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Panoramic views of the nearby Cascade Range are just one of the many perks of spring riding in the desert. We share three of our go-to rides to get your biking season started with tips on where to find the perfect post-trail ale.

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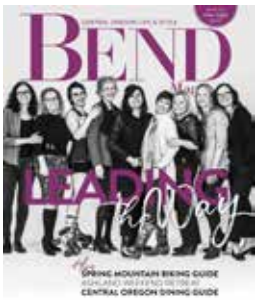

ON THE COVER
Local photographer Marisa Chappell Hossick captured the energy and creativity of our Leading Ladies.

PHOTO CAITLIN EDDOLLS

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WORDS *and* PICTURES

MARISA CHAPPELL HOSSICK

Marisa is a Bend native who studied photography at the International College of Professional Photography in Melbourne. Marisa has a BA in French Literature and worked overseas for several years teaching French and English before settling back in Bend. Marisa has worked for fifteen years as a portrait, wedding and commercial photographer. In addition to photography, Marisa is the Communications Director for the Deschutes River Conservancy. When's she not shooting photos or communicating about the river, Marisa can be found biking, skiing, traveling or cooking up fun adventures with her husband and two wild little boys. In this issue, Marisa shot profile portraits of women Leading the Way (p. 86).

K.M. COLLINS

An avid paddler, snowboarder, bike commuter, roller skater and freelance media producer, K.M. Collins tells stories through writing, photography and modest filmmaking. Often the subject of her media endeavors is solo outdoor expeditions, social change and natural sciences. K.M. has a master's degree in geoscience. Locally she finds affiliating with the Latino Community Association, Coalition for the Deschutes and Unitarian Universalists of Central Oregon deeply rewarding. In this issue, K.M. wrote about her winter whitewater adventure in the Grand Canyon (p. 35).

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 on assignments abroad. In this issue, Caitlin tagged along with writer and partner Dalton Charest, bringing home great shots for our spring biking feature (p. 96).

SUZANNE JOHNSON

Suzanne Johnson lives, writes and plays in the Cascade Mountains around Bend. Her writing focuses on nature and the environment, family and travel. The trails and rivers of Central Oregon will always be home base, but she hits the road as much as possible to explore new corners of the world. Most of all, she loves to chat with interesting people and learn what makes them tick. In this issue, she profiles two fascinating women and their perspectives on work, equality, and legacy (p. 90 and p. 93).

HEAVEN MCARTHUR

Before her nomad feet and wheels came to Bend for a "short" recharge, Heaven McArthur lived on the road for two years, creating photographic portraits and stories for individuals and businesses across the United States, Ireland, Australia, Mexico and Canada. Four years later, she is still here. In this issue, Heaven shot feature photographs of local blacksmith and renaissance man David Sowards-Emmerd (p. 72). Find more of Heaven's work at HEAVENMCARTHUR.COM

AMANDA STUERMER

Founder of World Muse, a nonprofit offering programs to support and celebrate women as change-makers, Amanda Stuermer is also on the faculty of Off the Mat Into the World, which trains emerging social justice leaders. Amanda's other passions include her family, friends, dogs, and world travels. She is currently living between Central Oregon and Central London. She returns this spring to host the 7th Annual Muse Conference. Amanda stood in as guest editor for our inaugural Women's Issue (p. 86).

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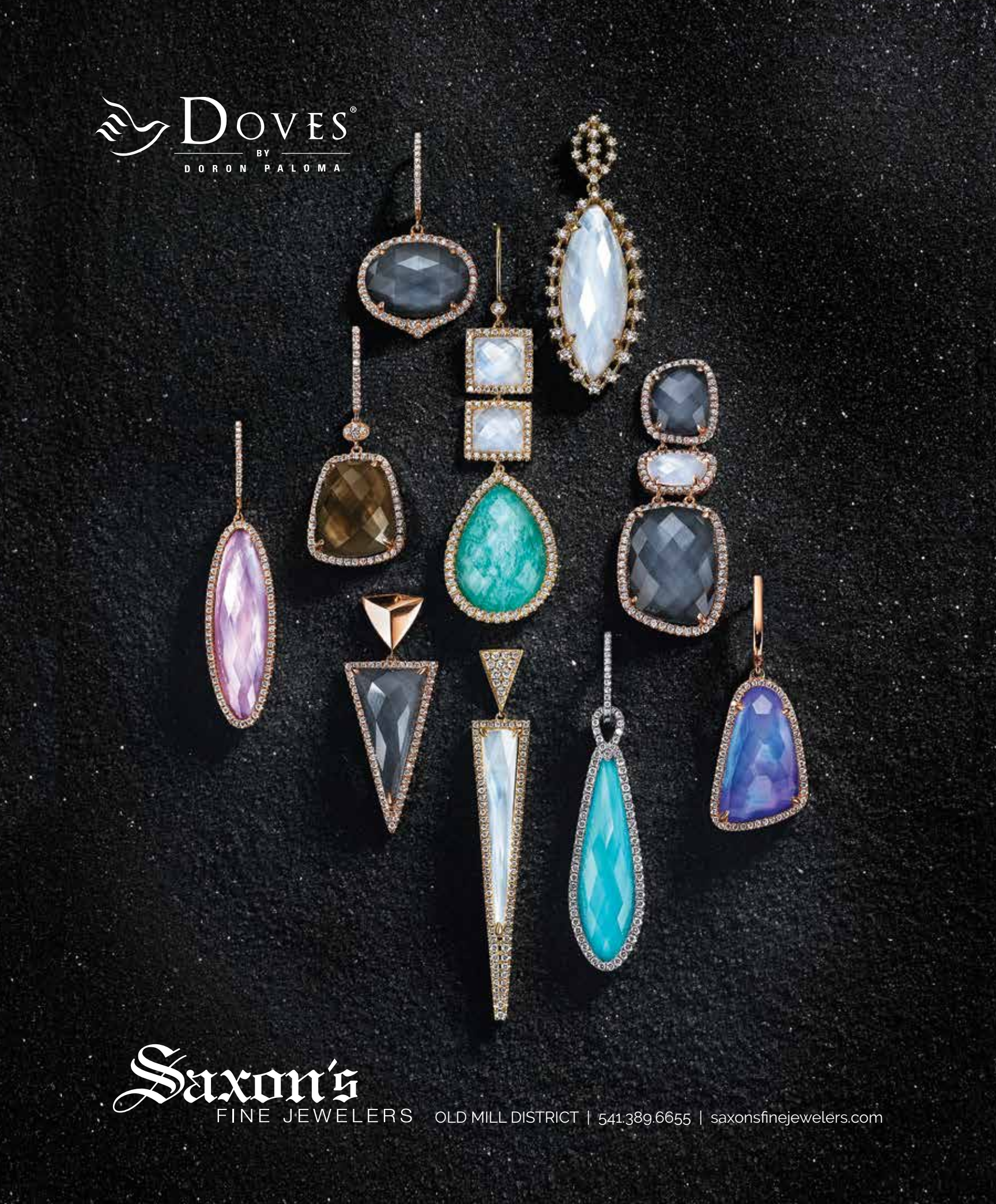
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FROM *the* PUBLISHER

Giving Back and Spreading Joy

One of the best things about living in Central Oregon is the opportunity to be a meaningful part of this community. Everywhere you turn, amazing people are doing beneficial work through a huge variety of organizations. At *Bend Magazine*, we are grateful to be a part of and to support many of these causes.

One of our favorite missions is the Bend JOY Project, spearheaded by local leader Noelle Fredland of the Old Mill District. The JOY Project kicked off a couple of years ago, spreading joy in big and little ways, including through public signage, share cards bearing messages of joy, and the encouragement of residents to commit a few random acts of kindness. The project makes a real difference every day, with a mission to bring joy in meaningful ways to keep our community happy, strong and vibrant. Check out Bend JOY Project at bendjoyproject.com.

Bend Magazine is also proud to present Bigstock Bend to the community each summer. This fundraiser for Oregon Adaptive Sports is an all-day music festival set on a ranch in Tumalo, but beyond that, it is a joyful event celebrating community, live music, great local foods and the opportunity to help others.

Bigstock Bend will take place August 10 of this year. We have a terrific lineup scheduled, including headliners Big Head Todd and the Monsters, along with the return of the Sleepless Truckers and newcomers The Freddy Jones Band. Tickets are going fast, and all net proceeds benefit Oregon Adaptive Sports and their efforts towards accessible adventure for all. Bigstock Bend needs volunteers, too—let us know if you'd like to help put on this amazing event this summer. See bendmagazine.com/bigstock-bend.

For opportunities to volunteer throughout the community, year-round, a great resource is Volunteer Central Oregon. This organization helps match would-be volunteers with appropriate organizations, pairing talent with need on a daily basis to better our community. Check out Volunteer Central Oregon at volunteercentraloregon.org.

Celebrating happiness, the community and people doing amazing things is what we strive to do with our company and with *Bend Magazine* each issue, and each season. This spring, we encourage you to find a way to spread some joy of your own. Give back to those who need help. Find a new way to share your talents with the community. Get involved and take action. We can't wait to see what you do next.

Happy Spring!

Heather and Ross Johnson

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FROM *the* EDITOR

Taking Center Stage

It's surely no accident that March, and not April or May, was chosen as Women's History Month. Marching as a form of protest and as a show of solidarity has been integral to the women's rights movement for more than a century and a half. A hundred years ago, women took to the streets, marching in support of women's suffrage. It was a movement decades in the making and culminated in a constitutional amendment in 1920 securing women's right to vote.

A century later, it feels like another kind of women's movement is reaching a crescendo. And it's not just the #metoo moment. Women and girls are seeing long-standing barriers fall in our political institutions (is our first female president out there right now, building a collation?), in our schools and in our workplaces. Given this tide, it seemed fitting that we pause for a moment to recognize the great achievements and ideas championed by the women in our midst.

Our Women's Issue shines a light on some familiar faces and some new ones, too. These are women who are debunking myths, building communities and breaking down barriers for themselves and the next generation. We're happy to celebrate the dawn of a new day, one that is happening in Bend and across the country. We couldn't have done that without the help of guest editor Amanda Stuermer, who helped us connect with some leading local women and shape their stories. Amanda is an inspiring figure in the women's movement in her own right, a thoughtful leader whom we are lucky to have working in our midst. She is the founder of the World Muse Conference that brings together women to share stories and inspiration here in Bend this month.

For our Women's Issue, we settled on a series of profiles to help convey the work of the women around us. We talked to longtime Bend Broadband CEO Amy Tykeson about making a mark in business while bettering the community. We sat down with former Deschutes County commissioner Tammy Baney and learned what it took to overcome the subtle discrimination that was heaped on her as a young female county commissioner. We talked to scientist Sylvana Yelda about dreaming of the stars and then reaching for them.

Our biggest challenge was figuring out how to contain these stories in just a few pages. Confession: We weren't quite able to do that. So we put triathlete, and all-around superwoman, Heather Jackson into our athlete profile. We spotlighted artist Kelly Thiel, whose striking feminine portraits speak to something transcendental. You'll find more examples of inspiring women and their work throughout this issue.

Of course, there is even more to be seen and savored in the issue. We found great ideas to shake up date night and spice up happy hour with small bites and great wine pairings from some of our favorite local restaurants. We headed out for some early season mountain biking and came back with trail tips and suggestions on how to finish strong. If hiking is more your speed, we found two river canyon hikes where you're sure to find early signs of spring.

Thanks for giving us the opportunity to share these great stories with you. Be sure to bring us along on your next adventure by tagging us @bendmagazine on Instagram using the thisisbend hashtag. If we like your shot, you may feature it in the next issue of Bend Magazine.

Be Inspired,
Eric Flowers, *editor in chief*

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Writer K.M. Collins honed her stand-up paddleboarding skills on Oregon's burliest rivers over the past several years. She faced her biggest challenge this past winter when she joined friend and guide Sarahlee Lawrence on an epic three-week journey down the Colorado River through the Grand Canyon. Go to BENDMAGAZINE.COM/GRAND-CANYON to see video she captured along the way.

Get your tickets today for Bigstock Bend, Central Oregon's premier private concert and the signature fundraiser for Oregon Adaptive Sports. Join us August 10 with headliner Big Head Todd and the Monsters for an unforgettable day of food, music and more. All for a great cause. Tickets. BENDMAGAZINE.COM/BIGSTOCK-BEND

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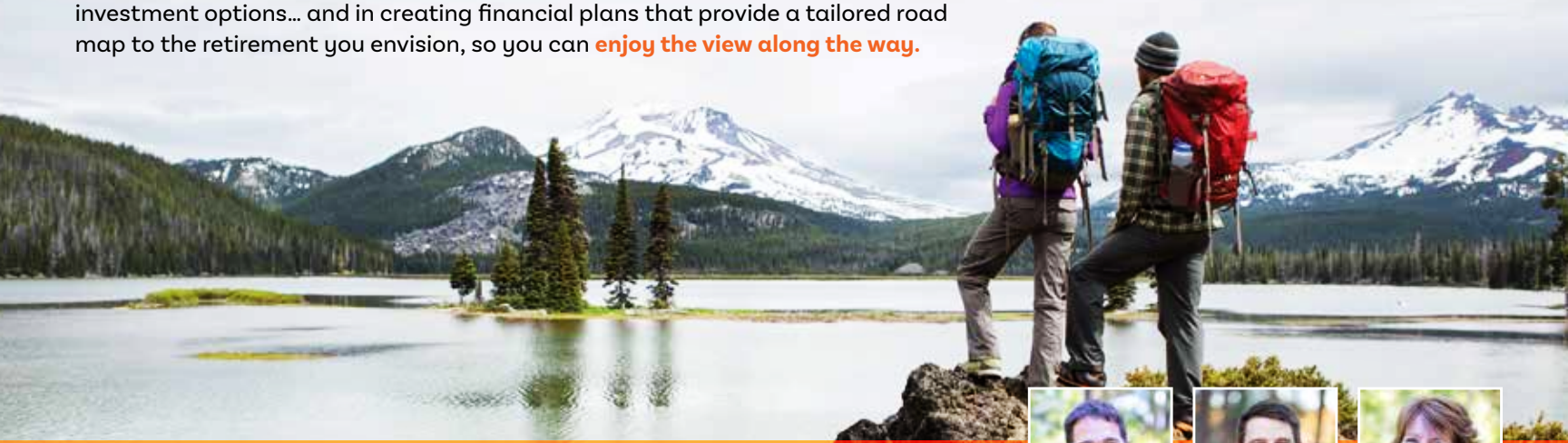

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PHOTO COREY MCCARTHY

Front Deck ■ *bend*

■ *parks*

Eastside Pool Funding Is Tight

A planned $23 million expansion and rebranding of the Bend Senior Center will move forward this year, but the park district may have to dip into a fund used primarily for land acquisition and park development to make that happen. Parks officials told staff they prefer to use system development charges, fees attached to new home construction, to fund the construction project that will add roughly 34,000 square feet to the former Bend Senior Center, now branded as the Larkspur Community Center. The rebranding reflects a change and expansion of programs and facilities at the center including, an aquatic center with lazy river and traditional lap pool, a modern 6,000-square-foot fitness room and indoor running track. The district plans to break ground on the makeover later this year.

■ *livability*

Traffic Tops Agenda

Bend residents are passionate about a lot of things—first turns on a powder day, off-leash dog laws, adequate IBUs in their IPAs all come to mind—but if you really want to get an earful from a local, there's just one topic that trumps all others: traffic and roads.

That reality was reinforced again in a local community needs survey in December when residents placed road maintenance and traffic alleviation at the top of their wish list for Bend.

According to the city of Bend, which conducted the survey, almost half of all respondents listed something related to transportation in an open-ended question. For those who identified transportation as a problem or need, the most common areas of concern were traffic congestion and maintenance.

"These survey results confirm in many ways what our community has been talking about for years," said Mayor Sally Russell.

WORKFORCE

Bend Top City for Home-Based Employees

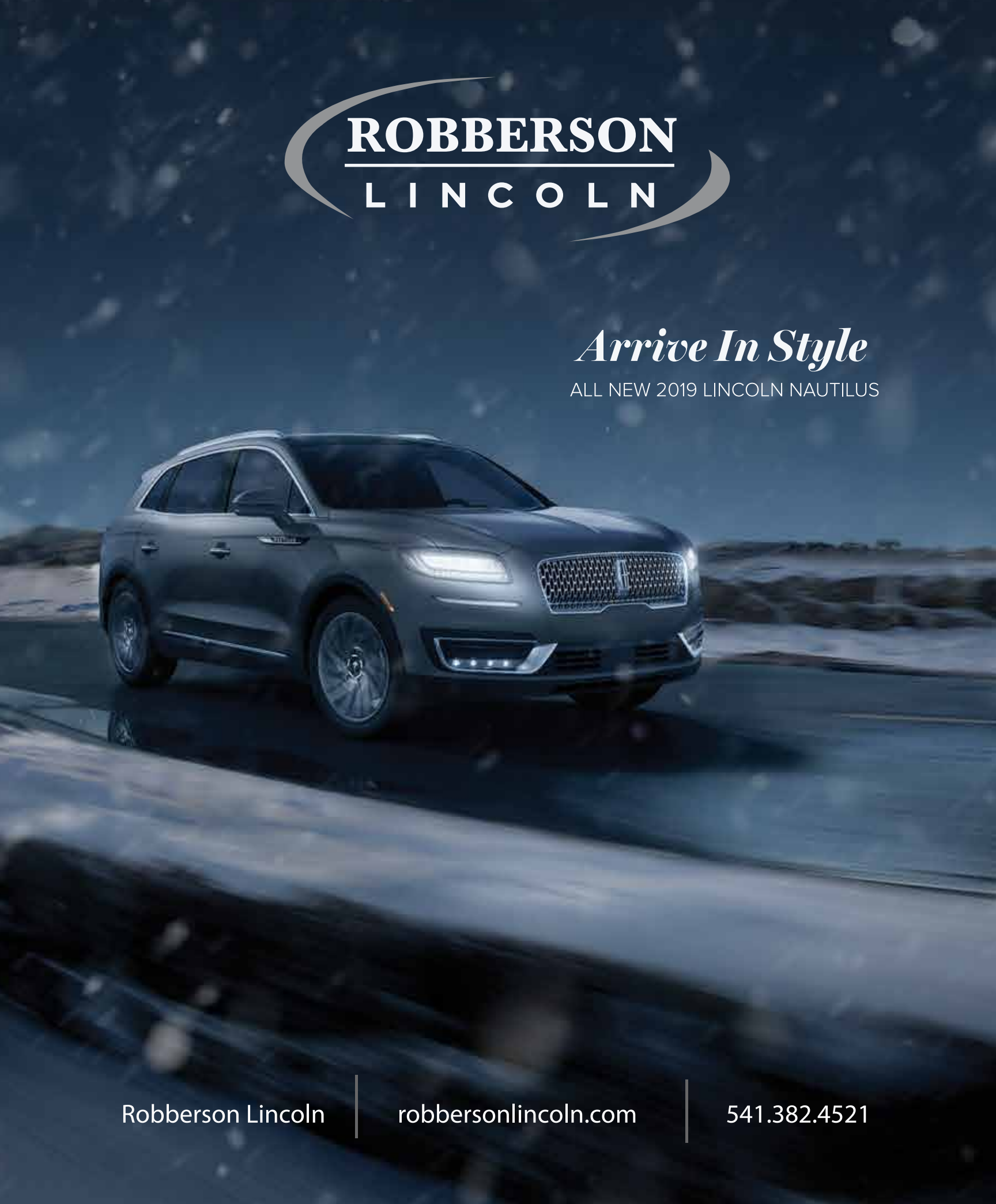
Bend has long been known for its casual approach to work attire, but pajamas at the Monday morning all-hands meeting? That's a reality for more and more workers in Bend who are joining the ranks of telecommuters and other work-from-home employees.

According to state economic researcher, Josh Lehner, Bend has a higher percentage of work-from-home employees than any other metro area in the country. Bend is a leader in a state that sits near the top of the work-from-home heap, according to Lehner, who works for the state Office of Economic Analysis and writes a regular blog on topics of interest related to the state's economy. Lehner looked at some of the most recent census to draw his conclusion. Based on those statistics Lehner calculated that more than 12 percent of Bend's workforce is classified as a telecommuter.

Other cities in the top ten included Boulder, Fort Collins and Asheville. That's to be expected, said Lehner, who believes that quality of life and factors like work-life balance opportunities help to bolster work from home participation.

"My takeaway is that economic vitality and quality of life drive the working from home patterns seen among large metros, with housing costs offering an assist," said Lehner.

He also found that work-from-home employees tended to skew older than the rest of the workforce by about six years and tended to have a higher income.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■ tumalo

ODOT Weighing Tumalo Traffic Fixes

If you've sat behind the wheel and tried to cross Highway 20 in Tumalo, you know the frustration that drivers can feel waiting for what seems like an endless line of traffic. It's not only annoying, it's extremely dangerous. The intersections in Tumalo, which include Cook Ave./O.B. Riley and 5th Street, accounted for twenty one crashes between 2009 and 2014. Nine of those crashes involved injuries to drivers or passengers. Faced with the prospect of increased traffic and the possibility of more collisions, the Oregon Department of Transportation is working with residents and other stakeholders to develop a long-term solution. Options include two different interchange alignments that eliminate the crossings and dangerous left-turn movements onto the highway. The agency is also weighing a more Central Oregon-style solution with a multi-lane roundabout. The agency plans to settle on a preferred design this year and begin right-of-way acquisition. No funding mechanism has been identified for the project, however, and any construction could be several years out.

RENDERING OF KROCK CENTER AQUATICS BY VISIT NORTH IDAHO

■ redmond

Redmond Eyes Multi-Story Rec Center

Redmond residents will have a chance to do something this year the city hasn't done in four decades—build a new pool. The Redmond Area Park and Recreation District was expected to approve a plan to bring to voters later this year that would fund a 66,000-square-foot, multi-use recreation facility with a $40 million price tag. If voters were to approve the 20-year levy, it would fund construction of a facility that includes a family pool with features like water slides, a lazy river, and spray pads. Also included would be fitness rooms and studios, two indoor basketball courts that could be converted for uses such as pickleball, a second story running track and a space for classes and activities. The district hopes to site the facility on an 11-acre parcel adjacent to the existing Cascade Swim Center, which would remain in operation but turn its focus to competitive swimming activities.

■ madras

Madras Courting Sports Complex Investors

A plan to bring a multi-million-dollar indoor/outdoor sports complex to Madras has been quietly gaining momentum. The project has been spearheaded by Jim Weyermann, the executive director of Madras Aquatic Center Recreation District (MACRD). Weyermann, who formerly worked for the Golden State Warriors, said a group of investors is interested in building a massive indoor-outdoor complex that includes new lighted outdoor soccer fields, more than 100,000 square feet of indoor courts and fields, and an Olympic-sized indoor ice sheet. The total price tag for the project is estimated to be around $30-40 million. Massive multi-sport complexes have been gaining popularity among small and middle-sized cities to attract lucrative youth sports tournaments. Weyermann's investment group was expected to make its first cash injection into the project this winter, which would fund some of the preliminary planning and research.

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Front Deck ■ *brewing*

WRITTEN BY **JON ABERNATHY**

■ *what's brewing?*

BEND'S NEWEST BREWERY, Spider City Brewing, opened late last year on Bend's eastside and gained attention in part for the unusual name (a reference to the residential garage that housed Spider City's pre-launch homebrewing system) but also because it is Bend's only brewery owned entirely by women. Twin sisters Melanie and Michele Betti and Tammy Treat spent the last several years planning the brewery and developing recipes, homebrewing in the garage while homing in on their brewery and taproom concept.

We reached out to Melanie Betti, who brews the Spider City beers, to find out more.

How has being a sommelier (and owner of The Wine Shop) helped you with beer and brewing?

As a sommelier I know what is in balance and what is out of balance in wine and beer. I have traveled all over the world for wine, and in every country that I visit I always make sure I check out the beer scene. I have always loved beer just as much as I love wine. It is that passion that drove me to open a brewery and to make good, quality, clean beer.

When you were homebrewing and developing recipes, were there any notable successes that made it to the commercial level?

Yes. We have a few recipes that are some of our most popular in which rye and rye flakes are used in the malt bill. The key to a good malt bill is keeping it simple, but then trying to see if there is a malt that can add complexity to the overall profile of the beer. I'm talking two to three percent to the overall recipe.

Were there any notable failures? What did you learn from those?

Of course, yes! Our fruit beers gave us some of the most trouble. Using fresh fruit is always the preferable method. It may cost a bit more and take a little longer, but the results are worth it! And like I said before, the key to a good recipe is keeping the malt bill simple. And the hop additions minimal, too. There are several tricks you can use to get the most out of a hop. If you get too complex, then everything gets muddled.

Melanie Betti

New Beer: Da Shootz!

CENTRAL OREGON'S LARGEST CRAFT BREWERY, Deschutes, is rolling out a low-carb, low alcohol American Pilsner aimed at the fitness and lifestyle market (think Michelob Ultra for microbrew lovers). Da Shootz! will be offered in cans, an appealing option for outdoor-driven and recreationally minded Central Oregonians. With under 100 calories and less than six grams of carbs, the light lager packs in tropical, citrusy hop flavor for a flavorful and easy-drinking session.

On Tap: News and Notes

IF YOU'VE SIPPED CRAFT BREW from a can, then you've seen the new hard plastic carriers used to bundle six packs. The new snap on carriers are a vast improvement, but they aren't recyclable locally—at least until recently. **Worthy Brewing**, which uses the hard plastic can carriers for its six-packs, announced that it will become a recycling drop point for **PakTech** can carriers. "Most breweries use these PakTech can carriers and don't know they're not recyclable," said Meghan Hoey, Worthy's Marketing Director. "We will transport the collected carriers to the nearest recycling center so that PakTech can repurpose and reuse the plastic."

If you thought the local craft brew boom was bust, think again. **Bevel Craft Brewing** is set to be Bend's first new brewery of 2019, opening shop with a seven-barrel brewery and tasting room on SE Ninth and Armour Road behind the DIYcave (just up the street from newcomer Spider City Brewing). Plans for the new location include food trucks and a patio that looks out upon a small hop garden. Just before Christmas, **Crux Fermentation Project** completed an extensive taproom expansion, doubling the capacity of the popular Mill Quarter area brewery and former AAMCO transmission shop. In addition to being better able to accommodate the crowds, a great addition are the garage doors which open onto the lawn, arguably Crux's best feature during the spring and summer.

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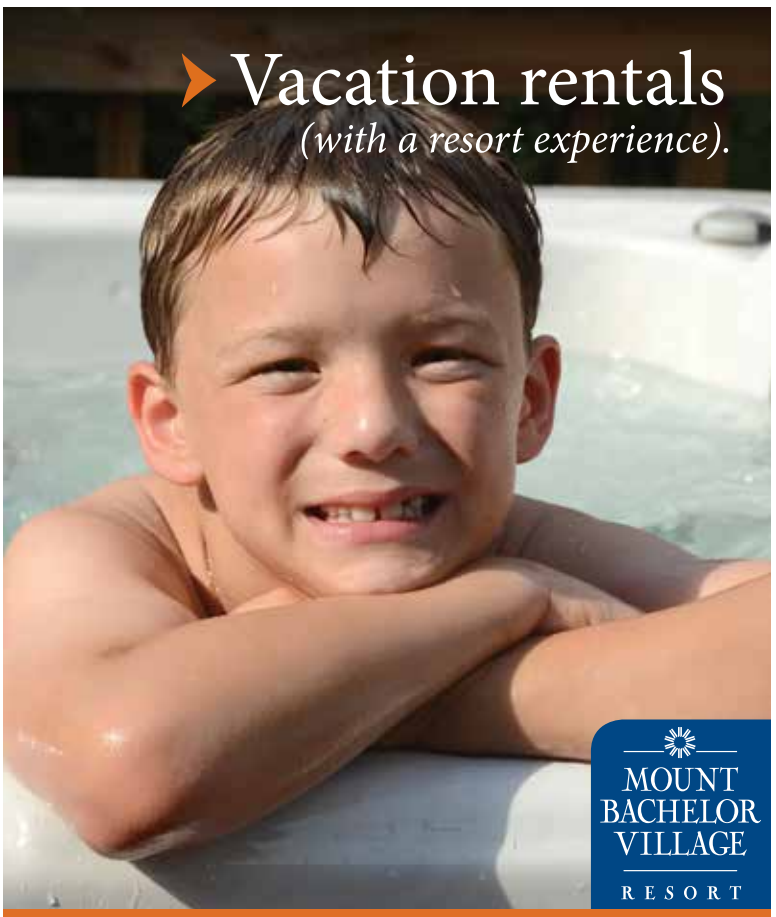

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DESTINATION

GRAND CANYON

Women, wilderness and winter whitewater.
Three weeks on America's greatest river.

BY **K.M. COLLINS**

"YOU DON'T SEE MANY TRIPS go out with more girls than boys." That's the on-the-spot assessment offered by Ranger Peggy upon surveying our female-centric crew that has arrived at Lee's Ferry, the iconic starting point for Grand Canyon adventures.

Our rag tag crew of river rats, organic farmers and adventurers has a three-to-one ratio of girls to guys. We aren't out to make a statement, but we are the exception. Forget what you might see in the latest Patagonia catalog, the gender participation gap is a persistent failure of the outdoor industry, especially when it comes to leadership and guiding. America's greatest river is no exception. But it's also changing.

Rising slowly and steadily like a spring flood measured not in days but decades, the number of women voyaging through the Grand Canyon has steadily increased since Major Wesley Powell made his pioneering voyage down the then unchartered river in 1869.

Central Oregon's Sarahlee Lawrence is one of the women who has helped smash the river guide stereotype. She's also the chief organizer and fearless leader of our ramshackle voyage, cobbled together on a cancelled permit (an alternative to entering the long-odds lottery that determines who gets to launch a boat for the three-week, 225-mile journey through the Grand Canyon). Without a lot of lead time, we departed in the low, cold light of November.

I've known Lawrence for years as a friend and colleague, which was enough to merit an invitation on her trip. I jumped at the chance to join the journey in part because of Lawrence, whose reputation as a top-notch boater was earned on rivers across multiple continents over a multi-decade guiding career. Lately, she's largely traded her oars for the tools of organic farming that she employs at Rainshadow Organics, her family farm near Terrebonne. But even when Lawrence's feet are firmly on the ground, her mind is never far from the river. Especially this river.

A WOMAN'S PLACE

Once the sole province of men, the Grand Canyon has been inching toward integration for more than half a century, when the last serious dam building initiatives were thwarted by conservationists. It was then the river as we now know it was enshrined as a permanent national resource and a premier destination for boaters and rafters.

In some ways the Colorado River has been out in front of the rest of the country when it comes to women's equality. The infamous and beloved Georgie White was the first documented woman to row a boat through the Grand Canyon's gauntlet of massive rapids. That was way back in 1952, before most American's owned a television. By 1955 White had pioneered a new motorboat design for navigating the Canyon, which she did as commercial outfit owner until her death in 1992. By that time, she had become a Grand Canyon icon, enshrined in the lore of the river.

My own passion for whitewater was ignited by a love for river ecology and a desire to fit in at my day job at a local paddling shop. A relative late bloomer, I jumped into my river obsession jsut a few years ago. I was a devout practitioner and in return, rivers emerged as my greatest gurus, especially the ones flowing through Oregon.

The Metolius River had taught me to kayak in brutally cold water that felt like liquid ice. The John Day River enticed me to embark on a seventy-mile solo trip on a paddleboard. The Rogue, Owyhee and Grand Ronde rivers taught me how to tough out winter as a raft passenger on a multiday trip. And as a rookie, I learned plenty from our own desert river, the Deschutes, which like the Colorado has been tamed by dams, yet manages to retain a piece of its wild soul.

ABOVE Horseshoe Bend, an oxbow on the Colorado River as seen from the rim.

RIGHT A three-week trip affords plenty of time for exploration of the river's countless side canyons and grottos.

ALL PHOTOS EXCEPT TOP K.M. COLLINS

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RIGHT The iconic Havasu Falls, a popular hike-in spot in the Grand Canyon. The Havasu River's lower pools and falls are accesible from the Colorado.

BELOW A day at the beach, Grand Canyon style.

PHOTOS MIDDLE AND BOTTOM K.M. COLLINS

THE MIGHTY COLORADO

But like other river devotees, I knew the ultimate goal lay beyond my home waters deep in a canyon that has captured America's imagination like no other place in the world. For devout paddlers it isn't a line item on the Bucket List. It is the Bucket.

Still nothing can quite prepare you for the immensity and the sheer grandeur of the Grand Canyon. And yet the Colorado River's true wonders were in the mud cracks and dry washes. It was the scent of the mesquite and tamarisk; it was the swaying of the cottonwood, sedge and willow. The magic was in the freshly caught trout that Bridget shared around the campfire.

Inside the canyon, the familiar great blue heron, belted kingfisher, chukar and Canyon Wren offered us warm song on the coldest days. Here enveloped in the pink granite walls of the Inner George, the notion of time shrinks in the presence of place. Inside sentinels' schist, conglomerate and limestone shepherd our route as precious day slips and fades into night, where we curl under a blanket of stars.

It's a simple life, but it's not an easy one. Running the Grand Canyon is an accomplishment, but it's also a journey. After three weeks and countless rapids our voyage through time concluded with a few quiet oar strokes. I wondered what young women would follow in our wake. Will they still be an exception? Will they have to earn their spot on the river, or will they be welcomed as equals? Only time will tell. B

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Lithia Park

SOUTHERN OREGON

Ashland Getaway

Off-Season Revelry in Culture-centric Southern Oregon

WRITTEN BY **KIM COOPER FINDLING**

My daughters run through the sycamore grove in Lithia Park, our first stop during our three-day Ashland getaway. The grove is one of my favorite places in Ashland, Southern Oregon's cultural hub. Home to the world-famous Oregon Shakespeare Festival, we visit Ashland each year to see live theater and music, eat amazing meals, take a backstage tour, do a little shopping and wander in urban nature.

Ashland in the summer means packed streets, hot weather and the Oregon Shakespeare Festival at full tilt. But OSF actually fires up in March, and this year, we decided to make Southern Oregon our spring break trip. The scene is quieter, temperatures are high 60s instead of high 80s, and we won't be hitting the hotel pool, but it's still at least ten degrees warmer than back home in Bend. It feels great to get out of town, soak up some culture, and of course, walk in Lithia Park—ninety-three acres of landscaped paradise on Ashland Creek, featuring a Japanese garden, two duck ponds, a formal rose garden and a children's playground.

After the park, we wander along the creek downtown and explore the Lithia Artisans Market, a little outdoor shopping experience featuring art, clothing and trinkets. Then it's dinner at Standing Stone Brewery, which uses as many local products as possible, even in their beer (try the I Heart Oregon Ale, which is 100 percent Oregon-sourced).

It's busy before play time, and after our meal we walk with others up the hill to the Angus Bowmer Theatre to see a contemporary drama.

Allen Elizabethan Theatre

While the festival was founded eighty years ago as a Shakespeare-only troupe, today OSF presents plays of all eras and genres. This early in the season, the outdoor theater isn't open yet, and the nightly free entertainment known as the Green Show hasn't begun either, but the tradeoff is that we got great seats, second row, and the girls are riveted throughout the romantic, Elizabethan, sometimes-bawdy story of *Shakespeare in Love*.

On the agenda the next morning is the backstage tour, led by an OSF company member and a great way to learn more about festival history, the amazing effort that goes into productions and get a glimpse behind the curtain, from the dressing rooms to the set to stories of when things went wrong on stage (unscripted vomiting, anyone?).

A long weekend in Ashland is these experiences on repeat: another play, another meal, some shopping, another walk in the park. Our three days in Ashland pass quickly, and we return home with a lingering taste of the culture and flavor of Southern Oregon.

PHOTO TOP SEAN BAGSHAW

Restaurants

Larks, in the Ashland Springs Hotel, serves fresh fine dining focusing on local products and produce. The light and lovely space is the perfect place for a nice meal accompanied by great cocktails and an extensive Oregon-based wine list.

Brother's Restaurant serves delicious breakfast and lunch and is a great option for brunch before a matinee. The food here is plentiful and extremely tasty, and best accompanied by one of their incredible bloody marys.

Lodging

Ashland Springs Hotel is the crown jewel. This luxurious landmark hotel first opened in 1925 and underwent a restoration and reopening in 2000. Rooms are modest in size but beautiful and comfortable; the lobby is a little natural history museum, with bird taxidermy, eggs and seashells on display.

Bard's Inn is another great lodging option, located within easy walking distance of theaters. With many rooms including suites, and a swimming pool, this is a great destination for families.

Jacksonville Inn, built in 1861 during the gold rush, is a good choice for extremely charming lodging and dining in nearby Jacksonville.

Nearby Attractions

Crater Lake is between Bend and Ashland. The road from the south doesn't open until summer season, but a stop is well worth the effort in season.

Applegate Valley offers wine tasting and scenery galore in this valley with over a dozen wineries.

Jacksonville began as a gold rush town in the 1850s and is home to the Britt Festival, a summer-long lineup of concerts in a very pretty and unique outdoor venue in the hills just to the west of downtown.

The Rogue River is one of America's original Wild and Scenic Rivers, and a terrific destination for white water rafting, fishing and hiking. **B**

ABOVE Lithia Springs Hotel towers over downtown Ashland in historic glory. Step from the street into the lobby to see natural history exhibits and soak up the 1925-era building. RIGHT Larks is the Ashland Springs Hotel restaurant, serving locally sourced foods and regional wines and beers. BELOW Crater Lake, just an hour-and-a-half north of Ashland, is a perfect pitstop for the drive home to Bend.

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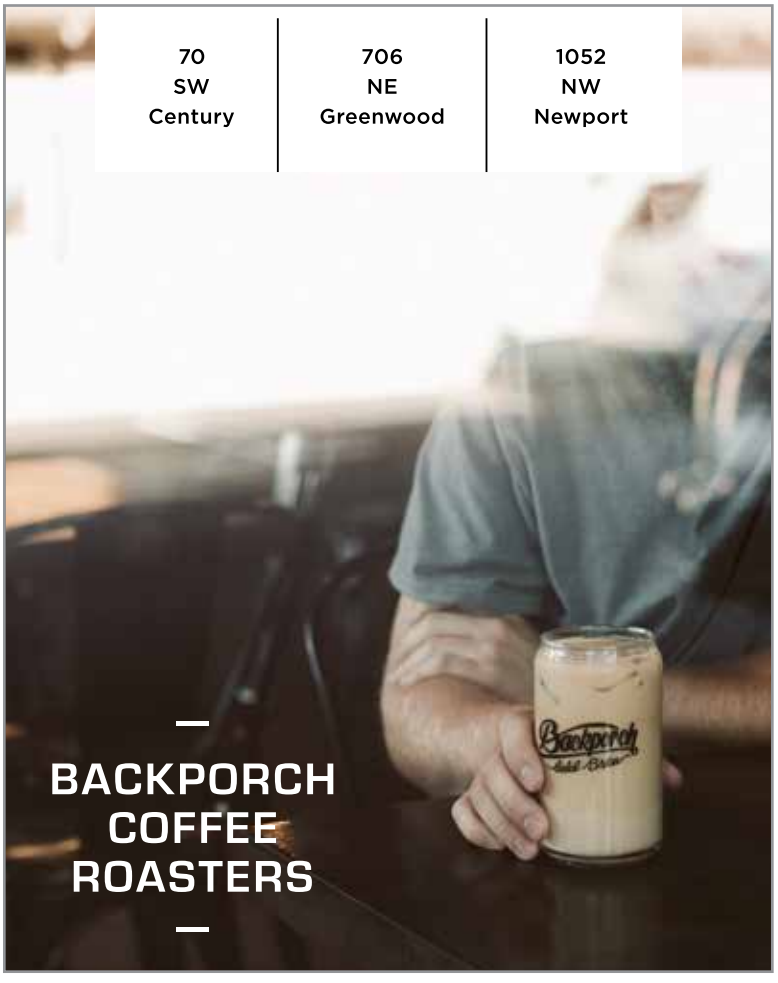
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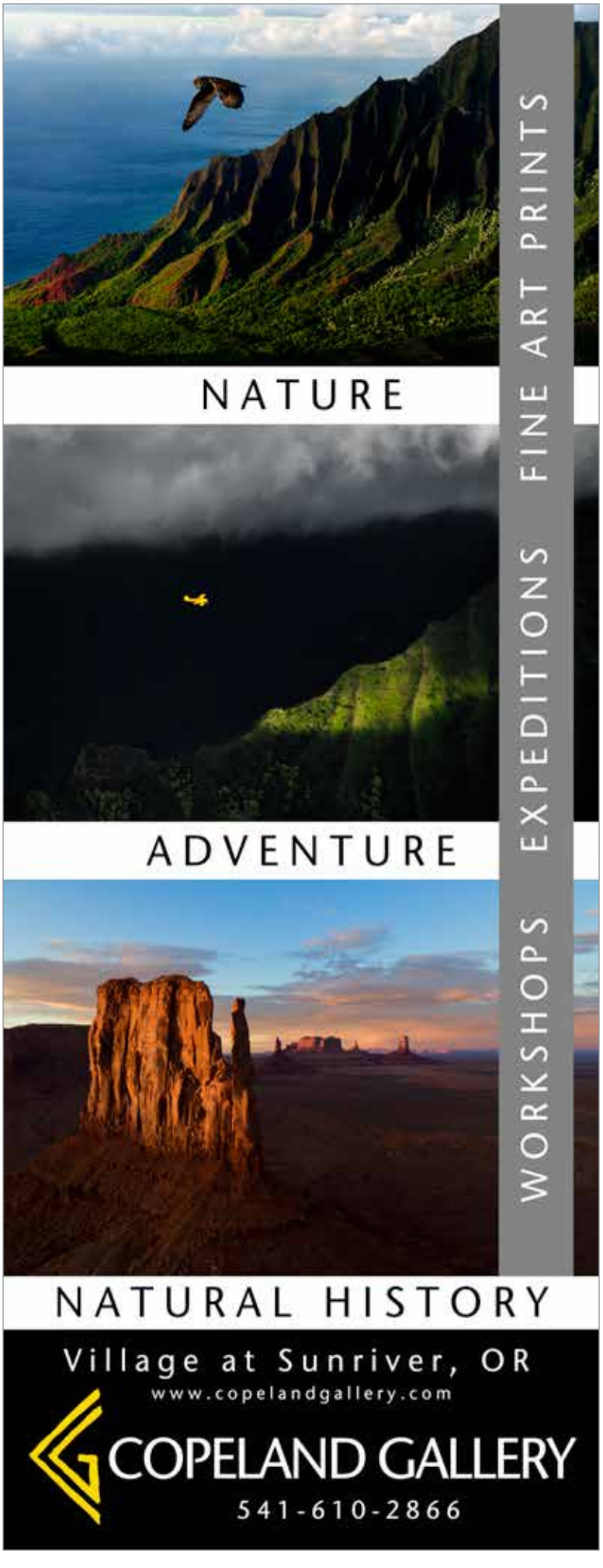
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Spring Discoveries

WRITTEN BY **KODY OSBORNE**

This time of year, it is imperative that dedicated Central Oregon hikers build a repertoire of low-elevation treks. Luckily we are blessed with numerous options within striking distance of Bend and Redmond. We found two hikes that show different sides of our landscape that have been influenced by the dramatic forces of fire and water.

DESCHUTES RIVER TRAIL TO BENHAM FALLS

If you're used to driving into Benham Falls from Century Drive or the Lava Lands Visitor Center, try walking into it from the south at Sunriver.

This out-and-back hike of about six miles is surprisingly variable. It starts out on the forest road in Sunriver and ends at the dramatic chute falls on the upper Deschutes River. The route is well traveled and clearly marked with virtually no chance of getting lost in the wilderness. But with the variation of wildlife to be found, matched with breadth of changing landscape, this low-level hike ends up making the perfect trip for even the experienced trekker. It's also one of the first areas outside Bend to really show signs of the emerging spring. With the wealth of habitat in the surrounding forest and adjacent river, nature is on full display.

PHOTO ALEX JORDAN

SPRING WILDLIFE SCAVENGER HUNT

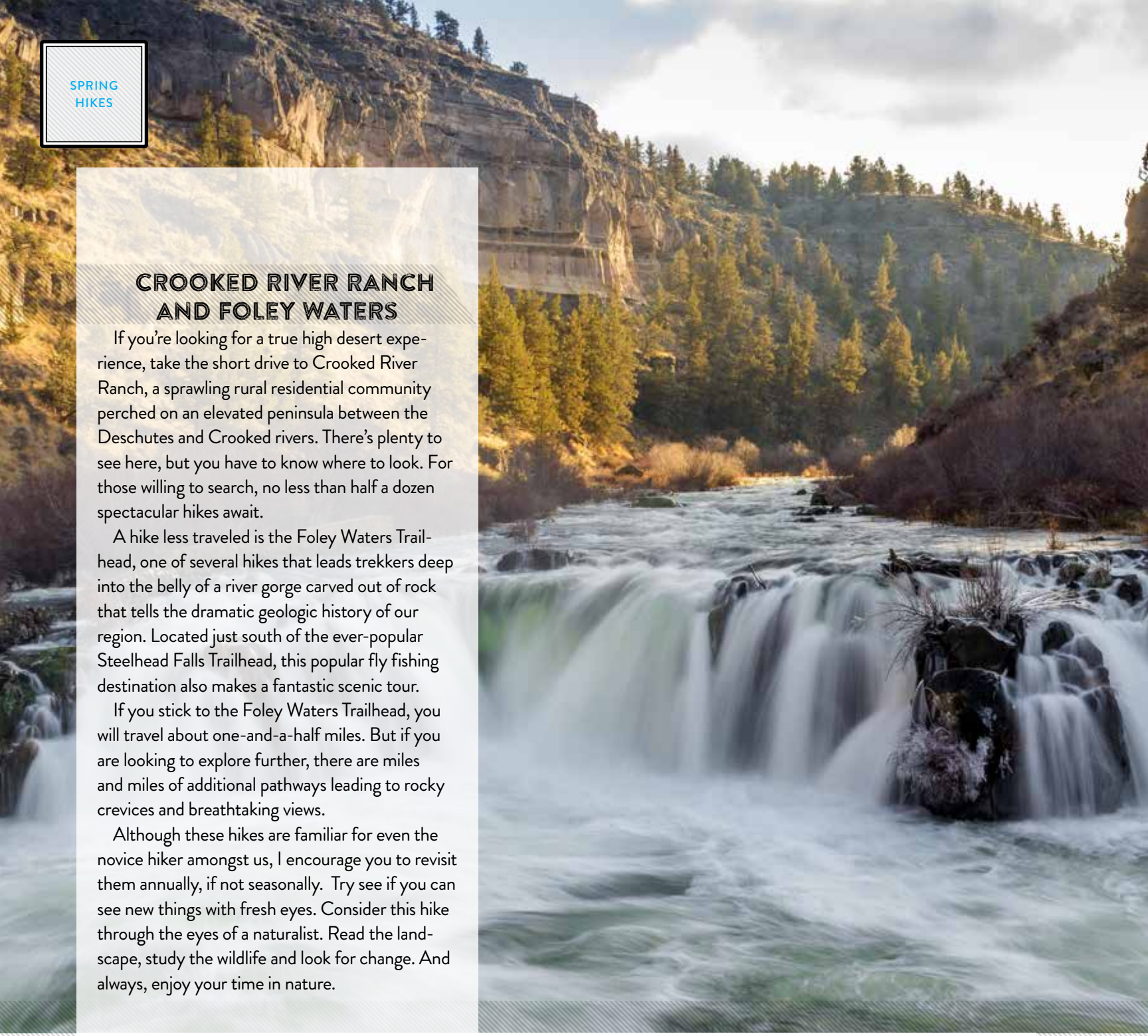
If you head out at the right time, you can make a sort of game out of the trek, a scavenger hunt of sorts. See if you and your fellow hikers can find the following:

RED-WINGED BLACKBIRDS These birds will spend most of their time on cattails and tall grass in riparian zones along the river. They have a distinct whistle that is a sure sign of spring in Central Oregon.

BELDING'S GROUND SQUIRREL Often mistaken for "prairie dogs," these small brown rodents can be found poking their heads out from small burrows in the ground.

OREGON GRAPE Part of the holly family and Oregon's official state flower, the Oregon grape has spiny, waxy leaves and bright-yellow flowers. This plant makes a great indicator for spring, as it tends to bloom earlier than most plants in Central Oregon.

GREENLEAF MANZANITA Identified by their red-brown and twisted branches, these fire-dependent shrubs are often found near areas of recent burns.



CROOKED RIVER RANCH AND FOLEY WATERS

If you're looking for a true high desert experience, take the short drive to Crooked River Ranch, a sprawling rural residential community perched on an elevated peninsula between the Deschutes and Crooked rivers. There's plenty to see here, but you have to know where to look. For those willing to search, no less than half a dozen spectacular hikes await.

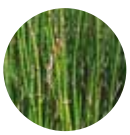
A hike less traveled is the Foley Waters Trailhead, one of several hikes that leads trekkers deep into the belly of a river gorge carved out of rock that tells the dramatic geologic history of our region. Located just south of the ever-popular Steelhead Falls Trailhead, this popular fly fishing destination also makes a fantastic scenic tour.

If you stick to the Foley Waters Trailhead, you will travel about one-and-a-half miles. But if you are looking to explore further, there are miles and miles of additional pathways leading to rocky crevices and breathtaking views.

Although these hikes are familiar for even the novice hiker amongst us, I encourage you to revisit them annually, if not seasonally. Try see if you can see new things with fresh eyes. Consider this hike through the eyes of a naturalist. Read the landscape, study the wildlife and look for change. And always, enjoy your time in nature.

SPRING WILDLIFE SCAVENGER HUNT

During your river canyon exploration, see if you can find these four common sights:



HORSETAIL Named for its obvious likeness to a certain mammal's tail, this plant can be found in riparian areas among the river shoreline.

BALD EAGLE The trick to this commonly found raptor is in the fact that it doesn't get it's full-white plumed head until maturity of near five years of age.

GOLDEN STONEFLY The spring stonefly hatch is a legendary event on the lower Deschutes River when these oversized insects take clumsily to the air, setting off a trout feeding frenzy.

BIG SAGEBRUSH Widespread in the high desert region, and highly fragrant in spring bloom.

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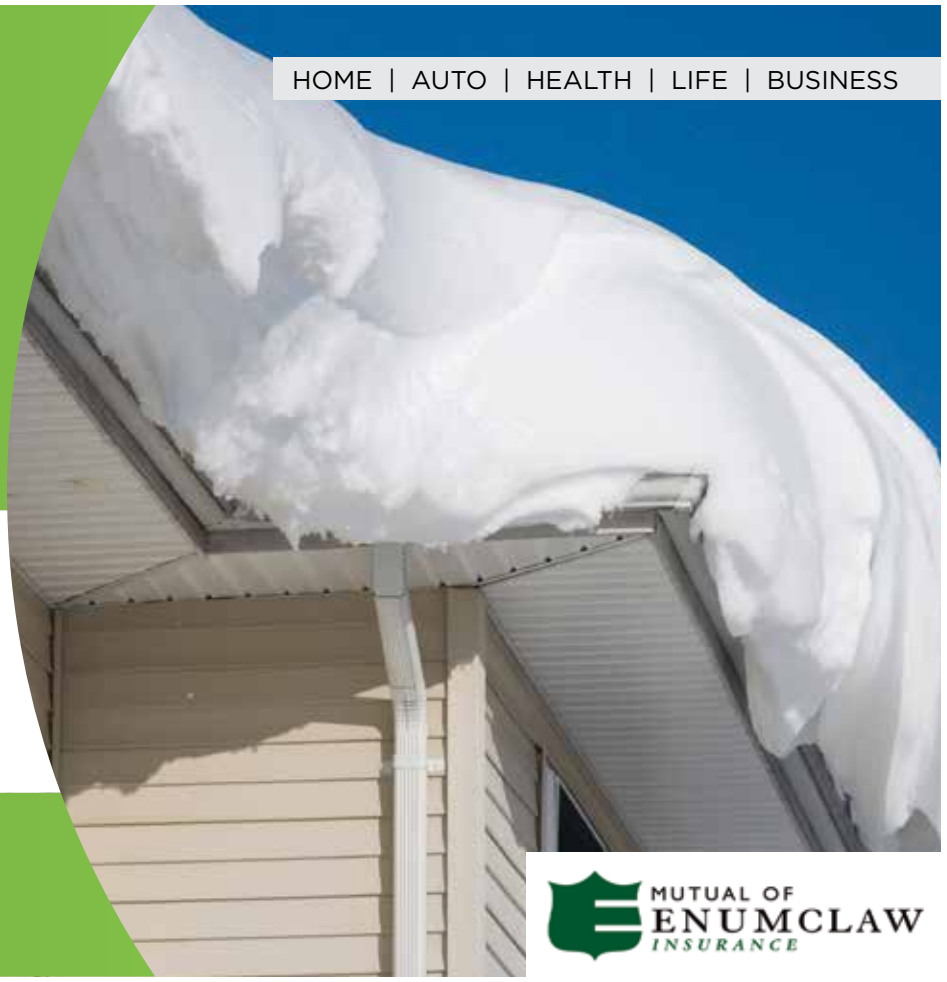

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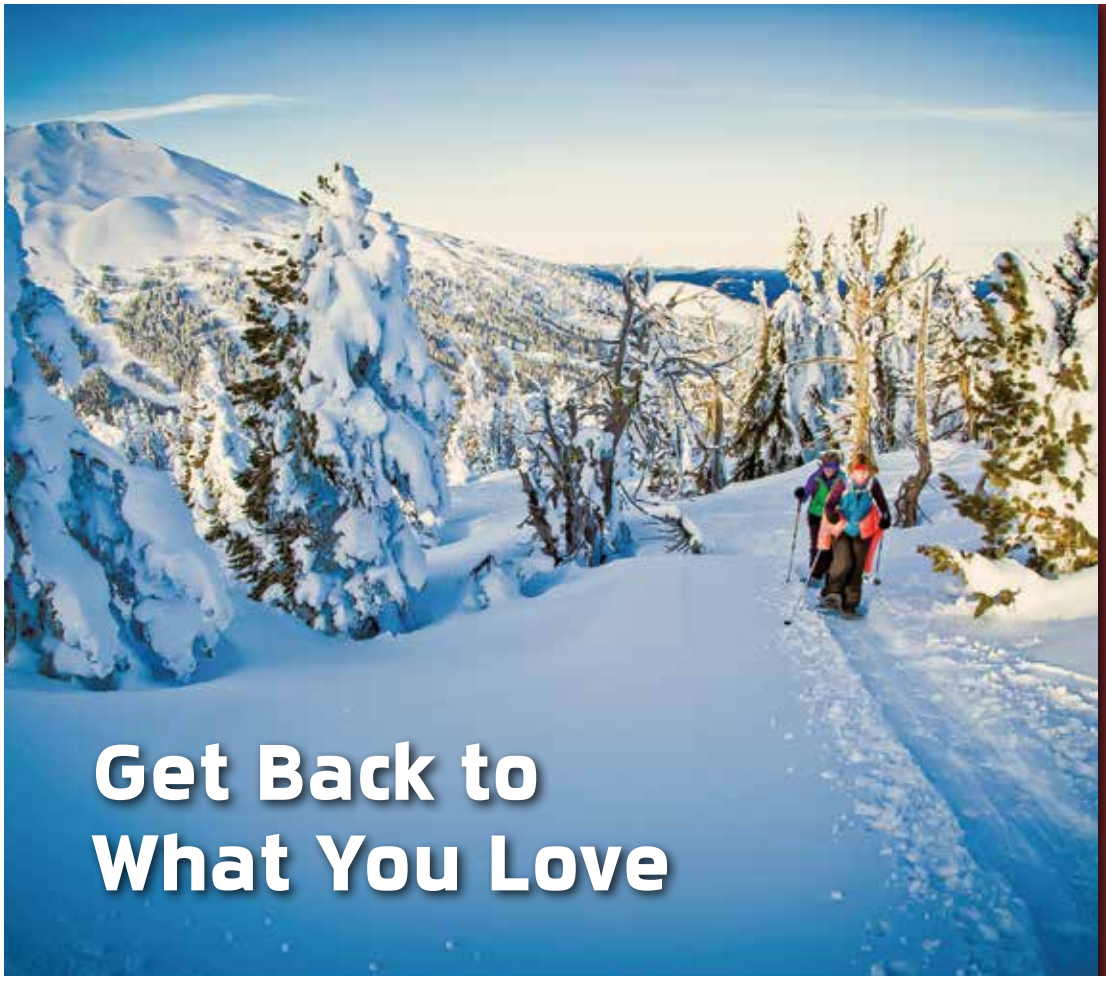

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PHOTO WATTIE INK

TRIATHLETE

Heather Jackson

The star triathlete on bouncing back from disappointment and cranking up the speed

WRITTEN BY **HEATHER CLARK**

After finishing third, fourth and fifth among pro women between 2015 and 2017 at the Ironman World Championships, Heather Jackson was considered a favorite this past fall to do what no American woman has done at the Kona race in more than twenty years—win.

The Bend pro would finish a disappointing fourteenth, the result she said of overtraining and insufficient rest in the lead-up to the October championship.

Frustrated, she returned home to Bend to re-group.

"I didn't want to end 2018 like that," recalled the 34-year-old Jackson. "I needed to redeem myself."

So five weeks later, Jackson lined up at Ironman Arizona. She went on to win with a blistering time of eight hours, thirty-nine minutes, setting a new best Ironman time for American women, and shattering her own PR by more than twenty minutes.

With the victory, Jackson punched her ticket to the 2019 Kona championship, and, now in her tenth season, is more determined than ever to leave her mark there.

The Road to Bend

A standout youth hockey player from New England, Jackson was star and captain of the Princeton women's hockey team when she was invited to try out for, but narrowly missed, landing a spot on the 2006 Olympic squad. After graduation, she moved to southern California and took up cycling, where her strong skating legs were an asset. Swimming, however, proved more difficult.

"I was a rock in the pool," she said.

Despite this, less than two years after entering her first event, Jackson quit her teaching job to take up triathlon full-time. She and her husband Sean "Wattie" Watkins moved to Bend three years later.

On paper, Bend may not seem like ideal training ground for pro triathletes given that winters here aren't ideal for cycling and running. But Jackson disagrees, citing an ideal altitude for training, extensive running trails and a devoted community of Masters swimmers.

Although Bend's triathlon scene may be relatively small, three of the country's top pros, Jackson, Linsey Corbin and Jesse Thomas, all live and train here.

'Crazy Hilly Hard'

A doppelganger of the rockstar Pink—complete with the cropped platinum hair, extensive body ink, and tight, compact frame—Jackson is drawn to the sport's toughest courses.

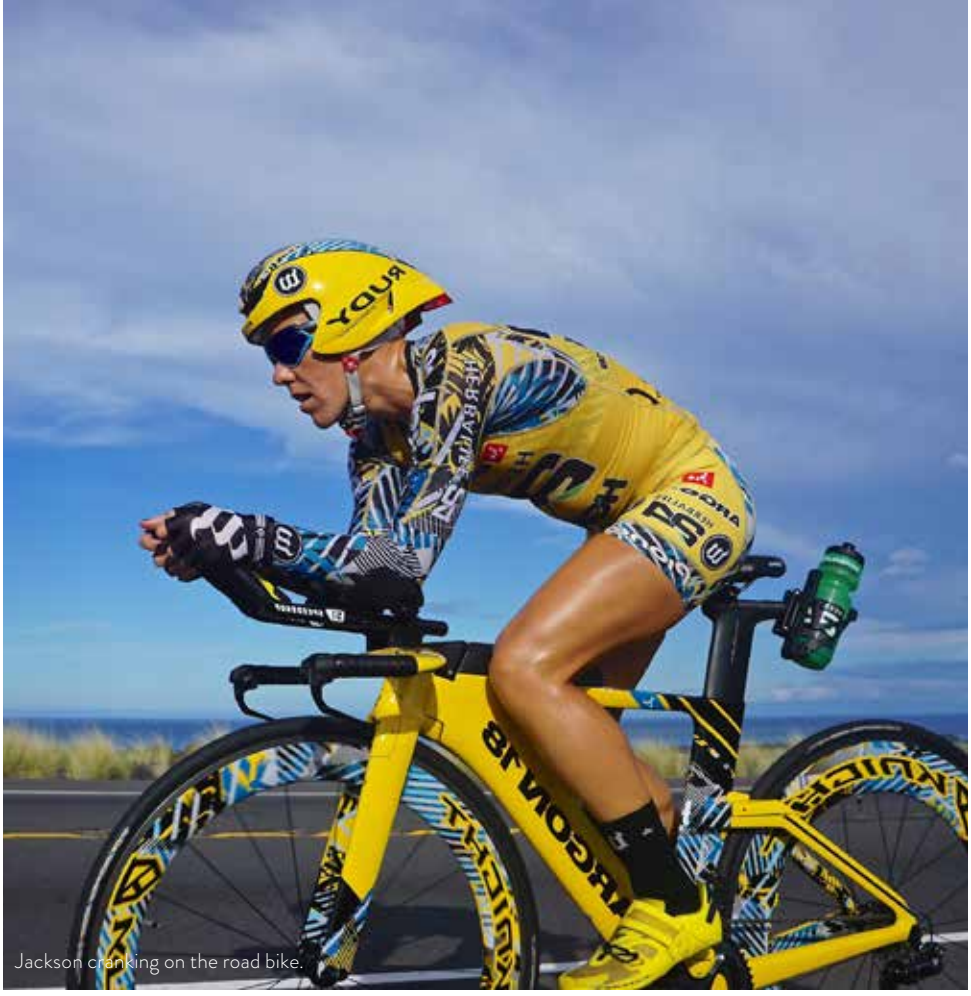
She's amassed five Ironman wins, including Coeur d'Alene and Lake Placid, where she holds the course record among women, and will be gunning for her fifth Wildflower victory this spring, a race known for its gut-checking hilly terrain.

"Crazy hilly hard" is the phrase Jackson uses to describe her favorite events, those that allow her compact powerful frame and gritty determination to shine.

Focusing Inward

An extreme competitor all her life, Jackson said her attitude has matured over the past decade. Early in her career, she'd be in tears if she missed a training goal, and felt fiercely competitive toward her fellow racers.

"I'd line up and think 'I'm going to beat all these girls,'" she recalled. "It's weird how it shifts. I still want to beat everyone, but not in an aggressive, angry competitor sort of way."



Jackson cranking on the road bike.

PHOTOS WATTIE INK

Over the years, Jackson's learned to bring her focus inward and give herself some grace if a training session or race doesn't go exactly as planned.

"If I'm in the middle of a session, and I'm not close to the splits, I'll just jog home," she explained. "I don't bash my head against the wall anymore. In time you learn what makes you able to go the hardest. And it might not be on the day your coach put it on your training schedule.

"I used to think I had to do more than everyone else," she continued. "But it's not like that anymore. It's more about how I can get the best out of myself."

Looking Ahead

Along with the Ironman World Championships in October, look for Jackson to try to four-peat at Ironman Chattanooga in May and attempt her fifth win at Wildflower—both of which are half-ironman distances.

By racing only shorter distances and shifting her training schedule up in this year, Jackson hopes to enter Kona fresh and ready to compete for a spot on the podium. B

"I don't bash my head against the wall. You learn what makes you able to go the hardest."

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Dame Cicely Saunders

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EVENTS

Earth Day Fair and Parade

Bend's annual celebration of all things green returns to downtown

PHOTO CAROL STERNKOPF PHOTOGRAPHY

THE EARTH PARADE AND FAIR is an annual rite of spring in Central Oregon. Part Mardi Gras parade, part street fair and green all over, the Earth Day event is a family celebration of all things earth friendly in Central Oregon. Get a head start with costume making workshops taught by local artists in the lead up to the event. The day begins with a pet-friendly parade down through downtown Bend. A street fair follows, featuring live music, food and drink vendors. A kids zone with bike rodeo, face painting station and obstacle course round out the happenings at the celebration of sustainability.

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NELS ANDERSON DAIRY

The Milk of Kindness

A historic home at the intersection of progress is all that remains of Bend's flagship dairy

WRITTEN BY **TOR HANSON**

There is a constant din at the office of Instant Landscaping on Nels Anderson Road. Cars and trucks buzz by on the Bend Parkway just a hundred yards from the building. In the background, the Cascade Village Mall fills the view.

The area has been referred to as Bend's "Golden Triangle" for its development potential at the intersection of the area's two major highways, 20 and 97. Standing in the way of progress is the remains of what was once the largest dairy farm in Bend, Lilly Dairy, a 350-acre operation run by Lillian and Nels Anderson during Bend's first boom in the early 20th century.

Their home still stands, as a historic landmark, but it's an endangered one, according to owner Tim Larocco who operates his landscaping business out of the property. Larocco personally renovated the property after he acquired it in 1999. However, he said the home has been slated for demolition by the Oregon Department of Transportation as part of a highway realignment project. The agency has offered $30,000 to help with relocation, a fraction of what Larocco says is the actual cost. While the home's future is still unclear, its history is deeply entwined with the story of Bend.

The Lilly Dairy era was a time when shopping local wasn't just a slogan. And the Lilly Dairy farm was one of many small dairy farms in Central Oregon supplying milk and butter to Bend's growing population.

Like many immigrants of that era, Anderson traveled a long and winding road to Bend. Anderson was born in 1879 in the community of Sall in the Danish Jutland region. The area is known for dairying and progressive farmers who instituted the dairy cooperative.

At 25 years old, Anderson joined the many thousands of Scandinavians who emigrated to the United States. He stepped off the boat at Ellis Island in 1904. His first job also entailed working around animals, but not in the way he expected.

"Nels shoveled manure in the streets of New York," said Carol Willard, who knew the Andersons in the 1950s, long after they sold the farm in Bend.

Eventually Anderson moved to Bend in the early 1910s and married Kansas-born Lillian Daniels on August 25, 1914. During the following years, the entrepreneurial couple created a 350-acre dairy operation at the north end of Bend. Lilly Dairy was one of ten dairies that produced milk and butter for the local market, which relied on regional producers to provide products with short shelf lives.

A TIME GONE BY

TOP Processing cheese at the old Bend Dairy on Greenwood, now home to Midtown Ballroom.

RIGHT The Andersons celebrating the holidays at home in Bend.

"It was hard work," said Sharon Rosengarth. Her parents, Jim and Virginia Matson, sharecropped the Dean Hollinshead farm during the same time Lilly Dairy was operating.

"You didn't go anywhere," said Rosengarth. "You had to milk the cows in the morning and in the evening."

In many ways the Lilly Farm more closely resembled it's 19th century predecessors than its 21st century successors. Without electricity, the cows had to be milked by hand. Employees were served a communal meal at the Anderson's home during their lunch break, said Larocco.

In 1929, the Andersons built a new home. An English Tudor-styled building, the home was as much theirs as the employees who worked at the farm. Rosengarth remembers the Lilly Dairy and the large barns on the property.

"With that much acreage, the Anderson's could easily have accommodated 100 to 150 heads of cows," he said.

The Andersons looked out for more than just their extended family of workers. They were the go-to couple if a young person was homeless.

"The Andersons lost a baby during the 1930s," said Willard. The couple never reproduced the pregnancy. But the home was not without love. They would make a family.

"One day there was a knock on the door. A young gal had heard about the couple and was wondering if she could stay with them. They adopted the gal and raised her," said Larocco, who has spent time researching the Anderson's lives while renovating and restoring the Anderson's historic residence.

He credits Michael Houser, former Deschutes County Historic Preservation Planner, for inspiring him to take on the renovation of the Anderson House. "We weren't sure the house could be saved, but after hearing about the rich history, it was a no-brainer," Larocco said.

The yearlong project saw Larocco and his crew stripping everything to the studs inside and renovating the outside stucco.

"The one thing solid about the house was the timber, which came from the local Brooks-Scanlon mill." B

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HOUSING

From the Heart

KOR land trust pioneers a new affordable housing model in Bend

WRITTEN BY **ERIC FLOWERS**

Amy Warren on KOR's first piece of land

Two decades in Oregon as a service industry worker and a contractor taught Amy Warren that the housing market in Central Oregon is nothing if not volatile. But after watching another run-up in housing prices over the past decade, she knew one thing was guaranteed: many potential buyers will continue to be priced out of home ownership.

It's the reason why Warren, after finishing a degree in Energy Systems Engineering at OSU-Cascades, decided to get back into the construction business as a different kind of developer. Warren and longtime friend Jason Offutt formed KOR Community Land Trust in 2015, with the goal of building low-energy homes using a model that emphasized shared resources, beginning with the land under the homes.

Warren said she and Offutt, who owns Shelter Studio, a local residential design firm, developed the idea after she studied net-zero homes in a class at OSU-Cascades. Warren said she was struck by the idea that we could meet our growing needs as a society by reducing our ecological footprint as individuals.

"That really spoke to me. That as opposed to learning how to make more, we should learn how to consume less," Warren said.

She and Offutt discussed the idea over a pint. He also liked the net-zero concept, but was adamant that any project they undertook would have to place a premium on affordability. But with land prices rising quickly in Bend, the pair faced an immediate hurdle: how to avoid passing on that cost to buyers.

A little research turned up models in Portland and Orcas Island in Puget Sound that had tackled the same problem in those communities with a community land trust. While many are familiar with the land trust concept when it comes to conservation, land trusts are a relatively new idea in housing. The underlying principle is similar, with the big caveat that one model usually prevents all forms of development while the other facilitates it.

Like a traditional land trust, where the property is held in perpetuity by a nonprofit board, the job of a community land trust is to find and acquire land. The trust works with a developer or other partners to build housing that is sold below market rate. Unlike other affordable housing models, the buyer acquires only the home. The land remains with the trust, essentially creating a permanent subsidy.

After three years spent developing its mission and securing its nonprofit status, KOR secured its first major funding in 2018 by partnering with Redmond-based Housing Works on a grant request from the city of Bend. The city awarded KOR enough money to close a deal on its first piece of land, a roughly half-acre parcel on 27th Street and Hurita Place on Bend's east side.

While anyone is welcome to apply, KOR is positioning itself to serve working people who might not qualify for other forms of affordable housing by taking applicants who make up to 125 percent of area median income. That's a niche where other housing providers aren't able to operate consistently, said Lynne McConnell, Bend's affordable housing manager.

"We know home ownership is still a part of the American dream and support the type of approach that Amy and Jason have taken," McConnell said. "It's a great opportunity for middle class folks to have a chance to buy a house in Bend at lower price than they would get at a market rate."

KOR plans to break ground on its development—dubbed Corazon, Spanish for heart—this spring. The development will include five homes, developed on a 1,100-square foot floor plan with shared community and open space.

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SINGING

Local Vocal

Singing yields physical and mental health benefits

WRITTEN BY **CATHY CARROLL**

"I was blown away—singing was what people did—before work, on the farm, after dinner...it's a big component of the culture."

— Ian Carrick

When we think about getting healthier, diet may come to mind first—what we put into our mouths. Now, think about what may come out—in the form of song. Increasingly, research shows that singing can improve physical and mental health, boosting the immune system, reducing stress hormone levels, aiding asthma, helping stave off dementia, and elevating general health, mood and well-being.

Although singing is as old as humanity, new local vocal opportunities are piping up. Consider chanting, a capella, folk, gospel, spiritual, rock choir, and singing for newborns in intensive care and for the dying. At the same time, longtime groups in the area, including a youth choir nearly three decades old, are thriving.

Ian Carrick has been convinced of the transformational and healing power of singing by his experiences, from harmonizing under a full moon with rural workers in northern Sumatra, Indonesia, to leading songs in a drug-and-alcohol treatment center in Newberg, to traveling to Decorah, Iowa, to meet with a community song leader, Liz Rog. She introduced him to Open Hub Singing in 2016. It was that style of group singing, in which people harmonize in uplifting songs passed on through oral tradition, that caught the imagination of Carrick, a 26-year-old who has lived in Bend since age 1.

Rog's music-driven work in the Midwest was moving to Carrick, as was what he'd seen in Sumatra a couple of years earlier, during two trips to study global poverty, language and culture through Seattle University. "I was blown away—singing was what people did—before work, on the farm, after dinner...it's a big component of the culture," Carrick said.

Rog urged him to start an Open Hub Singing Club in Bend, and he did. More than fifty members have joined the welcoming, audition-free group, which is focused on joy. Carrick's vision is for singing together to become an essential part of a more honest, less fearful, kinder culture.

The group has done a singing flash mob at the Old Mill and sings to welcome friends home, say goodbye, honor new endeavors, let tired dreams die and support people of all ages in the midst of life transitions.

Another fledgling group seeks to offer ease and compassion to people at the thresholds of life, be it birth or death. Yolanda Sanchez-Peterson brings to Bend more than a decade of experience in the California Bay Area singing for newborns in intensive care and for the dying. For the past three years, she has been singing at bedsides for St. Charles Hospice Volunteers and has formed the Bend Threshold Singers. The members strive to sing virtually any kind of music upon request for people at the end of their lives throughout Central Oregon.

"This singing isn't about having a fantastic voice. It's more about knowing how to be quiet and present in the midst of what I consider to be any person going through a sacred space," Sanchez-Peterson said.

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WESTSIDE

Embracing Urban

Bend couple's infill home adds a modern twist to an established westside neighborhood.

WRITTEN BY **LEE LEWIS HUSK** PHOTOS BY **CHRIS MURRAY**

By the time Andy and Jenny Boyd had sold a successful business, traveled the world and returned home to Boulder, they were ready for a change. "Bend felt like a better place [than Boulder] to raise our kid," Andy recalled. "We get outside here more often, and exploring the area is way easier, plus we love being within striking distance of West Coast cities and the ocean."

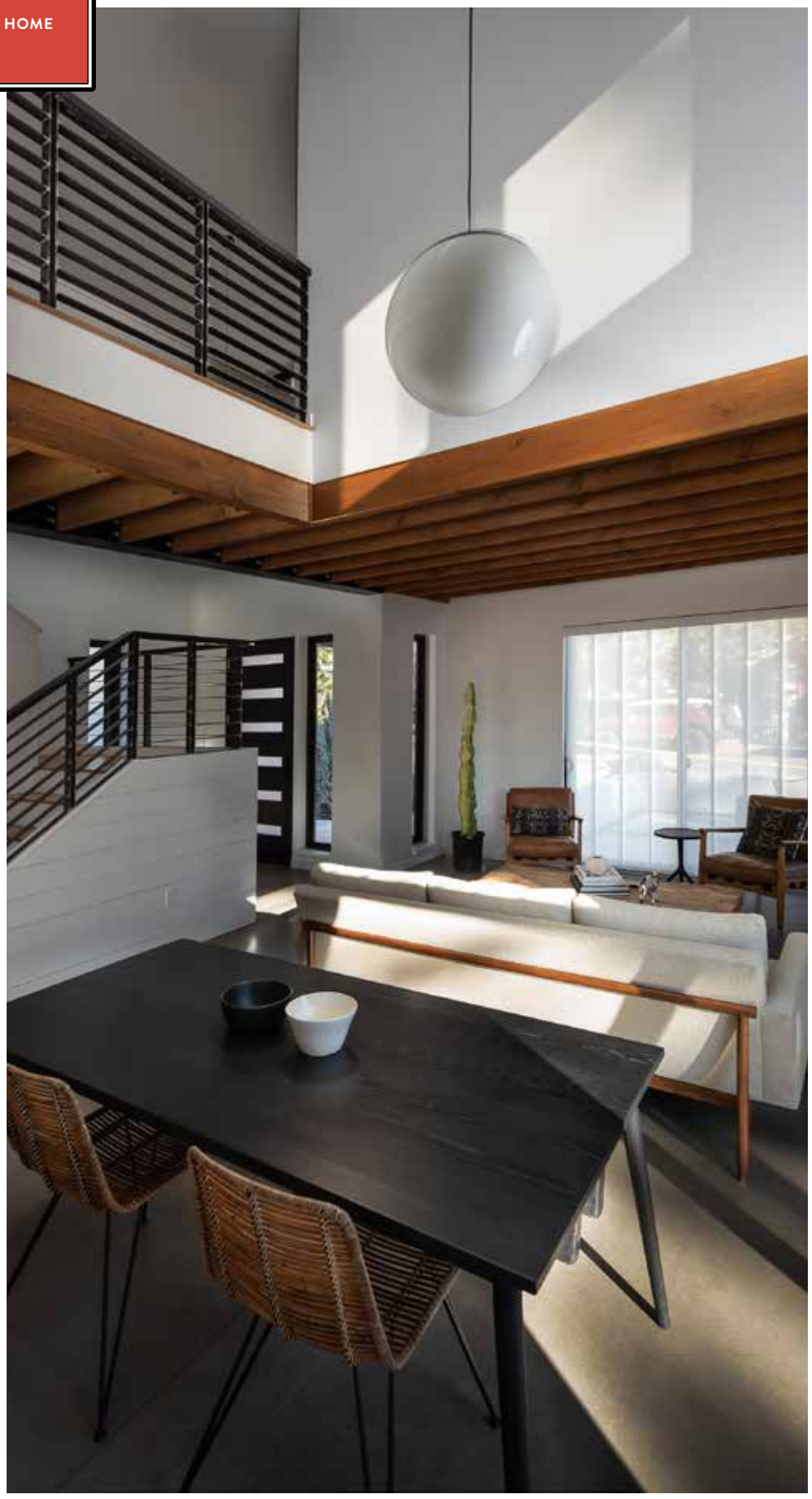
During a visit to Bend in the "snowpocalypse" winter of 2017, they found an empty lot (buried under a mound of snow) that met their requirements. It was a block off Galveston Avenue, steps away from the food trucks at The Lot and easy strolling distance from the Deschutes River and Drake Park. They'd lived in San Francisco "where we shared a car, walked everywhere and got hooked on a pedestrian lifestyle," Jenny said. Also, Westside Village Magnet School was nearby and their son, Emmett, could walk to school until the eighth grade. "That was huge for us and helped us pick the neighborhood," she added.

The couple hired Brandon Olin of Olin Architecture to design a contemporary home. A top priority for the Boyds was to maximize natural and direct sunlight. To achieve this, Olin placed the house toward the north side of the property, thereby opening up the south side by putting windows, doors and outdoor space there. Natural light floods the great room through an open ceiling and a span of skylights in the two-story home. "Brandon just crushed it," Andy said. He recalled a moment last December shortly after moving into the house. "I came downstairs in the morning and the room was lit up. I didn't have to turn on any lights."

Besides a lot of light, Andy and Jenny sought clean, unfussy lines. The floor and kitchen counter tops are concrete, the walls industrial white, there's a steel guardrail at the stairs and no trim around windows or doors. In short, everything about the home from finishes to furniture speaks minimalism.

The Boyds hired interior designer Kate Darden to help them realize their minimalist

LEFT Yellow lab, Peanut, snoozes on the warm radiant-heat floors in the great room that floods with light from skylights and the two-story ceiling.



TOP The random pattern of the green tile pops the first-floor powder room.

LEFT Exposed wood beams and steel guardrails on the stairs and second-floor railing emphasize the home's hard surfaces and angular design. Window coverings in the living room add softness and privacy for the family.

aesthetic and select furnishings. "Jenny and Andy steered away from soft finishes, such as carpeting, wall coverings or drapery," she said. "Instead, they opted for pops of bold color, nothing moody or dramatic."

Exposed wood ceiling beams in the living room, hardwood floors upstairs and splashes of colored tile and area rugs soften and complement the hard surfaces. Darden selected Moroccan and handmade tile in primary colors for several places, including a show-piece gas fireplace in the living room. The artichoke-patterned yellow tile is "beautifully fired and feels really warm," she said. Olin added that the fireplace with its yellow tile "is cool because it is substantial enough that you see it from the front of the house."

For consistency, Darden stuck with primary colored tile throughout the home. She chose hexagon blue tile with stars for 9-year-old Emmett's upstairs bathroom and a green tile in random shapes in the downstairs powder room. For the couple's master bath, she went with white tiles etched in black lines on the back wall to match the square cabinetry and retro Schoolhouse

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TOP LEFT Cabinets feature exposed plywood edges and cutout pulls.

TOP RIGHT The master bath features black hexagon floor tiles and retro Schoolhouse pendants.

ABOVE Homeowners Andy, Emmett and Jenny with companion, Peanut.

pendant lights. Cabinetry throughout the house is by Harvest Moon Woodworks and features exposed plywood-edges with cutouts for pulls, rather than hardware.

The 2,300-square-foot home has one great room that flows from living room to dining room and kitchen. Behind the kitchen is a narrow hallway with a cozy TV and reading room that can be closed off by a sliding barn door, and a mud room at the back. Olin added a second side-yard-facing garage door at the back which gives the homeowners another opportunity to blend indoor and outdoor living. "We located three bedrooms upstairs for privacy and to take advantage of elevated views of the neighborhood with an additional covered outdoor patio off the master bedroom," Olin said.

An interesting feature of the home is its view of the Texaco station on Galveston, especially from the master bedroom. "Jenny and Andy embraced the fact that their neighborhood is about as urban as it gets in Bend, and they enjoy having The Lot and Galveston literally right out their door," Olin said. "I think their background of having lived throughout the U.S. and in urban environments…contributed to the feeling of being comfortable right in the city."

Land Effects installed the landscaping, which includes large concrete blocks with gravel and turf strips between them, small trees and giant rocks. The front yard is bordered by a low, concrete wall, with seats arrayed around a firepit, a place where the couple hopes to entertain friends and neighbors who stop by.

The exterior continues the interior's sleek, contemporary lines. The siding is vertical board and batten painted white, broken up by horizontal cedar boards and a black front door with opaque glass panels.

"The house turned out taller and stands out more than we expected, but we love it," Andy said. "This was a fun project. It turned out to be a super home."

Resources

Architect: Olin Architects

Builder: Stillwater Construction

Interior Design: Kate Darden

Tile: Anne Sacks

Cabinets: Harvest Moon Woodworks

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GOODS TO KNOW

Local HABITS

DESIGN AS ART

1. Metal fabricator and designer Doug Wagner works with clients in his Bend workspace to create one-of-a-kind functional metal art for the home such as the sink base shown here ($1,176). He also works with clients to fabricate custom fireplace surrounds, railings, fire pits and other unique and functional metal pieces. MODERNFAB.COM

SHED SOME LIGHT

2. Designed and crafted in Bend by Harry Weitzer and Julia Pfeifer at Woodlighting Design, the Cannea lamp is available in sizes ranging from 11.5-by-11 inches to 17.5-by-11 inches and in five veneers including Karelian burl, walnut, cypress, gray bird's eye maple and poplar. The father-daughter duo also offers more sizes and designs of pendant lights, sconces and table lamps. Prices start at $490 for the Cannea lamp. WOODLIGHTINGDESIGN.COM

TAKE A SEAT

3. Bend furniture maker Justin Nelson earned two Oregon IIDA Design Excellence awards for his Sling Chair. Its distinctive base is constructed from walnut, white ash or charcoal ash then fitted with a leather sling seat ($4,200). Nelson also crafts dining and occasion tables, and home décor items such as planters and candle holders. FERNWEHWOODWORKING.COM

PRACTICAL POTTERY

4. Cosset your comfort food in a Central Oregon created casserole dish. Crafted at Blue Spruce Pottery by the Gwinup/Woodman family, the three-quart stoneware covered dish is ovenproof and microwave and dishwasher safe. It's available in local hues such as Mt. Desert, Mt. Forest, Mt. Lake and Mt. Obsidian. The dish is part of an extensive collection of stoneware and raku pottery. $325 for the dish. BLUESPRUCEPOTTERY.COM

BACKYARD BAKE

5. Be your own Central Oregon crafter when you construct a traditional wood-fired brick oven. The oven kits from Flamesmith come with already cut firebricks, base, form, tools, mortar, flue, door, and everything else you might need for the project. Check out the website videos to get a taste for this DIY build. Starting at $2,790 plus shipping. FLAMESMITH.COM

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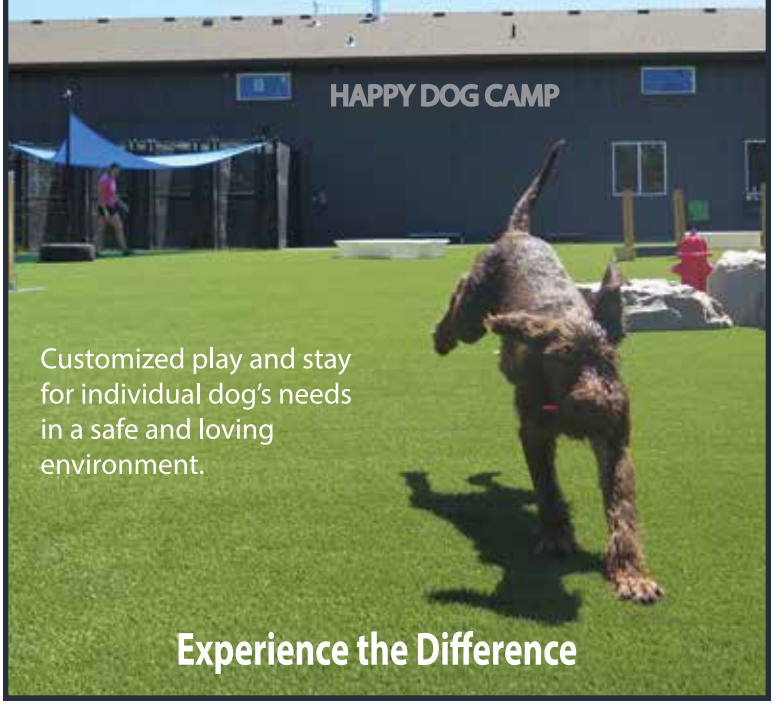

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FORGE

David Sowards-Emmerd

Renaissance man David Sowards-Emmerd is a physicist, blacksmith and a recovering reality TV competitor.

WRITTEN BY **LEE LEWIS HUSK** PHOTOS BY **HEAVEN MCARTHUR**

On a cold winter day in his barn, David Sowards-Emmerd pulls on leather gloves and grabs iron tongs to extract orange-hot metal from his backyard blacksmithing forge. A pair of yellow labs pay scant attention to this bit of daily alchemy that goes on around here as ordinary hunks of metal become extraordinary objects of beauty and usefulness.

That transformation of steel into Damascus knives worthy of a king and an Instagram post in 2017 earned Sowards-Emmerd a spot on the *History Channel's* "Forged in Fire" series. He traveled to Stamford, Connecticut, to appear twice on the show, the first time competing as one of four bladesmiths tasked with making a slasher blade suitable for a horror movie. Each contestant selected a hunk of steel from a smoking cauldron and had three hours in which to complete the project.

Sowards-Emmerd turned his steel into a campfire chopper blade but when he put the it in a vice and cranked down, the blade unexpectedly broke into three pieces. The failed stress test essentially eliminated him from the winner's circle. He returned to the show a second time but came up short in the show's "Project Runway"-style round of judging.

"Forging on the show was a great experience," he said. "I work well under pressure, and I think it showed that I love what I do and was able to stay relaxed in that chaotic environment." He adds that on his second appearance that aired in February, he was able to show that his Damascus would hold up to J. Neilson, a renowned knife maker and one of the show's most demanding judges, "beating the hell out of it."

He notes that the other contestants were like family. "We're all just focused on making the best blade we can and helping each other out along the way. I still keep in touch with folks from both episodes. The [show] tends to throw a wrench in it, and that's where the drama comes from."

FORGING AHEAD

LEFT Sowards-Emmerd spent most of his career in Silicon Valley. A move to Bend helped him transition his forging hobby into a full-tme job.

BOTTOM LEFT Handcrafted steel bottle openers are a mainstay of Drunken Marmot forge.

BOTTOM RIGHT A sampling of the blades that earned Sowards-Emmerd two appearances on *History Channel*'s Forged in Fire reality show.

Sowards-Emmerd is happy to explain the ins and outs of this ancient art that dates to the Iron Age. He rattles off terms such as forging temperatures (thousands of degrees), quenching (rapid cooling), thermal cycling (heating and cooling), buffing (shining and sharpening), grinding, punching (hole creation) and many other factors to produce knives, bottle openers and other objects from steel. His blacksmithing barn on ten acres east of Bend is replete with hammers, tongs, anvils, propane and coke-fueled forges, a hydraulic metal press, scrap metals and propane tanks.

The tools may be straight out of the Middle Ages, but Sowards-Emmerd brings a 21st century approach to the trade. He earned a PhD in physics from Stanford University and thought he'd live the life of an academic. He taught astronomy at City College of San Francisco starting in 2005 but after two years, accepted a position at Phillips Medical Systems North America in the Bay Area.

"I worked in CT and nuclear medicine, and instead of studying signals from distant galaxies, I designed medical devices that help diagnose and treat cancer and heart disease," he said. When the company closed its California office in 2012, Sowards-Emmerd worked remotely for several years rather than move to Cleveland. But working remotely took him away from his lab and the hands on aspect of his work. He began forging in 2012, which he said, "kept me sane after sitting in front of a computer all day."

He and his wife, Rebecca, moved to Bend in 2016 where they bought a farm that provided space to expand his forging business. He continued to work remotely until 2018 when the company completed its final round of layoffs. Untethered from the corporate world, Sowards-Emmerd could turn his love of blacksmithing into a full-time job.

"David has an enormous capacity to learn and absorb things," wife Rebecca said. "He puts a lot of time into experimenting with different patterns and exploring the artistic parts of Damascus. You can see the quality when you can pick up an item and hold it in person."

Sowards-Emmerds coaxes unique and beautiful patterns from his steel through techniques, such as stacking and layering, twisting, hammering and etching. He sells his blades and bottle openers online on Etsy and in knife-related forums, by word of mouth or on his website, drunkenmarmotforge.com. Buyers include campers, hikers and bushcrafters, and they pay between from $50 to $1,500 for bottle openers and knives.

"People are afraid to use high-end knives, but my goal is to convince folks that well-made Damascus tools will hold up to many lifetimes of regular use," he said. "[Bladesmithing] isn't my retirement job, it's my forever job. It's fun and challenging and it gives you the satisfaction of making something."

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AVIATION

Cleared for Takeoff

Epic Aircraft's new plane has the Bend company poised for a second chapter.

WRITTEN BY **TED TAYLOR**

Every Thursday afternoon, Epic Aircraft employees gather in a showroom hanger for some food and drink. In late January, the crew was also asked to do something a little different during the event, sign their name to an airplane cowling, its hood, and typically one of the last pieces of a plane put in place.

The signatures were at the request of the aircraft's owner as Epic neared completion of its fifty-fourth and final experimental kit. That plane will mark the end of an era for Epic, which has been designing and manufacturing carbon fiber, high-performance turboprop "kit" planes since 2004.

Today, a new, $3.25 million plane currently being assembled at Epic's Bend headquarters is poised to help the company truly take off. After seven years of design, manufacturing and rigorous testing, the Epic E1000 is set to become the company's first FAA-certified, fully factory-built aircraft, fulfilling a goal the company had from the beginning.

"It also signals the arrival of a truly game-changing aircraft," said Epic CEO Doug King. "One that is going to disrupt the aviation industry, setting a new standard for innovation, performance and price. Now that is very exciting."

Epic's first five factory-built E1000 aircraft are in production, in various stages of fabrication, bonding and final assembly. They are expected to be delivered to customers later this year.

"We have a large order book of more than eighty airplanes, we just need to start delivering planes, and we intend to do that this summer," King said. "This is a big year for us."

PHOTO JEAN MARIE URLACHER

TAKING FLIGHT

TOP Employees at work on an airplane fuselage at the Epic plant in Bend.

BOTTOM Epic's CEO Doug King started as a customer but took the reins after the company spiraled into bankruptcy. He has led a comeback, capped by a pending FAA certification that will cement the company's move from the expermental market to the commercial aviation space.

From Kit to Complete

The coveted FAA certification is "a done deal," said Gale Evans, Epic's marketing manager. "The only question is exactly when it will be a done deal."

The experimental kit plane process Epic gained national recognition for involved the company designing and manufacturing the aircraft, but the FAA required customers to build 51 percent of the plane. The process often took several years to complete with customers spending weeks at a time at Epic putting together the planes under close supervision.

The new FAA certificate, expected this summer, allows Epic to design and build the plane from start to finish and ramp up production considerably. Since 2004, just fifty-two planes were sold and built. Epic now expects to build more than fifty planes a year and already has orders from customers in the U.S., Australia, Europe and Russia.

"We're expanding our market from 10 percent [of the general aviation market] to all of it," King said. "And instead of requiring a deep personal commitment to the kit-plane process, now all a potential customer has to determine is whether it's capable enough for them and whether they can afford it."

King said his customers are folks who run small to mid-sized businesses—construction contractors, developers, doctors or entertainers. They are people who have money and who need to move around quickly.

Because of its smaller size, the E1000 is able to land and take off from some of the hundreds of smaller airports situated around the country, an intriguing benefit for many potential customers.

Epic touts the E1000 as cheaper and faster than its competitors. The six-seater can fly from San Francisco to the Mississippi River on a single tank of gas, cruising at 375 miles per hour fully loaded.

"It expands their ability to get around at near airliner speeds at relatively low costs," King said.

Pia Bergqvist, executive editor at *Flying Magazine*, has been monitoring Epic and the certification process for years. She flew in one of the test E1000s a few years ago and said, "The performance truly is spectacular" and seconds Epic's claims that the new plane is much more capable than its rivals.

"Airplanes not only have to perform really well, but they have to be sexy for people to want to buy them," she said. "It's a cool looking plane and it has terrific performance. I think it's going to be a winner once it's out."

New Plane, New Culture

It's definitely been a long trip for Epic and King. Just ten years ago, King was an Epic customer and in the middle of building his own kit plane when the company went bankrupt, mothballing his project for a while.

A year later, he formed an investment group of kit-plane owners who bought and rescued the company. In 2012 King sold to a private Russian investor, solidifying the company's financial future and ensuring funding would be in place for FAA certification. King stayed on board as the CEO.

PHOTOS JILL ROSELL

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"That was an interesting time and the decision I had to make was, do I walk away from it or do I go all in," King said. "A lot of people thought I was nuts investing in an airplane company in 2010 [in the midst of the recession]…but the airplane is really a star. I had a chance to do it and it turned one dream into a different dream."

Epic has reason to be optimistic about the future market for its new plane.

There were close to 400 turboprop deliveries through the third quarter of 2018—up nearly six percent from 2017 according to the General Aviation Manufacturers Association. Officials there are bullish about the $12.7 billion industry's future performance, in part, due to new products set to be introduced.

"The industry is very excited," Evans said. "The FAA has been supportive of us too. Aviation needs more innovation and we're offering the market something new, something that will redefine expectations in the industry."

The projected increase in production means they'll also need to increase the current workforce at Epic, which already hovers around 250 people. King said Epic could hire as many as 100 new employees in the coming year, to do everything from fabrication to final inspection.

"We're always hiring here," King said. "And it's a good job that someone with or even without a degree can begin a good career in Bend. That's the biggest reason for our outreach in the area. We're not trying to find customers here, but we are trying to find employees."

Epic discontinued its kit plane program in 2013, preparing for the FAA certification. When the final experimental plane is ready, they'll bring it to the showroom hanger—complete with a giant bow. Evans said they will probably involve the entire Epic staff and give the plane a special send-off, effectively turning the page for the company.

"It's closing one chapter," Evans said, "and starting a very exciting next chapter that everyone has their eyes focused on." B

PHOTO JILL ROSELL

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Stoking Start-Ups at BendTECH

For decades the secret formula for financial and professional success in Central Oregon has been to bring a job with you when you arrive. But these days it's becoming easier than ever to create your own job by building a business from the ground-up. And while Bend may never be Silicon Valley when it comes to start-ups, BendTECH is trying to prime the area for more growth in this sector. The non-profit co-working collective took another big step forward to do that this past winter when it announced that it will be providing three months of rent-free space on a rotating basis to select start-ups at the BendTECH campus off Colorado Avenue. Dubbed the Start-Up Founders Office, the initiative is designed to help kickstart local entrepreneurs and companies that are still in their early stage with less than $1 million in investment funding. BendTECH Executive Director Tim Riefke said the aim is to connect these innovators with the support network at BendTECH, which includes its roughly 160 members as well Founders Office sponsors that include Economic Development Central Oregon, Founders Pad, OSU-Cascades Innovation CoLab and more. "This program puts entrepreneurs in the heart of Bend's startup community, giving them the resources and connections they need to launch and grow their companies," Riefke said. More information. bendtech.com/coworking/

Construction Begins on Westin Hotel in Bend

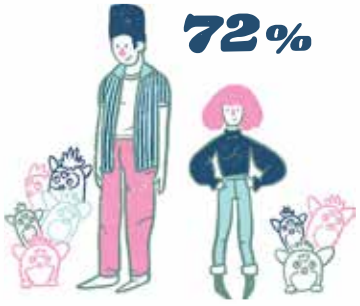
For years it was the home of the Bend Bulletin, then it was almost the next city hall, and briefly considered as a site for Trader Joe's. But after years of sitting vacant, the lot across from Pioneer Park at the corner of Olney Avenue and Wall Street is being developed as a four-story hotel with adjacent retail.

Developed by Sycan B Corp in partnership with Springfield-based Mereté Hotel Management, the 112-room, all-suite hotel will open under the Element by Westin brand, with an eye toward sustainability. The hotel will feature keyless check in and access to loaner bicycles, a fitness studio and saline pool. Rooms will be designed on Westin's new Studio Commons concept with a common area designed for casual meetings and socializing.

Mereté manages hotel properties in Eugene, Medford, Hood, Hermison, Roseburg and two hotels in Washington state. The Bend property is slated to open in early 2020.

BY THE NUMBERS

What Oregon's female employees earn on average as a percent of their male counterparts



What Oregon women earned as percentage of their male counterparts in 1998

U.S. businesses are Female Owned

The number of women-owned business opened on average per day between 2007 and 2018 in U.S.

The number of mothers in the U.S. with children under 17 who were working in 1975

The number of U.S. mothers with children under 17 who were working in 2013

PHOTO BY JILL ROSELL, ILLUSTRATION BY BRENDAN LOSCAR

INNOVATION

Pleasure Principles

A public snub turns into marketing gold for a sex-tech startup in Bend.

BY **KELLY KEARSLEY**

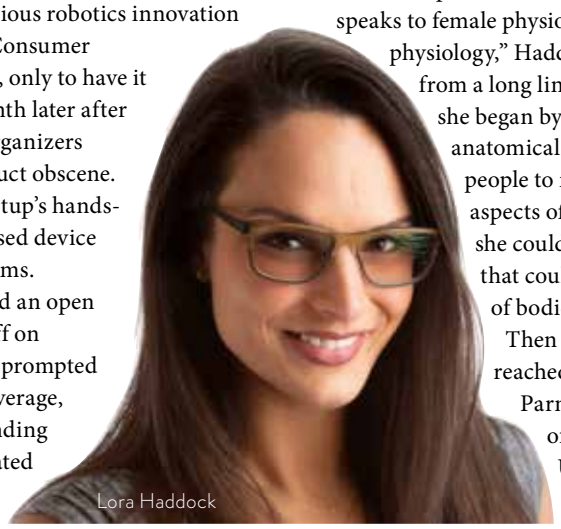
Recognition and a rebuff at CES.

Dr. Ada-Rhodes Short working on Osé in CAD.

Lora Haddock, founder of Bend-based robotic sex toy startup Lora DiCarlo, has an uncanny knack for making what seem like taboo topics—orgasms, anatomy, sex devices—a comfortable part of regular conversation. That skill came in especially handy earlier this year, when Haddock's startup went viral.

Lora DiCarlo got the world's attention in January when the company revealed they'd received a prestigious robotics innovation award from the Consumer Electronics Show, only to have it taken away a month later after the conference organizers deemed the product obscene. At issue: The startup's hands-free, vagina-focused device for blended orgasms.

Haddock penned an open letter that took off on social media and prompted national news coverage, saying that rescinding the award illustrated a gender double standard for the long-standing tech event. Everyone from the *New York Times* to *TechCrunch* to *Glamour Magazine* picked up the story.



Lora Haddock

While losing the award was disappointing to Haddock and her team, she notes that the viral moment provided a silver lining—an outpouring of support for her product and company from around the world. "That was gratifying," she said. "It's not just about the product, but about a shift in society and promoting change toward sex positivity for women and non-gender conforming people."

AN ENGINEERING PROBLEM

Haddock was 28 when she had what she calls the holy grail of orgasms—a blended orgasm. "It kind of landed me on the ground, and I was like, 'How can I do that again?'" The question stuck with her, and she eventually left her job in healthcare with the intention of creating a device that could replicate the perfect orgasm.

"There's no product on the market that speaks to female physiology and vaginal physiology," Haddock said. Coming from a long line of engineers, she began by getting better anatomical data—asking people to measure different aspects of their vaginas—so she could develop a device that could fit a multitude of bodies.

Then in 2017, Haddock reached out to John Parmigiani, head of Oregon State University's Prototype Development Laboratory. Haddock arrived for the meeting with not just a host of market measurements, but also a list of fifty-two functional engineering requirements. "It was a very well-posed mechanical engineering problem," Parmigiani told *the Bend Bulletin*.

THE BUSINESS OF PLEASURE

Haddock created a team of student and professional engineers at the OSU Corvallis campus, and they built the first device, called Osé, within a year. The feedback from young women engineering students who worked with the company stuck with Haddock. "They said that they'd never had female role models before and now they have many," she said. "That's the kind of company I want to build."

And she's well en route. The startup's staff is mostly women, and includes a doctoral student in mechanical engineering and another engineer with a Ph.D in AI and robotics. Their flagship product, Osé, is already subject to several robotics-related patent applications.

With $1.1 million in funding, Lora DiCarlo is readying to manufacture and have the device for sale by year's end. In the meantime, Haddock will continue to speak out about the taboo around female sexuality. "This is about human needs, being sex positive, and having an honest conversation about our bodies and something that is part of our everyday lives."

PHOTOS COURTESY LORA DICARLO

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LEADING

Photos by **Marisa Chappell Hossick**

LADIES

A MOVEMENT AND A MOMENT

Oregon has long been known for its trailblazing spirit; we are excited to be celebrating the women in our local community who not only embody that spirit but redefine it. These women are blazing trails in business, arts and culture, sports, politics and social advocacy. They are change-makers and myth-busters, dispelling the old worn out notions of what a woman can or should be able do. These women, whether in a board room or on the roller rink, are indeed a movement.

March also happens to be Women's History month and a time to celebrate the historic and contemporary contributions of women in America and around the world. Locally, the first weekend of March, World Muse will be hosting its 7th annual Muse Conference here in Bend with the theme "We The Movement," an homage to the myriad ways women are taking steps, individually and collectively, to move us forward. It seems like the perfect time for us to launch our inaugural Bend Magazine Women's Issue.`

Gloria Steinem, the mother of feminism, says, "a movement is only composed of people moving. To feel its warmth and motion around us is the end as well as the means." We hope our readers will feel the warmth and motion reflected by the women featured in this issue.`

Onward,

Amanda Stuermer
Guest editor

LADIES OF LIBERTY

THREE LOCAL INNOVATORS PIONEER A NEW GALLERY MODEL WITH A COMMUNITY MISSION.

The At Liberty Arts Creative was created through pooled resources and the expertise of three working moms for the betterment of their community. You might call it a 21st century DIY art patronage.

In 2017, Jenny Green, René Mitchell and Kaari Vaughn (left to right in photo below) opened At Liberty Arts Collaborative in downtown Bend in the 102-year-old historic Liberty Theater. Their mission is to showcase contemporary art and also make a home for creative nonprofit organizations and a community gathering place. They call themselves the Ladies of Liberty, and each brings impressive credentials to the task. It's their first project together, but it's just the latest in a long list of contributions that each have made to bolster Central Oregon's growing creative economy.

Mitchell was a Bend Design Conference founder and sits on the boards of Caldera, Art in Public Places and ScaleHouse. Green was appointed by Gov. Kate Brown to the Oregon Arts Commission, is a board member of World Muse and a member of Bend Cultural Tourism Fund. Vaughn is a longtime volunteer and former board member of BendFilm and the former manager of the Liberty Theater.

The business LLC they formed to run the renovated space was born of friendship, a passion for art and mutual admiration for one another. It followed years of talk about the possibility of opening an art gallery. "There was a lot of art in Central Oregon, but we were all wishing there was more," Green recalled. "We had the same dream, but we're three mothers who are very involved in the community. The thought of doing it individually wasn't possible. The only way to do it was to come together."

Mitchell had collaborated closely with Vaughn on Bend Design and BendFilm events that were held at the Liberty. She also envisioned a space for ScaleHouse and other organizations that sought a physical presence in downtown Bend.

The partners have four revenue streams to support the mission: venue rental, sales from artwork, collaboration from nonprofit groups that sublease space and a small gift shop. "I feel like it's a more modern concept to have a space that is flexible in terms of its mission," Green said. "We are a serious contemporary art venue as well as a collaborative working space and an events venue. We aim to be a gathering space where people can come together to enjoy themselves and their community, to experience and see new ideas, and to work together to continue to lift the arts in Bend."

The partners curate six art exhibitions a year with each show running for about two months. At Liberty is open to the public, 11 a.m. to 6 p.m., Wednesday through Saturday.

Written by **Lee Lewis Husk**

LILIANA CABRERA

GETTING BEYOND THE BIRDS AND THE BEES

Liliana Cabrera began working for Planned Parenthood more than ten years ago and brought a wealth of knowledge and experience with her when she took the position of Community Education and Outreach Coordinator for Planned Parenthood of Central Oregon.`In the four years Cabrera has lived here, she has become an integral voice and advocate for access to women's reproductive health care in our community.

As a Latina and openly gay woman, Cabrera is a natural conversation starter in a community sorely lacking diversity. She brings her unique perspective to everything she does, including serving as board chair of Let's Talk Diversity Coalition in Madras, president of Latino Community Association and as a board member at-large of OUT Central Oregon.`

Interview by **Teafly Peterson**

Arriving in Bend

I moved from Salinas, California to Central Oregon in 2015 to work at Planned Parenthood. My partner's family lives in Portland, and I was looking for work in Oregon. The main [Planned Parenthood] office is in Portland, but the job was in Bend. I had never heard of Bend. When I came for my interview, I looked around at what the town looked like and it looked very similar to what Salinas looked like when I was growing up. So I enjoy the small rural aspect of it, but I didn't realize the cultural difference and lack of diversity.

Getting Started

My work in the past has looked very different than it does now. I was in classrooms talking to kids. We had a teen pregnancy program and so that was a space where I was working with pregnant and parenting teen moms. I held conversations with middle school girls and went into the juvenile halls. There are no [teen support] programs here. There haven't been any programs. My approach has been going out listening, learning what people want to know. Really seeing what people are saying we need to have and then responding to that within my capacity.

Roadblocks and Resistance

I see through my own lens the issues here, and I hear what other people tell me. I am also very aware of who is telling what story. I am hearing things like, "Well, there are other people already doing that work, so we don't need Planned Parenthood in the schools." So, okay. They are getting some education, but there is limited access to resources for high school students. We have to be invited in, so we don't always hear about what is going on unless someone says something about it and reports it.

On Access to Information

If parents say they want to talk to their kids about sex, but they're not doing it, how can I help them to be more confident to have that conversation? They need to hear us. I think all young people should have access to the information [about sex and sexuality] and hear it from different voices, in particular the people that look like them. If there are students of color in those classrooms, I want to be in front of them talking very openly about this topic. A healthy community is one where people can access the things they need, and it is not a struggle. A healthy community is where people have the information and it's not being withheld because of someone else's own personal beliefs. Everybody should have what they need when they need it.

On Being Yourself

Being a queer woman of color who wants to see this world, this community, flourish and grow in a healthy way and having some part of it is me seeking my community. All of these different places where I work is because they are all part of who I am. We are all human beings and we are all in the struggle together, and we are all facing different [challenges]. At the end of the day, we have to live in the community together. We have to look at each other as people who are all going through different things.

AMY TYK

Interview by **Suzanne Johnson**

BEND BROADBAND'S VISIONARY LEADER ON BUILDING LASTING LEGACIES

Amy Tykeson is the former CEO of BendBroadband, where she guided the company into a new era of digital technology and community partnerships. Tykeson is currently the managing trustee of the Tykeson Family Foundation, supporting education and healthcare in Oregon. She has served on numerous boards for nonprofits, startups and higher education initiatives in Central Oregon. Among other recognitions, Tykeson was inducted into the Cable Hall of Fame in 2013 and was awarded "Person of the Year" by the Bend Chamber of Commerce in 2018.

Your career spanned many facets of the telecommunications industry. Can you identify one thread that kept you inspired?
I like solving complex problems, and I get a lot of energy from being around smart people. When I started in the 1980s, the industry was exploding, and we had a ball making it happen. At HBO, I couldn't imagine another environment as fun or interesting. But working in operations at Bend Cable was fascinating. Working with innovative people who transform problems into positive change—that inspires me. Like many of my peers, I got involved in the Women In Cable organization, which allowed me to experience leadership and expand my skills. Similar groups can be found in most industries, with valuable opportunities for young professionals to flex their business muscles.

Learning to flex business muscles is great advice. What other suggestions would you offer young women launching their careers?
Most importantly, gain as many experiences as possible. Flex your muscles through volunteering, and build your portfolio of skills both within your organization and in the community. Second, develop the habit of thinking ahead. Plan how to navigate the waters before you present new ideas, and prepare answers to objections you might encounter. A pre-mortem, in effect! Then do a post-mortem to develop a game plan for your next goal. Finally, support other women. For example, in meetings when one person's ideas are ignored or restated by another, be sure to give credit where it's due. Also, feedback is critical. Ask for it, and ask permission to give it. That's not always easy.

Do you feel that young women have a different toolbox of skills today?
I see more independence and self-reliance today, maybe because they've seen more role models. There's a greater ability to speak up and share one's opinion. Young men, too, now grow up seeing women as vital to the economy and the community.

Your father left a legacy of philanthropy, and you've continued that tradition. How does supporting community fit into your definition of a good life?
My dad always said it's incumbent upon us to be good stewards, and I subscribe to that. Every one of us can give back with talents, time or financial resources. It's part of being a whole person to reach beyond our own little bubble, nurture good works that help people thrive and improve the environment for future generations. I feel fortunate to work on projects that strengthen our community. In particular, I appreciate organizations that bring together different voices—many nature conservation groups follow that model. I also admire the Bend Science Station's approach to getting more science in front of kids and teachers. And I'm very excited about developments at OPB as we approach the 100th anniversary!

What else are you thinking about now?
I'm still asking myself how to best use my time and gifts. Our young people need adaptability and resiliency, in order to flourish in the future. How do we instill the tools to cope through tough waters? I don't have the answers, but I want to sharpen the saw and augment the impact I can have on our many needs. On a personal side, I'm thinking about establishing new family traditions. I relished the shared experiences my parents created these past decades. As our family's elders pass on, it's now our privilege and our priority to build on the delight that comes from spending time with those who matter most. `

XESON

EVERY ONE OF US CAN GIVE BACK WITH TALENTS, TIME OR FINANCIAL RESOURCES. IT'S PART OF BEING A WHOLE PERSON TO REACH BEYOND OUR OWN LITTLE BUBBLE AND IMPROVE THE ENVIRONMENT FOR FUTURE GENERATIONS.

SYLVANA YELDA

STARS IN HER EYES

AN EARLY LOVE OF SCIENCE LED TO A PHD IN ASTROPHYSICS AND A LIFE OF EXPLORATION

Interview by **Kim Cooper Findling**

In 1979, Sylvana Yelda's parents moved from Iraq to Michigan. Sylvana, their fourth child, arrived a year later, the first of their family born in the United States. Her father had only graduated high school; her mother had left school at an early age to care for family. But from an early age, Yelda showed a strong aptitude for school—especially for science. A high school astronomy course set her off and running on what would be an epic academic journey. "I loved astronomy," she said, her eyes lighting up. "It was so fun and challenging."

After astronomy, Yelda fell in love with psychology and the study of the brain and perception, and earned a BA in psychology from the University of Michigan. She began a master's degree program in that field before returning to astronomy, earning a MS in astrophysics and a PhD in astrophysics from UCLA. "I went to college for fourteen years," Yelda said, quickly adding, "but I loved it."

She considered a career in academia, but professorial positions are highly competitive—and besides, she explained, collegiate teaching means delegating data research to graduate students. "I like doing it myself. I like digging in the data," she explained.

Digging in the data is what she does every day in her current position as a senior data scientist at Kollective, a technology company located on Bend's westside. Data scientists must possess a variety of skills, she explained, from hard science to storytelling. "You must understand statistics, computer programming and machine learning," Yelda said. "You must be able to visualize the data, get it into a form that will answer your questions, and then interpret it and relay it to your audience."

Yelda said she loves her job, but still, she misses teaching, and finds ways to incorporate public outreach into her life. "I volunteer with ChickTech, a national organization with a mission to get girls interested in STEM," she said. Last fall, she led female high school students through a two-day workshop on how to code and program a machine learning model, using the data set from the sinking of the Titanic. "They predicted with eighty percent accuracy who was more likely to die based on their location on the ship, gender and class," she said. "It's a little bit dark, but they really got into it."

Working as a data scientist also means Sylvana has taken a sidestep from astronomy, but a serendipitous event occurred not long after her move to Bend three years ago—Worthy Brewing opened its Hopservatory. "I run the telescope there on a volunteer basis," said Yelda. "That means I still get to look at the stars."

TAMMY BANEY

THE SINGLE MOM WHO BLAZED A TRAIL THROUGH THE OLD BOY'S CLUB

Tammy Baney was raised in rural Bend in a tightly knit family of do-ers, known for lending a hand to friends and neighbors. With an instinct for leaning in and a heart for community involvement/support, she ran and was elected as a Deschutes County Commissioner in 2006, at age 34. She served as commissioner from 2007-2018, with a focus on transportation, housing and health.

Baney currently serves as director of the Central Oregon Intergovernmental Council, where she heads cooperative projects in Deschutes, Crook and Jefferson counties. She continues as chairperson of the Oregon Transportation Commission and as board chair for the Central Oregon Health Council.

Interview by **Suzanne Johnson**

As a young woman starting a career in the '90s, what were some of the challenges you faced?

I began at a local golf course and started moving into management, learning as I moved forward. Sexual harassment was rampant in those days. After one incident I was offered a payout, which meant leaving my job, keeping my salary and health insurance, but not fighting the harassment. At that time, I made a practical choice. It gave me the financial ability to move forward and get my realtor's license. Today, we have more choices and we know more about our responsibility to address harassment. Yet I still relate to women who have not felt safe speaking up, and I know how fear makes us pick our battles carefully.

As you moved into public service as a county commissioner, did your voice differ from those of your colleagues?

I was a single mom, managing childcare and homework help, while working with male colleagues of my father's generation. My voice was definitely different. Not better or more powerful, but often more inclusive. I believe *how* we do things matters as much as *what* we do. My colleagues joked about "the niceties" of recognizing and listening to others, but they also acknowledged the importance of being approachable.

At first, I'd often be called out mid-discussion with questions intended to check my understanding of issues and policies. In a backhanded way, it made me a better commissioner because I learned to clearly support my positions, especially on controversial votes. I had to gain the confidence to say, "I'll get back to you on that," knowing I could find the answers. I still experience occasional "mansplaining," but gone are the days when I question myself about whether I communicated my thoughts clearly. I find humor to be the best tool to deal with that.

Over the course of your career, how have you seen gender equality evolve—for both women and men?

My daughter doesn't see the barriers that I saw. We've made great strides, but we still have women who fear being seen—[women] who believe they are not enough. At the same time, I don't believe the generation of men before me wants to minimize women. Inclusiveness is not yet in their wheelhouse, but it can be learned. We have the opportunity to redefine boundaries and roles and expand what each person can bring to society.

What advice would you give to young women interested in public service?

When I first ran for office, I did not know my value. I questioned most aspects of my life, but I wanted to serve. No one said, "Tammy, you should run for office!" I didn't wait to be invited. If you feel in your heart that you want to serve in this capacity, do it. First, check your core—is it just one issue you want to work on? Public service is about many issues, and about the people.

What are you most looking forward to in your new role at the COIC?

As a council of governments, we have a unique ability to tackle regional issues such as affordable home ownership. Our communities have crossover, yet projects compete for funds. I want to convene our collective voices to identify the gaps, communicate our needs to the state, and elevate the region as a whole.

KERANI MITCHELL

ON A MISSION TO CREATE AN INCLUSIVE OREGON FOR ALL

Interview by **Erin Rook**

If you got to know Kerani Mitchell through her recent Bend City Council bid, you might know she's a woman of color, a renter and a telecommuter. But if you're involved in local social justice work, you know her conversation-starting candidacy is just the tip of the iceberg.

Adopted from India as an infant, 33-year-old Mitchell has lived in Central Oregon since middle school. And though she spent her youth in Sisters listening to country music and caring for farm animals, she is often perceived as an outsider because of her first name and skin color. It's a perception she has battled all her life, but it's also a challenge that has prompted her to take an active role creating conversations that dispels harmful myths and prejudices in our midst.

"This is my home. This is where I grew up. This is where my family still lives. If there's any place in the world I can claim as home and have some part in social change, it's here," she explained. "And if I want to stay and live here, it's imperative that I and my community move forward on issues of equity, inclusion, education and social transformation."

I've had insight into Mitchell's often behind-the-scenes work over the past year and a half as Mitchell and I have gone from acquaintances to business partners. But Mitchell isn't looking for recognition (case in point: she was reluctant to be interviewed). For her, community involvement is both a spiritual responsibility and a survival tactic.

Mitchell grew up Catholic and is inspired by the Jesuits' "Ignatian spirituality," which author Ronald Mordas describes as "a humanism that defends human rights, prizes learning from other cultures, seeks common ground between science and religion," and social justice.

Mitchell developed strong community connections in her youth, volunteering with her dad's Kiwanis club, serving as a camp counselor, and facilitating art groups for grieving kids. While these connections were protective, as one of the few persons of color in Sisters, she still experienced inequities her peers didn't face. And it got worse after 9/11.

"It was a very lonely experience to walk around with fear of racial profiling or just silly comments. People calling me the 'n-word,' or refusing to shake my hand," Mitchell recalls.

When she returned home from Seattle University, Mitchell says these interactions and attitudes persisted. Strangers would ask "Where are you from?" and get angry when she said, "Sisters." Or say things like, "Aren't you glad you're here? You could have ended up like 'Slumdog Millionaire'."

So Mitchell channeled those experiences into the Oregon Humanities conversation project "Where Are You From?" The project has taken her across the state to facilitate conversations about identity and belonging and given her an opportunity to reclaim her narrative.

Mitchell said she has always had a strong sense of empathy and a passion for solving problems. Raised to be independent, she's never been shy about taking action.

We founded Allyship in Action together in 2018, bringing together local equity facilitators to support one another and the community. But she says it's also an opportunity to demonstrate the power of diverse folks coming together as allies to one another.

"I've had crisis and pain in my life, and I viscerally remember what it is like to feel alone," Mitchell explained. "If I can do something that someone else might not be able to do, I feel it's my responsibility in that moment to honor my community by speaking up."

ROLLER DOLLS

A RESTLESS SOUL THAT WAS BORN TO ROLL

Founded in 2006, the Lava City Roller Dolls is Bend's all-female flat-track roller derby team. We talked with Bend's Sierra Klapproth, who's been skating with the club since she was 10. Now 19, Klapproth, the team's point-scoring jammer, shares what drew her to roller derby and how she skates like a Star Wars character.

How did 10-year-old Sierra come to join roller derby?
In fourth grade I read a book called *Derby Girl* (the YA novel behind the film *Whip It!*). I fell in love with the idea of it. I talked to my parents and said, 'I want to do this, I need this.' They took me to the roller skating rink, and there happened to be a flier about a junior roller derby camp. I signed up for the camp and loved it. I've been doing it ever since.

How was roller derby different than other sports you had participated in?
I always wanted to play football, but girls don't play football. There wasn't really an aggressive sport option for girls. Once I got into derby, this aggressive sport with girls of all shapes and sizes and backgrounds, it made me feel so strong, even as a young kid. I felt a real sense of belonging for the tomboyish kid that I was.

What's the story behind your skater name Darth Maully?
I picked my name the night before I went to my first derby camp, because I was worried that my real name wasn't tough enough. My brother had one of his Star War collectibles on the railing of the stairs. It was a Darth Maul doll. He is really mysterious and on the dark side. I always liked that he was super agile and strong. Now, it reflects the way I skate. I like to be sneaky, agile and play mental mind games. It's a perfect match.

Do you feel or act differently when you're in the rink versus your "normal" life?
Absolutely. As a junior, I definitely was more outspoken and more aggressive [on skates]. In my day-to-day life, I was a shy, nerdy kid. For the older women, derby is their loud, crazy outlet because they sit behind a desk during the day.

Why is roller derby important to you and the other women on your team?
For me personally, it keeps me strong, mentally and physically, which is something that I've always really valued. It's also taught me to be more comfortable with myself. That it doesn't matter what I look like, or what I am into. It puts such a strength into people. I see grown women who are shy and really quiet, and all of the sudden they are strong and fast and really outspoken. They just come out of their shell.

What are you future derby dreams?
I've always had the goal to skate in Portland for the Rose City Roller Dolls. They're the number one team in the world. In the last several years as derby has grown, there are World Cups with Team USA, which I would love to be a part of.

Interview by **Heather Clark**

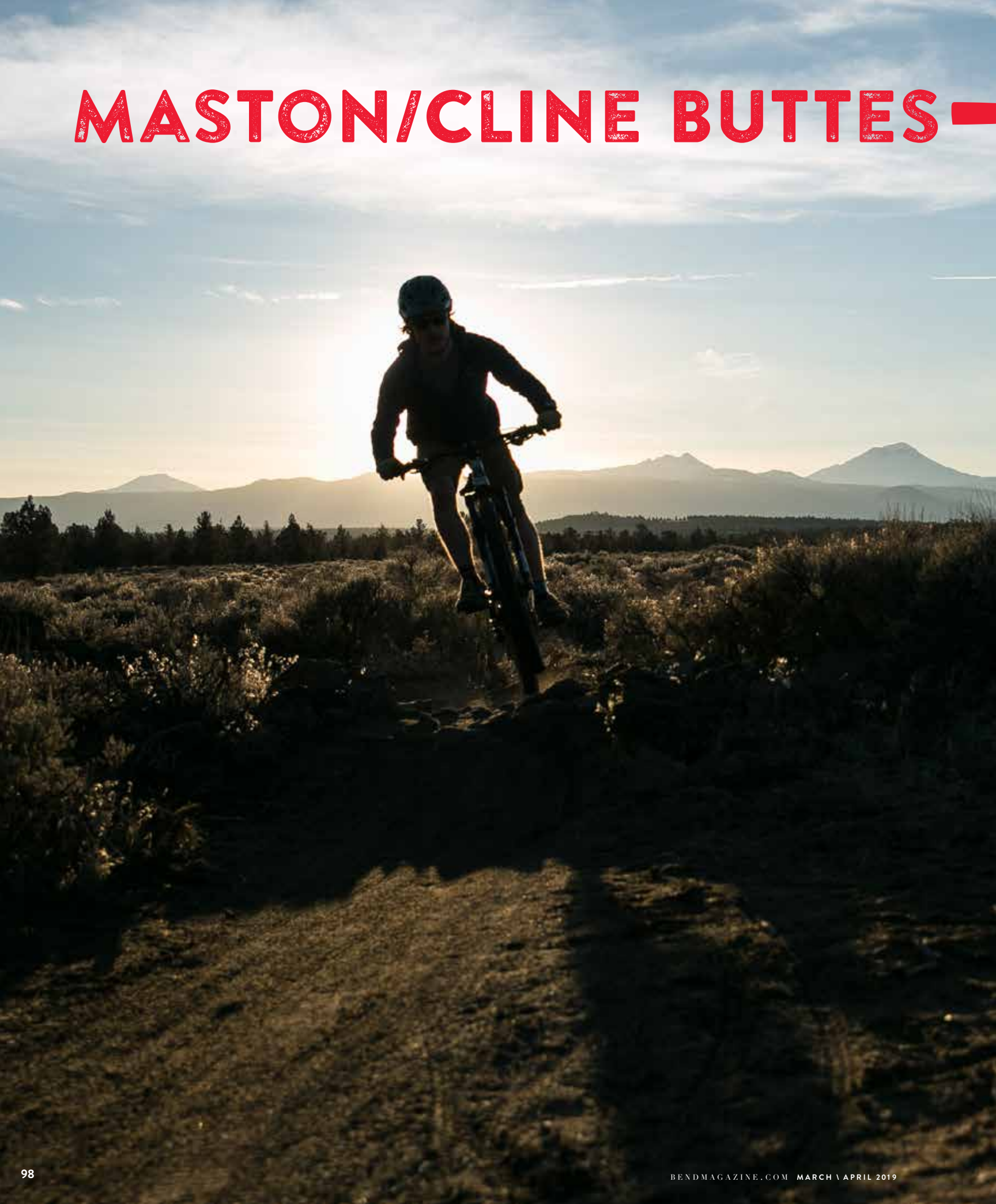
A TERRIFIC TRIO

3 SPRING BIKING DESTINATIONS TO JUMPSTART YOUR SEASON IN THE SADDLE

WRITTEN BY **DALTON CHAREST** PHOTOS BY **CAITLIN EDDOLLS**

Spring is the time when true dirt disciples know to take to the trails. This is the time when the sun is low, the dust is down, and the trails are fast, firm and lightly trafficked. We ventured out for some of the premier early season destinations in hopes of providing you with some easily accessible options. Because no Central Oregon ride is complete without a well-earned trail beer, we paired our favorite pedaling destinations with a few of our favorite sipping spots.

MASTON/CLINE BUTTES



FIRST THING'S FIRST. GET YOUR BIKE READY TO RIDE

Riding is a year-round sport in Central Oregon. However, if you're like most of us, you let your bike gather dust over the winter without addressing lingering maintenance. Spring is a great time to tackle that checklist.

Mike Schindler at Bend's Sunnyside Sports suggests that spring riders check their bearings and tighten up anything that is feeling loose so as not to capture any mud or water within the innerworkings of your bike. He also said that it's important to be cautious when washing down your bike. Avoid washing your ride with a high-pressure hose, as this could loosen your hub and bearings.

Don't forget about the basics, either. Check your shocks to see if they are still holding air. Pump your brakes and check for leaks in the system. If you're running tubeless tires, now is the time to service those, too. Take a short spin and check your gears. The front and rear derailleurs should be shifting smoothly. If not, it may be time for an adjustment.

IN 1907, LAND DEVELOPER W.A. Laidlaw skipped town after promising settlers land and water in the area that is now Tumalo. When he couldn't deliver on the second part, many of the farmers went broke. The community hung Laidlaw in effigy and changed the official name of the town from Laidlaw to Tumalo.

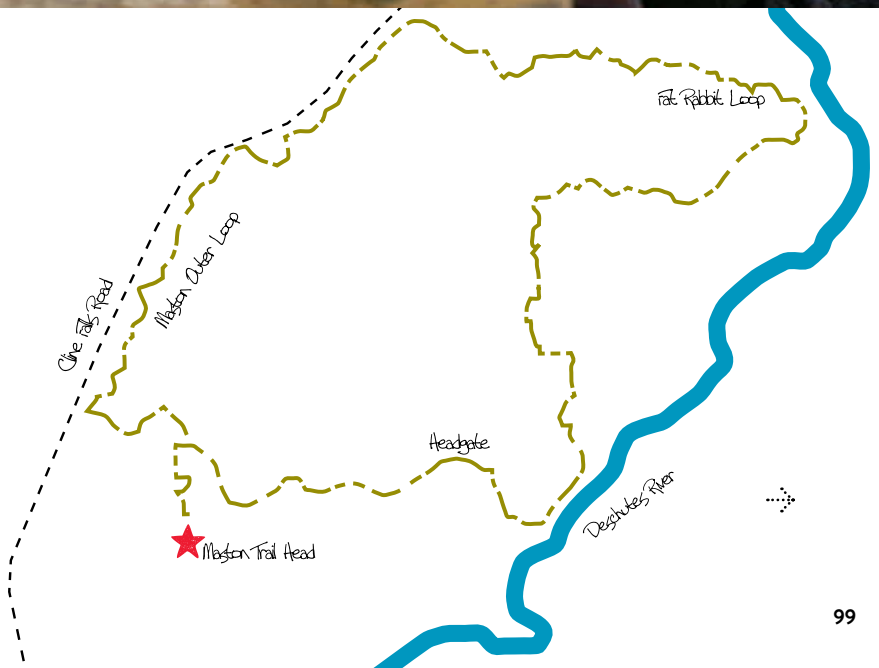
Still Laidlaw wasn't a total failure. A century later some of the Tumalo Irrigation Project's failed irrigation ditches are the backbone of a trail system that offers some of the most reliable spring mountain biking in Central Oregon.

Today, the Maston Trail System, located north of downtown Tumalo near Cline Buttes, attracts both mountain bikers and horseback riders who share the same space, but not the trails. Maston has more than 4,000 acres of land and dozens of miles of trails maintained by the Central Oregon Trail Alliance (COTA), following along the cliffs of a deep, burrowed canyon overlooking the Deschutes River as it races north toward Cline Falls.

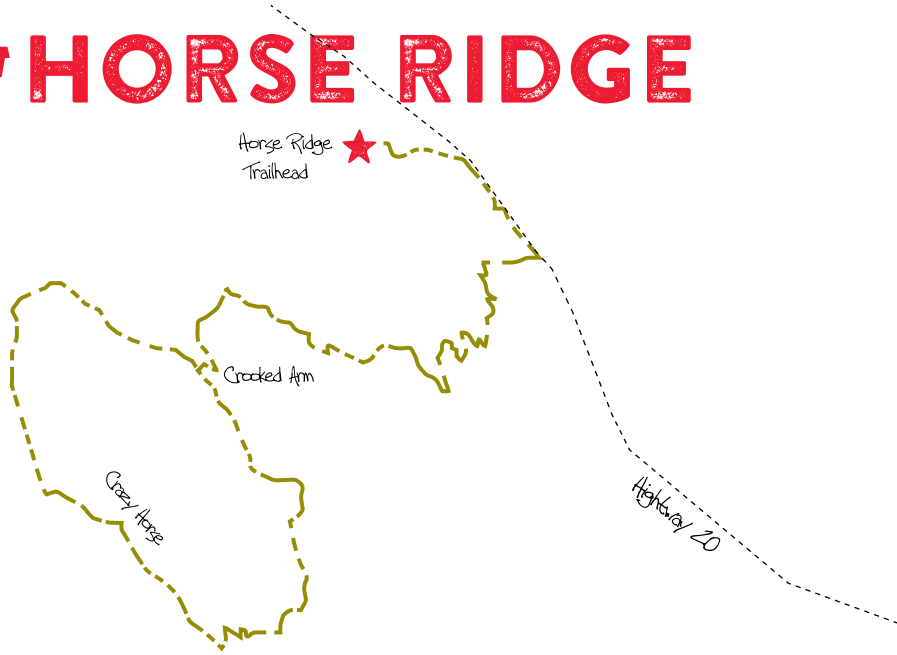
Capitalizing on an uncharacteristically warm January day, we rode through an easy to intermediate trail system, coming across ancient juniper trees and beautiful scenic vistas. We gazed across the southern Cascade mountain range, its jagged peaks still loaded with winter snow. The riding conditions were more consistent with late spring than the dead of winter. After nineteen miles of trail, we were searching for a bit more riding time, elevation and well-earned downward singletrack. We pedaled our two-wheeled steeds across the highway up to Cline Buttes and seized the opportunity for some seriously ripping downhill descents. Not a bad way to wake from a winter slumber.

AFTER PARTY: THE BITE

After two hours of steady pedaling, it was time to stroll over to Tumalo's must-stop food truck lot, The Bite. With a vast array of different culinary delights to choose from, we grabbed for ourselves an original Kobayashi hot dog from Ronin, where East meets West in an explosive harmonization of flavors. I paired it with a Thin Red Lime beer from Laurelwood Brewing Company and reflected on our first ride of 2019.



HORSE RIDGE



On the east side of Bend, a mixture of rocky volcanic lava sediment and delicate sagebrush lines frame intermediate singletrack on both the Horse Butte and Horse Ridge trail systems, which share a name but not a trailhead. (Horse Butte sits on the east side of Bend, north of China Hat Road. Horse Ridge is located near the Badlands Wilderness Area south of Highway 20.) These spring riding havens have much in common and offered a midwinter reprieve for a few hearty cyclists emerging from hibernation.

Horse Butte offers various beginning and intermediate loop options consisting of ten to thirty miles of high desert panoramas. While we were investigating the trails, we also took some time to explore the expansive lava cave systems by headlamp just to change things up a bit.

From there it was on to Horse Ridge where we steered our bikes over slightly more technical lava rock terrain on our way to Crazy Horse loop. We linked up with the Parkway trail and took a fast and winding descent through the Horse Ridge Research Natural Area where the trail began to open, and the rolling desert hills welcomed us with stunning wildland vistas.

Be sure to visit this diverse trail system before the summer dust descends.

AFTER PARTY: WORTHY BREWING

When you're done, head over to nearby Worth Brewery and order a Worthy Burger or one of their signature wood oven pizzas. There are recommended beer pairings for both items, but you can't go wrong with the Strata IPA, a smooth drinking honey-colored ale that uses the Strata hop variety developed by Worthy.

SPRING DOS AND DON'TS

Ride Responsibly

Trails are vulnerable in the spring. Avoid puddles and riding in wet conditions that create ruts and damage the trails

Extra Layers

Spring riding can be wet and messy. The weather can also change quickly at this time of year. Dress in layers that can be easily added or subtracted.

Minimize Conflicts

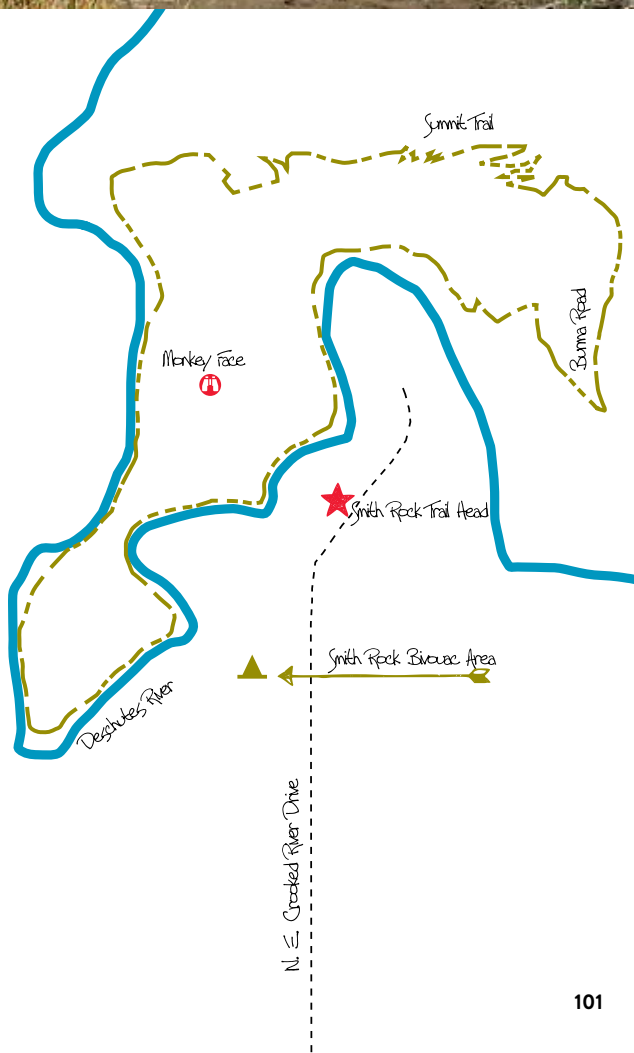
Dogs can be great companions, but they can be a nuisance to wildlife as well as fellow riders. Keep your pets close and follow leash laws.

SMITH ROCK & GRAY BUTTE

This Pacific Northwest rock climbing mecca isn't just a place to bag peaks. It's also a lesser traveled mountain biking destination that welcomes pedalers with miles of singletrack. Ambitious adventurers can easily turn a day at Smith Rock State Park into a classic multi-sport day.

We started our ride at Skull Hollow Campground, riding along the singletrack switchbacks of Gray Butte, the tallest peak in the greater Smith Rock area. This pronounced butte hosts myriad epic climbs as well as grand scenery. We circumnavigated the entire feature. After reaching the base of the summit, we dismounted and scrambled up the final steep section of scree. Our ride culminated with a descent that provided plenty of burly thrills and fast shoots.

There are plenty of riding options at one of Oregon's most photographed state parks. Take the classic Summit Loop, or link up with the Cole Trail that circumnavigates Gray Butte.



AFTER PARTY: WILD RIDE BREWING

This family-friendly taproom in the heart of downtown has been a welcome addition to the Redmond scene. With the beautiful mountain peaks huddled in the distance, a 3 Sisters American Red Ale seemed the logical choice. I added a Yakisoba bowl from Shred Town, just one of the many food trucks Wild Ride has on site.

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ANTHONY'S
AT THE OLD MILL DISTRICT

TOPS-SHELF NIGHT, CASUAL *Attitude*

Three Bend restaurants offer their take on the perfect date night pairings that emphasize sharing and savoring.

EDITED BY **CATHY CARROLL** PHOTOS BY **ALEX JORDAN**

Keeping life interesting is all about trying new things, especially when it comes to tasting exciting dishes and discovering the perfect libation to go with it. At some of Bend's best restaurants, head to the bar or a table to sample a few small plates and expertly paired drinks to keep it casual and fun. Three local top chefs and drink experts wish more people knew they could soak up killer experiences without racking up a bill to match. Whether you're on a date night or a girls' or guys' night out, here are a few ways to let your palate play. The rest of you will follow.

900 Wall

Gnudi

Ariana RESTAURANT

An evening at Ariana is like being at a convivial party at the home of friends—ones who serve eclectic, seasonal dishes inspired by their Italian and Colombian roots, that is.

START WITH AN APPETIZER that co-owners and chefs Ariana and Andres Fernandez discovered in New York City in 2014, when they were invited to cook a dinner at the prestigious James Beard House.

During the trip at The Spotted Pig restaurant, they ordered gnudi, a ricotta ravioli of sorts, but one that's practically "nude," with a fine, delicate layer veiling the cheese rather than encasing it in a pasta shell. The husband-and-wife team adapted the recipe, creating a gluten-free version using rice and tapioca flour.

"We did that purposefully, because many of our clients are gluten-free," said Ariana. They strain luscious, whole-milk ricotta overnight, form it into small, meatball-size balls, roll it in the non-wheat flour mixture, and allow a thin exterior layer to form overnight. They cook them like ravioli and serve them with brown butter and fried sage.

Pair it with a glass of 2017 Bethel Heights pinot gris, from Eola-Amity Hills in the Willamette Valley. Not your typical pinot gris, it's made in an Alsatian style. "In other words, the wine is bone-dry," said Sommelier Brett Larson. "Most Oregon pinot gris maintain a noticeable amount of residual sugar." With notes of green apple, pear, and wet stone, this light-to-medium bodied wine's racy acidity balances the richness of the dish.

Next, try the Sicilian-style calamari, a menu mainstay in honor of Ariana's family heritage. Andres created the salty-sweet recipe, simmering the tender squid with tomato, chiles, capers, currants, and serving it with fregola, tiny, toasted balls of semolina pasta. Savor it with a 2016 Bodega Bernabeleva garnacha, Camino de Navaherreros, from a vineyard on the eastern edge of mountains west of Madrid. The cool nights at higher elevation prompt good acidity, and notes of raspberry and rhubarb plays against the tomato sauce. Light-to-medium bodied, with very little tannin structure, it allows the salty-sweet flavor of the calamari to reveal itself.

Sicilian-style calamari

BOS Taurus

The vibe at Bos Taurus—classic steakhouse, updated and seared with Bend style—means quality without stuffiness, and a beefy dose of fun. Go decadent with the foi gras terrine and move on to the wagyu.

CHEF GEORGE MORRIS' take on a foie gras terrine is a perfect example. He sous vide cooks Hudson Valley foie gras, vacuum sealing it in a pouch, immersing it in precisely heated water. The duck delicacy never touches a heated metal pan, flames, steam, water or smoke, thereby achieving optimum flavor and texture. Combined with cream, gelatin, salt and a bit of sugar, it's set in a French terrine mold overnight.

The sublimely smooth, rich result is dusted with crumbled pistachios and watercress powder. The counterpoint is Oregon Coast cranberries three ways: a cranberry gastrique, sous vide cranberry and cranberry maple pudding. It's framed by watercress petals, and grilled sourdough is the crunchy vehicle for it all.

Morris sets the dish beneath a glass dome filled with maplewood smoke—the foie gras smokes en route from the kitchen to you.

"When you get it to the table, you can't actually see the dish," said Morris. Lifting the dome, a veil of smoke wafts away, revealing it. The aroma is the first part of the experience, building anticipation of the first savory, sweet, crunchy bite.

Morris pairs it with the Tonic 2 Old Fashioned, with Bulleit Rye, Tonic 2 (Tahitian vanilla, chamomile, maple syrup) and Angostura orange bitters. The orange complements the dish's cranberry. The rye and foie gras share flavor profiles. Both have as an ingredient Noble barrel aged maple syrup.

"The high-octane alcohol and whiskey background cuts through the richness of the foie gras, cleaning up and lightening the palate, and the foie gras' richness mellows out and softens the drink," he said.

Another big experience on a small plate is the Japanese Miyazaki A5 wagyu beef raised in the Japan's Miyazaki prefecture. It's renowned worldwide for its fat marbling, tenderness and flavor. Morris seasons it with hickory-smoked sea salt and black, white, pink and green peppercorns, searing it on a 550°F cast iron flat-top custom stove to medium-rare. It's sliced kimono-silk thin, so delicate that it is plated and served with elegantly shaped seven-and-a-half-inch culinary tweezers. "It literally melts in your mouth," said Morris.

A big Cabernet with bold fruit and strong tannins stands up to the luxurious fat of the beef, and General Manager David Oliver recommends the 2015 Paul Hobbs CrossBarn from Napa Valley.

Hudson Valley Foie Gras Terrine

900 Wall

At 900 Wall, with 180 seats, including a bar that stretches the length of the first of two levels, the experience can be as bubbly as a vintage Champagne or low-key and intimate, depending on where you request to be and when you land there. Every spot, though, offers a place to share a range of surprising flavors and heady libations.

Tempura Green Beans

TRY THE TEMPURA GREEN BEANS with a classic aioli of egg yolk, garlic, olive oil, salt, pepper, Dijon mustard and a dash of lemon. Sip a bright, sparkling Domaine Patrice Colin Pineau d'Aunis, with a spicy, crisp, light, fruity character.

Return from France to the Pacific Northwest, with six oysters along with six large, wild shrimp from the Gulf of Mexico. They arrive on a two-tier stand of beds of crushed ice with lemon, mignonette and cocktail sauce.

Depending on the varieties of oysters that are freshest at the time, the taste may range from a sweet salinity to notes of clam, which Chef Cliff Eslinger recalls from growing up on the East Coast. "The flavor profiles are broad," he said. "The Olympias are almost like sucking on a penny, there's such a potent mineral note."

The white shrimp offer a sweetness and texture that are better than the many that Eslinger's team has tried. "Side by side, there's a stark difference," he said, adding that in addition to taste, he supports sustainable agriculture whenever possible.

Sip a glass of Chateau de Breze brut rosé with it. Like your date or group of girlfriends, it may be pretty, pink and sparkling, but it also has a quiet strength. It's dry, not sweet, with full, structured fruit and tannins—a perfect companion to the dish, particularly the shrimp, said Eric Adams, lead server.

The 2017 Arregi 2017 Txakolina (pronounced cha-co-leena) from Spain offers great acidity and minerality that ties into the oysters' flavor profile. "It is my favorite white wine, period," said Adams. "I take it to sushi all the time. It's lighter in alcohol, slightly sparkling, with an understated elegance that goes with oysters and delicate dishes such as ahi tuna or carpaccio. I can't think of anything better."

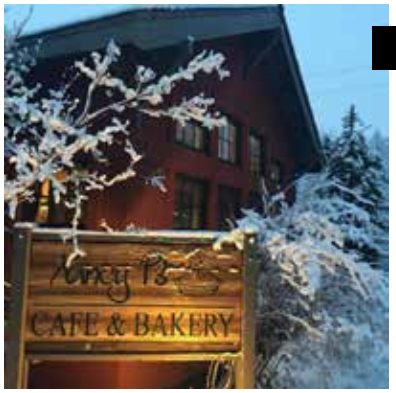
The half dozen. Six oysters and six wild shrimp.

EAT EXPLORE CENTRAL OREGON

PHO VIET CAFÉ

Vietnamese standards like pho & noodle bowls are served in a modest, relaxed space. Now serving Bun Bo Hue/ Spicy Lemongrass Base Pho Noodle Soup!

1326 NE 3rd St., Bend
(541) 382-2929
PHOVIETANDCAFE.COM



NANCY P'S BAKERY

Nancy P's Cafe & Bakery is a sweet, little Bend mainstay. This cozy bakery has been serving breakfast and lunch on the west side of Bend for nearly 18 years. Specializing in homemade treats both sweet and savory, warm smiles, and a love of community.

1054 NW Milwaukee Ave., Bend
(541) 322-8778
NANCYPS.COM

KEBABA

From its Westside Bend location, Kebaba offers a unique, award winning take on modern Middle Eastern food. Fresh and delicious. Special diet friendly. Great craft cocktails, beer and wine. Open for lunch and dinner. Take-out available.

1004 NW Newport Ave., Bend
(541) 318-6224
KEBABA.COM

PIZZA MONDO

Pizza Mondo, a longtime locals' favorite, has been serving award winning pizza from its landmark downtown Bend location since 1996. By the slice or whole pie. Dine in, take-out, delivery. Seasonal pizzas, fresh salads and NW craft beer.

811 NW Wall St., Bend
(541) 330-9093
PIZZAMONDOBEND.COM

BALDY'S BARBEQUE

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The taproom is a unique take on a pub/restaurant/bar. With healthy dinner and lunch options, including a wide range of drinks—from cold brewed coffee to cocktails to craft beer to wine. They're mixing, baking & shaking up the experience around coffee.

555 NW Arizona Ave, Suite 30, Bend
(541) 312-9330
RIFFCOLDBREWED.COM.COM

LA ROSA

One of Bend's Most Awarded Mexican Restaurants serving a fresh perspective on authentic cuisine with signature margaritas for over 14 years. Enjoy the traditional favorites and fresh new creations at one of our family-friendly locations.

2763 NW Crossing Dr., Bend
19570 Amber Meadow Dr., Bend
LAROSABEND.COM

900 WALL

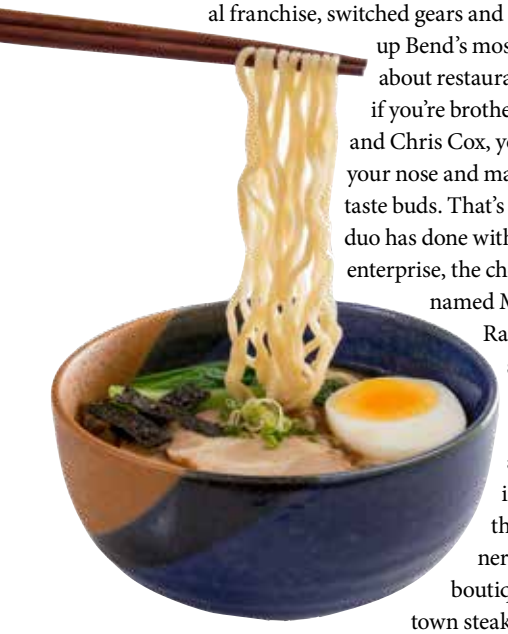
Established in May of 2009, is located in the heart of downtown Bend. Our food is best described as modern American, with strong influences from Italian and French cuisine. Our menus are seasonally inspired and responsibly sourced.

900 NW Wall St., Bend
(541) 323-6295
900WALL.COM

FOOD NEWS

Bos Taurus Partners Racing to Ramen

WHAT DO YOU DO AFTER you've transformed a micro-brewing startup into a national franchise, switched gears and opened up Bend's most talked about restaurant? Well if you're brothers Jeremy and Chris Cox, you follow your nose and maybe your taste buds. That's what the duo has done with its next enterprise, the cheekily named Miaygi Ramen shop that the Cox brothers are opening with their partners from the boutique downtown steakhouse Bos Taurus. Head chef George Morris will be doing double duty at both locations and is currently at work on the menu that will feature flavors inspired by famous ramen houses in Seattle, San Francisco and New York, as well as inspiration that Morris culled from a two-week tasting tour in Tokyo to research authentic recipes on their home soil. "I've done my due diligence. I've eaten at all the best places in Chicago, New York and Portland, but Japan really set a new bar for me," Morris said. Plans call for a roughly 1,000 square foot restaurant in the Box Factory near the Bend Tour Company. Morris said the restaurant will offer lunch and dinner service with patrons ordering at the counter and seating in a dining room area, in an environment he describes as fast casual. While the menu has yet to be developed, Morris said the idea is to bring dishes in at competitive price point with what you would find at other urban ramen shops. "Our price point will be right in line with what you would see in Portland. We aren't doing anything high end, but it will have the same attention to customer service, just like Bos Taurus."



Bibimbap in Outlaw Country

Serial Bend restaurateur Di Long, (Hong Kong, La Magie, Soba), has given Sisters a minor culinary makeover with the opening of Bimbap Asian Kitchen. Bimbap replaces what was previously a sister restaurant to Bend's La Magie breakfast and bakery shop in the same location. However, the town is already heavy on breakfast cafes, so Long changed directions. She told *The Bulletin* that she drew on her experience with Asian cuisine to guide the makeover that features a pan-Asian influenced menu anchored by her take on the Korean bibimbap dish.

IMBIBE

Hot, Sweet and Spring: Make the Bos Taurus Snowfall

SPRING SKIING OR A THAI BEACH? SIP THIS LOCAL LIBATION AND DECIDE.

A few months ago at Bos Taurus, General Manager David Oliver infused tequila with serrano chiles, and went to lead bartender Jon Myers to collaborate on a cocktail. Thai flavors popped into Myers' head, and he grabbed their house-made coconut puree and ginger syrup. Next, they turned to citrus—lime and yuzu (an Asian fruit) juice.

"It blends well, the sweetness of the coconut, and the acid of the yuzu and lime cut the spiciness, but it's still pronounced," said Oliver. "There's still some heat, so it's great for winter, and it's milky white like a snowfall."

Despite Earth's seasonal tip on its axis, this concoction, the most popular drink at the bar, isn't going anywhere. It's requested nearly twice as often as any other drink—even the Smoked Bos Manhattan, which had held that honor since this establishment, Bend's take on the classic steakhouse, launched in April 2017. At first, more women were ordering the cool, white Snowfall, Oliver said. "But once a gentleman tastes it at a table, they say, 'Okay, I'll have one of those.'"

— Cathy Carroll

SNOWFALL

To make serrano-infused tequila**:**

1 liter Espolòn or Sauza brand tequila (blanco or clear style)
3 serrano chiles, diced
Pour tequila into a container with chiles, and let it sit for two days.

To make the cocktail:

1 ½ oz. serrano-infused tequila
1 oz. coconut cream
½ oz. ginger syrup
¼ oz. lime juice
½ ounce yuzu juice
Star anise

Place all liquid ingredients in a shaker with ice, shake and strain into a martini glass. Float a star anise on the surface.

EATING LOCAL

Windflower Farm

An artisan farm on the edge of the high desert swims against the current.

WRITTEN BY **CATHY CARROLL**

"I've built something that's productive to society, the community, and the landscape and I'm proud of what I've created."
— Gigi Meyer

Spring at Windflower Farm in Alfalfa may appear much as it has for the past fourteen years, with a couple of thoroughbreds loping on twenty acres shared with hens, goats, honeybees, and planted with flowers. Here, at the edge of the Badlands about fifteen miles east of Bend, Gigi Meyer is considering her next move.

Since 2005, Meyer has poured her commitment to biodiversity into her land, creating a small-scale sustainable farm that has supplied stellar produce and eggs to some of the area's best chefs and discerning consumers. It has also been a working classroom for area college students and aspiring farmers.

The animals provide fertilizer composted on-site, crops are rotated, and flowers are planted to attract insects that support a vibrant ecosystem before the blooms are sold to restaurants and boutique markets. The farm isn't certified organic, but Meyer uses no pesticides, even those approved for certified organic farms. Meyer found that by continually caring for the soil, strategic seed selection and time-sensitive planting, she didn't need any chemicals.

"It's my own baroque artist thing—I bring it all in and distill it into a system that works," said Meyer. "That's my M.O., a microcosm of the natural process." Meyer grew up on a ranch in Eastern Oregon, studied art at the New York Studio School in Manhattan, lived in Italy and trained racehorses in Southern California before returning to her home state.

Now, the farm is symbolic of concerns about Oregon's agricultural future. The average age of Oregon farmers is 60, up from 55 in 2002. As farmers retire, more than 10 million acres—64 percent of Oregon's agricultural land—will be sold. The potential change in use could massively affect Oregon's economy, environment and food sources, which calls for thoughtful succession planning.

At age 60, after decades of intensely physical work and riding crazy, young thoroughbreds, Meyer is looking for a young farmer to take the reins. She wants to stay on the farm, but return to her earlier artistic pursuits, writing and painting. "I've built something that's productive to society, the community, and the landscape. There are farmers like me all across the country, and I'm proud of what I've created."

Others are, too. Owen Murphy, assistant professor of Health and Human Performance at Central Oregon Community College, said, "Windflower is such a valuable learning experience for my students because of how diverse it is—vegetables, flowers, herbs, milk and meat. It's a wonderful example of small-scale, polyculture-based agriculture."

Last year, Murphy brought his Sustainable Food Production Systems class there. "It was the dead of winter, but we helped weed, mulch and prep the beds for spring," he said. "Then we gathered around for dinner with ingredients sourced from the farm. It was cold and dark outside, but full of warmth and conversation inside. Gigi helped the students understand some of the hard work and joy associated with small-scale farming."

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900 Wall

RESTAURANTS

Seasonal Sampler

From fine dining to family friendly, a snapshot of where and what to eat across Central Oregon.

CENTRAL OREGON'S RESTAURANT SCENE continues to evolve. From family friendly to fine dining, from pit barbecue to Korean barbecue, there is something to suit every mood and every palate in Central Oregon. We've been tracking the openings, closings and menu makeovers that are keeping things fresh around Bend, Redmond and Sisters. We've updated a list of spots that provide great service, creative dishes and that little something extra that makes for a memorable meal. Go online to see our full list of recommended restaurants, at bendmagazine.com/best-restaurants.

10 BARREL

10 Barrel has two pubs where you can find its menu of great food. Grab a beer and hang around the fire pits to swap stories or bring the whole family and fill a table. There's always a new beer on tap to try. *West: 1135 NW Galveston Ave. East: 62950 NE 18th St., Bend West: 541-678-5228 East: 541-241-7733* 10BARREL.COM

5 FUSION SUSHI & BAR

James Beard-nominated chef Joe Kim continues to delight regulars and newcomers at 5 Fusion Sushi & Bar. He's the brains and hands behind the restaurant that serves up fresh sushi daily as well as a menu of innovative specials. *821 NW Wall St. #100, Bend 541-323-2328* 5FUSION.COM

900 WALL

For happy hour cocktails or family dinners, 900 wall delivers in service and variety. The Friday night fried chicken special continues to delight, but the rest of the menu deserves to be explored in full. *900 NW Wall St., Bend 541-323-6295* 900WALL.COM

Ariana

ARIANA

The fine dining restaurant inside an unassuming craftsman on Bend's west side continues to win over locals and visitors. The husband and wife owners and chefs consistently produce some of the best and most innovative plates in town. Whether comfort food in the winter, like the seafood chowder, or vegetable centric meals in the height of harvest, Ariana never fails to create dishes that people choose for fine dining in Bend. *1304 NW Galveston Ave., Bend 541-330-5539* ARIANARESTAURANTBEND.COM

BARRIO

Latin American cuisine is at its best in Bend at Barrio. Start with a tequila-centric margarita, orders plates upon plates of small plates and feast in the flavor and innovation of the eclectic menu. One of the most popular dishes is the seafood paella, a dish you can't top anywhere else in town. *915 NW Wall St., Bend 541-389-2025* BARRIOBEND.COM

BISTRO 28

It's hard to believe that one of the best meals in Bend can be found around the corner from elliptical machines, but Bistro 28 is just that. Tucked in the Athletic Club of Bend, the American-style restaurant has something on the menu that everyone will enjoy. *61615 Athletic Club Dr., Bend 541-728-0065* BISTRO28.COM

BONEYARD

Boneyard's Pub was a long time coming, but it was entirely worth the wait. You won't find burgers or pizza on at the latest local brewery-turned-pub in Bend. You will find a fusion of flavors that will offers a fresh statement on what brew pubs

Boneyard

can be. The pub also has a unique atmosphere that encourages hanging out and sharing a beer with a group. *19555 NE Division St., Bend 541-241-7184* BONEYARDBEER.COM

BOS TAURUS

Bos Taurus arrived in Bend's fine dining with excitement and acclaim, and after a year in town the upscale steakhouse continues to elevate the dining scene in town. Expect exquisite cuts of beef, inventive entrees and appetizers and an experience that feels like something you'd find in Portland or Seattle. *163 NW Minnesota Ave., Bend 541-241-2735* BOSTAURUSSTEAK.COM

BROTHER JON'S

Whether you're looking for a family-friendly restaurant that offers great food or a place to grab beers with friends after outdoor adventure, Brother Jon's is the place to go. The plates of American-style food are stacked, and the

Bos Taurus

Chow

rotating taps will always offer you something new to try. *Public House: 1227 NW Galveston Ave. Alehouse: 1051 NW Bond St., Bend Public House: 541-306-3321 Alehouse: 541-728-0102*
BROTHERJONSPUBLICHOUSE.COM
BROTHERJONSALEHOUSE.COM

COTTONWOOD CAFE

The Pacific Northwest influence is strong at the Cottonwood Cafe in Sisters, and the result is a modern take on breakfast and lunch fare that is consistently raved. The modern restaurant was recently purchased by the same owners as Chow in Bend, but the family-friendly atmosphere hasn't changed. *403 E Hood Ave., Sisters 541-549-2699* COTTONWOODINSISTERS.COM

DESCHUTES BREWERY

Over the years, the original craft brewery and pub has not lost any of the quality or atmosphere it had when it first came to Bend in the late 1980s. Today, the chefs at the Bend restaurant produce delicious plates of modern pub food, and the tap list of beer you can only find in town remains strong. *1044 NW Bond St., Bend 541-382-9242* DESCHUTESBREWERY.COM

DIEGO'S SPIRITED KITCHEN

In Redmond, Diego's Spirited Kitchen may not receive the attention that Bend restaurants do, but those who are in the know take full advantage of the Mexican restaurant that has items on the menu like lobster cakes, pork carnitas raviolis and more. *447 SW 6th St., Redmond 541-316-2002*
DIEGOSSPIRITEDKITCHEN.COM

PHOTOS TOP ROW ALEX JORDAN, BOTTOM JILL ROSELL

NEWCOMER

LIFE AND TIME: FREE RANGE

The fast food playbook has remained largely unchanged in the past half-century, but a pair of Bend entrepreneurs are joyfully trashing the model. Garrett Wales (10 Barrel) and Mike Moor wanted to create a natural alternative to factory-style fast food without sacrificing convenience. The result is Life & Time, a brightly lit space with modern lines and a touch of lodge comfort on Century Drive that punches out hormone-free burgers from locally sourced beef, plus salads, rice bowls and smoothies with surprising efficiency. Burgers range from $5 to $7. Hand cut fries are additional, but worth the investment if you're not counting calories. Packaging is kept to a minimum and paper straws are offered in lieu of out-of-favor plastic. A double-lane drive through window is expected to open this spring, putting Life & Time firmly in competition with its golden-arched neighbor. LIFEANDTIME.COM

PHOTO BOTTOM RIGHT ALEX JORDAN

Deschutes Brewery

DRAKE

Drake is an upscale diner on a downtown Bend corner that provides not only a delightful menu of food but also a bubbly atmosphere. Quality dishes are pumped out by the chef each day. Locals know that lunch is one of the best times to be at Drake, when you get one-of-a-kind specials at affordable prices that showcase the region's culinary talent. With a great cocktail and wine menu as well, Drake consistently delivers. *801 NW Wall St., Bend 541-306-3366* DRAKEBEND.COM

JACKSON'S CORNER

Whether you stop in for a bagel and coffee, pick up a pizza to go or stay for a farm-to-table meal, Jackson's Corner will charm you with its farm-style, family atmosphere, friendly hosts and plates of food that remind you of home. Great for families or for dates, Jackson's Corner has two locations in Bend. *West: 845 NW Delaware Ave. East: 1500 NE Cushing Dr. #100, Bend West: 541-647-2198 East: 541-382-1751* JACKSONSCORNERBEND.COM

KEBABA

When it comes to ethnic food in Bend, the town has certainly made strides over the past few years. But Kebaba, a Middle Eastern restaurant on the west side of town, was always leading the group. Find a variety of menu items that would satisfy everyone in the family. *1004 NW Newport Ave., Bend 541-318-6224* KEBABA.COM

Lemon Tree

LEMON TREE

A charming atmosphere, friendly service and a menu of international flavors have made Lemon Tree one of the most popular new restaurants in Bend. The two chefs met while cooking on yachts around the world and have brought their experience and passion for fresh and local ingredients to Bend. *718 NW Franklin Ave., Bend 541-241-5306* LEMONTREEBEND.COM

PINE TAVERN

For a little bit of history with your meal, visit the Pine Tavern in Bend. The downtown restaurant that overlooks Mirror Pond has a long history as one of Bend's first restaurants. Today, the American-style food still brings in families who are looking for a warm meal and cozy atmosphere. *967 NW Brooks St., Bend 541-382-5581* PINETAVERN.COM

Jackson's Corner

Sunriver Brewing

The Open Door

Twisted Tavern

RIO DISTINCTIVE MEXICAN CUISINE

In Madras, Rio Distinctive Mexican Cuisine blends traditional and modern Mexican cuisine into flavorful plates that will make you want to be a regular there. The restaurant is off one of the main streets in downtown Madras, and in the summer offers outdoor seating where you can enjoy one of their refreshing margaritas or cocktails. *221 SW 5th St., Madras 541-475-0424* RIODISTINCTIVEMEXICANCUISINE.COM

RIVER PIG

The Bend outpost of this popular Portland restaurant and bar has fit right in at the growing Box Factory district. A long beer list brings brews from around the region to locals and the atmosphere suits every vibe in town. Grab a drink, a bite, watch the game, and hang out with friends and family by the fire. *555 NW Arizona Ave. #40, Bend 541-385-6777* RIVERPIGSALOON.COM

SISTERS SALOON RANCH & GRILL

Western fare gets a modern upgrade at Sisters Saloon & Ranch Grill. Inside the revamped Sisters Saloon, the restaurant packs a variety of foods on the menu, from the ever-popular fried pork rinds to hearty sandwiches to whole grain veggie bowls. *190 E Cascade Ave., Sisters 541-549-7427* SISTERSSALOON.NET

SUNRIVER BREWING

Among the craft breweries and pubs, Sunriver Brewing stands out, not only for its award-winning beer, but also for its quality menu of food at both of its locations in Central Oregon. It has one of the best selections of seasonal salads, burgers and sandwiches that require two hands and entrees to satisfy whatever fare you're in the mood for. *Bend: 1005 NW Galveston Ave. Sunriver: 57100 Beaver Dr. #4, Bend & Sunriver Bend: 541-408-9377 Sunriver: 541-306-5188* SUNRIVERBREWINGCOMPANY.COM

THE OPEN DOOR

Great ambience, great service and great food keep The Open Door busy almost every night of the week. In Sisters, the restaurant offers a menu of upscale American fare. In the spring and summer, sit on the patio and enjoy a quiet corner of the small town. In the fall and winter, indoor dining is intimate and warm. *303 W Hood Ave., Sisters 541-549-6076* OPENDOORWINEBAR.COM

Washington

TWISTED TAVERN

Post-outdoor adventure, Twisted River Tavern in Sunriver has the atmosphere where you'll want to kick up your feet, share a few drinks and stay for a while. A blend of cuisine and flavors on the menu has something that everyone in the group can enjoy. *17600 Center Dr., Sunriver 541-593-3730* DESTINATIONHOTELS.COM/SUNRIVER-RESORT/DINING

VICTORIAN CAFE

Brunch is done right at the Victorian Cafe in Bend, and the line out the door underscores that point. Find the standard brunch fare—eggs benedict, pancakes, omelets and more—along with some creative plates that will fuel your Central Oregon adventures. *1404 NW Galveston Ave., Bend 541-382-6411* VICTORIANCAFEBEND.COM

WASHINGTON, DINING & COCKTAILS

From the same owners as Drake, Washington, Dining & Cocktails has become the neighborhood spot in NorthWest Crossing. A great happy hour menu with upscale diner fare and an extensive, wine, beer and cocktail menu makes this a favorite for couples and families. *900 NW Mt. Washington Dr., Bend 541-640-8257* WASHINGTONBEND.COM

WILD ROSE

Don't expect to find pad Thai on the menu of this Thai restaurant. It's northern Thai eats only, and judging by the constantly filled tables for lunch and dinner, no one is complaining. The family recipes will entice you with flavor not found anywhere else. The spicy chicken wings are divine. *150 NW Oregon Ave., Bend 541-382-0441* WILDROSETHAI.COM

PHOTO TOP MIDDLE ALEX JORDAN, TOP RIGHT COURTESY OF SUNRIVER RESORT

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WRENANDWILD.COM

COSA CURA

Cosa Cura is now located in NWX. Stop in for the best high end consignment in town and stay for all the locally made jewelry, bags, beauty & more.

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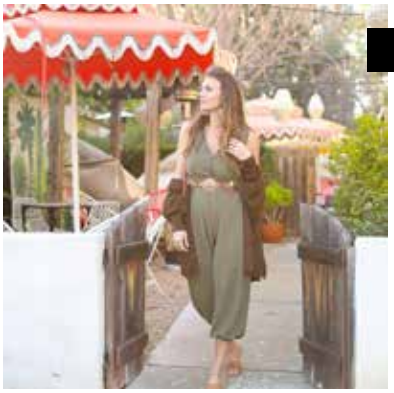
COSACURA.COM



KARIELLA

A modern bohemian boutique featuring an eclectic array of apparel, accessories and jewelry. Stop by NWX for a highly personalized shopping experience that caters to women who believe that fashion should be both fun and effortless.

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222 SE Reed Market Rd., # 400, Bend
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REALDEALS.NET/BEND

RED CHAIR

Voted best art gallery in Central Oregon by this magazine, Red Chair's local artists offer a wide selection of paintings, pottery, jewelry, glass, photography and more. Visit us soon to find the perfect piece for a gift or your home decor.

103 NW Oregon Ave., Bend
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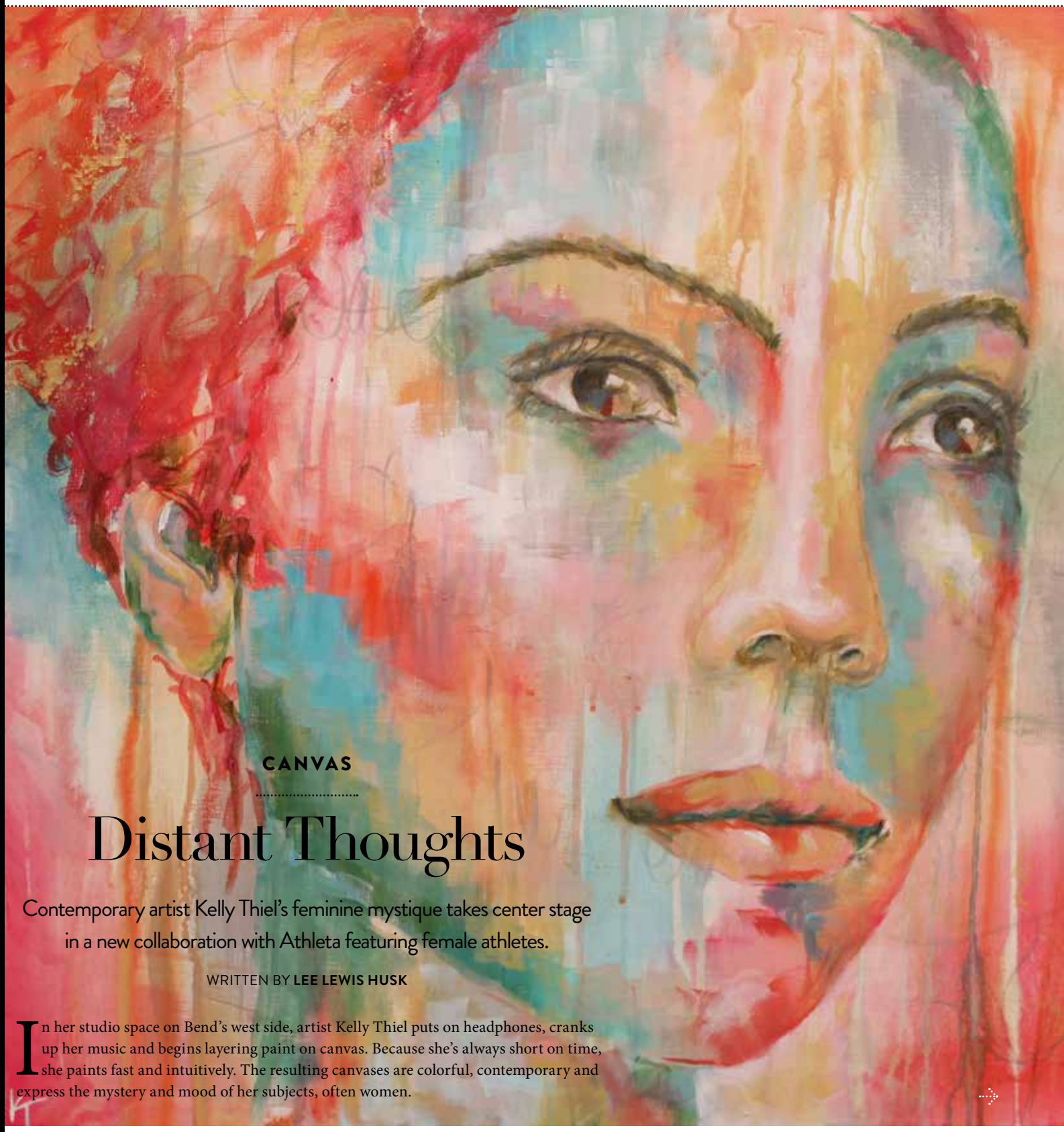
REDCHAIRGALLERYBEND.COM



CANVAS

Distant Thoughts

Contemporary artist Kelly Thiel's feminine mystique takes center stage in a new collaboration with Athleta featuring female athletes.

WRITTEN BY **LEE LEWIS HUSK**

In her studio space on Bend's west side, artist Kelly Thiel puts on headphones, cranks up her music and begins layering paint on canvas. Because she's always short on time, she paints fast and intuitively. The resulting canvases are colorful, contemporary and express the mystery and mood of her subjects, often women.

"I want to show the grace and elegance and strength of these women."

"I'm obsessed with people's personal stories and experience," she said. "I want to know what they have to say and convey that through my art."

Thiel begins her paintings by "journaling," which involves writing words on canvas with translucent Copic ink. It's a way for her to organize her thoughts. Sometimes she covers the words entirely as she builds layers of acrylic ink onto the canvas. Other times, she allows the words to peek through. "Words infuse energy onto the piece," she said.

J.M. Broderick, an internationally recognized Bend painter, said that her friend and colleague is "fearless and doesn't hold back. She'll attack any subject and dive in. She may struggle when she's first learning a new technique, but then she triumphs."

In a collaboration with Athleta, the sportswear company for women and girls, Thiel will create a series of paintings from photos her husband, Charlie, took of model-athletes striking various athletic poses. "I want to show the grace and elegance and strength of these women," she said. The seven to ten females featured in the series will complement Athleta's color line for 2019 and will hang in the store's retail space in the Old Mill District during June. Charlie will also exhibit his photos. A portion of any painting that Thiel sells will go to Saving Grace, a nonprofit that supports individuals experiencing violence and sexual assault.

An interior designer by education, Thiel began her art career as a sculptor 1999 when she and her mother enrolled in a pottery course in Charleston, South Carolina, where Thiel was living at the time. She spent eight years making mugs, plates and cups from clay. When her mother died in 2008, Thiel shifted her attention to figurative work in clay and also began painting. Sculpture and painting inform one another, she said. Today she splits her time equally between the two mediums.

A common theme in her early work was birds, which her mother loved. She incorporated them into both mediums, often as human-bird hybrids. Horns, rabbit ears and even a small flock of birds adorn the heads of

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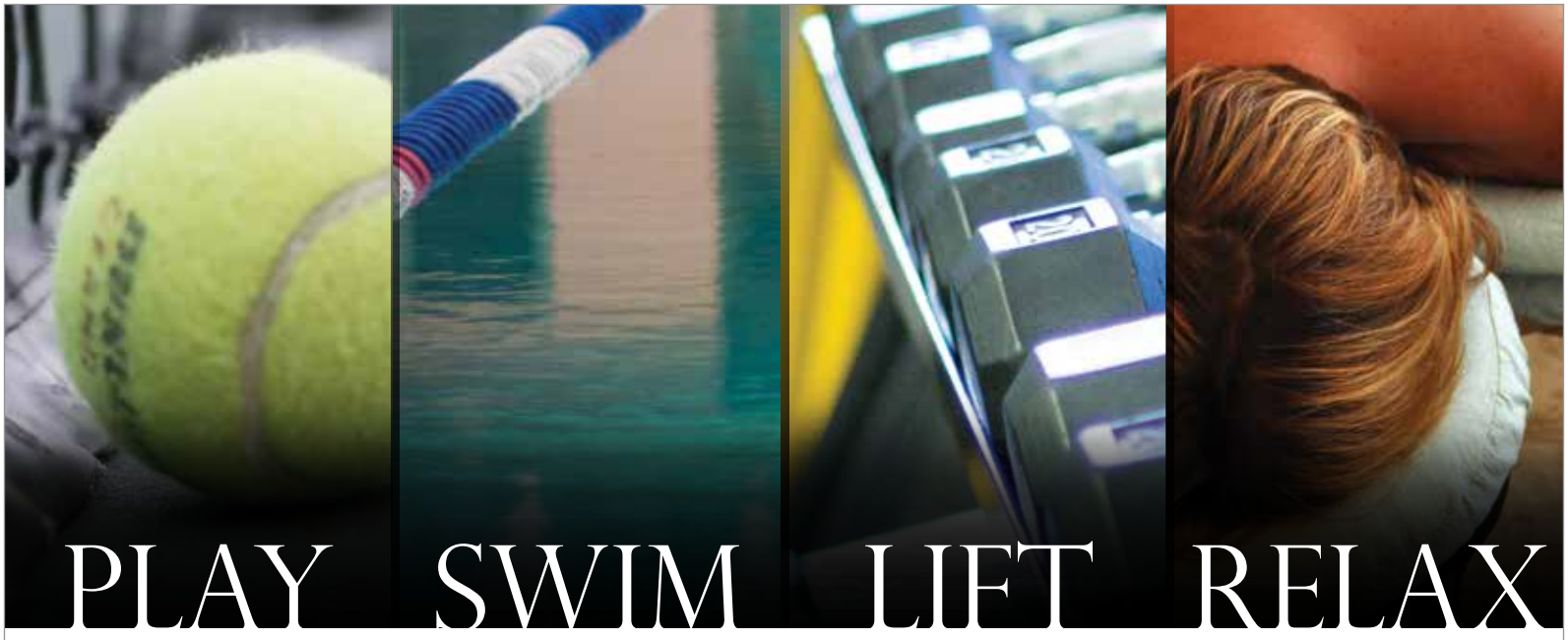

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FEARLESS ART

TOP Thiel at work in her studio.

BOTTOM One of Thiel's signature hybrid pieces.

PHOTO TOP ALEX JORDAN

women. "It was art therapy, and started out as a way for me to 'fly away.' As I healed, I moved away from birds," she said.

In 2014, Thiel and her family moved to Central Oregon, and in 2015, she joined with two other women to open The Wilds—Coworking for Creatives. It functions as studio space for her and other artists and office space for people working in creative fields. On evenings and weekends, it's gathering spot and a place for art classes. It's also where she can exhibit her work; a series of abstract paintings currently hangs along one wall, perhaps signaling a new direction in her art.

Brodrick likes her friend's abstract work and notes that she is likely to continue to pursue both figurative and abstract impulses. "I admire Kelly's boldness in colors, and it's one of the things that stands her apart from other artists. She's got a lot of potential and pushes the edges. What she's doing now is not what she'll be doing ten years from now."

The 46-year-old artist exhibits paintings and sculptures across the country, and sculpture internationally at the Kunsthuis Gallery in Yorkshire, northern England. Her work has been on the cover of *Handmade Business Magazine* and in the *500 Figures in Clay,* Volume 2, published in 2014 by in Lark Books, a publisher that showcases the best in the craft world. The public can sometimes see Thiel's artwork around town in such places as the Oxford Hotel, Franklin Crossing, Substance Coffee and Stellar Realty Northwest. She also does commissioned work, with prices for a painting or sculpture ranging between $1,000 and $3,000.

Finding a Creative Home in Bend

Local writer Beth Alvarado talks about family, anxiety and more in her latest collection of essays.

WRITTEN BY **KAISHA KHALIFEH GAEDE**

Beth Alvarado comes from a family of storytellers, so it's no surprise that she found writing as her creative outlet and ultimately her career. In 2013, after her husband died, she started spending summers in Bend and moved here in 2016 to be closer to her daughter and grandchildren. She is core faculty at OSU-Cascades Low Residency MFA Program, where she teaches prose, both fiction and creative nonfiction. Her third book, Anxious Attachments*, is a book of essays that will be published in March from Autumn House Press.*

Tell us about your new book.

This is my third book; these essays span events that took place over forty years of my life. Many of them are about personal struggles—quitting heroin, caring for preemies, tending to the dying—but none are purely personal. Instead, each takes up issues that have affected my family and cause me a lot of anxiety, especially when I think of my children and grandchildren. Although the theme of anxiety runs through the book, I have also woven my story with my husband, Fernando, through it. Even though he died, he is still the glue that holds everything together for me. I think being married to him gave me a way of seeing our individual lives as being part of a larger web of lives—how everyone is connected and how we are, therefore, responsible to one another.

> *Writing became this place in my life that was just for me, where I could be myself and remember who I was as an individual.*

What topics do you cover in your essays?
One essay is about Fernando's cancer in the context of the water pollution in Tucson that contributed to his death and to the deaths of approximately 20,000 other people, primarily Mexican and Native Americans; one is about caring for my infant grandchildren in Bend last summer, while surrounded by wildfires; another essay explores the ramifications of school shootings and video games in my life as a teacher and in the lives of my older grandchildren who attend public schools; another is about a journey I took to Mexico to see the place where my father-in-law was orphaned during the Mexican Revolution.

When did you first realize you were a writer?
I was a kid who went to the library every weekend and checked out a stack of books. I always wanted to write. My mother wanted to encourage me, so she refurbished an old Underwood typewriter and gave it to me along with a copy of *Writers' Digest Magazine*. I had always wanted to draw but had no talent for it, but I could describe things in words. Later, in high school, I loved black and white photography, but it was too costly to pursue. When I got married, I started writing again. It was as if I needed some kind of creative outlet, and I always had paper and pens. In some ways, because I got married and had children so young, I think writing became this place in my life that was just for me, where I could be myself and remember who I was as an individual.

How did you carve out time for your writing while you were a busy mom with young children?
It wasn't easy. I think the hardest thing is having any solitude for thinking. Like William Stafford said once, writing is like fishing. You have to cast the line out every morning and see what happens, but with young children, of course, you don't have that luxury. Back when my kids were little, I had to stay up really late at night to write or study. And if you're writing, teaching, and caring for others—each of those activities requires focus and attention. They are not things you can put on automatic pilot. And so you need to tell yourself to give over specific time to your writing, even if it's only two mornings a week, and then you need to protect that time.

What do you recommend to people who are interested in writing themselves?
Initially, I wanted to be a poet, and the advice that I was given was, "If you want to write good poetry, read contemporary fiction." So I did. I read everything in this anthology my husband had from his English class at the community college. Katherine Anne Porter and James Baldwin were two of the writers I liked and so I went to the library and got all of their other books. By the time I did go back to school as an undergraduate, I had already educated myself—but I had given myself an alternative education because when I was in school in the 80s, you could go for whole semesters without reading one woman writer or one writer of color and those were the writers who spoke to me and whose work affirmed my own attempts at writing, my own subject matter. That's kind of a long way of saying: be a reader if you want to be a writer. I have heard so many writers say that their best teachers were books.

Why was finding a creative community in Bend vital to you?
I told myself I would never be one of those people who retire and then follow their children. I never wanted my daughter's life to become my life, and she didn't want me to do that either. But living near her, and closer to my son and his family in Boise, is every bit as important as my writing life in Tucson. It goes back to that central conflict, the pull between family and the writing, and it's partly why I made the move gradually and why I wanted to be involved in Oregon State University – Cascades. I had to meet other writers. I had to find my creative home.

Now that I've been here for a few years and met other writers and now that my most recent writing is set here in the Oregon high desert, I am starting to feel as if I've found a new home.

BELOW The stunning, intimate essays in *Anxious Attachments* take us through the life stages of a woman living in the American Southwest from the 1970s to the present. . Alvarado's stories portray a broad world of experience, reflecting on class, race, and poverty in America with emotional depth and sensitivity. (Source: Amazon.com)

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MARCH

1-3

BEND

BACHELOR BUTTE DOG DERBY

Watch the long-running tradition of sled dog races at the annual Bachelor Butte Dog Derby. Held at Wanoga Sno-Park, the weekend of dog racing and sledding will have workshops and classes in addition to races.

PSDSA.ORG

8-10

MT. BACHELOR

CASCADE CREST NORDIC SKI MARATHON AND RELAY

Nordic skiers of all levels can take part in the annual Cascade Crest Nordic Ski Marathon and Relay. There are 50k, 25k and 10k races as well as a four-person relay. A post-race party will be held in town at WebSkis Ski and Bike Shop.

CASCADECRESTNORDIC.COM

29-30

REDMOND

HIGH DESERT STAMPEDE

Dust off your cowboy boots, because Central Oregon's rodeo season is back. The High Desert Stampede is held at the Deschutes County Fair & Expo Center and brings the top rodeo competitors to Redmond for a weekend of riding, roping and racing.

HIGHDESERTSTAMPEDE.COM

9

LA PINE

CRAB FEED

Get your seafood fix at the annual Crab Feed in La Pine. This is the seventeenth year for the annual all-you-can-eat fundraiser for La Pine Frontier Days. The event takes place at the La Pine Community Center. Tickets go fast and won't be sold at the door, so get yours early.

LAPINEFRONTIERDAYS.ORG

9

BEND

CHILDREN'S MUSEUM OF CENTRAL OREGON POP UP

Kids and families will want to spend the day at the Children's Museum of Central Oregon Pop Up, an event full of educational and fun activities and crafts. The theme for this pop up, held at Cascades Academy, is "Up Up and Away!" and will explore all things air travel.

CHILDRENSMUSEUMCENTRALOREGON.ORG

14

BEND

AUTHOR! AUTHOR! RICHARD RUSSO

In the last installment of this season's Author! Author! series from the Deschutes Public Library Foundation, novelist Richard Russo will take the stage. Known for his novels such as Empire Falls, which won the 2002 Pulitzer Prize, as well as Nobody's Fool and That Old Cape Magic, Russo will talk about his writing and literature at the Riverhouse Convention Center.

DESCHUTESLIBRARY.ORG

3/6-4/29

BEND

ART EXHIBITION: WITH A KNIFE AND PAPER

Seattle artist's scrapbook-style art comes to At Liberty Arts Collaborative. Seattle artist Lauren Iida creates artistic cutouts unlike anything most people have ever seen. They're intricate, delicate and complex—and sometimes very large.

ATLIBERTYARTS.COM/CURRENT-EXHIBITION

6

BEND

JAZZ AT THE OXFORD: FRANK MCBOMB

Jazz, soul and R&B artist Frank McBomb will play the featured performer during this month's Jazz at the Oxford event. The pianist and vocalist has worked with a variety of musicians and is described as a crossover of Donny Hathaway and Stevie Wonder. Tickets go fast for these events, so get yours soon.

OXFORDHOTELBEND.COM

30

BEND

TEDXBEND

Hear from entrepreneurs, leaders, activists and innovators at the 2019 TEDxBend conference. The talks cover a range of topics, including marketing, feminism, engineering, technology, and conservation from national experts in their fields.

TEDXBEND.COM

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APRIL

6

BEND

YOUTH LIT FEST

Award-winning authors and illustrators will be at the Youth Lit Fest, an all ages literary event held at Summit High School. Hear from local and national authors and illustrators, including a Newberry Honor winner and a Caldecott Medal winner, and check out some of the latest releases from publishing houses.

DESCHUTESLIBRARY.ORG

7

BEND

VERTFEST

A multi-stop event at Mt. Bachelor that covers all things backcountry. There will be demos, clinics, races and more to spread awareness about backcountry sports and safety.

MTBACHELOR.COM

20

BEND

EARTH DAY FAIR & PARADE

The annual Earth Day Fair & Parade begins with a parade for families through downtown Bend, where kids and parents can dress up as their favorite animal or plant. Then, a fair with activities for kids and families as well as live music and local food.

ENVIROCENTER.ORG

20

BEND

BEND MARATHON AND HALF

One of Central Oregon's premier running events returns this year. Join the Bend Marathon and Half and try out the new course that will take runners across Central Oregon's varied terrain and landscape. Stay for the after party at the finish line.

BEND-MARATHON.COM

25-28

BEND

CENTRAL OREGON SHOOTOUT

Black Butte Ranch, Eagle Crest and Aspen Lakes will be the courses hosting this year's Central Oregon Shootout. It's a weekend of round robin golf for everyone and any skill level, with more than $20,000 in cash prizes handed out.

BLACKBUTTERANCH.COM

13-14

BEND

GERRY LOPEZ BIG WAVE CHALLENGE

An annual style-based and surf-inspired snowboarding competition, featuring sweeping turns and banks that mimic ocean waves.

MTBACHELOR.COM

26-29

BEND

BEND BIKE SWAP

Held at the new Thump Coffee location in NorthWest Crossing, the Bend Bike Swap is back this year for a three-day event kicking off the beginning of Central Oregon's cycling season with great deals on bikes.

THEBENDBIKESWAP.COM

27-28

BEND

BANFF MOUNTAIN FILM FESTIVAL

Watch spectacular outdoor films while supporting REALMS Magnet School. The BANFF Mountain Film Festival will showcase epic water, mountain and snow adventures. You'll leave feeling inspired to get after it.

TOWERTHEATRE.ORG

26-5/12

BEND

"THE COLUMNIST"

Cascades Theatre presents "The Columnist," a dramatic play written by David Auburn that follows a political journalist at the height of the Cold War and in the midst of a changing American culture.

CASCADESTHEATRICAL.ORG

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PHOTOS JILL ROSELL

1. Brianna and Colin Danielson at the Copeland Gallery Opening. **2.** Jackie Babb and Daren Korf at the Copeland Gallery Opening. **3.** Chad Copeland at the Copeland Gallery Opening **4.** Maeve Perle and Kristine McConnell at the Women's March. **5.** Joey River and Jodi Barram at the Women's March. **6.** Susan Stuemke and Kate Bailey at the Women's March. **7.** Olivia Knox, Heather Knox, Yesenia Char at the Women's March.

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Sunrise paddle on Paulina Lake
Photo by @ksperceptions

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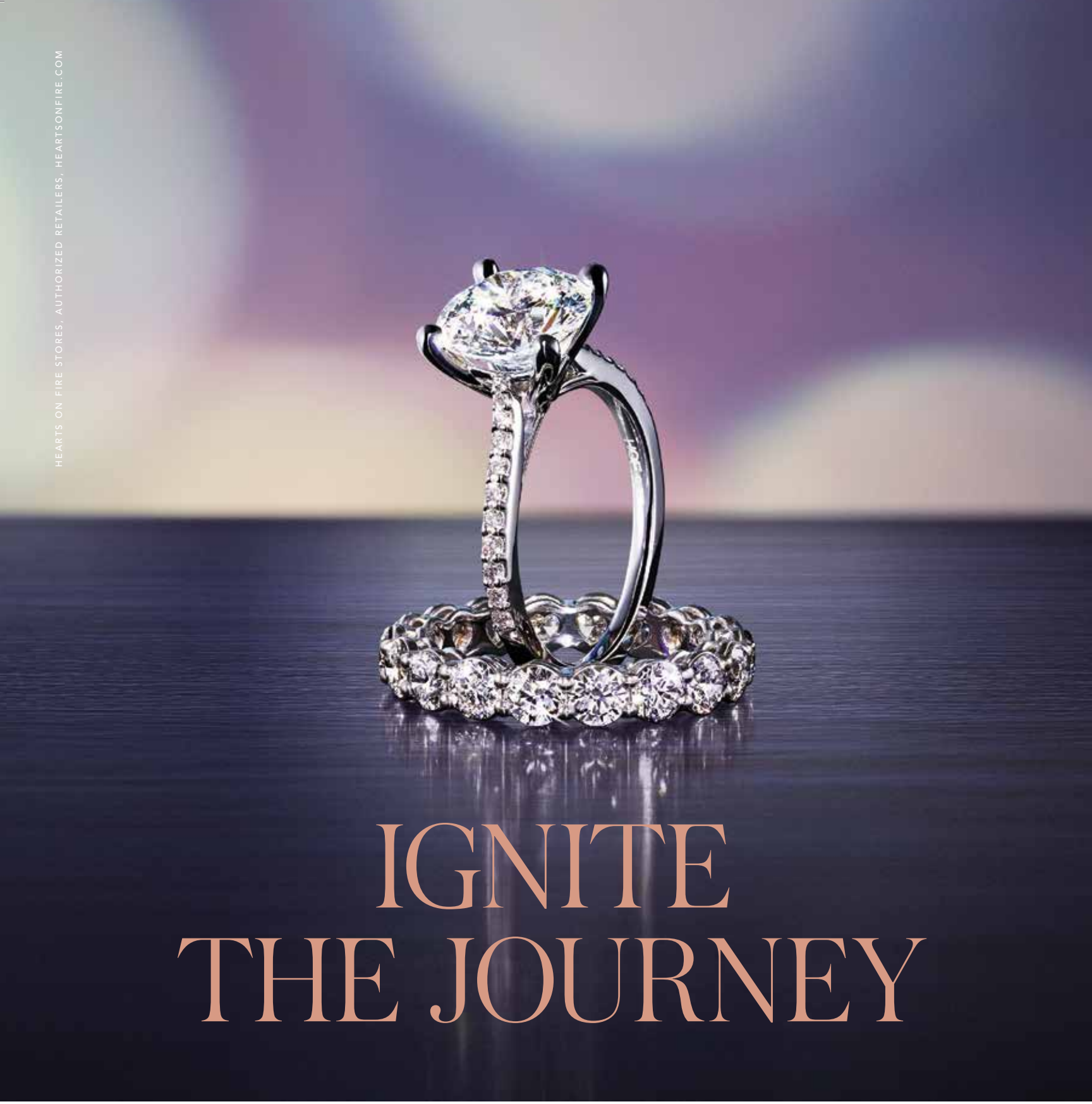

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