

‘Californication’ of Bend continues

By **AARON WEST**
The Bulletin

BEND — Oregon, despite its many draws, can be tough on Californians — but that hasn’t stopped them from moving here.

Recent IRS migration numbers show what many Bend residents have already suspected: Lots of people from California are moving to Central Oregon.

Out of the 3,411 or so people who moved to Deschutes County between 2012 and 2014, a majority came from out of state — and mostly from California. And even though Californians joining the workforce can be a good thing economically speaking, cries of “Californication” — and worse — often follow their arrival.

“The only downside about being here so far is my nametag at work has my hometown on it,” said Michael McEvilly, who moved to Bend with his girlfriend in January from Chino, California, and works as a manager at Sunriver Resort. “Lots of people have opinions about who I am right away, but I’ve only had two or three really unpleasant conversations.”

You only have to look in online comment sections or search out a few California transplants to talk with to learn that his more negative experiences aren’t exactly unique.

“I got a raunchy comment just (Friday) that was really bitter about being pushed out of the housing market by Californians,” said Ryan Vesely, 34, who moved to Bend from Orange County with his wife six years ago and works at St. Charles Bend. “I’ve heard everything from ‘The liberals are coming here to Californicate the people of Oregon’ to ‘They came here to get rich



Jarod Opperman/The Bulletin Bend via AP
Parks and Recreation employee Jason Scarberry scares off geese with his dog, Willie, from the Deschutes River near the Old Mill in Bend on Friday, Sept. 16.

on this town’ — it ranges significantly.”

Longtime Oregonians will tell you the same, from the other perspective.

For example, there’s second-generation Oregonian James Cloutier, who founded a statewide club in the ’70s called Society of Native Oregon Born (S.N.O.B.) after Oregon Gov. Tom McCall in 1971 famously said, “We want you to visit our State of Excitement often. Come again and again. But for heaven’s sake, don’t move here to live. Or if you do have to move in to live, don’t tell any of your neighbors where you are going.”

Cloutier said he started the society when he saw census data that showed people born in Oregon were nearly a minority in their own state.

“We’re an endangered species,” said Cloutier, who lives in Eugene and has a good attitude about “the whole California thing.” Apparently Cloutier’s

concerns struck a chord — more than 5,000 people had paid the \$10 membership fee by the ’90s, he said. Now certificate-wielding, card-carrying S.N.O.B.s can be found all over the state, even though they’re not all as laidback as Cloutier.

McEvilly ran into one when he was working Sunriver recently.

“One gentleman I served, I was just walking up to drop some waters and menus off and he looked at where I was from on my nametag and was like, ‘Oh is that SoCal?’” McEvilly said. “Then he called me a carpetbagger; he told me that Californians just come up here and steal all the jobs. He had a laminated card in his wallet that he took out; it had S.N.O.B. printed on it — it means Society of Native Oregon Born. I think they have meetings.”

Cloutier said the influx of Californians has played a big role in the success of his society, which he disbanded in the mid-’90s but said he’s

going to restart soon with an increased membership fee.

“There’s a lot of people moving up from California,” he said. “A lot of people. Always has been. People just discover the livability of Oregon and it pisses off a lot of locals.”

Deschutes County and Bend, which Cloutier said has been “Californicated to death about as much as Ashland,” saw the arrival of 1,694 California transplants between 2007 and 2011, according to Census Bureau numbers, and IRS migration data show about 1,057 Californians arrived between 2012 and 2014. That’s 700 more people than moved here from Washington — the state that contributed the second-highest number of transplants to Deschutes County.

“It’s a large share — higher than I would’ve guessed,” said Josh Lehner, an economist for the Oregon Office of Economic Analysis, adding that Oregon is

a state where people who weren’t born here make up about half of the population. “It’s embedded in who we are, in our economy. People have been moving to Oregon ever since Lewis and Clark. It’s a little disingenuous to complain about people moving here today when you moved here 10 years ago.”

Of course, not everyone from California has had experiences like Vesely and McEvilly, both of whom said most of the people they run into in Bend are kind. Eugene Kim, who moved here with his wife from Los Angeles in January, said that except for comments on the internet, he’s never had a problem. The Kims, who run an online arts and culture website, work from home, which means they can live anywhere — and what better place than Bend, he said.

“We loved the nature aspect of this place,” he said. “Being able to hike, kayak, backpack — all of these things — it felt like the right place to be able to work and unwind in nature on the weekends. We’ve never felt any resentment or had any issues, apart from people online — there’s some very pro-native Oregonians on the internet. We even had California plates on our car for a while, but even then we didn’t experience anything worse than in California.”

Even still, as more Californians move to Oregon, at least some lighthearted resentment from locals is bound to materialize. The *Oregonian* newspaper reported last year that “No Californians” stickers were being slapped on For Sale signs outside of homes across Portland, and anyone who’s been in Bend for a few months has probably spotted bumper stickers, shirts and hats that take shots at the Golden State.



Melissa d’Arabian via AP

Lemon and Earl Grey teacakes.

Earl Grey lemon teacakes offer dessert without guilt

By **MELISSA D’ARABIAN**
Associated Press

I love dessert. I also love being healthy. My four kiddos also love sweets. So over the years, I’ve created some great strategies for getting some dessert in our lives while also honoring our bodies, which frankly do not need as much sugar as our palates seem to crave.

First: Make your own. I have a lot more leeway with homemade treats than for the packaged and processed versions from the store. I can manage what is going in them, so I reduce sugar, skip preservatives and artificial stuff.

Second: Cut up small portions of treats and serve them on a tray alongside a healthier “open quantity” option. For instance, I may place a large bowl of clementines or lowfat Greek yogurt on the table next to a plate of homemade banana bread cut into small squares.

Third: invest in a confectioners’ sugar duster and fill it up with organic powdered sugar. Even a tiny dusting of powdered sugar fools our palates into thinking something is sweeter than it is, simply because it’s visible.

EARL GREY LEMON TEACAKES

Start to finish: 40 minutes

Servings: 14

- ¼ cup coconut oil, soft, but not melted (pop in freezer for a few minutes if needed)
- 1 tablespoon Earl Grey tea leaves, pounded to a coarse powder (use a small plastic bag and mallet or heavy spoon)
- 1 tablespoon lemon zest
- 1/4 cup light agave syrup (or 1/3 cup sugar)
- 2 eggs
- 1 teaspoon vanilla extract
- 3 tablespoons lemon juice
- 1 cup all-purpose flour
- ¾ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- Confectioners’ sugar for decoration, optional

Preheat the oven to 325 F. Line bottom of an 8-inch square baking pan with parchment paper and spray with nonstick spray.

In a medium bowl, whip coconut oil, Early Grey leaves, lemon zest and agave syrup using a hand mixer until well-blended and light. Add the eggs one at time and mix well with mixer in between. Add the vanilla and lemon juice and mix well.

In a small bowl, sift the flour, baking powder, baking soda and salt. Then pour in half the dry ingredients into the wet ingredients and mix very briefly. Add the second half of the flour and mix just until blended. Do not overmix.

Scrape the batter into the prepared pan and bake until cake springs back after pressing lightly with your finger, about 25-30 minutes. Let the cake cool for 10 minutes in the pan, and then remove to let cool completely on a rack.

Cut into 14 fingers and sprinkle with confectioners’ sugar (optional) and serve.

Beef, cheese, poblano and beer — an addictive burger emerges

By **SARA MOULTON**
Associated Press

The ancestor of this recipe was a beloved burger on the menu of a bar where I was a cook back in my college days.

Working on a flattop grill (the same surface used in diners to cook hash browns), we’d top the burger with a special mix of veggies, top the veggies with a slice of American cheese, douse the whole concoction with beer, then cover it with a dome lid and steam the burger until the cheese melted.

It was addictive — and I don’t even like beer.

This recipe repurposes that burger with fresher ingredients and sharp cheddar. I call for ground chuck because it’s not too lean. The higher percentage of fat makes the burger juicier and more flavorful. Whenever you add fat to a recipe, it’s just going to taste better.

The poblanos are roasted for three reasons: to soften the chili’s texture, to make it easier to remove the tough peel, and to develop a slight char taste. I recommend roasting them under the broiler, but if you have gas burners, you can place them right on top of a burner and char them over a low flame. If you want to skip this step to save time, you can swap in canned chilies instead.

These burgers need to be cooked on a burner on top of the stove — not on a grill. That’s so the juices that accumulate in the bottom of the skillet can be deglazed with beer and turned into a “sauce” (more like drippings) to pour onto the burger at the end. If you’re a beer lover, choose a robust brand, which will amp up the burger’s flavor.

I can’t pretend that this is a low-cal dish, but I do think it’s a justifiable (and delicious) end-of-summer indulgence.

Sara Moulton is host of public television’s “Sara’s Weeknight Meals.” She was executive chef at Gourmet magazine for nearly 25 years.



Sara Moulton via AP

CHILE CHEESEBURGERS STEAMED IN BEER

Start to finish: 1 hour (40 active)

Servings: 6

- 1 large poblano (about 4 ounces) or one 4.5 ounce can chilies
- 3 tablespoons olive oil, divided plus extra oil for oiling the chili
- 2 cups sliced onion
- salt and black pepper
- ½ cup mayonnaise
- 1 teaspoon minced garlic
- 1 ½ tablespoons minced chipotle in adobo
- 1 ½ pounds ground chuck, divided into 6 patties (shape them so that all of them will fit into one large skillet without touching)
- 6 ounces sliced cheddar cheese
- ½ cup beer
- 6 toasted buns

Preheat the broiler. Lightly oil the chili on all sides and set it on a shelf about 4 inches from the heat source. Using tongs, turn the poblano often, until the skin is blackened on all sides, about 10 to 15 minutes.

Transfer the chili to a bowl, cover tightly with plastic wrap, and set it aside until it is cool enough to handle. When the chili is cool, peel and seed it and cut it into thin strips: put it back in the bowl.

In a large skillet cook the onion in 1 tablespoon of the oil, over medium heat, stirring occasionally, until the onion is golden brown, about 8 to 10 minutes. Add the cooked onion to the bowl with the chili and add salt and pepper to taste. Wipe out the skillet and set it aside.

In a small bowl stir together the mayonnaise, garlic and chipotle.

In the skillet, heat the remaining oil over medium high heat. Season the burgers on both sides with salt and pepper and add them to the skillet. Reduce the heat to medium and cook them for 2 minutes a side.

Transfer the burgers to a plate and pour off all but 2 tablespoons of the fat from the pan. Return the burgers to the pan and top each burger with one-sixth of the chili mixture, followed by a slice of cheese.

Pour the beer into the pan on top of the burgers and cover the pan with a lid. Reduce the heat to a simmer and let the burgers steam for 2 minutes or until the cheese is melted and the burgers are cooked to the desired degree of doneness.

While the burgers are cooking, spread chipotle mayonnaise onto the bottom and top of each bun. Transfer the cooked cheeseburgers to the bottom half of the buns. Turn up the heat in the skillet and boil the liquid until it thickened. Spoon some of the reduced cooking liquid over each burger. Top with the remaining bun half.

Cookbook spotlights healthy, fast, plant-based dishes

By **KELLI KENNEDY**
Associated Press

In Angela Liddon’s previous life, there were chia seed doughnuts drizzled with coconut lemon whipped cream and decadent parfaits with homemade jams and hearty granolas for breakfast. At least once a week, the plant-based blogger and cookbook author dreamed up another breakfast.

But these days, breakfast is a bit more utilitarian and typically something that can be eaten on the run while Liddon, who is nine months pregnant, is chasing her 2-year-old daughter. Her second cookbook “Oh She Glows Every Day”, released earlier this month, captures that same spirit, and offers easy ways to pack in nutrient-rich, meat- and dairy-free meals that are quick to prepare and, in many cases, can be made ahead of time. The cookbook features more than 100 recipes like fusilli lentil-mushroom Bolognese, roasted brussels sprouts with coconut bacon and curried chickpea salad.

And there are breakfast recipes as well, including black bean rancheros, a breakfast “ice cream” (with avocado in it) and PB&J thumbprint breakfast cookies that can be whipped up in 10 minutes.

The Associated Press recently talked with Liddon about her plant-based diet, her family and eating dessert.

Plant-based lifestyle

“I used to eat a lot of packaged, low-calorie diet foods. I would buy the low-calorie frozen dinners all the time and just a lot of processed foods and once I started eating all these plants and vegetables, I just found my mental energy was much more clear, I could focus on my work, I felt happier, I felt less anxious. For me, it was really discovering that I felt so crummy for a long time and I realized I could eat much more of this food and maintain my weight and have more energy.”

Healthy eating

“It doesn’t have to be a black or white thing. You can try one recipe a week, maybe starting off with an easy recipe with something that only takes 15 minutes like my creamy avocado pasta recipe that’s really popular and it’s not as intimidating. I think it’s just really getting in the kitchen and trying some food out and often people are really surprised by how much they like it and that motivates them to keep going.

“Often you can win people over with dessert more than anything. That’s a really good way to try to convince people without overwhelming people with an all-vegetable dish.”

On eating with kids

“Dinner’s been hard lately actually because my daughter is going through that picky toddler phase right now. We’ve been eating a lot of pasta lately, which is always good, but I’m starting to get really sick of it. She really likes a mix of marinara sauce with hummus all mixed together so the hummus makes it creamy and then I’ll use hemp hearts to boost the protein and she goes crazy for it.

“We had a whole group of kids testing the recipes so the kid-friendly recipes are indicated, too. The mac and peas and the veggie burgers were a big hit with adults and kids, and there’s a chili cheese nacho recipe that the kids really liked.”