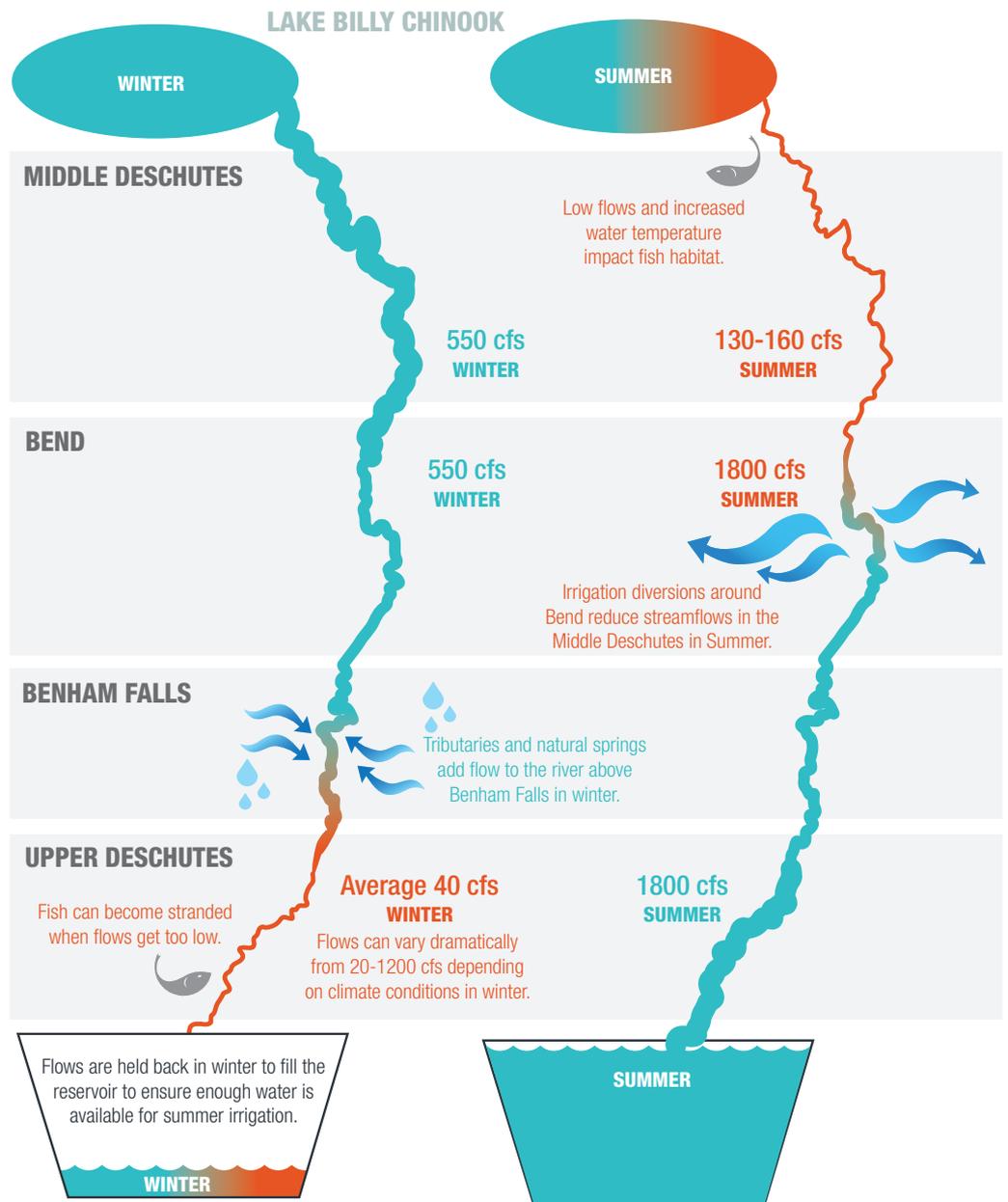
Flows that vary dramatically from 20-1200 cfs depending on climate conditions cause:

- nests and dens near the riverbank to flood when water rises rapidly in the spring
- fish and macroinvertebrates to become stranded when the water level drops
- altered life history responses by aquatic species evolved to more stable flows
- steep unstable cutbanks on the outside of bends
- high levels of released sediment to cloud water
- interspaces of cobble and gravel bottoms to fill with fine sediment

HIGH FLOWS

In combination with decreased channel and riparian complexity, high flows produce:

- large areas where water velocity is too high to support resident aquatic populations
- water that moves substrate during spring redband spawning



WHAT EFFECT?

CFS - Cubic Foot per Second: A cubic foot per second is how the flow of the river is measured by quantity over time. It takes approximately 2.4 cfs to fill an Olympic-sized pool in one hour. Data Source: Upper Deschutes River Background Paper, 2012, Deschutes River Conservancy

Many contend that the most durable solution will come via the collaborative, scientific study group process that includes all stakeholders.

The roaring rapids of Benham Falls on the Deschutes just above Bend.

Solutions

infrastructure improvements to make more efficient use of their water resources. He loves frogs and wildlife and “all the other things that everyone loves about living here” but is frustrated by the lawsuit.

“We all have to eat,” he said. “Food has to be produced somewhere. We want to buy local don’t we? We’re trying to be good stewards of our natural resources, but the lawsuit could shut down people like me. The money we’ll spend on lawyers could be spent on conservation, and ultimately we’ll have to pass those (legal) costs on to our customers.”

I asked Borlen about some of the “two llamas and a Prius” complaints I’d heard, and he said that his community wasn’t as tight-knit as it was years ago, so it was hard for him to evaluate how others were doing. But COID’s Shon Rae, who grew up on a farm in Redmond, said that it’s harder for small farmers to afford the kind of infrastructure that would make them more efficient. She says that COID monitors and fines “bad apples” who waste water and insists that attacks on “gentleman farmers” are unfair.

“They are getting into morals and values,” she said of the critics. “They’re saying that it’s wrong to have a small farm, they’re telling people how to live. We don’t tell them how to live.”

Seth Klann is a seventh-generation farmer whose family migrated to Oregon because of the Homestead Act of 1862, which encouraged western migration by providing settlers 160 acres of public land. He has a craft malthouse north of Madras that sells estate malt to craft brewers such as Deschutes, Ale Apothecary, Wild Ride and others. As a member of the North Unit irrigation district—which has the most recent (from 1916) and thus most junior water rights in the region—he and other farmers “at the end of the irrigation line” have had no choice but to invest in technology to be resource efficient. Klann believes that the Oregon spotted frog lawsuit could have huge implications for every farmer and rancher in the region.

“Farmers aren’t making infrastructure investments because they’re afraid they might lose their water rights,” he says. “If the water goes away, Madras will become a ghost town.”

Klann says that they get just eight inches of rain per year in Madras but need twenty to malt barley. He wants to plead his case and that of other farmers in the court of public opinion, rather than in a court of law.

“I’m frustrated because my family poured so much work into this place, moving lava rock, surviving depressions and droughts,” he said, his voice rising. “We make due with so little water and now everything—all the hard work— could be wiped away by one lawsuit.”

On a life-affirming, perfect Saturday in January, the kind of day where the sun plants a golden kiss on the snow-capped mountains, I could hear the reassuring gurgle of Whychus Creek, a tributary of the Middle Deschutes, before I could see it. I parked at the Whychus Creek trailhead, off Forest Road 16 south of Sisters, and the sound hit me immediately. I’d come to check out the Whychus because Douglas DeFlich and others told me it was a great example of the positive work that’s been done to restore streamflow in the Middle Deschutes region, which had the opposite streamflow problem than the Upper Deschutes (heavy streamflow in winter, low in summer). Walking upstream along the Whychus Creek trail, alongside the reassuringly regular streamflow, I could see and hear that they were right.

Four days later, at the urging of Yancy Lind and many others who had encouraged me to see the “ecological kill zone” south of Sunriver, I drove south from Bend, and parked my car on a steep, snow-covered bluff above the Deschutes at La Pine State Park. It was another gorgeous day, but the place was deserted, save for one old man with a long gray beard riding his bike with a fluffy Old English sheepdog in tow.

This time, even though I could see the river below, I recognized the problem right away: I couldn’t *hear* it. I crept closer and could see sections were frozen, and what was flowing was sluggish, almost stagnant. I stood close to the riverbank and had to remain perfectly still just to hear the anemic flow. Who is going to fix this mess, I wondered. Will it be a judge? A study group? A government agency? Or will it be us, the people who live here and hold this iconic river close to our hearts?

Kyle Gorman believes that we need public funding to help irrigation interests create infrastructure that will allow them to use water more efficiently. Paul Dewey and a host of other conservationists want to see water laws changed to allow for more natural management of the river. Tod Heisler and many others contend that the most durable solution will come via the collaborative, scientific study group process that includes all stakeholders.

Jeff Perin doesn’t really care how the problem is resolved, so long as he gets the Upper Deschutes of his childhood back, the river that got him hooked on fly-fishing. Perin witnessed the October 2013 fish kill, but he was also part of the grassroots “bucket brigades” efforts in the fall of 2014 and 2015 that rescued hundreds of fish. He saw how concerned citizens, anticipating that low streamflows could trap and kill fish, got together and did something about the problem, and so he knows the situation isn’t hopeless.

“When we’re quietly rowing a drift boat on a day with perfect blue skies, past all these tall trees with their red bark through these gentle currents of the Upper Deschutes, and we cast dry flies toward the banks and catch these great fish—that’s what people come back for year after year,” he said. “I still love this river and I believe we can fix it.”

Family Pass(times)

A guide to ditching the screens, building family traditions and developing a lifelong love of the outdoors in one of the world's premier natural playgrounds.

WRITTEN BY ERIC FLOWERS

With mountains and rivers in its backyard, Central Oregon breeds the best kind of wild child. In a town where “going to the park” can easily mean going to a state park to scale a cliff, local kids grow up with a healthy appreciation for the nature (and dirt) right outside their front door. Kids by nature want to run, play and climb—and the opportunities to play here abound—from casting flies and running rapids to rock climbing and camping.

While raising kids to be rugged may present some challenges, outdoorsy children learn from an early age to push through, be fearless and most importantly to have fun. When kids tire of casting, start skipping rocks. When they get bored of rafting, find a rope swing. We unpack regional spring activities that kids (and their big-kid parents) can do as a family to discover the joy of being outside. How do you raise a mountain kid? Play outside together.



An excursion to Sparks Lake makes for a family-friendly canoe daytrip (opposite), while Tumalo State Park provides a great spot for kids to practice casting (below left), or take a multi-family float trip from Mack's Canyon to the mouth of the Deschutes (below right).



On the Fly

A love of the outdoors brought Scott Cook's family to Central Oregon when he was 15 years old. In fact, it has been a guiding principle in his life ever since. It led him to open the Fly and Field Outfitters in Bend more than a decade ago, and it has grown and thrived through the ups and downs of Bend's tourism economy. Today it's the bedrock of a lifestyle that allows him to share his love of the outdoors with his children, Ellie, 11, and Henry, 4. Whether it's launching a boat on a windless morning at Crane Prairie Reservoir or standing knee-deep in the Crooked River with a fly rod in hand, there's more to being on the water than just catching fish.

"Fishing with your family and kids is a unique part of what Central Oregon has to offer. Most of these locations are within an hour of city limits and some are just right in town. The key is just getting away from the phones, tablets and video games and spending time together," Cook said.

Other places in the world offer the chance to

catch more, bigger fish, but Central Oregon is nearly unparalleled with so many choices within easy reach. In Bend, fishing holes await on the Deschutes River above the Bill Healy Bridge. The same river trail affords access to Sawyer Park on the Middle Deschutes where the river slips into a canyon defined by obsidian bedrock channels and pools, an urban gem by any measure.

Beyond Bend's borders, world-class fishing is seemingly limitless. The high lakes near Mt. Bachelor, Crane Prairie and Lava Lake are wellsprings of the mighty Deschutes, offering great scenery and highly productive fishing. A boat is helpful, but a canoe, kayak, inner tube, or even paddleboard lend access to these spots and countless more.

"We have a saying in the fly shop: 'Trout don't live in ugly places.' To me this means if you are on the water looking for trout, it is going to be a memorable experience," Cook said.

FAMILY FRIENDLY Guide Services

If you don't have the gear or expertise, but want to get the full experience while maximizing the chance of getting kids hooked on the sport, grab a guide.

"It's a really good outing when we have kids involved," said John Garrison, owner of Garrison's Fishing Guide Service. He has been guiding on Central Oregon lakes for three decades and specializes in group and family outings. He recommends half-day trips for families with kids. They head to consistently productive spots or destinations such as Lava Lake where kids are virtually guaranteed opportunities to catch rainbow trout and lots of them.



POSTCARDS FROM WALL Three Climbing Spots

Widgi Creek

An easily accessible area near the namesake golf course off Century Drive in Bend offers a range of climbing opportunities from bouldering to belay routes.

Badlands

The subject of a successful wilderness designation campaign, this roadless area just east of Bend is a geological looking glass that offers a glimpse into Central Oregon's cataclysmic beginnings. Explore several climbing areas among the volcanic formations, including the South Wall and the "Walk In" area.

Smith Rock

This is the granddaddy of them all. The birthplace of sport climbing in the Northwest, Smith Rock features more than 1,000 distinct routes. A globally renowned destination, it offers picturesque basalt walls that soar high above the Crooked River and a range of difficulties that challenge the best climbers in the world.

On the Rocks

Jules and Sean Reinhart arrived in Central Oregon as self-described "dirt bag" climbers, living for six months in what was little more than a shed in the long shadow of Smith Rock near Terrebonne. It was back in 1998 when the real estate and relocation boom was a dot on the horizon too far to see.

Eighteen years later they are still climbing. But these days it's more of a family affair. Their 11-year-old son Hamish is quickly becoming an accomplished climber.

This kind of dynamic is becoming more and more common as Generations X and Y move grudgingly into middle age, not ready to give up on their passions, but needing to find a way to integrate pursuits like mountain biking and rock climbing into their family dynamic. For Jules and Sean it was a matter of making their passion for the outdoors a part of their family, rather than an escape from it.

The Reinharts, who work for the school district, brought Hamish on his first expedition at three months when they traveled to Bishop, California to climb. Pretty much every extended break from work is spent on the road in pursuit of new lines,

be it on rock walls, powder bowls or ocean breaks.

But it was the climbing in Central Oregon that drew them here and keeps them grounded.

"Smith Rock is an absolute anchor, but so are the other recreational opportunities," said Sean Reinhart. "Most important is that Bend has the best schools in the state, and this is a great place to raise a family."

Climbing Monkey Face isn't for the inexperienced climber, but there are plenty of ways for families to gain entrée to the sport, including the Bend Rock Gym, which offers ever-changing routes, from sport bouldering to dizzying technical routes. It's also a great off-season option that offers monthly individual and family memberships as well as instruction. The gym also offers programs and summer camps for kids who can't get enough carabiner time.

The gym is a great place to build basic skills, but also a base to make connections within the climbing community, including with other families that share an interest in doing outings. It's helped to make rock climbing truly a family friendly four-season sport in Central Oregon.

Left to right: Bend Endurance Academy athlete Leah Pfeiffer tackles a technical overhang during a Boulder Bash competition at the Bend Rock Gym and Peter Heisler scales a vertical section at Smith Rock State Park on a BEA climbing trip. Surfing legend Gerry Lopez guides a paddleboarder-in-training during a free paddle day on the Deschutes River. Campers at Tumalo Creek & Kayak get comfortable with kayaks out on the water at Elk Lake.



On the Water

When Joyce and Mike Stahly decided to leave Salt Lake City a decade ago in search of a smaller town to raise their then young son, proximity to paddling was at the top of their list. Bend quickly surfaced as a relocation destination.

“The fact that we have two runs in town, a winter and a summer run for kayaking, helped,” said Joyce Stahly. “We were looking for a place that was close enough to the ocean where we could go for a long weekend, and boating nearby. Bend hit the mark.”

Their son Kai, now 13, has been raised on or near the water most of his life. That includes annual trips to the Rogue River in southern Oregon and the legendary Salmon River in Central Idaho during the summer.

Bend may not rival Maupin as a Central Oregon rafting destination, but it’s basecamp for many families such as the Stahlys which make rivers an integral part of their summer. The new Bend Whitewater Park is another sign that river culture is thriving here.

Thankfully, you don’t need to know how to barrel roll a kayak to enjoy what Bend has to offer on the water for families. Saunter down to Farewell Bend Park on any summer afternoon and pick up a rental inner tube and launch it just a few feet away on the lazy currents of the Deschutes as it meanders through the Old Mill District toward downtown and Mirror Pond. There, for a few bucks, you can grab a shuttle courtesy of the Bend Parks District that will ferry you back Farewell Bend Park.

For a little more adventure, you need not look far. Several rafting outfitters offer guided trips on an upstream stretch of the Deschutes that plunges through an ancient lava bed. Here the river drops through a series of class-3 and class-4 rapids created by the deposits from the last eruption of Newberry Volcano. The whole trip can be done in less than a few hours and become part of the family lore.

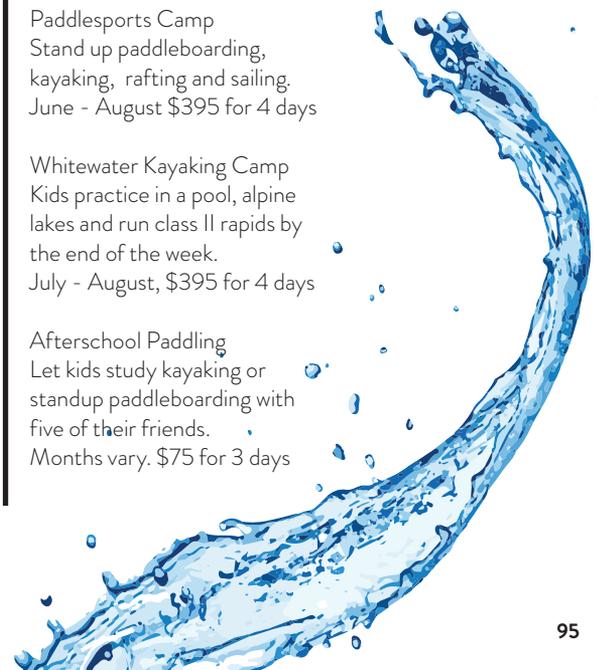
TRY ME A RIVER Water Three Ways

While most rafting tours in the region accommodate children accompanied by a parent, some companies, such as Tumalo Creek Kayak and Canoe offer youth programs to get kids comfortable with currents:

Paddlesports Camp
Stand up paddleboarding, kayaking, rafting and sailing.
June - August \$395 for 4 days

Whitewater Kayaking Camp
Kids practice in a pool, alpine lakes and run class II rapids by the end of the week.
July - August, \$395 for 4 days

Afterschool Paddling
Let kids study kayaking or standup paddleboarding with five of their friends.
Months vary. \$75 for 3 days



Left to right: Bend Endurance Academy mountain bikers practice on the pump track at the Montessori Center of Bend as part of an after school camp. BEA also offers a successful nordic summer program, where youth racers train on roller skis during the off-season.



Happy Campers

For kids in many places, “camp” is a four-letter word. But in Central Oregon, it’s cut from a different cloth—such as Gore Tex. These programs take their cue from the region’s outdoor recreational community, particularly the lifestyles of parents who moved to Bend to raise their families with the outdoors at their backdoor.

Whether it’s sharpening mountain biking skills or learning to build a wildland shelter, there is a program for every personality and ability. But program offerings go beyond trail adventures. There are also arts-based activities designed to introduce kids to creative and performing arts, such as the Tower Theatre’s Youth Summer Film Camp.

Parents looking for more long-term engagements focused on athlete development also have options, most notably the Mount Bachelor Sports Education Foundation and the Bend Endurance Academy, two programs designed to

take athletes from the earliest stages to the highest level of competition. With graduates that include recent X-Games silver-medalist Ben Ferguson and U.S. Ski Team World Cup racers Tommy Ford and Laurenne Ross, the results are evident.

Bend Endurance Academy Founder and Executive Director Ben Husaby said his nonprofit focusing on three disciplines, skiing, biking and climbing, has gone from a few dozen participants in its inaugural 2009 season to more than 600 today. It thrives because of its ability to help kids become better athletes, but more importantly because it instills a lasting love of the outdoors and activities that get kids and parents off the couch and outside. It also replaces solitary screen time with shared time in the outdoors, an experience that transcends competition and translates into quality family time.

“I think what we’re really about is to teach kids the joy of being outside.”

SUMMER CAMP Spring Sign-Up

A tip for Central Oregon families: don’t wait for summer to book popular camps.

Bend Rock Gym

An easily accessible area near indoor and outdoor camps, including girls-only camps, for climbers as young as age 4. BENDROCKGYM.COM

High Desert Museum

Week-long camps for kids. Rotating cultural and natural history themes, many of which include interacting with the museum’s collection of live raptors, reptiles and other animals. HIGHDESERTMUSEUM.ORG

RAD Camps

The “no child left inside” motto includes adventures in the Deschutes National Forest and more than fifty stellar outdoor destinations. Think of it as therapy for Gen Wireless. RADCAMPS.COM.

Bend Endurance Academy Cross-Country Mountain Biking

Ride one to three days per week for ten weeks. Skill progression is the goal, with options for more training or race preparation. BENDENDURANCEACADEMY.ORG

Camp Tamarack

One of the few true overnight camps, kids ages 8 to 13 do five-day stays at the rustic camp on Dark Lake near Sisters. Days are filled with outdoor activities as well as creative projects designed to help develop skills and bonds that last beyond the final day. In partnership with the Bend Park and Recreation District. CAMPTAMARACK.COM

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Around the Bend arts & events

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COMMUNITY FUN

tumalo *Four Peaks Music Festival*

Camp out at a concert all weekend at the 4 Peaks Music Festival near Tumalo. Conceived by four friends in 2011, what started out as a small backyard music festival has morphed into a forty-acre event featuring fifteen bands and two stages surrounded by campers in RVs and tents. Every year, fans flock to the open pastures of the Rockin A Ranch for music, mountain views, brews and a family-friendly atmosphere. From rock to folk to bluegrass and funk, Four Peaks attracts local, regional and nationally touring acts that play nonstop and late into the night. This year's lineup includes Chris Robinson Brotherhood, Jackie Greene and The Jeff Austin Band.

June 16-19 | Rockin A Ranch | 4PEAKSMUSIC.COM

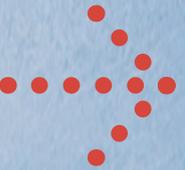


PHOTO BY JASON CHARME PHOTOGRAPHY



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ARTIST PROFILE

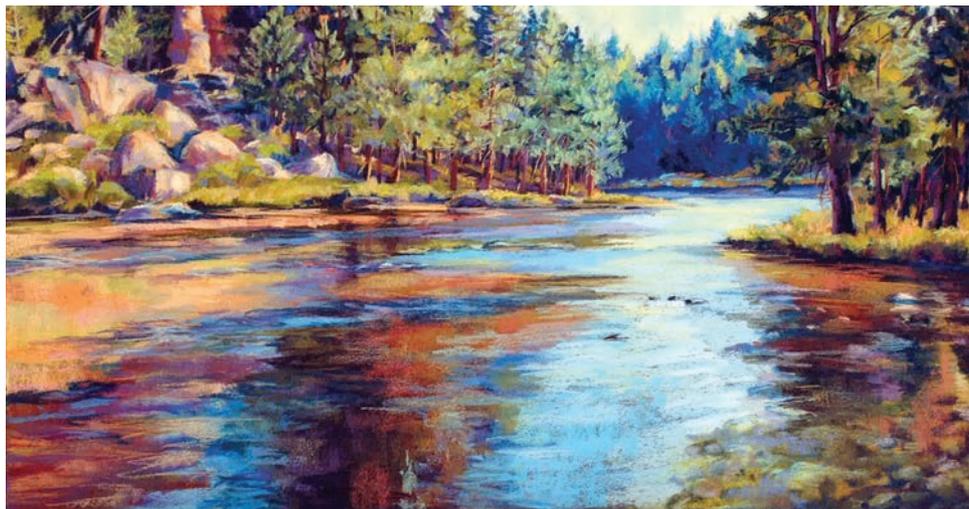
Susan Luckey Higdon

Known for her honest, interpretive work informed by Central Oregon's interesting light and color, the self-taught artist who created a local cooperative is now gravitating toward the abstract.

WRITTEN BY LEE LEWIS HUSK

PHOTO BY TALIA GALVIN





*Most people see a tree;
she sees a rainbow of
color and shades of
light and dark.*

Bend. “She’s spent years looking at the area’s interesting light, and takes every bit of color from sage or water and makes it shine. That’s why she’s so successful.”

Many hospitals display Luckey Higdon’s work, perhaps because of the calming nature of landscapes, Clark said. The restaurant chain McCormick & Schmick’s has used her fish series across the country, and she has been a longtime signature artist for Deschutes River Conservancy’s annual RiverFest event.

Her main exposure, though, is through the Tumalo Art Co., which she and a former business partner restructured as an artist-run collective and moved from Tumalo to Bend’s Old Mill District about ten years ago. Luckey Higdon says she never planned to become a gallery owner, but the group of fifteen artists is stable and works together well. “Artists often work in isolation,” she said. “The gallery helps them create a sense of community, get feedback and form lasting relationships with clients. When you talk with people from all over the world and hear how the art and feel of the gallery impacts them, it’s worth the effort.”

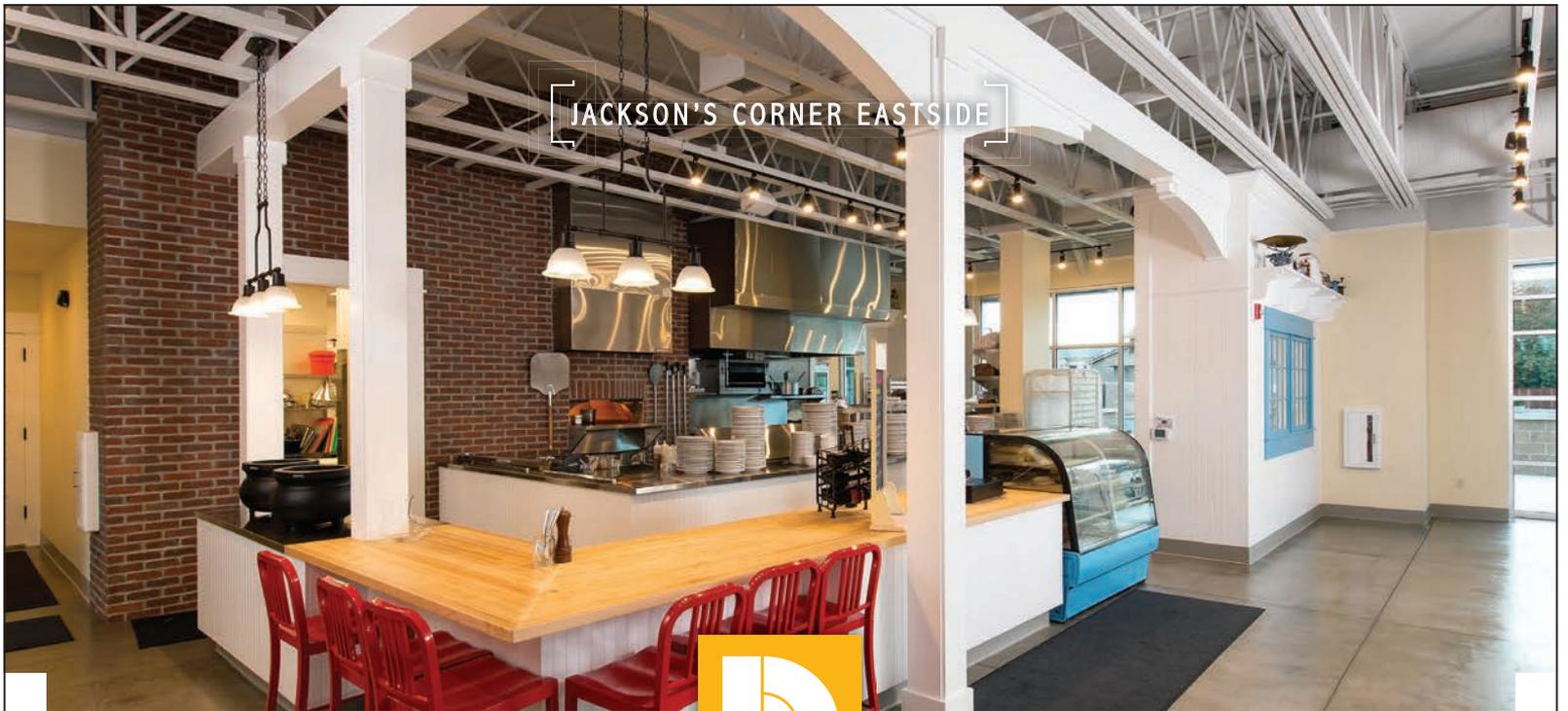
✦ Like many artists, Susan Luckey Higdon sees things that others don’t. She points to a ponderosa pine outside her living room window in southwest Bend and says most people see a tree; she sees a rainbow of color and shades of light and dark. Her color-saturated acrylic and pastel paintings reflect that perspective.

The self-taught artist and member of Tumalo Art Co. in the Old Mill District has been pulling inspiration from the Central Oregon landscape for twenty-five years. She started painting while working full time as a graphic designer and raising a family. “I wanted to engage my right brain, and started using pastels because I could get them out and paint for an hour if I had time. I didn’t

want to wait until the kids were grown to begin making art,” she said.

Over the years, she built a reputation among art collectors for shimmering landscapes and renditions of fish, blackbirds, geese and other wildlife commonly found in the high desert. Recently, the layers of nature, especially of water viewed from surface through to the bottom, has drawn her interest. Working in her home studio, her paintings remain largely representational, although she’s shifting toward the abstract, working from images she’s photographed.

“Susie was noticed right away because her work was so honest and interpretive of the Central Oregon experience,” says Pat Clark, printmaker and founder of A6 gallery in



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Around the Bend ■ *cultural news*

■ *dance*

Just Dance

Open 'Til Dark is the High Desert Museum's annual kick-off-to-summer event where guests can explore exhibits after hours, from 6 p.m. to 9 p.m. This year, the museum will party like it's 1939 with live music from the Big Band Jazz Group, cocktails by Oregon Spirit Distillers and swing dance lessons.

May 20 | \$3 - \$7 | 541.382.4754 | HIGHDESERTMUSEUM.ORG

Argentina-based dance company, **Che Malambo** presents a rhythmic rodeo in the South American cowboy tradition of the gaucho. Watch percussive dance and fast-paced footwork called *zapeteo*, alongside drumming and slinging *boleadoras*, traditional throwing weapons.

May 22 | \$33 - \$53 | Tower Theatre | 541.317.0700 | TOWERTHEATRE.ORG



■ *live shows*

OLD STONE ARTS CENTER

April 28 & May 26 | Jazz at the Old Stone
May 26 | Jazz at the Old Stone

DOMINO ROOM

April 12 | Arlo Guthrie
May 19 | Downlink, Diesel Boy, Midnight
Tyrannosaurus

THE BELFRY

April 2 | Poor Man's Whiskey
April 30 | Pigs on the Wing

LES SCHWAB AMPHITHEATER

May 27 | Alabama Shakes
June 25 | Ben Harper and the Innocent
Criminals

TOWER THEATRE

April 5 | Robert Cray Band
April 8 | Asleep At The Wheel
April 14 | Home Free
April 15 | Dala
April 23 | Curtis Salgado
May 8 | Close to You: The Music of the
Carpenters

■ *makers*

Sewing since she was eight years old, Bend resident Allison Murphy has been using her tailoring talent to try on a new business model. Since her company opened in 2008, Utilitu sewing + design has repaired, reused or repurposed more than a thousand garments. In March, Murphy shifted her shop to a new space in Bend's Makers District to accommodate a combination of clothing design and art. With a bigger space for sewing machines, the new location also features the Light + Lines Gallery, where new exhibits will open on April 22, May 21 and June 20, changing with the full moon. UTILITU.COM



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Around the Bend ■ *datebook*



THEATER

Ten-Minute Plays, Created in a Day

LIGHTNING SPEED PLAYWRITING, fueled by adrenaline and possibly sleep deprivation, promises one night of creative theater in Bend. Local playwright Cricket Daniel of Writer Rider Productions is producing the 24/SEVEN Theater Project. It goes like this: seven playwrights have one night to create seven short plays that will be cast, rehearsed and performed within twenty-four hours.

On the evening of June 3, Daniel will give seven writers all the same prompts—a line of dialogue, a cultural reference, a character name and a prop—to incorporate into a ten-minute play. They'll have until 4 a.m. the next day to complete a script. The scripts will be given to seven directors at 6 a.m., when they will cast actors. About twenty-one actors will be on hand for the plays.

"We'll cast actors that the Bend community has come to all know and love," Daniel said. The actors rehearse that day, and the chaos culminates in performances of all seven short plays that night, June 4 at 2nd Street Theater in Bend.

"It's a creative process on steroids, with two performances of the finished product twenty-four hours later," Daniel said. "The result is an exciting night of live theater, showcasing talented playwrights, directors, actors and new works that will never be seen on stage all together again." — *Lee Lewis Husk*

THE 24/SEVEN THEATER PROJECT | June 4 | 2NDSTREETTHEATER.COM

Bend

MUSIC

ARLO GUTHRIE

4/12 'If you want to end war and stuff, you got to sing loud.' This year marks the 50th anniversary of Alice's Restaurant, the Arlo Guthrie trademark that's half folk song, half social commentary—and eighteen minutes long. Guthrie's anniversary tour stops in Bend three years after his last visit, this time showcasing the legendary songwriter and his daughter Sarah Lee Guthrie. \$79 - \$99. *Tower Theatre*, \$79 - \$99. WWW.TOWERTHEATRE.ORG

FESTIVAL

BEND SPRING FESTIVAL

4/8-4/10 Because Bendites don't wait 'til summer to play outside. This NorthWest Crossing neighborhood street festival showcases a little bit of everything spring, including arts-and-crafts workshops, a street chalk art competition (chalk provided) and giant puppets. Grab bites, beer and wine from local vendors and listen to live music, plus watch juniors from Bend Endurance Academy take on a bicycle obstacle course. *Free*. *NorthWest Crossing*. NORTHWESTCROSSING.COM

LITERATURE

A NOVEL IDEA

4/9-5/1 In 2004, Deschutes Public Library checked out one book, inviting the whole community to read it together. Thirteen years later, A Novel Idea remains the largest community read project in the state with more than 6,000 residents participating in more than twenty-five programs. This year's pick, *Euphoria* by Lily King, tells the story of three anthropologists in post-World War I New Guinea. *Free*. *Deschutes Public Libraries*. DESCHUTESLIBRARY.ORG

MUSEUM

ART FOR A NATION

Through 10/2 Timberline Lodge, La Guardia Airport, Hoover Dam—many people remember the landmark construction projects of the 1930s, but the Great Depression also produced great works of art. This exhibit at the High Desert Museum showcases art inspired by the era including paintings and prints from the Portland Art Museum *Free* - \$15. *High Desert Museum*. HIGHDESERTMUSEUM.ORG

ACTIVE/SPORTS

BEND MARATHON AND HALF

4/24 Take 26.2 in stride at the second annual Bend Marathon and Half. Starting downtown in Drake Park, the course weaves its way along the river to the Old Mill District and onto Cascades Lakes National Scenic Byway, finishing near Tetherow resort at West Bend Trail. \$70 - \$110. *Downtown Bend*. BEND-MARATHON.COM



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ARTSPACE

Sculpture to Help the Kingfisher Catch Fish

ART AND NATURE are coming together to benefit the belted kingfisher, a bird native to Central Oregon. A steel sculpture by Bend artist Andrew Wachs, in collaboration with Portland designer Dylan Woock, a Bend native, will offer a platform and hunting perch for the kingfisher on the Deschutes River. It is expected to be installed in mid-April, near the Bend Whitewater Park and new Colorado Avenue pedestrian bridge.

Wachs consulted with local ornithologist David Dobkin to create optimal locations for the perches on the piece, allowing kingfishers to spy fish and other prey. The sculpture is designed especially for the riparian area on the east side of the river near Miller's Landing Park, Wachs said. The tapered tubular structure will be installed on a small island in the river, and stand about twenty-three feet tall with perch points at varying angles and heights. Onlookers will be able to watch kingfishers in action while walking across the footbridge or along the east bank of the river.

"The sculpture mimics the geometry of a tree," said Wachs, who specializes in metal art and public sculptures. Another one of his works is at the center of the roundabout at Southwest Bond and Wilson Streets in the Old Mill District. That metal sculpture, entitled



Image: Dylan Woock 2016

"Ghost," is a contemporary version of a historic mill crane and dredge. He said the kingfisher sculpture, a new venture between himself and Woock, is aimed at merging ecologically driven public art works with awareness for the environment. - *Lee Lewis Husk*

Bend (continued)

THEATRE

TWELVE ANGRY JURORS

4/29-5/14 Standing trial for the fatal stabbing of his father, a 19-year-old puts his fate into the hands of twelve angry men. Sound familiar? Take a step in the back room and back in time with Sherman L. Sergel's adaptation of the award-winning television movie by Reginald Rose. \$20. *Cascades Theatre*. CASCADESTHEATRICAL.ORG

COMEDY/CAUSE

BEND FOLLIES

4/29-4/30 Have a laugh at your expense at one of Bend's most beloved fundraisers. Local civic, business, education and media personalities perform two nights of sketches, singing and parodies with proceeds benefiting the Tower Theatre Foundation. This year the community comedy show is hosted by NewsChannel 21 Chief Meteorologist Bob Shaw. \$18 - \$49. *Tower Theatre*. TOWERTHEATRE.ORG

FOOD/CAUSE

FOODIE CRAWL

4/26 Put Bend's finest restaurants to the (taste) test. This combination of 'pub crawl and progressive dinner,' offers samples of small plates and beverage pairings from participating downtown establishments during the afternoon and finishes with a dessert after-party at McMenamins. All proceeds benefit Bend's Feed the Hungry Program. \$75. *Downtown Bend*. BENDSCOMMUNITYCENTER.ORG

SPORTS

BIG WAVE CHALLENGE

4/22-4/24 Pro surfers and snowboarders converge on Bend to compete in Gerry Lopez competition that brings the surf to the mountain benefit local Pat Malendowski. Featuring a series of huge sweeping banked corners, quarter pipes and spines that are shaped into wave-like features, riders are judged on the same elements as a Big Wave surf competition. \$25. *Mt. Bachelor*. MTBACHELOR.COM

SPORTS

POLE PEDAL PADDLE

5/21 Get yourself from Bachelor to Bend in a relay that's one race, six ways. The legs of this multi-sport event include alpine skiing, cross-country skiing, biking, running, canoeing/kayaking/standup paddleboarding, and a mad sprint to the finish. Compete by yourself, as a team or a pair and support the programs of the Mt. Bachelor Sports Education Foundation. \$50 - \$100. *Mt. Bachelor*. PPPBEND.COM

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Around the Bend ■ *datebook*



OPERA *Vía Láctea*

“VÍA LÁCTEA: An Opera in Two Acts,” written by Bend author Ellen Waterston premieres June 10 - 12 at the Tower Theatre. The opera had its origins along Spain’s famed Camino de Santiago where Waterston said she felt “an inexplicable presence,” inspiring a novel written in poetic verse.

“When I did readings of this novel, random people would come and tell me that it should be an opera,” she said.

Waterston wrote the libretto (in English) and put together a team of Central Oregonians to create and produce *Vía Láctea* (pronounced LOCK-tee-ah), including composer Rebecca Oswald, conductor Michael Gesme, director of the Central Oregon Symphony, and set designer Ron Schultz. OperaBend is the umbrella nonprofit for the production, and its founders, Jason Stein and Nancy Engebretson, are music and stage directors respectively.

For vocalists, the team has attracted both local and national talent. A big coup was casting soprano Emily Pulley (pictured) in the lead as Peregrina. Pulley is a frequent performer with the New York Metropolitan Opera and has sung with other opera companies in Dallas and Los Angeles. Other vocalists are coming from San Francisco, Portland, Seattle and around the Northwest.

“Rebecca Oswald’s composition magically weaves themes ranging from beautiful show-stoppers to Brazilian street bands to German oompah-pa music,” Waterston said. She added that the opera will appeal to a broad spectrum of people, young and old. “It’s going to be a lot of fun,” she said. “After the anthem-like ending, people should leave the performance humming.”



■ **VÍA LÁCTEA** | June 10-12 | TOWERTHEATER.ORG

Central Oregon

FESTIVAL

CENTRAL OREGON BEER WEEK

5/20-5/29 On tap for the past four years, this festival features craft beers from the region’s twenty-nine (and counting) breweries alongside dozens of businesses and events for craft beer aficionados. *Free. Various Locations.* CENTRALOREGONBEERWEEK.COM

FESTIVAL

DESCHUTES COUNTY CENTENNIAL

Through 12/2016 Happy Birthday, Deschutes County! In 1916, Central Oregonians voted to split from western Crook County territory, and Oregon’s youngest county was born. Celebrate 100 years all year long with activities hosted by the Deschutes County Historical Society including local plays, displays and time capsules. *Free. Various Locations.* DESCHUTES.ORG

La Pine

FESTIVAL

LA PINE RHUBARB FESTIVAL

6/11 Veg out on this most-versatile of vegetables in dishes, desserts and even drinks. Produced by L&S Gardens in La Pine, the 2016 lineup includes a rhubarb pastry contest, rhubarb chili cook-off and home-brew rhubarb challenge, but don’t forget to save room for pie. *Free. L&S Gardens.* LSGARDENS.COM

Madras

FILM

CENTRAL OREGON FILM FESTIVAL

5/21 We’re making movies on location. Local filmmakers produce one to twelve-minute shorts across multiple genres and present them in a community-wide movie marathon. Part celebration, part competition, films will be judged by a professional panel that includes Laika’s Mark Shapiro. *Free. Madras Performing Arts Center.* CENTRALOREGONSHOWCASE.COM

MUSEUM

AN EYE FOR THE REZ

Through 5/28 Focusing on the moments of daily life on the reservation, Edward Heath’s photography highlights “rez” photos at the Warm Springs Museum. It will be followed by the exhibit “Kindred Spirits” by tribal member Lillian Pitt, featuring contemporary works in clay, bronze and glass, opening June 23. *Free - \$7.* Museum at Warm Springs. MUSEUMATWARMSPRINGS.ORG



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Around the Bend ■ datebook



EXHIBIT Art for a Nation

DURING THE GREAT DEPRESSION, the federal Works Progress Administration not only created thousands of construction projects including the much-loved Timberline Lodge at Mt. Hood, it also employed legions of artists, musicians and writers. The Portland Art Museum is loaning some of its roughly 400-piece collection of such works for an exhibit at the High Desert Museum, April 16 through September.

The exhibit's focus is on the history, people and impact of the WPA through 1930s-era paintings and prints. "The recent Great Recession gave us time to reflect on the Great Depression," said Faith Brower, curator of exhibitions and collections at the High Desert Museum.

In the spirit of the WPA, the High Desert Museum commissioned contemporary work to accompany the Depression-era art. Marie Watt of Portland created soaring blanket towers that tell the story of the blankets' previous owners. David Willis, a glass artist from Portland, is using an experimental process to make a full-size figure of a person in cast glass. The process involves forming a mold and filling it with crushed glass.

New York City artist Allan McCollum often collaborates with crafts people and has teamed up with Bend's Delia Paine, who makes one-of-a-kind, pin-back buttons. "When he saw my buttons, he felt it would be a good medium to display his shapes," said Paine, who created about 6,000 buttons for a mural-like installation.

ART FOR A NATION: INSPIRATION FROM THE GREAT DEPRESSION
April 16 -September | HIGHDESERTMUSEUM.ORG

Redmond

EXPO

COBA SPRING HOME AND GARDEN SHOW

5/6-5/8 Big house project coming up? The biggest home and garden show in Central Oregon brings local contractors, builders, landscapers and tradesmen all under one roof. Presented by the Central Oregon Builders Association at the Deschutes County Fairground and Expo Center in Redmond. *Free. Deschutes County Fair and Expo Center.* CONNECTIONDEPOT.COM

ART

SMITH ROCK PAINT OUT

6/20 Grab an easel and get outside at this plein-air painting competition hosted by the High Desert Art League. Set in the rugged beauty of Smith Rock State Park, artists paint all morning and submit works to be judged in the afternoon. Winning works will be exhibited at the Redmond Airport this summer. *Free. Smith Rock State Park.* SMITHROCKPAINTOUT.COM

Sisters

ACTIVE/SPORTS

"BETTER HALF" MARATHON

4/23 Don't let the name fool you, this race around Sisters is not just for couples. Choose to run or walk the half marathon on your own, as a relay, or do the quarter marathon option. Proceeds benefit the Sisters High School swim team. \$35 - \$60. *Downtown Sisters.* SISTERSHALFMARATHON.COM

Sunriver

ANIMALS

DOG DAY IN MAY

5/29 Sunriver's day for the dogs starts off with a 5K race, amateur dog talent contest, and lots of treats from local pet vendors. For the dog-deprived, the Humane Society of Central Oregon will have hounds available to play with, pet and adopt. *Free. Sunriver Village.* VILLAGEATSUNRIVER.COM

ACTIVE/SPORTS

PACIFIC CREST TRIATHLON WEEKEND & SPORTS FESTIVAL

6/24-6/26 Pick a race, any race. Now in its 20th year, the Pacific Crest Festival at Sunriver squeezes myriad multi-sport events into one sweat-filled weekend. Activities include bike tours, Olympic and ultra-sprint triathlons, duathlons, as well as a marathon, half-marathon, 10k, 5k and various youth events. *Prices vary. Sunriver.* SUNRIVERPACCREST.COM



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Palate *food & drink*

ARIANA + BISTRO 28 + CULINARY NEWS + EAT + FARM + DISH + DRINKS + DINING GUIDE



TRENDING FLAVORS

bend Ariana

Drawing from a bounty of northwest ingredients, dishes at Ariana redefine fine dining from a fresh perspective. Since 2004, husband and wife Andres and Ariana Fernandez have blended their Italian and Colombian backgrounds to invent unique flavors specific to Bend by working with local farmers and purveyors in Central Oregon. Serving a range of classic dishes such as braised beef short rib with harissa-braised butternut squash (above), Ariana was named a winner of Open Table Diner's Choice Awards for the Top 100 Best Restaurants in America in 2014. Read more about chefs Ariana and chef Andres on page 117.

Ariana | 1304 NW Galveston Ave. | ARIANARESTAURANTBEND.COM



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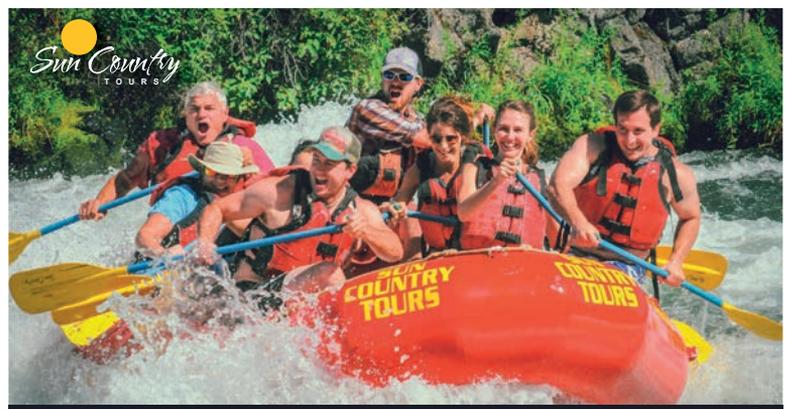
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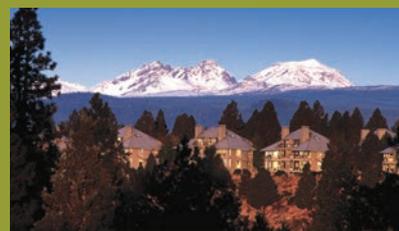
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CHEF PROFILE

A Flavorful Marriage

With family ties rooted in Bend, Ariana continues to please

Chefs Ariana and Andres Fernandez have been bringing their energy into the kitchen every day since they opened Ariana together over a decade ago.

A California native from an Italian family, Ariana attended Cascade Culinary Institute where her husband Andres had also studied—a coincidence they discovered while working side by side at another restaurant.

Housed in a bungalow on Bend’s West Side, Ariana began as a family affair. In 2004, Ariana’s parents saw the culinary talent and creative possibilities in the Sicilian and Colombian marriage and offered to provide funds to help the couple start a restaurant. Ariana’s father, Glenn Asti still pairs wines as the beverage manager and is part of the reason the Sicilian calamari is a staple.

On any given day, you can find Chef Ariana delicately chopping sage, boiling small potatoes, and skimming a cream sauce. As she pounds, pushes and kneads the daily focaccia, she comments about the value of incorporating local ingredients.

“The joy of being small is we can infuse and celebrate any local product that is seasonal,” she said, “It can be a main dish or an accent and makes every day inspired.”

Indeed, Ariana’s menu changes frequently, sometimes daily, depending on ingredients and the time of year. For example, Ariana’s spring menus will feature ramps, a petite scallion cousin, alongside Hermiston asparagus.

In 2013, the James Beard Foundation described the restaurant’s cuisine as “rustic Pacific Northwest with an elegant Mediterranean sensibility,” but according to Chef Ariana, the restaurant’s fare has evolved with local flavors over time.

“I think we are just modern Americans who really enjoy Central Oregon and create eclectic seasonal moments,” she said.

-Andes Hruby ARIANARESTAURANTBEND.COM

PHOTO TALIA GALVIN



When springtime arrives in the high desert, al fresco dining offers a taste of the outdoors and is arguably one of the best parts of living in Bend. With an approachable atmosphere and quality food, Bistro 28 at the Athletic Club of Bend stretches the idea of a sports club and goes all out in the summers. Huge glass windows open onto an outdoor deck area dotted with comfortable couches and long board tables, making this a great sprawling spot. Meanwhile, the club's Peak Summer Nights Concert Series exposes the Bistro as one of the hottest outdoor venues.

In January 2015, Cheri and Steve Helt, owners of Bend's five star Zydeco curated a new arena for their expertise. Less than a mile from the concrete corridors of Bond and Wall Street, Bistro 28 rivals all the delicacies of downtown and offers patio seating with a view of the adjacent, rolling lawn. To clarify lingering confusion, the Bistro's



Bistro 28

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policy for non-members is simple: anyone with an appetite can enter, eat and enjoy.

The Bistro accommodates a brick pizza oven alongside an authentic firewood rotisserie where chickens roast "low and slow" over the fire. On the weekends generous baskets of seasoned beef churn methodically creating the often-sold out prime rib special. A multi-plate experience, the menu and wine cellars feature something for every palate.

Catering performances at the Peak Summer Nights Concert Series from July through September, Bistro 28 still serves meals poolside with Gatsbyesque flair for non-concertgoers. Step

onto the lawn in the evenings for for an intimate musical experience and enjoy a three-course dinner before the show or a nightcap at the whisky bar under the stars. -Andes Hruby

- |||| Dinner Monday-Sunday, 4:30pm to close.
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■ **beverages**

Give it a Chai

> Looking for a local cup of tea? Conner Schweitzer of Powell Butte fell in love with masala chai during his travels through the spice markets of Morocco.

He returned home, attended the Cascade Culinary Institute in Bend and created a tea concentrate infused with essential oils and brewed slowly with organic, hand-roasted spices. Thus, Hearth Chai Co. was born. Each bottle makes twenty cups of chai when prepared with warm milk. It can also spice up sauces, ice creams and other recipes. The orange infused and cacao chili concentrates are priced at \$12.99 and are sold at local markets in Bend, Redmond, Prineville and Sisters. HEARTHCHAI.COM.



■ **harvest**

Fairgrounds Farm Fare

Deschutes County Fair and Expo Center in Redmond is getting a green thumb. In its mission to grow its own food, the center's catering department has partnered with Oregon State University - Cascades and built an on-site greenhouse. Caterers will be working closely with the university to grow seasonal fruit and produce. Still in development, this garden-to-table program will provide food for local events using the best farming practices, and is set to launch this summer.



■ **dining**

Local Dough

Starting this summer, Jackson's Corner is delivering the (baked) goods. The neighborhood restaurant at the corner of Delaware and Broadway in Bend is renovating an adjacent space to create an in-house bakery that will use grains grown close to home. "A lot of people don't know that there is a lot of wheat farming in Central Oregon," said General Manager Ashlee Larkin. "Our goal is to use some local wheat in the process to create breads and baked goods because, when they're done well, grains are really good for you." The bakery will offer artisan breads, pizza dough and handmade pastas used in the restaurant.



Palate ■ dining guide



EAT Cornering the Market – *Jackson's Corner*

COMMUNITY CONNECTS where streets intersect. That's the concept at Jackson's Corner, where the local, artisan food movement meets "Mister Rogers' Neighborhood." Cashiers wave at incoming customers and know many by name. People with laptops sip lattes and share tables with kids from the preschool that just let out across the street. General Manager Ashlee Larkin said she fell in love with the neighborhood when she started working here five years ago.

"We know the people that live next door," Larkin said. She went on to describe the study sessions, baby showers and birthday parties at Jackson's. "It's not so much a commercial endeavor as it is a community experience—I think that's why people love it."

Owner Jay Junkin is a third-generation restaurateur who ran several restaurants in Bend before he bought the old Delaware Grocery & Icehouse in 2008. Inspired by the building's history as well as Portland markets like Elephants Delicatessen, the idea of a neighborhood joint was born, complete with an open kitchen and a big brick oven at the center of everything. Named after Junkin's son Jackson, the business took off and has been on the move ever since.

Over the years, Jackson's has moved away from grocery (they still sell ice if you ask for it) to fit more tables. Last year, it opened a second location on Bend's East Side.

Striving to stay local even as it expands, Larkin said Jackson's has formed close relationships with farmers. Chefs create specials influenced by the harvest, sourcing ingredients from suppliers such as Agricultural Connections, a year-round, Bend-based source for Central Oregon organic farm fare, and Rainshadow Organics, the market at Lawrence Farms in Terrebonne.

"People have a disconnection between what they eat and where it comes from," Larkin said. "We want to help bridge that gap, and part of doing that is taking care of farmers."

Jackson's menu ranges from espresso drinks, breakfast and sandwiches to pizza and pasta, which few realize is fresh, made at the East Side location. Next, the business plans to expand into bakery items and breads (see page 121). This fits well with Jackson's specialty, which Larkin described as: a little bit of everything for everyone, and being good to people. —*Mary Stutzman* JACKSONSCORNERBEND.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

POUR HOUSE GRILL PUB GRUB

Enjoy BBQ, burgers, and wings at the Pour House Grill, a sports bar boasting ten big screen TVs in midtown Bend. Sample the 34 brews on tap by the outdoor firepit. 1085 SE 3rd Street 541.388.2337 ♿ ♿ \$\$\$ THEPOURHOUSEGRILL.COM

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





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FARM (Raw) Milking It *Windy Acres Dairy Farm*

BILLIE JOHNSON had never heard of a herd share when she decided to start one twelve years ago at Windy Acres Dairy Farm in Prineville. Struggling to keep up with dairy shipping bills, Johnson decided to take a raw deal and milk it for more.

“It came from survival mode,” Johnson said. “We were not making it. I got left with a farm that I didn’t know how to run, and was struggling to milk and maintain just to pay the bills.”

After learning about herd shares in 2004, Johnson consulted with a legal team to learn how to set up a farm share for raw milk. Unpasteurized milk is illegal to sell to the public in Oregon, but may be done through the share model, in which owners pay an annual fee for a percentage of milk from a private herd. This allowed her to support the farm with fewer cows, and so she sold the bulk of them.

Since then, the number of herd share members has grown from twelve to one hundred, with weekly deliveries throughout Central Oregon and as far as Medford and Portland. Promoted mostly by word of mouth and with an annual fee of \$60, it draws members primarily for health and nutritional reasons, Johnson said.

“People want to know the health benefits, know where it’s coming from and know that their farmer knows what they’re doing,” she said, “There’s a lot more to it than milking cows. It’s really not an easy job if you do it right.”

Johnson runs the farm without any employees. She relies on the help of friends and volunteers to care for the twenty cows in the milking parlor as well as sheep, pigs and chickens. She also hosts community meals, educational events and gatherings, and last year welcomed hundreds of visitors to meet the animals at Windy Acres and learn a little about farm life.

“I’m trying to do something a little different with my farm,” Johnson said. “It’s important to me to open it up to other people so the community can invest and get something back.” On June 18, Windy Acres hosts Family Dairy Day, an annual free event featuring agricultural speakers and demonstrations. —*Mary Stutzman*

WINDYACRESDAIRY.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

Y ♿ \$\$\$ 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 Y ♿ \$\$\$

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 Y ♿ \$\$\$ 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 Y \$\$\$ 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

Y \$\$\$ 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 Y ♿ \$\$\$ 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) 458.206.5973 Y ♿ \$ ELSANCHOBEND.COM

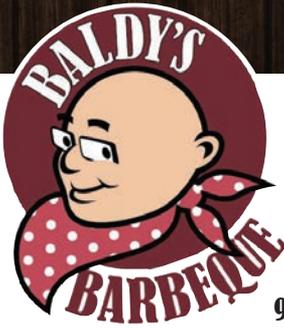


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Palate ■ dining guide



DISH Rio – *Distinctive Mexican Cuisine*

RIO'S CHEF Roberto Cardeñas comes to Central Oregon via his hometown of Guadalajara. Endorsed as the birthplace of the mariachi band, the city has rich roots serving traditional “mestizo” cuisine. Traditional mestizo influences hail from Aztec, Latin and Central American as well as Indian, European or Philippine descent. Cardeñas brings it all to the table.

Rio has a menu steeped in the tradition of his grandmother’s secret recipes bolstered with modern adventurous infusions. In Mexico, Cardeñas was often sent to the Mercado Libertad, a colossal emporium distributed over many city blocks. With three floors of everything from fresh produce, meat and flowers to handicrafts, cowboy hats and leather boots, Cardeñas said the Mercado launched his culinary visions and inspired combinations.

At Rio, one can become overwhelmed reading the menu and imagining the melody of spices on your taste buds. Meanwhile, rumors circulate about the chile rellenos. Cardeñas has trained head chef Rocio Villalobos, a graduate of the International Culinary Center in Mexico City, to mimic his taste buds and flare.

The chile relleno, often a batter-fried afterthought, is no deep-fried cheese puddle at Rio. Lightly grilled, fresh and slightly smoky, the Relleno De Mariscos arrives splayed like a cornucopia, brimming with diced, light white fish and shrimp accented with corn and zucchini, sautéed to golden splendor. The relleno is surrounded by a light red sauce, and the drizzle of blueberry chipotle cream vaults it to a new level. The beers on tap are local, but the tequila is a getaway in a glass, from south of the border. -*Andes Hruby*

||| Sisters | 1011 Desperado Trail | 541.549.6118 | RIOSISTERS.COM
||| Redmond | 1106 SW Highland Ave., OR 97756 | 541.504.6148 | RIOREDMOND.COM
||| Madras | 221 SE 5th St., 97741 | 541.475.0424

THE 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. 915 NW Wall St., 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-eight years, the staple brewery is still known for great beer. The original pub in downtown recently underwent a major expansion and serves a solid menu that complements the beer. 1044 NW Bond St., 541.382.9242

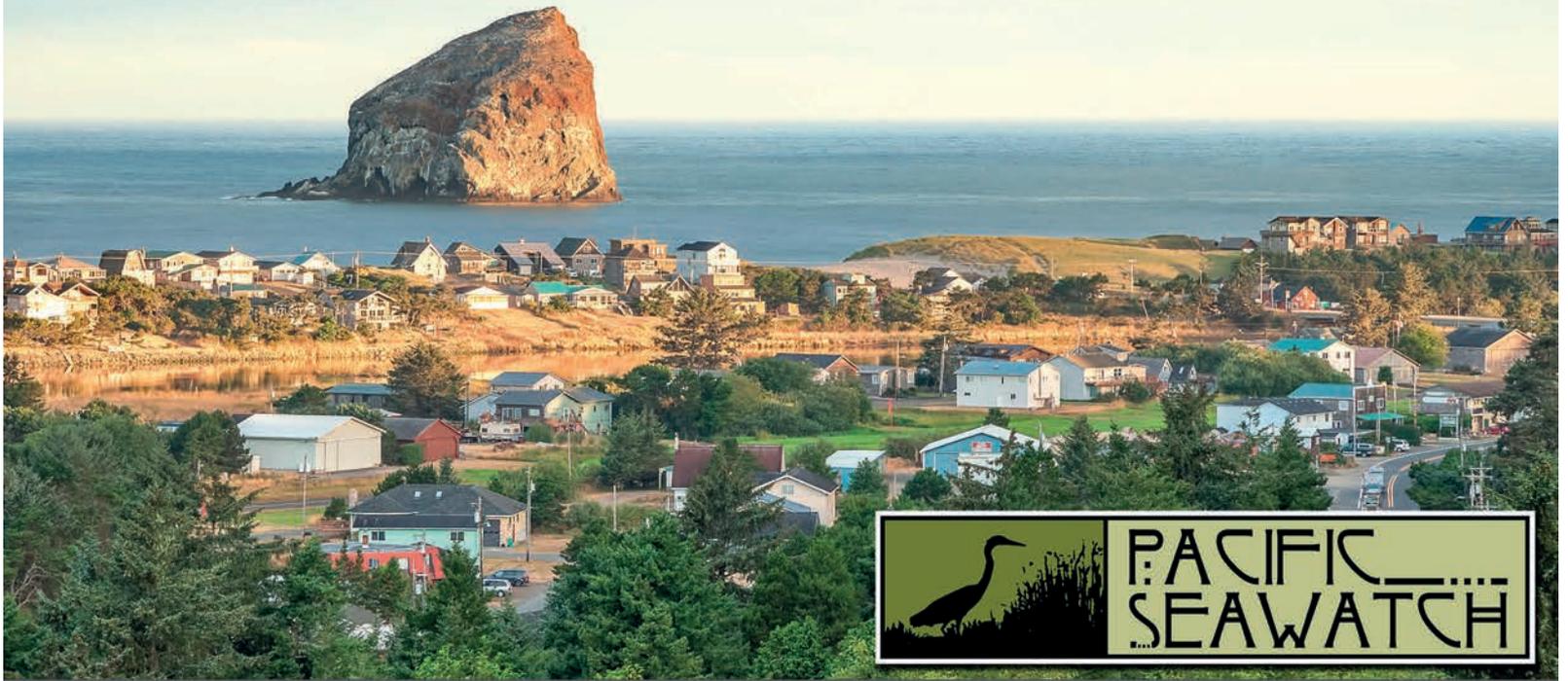
♿ \$ \$ DESCHUTESBREWERY.COM

NEW! BONTA GELATO GELATO

Bend’s newest gelato joint, Bontá tastes like Italy with Oregon ingredients. Get a lick of classic flavors or mix it up with tastes like local vanilla bourbon pecan, lemon ginger, and cranberry cognac sorbetto. 920 NW Bond St., 541.306.6606 ♿ \$ BONTAGELATO.COM

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Palate ■ dining guide



DRINK

One of the Bend's oldest establishments, the Pine Tavern Restaurant on Brooks Street has been serving up drinks since 1936. What began with an all-woman staff as a meeting place for mill workers and loggers has evolved over the decades into an iconic dining spot. The bar offers classic bites during happy hour, while the famed pine trees push up through the roof of the dining room, but the best place to enjoy your fare by far is the brick patio. This spring, sip one of the tavern's signature drinks alfresco while watching the ducks on Mirror Pond. The Grapefruit Drop is just the blend of tart and sweet, perfect for raising a glass to toast spring.

GRAPEFRUIT DROP

- Juice of a half grapefruit
- 1 teaspoon sugar
- 2 ounces Absolute Ruby Red vodka
- 1 ounce triple sec

Place all ingredients in a shaker with ice, shake and strain into a martini glass. Garnish with a grapefruit slice.

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

BROKEN TOP BOTTLE SHOP BREWPUB

Making most entrees in both meat and vegan versions, this casual pub has drafts on tap, wine and way more than 99 bottles of beer on the wall. A twelve-door cooler lines the room, stocking over 400 varieties of beer, cider, sake, and kombucha and old time soda. 1470 Pence Lane, 541.728.0703 ♿ \$\$\$ BTBSBEND.COM

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 recognizable plates, the true Thai aficionado will appreciate seeing northern Thai curries and nam prik. 150 Oregon Ave., 541.382.0441 ♿ \$\$\$ WILDROSETHAI.COM

RAT HOLE BREWPUB

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 house made tortillas are top notch. 384 SW Upper Terrace Dr., 541.389.2739 ♿ \$ RATHOLEPUB.COM

CHANTERELLE 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

THE CAPITOL AMERICAN

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 taste. It has a great atmosphere and warm, friendly service. Building #7, The Village at Sunriver, 541.593.1100 ♿ \$\$\$ SUNRIVERVBAR.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 Prinety 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. 380 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 ♿ \$\$\$ BARNEYPRIINES.COM

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Palate ■ dining guide

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

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

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

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

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 ♿ \$\$\$ THREECREEKSBEWING.COM

THE 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 couldn't recognize or pronounce 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 scrumptious flavor combinations, such as blueberry white chocolate chip or lemon ginger. Nestled in the Historic Redmond Hotel, AK's Tea Room serves afternoon and high teas. 525 SW 6th St., 541.322.3263 ♿ \$\$\$

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 many guest beers. 546 NW 7th St., 541.279.7005 ♿ \$\$\$ SMITHROCKBEWING.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 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. Housed in a repurposed home, guests rave about the authenticity. 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 hot oatmeal bake. 46 SW D St., 541.475.1500 ♿ \$ GREATEARTH.BIZ





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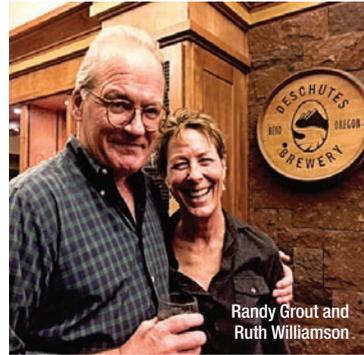
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Campaign Kickoff KNUTE BUEHLER



Barefoot Players



Unusual suspects



Dinner theater guests

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Après Ski Bash



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El Sancho Tacos



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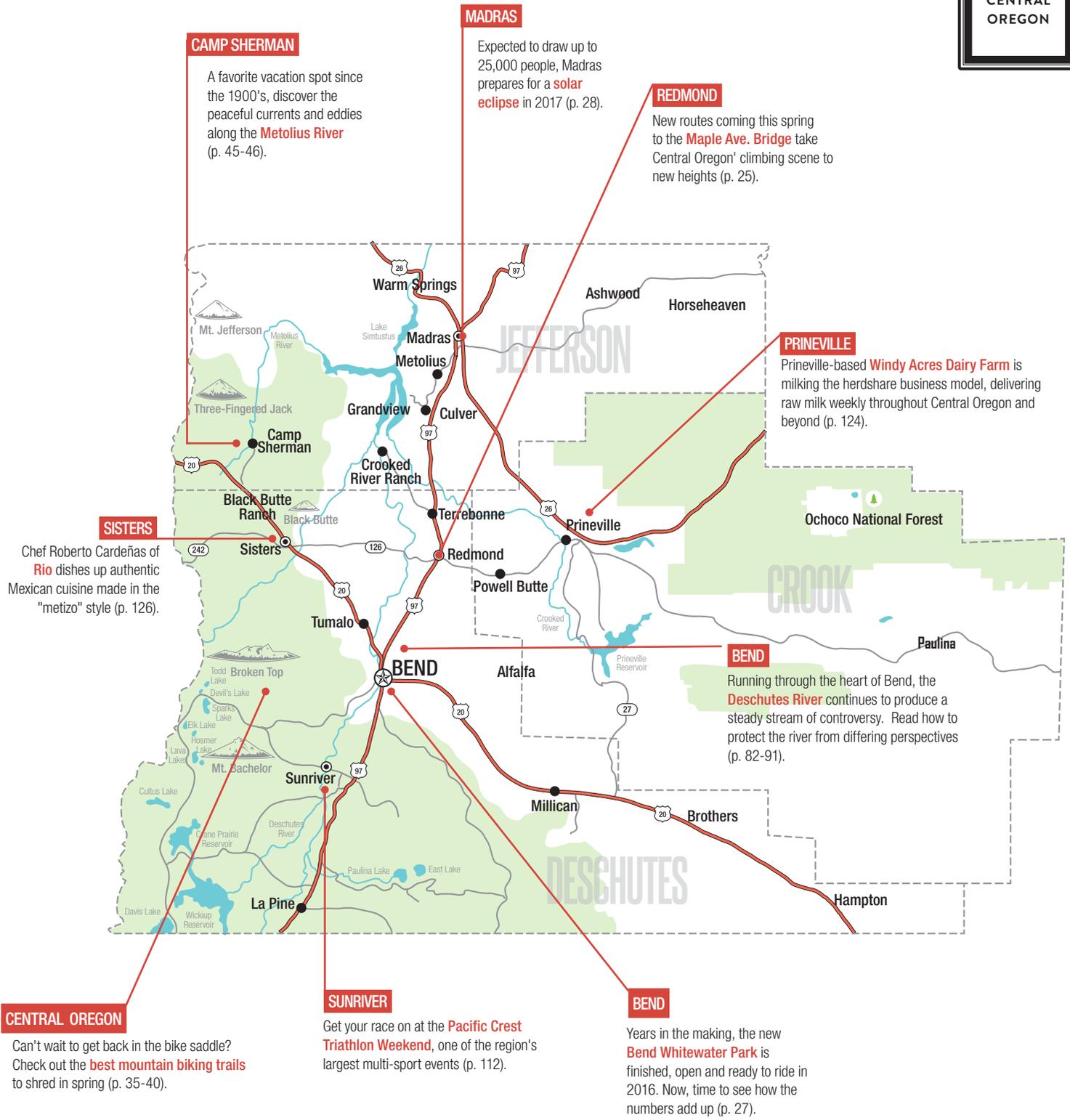
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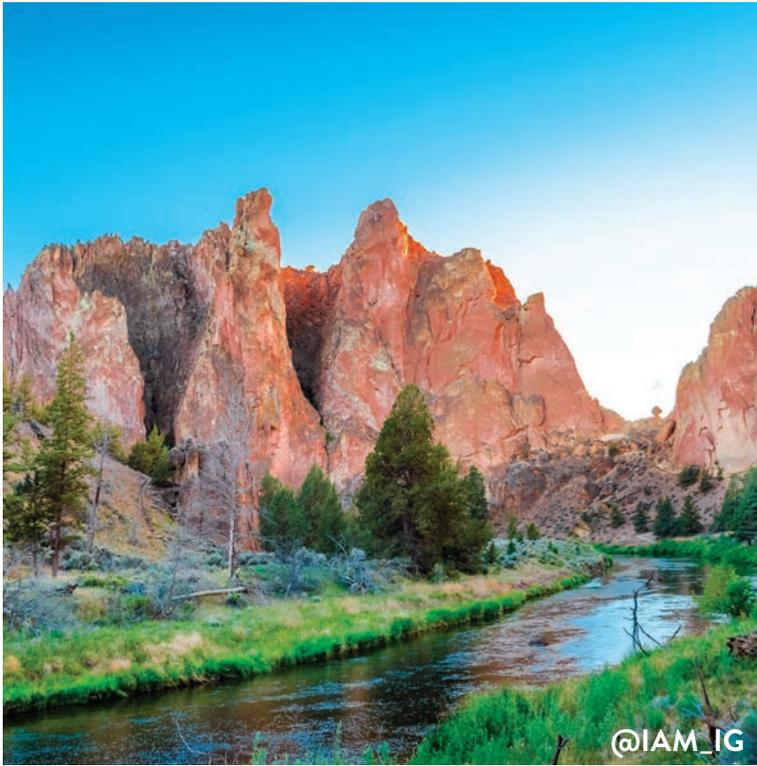
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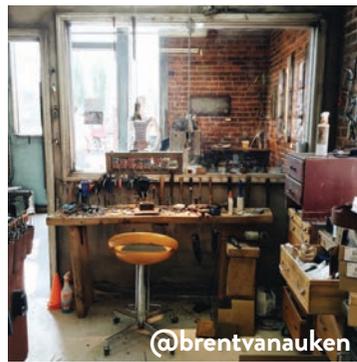
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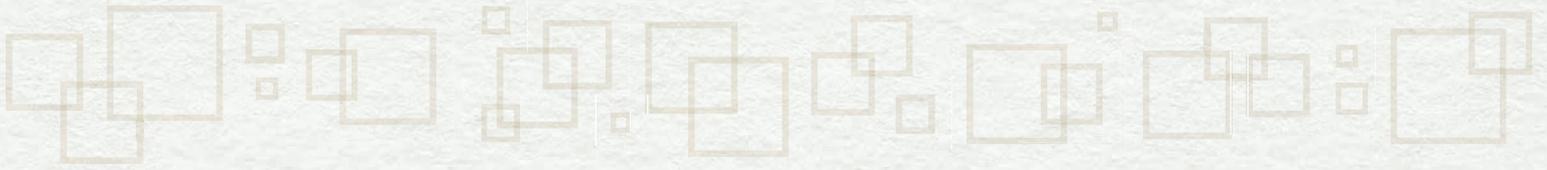
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