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BEND

Magazine

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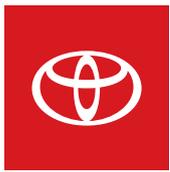


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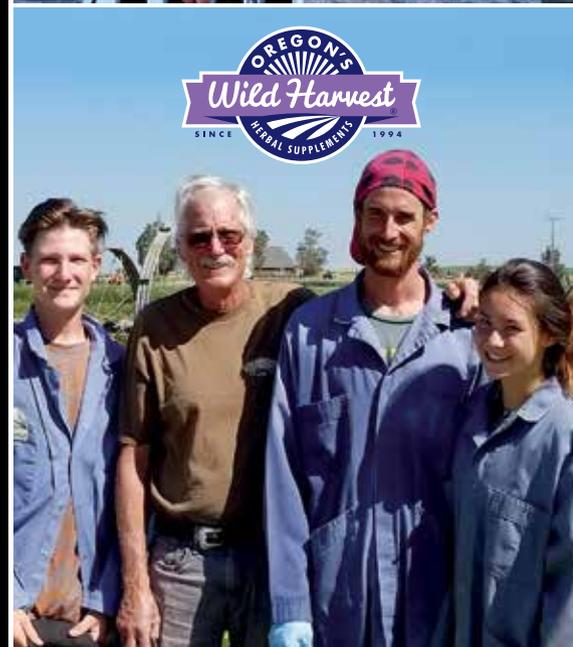
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ALTERNATIVE ROUTE

The beta on four gravel cycling routes that will get you hooked on the next generation of cycling in the region.



TABLE of CONTENTS

Features

September \ October 2018

92

FOUR GRAVEL GETAWAYS

The next generation of biking is here, and it's happening on gravel roads across the region.

EDITED BY LINDA ENGLISH

100

SEEING BLUE

This November, an unconventional candidate for a Congressional House race is hoping to ride the blue wave and upset the status quo.

WRITTEN BY BRONTE DOD

106

HARVESTING CHANGE

A crop of farmers is trying to make local agriculture more sustainable and more accessible.

EDITED BY MEGAN OLIVER



ON THE COVER

Cate Havstad and Chris Casad at their farm near Madras.

PHOTO BY MIGHTY CREATURE CO.

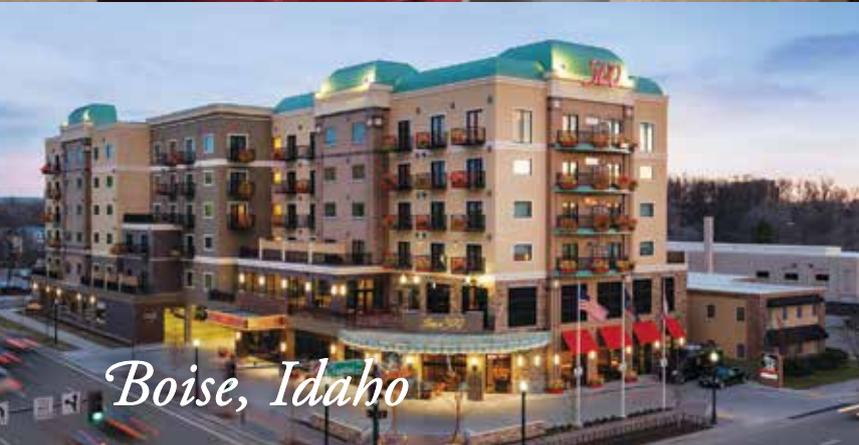
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TABLE of CONTENTS *September \ October 2018*

SHARP DESIGN

Peek inside this custom home that is “built like a Swiss Army Knife.”



Departments

31

EXPLORE

Oakridge offers more than mountain biking. Alice Drobna’s ultra-endurance cycling domination. Bouldering on the rise. The Wallows are calling.

49

COMMUNITY

A storied suitcase comes home. Teafly talks to Sisters Folk Festival’s Brad Tisdell. If the running shoe fits.

61

HOME

A designer tackles a project close to home. Kitchen trends to entertain. Sustainable goods to know. Carpentry runs in this family.

83

VENTURES

Paul Evers knows your drink—and your next one, too. Bringing diversity to Bend’s tech scene. Startup bootcamp for women. Blockbuster, by the numbers.

125

PALATE

Unconventional dishes break the sushi mold.

Also in this issue

14	Contributors
18	Editor’s Letter
20	Connect with Us
142	Scene & Heard
146	#ThisisBend

PHOTO JOHN GRANEN

23

Front Deck

BEND BUZZ Turf battle | Buehler surprises in the polls | Child care crunch **CO NEWS** Sisters makes ten-year plan | Kah-Nee-Ta closes | Data centers go solar **BOOKS** Local guidebooks for your next adventure

131

Back Deck

ART TALK A violin prodigy
HAPPENINGS Painting Bend’s unsung heroes: baristas | Style and substance at Bend Design
DATEBOOK The best events in Central Oregon this fall



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WORDS *and* PICTURES



• CATHY CARROLL

- Cathy Carroll's piece on sushi and Asian-fusion dishes reaffirmed for her how creative and exacting local chefs can be, and satisfied her yen for a taste of the ocean, too (p. 125). Culinary curiosity (plus
- being married to a chef and having an 11-year-old who also cooks) pairs well with a search for the
- perfect running shoe and reporting on local research into maximal shoes (p. 57). Cathy has also
- written about business and remarkable people from New York City to Bend and beyond, and teaches
- journalism at Central Oregon Community College.

CAITLIN EDDOLLS

Caitlin Eddolls grew up in a small town in New York. Attending college in New Hampshire convinced her that nature is pretty great, so she decided to hike the Inca Trail and loved it so much that she moved out West to build trails. These experiences connected Caitlin to her camera, and her photography has helped connect her to the world. Her one year in Bend is her longest residency since 2013, and she is ready to grow roots, though she still gets her travel fix as many of her assignments send her abroad. In this issue, Caitlin traveled to Oakridge for a shoulder-season weekend full of adventures (p. 31). Connect with her on Instagram @caitlinedoll

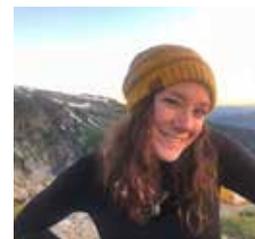


• TREVOR LYDEN

- Trevor Lyden hails from Juneau, Alaska, but for the last six years has called Bend home. In 2017
- he graduated from OSU-Cascades with a degree in tourism and outdoor leadership. When he's
- not shooting photos, Trevor is shooting rapids in his kayak, bombing trails on his mountain bike
- or snowboarding the backcountry slopes around Central Oregon. Trevor likes shooting action
- photography because it allows him to capture fast-paced extreme sports in a brief moment in time. In
- this issue, Trevor hopped on a bike to capture the gravel cycling that has taken over the region (p. 92).

HANNA MERZBACH

Hanna Merzbach grew up in Bend living the outdoor lifestyle, doing everything from climbing and paddleboarding to hiking and camping. Before going into her third year studying international affairs at Lewis & Clark College in Portland, and studying abroad for a semester in Tanzania, Hanna spent the summer writing for *Bend Magazine* about hikes, lakes, climbing, cycling, vegan food and more. As an avid climber, Hanna used her connections to get the scoop on the new bouldering guidebook for Central Oregon and on the growth of the sport and community (p. 43).



• MIGHTY CREATURE CO

- Mighty Creature Co is the creative collaboration between local photographers Ryan Cleary and Adam
- McKibben. Sharing a passion for Bend life and story-driven imagery, the two joined forces in 2016 and
- have been creating imagery for local, national and global brands ever since. They've been contributing
- photographers to *Bend Magazine* for more than a year. In this issue, Ryan and Adam shot the Bounty
- feature, traveling around Central Oregon to capture the people that are revolutionizing the region's
- agricultural industry (p. 106).

PENNY NAKAMURA

Penny Nakamura is a longtime journalist and has called Central Oregon her home for fifteen years, moving here to satiate her desire to be in the mountains whether it's hiking, biking or skiing. Penny worked for more than a dozen years as a television reporter for ABC affiliates in Medford, Oregon, Honolulu, Hawaii, and San Jose, California. She's also worked as a newspaper features reporter in Ohio and locally at the *Bulletin*. In this issue, Penny wrote about a multigenerational family farm (p. 106) and a suitcase dredged from a dumpster with a storied history (p. 51).





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FROM *the* EDITOR

BOUNTY



A Wealth of Choices

During brainstorming season for our second annual Bounty issue, I ventured across the street to the Bend Farmers Market in search of a little inspiration. Here, local growers were lined up along Brooks Street. Under each tent, display cases were virtually overflowing with fresh fruit, vegetables and locally raised protein. People of all ages sauntered down the pedestrian avenue, sampling artisan jerky, handpicked cherries and even locally made sauerkraut.

If you like food (and I'm not talking chicken nuggets or take-out pizza here), I mean real food, this is the place to be on a summer afternoon. In fact,

if you do come, set a budget, or bring cash, because it's easy to want to buy everything. It's that good. It's also a reflection of the growing supply of locally raised food. Not just lettuce, kale and carrots. You'll find jams so good you can forget the toast, and probiotic dressings that will turn your house salad into a house party. You'll find locally raised beef and pork, but also bison and yak.

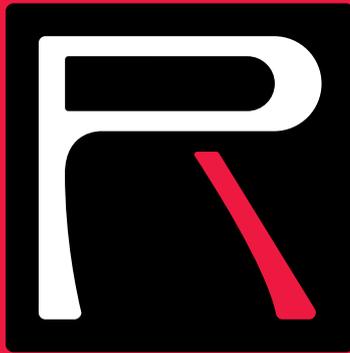
With such abundance it was hard for us to focus on just one element, though we tried. In the end, we talked to several farms who are redefining ranching with a "regenerative approach" that eschews the feedlot model in favor of a traditional pasture approach that balances animal welfare, crop cycling and creative collaborations, like the beer-to-beef model at Rastovich Family Farms in Bend. What we found was a dedicated group of farmers and ranchers who might look a little bit like dreamers at first glance, but turn out upon closer examination to be doers—industrious folks with a passion for what they do and a willingness to take risks. We also talked to restaurateurs who are embracing the go-local ethic, employing locally raised beef, lamb and vegetables to mouth-watering results. What started as a small feature project just kept on growing. When you look at the words and photos, you can forgive us if got a little carried away.

Food wasn't the only thing on our minds. Fall is also election season, and a big one this year with a governor's race featuring a Bend candidate and Congressional seat up for grabs. We spent time with Jamie McLeod-Skinner, the upstart U.S. House candidate from Southern Oregon who is banking on the notion that changing demographics and Oregon's independent streak could allow her to pose a serious challenge to Greg Walden.

We found some time to sit down with Crux Fermentation Project co-founder Paul Evers on his latest venture, a cold brew coffee business that is likely to change the way you think about your cup of joe. Evers, who is partnering with his son, Bobby, on Riff Cold Brewed Coffee plans to open the new venture in the booming Box Factory early this fall. We also mixed in some adventure and exploration with a tour of local gravel cycling routes courtesy of Linda and Kevin English, founders of dirtyfreehub.com, a website that has become a go-to resource for riders in Bend and beyond. We added a little more saddle time in Oakridge where we explored this mountain bike mecca and found more to love than just singletrack trails. We even made our way out to the Wallowas for an extended weekend retreat in the Alps of Oregon.

After extensive research, we are happy to report that we have found Bounty on our plates, on our farms, along our trails and in our community. It may be early for Thanksgiving, but we hope you'll pull up a chair and enjoy the feast.

Thanks for reading,
Eric Flowers, *editor in chief*



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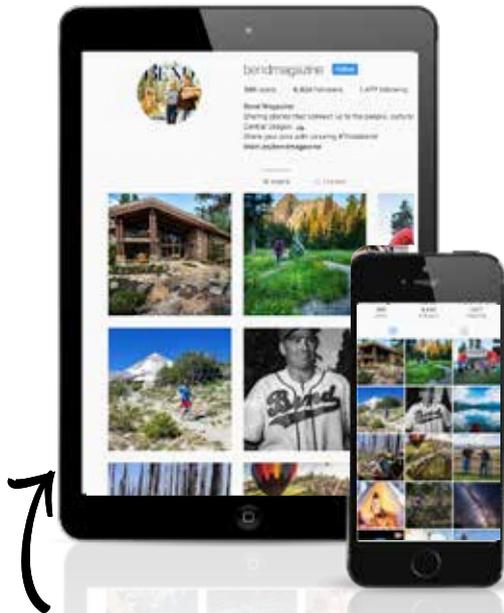
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KEEPING IT LOCAL AT JACKALOPE

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Sourcing local ingredients is nothing new for Jackalope's Timothy Garling, who brings in pasture-raised meat from Shaniko's Imperial Stock Ranch for his Mustard and Herb Crusted Rack of Lamb (Bounty, p. 118). Go behind the scenes with *Bend Magazine* and Storylab Media to meet Garling and learn how he puts together this popular plate and why local sourcing is an integral element of his business.



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CINEMA

BendFilm Celebrates 15 Years

The region's popular independent film festival hits a milestone.

IN MID-OCTOBER, BEND TRANSFORMS from an outdoor recreation hub to an independent film mecca. Founded in 2004, BendFilm celebrates its fifteenth anniversary this year. While the organization has grown and spurred one-off film events and scholarships for emerging independent filmmakers, the heart of the festival is the four-day event that draws filmmakers and film buffs from around the country. "For this fifteenth anniversary festival, we will celebrate all of the wonderful experiences this organization has provided over the years while giving a glimpse into all the great things we have planned for our next era," said executive director Todd Looby. "We are excited to roll out our festival program and are amazed at the interest expressed by so many great filmmakers who are really excited to share their work with our audience." Tickets sell-out quickly each year, so grab passes and you won't miss out. BENDFILM.ORG

PHOTO TOBY LOBBY



■ ***election***

Buehler, Anyone? Gov. Race Heats Up



Bend's Knute Buehler was seen by many as a longshot at best when he announced his bid for Oregon's highest office. Buehler, an orthopedic surgeon who represents Bend in the Oregon legislature, may be closing in on his campaign to unseat Gov. Kate Brown. A poll released in July showed Buehler and Governor Kate Brown in a virtual dead heat. A pro-choice and socially moderate Republican, Buehler has spent more than \$1 million on campaign marketing in the run-up to the race, including pointed attacks on Brown, a former state Senator and the country's only openly bisexual female governor. The poll was conducted independently by a national polling firm based in Florida. Some observers, including Brown's campaign, have questioned its methodology. The poll did not rely on registered voters but asked voters to "self identify" and respond via on-screen buttons. Buehler and Brown face off in the November 6 general election.

■ ***workforce***

The Nanny State

A lack of child care options for working parents may be contributing to a growing labor shortage in Bend, according a recent report by the Bend Chamber of Commerce. Roughly 73 percent of workers with young children who were surveyed said that finding child care here is "very difficult." It's a problem that impacts both employees and businesses.

"When we got the survey back, it pretty much reflected what we thought was the case, that child care is in short supply and that it's affecting employers' ability to attract and retain employees," said Bend Chamber of Commerce CEO Katy Brooks.

Almost every employer surveyed said that it is at least somewhat difficult for employees to find and afford child care. They cited employee attendance as the top issue related to child care, followed by productivity and retention. "Many employees tell us that childcare is the second highest cost behind their mortgage," said Brooks.

The survey polled 128 employers and hiring managers and 333 employees.

According to providers in the region, operational and facility costs are challenges for child care services. The Chamber task force, along with the City of Bend, are evaluating options for reducing costs and increasing facilities.

■ ***land use***

Turf Battle Grows Along the Deschutes River

It's been a decade since city of Bend officials caused an uproar by experimenting with artificial turf in landscaping medians. Now the city is on the other side of another fight about the use of artificial turf, after a homeowner installed a synthetic lawn in a highly visible location on the Deschutes River near downtown Bend.

Homeowners Ray and Jackie Haworth installed the lawn in 2017 and immediately ran afoul of the city, which prohibits the installation of non-native landscaping on properties immediately adjacent to the river. The Haworth's previous grass lawn predated the native planting requirement enacted in 2002 and was "grandfathered" an exemption to the rule.

City officials, including planning commissioners who reviewed the couple's case in July, say the new artificial lawn is not entitled to such an exemption. The city council is expected to review the commission's findings before fall and decide just what it means for property owners to go green along the river.



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■ *warm springs*

Last Call at Kah-Nee-Ta

It's been a spring-fed desert oasis for more than four decades, but Kah-Nee-Ta resort plans to close its doors for good this fall after failing to secure a lease from the management company that operated the aging resort on the Warm Springs Reservation.

Kah-Ne-Ta managers notified the state in July that the resort planned to permanently lay off its 146-person workforce in early September and close the resort, one of Central Oregon's oldest, due to the lack of a lease agreement and the prospect of greater financial losses from the struggling resort.

With an 18-hole golf course and Olympic-sized hot springs pool, RV park and luxury hotel accommodations the resort has long been a destination for families, but it has struggled to attract visitors since the tribe relocated its casino operations to a more visible location on Highway 26 in the heart of Warm Springs. As recently as last year, the tribe's management partner AV Northwest had pledged to spend \$17 million to upgrade and modernize the resort. However, AV Northwest was unable to raise the necessary funding to complete the renovation.



■ *prineville*

Facebook's Data Center in Prineville Goes Solar

Climate and access to abundant power have always been an integral part of Prineville's attraction for Facebook and other data centers. The latest chapter in the relationship between Crook County and the social media giant marries the two concepts with the announcement of a massive solar initiative that spans two states.

Facebook plans to fund six large solar projects, two in Prineville and four on PacifiCorp's electrical grid in Utah, generating 437 megawatts to power its Prineville data center, enough energy to power the six data centers on the campus, the last two of which will be operational in 2020. This partnership helps fulfill Facebook's long-term sustainability goals and fuel the growing data center industry, while also helping meet Prineville's growing power demand.

Since 2011, when Facebook opened its first data center in Prineville, the unemployment rate has fallen from 17 to 6.5 percent, with new jobs predominantly in construction. "One of my priorities was trying to get a diversity of jobs into the county, so we don't have all of our eggs in one basket, and we're doing that," said Prineville Mayor Betty Roppe.

■ *sisters*

A Ten-Year Vision for Sisters

When a driver needs directions these days, he or she can just ask Siri for help. But what about when an entire city wants to figure out where it is going and the best way to get there?

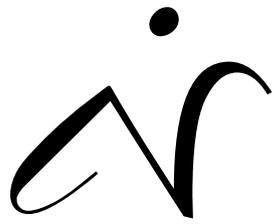
That was the situation faced in Sisters, where population growth and other changes have forced the city to examine the best way to promote prosperity over the next decade while preserving the best of what this iconic and artsy small town offers today. Dubbed Sisters Country Horizons, the yearlong visioning project is a collaboration between the City of Sisters, Deschutes County and the Central Oregon Intergovernmental Council. Led by a project team of local and regional experts and visioning professionals and volunteers, the Horizons team has gathered input from roughly 1,500 participants through surveys, meetings and community events.

"This is a place that people are passionate about, whether they are right here in town or live in the countryside. People are very protective of the community, the quality of life and Sisters's enormous character," said Steven Ames, of NXT Consulting Group who is helping to lead the process.

In addition to livability and preserving community, Ames said the pro-



cess has solicited input on challenges such as how to develop a roughly eighty-acre Forest Service parcel on the west edge of downtown. Ames said the community has been clear that a master plan is needed for the project with the goal of promoting a mixed-use development. The Horizons project will have its next major public event October 4 at Five Pine Lodge when it hosts a Community Vision Summit to discuss the results of its work to date. The final action plan will be developed later this year with a scheduled public release in early January. SISTERSHORIZONS.ORG



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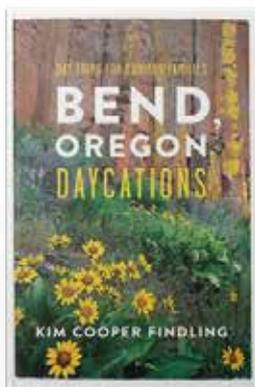
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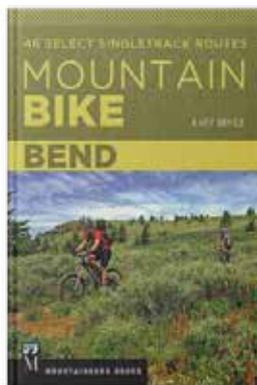
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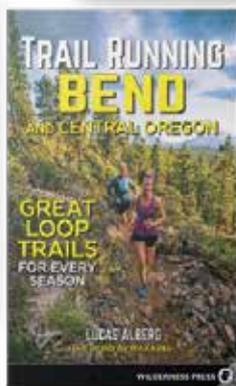
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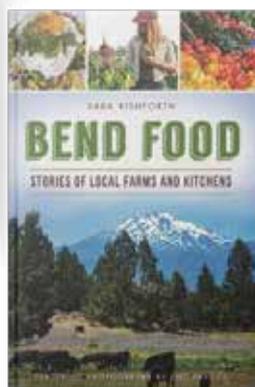
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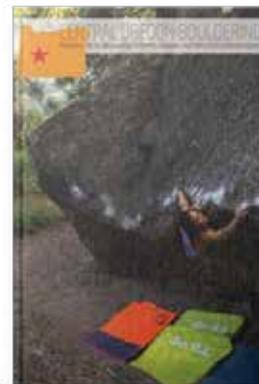
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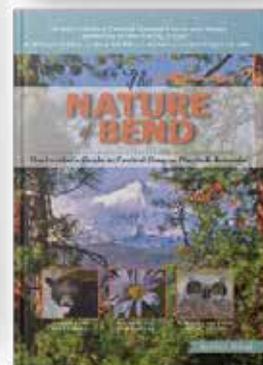
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6

1 *Bend, Oregon Daycations* by Kim Cooper Findling

Travel writer (and *Bend Mag* editor) Kim Cooper Findling shares nineteen day-trips around Bend that everyone in the family will love. The book is filled with historical anecdotes and itineraries to make planning easy.

2 *Mountain Bike Bend* by Katy Bryce

For beginners, experts and everyone in between, this guide takes you turn-by-turn through the region's sought-after mountain biking terrain. Find ideas for rides all around the region.

3 *Trail Running Bend and Central Oregon* by Lucas Alberg

Trail running has grown exponentially in Bend where a mix of pedestrian, biking and hiking trails have created a massive network of dirt. Local runner Lucas Alberg provides the inside scoop for the best places to run and when to hit the trails.

4 *Bend Food* by Sara Rishforth

Central Oregon is garnering a reputation as a foodie destination thanks to a bevy of creative chefs and upstart small farms that are keeping it local. This extended profile of the region's bounty showcases the people making it happen.

5 *Central Oregon Bouldering* by Jason Chinchin

The first of its kind for the region, this guide to bouldering around Central Oregon is great for new climbers and those looking for new spots to hit. Read more about the book on page 43.

6 *The Nature of Bend* by LeeAnn Kriegh

Written for the casual outdoors-person, this guidebook uses relatable language to help you identify the diverse birds, insects, animals, geology and plants of the Central Oregon. It's a book you'll want to have packed on all your adventures around the region.

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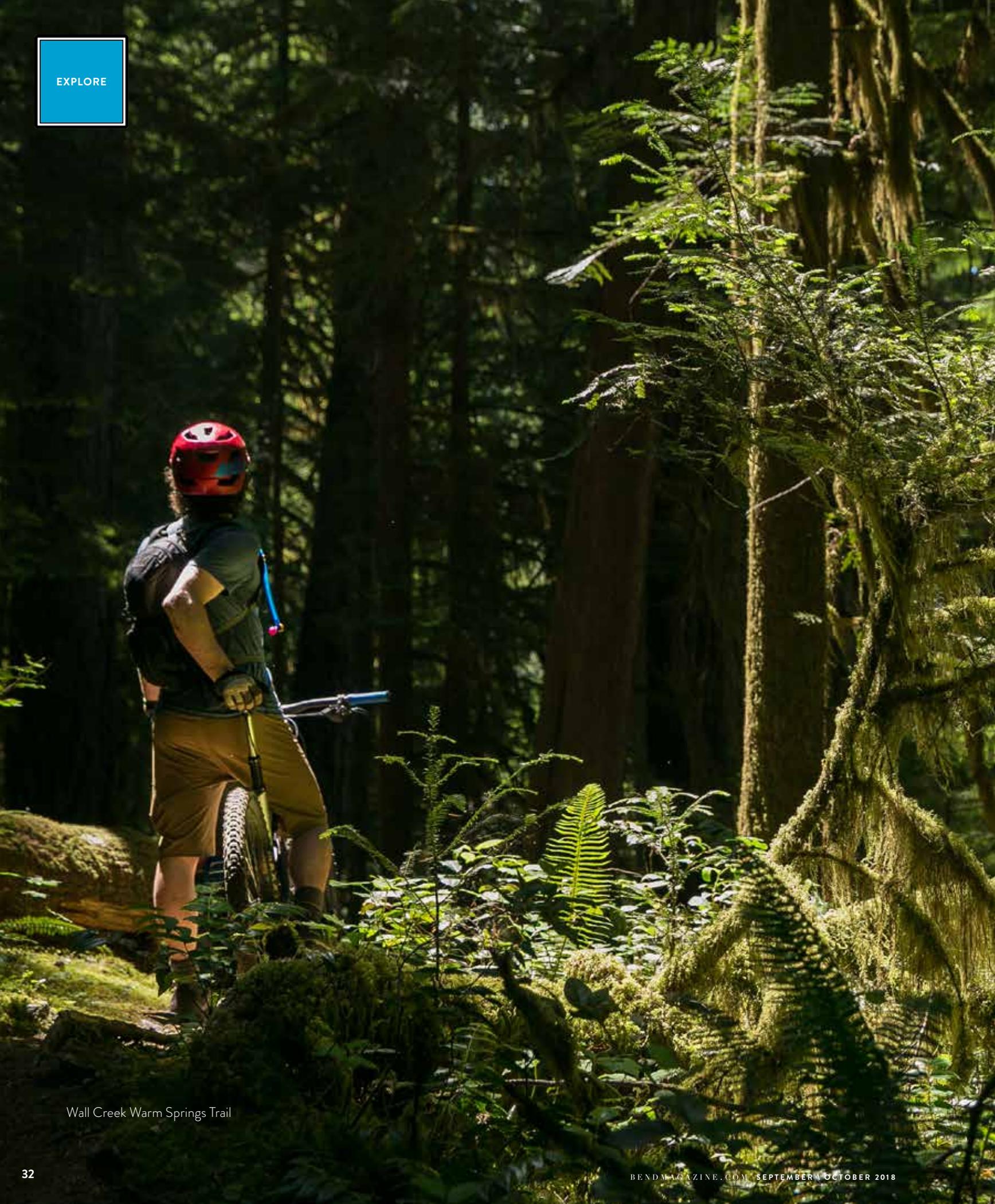
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EXPLORE



Wall Creek Warm Springs Trail

Stay & Play

CAMPING LODGING

Salmon Creek Campground is located directly along the banks of Salmon Creek Falls. The campground includes fourteen sites, each one with a firepit and picnic table surrounded by scarlet-berried Pacific yew trees and lush old-growth hemlock. A dancing creek serenades campers, offering a natural cooling station and a spot to rinse off the dirt following a long day on the trail.

Blue Pool Campground is situated off Highway 58 right near the tranquil McCredie Hot Springs. Dense, mossy forest envelops this riverside gem. Access to first-rate fishing locations and hot springs makes this a campground that keeps people coming back.

Westfir Lodge in nearby Westfir is the place for those seeking more refined accommodations. This popular bed and breakfast sits on the north side of the iconic covered bridge in a historic building that served as the offices of a succession of mill operators. It was converted to bed and breakfast in 1990 and has been charming visitors ever since.

Like many small Oregon timber towns, Oakridge faced an identity crisis in the early '90s. The small town tucked into the central Cascades near the headwaters of the Willamette River was one of many Northwest logging towns left reeling by the collapse of the timber industry. The once-bustling Pope & Talbot lumber mill closed its doors in 1985, idling more than 1,000 workers—almost a third of the town's population. It's been a long road back, but Oakridge is following the model of towns like Bend that have transitioned from timber to tourism, led by its world class mountain biking.

The region now boasts more than 350 miles of trail set against rolling hills and draped in mossy Pacific yew trees and Douglas fir. While most people rightly associate Oakridge with mountain biking, the area has proved it has much more to offer. Whether you're here to frequent the slanting singletrack berms, gaze at gushing waterfalls, soak in natural hot springs or toss a fly to a wild rainbow trout, Oakridge is a destination for serious recreation.

MOUNTAIN BIKING

Willamette Mountain Mercantile (WMM), founded by McKenzie Bowerman, grandson of legendary University of Oregon track coach and Nike co-founder, Bill Bowerman, is the starting point for most outdoor exploration around Oakridge and neighboring Westfir.

Operating out of a converted auto-repair garage, WMM offers high-end demo bikes from Santa Cruz and Ibis. World maps are plastered around the interior of the shop. A rainbow of thumbtacks mark the places across the globe from which past shop visitors hail, a testament to the area's growing appeal.

DINING

If you're looking for a quick bite, Stewart's 58 Drive-In is located directly off Highway 58 on the east end of Oakridge. This mom and pop shop provides fresh American cuisine that is sure to fulfill your daily calorie requirement. Get yourself the original "58" burger basket with fresh-cut sweet potato fries and choose from a variety of sauces that may very well be the most colorful condiment palette in all of Oregon.

For dinner, British alehouse Brewers Union Local 180 is one of the most authentic craft beer experiences in the Pacific Northwest. Situated in the heart of town, this pub is the only brewery in all of Oregon that solely serves cask conditioned ale, hand carbonated ale as it was traditionally served in Britain's pubs of old.

Owner Ted Sobel established the pub in 2009 as a "social center and meeting place" for the whole family to enjoy. The paperback library, miniature pool table and small board games make this an ideal setting to kick back and enjoy a well-deserved brew. Relish a plate of bangers and mash as a live band fills the air with music while you lounge on the front patio in the golden sunset as it settles deep into the Cascade Range.



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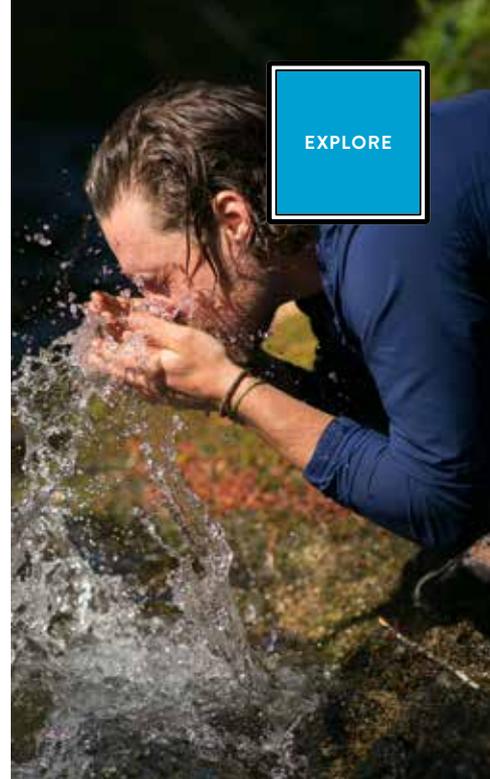
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Trails

THREE MUST-RIDE ROUTES

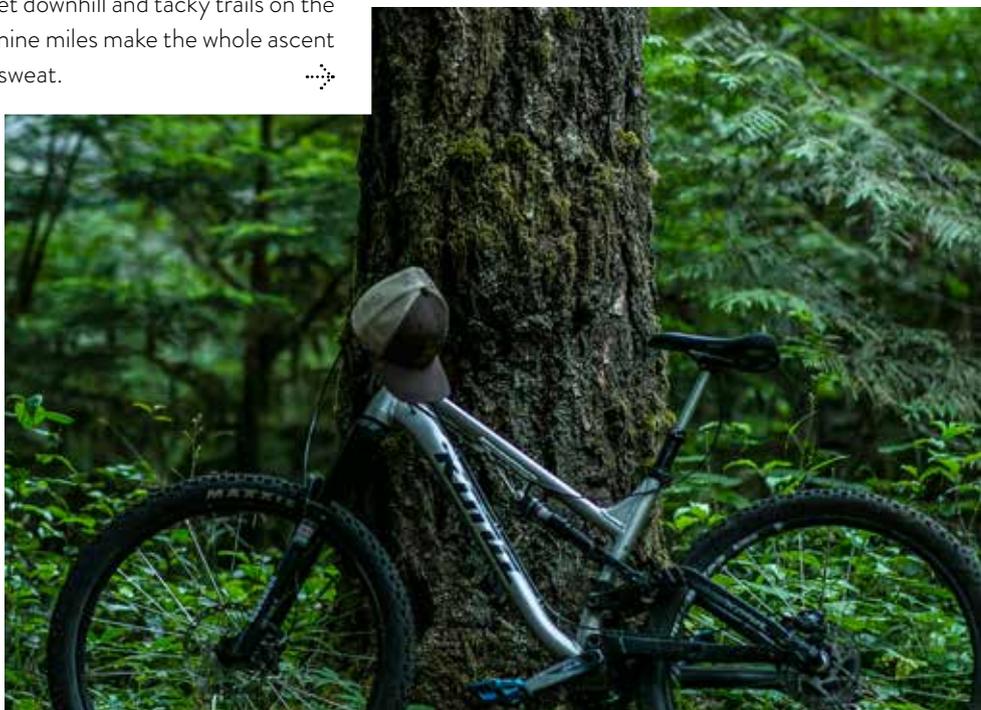
A-T-C-A: Oakridge’s most popular ride is a point-to-point linkup of the Alpine-Tire-Mountain-Cloverpatch-Lower Alpine. This shuttle-ride epic has a healthy dose of almost 5,000 feet of climbing and twenty-five miles of trail. It features magnificent west Cascade vistas and endless switchbacks through a setting that conjures up images of Princess Leia zipping through the Endor Forest in “Return of the Jedi.”

Larison Rock: This classic loop brings you all the way back into downtown Oakridge with twelve miles of rowdy singletrack heaven.

Moon Point Loop: Majestic vistas await after 3,500 feet of climbing the first ten miles. Sweet downhill and tacky trails on the remaining nine miles make the whole ascent worth the sweat. ➤



Willamette Mountain Mercantile



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Michael Knower, MD, St. Charles Hospice

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EXPLORE

FISHING, HIKING AND MORE

Oakridge's many rivers and streams offer excellent rainbow trout fishing. Beautiful, iridescent pink hues mark the fish of the local Hills Creek Reservoir, Salt Creek and Salmon Creek, while the reservoir offers a mix of trout and warm water species, including crappie.

Due to the regular stocking of hatchery rainbow trout at Hills Creek Reservoir and Salmon Creek Falls, these tributaries of the Middle Fork Willamette River could make even the most inexperienced angler feel like a pro.

Salt Creek is home to wild cutthroat and rainbow trout. Good fishing can also be found for wild trout on the Middle Fork Willamette between Hills Creek and Lookout Point reservoirs with access from

Highway 58 and Forest Road 5852. Brook trout are scattered along the upper section above Salt Creek Falls making this spot an ideal fishing destination.

For hikers, Salt Creek Falls and Diamond Creek Falls is a stellar 5.4-mile, lightly trafficked loop trail outside Oakridge. Take your dog for a stroll or stretch the legs and experience breathtaking waterfall scenery. For a more moderate hiking option, venture towards Diamond Creek Falls and complete the loop.

Head over to the meditative Warm Springs soaking pools just off Salmon Creek Road for a mild temperature soak on a hot day. Considered a hidden gem of Oakridge, these three ninety-six-degree pools experience much less traffic than nearby McCredie hot springs and offer a cooler option on those

LEFT A streamside perch at Salt Creek Campground makes for perfect early morning meditation.

RIGHT A view point on Dead Mountain, where hikers and mountain bikers share the trail.

hotter summer and early fall days.

If you like your sunset served up with a view, Dead Mountain is both the top of an amazing singletrack trail and also a beautiful place from which to see the expanse of the Willamette Valley and Southern Cascades.

If you can't fit this all into a day, don't worry. There are plenty of reasons to linger a bit longer in Oakridge, the little timber town that's turned a page. **13**

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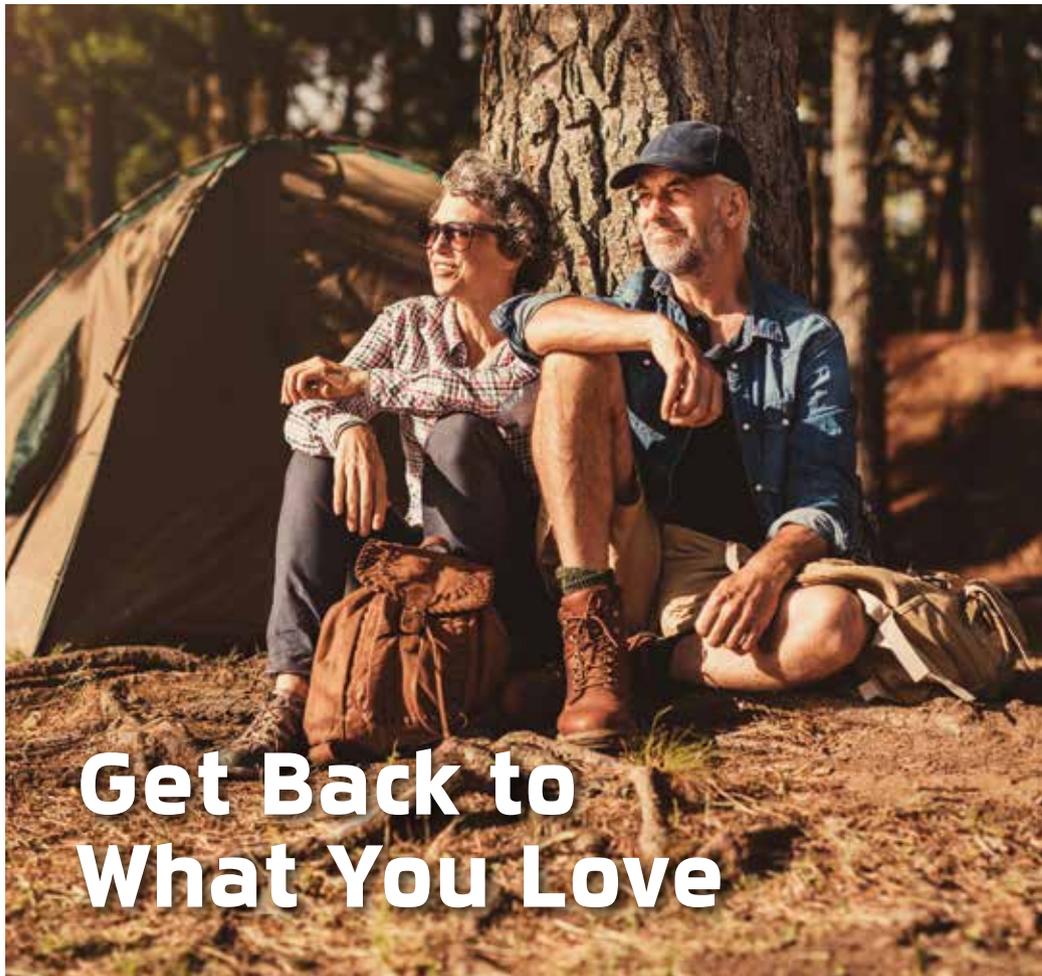
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Queen of the Mountains

Bend's Alice Drobna has rewritten the ultra-endurance record book—and she's not done yet.

WRITTEN BY HEATHER CLARK



Alice Drobna, an understated 43-year-old graphic designer for Hydro Flask, is arguably the nation's toughest long-distance mountain biker. She is certainly the most dedicated. After completing five 100-mile mountain bike races in 2013, she still wanted more. As in, more miles, more solitude and more challenge.

Drobna is the first—and still only—woman to complete the trifecta of ultra-endurance mountain biking, known as the Triple Crown Challenge of bikepacking. She's also the only mountain biker, man or woman, to do so on a singlespeed.

To claim this rare distinction, riders must finish all three of the sport's classic dirt events, the Arizona Trail, Tour Divide and Colorado Trail, in

the same season. This is a Herculean challenge in terms of total time in the saddle as well as the short recovery time between races.

The 750-mile Arizona Trail takes place in April; the Tour Divide, which spans 2,745 miles from Alberta to New Mexico, begins in June. Approximately three weeks after finishing the Tour Divide, would-be Challenge finishers must complete an arduous 500-mile journey gaining 70,000 feet through the Rockies from Durango to Denver.

Drobna's record-setting time set in 2015 still stands at thirty-six days, six hours and fifty-six minutes, in which she rode 4,080 miles and logged 380,000 feet of climbing. (That's about 10,500 feet of elevation gain per day, or riding from Bend to Mount Bachelor three-and-a-half times).

EXTREME CONDITIONS

TOP A few hundred feet below the South Rim in Grand Canyon on the Arizona Trail Race in 2018. Biking is not allowed inside the park, so cycles must be broken down and carried.

BOTTOM Riding in the snow in Spray Valley Provincial Park, in British Columbia during the 2014 Tour Divide race.



She joined nine men on the list of cyclists who have accomplished this brutal feat.

Born in what was then Czechoslovakia, Drobna came to the United States in the early 1990s to attend college. She stayed, gained citizenship and bounced around the country before landing in Park City, Utah. There she met Ross Windsor, her longtime boyfriend (and three-time U.S. trials bike champion) who in 2008 introduced her to mountain biking on a single-gear bike.

“Riding singlespeed just made perfect sense to me,” she said. “It was quiet and light, and I got strong really quick.”

Her mountain bike racing career began with cross-country and then marathon distances, and she won a national title in 2011. She followed that up by completing five 100-mile mountain bike races in 2013. Still, Drobna wanted a steeper challenge.

“I found that I felt more at peace going slower and farther,” she reflected. “What I really like is being all by myself. For some reason, I was still searching for something longer. That’s when I started researching the Tour Divide. I thought, ‘If I can ride 100 miles, why not try to ride 100 miles every day?’”

Competitive bikepackers race alone and unsupported. They carry a GPS device to navigate the route, and to keep all competitors honest, along with their own food, water, tools and gear for camping. It’s this self-reliance and solitude that attracts Drobna to these extreme events. That, and the simplicity of it.

“You can go days without seeing any people,” she explained. “It’s like you almost live a different life. You leave everything you do at home behind—responsibilities, relationships, work. It’s just you and the trail and the bike. You’re in the moment all the time.”

In bikepacking events, Drobna’s custom-built titanium singlespeed—carrying food, water and gear—weighs in at forty pounds. She typically pedals sixteen to seventeen hours each day, including a few hours in the dark. Depending on the trail, she might cover 170 miles during that time. If the route is particularly steep or technical, or requires more hiking, she might log only eighty—all the while burning 10,000 to 12,000 calories.

Since her record-setting season in 2015, Drobna continues to enter long-distance bikepacking events but with less frequency. Despite vowing not to, she’s been back to the Arizona Trail twice, with the aim of besting her 2015 record time. This past April, she won the female division again, but failed to beat her record-setting time.

Of all the racing she’s done, Drobna describes the Arizona Trail ride, which stretches from the Arizona-Mexico border to the Utah state line,



as the “most brutal.” Part of the difficulty is the twenty-four-mile portage across the Grand Canyon, which requires riders to disassemble their bike, affix it to a pack, and trek down and then back up the canyon wall.

That, and the weather. “There’s no shade, and there’s constant sun beating down on you,” she recounted of the 2018 race. “I was having a hard time staying hydrated. I was drinking seven liters a day [more than three-and-a-half gallons], and it wasn’t enough. When I climbed out of the heat into Flagstaff, the coldest night was fifteen degrees with fifty mile per hour winds. I was worried about being hypothermic. It was incredibly brutal conditions, from one extreme to the next.”

Despite this, Drobna now holds the two fastest finish times among women.

“One of the things that draws me to [ultra-endurance cycling] is it’s never the same,” she explained. “One time I ran into three bears in two days, I almost hit a moose during a night ride, almost kicked a rattlesnake with my pedal. You just never know what’s going to happen, and that’s exciting to me.”

For the remainder of this year, Drobna is taking a break from racing, but hasn’t written off resuming her ultra-endurance career. “It’s crazy hard,” she said, which seems like a gross understatement. And then added: “But you can’t get mad when you’re out there, because you’re in the most beautiful place.” ■

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CLIMBING

First Ascent

Author Jason Chinchen aims to unify the Central Oregon bouldering community with his new guidebook and the High Desert Climbers Alliance.

WRITTEN BY HANNA MERZBACH

Any mention of rock climbing in Central Oregon immediately conjures up images of daredevil climbers navigating the sheer walls of Smith Rock State Park. While the rope climbing at Smith Rock is world-renowned, it's only a slice of what the region has to offer climbers. Bend boasts many lesser-known bouldering sports right in town.

Bouldering started out as a means to warm-up and practice for rope climbing. Over time, however, it has evolved into its own sport with a fervent following. While climbers have been bouldering in Central Oregon for decades, up until last year, information about Central Oregon's many bouldering spots largely spread through word of mouth.

Last fall, Jason Chinchen, a man of many trades including woodworking and graphic design, authored and designed *Central Oregon Bouldering*, the first guidebook for Bend's bouldering areas. The book has more than 1,200 climbing routes or "problems" at ten areas near the Deschutes River Trail and off Cascade Lakes Scenic Byway.

Chinchen has lived in Bend intermittently since the '90s, originally moving to Central Oregon to climb at Smith Rock. Over the years, he has also lived in Bishop, California, the epicenter for bouldering in the United States. Upon returning to Bend, Chinchen found the outdoor bouldering community here underdeveloped.

"When I came back here, the climbing community was really focused around the climbing gym and around Smith Rock, and there were very few people bouldering," said Chinchen. "I tried to find people to go out and climb with me, but I had a really hard time."

As with all guidebooks, there was some concern that more attention would bring more traffic and increase the risk of overuse. Smith Rock pioneer and author Alan Watts explained this dilemma in the foreword of Chinchen's book.

"Bouldering in Central Oregon has long been shrouded in mystery

—a closely held secret protected by tight-lipped locals," wrote Watts. "Guidebooks are a paradox. On the one hand there's little question they bring far more people into bouldering areas once enjoyed by a privileged few. But on the other hand, the influx of people sparks development and brings fresh blood and energy to scenes that might otherwise grow stagnant."

Mike Rougeux, the Climbing Program Director at Bend Endurance Academy (BEA), argued that the book continues the tradition of passing information down between climbing groups but in a different format.

"Either someone was going to write a guidebook for the bouldering in Bend and it would be someone that wasn't from Bend or someone who was a part of the climbing community," Rougeux said. "I think it was better that it was someone who was part of the community."

Rougeux said that the book has solidified and legitimized bouldering in Central Oregon and established boulderers as a stakeholder in any discussion about resource management.

After publishing his book, Chinchen helped establish the High Desert Climbers Alliance (HDCA), a nonprofit dedicated to working with land managers to protect these areas and mitigating any problems caused by increased traffic. Newly-formed, HDCA has taken on the responsibility of protecting all rope climbing and bouldering in Central Oregon apart from Smith Rock,

which has its own organization.

"The biggest thing for us right now is putting the pieces in place for the continued growth of the sport and the growth of Bend," said Rougeux. "We are trying to make sure climbers are represented in the community."

Both the book and HDCA were created to bridge divides in the bouldering community.

"When you have a community that's unified, we can get things done," said Chinchen. "I think that my part has been done to give a central view and something for the community to gather around." ■



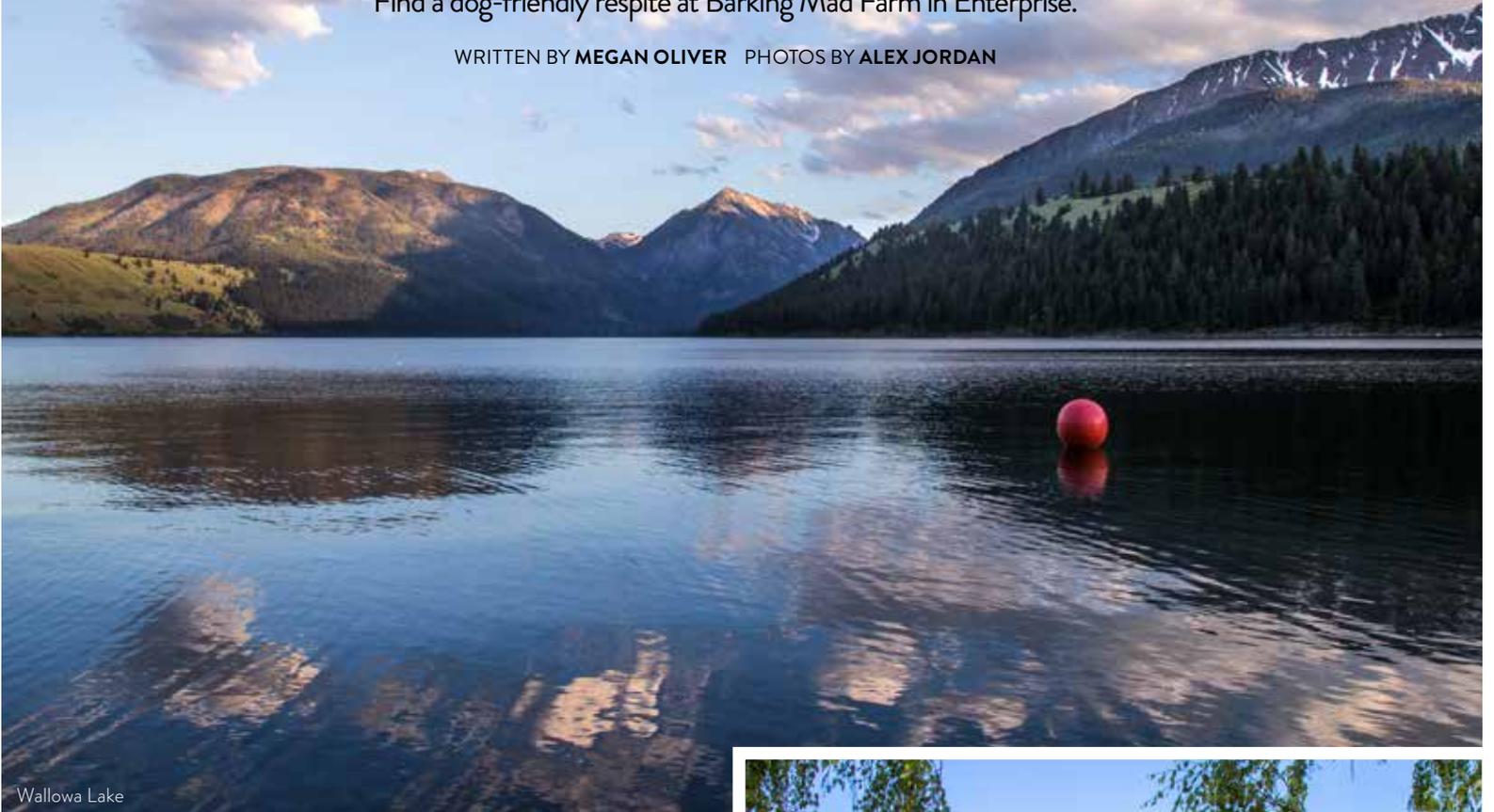
Maitreya Sriram climbs "Bulletproof," a V5 at Widgi Boulders.

DESTINATION

The Wallowas Are Calling

Find a dog-friendly respite at Barking Mad Farm in Enterprise.

WRITTEN BY MEGAN OLIVER PHOTOS BY ALEX JORDAN



Wallowa Lake

Chief Joseph, Sacajawea, Matterhorn, Glacier, Eagle Cap, Twin, Sawtooth, Ruby, East Hurricane. Each snowcapped peak unfurls a glimpse into the natural history of the Wallowas and a unique vantage on the verdant patchwork of farmland 5,000 feet below. Up at summit elevation, where the air is thinner than the loose shards of granite underfoot, a person gains a little perspective.

Down among the cow-dotted fields, just outside of Enterprise in the Wallowa Valley, it's just as easy to lose yourself in the oversized scenery. The towering Wallowa Mountains to the west are an ever-present alpine marvel visible even at night when they cut a jagged line across the star mottled sky.

Cattle dog Roo lounges on the covered porch at Barking Mad Farm, cocking his ears to the crackle of the campfire, the hoot of an owl and the rhythmic churn of sprinkler lines soaking nearby fields. Luckily, you don't have to be a cattle rancher, or a cattle dog, to bask in the majesty of northeast Oregon. This porch is open to all of Barking Mad Farm's guests, who are invited to grab a seat on the porch swing and soak in the solitude.



Barking Mad Farm



About Barking Mad

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Country Charm

WHEN GUESTS AWAKE in the morning, the natural world beckons through the window. From the Seven Devils Suite, early risers can watch the eponymous Idaho mountain range glow a fiery orange on the eastern horizon. The 600-square-foot suite maximizes natural light from its perch on the upper level of a building adjacent the property’s classic white and robin’s egg blue farmhouse.

Next door, in the renovated early-1900s abode, the luxury Treetops Suite spans the entire second floor. Emily Klavins owns the bed and breakfast with her husband, Rob, but the pair originally came to the farm as guests. They recommend the Treetops Suite for romantic getaways.

If the mountain air is crisp, light a fire in Treetops’ brick fireplace. Downstairs, the more straightforward Buffalo Suite has an extra bed and views of the neighboring field populated with American bison. This suite is also closest to the sizzle of frying bacon in the morning.

To Market, To Market

THE KLAVINS HAVE BEEN procuring a whole pig for meat each year since they bought the farm from the former owners in 2013, when Rob was able to relocate to Enterprise while keeping his job with the conservation group Oregon Wild. This year, the novice farmers purchased two sows and a hog and brought three litters of kunekune heritage piglets into the world.

“They are little ambassadors,” said Emily. “So socialized—running up to guests to present their bellies for rubs.”

The investment is the latest step in the couple’s plan to be sustainable stewards of Barking Mad Farm’s forty-two acres, an ethic rooted in how they met teaching outdoor school. Currently, much of the acreage is leased to a third party, but the Klavins are hoping to ramp up their use of land year-by-year, demonstrating rural life to guests.



FARM LIFE

TOP Don’t skip the most important meal of the day. Owners Emily and Rob Klavins serve a scratch-made breakfast every morning with locally sourced ingredients.

ABOVE This year, the Klavins brought three litters of kunekune heritage piglets into the world, part of the plan to be sustainable stewards of the forty-two acre farm.





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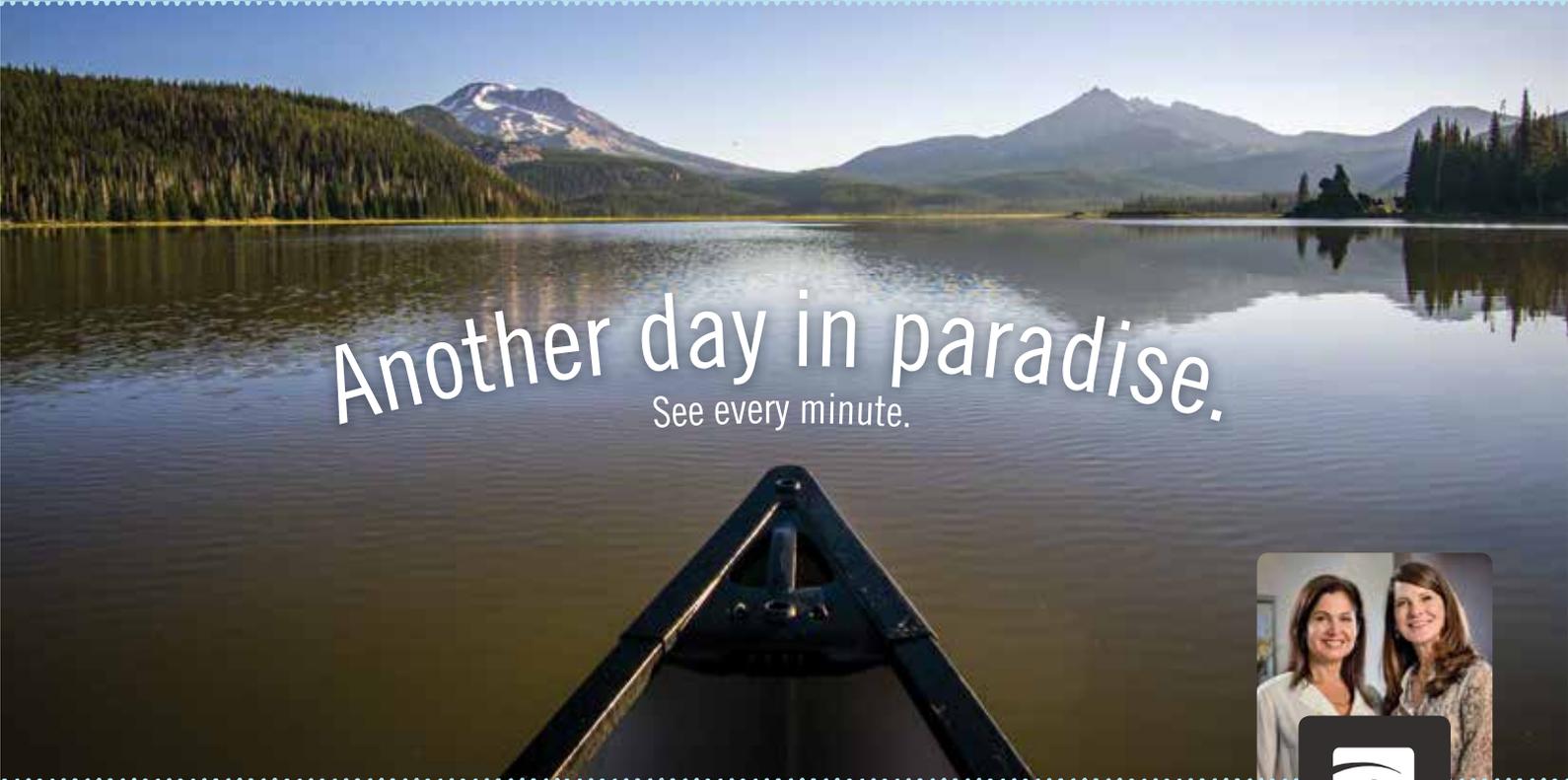
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AROUND TOWN

RIGHT Hike along the Hurricane Creek Trail to Slick Rock, where a natural rock slide allows you to cool off in the heat of the day.

BELOW Grab lunch or dinner at Terminal Gravity Brewing in Enterprise.



RETREAT

Something To Bark About

ON THE MORNING OF our interview, Emily had taken some forty-odd hens to a local natural processor to be butchered and was delivering the meat to neighbors. During the warmer months, trips into town revolve around the farmers' market and farm stand, respectively. The rest of the shopping list items are crossed off at Ruby Peak Naturals and the organic section at the grocery store.

"We value the actual experience people can have with food before it becomes little packages in your fridge," said Emily.

Emily cooks guests a scratch-made breakfast each morning. Seasonal fruits inspire dishes such as raspberry crepes with crème fraiche, huckleberry drizzle and toasted almonds. Her homemade granola is always fresh, and she need only step out to the henhouse to gather eggs for the Barking Mad Benedict.

Venturing Out

WHEN ROO WANTS to take a break from all the pigs and free-range chickens running about, he retreats to a two-acre fenced field. There in the "dog park" he'll gladly show off his stomping grounds to guest dogs. Dogs (and cats) are welcome at Barking Mad Farm if they are friendly and respectful of other people and animals.

Off the farm, a favorite nearby activity for pups and people alike is the hike to Slick Rock from Hurricane Creek Trailhead, where gurgling snowmelt cascades down one pool after another, creating a natural slip-n-slide (6.5 miles, out and back). Joseph and Wallowa Lake beyond offer arts, culture and recreation in spades.

Back in Enterprise, Sinclair Coffee Co. is a great spot for a lunch burrito and a caffeinated pick-me-up. Another tasty daytime option is Sugar Time Bakery, which has stellar sweets and paninis. Grab a midday or evening meal and a pint at Terminal Gravity Brewing.

Shop for skin products at Wild Carrot Herbals, then head to The Bookloft. Hours will pass by as you peruse local art in the bookstore's Skylight Gallery, chat with locals at creaky wooden tables and pick up reading fodder to take back to Barking Mad Farm's Adirondack lawnchairs. There in the sunken seats, alternating page turns with glances at the mountains, you will likely stay planted for the remainder of your trip. **B**

TRIP PLANNER

WHAT TO DO

Hike to Slick Rock from the Hurricane Creek Trailhead
Visit Wallowa Lake State Park in Joseph

WHERE TO EAT

Sinclair Coffee Co. or Sugar Time Bakery for lunch, Terminal Gravity Brewing (called simply TG) for dinner

WHERE TO SHOP

The Bookloft, Wild Carrot Herbals, Ruby Peak Naturals

UPCOMING EVENTS IN ENTERPRISE

Juniper Jam | September 1, 11 a.m. to 10 p.m. | Wallowa County Fairgrounds

A successful Labor Day weekend should involve dancing. Enjoy local and regional acts at a family-friendly string music-centric affair. Guitar aficionados will want to sign up for the "alternate tuning guitar class" at 10 a.m.

Pig-nic | October 6, 1-4 p.m. | Barking Mad Farm

To celebrate locally raised foods and producers, the farm will host a Hog Harvest Festival to promote the nonprofit Slow Food Wallowas (Emily sits on the board). Along with a hog butchery demonstration, there will be pig petting, local pork cuts by donation, craft beverages and live music.

An Evening with the Curtis Salgado Band | November 9, 8 p.m. | OK Theatre

The "Old OK" is the oldest continuously operating, purpose-built theater in Oregon. Head to the OK Theatre in Enterprise to see famed blues artist Curtis Salgado coo from an ornately carved wooden stage to a (likely sold out) crowd.

I love my doc.



For me, staying active means staying healthy. Which is why I rely on Dr. Harker for everything related to my health. He's so knowledgeable and friendly, and I always feel confident when I leave his office. Put simply, he keeps me going strong."



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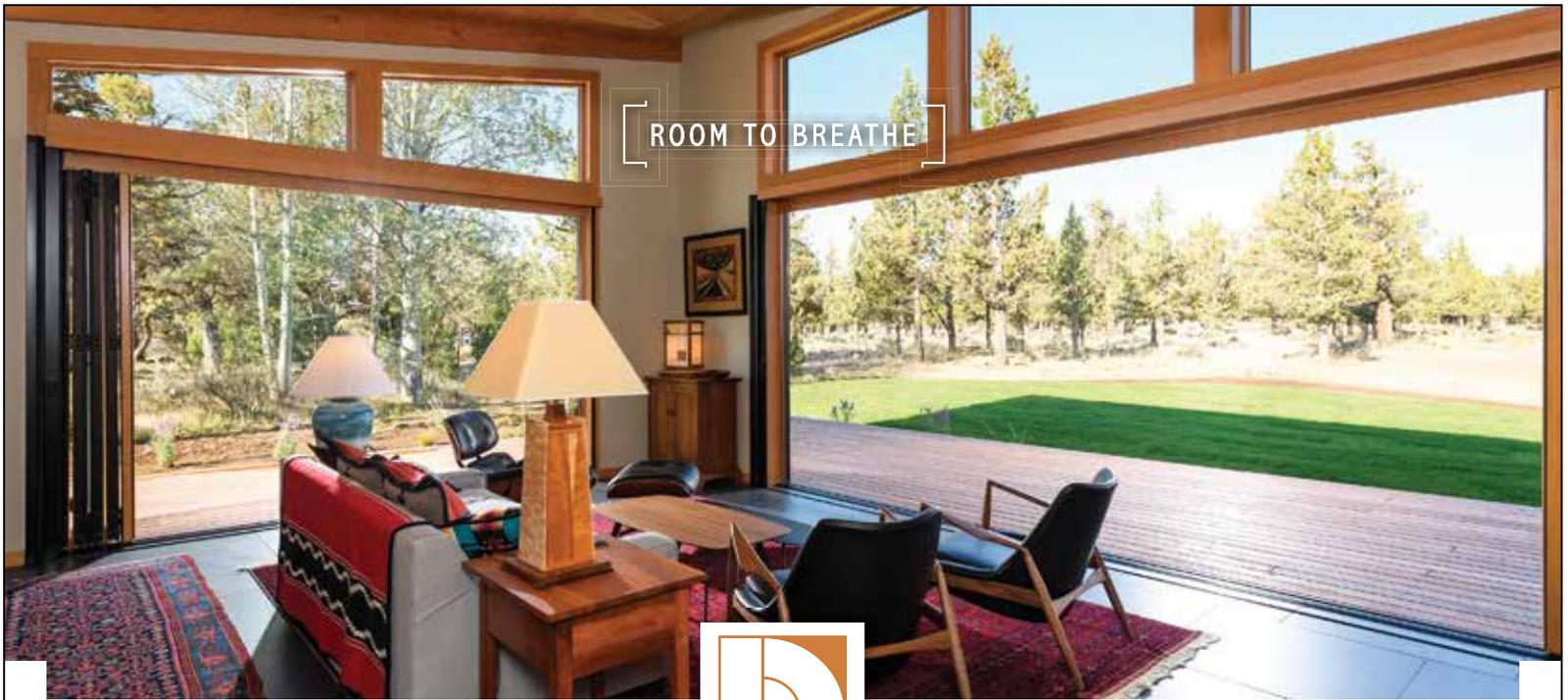
HARVEST

Pumpkin Party

Go for the pumpkins, stay for the corn “maize.”

WHETHER YOU COME FOR THE PUMPKINS, pony rides or the legendary corn “maize,” a trip to Smith Rock Ranch is a rite of autumn for many Central Oregonians. Spend a full day here and you might cover all the activities, assuming you don’t get turned around in the labyrinth corn “maize” that owners of the Smith Rock Ranch in Terrebonne painstakingly carve in the head-high corn, always with a nod to some piece of pop culture, as evidenced by aerial shots of the maze. (Last year’s theme was Sherlock Homes). Add in live music, the boom of the requisite pumpkin cannon, food truck snacks and face painting for kids and you’ve got something for everyone to help celebrate the harvest season. SMITHROCKRANCH.COM





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Eric Ballinger holds his great-grandfather's suitcase.

HISTORY

The Things They Carried

In the hands of its rightful heir, an orphaned suitcase shines a light on a dark chapter in Oregon's history.

WRITTEN BY PENNY NAKAMURA

Eric Ballinger ran his hand along the battered brown leather suitcase, and paused when he came to the number "#16380" emblazoned on the smooth leather. He traced the numbers with his finger. "This was my great-grandfather Hidehiko Morioka's suitcase," explained Ballinger, as he recalled the emotional upheaval and toil that this small suitcase symbolizes for the family.

"When Executive Order 9066 was signed by President Franklin D. Roosevelt in 1942, it essentially rounded up Japanese families living here and sent them to internment camps, in the most remote parts of the United States," he said. "People, families were reduced to mere numbers."

How this symbolic suitcase was retrieved is almost miraculous, according to Ballinger, who is a fourth generation Oregonian of Japanese descent living in Bend with his wife and young daughter.

Historical writer and artist Jane Comerford found the suitcase by a dumpster on Killingsworth Street in Portland and felt it was more than just a battered piece of garbage. Seeing the inscription "H. Morioka #16380," she instinctively picked up the discarded old leather valise and drove it to Oregon Nikkei Legacy Center, a museum interpreting Japanese American experiences in the 1940s, in downtown Portland.

One of the curators at the museum had recently met Ballinger at a "Day of Remembrance" discussion on Japanese internment at the Deschutes Public Library and recognized the Morioka family name. The curator, Todd Mayfield, was able to contact Ballinger and reunite the suitcase with the descendent of Hidehiko Morioka.

"The suitcase is a story of immigration, civil rights, racism, perseverance and great sadness," explained Ballinger, glancing at the suitcase and the

journey it has taken to finally end up in his possession. “It is a reminder of the incredible sacrifice that my family went through to be here in this country. It survived as a reminder of the struggle for freedom.”

The Morioka family had been farmers in the Hood River and The Dalles area. They sent their fruits and vegetables to market in Portland every weekend. Ballinger said the Morioka family assimilated into the American way of life, and to prove it, he shows a black and white photo where his grandmother is wearing bobby socks and oxford shoes, as the family picnics along the Columbia River Gorge with Mount Hood in the background.

“They looked like any other American kids,” said Ballinger with a laugh. “My grandmother even played basketball in high school.”

In the wake of the bombing of Pearl Harbor on December 7, 1941, paranoia and fear began to set in, and bigotry started to show. Japanese Americans were treated with skepticism and hostility by neighbors once considered friends. When Executive Order 9066 was issued, Japanese families had only six days to pack up what they could muster. They left empty homes, jobs and dreams.

“My grandmother told me you could only take what you could carry, and I think the weight limit was seventy pounds,” explained Ballinger. “So many people lost everything. They left behind houses, farms, equipment and furniture. Things they could sell were sold for the fraction of what they were worth.”

Ballinger said his grandfather, Takeshi “Harry” Morioka, was a newlywed during the years of his family’s internment at Tule Lake, the largest internment camp in the country, on the California-Oregon border. He promptly volunteered for the United States Army and became a much sought after translator in the Military Intelligence Service.

Morioko was later given, posthumously, the Congressional Medal of Honor for his service, which Ballinger and his mother proudly received in his honor in Washington D.C. in 2011.

“Even after the war, when they came back to Oregon, my great Uncle Shig said there was blatant racism in Hood River. There was a



MORIOKO'S LEGACY

LEFT Ballinger’s great-grandfather, great-grandmother and grandfather as a child.

BELOW Ballinger holds the the Congressional Medal of Honor awarded to his great grandfather for his service in World War II.

BOTTOM The Morioka family picnics along the Columbia River Gorge.



full-page ad in the newspaper that read, ‘So Sorry, Japs not wanted in Hood River,’” said Ballinger. “In 1944, the American Legion in Hood River had removed sixteen names of Japanese American soldiers from its Wall of Honor despite their sacrifices for our country. It was a pretty hostile environment.”

It’s a pain that has spanned generations. Ballinger noted that his mother didn’t learn of her family’s internment until she was in high school.

“No one in the Japanese American community ever spoke of this topic. It was painful, embarrassing and dishonoring,” said Ballinger.

Since the suitcase was saved, Ballinger felt compelled to tell his family’s story in Oregon. It has been part of the 4th/5th grade storyline

on Japanese American Internment at Bend’s Kenwood Elementary School and was on display this past summer at the High Desert Museum’s exhibit on World War II.

Recently, Ballinger told his story at Central Oregon Community College, and he hoped to continue to share this family history that is sometimes forgotten in American history.

“The suitcase is helping to tell a story that my grandparents had a hard time sharing. In fact, they didn’t really tell us anything until they were in their eighties,” said Ballinger. “The suitcase was packed with dreams, pride, uncertainty and hope. I think it’s important to tell this history, where U.S. citizens were denied their freedoms and stripped of their civil rights—it’s especially important now.” **B**

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BRAD TISDEL

SISTERS, OREGON JULY 2018

Brad Tisdel grew up outside of Portland, lived around the West, and moved to Sisters in the mid-90s after entering the Sisters Folk Festival songwriting competition. In 2000 he started the Americana Project, a music program in Sisters' school district. He's currently the creative director of the Sisters Folk Festival and books the talent that brings people from all over the country to the small town for the annual event. He talked with *Bend Magazine* about the importance of discovering music at a young age and how Sisters has cultivated its arts community.

ARTIST *in* RESIDENCE Brad Tisdel

INTERVIEW AND ARTWORK BY TEAFLY

On Discovering Music

I was a choir kid. I always sang and had a real passion for singing. In college, it seemed like everybody could play a little bit of guitar, and so I thought, "How hard can that be?" When I got to write songs and play guitar, I realized that was what I wanted to do. After doing it for about ten years, though, I realized that not only is it a hard road, but also I wasn't sure how committed I was for my whole life. I wanted to be involved in the folk music community, but not necessarily just as a musician. In 1995, I was living in Seattle and I entered the Sisters Folk Festival songwriting competition. I was a finalist two years in a row for that. Back then, the festival was still small. I lost that year to Dave Carter, who is a fantastic songwriter.

On Bringing Music to Schools

In 2000, the Folk Festival asked me to start the Americana Project, a collaboration between the Sisters Folk Festival and the Sisters School District. A lot of big picture stuff is taught through the lens of art and music education. I'm really proud of the Americana Luthier program as well. When we talk about carrying on age old tradition, I think the fact that young people have the opportunity to build ukuleles and guitars in their high school is a shining example of the uniqueness of the opportunity to grow up here. Other school districts have cut their music and arts because they could not figure out how to fund them. Here, we made it a focal point.

On The Next Generation

From the beginning, for me as a songwriter, it was always important that kids learn how to write and perform original music. As a compliment to that, they also need to know who they are, what their sense of place is, who they are becoming and how that connects with

their community. Having the language, as an artist and a poet, of composition, line, space, form, harmony, and melody in visual art and music is immensely valuable, even if students do not become artists themselves. We want young people to understand it is important to have that value in their life.

On the Arts in Sisters

The town has embraced Sisters as an arts community for a long time now, but it wasn't always valued. I think Kathy Deggendorfer and others have done amazing things in changing that. I've seen the strength of the galleries grow, and the recognition of Sisters as an arts town is growing. Between the Americana Project, Sisters Arts Association, Hood River Arts, the Quilt Show and even the Rodeo, there is a cultural identity around these events that has always been a part of Sisters.

On Experiencing the Moments

The Sisters Folk Festival is overlooked as an event for world class music. Don't come for a day. You can't capture all of what is going on in just one night. It is interesting to find something you didn't expect that you love. It's really a place where you come for one artist but you discover three others. For me, watching the festival unfold and connecting with community is always super special. One of my favorite things is when there are musical moments that could only happen at that venue on that night because of a number of different things, intentional or not. You can see the artists eating dinner together in the restaurants through the weekend. There is always a late night jam on Saturday night at Angeline's and those have incredible moments. I look around and what I see on people's faces is joy, beauty, excitement and connection. That's what it's really about. ■

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OSU-Cascades FORCE Lab

RESEARCH

Step by Step

Bend researcher at the fore of new running shoes' impacts

WRITTEN BY CATHY CARROLL

The world's oldest pair of shoes were made in Oregon. Crafted of oh-so-comfy sagebrush bark, perhaps it's no wonder someone left them in a cave in Fort Rock 10,000 years ago. We've been improving on footwear ever since, and so it fits that Bend is at the forefront of studying the latest technology in running shoes.

Maximal running shoes, with their marshmallow-like cushioning from heel to toe, are gaining traction with runners (particularly those over age 40), walkers, and others such as healthcare workers who are on their feet for hours and want to be comfortable and injury-free. Little is known, though, about how maximal shoes influence running biomechanics.

Bend's Christine Pollard stepped in to find out. She is associate professor of kinesiology at OSU-Cascades and director of the Functional Orthopedic Research Center of Excellence (FORCE) Lab, which does cutting-edge injury research and intervention strategies.

She brought women runners into the lab and used 3D motion capture and treadmills equipped with force plates to measure the impacts on their feet and legs after running 5,000 meters. First, each woman wore New Balance 880s, a "neutral" running shoe with more



A THORN IN THEIR STRIDE

Much attention is being given to what children have in their hands (iPads, cell phones, etc.) and the effects that may have. But what about what kids have on their feet?

For 2 million years, humans ran by landing on the forefoot, which likely has influenced the evolution of our body form. Research has shown that traditional running shoes with cushioned heels have changed humans' natural stride, prompting them to land heel first, rather than the forefoot first. Some of these mechanics, such as increased impact on the knee, have been significantly associated with running injuries.

This made biomechanics experts including Bend's Christine Pollard, associate professor of kinesiology at OSU-Cascades wonder. What if kids wearing minimally cushioned shoes developed a strong musculature that didn't rely on cushioned shoes that do all the work for us? This fall, Pollard plans to start finding out, conducting a study involving local 9- and 10-year olds who would run and walk in "minimal" shoes for a year, and she will measure the results.

She hasn't picked a brand of shoe yet, but Pollard, a mother of two, said she will be basing it part on what her kids think looks cool, to help encourage the young participants to stay committed to the study, said Pollard, who is also director of the Functional Orthopedic Research Center of Excellence (FORCE) Lab, which does cutting-edge injury research and intervention strategies.



Christine Pollard



cushioning in the heel than the forefoot. Then Teague Hatfield, owner of FootZone, fitted them for a maximal shoe, the Hoka One One Bondi 4. They returned to the lab in about a week and repeated the test wearing those. None of them had worn a maximal shoe before.

“What we hypothesized is that the maximal shoe with more cushioning would be more of a shock absorber, but what we found was the opposite,” said Pollard. She thinks that’s the case because the new, super-cushioned feeling of the shoes unconsciously prevented the runners from controlling how hard they were hitting the ground.

So she sent the runners home with the latest Hoka One One Bondi 5 for six weeks to get accustomed to them, wearing them the first week for 20 percent of their runs and increasing gradually toward wearing them exclusively. Then Pollard will repeat the study and have the results by fall.

“I suspect the loading rate and impact peak will go down, but I don’t know,” she said. “No one has looked at it. We’re excited to be the first.” ■

IF THE SHOE FITS

Christine Pollard is also a physical therapist, and offers these tips around shoe choices for runners.



If you feel good about your performance and have no injuries, stick with the shoes that are working for you.



Have nagging pain or injury? See a physical therapist. Patients who don’t respond to typical physical therapy are usually sent to the FORCE Lab, which has the tools and clinicians to do a full biomechanical analysis and look for asymmetries.



If you are experiencing injury or pain, consider that trying a different shoe is one factor among many, including increased running frequency, duration and terrain. When switching to a maximal or minimally cushioned shoe, educate yourself from a reliable, science-based source, such as the Spaulding National Running Center, affiliated with Harvard Medical School.



Seek out a running coach or physical therapist for how best to slowly transition into a new type of shoe, which could mean starting off using it for 20 percent of your weekly mileage.



Want to try a maximal shoe? Go to a dedicated running store such as FootZone, which has a range of models and staff who can ensure the proper fit.



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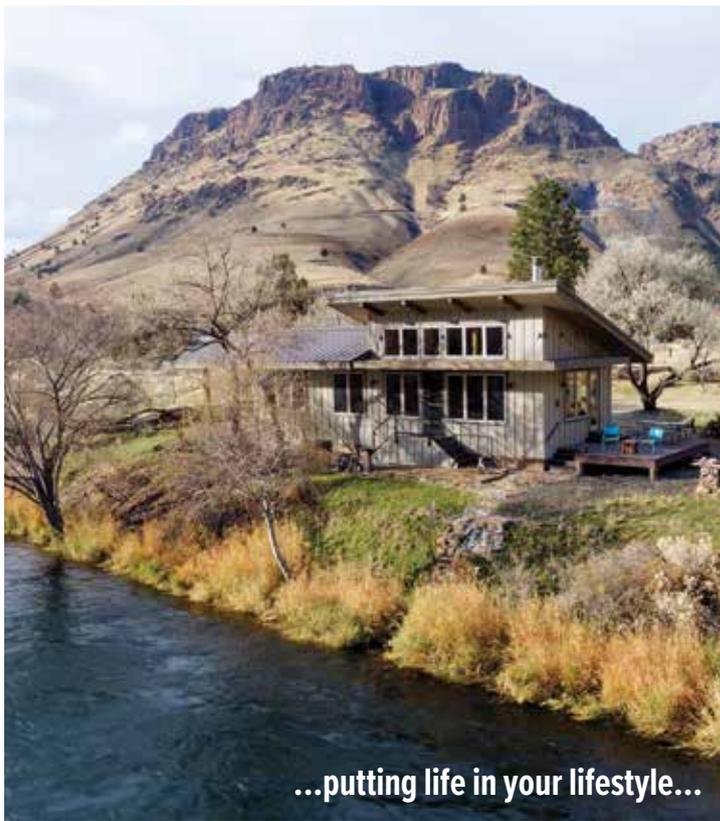
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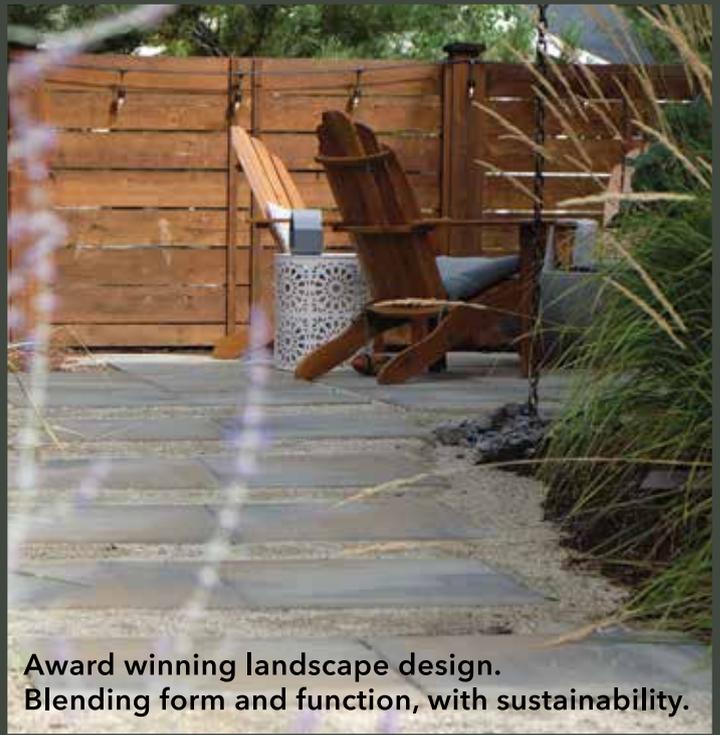


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MODERN

Light on the Land

Modern and antique, private and public, inside and outside, sleek and organic. A Bend couple got it all in a home design that relied on a little bit of clever artistry.

WRITTEN BY **STEPHANIE BOYLE MAYS**

PHOTOS BY **JOHN GRANEN**

Nancy Burfiend and Joey Reiter had been visiting friends in Central Oregon for twenty years before they decided to buy a lot in western Bend that boasted an unobstructed view of the Cascades and ready access to mountain biking trails.

Based in Seattle, the couple interviewed several architects before selecting DeForest Architects, also of Seattle, to design their two bedroom, two-and-a-half bath home. Burfiend, owner of NB Design Group, had worked with principal John DeForest on other projects, and Reiter, whose professional experience was that of a financial consultant rather than as a designer, readily responded to the firm's clear presentation and communicative approach to working with clients and contractors.

Before deciding the practical specifics of the layout, DeForest assigned the couple "homework" so he could better understand the spaces in which they felt most comfortable, and then used block models to





OLD AND NEW

LEFT In the master bedroom, sliding panels can hide or reveal shelving and storage.

TOP LEFT Flooring made from reclaimed barn wood is juxtaposed against a sleek white kitchen with Pental quartz countertops and Italian cabinetry.

TOP In the dining area a table top of 18th century English floor boards is paired with modern Anziano chairs.



show them how rooms could flow into each other and integrate the criteria that had been set forth.

The team then brought on Young Construction in Bend as the general contractor to build the 2,600-square-foot home. The company had already built two nearby homes and was well acquainted with the requirements of the neighborhood and the demands of Bend's climate.

"While there are more and more tools that break down the distance between us and a site, to have Doug [Young], who already had established relationships with city agencies and subcontractors, and who could also

give us experienced information on Bend's climate, the neighborhood and appropriate construction materials, was invaluable," DeForest said.

The finished modern home is stained in two charcoal tones reminiscent of aged wood so that it sits "lightly on the land," explained Burfiend, who handled the interior design elements of the project. The integration of inside and out starts at the approach to the home, where guests walk a route to the front door that abuts an exposed interior courtyard. Inside the house, the use of the exterior colors continues where the palette is based on gray, white and natural tones with

the occasional burst of chartreuse green.

To accommodate the need for public and private areas and to ensure adequate storage and space for such necessities of living as books, records and cherished found objects, DeForest used hiding panels and doors to configure rooms and camouflage shelving. Views that stretch across public rooms and down hallways to reinforce the expansiveness of the space can also be shortened by a series of sliding doors used singly or in multiples to provide privacy for the homeowners and guests. The wall between the living area and master bedroom, for example, can show or hide a fireplace, television, storage and bedroom



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SHINE A LIGHT

Dark stains and the abundant use of glass help the home sit unobtrusively on the land while blurring the distinction between inside and outside.



spaces behind its gliding panels. “The house,” explained DeForest, “is built like a Swiss Army Knife.”

Burfiend acknowledged that the toughest part of the project might have been acting as both designer and client. So she relied upon her staff to remind her of the calm simplicity that the couple was striving for. As for Reiter who found the design and building process fascinating, “It amazes me that I get to wake up on this property every morning,” she said. “It’s just a fabulous home.” ■

Resources

Architect: John DeForest | DeForest Architects | DEFORSTARCHITECTS.COM

Interior Designers: Nancy Burfiend | NB Design Group | NBDESIGNGROUP.NET

General Contractor: Doug Young | Young Construction Company | 541-383-2207



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KITCHENS

Heart of the Home

Once an afterthought, kitchens are the focal point of contemporary living. We dive into two local examples from opposite ends of the design spectrum.

WRITTEN BY PENNY NAKAMURA



The days when mother disappeared into the kitchen for hours and then emerged to present a feast to a seated family in the formal dining room are long gone. As lifestyles have changed, kitchens have evolved from isolated alcoves to the heart of the home. Today's kitchen is a gathering space for family and friends that embraces the idea of food preparation as a communal experience rather than solitary endeavor.

“What we’re seeing is homeowners want the kitchen to be the

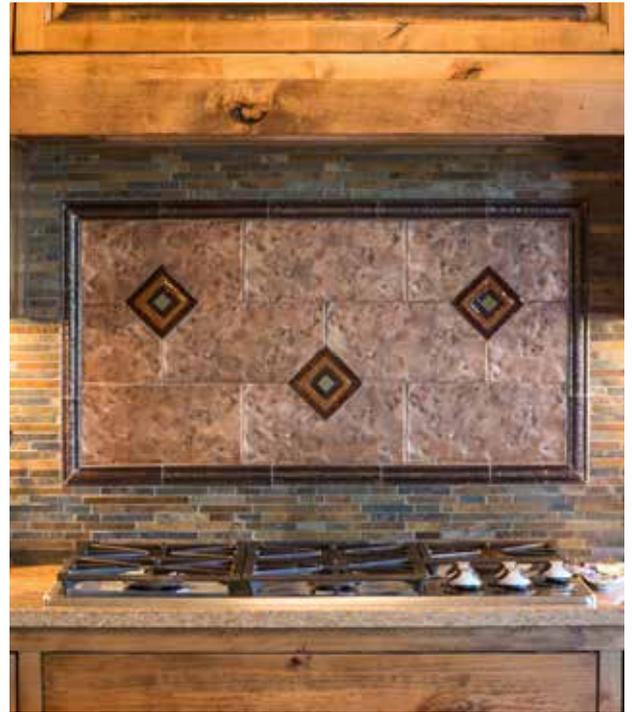
largest area in the house,” said PacWest senior lead designer, Kristine Yozamp. “We rarely see formal dining rooms anymore and the larger the island, the better, because if you have a party, you know everyone gathers there.”

You don’t have to look far around Central Oregon to find examples. We looked at two projects that occupy different ends of the design spectrum, yet share the underlying philosophy of kitchen as heart of the home.



HOME
STYLE



**DESIGNED TO FUNCTION**

LEFT The kitchen features four task-specific dishwashers to streamline cleanup.

TOP A copper backsplash is just one design accent that adds contrasting natural elements to the space.

OPPOSITE The single-level island is a focal point, providing storage and extra seating.

CONTEMPORARY CLASSIC

The Harris family built their dream home and kitchen in Tetherow, after decades in an older remodeled home in Eugene.

“My other kitchen literally had this much counter space,” said Ruth Harris, spreading her arms about three feet apart. “When we built this kitchen I wanted a lot of counter space and a lot of room where we weren’t bumping into each other.”

The family knows all about entertaining guests. Their first year in Bend, they hosted 180 overnight guests, and that doesn’t include the eight lavish parties they throw each year, plus regular Sunday family dinners.

A splurge on four task-specific dishwashers interspersed through this kitchen was not out of the question. Each dishwasher is hidden behind wood paneling

that matches either the knotty alder wood cupboards or the distressed, crackle-painted fronts in the island.

Another trend in today’s kitchen is the unobstructed single-level island, according to Yozamp, who helped Harris select a massive five-foot by ten-foot granite slab for the island.

“The island is the focal point and hub of the kitchen. It’s an impact statement, but it’s also a workhorse,” explained Yozamp. “There should be plenty of storage all the way around, plus additional seating at the end of the island for casual in-kitchen dining.”

Yozamp said hardwood floors are still the most popular choice for kitchens in Central Oregon today, because they exude warmth, and fit in with the natural environment.

The Harris kitchen took their wood

floor to another level, by using reclaimed wood from an old home in Independence, Oregon. Each naturally patinaed slat was cut with tongue and groove for seamless installation.

Another popular trend that Harris used in her kitchen was accents of copper, from her backsplash to her hanging lamps over the island.

“It’s extremely expensive, but we’re seeing a lot of fixtures and accent pieces that are in copper and even rose gold,” said Yozamp. “It can be subtle, but a little adds a lot of shine.”

Though not located in the Harris kitchen, but still just steps away, is a show stopping, walk-in, climate-controlled wine cellar, also built with reclaimed wood. It’s fondly known as Chateau Harris and can safely store 900 bottles of wine.



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TIMELESS PALETTE

TOP An all-white kitchen is simple and always looks sleek and clean.

LEFT The butler's pantry functions as a wet bar while providing extra counterspace.

MODERN MINIMALISM

On the opposite end of the kitchen design spectrum is that in the Hagg-Watter's ultra-modern home.

The all-white kitchen was ideal, as homeowner Dr. Jennifer Watter said it keeps it simple, timeless and always looking sleek and clean, something she and her husband Dr. Dan Hagg appreciate with their three busy children.

The sleek and modern minimalistic cupboards allow the Hagg-Watter family to add pops of color that boldly stand out, without it looking cluttered. The white quartz island and counter tops in this kitchen are trending in newer kitchens.

"More and more people are choosing quartz and quartzite countertops over granite," said Cascade Design Center owner Ronda Fitton. "Quartz is an



engineered product that comes in various colors, while the quartzite is a natural rock that is actually harder than granite. Quartz is extremely durable, it's anti-microbial, and slightly easier to maintain than granite."

This family also likes to entertain and uses a dining room table just off the kitchen that can seat twenty-one people, and Watter added they've had Thanksgiving with fifty-six guests. With that many guests, Watter said her butler pantry directly behind her kitchen wall is her favorite feature.

"What I love about this pantry is the second sink in here. It's a place where we can have appliances like our espresso machine, plus there's so much storage in here," explained Watter, as she put away bottles of wine in the special built-in wine refrigerator. "It's also great that we can close off this area with doors on either side of this butler pantry."

Fitton said in many higher end homes, people are requesting butler pantries.

"Because we're seeing open floor plans,



people want their kitchens to always look clean," said Fitton. "If you're having a party, you can easily hide dirty dishes in the sink in the butler pantry, and you can keep your kitchen counters clear of appliances by having them in the butler pantry and close the door behind you." ■

ENTERTAINING ELEMENTS

TOP Modern light fixtures add an eye-catching touch to the room.

BOTTOM The built-in wine refrigerator is a bonus for a family that loves to entertain.



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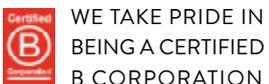
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CARPENTRY

Beauty on the Edge

Beginning with skills passed on from his grandfather, a Bend furniture maker keeps mid-century style alive.

WRITTEN BY KIM COOPER FINDLING PHOTOS BY JILL ROSELL

When one thinks of plywood, beauty isn't usually the first thing that comes to mind. But the work of Bend-based furniture designer Daniel Laudenslager can turn that concept upside down. Laudenslager's tables and cabinetry often include a layered edge grain plywood, cut at an angle and varnished to a high shine. The result reveals the plywood's contrasting layers of brown, dark brown and white wood, eliciting texture, color and style on the edges of the finished piece. The occasional imperfection that might emerge from the plywood's layers only makes the furniture even more interesting.

Plywood isn't Laudenslager's only medium, nor are tables and cabinets his only product. His design interests could be defined partly by their diversity. Most of his work is custom furniture, mainly privately commissioned, under the umbrella of his company

dl_dzine. Dining tables, credenzas, armoires and cabinetry are his specialties, but he also created a garden planter, a tool to treat plantar fasciitis, fireplace facades and more. Throughout, his work emanates a classic, sleek, high-style aesthetic. "I consider my style to be somewhat contemporary and very organic," he said.

Laudenslager calls his works "functional art," and loves the process of dreaming up a design, figuring out how to make it work and creating an object that will be appreciated for its beauty and used for its function. "I love gathering people's ideas and forming them into a piece they will love for years after."

Originally from Pennsylvania, Laudenslager, 43, earned a degree in architecture from Kent State University in Ohio and moved with his family to Bend sixteen years ago. His interest in functional design germinated much earlier, when he was a young child. "My





PERSONAL TOUCHES

LEFT A signature Daniel Laudenslager piece sits in Legum Design in Bend. He designed a spine down the center to evoke one of his other passions, surfing.

BELOW Laudenslager's grandfather was also a carpenter and passed down tooling that he still uses today.

grandfather built furniture and did upholstery. He made work benches for me when I was small, first offering me plastic tools to work with alongside him. Eventually, he made me three generations of work benches, some I still use today. He also passed down tooling that I also still use today."

That legacy contributes to the traditional style in his work. "I use a lot of wood, glass and steel," he explained. "I incorporate a lot of traditional methods, such as joinery as opposed to fasteners." A signature Laudenslager piece resides at Legum Design in Bend. The large boardroom table sits on a blade steel base, fabricated through his partnership with Bend company Modern Fab. "It's very heavy steel designed to feel light," he said. The top is layered edge grain plywood, inset with a specific design element. "I'm a big ocean person," Laudenslager said. "Surfing is my passion. Down the center of this table runs a spine, to replicate surfboard style."

A recent table is designed with the local brewpub scene in mind. The project's inspiration came by way of Laudenslager's 12-year-old daughter, who studied traditional Japanese origami folding. Laudenslager watched her at work and decided to "fold" a table base. "The rectangular steel base is a replication of the angles and structures you can get with paper folding," he said. The top is solid white oak inlaid with a functional steel channel. "The channel is designed to accept inserts, like a lazy Susan or a beer tasting tray."

Laudenslager's cabinetry was on display at the Tour of Homes in July. Scandinavian high-gloss laminate in white oak was paired with a quartz countertop in a clean modern style, all Laudenslager's design and produced by Bladt Woodworking of Bend. "I love to collaborate with other artists," he said. "Seeing the puzzle pieces come together and bringing a project to fruition is very satisfying." ■



JACK PLANTER

As a side interest to his cabinet and furniture design business, Daniel Laudenslager delves in engineered product development and design. One successful project of his is the Jack Planter, created as a vessel to hold plants or succulents. "The inspiration was to combine the art and intricacies of a Chinese puzzle with a simple childhood game, jacks," he said. A shallow concave aluminum bowl rests on a wooden sculpture that resembles a child's toy jack. "The base is made of three individual pieces that join together with the third piece articulating to lock it together and support weight without fasteners," Laudenslager explained. Two sizes—ten cubic inches and eighteen cubic inches—and four colors—black, frost, citrus or sky—are available through Bend retailer Steel Life.



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The Man Behind the Brand

Paul Evers, the man behind Crux and tbd, wants to change the way you think about coffee.
His backers are betting big that he will succeed.

WRITTEN BY TED TAYLOR PHOTOS BY CAITLIN EDDOLLS



Paul Evers (right) and son, Bobby

Every Tuesday morning at 7 a.m., Paul Evers meets with his son Bobby at a local coffee shop for a hot Americano or latte (the temperature is important here).

The two talk for an hour or so about life, family, adventures, challenges—just about anything. “Except for cold-brewed coffee,” the elder said with a chuckle. No, for one hour a week, Riff Cold Brewed Coffee talk is off limits.

That’s because most every other hour of every day is devoted to Riff, the upstart cold-brewed coffee business that

the two—along with three other co-founders—launched last year after Evers left his previous job as a managing partner in the wildly successful Crux Fermentation Project, a move that surprised many who watched Evers build the business from the ground up.

For those who know him best, however, it wasn’t a shock to see him walk away from Crux. They knew that experimentation was nothing new for Evers, a marketing and branding guru for whom change has been the one constant over the course of his career.



“We don’t want to look like a brewery and we don’t want to look like a coffee house.”

WHERE IS BEND, OREGON?

A fifth-generation Southern Californian, Evers’ grew up the youngest of nine brothers and sisters. He relished the annual spring break father-son trips his dad would take him on into the mountains. “I was always more of a mountain guy,” said Evers, 57, whose salt and pepper beard, plaid shirt and trail running shoes fit the bill.

He started his career in Orange County as an art director in the tech world working on projects for Microsoft and Aldus, but was eager to get his wife and two small children out of the concrete jungle. So he began looking for art director jobs anywhere in Oregon and Washington and eventually got a call from an ad agency in Bend.

After the third phone interview with Mandala Communications, they offered him the job in May of 1990. “But I told them I didn’t know what or where Bend, Oregon was so I was able to talk them into flying me out,” he said. “I immediately fell in love with it.”

Over the next few years Evers was courted by tech giant Intel and several agencies in Boise, but he wasn’t ready to leave Bend. When he did move, it was from the offices of Mandala to the back of his own home where he started a craft brand agency called “tbd.”

For Evers, the goal wasn’t just another agency. The idea was to build a business with a full-service approach to its clients—an agency that went beyond package designs and ad campaigns. Evers wanted an agency that could help clients build ideas that resonated with customers.

“Paul was truly the leader of this movement to start an agency that was a little different,” said René Mitchell, who moved from Mandala to tbd with Evers. “Agencies are criticized for only caring about the creative work,” said Mitchell. “[Paul] had a vision about how to create strong creative work and help a partner’s bottom line.”

Said Bobby: “He did a great job of not just taking what the client thinks they need but helping them develop what they actually need. That was a huge differentiator as to why tbd was so successful. They weren’t just executing branding, they helped solve problems.”

For eighteen years tbd had a hand in the growth and identity of some of Bend’s most iconic brands. Evers and his team came up with Woody, Deschutes Brewery’s gigantic rolling keg/tap room, and paved the way for the brewery’s groundbreaking experiential marketing efforts that continue to this day, like a traveling street pub. And Evers was the guy who in 2012 helped rebrand Kombucha Mama, a fledgling kombucha company, into Humm Kombucha (for whom Mitchell now serves as Director of Marketing).



COFFEE BREAK

LEFT The Riff Cold Brewed Team at work in the Box Factory taphouse currently under construction.

BOTTOM Paul Evers next to Riff's pilot brewing system, a centerpiece of the new tasting room.

A NEW CHALLENGE

Working on branding with Deschutes Brewery and San Francisco's 21st Amendment Brewery was enough to spark Evers' interest in starting his own brewing business—if the right people were involved.

As it turned out, the right people were interested.

The result was Crux Fermentation Project. The business brought together the branding power of Evers and tbd, the industry insights of 21st Amendment's Dave Wilson and the craft brewing mastery of Larry Sidor, a brewing legend whom Evers and Wilson wooed away from Deschutes Brewery.

"We wanted to deliver an experience beyond what beer could be," Evers said. One look at the families sprawled across the lawn outside Crux during the summer and it's safe to say that mission was more than accomplished.

Bend Assistant City Manager Jon Skidmore was the Bend Business Advocate at the time, helping small businesses wade through the complex permitting process. To Skidmore, Evers will always be the guy who saw potential in an old auto repair shop, the former Aamco transmission building that Evers and team chose as their unlikely home for the fledgling brewery.

"I had a really hard time envisioning what they were shooting to get to," Skidmore said. "That's a fantastic example of Paul's creativity—someone who can walk into a transmission shop and envision a world-class brewing facility. I sure didn't see it."

Over the next few years, Crux's growth outpaced what anyone had imagined. In 2013, Crux produced just over 1,700 barrels of beer, making it the thirty-fifth largest brewery in Oregon. Last year, production jumped to nearly 10,000 barrels, ranking it seventeenth. Earlier this year, work began on a 2,800-square-foot expansion to the roughly 6,000 square-foot pub in the heart of Bend.





TEAMWORK

TOP Just as with Crux, testing and experimentation are the backbone of the Riff model. Brewer Steffan Mitchell at work.

BOTTOM Known as an idea man, Evers has a history of building strong teams that share his vision.

THE NEXT CHAPTER

Four years after opening in 2012, and just as the Crux brand had established itself as a leader in the Northwest craft beer scene, Evers decided to move on while maintaining his stake in the business and seat on the board.

“The brand was in a really great place and had such positive momentum that it was a good idea to hand the brand off to someone with a new perspective,” he said. It was a perfect time for Evers to return to doing what he loves most. “What I’ve learned about myself, what really gets me excited, is building brands,” he said.

For his next collaboration, Evers didn’t have to search long or far. He found a willing partner in his son Bobby to embark on the next adventure. By late 2017, the enterprise had a name and a strategy, Riff Cold Brewed Coffee, a bold experiment that combines Evers brand development with the retail and customer service model that helped establish Crux as a go-to pub.

Riff, to many though, is an unknown. Currently under construction in the burgeoning Box Factory—just down the road from Crux incidentally—the Riff taphouse is already an eagerly anticipated new addition to the Bend craft beverage scene. While cold brew coffee is nothing new or novel—it’s been one of the hottest beverage trends over the past two years—Evers’s venture is likely to push the

boundaries of the formula with ideas like flavored and sweetened varieties and even wild-yeast fermented versions.

But unlike Crux, there is no blueprint for a cold brewed coffee taphouse. Together with Bobby, Nate Ambrust, a former executive for Stumptown Coffee Roasters (and widely considered a pioneer in the cold brewed coffee space), Steve Barham, a former top executive at LinkedIn, and Kevin Smyth, who worked with Evers for fourteen years at tbd and in planning Crux, the Riff team has borrowed a little from the craft brew model, a little from the coffee shop playbook and improvised the rest.

“We don’t want to look like a brewery and we don’t want to look like a coffee house,” he said. “We want to be a craft beverage destination and empower people to create their own experience.”

These days, Evers is looking at coffee the same way he looked at that old transmission shop. He sees the potential so he’s immersing himself in learning about beans, the cold-brewing process and the industry itself. The education is necessary to feel confident while embarking on a new mission.

Bobby said he believes his dad wants Riff to truly reflect its founders’ values. He said craft beverages, be it coffee or beer, resonate with customers because the products are an extension of the team behind the drink.

“We’re having fun and exploring,” Bobby said. “We’re not saying we have it figured out. We’re constantly learning and hopefully that shows in the brand itself.”

Riff’s four current flavors of bottled coffee are already available at stores throughout the region. Evers has been busy with his team pushing the brand through social media, word of mouth and offering samples to anyone and everyone who can be evangelists for the product.

The taproom will open sometime in September, a perfect time of year, he said, to introduce Bend to a new craft beverage.

“We want to provide an extraordinary experience for folks that reintroduces coffee to them in a way they don’t expect,” Evers said. **■**



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Christine Callahan



Talena Barker

Women Mean Business

STARTUP BOOTCAMP IS A LAUNCHPAD FOR FEMALE ENTREPRENEURS. Bend is an outdoors mecca, but it's also a playground of sorts for entrepreneurs with fresh ideas. Recently launched, BendX Bootcamp is an inclusive women's entrepreneurship program that helps women harness opportunity and put ideas

into action. Talena Barker, CEO and founder of Mission Limelight, and Christine Callahan, CEO and founder of Ella & Oak, joined forces to launch this program and share their valuable expertise as early-stage entrepreneurs.

Until recently, there was a serious gap in education for female entrepreneurs in Bend. "When I was first getting Mission Limelight off the ground last year, I realized that the closest

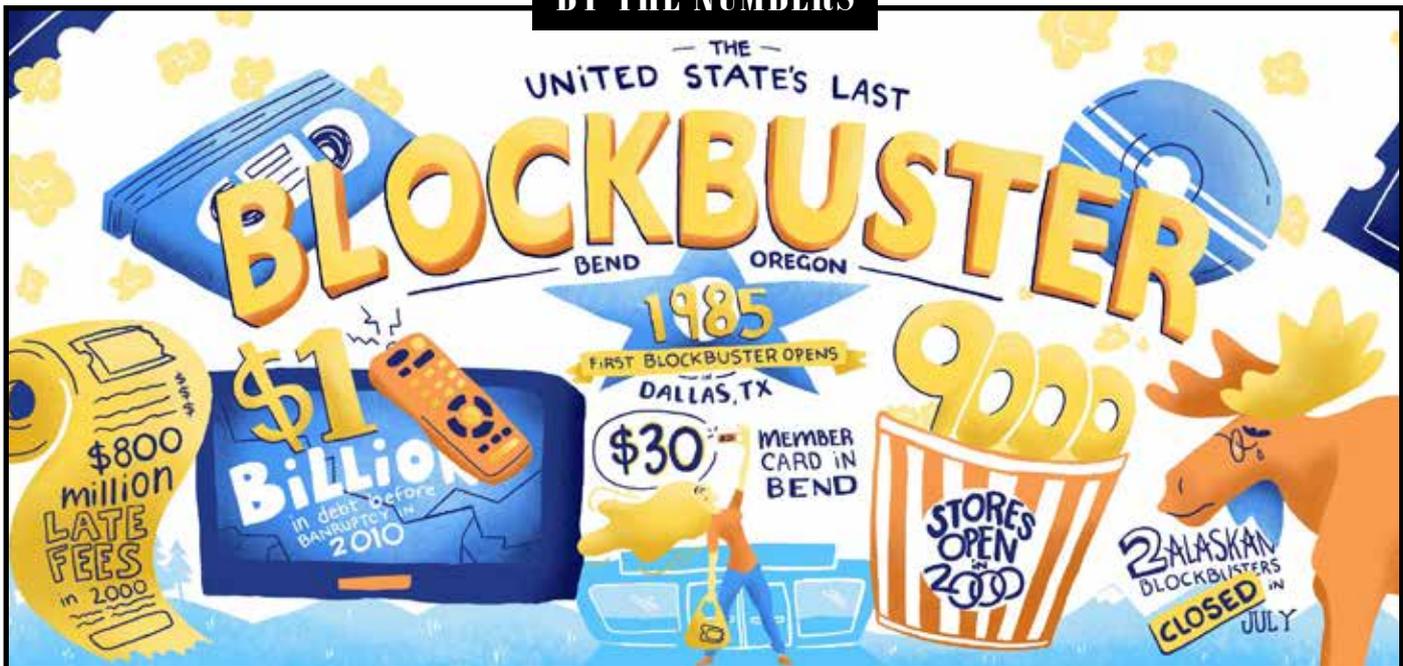
such program was in Portland and that I needed that type of education, mentorship and network urgently," said Barker. "I ended up driving over the mountain for several days each week."

Female-run companies are less likely to fail, use less capital to reach success and have 12 percent higher annual revenues than those of their male counterparts, but are still receiving less than three percent of venture capital funding. "If we can invest in helping women-founded companies get off the ground in the early stage, the dividends are great for the Central Oregon economy," said Barker.

The first four-week session convenes in early September and, due to the long waitlist, Barker and Callahan anticipate running another session next winter or spring. The program kicks off helping participants vet their ideas. Successful entrepreneurs like Julie Harrelson of Cascade Angels will be at BendX to work with the participants.

Participants also learn key aspects of launching their company and running a business, from building a team to developing a sales and marketing strategy. BendX gives participants the chance to have like-minded female entrepreneurs as classmates and connects them with female mentors in their fields. — *Hanna Merzbach*

BY THE NUMBERS



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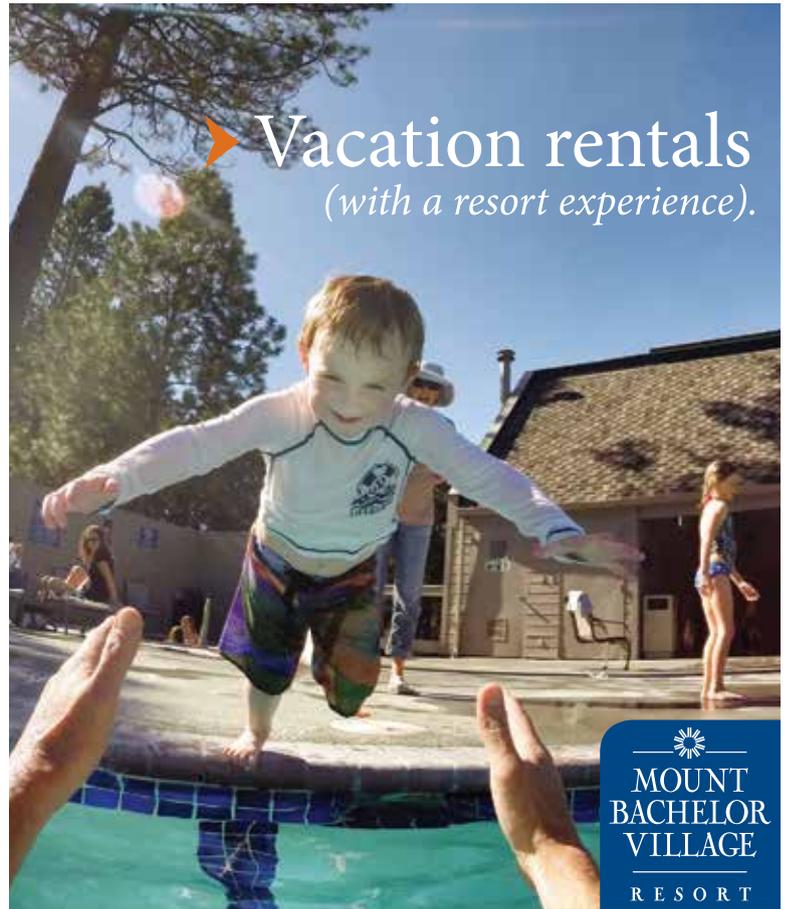


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TECH

Rane Johnson-Stempson

Former Microsoft exec on the key role of diversity and inclusion in Bend's growing tech and startup community

INTERVIEW BY KELLY KEARSLEY

Rane Johnson-Stempson has spent most of her career finding ways to infuse more diversity into the tech industry. She previously approached the issue from a global scale as the research director for Microsoft Research. Now she's launched a local initiative to help Central Oregon tech and startup companies discover easy ways to make their workplaces more diverse, inclusive and, ultimately, successful. We recently caught up with Johnson-Stempson to learn more about her consulting startup the Ranemaker Institute and her vision for a welcoming, inclusive and diverse city.

Why did you start Ranemaker Institute?

Our belief is that if you feel valued at your workplace and you enjoy your workplace, you'll be more of a contributor in the community, happier and more prosperous overall. We want to help train tech and startups about what they can do to be more inclusive and help their employees feel better heard. This helps employees and employers, but it also helps us to attract more diverse individuals to the region.

How did your background with Microsoft prepare you to start Ranemaker?

I was previously the principal research director at MS Research, and I was responsible for growing a more diverse global pool of computer scientists and PhD program graduates. I worked with international organizations, governments, and top research and computer science institutions to solve the diversity problem. We also partnered with organizations to take on different social issues affecting underrepresented communities where we thought tech can make a difference.



Why are diversity and inclusion an important issue, especially for smaller startups?

When you're creating products and services for a diverse population and you don't have diverse people informing the process, then you're going to miss the mark. This is important for startups because they're often

trying to build the next big thing and they don't want to fall behind their competitors. In fact, McKinsey reported that companies in the top quartile for gender, racial and ethnic diversity are likely to have up to 35 percent greater financial returns compared with their national industry medians. But I understand that startup founders have a lot on their plates, so I try to help them recognize the small things they can do to promote diversity and inclusion. A lot is around how you approach performance reviews, how you advance employees and how you recruit new hires.

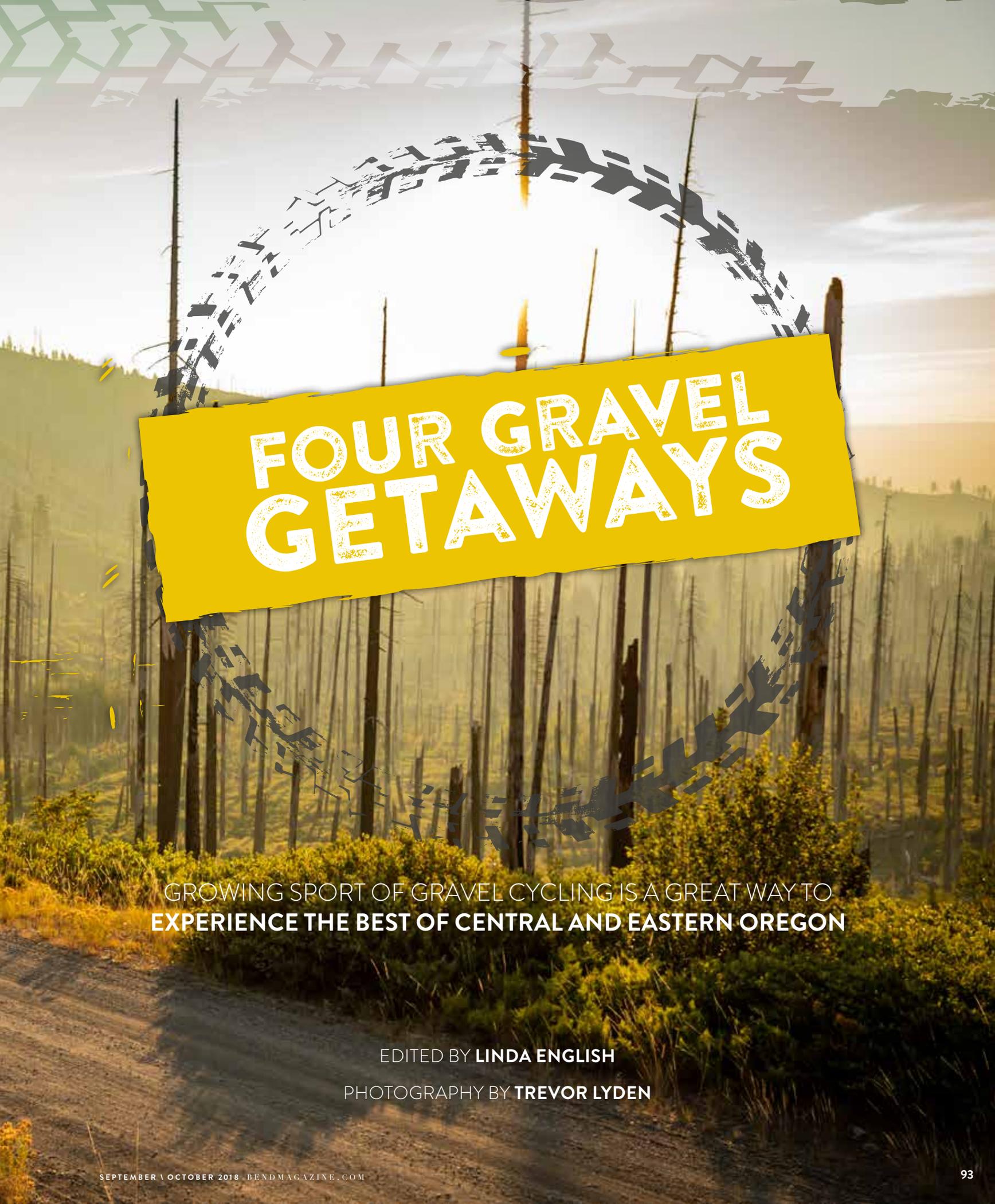
When you talk about diversity in the workforce, what do you mean?

I like to ask employers, 'How do you have the greatest diversity of thought?' You need people with different skill sets, backgrounds, experiences, cultures, genders and sexual orientations. You have to think about what you're selling and the people you're targeting. Do you have the right minds in the room? If not, then you need to recruit more people or skill up your staff. You may not be able to hire dozens of people, but you can task individuals with understanding different populations and taking on initiatives that address them.

What do you hope your work with the Ranemaker Institute accomplishes?

My hope is that Bend becomes a role model for small towns across the country as a welcoming and inclusive place. That people and companies can see that they don't have to go to large cities to have a good life or find great talent for their workforce. ■





FOUR GRAVEL GETAWAYS

GROWING SPORT OF GRAVEL CYCLING IS A GREAT WAY TO
EXPERIENCE THE BEST OF CENTRAL AND EASTERN OREGON

EDITED BY **LINDA ENGLISH**

PHOTOGRAPHY BY **TREVOR LYDEN**



Kevin and Linda English discovered gravel cycling by accident, literally. It was five years ago and Kevin was recovering from a mountain biking mishap that resulted in a separated shoulder. Back on the bike after a few months of R & R, Kevin discovered that he didn't have the strength to lift his front tire over obstacles, a key element in any kind of advance trail riding.

Not willing to give up cycling, Kevin decided to experiment with what was then a hyper-niche segment of biking that combined elements of road and trail riding. Riding bikes that resemble classic ten speeds and cross bikes, but are outfitted with wider, knobby tires, gravel riders seamlessly transition between singletrack, highways and gravel. The setup makes for a great day of touring that gets riders off the more heavily trafficked

roads and deep into some of the region's most scenic areas.

Kevin was immediately smitten with the format and soon had his wife Linda along for the rides. What began as a hobby has turned into a passion project, with Kevin and Linda helping to lead weekly group rides, and more importantly, mapping some of their favorite rides into a shared GPS system that lets any rider follow turn-by-turn directions. Linda has chronicled and cataloged some of these rides on the couple's website Dirty Freehub (DIRTYFREEHUB.COM), which now serves as the comprehensive gravel riding resource in the Central Oregon region.

We asked the two of them to show us the ropes and walk us through some of their favorite rides that showcase the best of what Central Oregon offers. Here's what they came up with. - *Eric Flowers*

SHERMAN'S MARCH

Location: Camp Sherman

Distance: 52 miles with shorter options available

Elevation: 4,000 feet of gain

Difficulty: Intermediate

The Camp Sherman area is one of the most diverse and scenic areas to ride in Central Oregon. Attractions include the Head of the Metolius, Black Butte, Round Lake, the 2003 B&B Complex Fire, Wizard Falls Fish Hatchery, the Metolius River and the town of Camp Sherman. Begin with a short section of gravel and easy singletrack followed by a stop at the Head of the Metolius. Then there's a moderate climb along the north shoulder of Black Butte, followed by a gravel descent to the paved road that leads south back towards Camp Sherman. At the U-turn, the route meanders briefly along the river and then crosses it, followed by a short section of gravel and a fun three-mile section of singletrack. Climb up to Round Lake, descend and then begin the climb through the B&B Complex Fire area along the southwest side of Mount Jefferson. Descend, cross the Metolius River at Lower Bridge and then head onto the Wizard Falls Fish Hatchery. End the route by rolling up on pavement back to Camp Sherman.



Metolius River



PRIEST HOLE

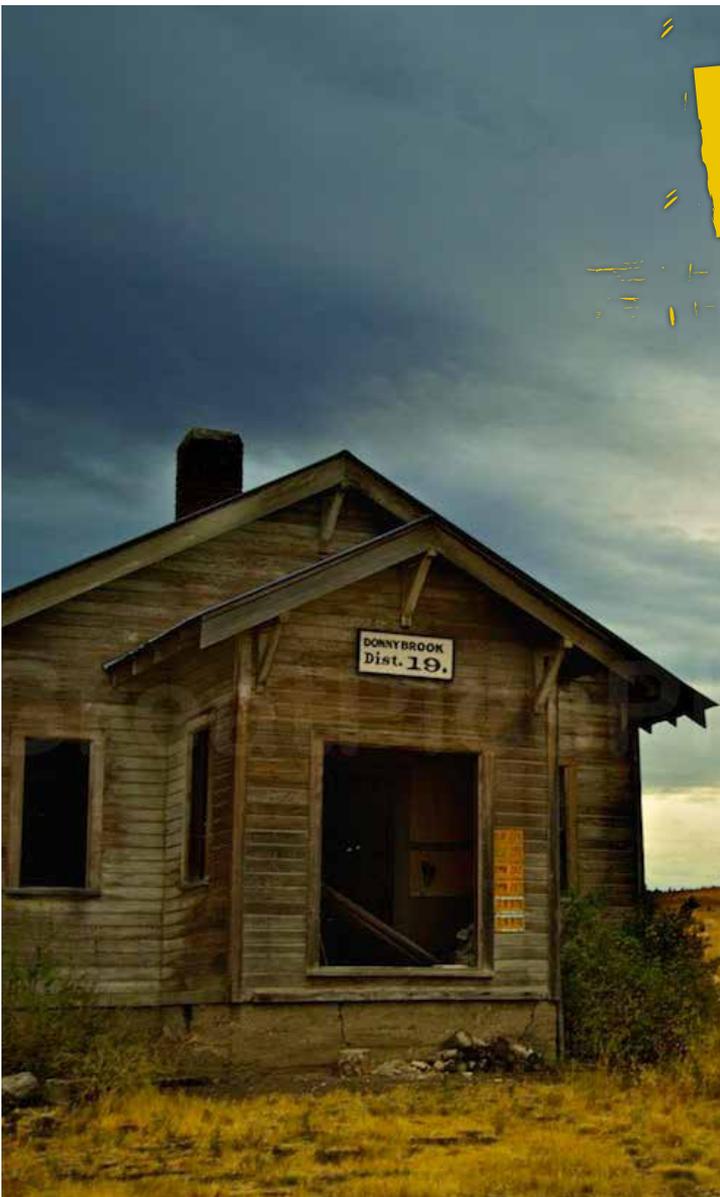
Location: Painted Hills

Distance: 42 miles

Elevation: 3,500 feet of gain

Difficulty: Intermediate

Looking to escape the crowds while exploring one of the top gravel rides in Oregon? Then head to the John Day River area east of Prineville for the Painted Hills and the Priest Hole ride, a gravel bike loop from the Painted Hills park to the Priest Hole primitive camping area on the John Day River. It includes a divine gravel climb, a heavenly paved downhill that cuts through a deep canyon, glorious farmland and two swimming holes that invite a baptismal dip in the John Day River. Add in rolling hills along the river and a moderate climb to finish off the journey.



DONNYBROOK

Location: Madras

Distance: 54 miles

Elevation: 4,400 feet of gain

Difficulty: Advanced

Expansive. Remote. Scenic. Demanding. Those are just some of the words to describe this classic gravel grinder. This is the kind of route that demands a real gravel bike—something that kind of looks like a road bike but with wide tires and disc brakes to carry the load offroad. From the start, the climbing begins—800 feet in the first three miles and 2,000 feet within eleven miles. At the three-mile mark, enter a scenic “canyon” for several miles. At mile fifteen, just after Ashwood, the gravel begins, and more climbing, and more big, open views. By mile twenty-one, you have climbed 3,000 feet and the gravel road turns to something like cobblestone—softball sized rocks embedded into a clay base to give a firm but bumpy road surface. At the Wasco County line, the “cobblestone” gravel ends and the gravel becomes loose and thick. Just when you are about to cry uncle, the gravel ends and the pavement begins, with twenty miles of good pavement with an elevation loss of 1,600 feet. Yes, there a couple of small “kickers” left, but also a lot of great views.

TIPS FROM KEVIN AND LINDA

Learn Navigation

Using an iPhone or a GPS, learn to download and follow the routes. (Dirty Freehub routes are free to download.) Practice navigation on routes that are OK to get lost on, like Water and Lava and Big Red.

Go Tubeless

Tubeless tires will provide a smoother ride and less flats.

Under Pressure

Usually you need a lot less tire pressure than you think.

Read the Route

Seasons really matter in gravel riding. Some roads are soft and dusty in the summer. Others have snow and mud in the winter.

Fit Matters

Get fitted at one of the many qualified bike shops in the area and take a few out for a spin in the parking lot.

Find Your Tribe

Work with a bike shop that loves gravel. They'll have a good selection of bikes that you can test out and decide which style you like best.



Bryn Gabriel and Kevin English at Round Lake.

SHOP TALK

Get the beta on gravel riding gear from one of the experts, WebCyclery's Kevin Gorman.

WebCyclery, recently relocated to the Old Stone Church in downtown Bend, is one of several local shops that caters to gravel riders, as well as road and mountain bikers. Shop owner Kevin Gorman said he has seen a steady uptick in sales of gravel-ready bikes as interest in the sport grows, so much so that sales of gravel bikes have largely replaced sales of traditional road bikes for his shop. We asked Gorman for some recommendations on getting started with the sport.

What makes gravel bikes different from road bikes and cross bikes, which they closely resemble?

Gravel bikes are very similar to cyclocross bikes. The biggest difference is a slightly different geometry. Cross bikes are designed to race cyclocross. They are typically stiffer and offer quick handling for the tight turns of a race course. Gravel bikes are typically more stable and more comfortable bikes designed to be ridden longer distances at slightly higher speeds. A gravel ride might take you up a mountain and then down the other side, so you might attain higher speeds, whereas a cyclocross race is typically a short course with lots of twists and turns and dismounts, so rare to maintain higher speeds for long periods of time.

Do I need a gravel bike to ride these routes?

No. Gravel rides can be ridden on a gravel bike, cyclocross bike, mountain bike, fatbike and depending on the gravel and the rider, even on a road bike.

If I'm ready to buy what should I be looking for in a bike?

Look for a good fit! If you aren't comfortable, you won't enjoy it. Try a few bikes in the parking lot just to give yourself an idea of how different bikes feel. You don't need to be an expert to tell if you like something.

What price points are available, and what's the big difference between the entry-level bikes and higher-end bikes?

We have a few bikes in the \$900-\$2,000 price range. They're typically going to be aluminum or steel frames with slightly heavier components and wheels and mechanical disc brakes. Carbon bikes generally start around \$2,500-\$3,000 and go up from there. Carbon will typically be lighter than both steel and aluminum frames. When you get above \$4,000, you are getting into the lighter carbon frames, custom steel frames, and titanium frames, with higher-end components and light wheels.





WATER & LAVA

Location: Bend

Distance: 30 miles

Elevation: 1,500 feet of gain

Difficulty: Experienced Beginner

This is one of our favorite rides—close to town, combining all the elements of adventure riding (paved roads, dirt roads, dirt paths, bike paths and some singletrack) and fabulous views. The first third of the ride wanders along the Deschutes River on gravel roads, doubletrack, and one section of singletrack, bringing you to Benham Falls. Be sure to stop and go down to the overlook. The next section brings you to the top of Lava Butte via a paved path that has a slight uphill grade until the very end where there is a short, but steep, climb on a paved road. After leaving Lava Butte, ride the road, not the paved path, back toward Benham Falls. Just before the falls, you will veer left onto a gravel road that then becomes a paved path bringing you to the northern portion of Sunriver. From there, take the easy singletrack back to Benham Falls and then retrace your route along the Deschutes River. **B**



SEEING

OREGON'S 2ND CONGRESSIONAL DISTRICT HAS BEEN HELD SOLIDLY BY A REPUBLICAN SINCE 1981. THIS YEAR, OREGON'S DEMOCRATS ARE HOPING AN UNCONVENTIONAL CANDIDATE CAN UPSET THE STATUS QUO.

WRITTEN BY BRONTE DOD

Jamie McLeod-Skinner walked into our interview ten minutes late. On her way over to her Bend campaign headquarters off Third Street, she was driving behind a truck that had a loose part on its trailer. She got the driver's attention, and they pulled over and she helped him fix it.

It was the neighborly thing to do, especially for a woman who sees herself as just a little bit country, but it was also an opportunity to introduce herself to a potential voter. McLeod-Skinner, 50, knows that politics is local, and handshakes and face-to-face time matter. She knows that if she has any shot at winning Oregon's 2nd Congressional District seat, which has been in Republican hands since 1981, every vote counts.

McLeod-Skinner is approaching her campaign as a full-time job, one that has her criss-crossing the expansive district that covers more than half the state. She has put close to 50,000 miles on her blue Jeep Wrangler, teardrop-trailer in tow and her dog, Moshi, in the passenger seat.

BLUE



PHOTO PETER STANLEY

McLeod-Skinner isn't the first person to challenge Greg Walden, the Republican who has comfortably held the seat for more than twenty years. She isn't even the first woman. Joyce Segers, Carol Voisin and Aelea Chistofferson all ran unsuccessfully against Walden in 2010, 2012 and 2014, respectively. Still, McLeod-Skinner's candidacy is a litmus tests of sorts in the district, where changing demographics may be quietly reshaping the political landscape.

TAKING HER SHOT

McLeod-Skinner reflects the region's increasingly diverse population. She's a self-described "rural democrat" with family ties to farmers and ranchers in Eastern Oregon. She's a woman with bachelor's, master's and law degrees and political experience. She's also gay, with a wife and four kids, and drawing a wide range of supporters.

While not everyone sees the race as competitive (Walden has carried nearly 70 percent of the vote in the past two elections), a strong showing by McLeod-Skinner could change how people, including politicians, think about this increasingly diverse region and how its population is represented in Washington D.C.

The state's Republican party is confident in Walden's ability to win the district for the eighth time. Chris Barreto, the vice-chair of the Republican party in Oregon who lives in Northeast Oregon, put it this way: "Do I think this is a competitive race? Not at all."

Most political experts in Oregon agree that McLeod-Skinner's chances of beating Walden are slim at best.

Bill Lunch, former Oregon State University politics professor and longtime political pundit, said that with the current demographics of the district, Walden has a greater risk of being beaten in a Republican primary election than in a general election. However, "2018 looks to be a pretty heavily Democratic year," Lunch said. "And there have been some special elections where Democrats have done much better than they normally do." But it's still an uphill battle. "For her to win would take a Democratic wave of very substantial proportions."

A former Democratic party official, who was active in the state party for twenty-five years and asked not to be named, expects that the 2nd District electorate, which has generally become more urban and moderate since Walden took office, will be impressed with McLeod-Skinner, stating, "We don't know what's going to happen this year. All bets are off. It creates some openings for [Walden's] opponent."

In Deschutes County, the district's second most populous county behind Jackson County, voter registrations are almost evenly split between Democrats, Republicans and Independents. The county is also one of the state's fastest growing—its population has grown by 60 percent since 1999 when Walden was first elected. It also helps that Oregon's Republicans, who make up 36 percent of district voters, are generally moderate when compared nationally, more interested in economic than social issues. Said the source, "The district is changing and becoming more urban."

Democrats are hoping to win the votes of Oregon's moderate Republicans, a blueprint that has worked in some other rural

★★

"FOR HER TO WIN WOULD TAKE A DEMOCRATIC WAVE OF VERY SUBSTANTIAL PROPORTIONS."

★★

Western states such as Montana, where both of the state's Senate seats are held by Democrats. McLeod-Skinner is gearing her campaign to the unaffiliated voters who account for 30 percent of the district's electorate. Ron Wyden, a Democrat and one of Oregon's senators, actually won the district in 2016. McLeod-Skinner sees that as evidence that the voters won't always stick with their party.

BIG COUNTRY

In terms of geography, Oregon's 2nd Congressional District is the state's largest and the sixth largest in the nation, surpassed only by a few in sparsely populated Western states like Nevada and New Mexico. The district, which includes Bend and all of Central Oregon, is bigger than any state east of the Mississippi River, stretching from Hood River (also Walden's hometown), down the Cascade Mountains to Medford and the California border, then all the way east to the state's borders with Washington, Idaho and Nevada. McLeod-Skinner has the map printed on her business cards to show what's at stake.

As a relatively unknown figure in Oregon, McLeod-Skinner spent the last year driving Oregon's rural highways to campaign. One day you'll find in her at a coffee shop meet-and-greet in Baker City, the next she'll be in La Grande for a parade. Two days later she'll pop up for a fundraising event in Medford. Always in her standard uniform: loose-fitting blue jeans, a button up shirt and sensible sneakers. Her graying hair is cut short, more mom than pixie.

McLeod-Skinner told me that someone once told her that she "thinks too much." About five minutes into talking with her, it's clear why someone would say that. She speaks at a rapid clip, the words pouring out as fast as they can to keep up with a mind that can hold the big picture in one hand while coming up with micro-solutions in the other. That kind of agile thinking has served her well through a diverse career that has centered around public service.

McLeod-Skinner was born in the Wisconsin, but spent some of the formative years of her childhood in Kenya and Tanzania where her single mom was a teacher. After that, her family moved to Oregon and she graduated from Ashland High School. She wanted to join the military after college, but this was the early 1990s just before the "Don't ask, don't tell" policy was adopted.

She's the first to say that her sexual orientation is not a problem with the district voters. She said that the only time the question of

PARTY LINES

Congressional House districts are broken up by state and then apportioned by population. The most populous states get the most seats. Oregon has five seats. California has fifty-three. Montana and Wyoming each have just one. On average, each district comprises approximately 700,000 people. The districts are drawn up by state legislatures, a contentious process that is based partly on census information and heavily informed by party politics. Each new iteration of a state's congressional map is now typically accompanied by a lawsuit from the minority party challenging the map. Many of the current maps were drawn not by legislators but by judges. East of the Cascades, though, there has been little question about where to draw lines. The entire region has been lumped into one district and firmly controlled by the GOP for the better part of four decades.





2ND CONGRESSIONAL DISTRICT, BY THE NUMBERS

VOTER BREAKDOWN:

- Republican 36%
- Democrat 27%
- Unaffiliated 37%

- 57% of the 2nd Congressional District voted for Trump in 2016, compared to 39% statewide.

- Held by Greg Walden, a Republican, since 1998
- Includes 19 counties
- Population 770,403 (2010 census information)
- Gender: 49.6% Male, 50.4% Female

- 90.40% White
- 12.85% Hispanic
- 1.95% American Indian and Alaska Native
- 1.20% Asian

- Unemployment: 14.5%
- Median household income \$40,670
- High school graduation rate 88.3%
- College graduation rate 23.1%

Source: ballotpedia.org

her being gay comes up is in Bend or Ashland, when residents ask if people in Eastern Oregon have a problem with her being married to a woman. The ones she has talked to don't, she said.

Instead of the military, she decided to continue her education with a master's degree, and found that she could still heed her call to public service by working in city planning and water resource management, which took her to post-war Kosovo and eventually brought her to Silicon Valley. There, a friend encouraged her to run for city council in Santa Clara. She'd never had any interest in politics before that, but she decided to go through the Emerge America program, a left-leaning nonprofit that encourages women to run for local politics and teaches them how to run a campaign in a nine-month bootcamp. She ended up winning the city council election in 2008 and reelection again four years later.

She said those years on city council were instrumental in shaping how she plans to work as a politician. The time taught her to transition from being prescriptive in policy, a sort of problem-solution model, to a problem-dialogue model where gathering input is as valuable as generating answers.

She came back to Oregon about five years ago to earn her law degree from University of Oregon in environmental and water law. It was during that time that she met her now wife, Cassandra Skinner, and became a stepmom to four kids.

NOT BACKING DOWN

The only blip on her resume occurred about a year and a half ago in Phoenix, Oregon. After law school, she took the city manager position in the town of about 4,500 people in Jackson County that had been through seven city managers in seven years. She only lasted five months and was fired in March of 2017 for what she said was her insistence on addressing fiscal problems and ethical issues.

McLeod-Skinner has no regrets. "I am absolutely committed to ethics, and if I step into a situation where it's not going on, and it's a public trust issue, I will raise that," she said. "The fact of the matter is we need that in Washington right now."

After Phoenix, her wife Cassandra suggested she run for Walden's seat in 2018. "With the conversations happening around change and decency and building bridges, we thought it was the perfect time," Cassandra said.

More than a year after McLeod-Skinner entered the race, Cassandra said their four kids have adapted to the campaign lifestyle. She told a story about how they had apple cider still in the fridge from the fall, and the kids were asking if it was still good to drink. "I go, 'Well, what does the date say?' and my son says, 'It's good to mid-May—it's good until the primaries!' That's become our life," she said with a laugh.

Cassandra's family includes multi-generational farmers in the Jordan Valley area of Malheur County. The campaign has allowed her kids to connect with some of that family history.

"They're getting a face-to-face civics lesson. They're asking amazing

**"WITH THE CONVERSATIONS
HAPPENING AROUND CHANGE AND
DECENCY AND BUILDING BRIDGES, WE
THOUGHT IT WAS THE PERFECT TIME."**

questions and getting involved. They're getting to know people. Our oldest daughter and youngest son went to the fairs and pow wows with Jamie last summer, and they were able to talk to folks in Grant County and Wasco County, and also see places that my grandfather and dad talked about."

McLeod-Skinner challenged Walden to debates while they were both at Chief Joseph Days celebration in July. In the video, Walden can be seen replying, "We'll figure out a schedule that works." She told the local newspaper the *Wallowa County Chieftan*, "Hopefully, that's a commitment on his part." By August, she still hadn't heard back from his campaign. Walden's campaign staff did not respond to multiple requests for an interview or comment on the race.

If McLeod-Skinner doesn't win the seat this year, she said she will run again in 2020 when a presidential election is likely to boost turnout. She said she'll keep campaigning part-time in the interim. 2020 is also a census year, and with the shifting populations in Oregon, and particularly in Central Oregon, the 2nd district will undergo some changes. Whether that's becoming larger, by stretching into the west side of the mountains, or becoming smaller if a sixth district is carved out in the Willamette Valley, the political lines will be redrawn, which could change who is in the seat representing this part of the state and who the district's voters are.

At the last reported number at the end of June, McLeod-Skinner had raised more than \$281,000, more money than any of Walden's previous challengers. It's still pennies compared to his \$3.2 million war chest, but it makes her a more serious candidate and one with the resources to run a challenging campaign.

By July, McLeod-Skinner had put so many miles on her car campaigning that she had to get the engine replaced. She joked, though quite seriously, that it's the people like the man she helped with the trailer, the gas station attendants, the grocery store clerks who sell her Gatorade, and the staff at local restaurants she's met along the way who are going to win her this election.

"Those are the folks I see all the time," she said. "That's why it's so important to put that mileage on my Jeep." So she can shake hands and introduce herself to as many people as possible in the diverse district's cities, towns and everywhere else along the road. ■





BOUNTY

Farm to Table

EDITED BY MEGAN OLIVER

PHOTOS BY MIGHTY CREATURE CO

If you close your eyes and picture a cow, it's almost certainly in a green field in your mind's eye. There is likely a red barn in the scene. In the periphery, chickens roam and pigs loll in the mud. Yet this is the reality for barely three percent of farm animals nationwide. Still, grass-fed beef sales and sustainable cattle-raising practices are on the rise. On rural roads, we often see cows living as we might imagine. National grass-fed beef sales are increasing by 60-70 percent year over year. Here, we've gathered stories of local farmers and chefs who are dedicated to supporting the art of making a more sustainable cut of meat.

CASAD FAMILY

farm

WRITTEN BY MEGAN OLIVER



W

When he managed Juniper Jungle Farm in Tumalo, Chris Casad would lift a single potato up to ten times before the spud made it into a consumer's hands. At that small farm, working on a manual scale, he said his team felt like ants working overtime shifts.

It's one of the reasons that Casad had dreams of farming on a larger, more efficient scale.

"Now we're starting to become sophisticated ants," he said from the hay barn of his new property, Casad Family Farm. He gestured toward the tractors, conveyor belt and trucks that are employed in his current operation, which has helped him boost output without sacrificing a commitment to sustainable harvests. The equipment helped the farm produce ninety tons of potatoes this year, with the majority going to supply French fries for salt-craving beer drinkers at Deschutes Brewery, his primary wholesale client.

AG OF THE MIDDLE

Casad Family Farm sits in what locals call "the plains" between Madras and Warm Springs, a location that is 1,200 feet lower than the Tumalo farm. The elevation drop was strategic, lengthening the growing season. Down there in the plains, most farms sprawl more than 1,000 acres. Casad Family Farm, at eighty-five acres, falls into a disappearing sector of midscale farms that are neither agricultural commodity scale nor the direct to consumer model. Part of the reason for this vanishing middle is lack of affordability. Casad's parents made his purchase possible by selling their Bend home to invest in the business, prompting the Casad Family Farm name to reflect the multigenerational venture.

Casad used his seven years of farming experience to make this shift from boutique to midsize farming. It was a calculated risk based on the belief that a blend between wholesale and direct to consumer sales will be profitable if done with care. The security of having a major Deschutes Brewery contract allows Casad to continue farming in

line with his principles: Grow organically. Respect the soil. Give farm animals a free range and stress-free life.

Casad's fiancé, Cate Havstad, took the leap with him. She now puts her successful custom hat making business, Havstad Hat Company, on hold during the agricultural high season to focus on working the land. There among the high desert landscape, Havstad said she enjoys the grounding physicality of the work. The setting even inspired a line of Havstad hats dyed with natural flora found in the plains, such as sage.

WASTE NOT, WANT NOT

Each time Casad establishes a ten-to-twenty-acre plot for an annual crop (such as garlic or potatoes) on the property, the plot joins the larger rotation cycle, which avoids the stress created by the standard monoculture approach where one or two crops are rotated annually. "In an organic system, we need five to seven years after harvest to rotate each plot until we plant that crop again," said Casad.

Between crop cycles, the farm's hogs and cattle roam the plots, promoting soil fertility. Growing cover crops, such as mustard, further improves soil health. When tilled into the soil, the cover crops act as an organic sterilizer, neutralizing fungal diseases that are naturally produced in soil. Perennials, such as hay, feed the livestock and provide another revenue stream. Casad Family Farm is one of the only farms in Central Oregon selling USDA-certified organic hay.

"There's no waste ever here and that is important," Casad said. "Not having to import, and feeding animals only with grass and hay from the farm, are fundamentals of biodynamic practices."

All pigs and cows are slaughtered onsite, something that prevents Casad from obtaining a USDA label for the meat since there is no USDA-certified mobile butcher in Central Oregon. That's a trade-off that they are willing to make to honor the principle of keeping their livestock on the farm for the animal's entire life cycle.

"There's no waste ever here and that is important."







“Our hogs and cattle live in a pasture their whole lives, roaming free and eating organic, pesticide-free food,” Havstad said. “They shouldn’t then be shoved in a trailer and sent down a highway for slaughter. Instead, they are just living another peaceful day in their life and it happens to end. It’s just the right way to farm.”

BUILDING THE MARKET

After all the planting and tending and harvesting, what’s left is just a matter of bringing the food to the people. Local distributor Agricultural Connections has helped connect mid-size farmers with restaurants and consumers. Parker Vaughn at Jackson’s Corner, Anna Witham at 1-2-3 Ramen and Brian Kerr from Deschutes Brewery are members of a growing contingent of local chefs who Havstad said are committed to bringing local foods to a larger audience. What is still lacking are larger-scale cold storage and

distribution methods to supply bigger institutions, such as hospitals and schools, with local food.

Organizations like the Central Oregon Intergovernmental Council are working on solutions that will address some of these infrastructure deficiencies. In the meantime, farmers like Casad are continuing to develop their niche at a sustainable scale based on an increasing demand for locally grown food.

“Mills and processing facilities are gone here,” said Casad. “We can practice good regenerative farming and create a good product, but the system in which you sell your product needs to help get it into the hands of local people.”

Whether that happens this year, next year or sometime farther down the road, isn’t yet clear. What is clear is that the seeds of sustainable harvest have been planted at Casad and across Central Oregon.

RASTOVICH *farm*



FROM BEER TO STEER

Central Oregon's Rastovich Farm helped to pioneer a profitable relationship with local breweries.

WRITTEN BY **PENNY NAKAMURA**

Rob Rastovich looked proudly over his east Bend farm, soaking it in before another busy day with his cattle. His morning often starts before sun up and ends well after the sun has set. It's a hardworking lifestyle that he has known well for much of his fifty-plus years.

The Rastovich Family Farm traces its roots back to 1919 with his grandparents, who homesteaded this hardscrabble land. This makes the property one of the oldest farms in Central Oregon still being farmed by its original homesteading family.

For his part, Rastovich has helped transform this nearly century-old farm, bringing it into the 21st century by implementing new technologies and using a sustainable food source for the cattle that is plentiful in beer-loving Bend.

"Let the cows eat craft beer," joked Rastovich, who collects the spent

grains, known as mash, from local breweries. "That's why we call it barley beef, or beer beef."

The cows eat mash two times a day, five days a week, plus some hay and grass grazing. Rastovich and his ranch hands won't divulge their feeding ratio "recipe" of mash to hay to grass, though Rastovich said, economically speaking, the farm spends 30 to 40 percent less on hay because of the mash.

It's a win-win situation for both the ranchers and the breweries. An added synergy, Rastovich collects the spent water from the

local breweries (as it can't legally be put back into the water system without extensive and costly treatment) and uses it to irrigate his fields.

"Because the spent brewery water has a high content of nitrogen in it, we don't have to use much fertilizer, either," explained Rastovich. "We get these byproducts from seven local breweries free of charge, but I

"Let the cows eat craft beer."

BOUNTY
Farm to Table



had to hire a full-time employee to pick up the mash.”

Rastovich isn't the only ranch in Oregon working with breweries on a mash-to-meat program, local Borlen Beef and Pioneer Farms are also working with brewers. But it is one of the largest, with 200 acres—and as many head of Angus-Hereford cattle spread among his farm, his cousins' and his uncle's farms. All the cows are well fed, and since they're eating beer mash, Rastovich jokes they're also happy cows, very happy. Rastovich walked over to the corral where some cows were eating mash and pointed to the big steers that were heading to the butcher the following week.

“Once the cows are fattened up, they're butchered and brought back and sold as hamburger, steaks, pot roast and prime rib to Sunriver, Deschutes Brewery, Silver Moon and many of the other brewery restaurants that gave us the mash in the first place,” said Rastovich, who also sells his beef direct to consumer. “It's the ultimate recycling program. Support your local farmers and drink beer.”

He said that his beef “has a different and special taste” when compared to corn or grass-fed beef. The churn is also much faster than with grass-fed beef. Rastovich butchers at least three cows every week. Each harvest produces 1,200 to 1,400 pounds of ground beef, along with another 800-900 pounds of other cuts, known as locker beef. The efficiency isn't an accident.

As his father was aging, Rastovich, who holds a master's degree in

computer programming, came back from Silicon Valley to farm full time in 2006. He likes to say that he's a better programmer than he is a farmer, but he's brought some of his high-tech knowhow to the family business, inserting RFID microchips in all his cows' ears so he can track them via computer.

“My goal is to make the animals as stress-free as possible and make the cowboys as safe as possible,” explained Rastovich, who has designed special corrals with a series of automated gates that respond to the RFID chips to help cull the herd. “This eliminates herding and puts less stress on the cow, which makes my beef taste better because you don't get those stress hormones in the meat.”

Long gone are the days when his grandfather would curse the land. “I remember my grandfather used to say, ‘There's just a bunch of lava rocks and dust that the wind blew in, and we call it farming,’” recalled Rastovich.

Despite the many lean decades of the past, Rastovich's creative thinking has turned this nearly century-old farm smoothly into the 21st century. In the end though, it's still ranching—a volatile vocation that is dependent on good weather, futures markets, hard work and luck.

“I love this land. You'd have to sell this farm over my dead body,” said Rastovich. “Trust me, it wasn't always easy growing up here. I was the son of a hay farmer, who had hay fever, and yet here I am.”



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HOME *farm* FOODS

WHERE GRAZING MEETS AFFORDABILITY

WRITTEN BY MEGAN OLIVER



It's accepted as a given that grass-fed beef has to be sold at a premium price, something that's borne out in supermarkets across the country. Cameron Gunther believes that thinking is flawed, and is out to prove that a profitable and sustainable ranching business doesn't have to come at the expense of consumers' pocketbooks.

Gunther, who runs Home Farm Foods in Culver, believes that producers like him share some of the blame for the price disparity. Whether they are raising beef, pigs or another animal, Gunther said small, natural-process-based operations that eschew imported feed and other artificial methods could be more efficient than many have been, and therefore create savings that can be passed to consumers. He holds up his own operation as evidence.

"Why are we punishing people who want to eat right?" asked Gunther, who established the farm where he raises cattle, pigs and

chickens near Culver. "Meat raised in a healthy ecosystem isn't affordable, and that needs to change."

Gunther, who started the farm four years ago when he was just 19 years old, argued that raising animals with the highest welfare standards—grazing year-round, selling locally and prioritizing pasture health—are the foundational aspects of his business that result in low overhead and allow Home Farm Foods to offer competitive price points. Selling at farmers' markets, the farm's pork and beef cuts range from \$3.99 to \$7.99 per pound. This is in line with Bureau of Labor Statistics beef cost averages for the 2018 spring quarter and is cheaper than most specialty brands.

"Even grass-fed and grass-finished beef isn't totally sustainable if you don't take care of the pasture," said Gunther, adding that sustainability can equal profitability. "Methods such as shpping manure in from feedlots as

STICKER SHOCK

When it comes to beef, mass produced grain-fed beef controls the lion's share of the market. While national sales of grass fed beef have been doubling annually for the past several years—up to 270 million in 2017 from 12 million five years earlier—grass-fed sales represent less than two percent of the total U.S. beef market.

Cost is the biggest barrier. Grass-fed beef can cost up to 50 percent more per pound than its feedlot counterpart. Grass-fed producers are aware of this sticker shock and its impact on consumer appetites for a product that many believe to be a healthier and more sustainable alternative to traditional beef and its attendant environmental and ethical challenges.

compost is a common practice but can still be detrimental to the ecosystem and the bottom line. It isn't regenerative."

Gunther's drive to get away from industrial agricultural germinated early in life. He is a third-generation farmer who spent much of his childhood on his family's farm, the world's first organic chicken hatchery, in England. As a freshman at Oregon State University Gunther went to his dad, Andrew, with a business plan for a pasture-based livestock farm. Andrew, who is now the executive director of the emerging animal product certification nonprofit A Greener World, agreed to purchase land for Home Farm Foods based on his son's vision.

Within a few months of his initial pitch to his family, Gunther had secured the forty-acre Culver property that is surrounded by additional lease-ready farmland, should expansion be in the cards. The first year brought Gunther many teachable moments. At one point, he had to buy more water to supplement his irrigation district allotment and still only pulled one ton of hay per acre. Now he is managing the land solely via year-round grazing methods and is yielding five to six tons of hay per acre. The farm also requires just an eighth of the water it needed four years ago.

While grazing might often be associated with overuse of the land, that's not the case in a closely managed environment.

"If it weren't for the cows, the grass would be too tall for the chickens who go through, scratching at the manure, spreading it around," he said. "And then if the hogs didn't root through the dry patches to till up the ground, the grass wouldn't be what it is today. It's a full loop."



THE JACKALOPE GRILL

MUSTARD AND HERB CRUSTED IMPERIAL STOCK RANCH RACK OF LAMB

The Jackalope Grill chef Tim Garling operates from the stance that, in addition to providing fresher food for his plates, local sourcing is better for the environment, promotes food safety and creates a consumer connection to sustenance. Because of his decade spent sourcing lamb from Imperial Stock Ranch and getting to know owners Dan and Jeanne Carver, Garling knows that in the early summer the sheep are grazing on protein-rich grasses, wild herbs and flowers on 32,000 acres of Central Oregon high desert. Later in the year their diet changes and so do the subtle flavor profiles of the lamb.

"This type of relationship is increasingly rare and precious," said Garling. "It's the kind of relationship built on mutual respect for their land, their products and my food preparations."

Serves 2

Preheat oven to 400°F.

INGREDIENTS

- 1 cup Panko bread crumbs
- 2 tbsp. finely chopped, fresh flat-leaf parsley
- 2 tsp. dry Italian seasoning
- 1½ tsp. minced fresh rosemary
- ½ tsp. citric acid
- ½ tsp. salt
- ¼ tsp. black pepper
- 3½ tbsp. olive oil
- 2 frenched racks of Imperial Stock Ranch lamb (12 to 14 oz. each), trimmed of all but a thin layer of fat
- 2 tbsp. Dijon mustard (real très-forte or mi-forte French mustard—aka, not Grey Poupon)

For cooking instruction and Garling's lamb sauce recipe, go to BENDMAGAZINE.COM/GARLING-LAMB



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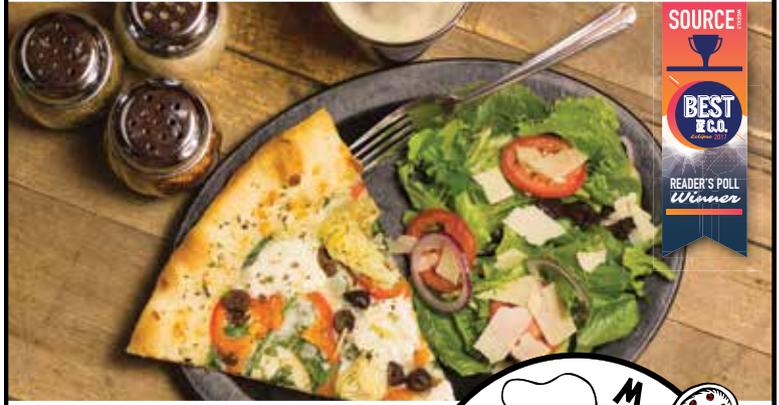
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CELEBRITY ROAST

1-2-3 RAMEN CO-OWNER AND CHEF ANNA WITHAM ON HOW TO STAY HIGH ON THE HOG

The term “locally grown foods” typically conjures up images of farm stands and CSA boxes stuffed with carrots and kale.

That’s a big share of what is raised in Central Oregon, but there is also a burgeoning boutique ranching scene that includes numerous small and mid-size family operations. These small ranches usually specialize in grass-fed beef, pasture-raised pork and other non-traditional meats like ostrich and yak. These local meats have distinct flavors that reflect both the land and the natural feed regime. Locally raised pork is relatively easy to procure and offers a tremendous flavor profile. Here are some tips on how to make the most of your next roast while keeping it local.

MAKING A GOOD RUB

Any pork roast can easily be made delicious by rubbing it down with a mixture of salt, sugar and spices. For each pound of pork, add 1 tablespoon salt, 2 tablespoons sugar, 1 teaspoon black pepper and/or any dried herbs.

THE COOKING PROCESS

Low and slow is the answer. Roast at 250°F for many hours. Loin roasts should be cooked to an internal temperature of 145°F. All home cooks ought to invest in a meat thermometer. Shoulder and ham roasts should be cooked until they begin to pull apart easily with a fork, at least four hours. Cooking pasture-raised meat well takes planning but reaping the rewards of your patience with flavorful leftovers for days is worth it.



A GREENER WORLD IN TERREBONNE

Among the barrage of labels staking grandiose claims on meat quality and its origins, consumers are understandably confused about which labels have meaning. Labels such as “free range” or “natural” have no legal meaning, at best they have voluntary assurances by the farmer but are not subjected to any regulatory oversight.

“The U.S. is one of the only places in the world where farmers aren’t audited when they make claims,” said A Greener World (AGW) executive director Andrew Gunther, who also owns the Culver property where his son, Cameron, runs Home Farm Foods.

AGW is working to establish itself as a reliable stamp of third-party approval for

farms of any size. Consumer Reports is backing AGW’s Animal Welfare Approved certification as the only “highly meaningful” label in the U.S.

FARMER BENEFITS

The kicker? Certification is free. There are, of course, costs associated with establishing a sustainably run farm that meets AGW’s standards, but the entry point is more accessible than USDA requirements and, Gunther argued, being Animal Welfare Approved holds higher ethical meaning for land stewardship, animal wellbeing and business operations. AGW does offer cost-based additional certifications such as grass-

fed, non-GMO and, soon, organic.

WHY TERREBONNE?

The nationally focused nonprofit was established in 2014 and is grant and membership supported. After incubating in Washington, D.C. and California as part of other organizations, AGW was recently granted independent 501(c)3 status and moved its headquarters to Terrebonne. “We wanted to be located in the heart of an agricultural economy, and we have great staff in Central Oregon,” said Gunther.

A few hundred farms around the country are Animal Welfare Approved so far. Of those, twenty-five are in Oregon. ❖



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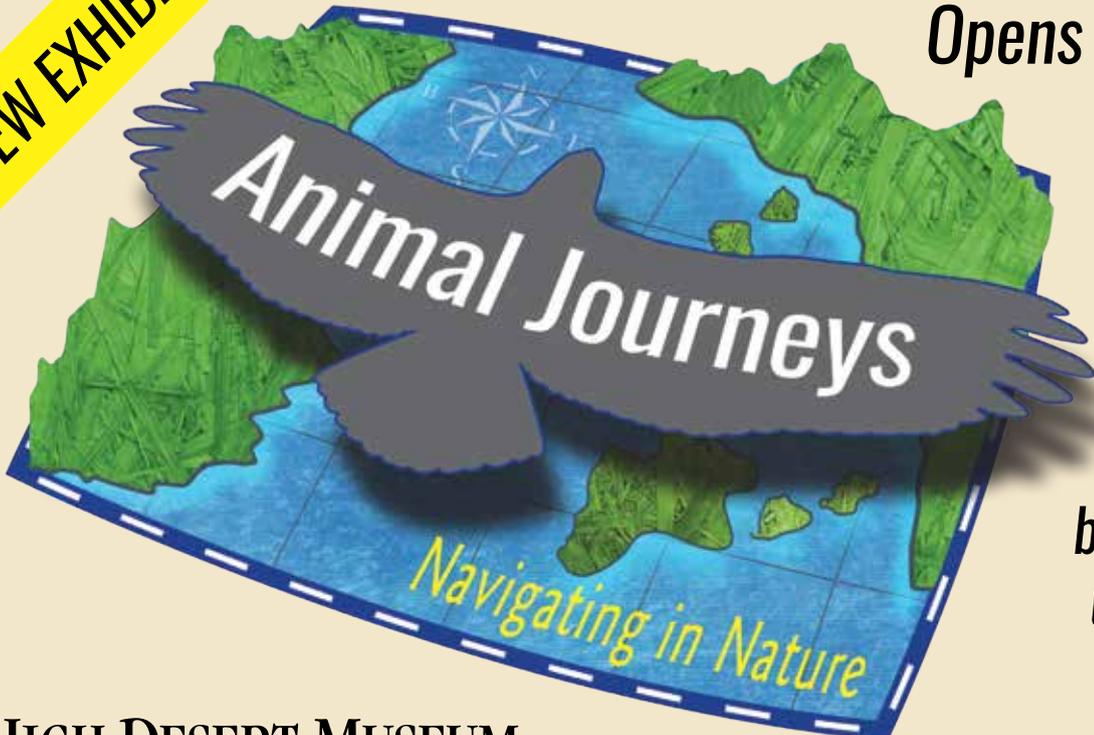


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RISING DEMAND

Cattle fed an entirely grass-based diet are naturally leaner, something some consumers raised on a diet of grain-fed beef shy away from. So, Home Farm Foods hangs its beef for twenty-one days (more than a week longer than the industry average) to allow the meat to soften and develop a richer flavor. Owner Cameron Gunther also emphasizes the importance of proper cooking practices to avoid toughness. (Let the cut thaw completely!)

Consumers are responding positively. The farm's revenue has increased by more than 100 percent year-over-year. Sales come from Bend-based farmers' market booths and community supported agriculture (CSA) subscriptions, though new CSA order fulfillments are nearly a year out due to demand.

That can be frustrating for customers. Gunther said consumers don't always realize why he can't just sell half-a-cow on demand. By using a pure grazing method, each cow's life cycle at Home Farm Foods takes twenty-two months from birth to packaged meat, so scaling takes time. He also acknowledged that his ever-evolving knowledge of the intricacies of land and animal interconnectedness will keep compounding his efficiency.

"I've realized that nothing is easy," said Gunther. "That's part of being a farmer. Things go wrong, you stay up late, you wonder why you're doing it sometimes but it's all worth it in the end." **IB**

GLOBAL FUSION

THAI SPICED PORK AND BEEF MEATBALLS IN CURRY SAUCE

Meatballs transcend culture and time. The plump, edible ornaments are found in traditional and modern dishes around the globe. For her homage to these meaty delights, owner-chef Bethlyn Rider at Global Fusion combines sweet, salty and spicy flavors that leave no taste bud unfulfilled. The resulting depth of Thai character puts simpler flavor profiles to shame.

While her exact recipe is a secret, Rider said that a good meatball starts with the source—and that source should be close to home. Her favorite ranch is Millican Valley Beef, where the cattle are born and raised in pastures just off Knott Road in Bend. The cattle spend the entire two years of their lives eating a grass-only diet with no added hormones, resulting in lean, healthy beef.



TIPS FOR MAKING THE PERFECT MEATBALL:

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Add some pork to complement the beef.

A LITTLE SQUEEZE

Form each ball as tightly as possible.

GLUTEN-FREE GLUE

Breadcrumbs hold the meatball together. Rider's secret: gluten-free bread.



Global Fusion is expanding, taking over the other half of the building at the restaurant on Newport Avenue. Opening this fall, the new space will host a full bar with an extra forty seats. BETHLYNSGLOBALFUSION.COM



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ON A ROLL



Four sushi-inspired dishes offer very different interpretations of the Japanese classic.

EDITED BY CATHY CARROLL PHOTOS BY ALEX JORDAN

The high desert may not seem like the best place to go searching for sushi rolls and Asian seafood dishes. But there is a surprisingly robust range of fresh seafood offered around the area, particularly in Bend, where local chefs have embraced the artform and given it their own twist. From fine dining to food carts, restaurants take advantage of the area's relative proximity to the Pacific and the easy access to fresh seafood. Add in a public willing and ready to indulge in bold and experimental dishes and you have perfect stage for raw innovation.



BIBIMBAP

5 FUSION & SUSHI BAR

The super-heated black stone pot is set before you, cradling sizzling rice, spicy, crunchy kimchi, dark, rich, pork short-rib and a quivering, perfectly cooked 62-degree egg. Taste with your eyes first, admiring the pleasing arrangement of elements in the rustic crater. Then plunge your chopsticks into the center and stir, unleashing the velvety, buttery yolk, letting it run over its fragile, gelatinous white, bathing the tart, fermented napa cabbage and Korean radishes enveloped in chili, scallions, garlic and ginger. This is bibimbap. It may sound like jazz (BEE-bim-bap), but the flavors are symphonic. This South Korean specialty has been hailed by gastronomes as one of the world's most delicious foods.





BROILED TOMATO

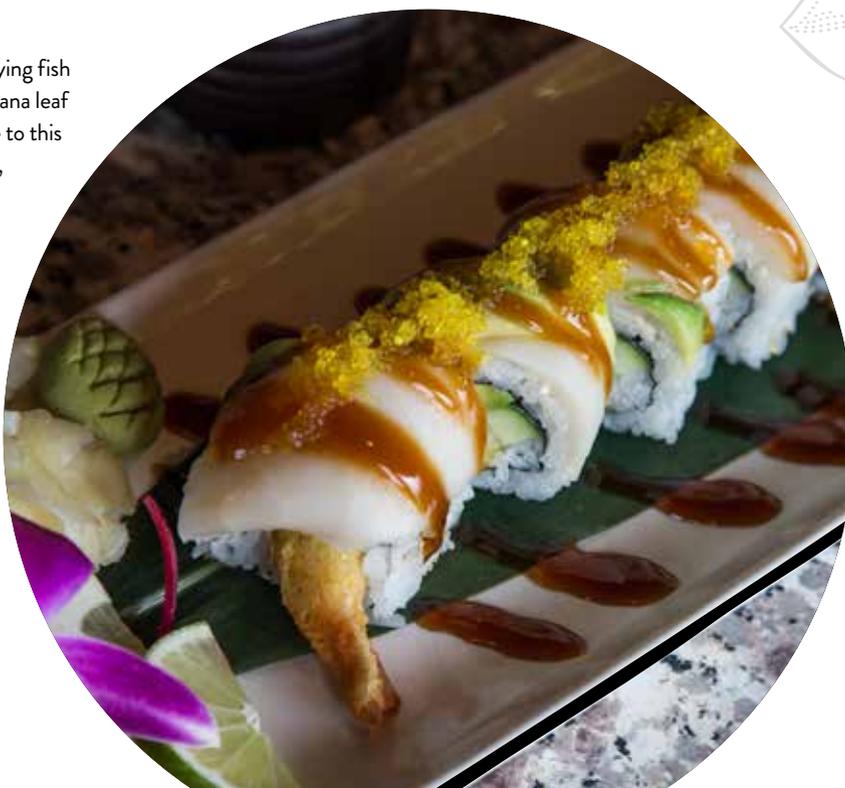
KANPAI

When is a tomato not a tomato? When it's the broiled tomato created by Justin Cook, owner of Kanpai. It's one of his riffs on nigiri, which is typically a pinky-finger long slice of raw fish atop a hand-formed pillow of sticky rice. In his iteration, delicate, translucent pink slices of tuna hug a miniature globe of rice crowned with chopped, broiled scallop, minced scallions and anointed with ponzu, the tart, citrusy, mahogany sauce and a Japanese cuisine mainstay. This irreverence is in good company with more than a dozen other ingenious creations, from the Steak N Eggs, with seared filet mignon around rice, topped with a quail egg yolk, wasabi pepper aioli and pickled red onions, to the Godzilla Roll, with tempura zucchini, cucumber and shiitake mushrooms beneath avocado and shoestring potatoes.

U OF O ROLL

CHI CHINESE & SUSHI BAR

When the U of O roll arrives, the golden yuzu tobiko (tiny flying fish roe) atop the creation presented on a bright, deep green banana leaf certainly evokes team spirit. Fortunately, there's much more to this than just a rah-rah gimmick. The tempura shrimp, cucumber, avocado, spicy poke tuna, razor-thin avocado slices, hamachi (Japanese amberjack or yellowtail), thick, sweet unagi sauce and sesame seeds harmonize to create lovely umami savoriness. The tempura offers a flaky crunch as the tobiko lends a mild briny finish. To be politic, the hyper-local restaurant, which has named many of its dishes after local businesses, also offers the OSU roll of spicy poke, avocado, cucumber, unagi, salmon and sesame seeds. Order them both and host your gastro civil war.



KOBAYASHI HOT DOG

RONIN SUSHI

JapAm or AmeriZen? However you choose to think about it, this food truck's take on the Kobayashi Dog is the best East-West cultural mashup since Uma Thurman picked up a Samurai sword and zipped into yellow jumpsuit in "Kill Bill." The bacon wrapped all-beef hot dog is cloaked with crunchy, tangy kimchi (a fermented spicy cabbage, and in this case, a kind of Japanese stand-in for sauerkraut). The subtly sweet flavors of wakame seaweed mingle with the tart-sweet pickles as if doing

a Kabuki dance. Tonkatsu dragon mayo leverages Sriracha for a smoky, tangy Judo-kick with heat not found in a typical American barbecue sauce. With fresh mixed greens on a toasted pub bun this dish wins on multiple levels—complex and inventive enough to please the sushi aficionado, and a gateway to a raw-fish-flavored cuisine for those who wouldn't dream of eating raw fish. At a price of \$6, you don't have to be an emperor to partake. B





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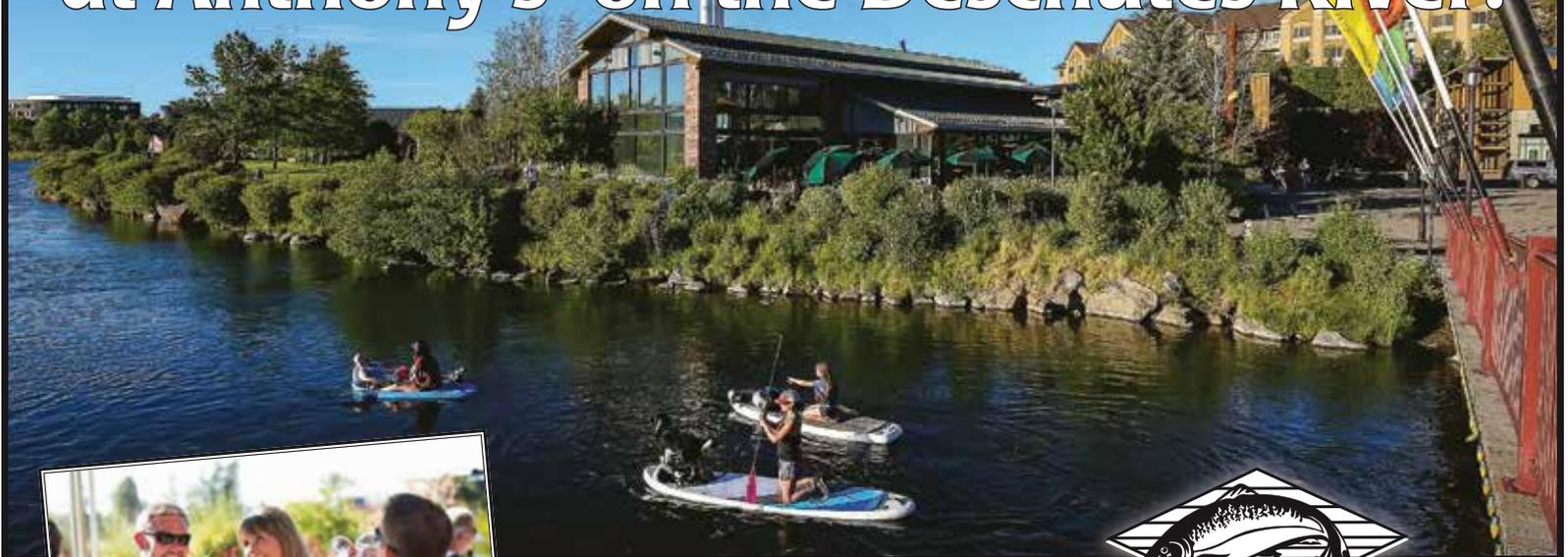
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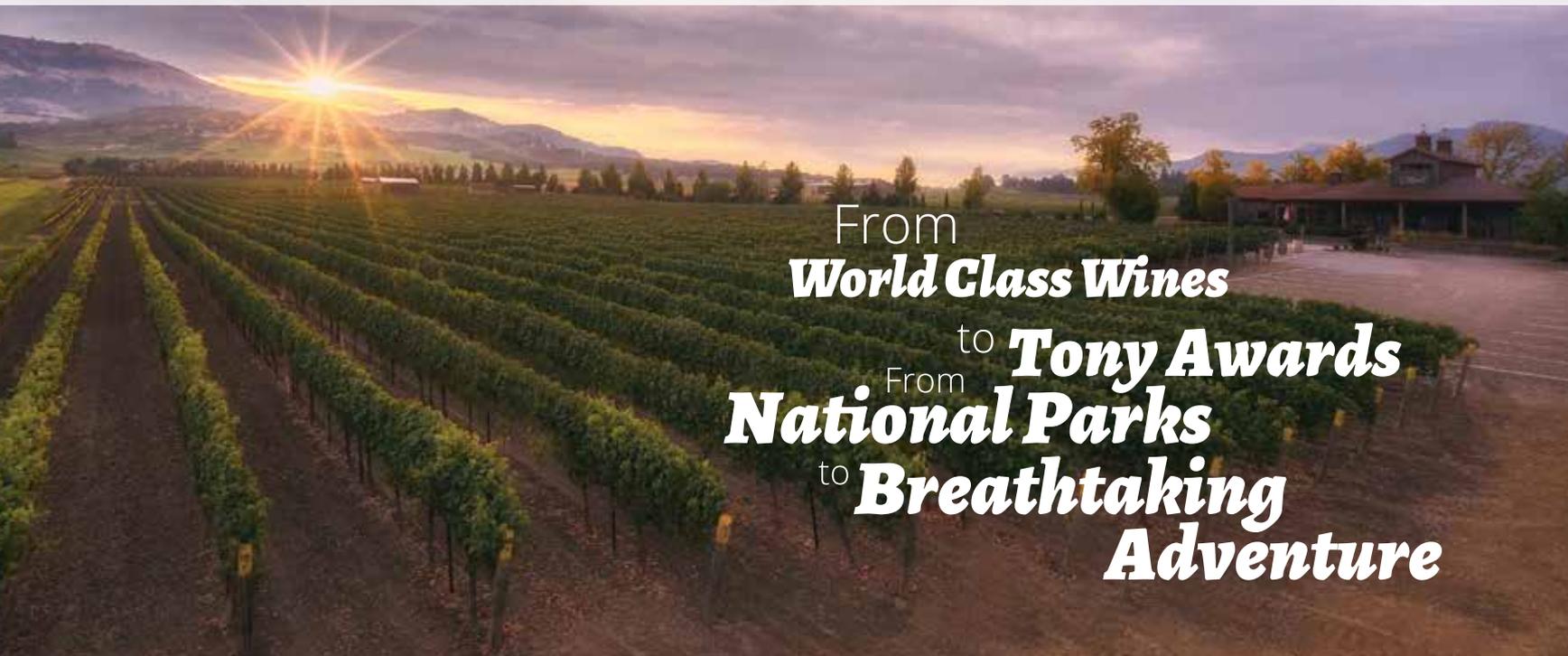
EXHIBIT

Baristas of Bend

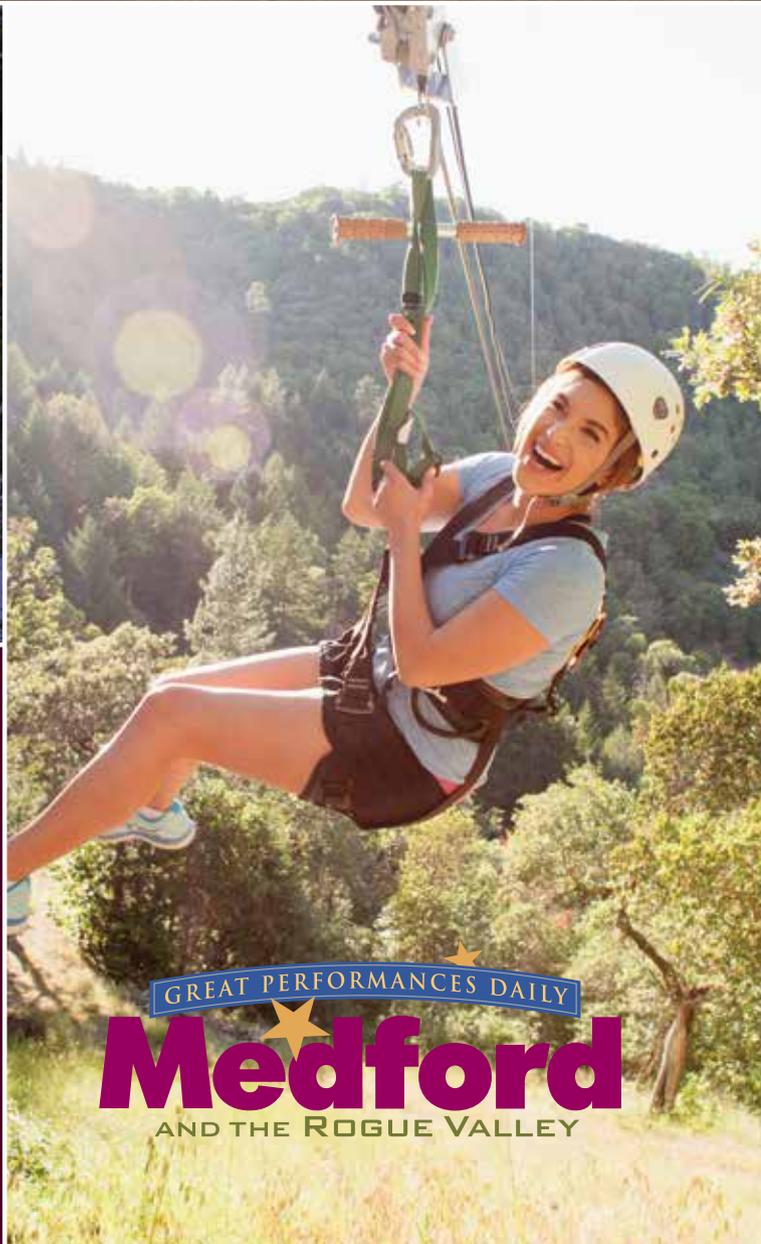
New exhibit paints local servers in a new light.

FOR HIS LATEST PROJECT, classically trained painter and sculptor Ian Factor turned his attention to the everyday. Factor developed a series of portraits centered entirely on coffee shop workers, a population that Factor said plays an important role in both the culture and commerce of Bend. “These folks are often the first people that anyone sees in the morning,” Factor said. That makes them a focal point of daily life but also risks reducing them to everyday objects. Factor’s pieces include oil, acrylic and watercolor portraits and emphasize their humanity with a simple yet evocative treatment. Read more on page 136.

Top 12 Global Wine Region to Visit, *Forbes*, 2017



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MUSIC

String Theory

For local violin prodigy, all the world's a stage, but Bend is home.

WRITTEN BY LEE LEWIS HUSK

Like any kid born and raised in Bend, 18-year-old John Fawcett can navigate a ski slope or mountain trail. He loves to watch soccer and play with the family dogs. But unlike most of his peers, he has a particular affinity for 19th-century classical music and performing on stage in some of the country's top concert halls. And when he picks up the violin, the shy teen recites a universal language in harmonics and vibrato. "Music is my first language," said Fawcett. "I understand it so much better than spoken English. That's the way I communicate."

Fawcett started playing violin at 5 years old and was encouraged to continue with the instrument by his parents. He attended St. Francis of Assisi in Bend and then Redmond Proficiency Academy, graduating as a valedictorian a year early. The academy offered Fawcett a flexible schedule for the four to five hours a day he needed to practice. "The majority of people don't realize the time it takes to perfect a craft," he said.

As his violin mastery progressed, he sought instruction outside the area. His weekly lessons were by Skype with teacher Jan Mark Sloman, an internationally renowned violinist, retired associate concertmaster of the Dallas Symphony Orchestra and now faculty member at the Cleveland Institute of Music.

"John is in the top one-percent of students nationally and shows all the earmarks of a career violinist," said Sloman. "He has a terrific work ethic and is mindful in his approach to music."



PHOTO FROM THE TOP



NATIONAL STAGE

TOP Fawcett performs for NPR's "From The Top."

LEFT "From the Top" performers share music at a local school.

Sloman encouraged him to apply to this year's Heifetz International Music Festival in Staunton, Virginia, a six-week summer internship that gave Fawcett a chance to perform and compete with other accomplished young musicians from the United States and abroad.

"Recently I've been traveling a ton," said Fawcett. He has performed twice at Carnegie Hall in New York, most recently during last year's holiday season with the New York String Orchestra Seminar. "The Christmas Eve performance was one of the best experiences of my life," he recalled.

He also recorded a solo at Berkley's Zellerbach Auditorium for "From the Top," a National Public Radio program featuring America's best young classical musicians. The episode aired April 30, 2018 to a national audience.

One of his favorite performances happened at Bend's Tower Theatre with Portland-based Pink Martini, who invited him to play with the band in 2015. "It was an incredible experience, and they played some of my favorite songs," he said.

In the fall of 2018, Fawcett will head to Los Angeles where he will attend the prestigious Colburn Conservatory of Music on a full scholarship. The school year kicks off with a two-week tour of Great Britain with the school's orchestra.

"I dream of becoming a soloist or being in an orchestra, performing all the time, and inspiring people with music," he said, adding that he loves the adrenaline of being on stage. But when he needs an outdoor fix or romp with the dogs, the Bend native is just one flight from home. **B**

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David Mensing



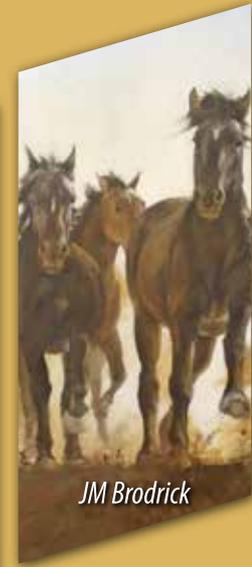
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Gienger-Stanfield



Stefan Savides



Karen Leoni



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Lane Hall
Norma Holmes

Charity Hubbard
Shanna Kunz
Dale Landrum
Karen Leoni
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Back Deck ■ happenings

LOCAL ARTIST

Ian Factor's "Baristas of Bend" at Franklin Crossing

AN EARLY MORNING DREAM, recalled just as he was waking, was the inspiration for artist Ian Factor's September exhibit at Franklin Crossing dubbed "The Baristas of Bend." The dream involved a vision of an entire body of work in a gallery and became the barista series, which will include twelve to twenty portraits from several Bend coffee shops.

"These folks are really important people in the community and are often the first people anyone sees in the morning," he said. Palate is his go-to coffee bar where he converses with the baristas and often sketches there.

The life-size portraits will be oil on linen or canvas, plus some watercolors and drawings in graphite or charcoal. "I find nothing more fascinating than the human body and mind," he said. He plans to do a live portrait demonstration at Franklin Crossing in the main lobby around the time of the exhibit.

A classically trained painter and sculptor who teaches at Central Oregon Community College and OSU-Cascades, Factor sees himself as a combination of traditional realist, modernist and abstract expressionist. He recently founded the Bend Academy of Art that offers classes, workshops, visiting artists and lectures. In addition to the September exhibit, Factor's work can be viewed at the Peterson Roth Gallery in downtown Bend. — *Lee Lewis Husk*



BEND DESIGN CONFERENCE

Rethinking Design Culture in the Modern World

ACCORDING TO THE people behind the Bend Design Conference, design is about way more than designing things. The conference explores how design-driven thinking can address larger societal problems, spark curiosity and collaboration and ultimately shape our future. In its third year, Bend Design Conference is a creation of ScaleHouse, Bend's nonprofit creative arts organization. Scheduled for October 25 through 27 in downtown Bend, Bend Design presents artful and innovative thinkers delivering talks, interactive workshops, hands-on exhibits, and collaboration-sparking conversations. BENDESIGN.ORG

TOP ART BY IAN FACTOR; BOTTOM PHOTO COURTESY OF BEND DESIGN



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OCTOBER 11-14, 2018

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BendFilm.org

Back Deck ■ *datebook*

SEPTEMBER

7

BEND

BICYCLE FILM FESTIVAL

Watch locally produced short films that celebrate all things cycling in Bend. There's a \$250 prize for the audience favorite, as well as a two-hour bike ride to join that day.

BENDBICYCLEFILMFESTIVAL.COM

9

BEND

GREAT DRAKE PARK DUCK RACE

A favorite fundraiser and event in Bend, the Great Drake Park Duck Race returns this year. In addition to the rubber duck race in Mirror Pond, there will be lots of games and activities the whole family can enjoy.

14-16

SMITH ROCK

AMERICAN ALPINE CLUB'S CRAGGIN CLASSIC

Climbers will want to be at Smith Rock for this three-day event. There will be climbing clinics taught by professional athletes and local guides, as well as films, stewardship projects and parties.

14-16

BEND

CATS

It's the musical with way more than nine lives. "Cats," a musical created by Andrew Lloyd Webber based on the poetry of T.S. Eliot, will be staged by local group Thoroughly Modern Productions at the Tower Theatre this fall.

TOWERTHEATRE.ORG

19

BEND

THE HEAD AND THE HEART

Summer's not over yet for the outdoor concerts at the Les Schwab Amphitheater. Indie-folk favorites The Head and the Heart and Blind Pilot will take the stage to close out a season of entertainment along the Deschutes River.

BENDCONCERTS.COM

7-9

SISTERS

SISTERS FOLK FESTIVAL

Last year's wildfire season forced the Sisters Folk Festival to cancel the event. This year, the lineup is already looking like the makings of a stellar comeback, with acts like Justin Townes Earle, local band The Weather Machine and more.

SISTERSFOLKFESTIVAL.ORG



29

SISTERS

FRESH HOP FESTIVAL

The Fresh Hop Festival has been around for almost a decade and brings out the best fresh hop beer produced by twenty-five Oregon breweries. Taste your way through the beers while listening to the live music.

SISTERSFRESHHOPFEST.COM



21-22

BEND

OKTOBERFEST

Join the stein-hoisting competitions, enter your dachshund in the weiner dog races, get your fill of Bavarian-style dishes and more at Bend Oktoberfest. The event is free and open to all ages.

BENDOKTOBERFEST.COM



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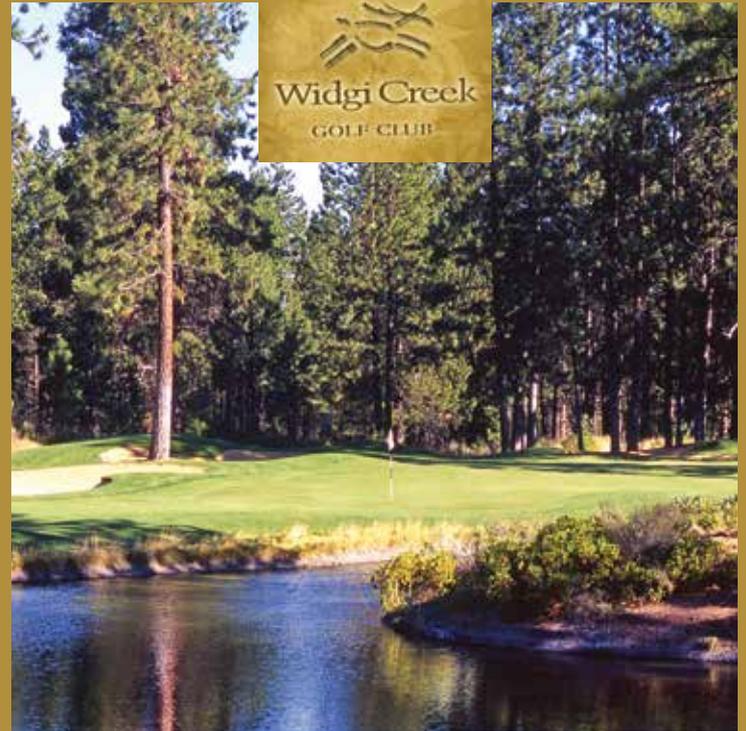
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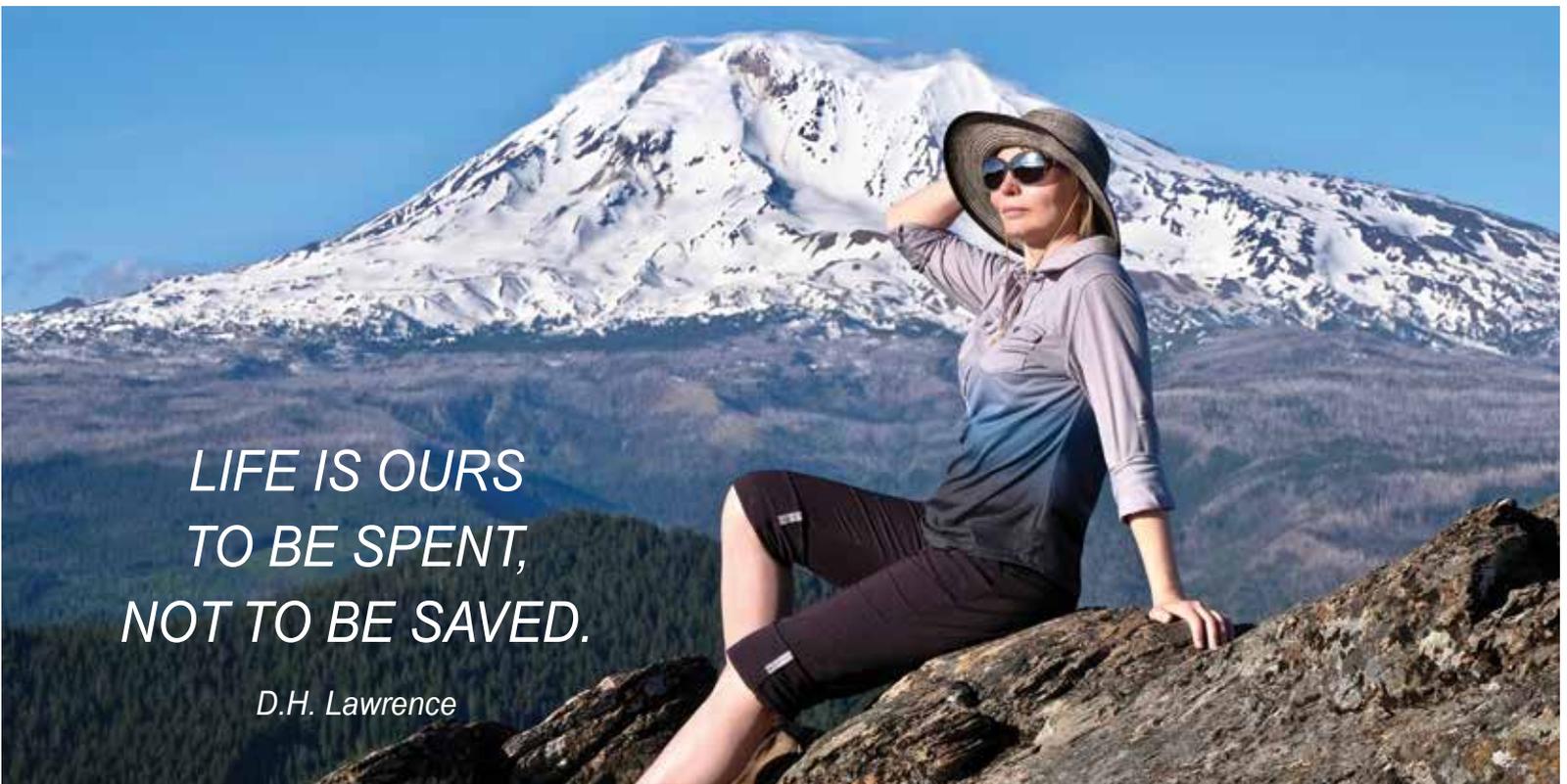
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Back Deck ■ *datebook*

OCTOBER

5

BEND

WILD & SCENIC FILM FESTIVAL

The Wild & Scenic Film Festival is the confluence of independent film and environmental advocacy to support the Oregon Natural Desert Association.

ONDA.ORG

5-7

BEND

LARK RUN

A new event this year from LOGE Entrada, the Lark Run is bigger than average running events. It's three days of trail runs, group yoga and paddleboarding, live music and more.

LARKRUNNING.COM

8-9

BEND

SWIVEL MARKETING CONFERENCE

Connect with digital and creative insiders at Swivel, a two-day conference that covers all aspects of the marketing industry.

SWIVELNOW.COM

13-14

SISTERS

SISTERS HARVEST FAIRE

A Sisters tradition for more than thirty-five years, the Harvest Faire welcomes over 180 artisan vendors to help celebrate the changing of the seasons. Enjoy local food and free music at this annual event.

SISTERSCOUNTRY.COM

16

BEND

SOWETO GOSPEL CHOIR

Don't miss this performance that the New York Times called "Meticulous and unstoppable... spirited and spectacular." The Soweto Gospel Choir will be at the Tower Theatre to perform their inspirational Gospel choir music.

TOWERTHEATRE.ORG

18-19

BEND

BEND VENTURE CONFERENCE

One of the Pacific Northwest's largest angel funding conferences, Bend Venture Conference awarded \$1.83 million in funding to startups in the region last year and drew more than 600 people, fifty prominent investors and seventy companies.

BENDVC.EDCOINFO.COM

11-14

BEND
BENDFILM

This is the fifteenth year of BendFilm, an independent film festival that draws thousands of filmmakers and film-lovers to Bend. Watch for the line-up and get your tickets for screenings early for this popular event.

BENDFILM.ORG

22

BEND

WILD KINGDOM'S PETER GROS

Kids and families will enjoy this show from Wild Kingdom's Peter Gros, a leader in advocacy for wildlife. Get up close and personal with a variety of wild animals while learning about wildlife conservation around the globe.

TOWERTHEATRE.ORG

25-26

BEND

BEND DESIGN

Now in its fourth year, Bend Design is a two-day conference that draws creatives and change-makers. Speakers will inspire and workshops will engage curious minds.

BENDDESIGN.ORG



2-3

BEND

THE NEW CHINESE ACROBATS

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TOWERTHEATRE.ORG

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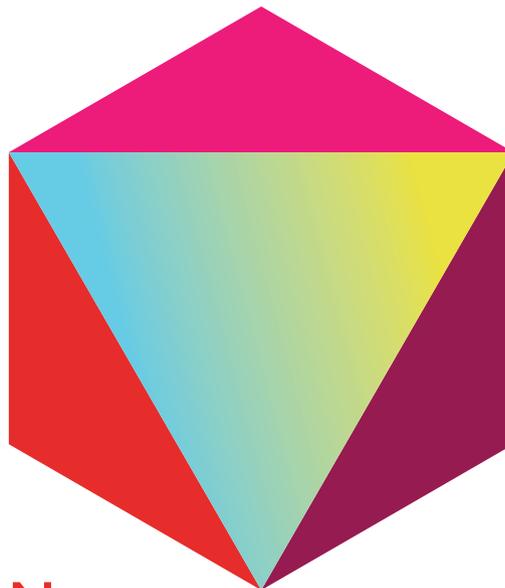
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SCENE
& HEARD



1. Kimberle Cress, Brenda Gutierrez, Tawna Storey and Heather Franklin at the Michael Franti concert. 2. Michael Franti. 3. Seymour at the Fourth of July Parade. 4. Officer T. Oliveira, Rob and Officer Z. Childers at the Fourth of July Parade. 5. John and Mandy Butera with dogs Booker and Basil at the Fourth of July Parade. 6. Anna Chrietberg and Kate Kerrigan at the Art in the High Desert Sponsor Reception. 7. Dave and Carla Fox at the Art in the High Desert Sponsor Reception.

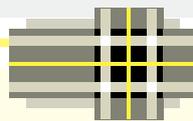
JILL ROSELL IS A BEND LIFESTYLE AND PORTRAIT PHOTOGRAPHER AND CREATOR OF "I LOVE BEND, OR". AS BEND MAGAZINE'S EVENTS AMBASSADOR, JILL IS AVAILABLE TO PHOTOGRAPH SELECT HAPPENINGS AROUND CENTRAL OREGON. YOU CAN REACH HER AT, JILL@BENDMAGAZINE.COM





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SCENE
& HEARD



1. Julie Gregory, Oregon Community Foundation, at the Oregon High Desert Classic. 2. Kevin Winkel at the Oregon High Desert Classic. 3. Tom and Joan Triplett at the High Desert Museum's Art in the West exhibition opening. 4. Artists Rand Scot Smithey, Holly Rodes Smithey and Valerie Winterholler at the High Desert Museum's Art in the West exhibition opening. 5. Heather Vihstadt and Collins and Wendy Hemingway at the High Desert Museum's Art in the West exhibition opening. 6. Bill and Anne Carwile, Julia Kennedy Cochran and Ron Cochran at the High Desert Museum's Art in the West exhibition opening.

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Austin Hemperley at Cline Butte.
Photo by @aaronharrisphoto

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