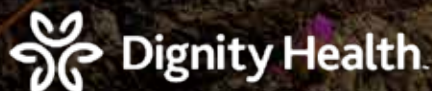


Hello

Dignity Health North State welcomes you

a partnership with Enjoy Magazine



From the President



At Dignity Health, we work hard every day to inspire a stronger, healthier world. But when the day is done, our talented, compassionate doctors need to enjoy themselves and their families, and the North State offers an abundance of recreational and cultural enrichment opportunities to do just that.

When I first moved to this community, I found Enjoy Magazine was a gift to orient myself with some of the area's treasures. Enjoy introduced me to some of the places that have become my favorite restaurants, businesses and day-trip destinations.

I hope this special publication gives you a starting point to dive into some of the adventures that we're lucky enough to have in our backyard. From winter snowshoeing to summer kayaking, outdoor activities abound at any time of year. Hundreds of miles of trails await your exploration, and we'll share some of our favorite weekend hiking and biking treks. Crystal blue lakes, rivers and waterfalls provide breathtaking backdrops for your excursion, and they're perfect places to cool off when the mercury soars.

If you'd prefer a leisurely drive, the Volcanic Legacy Scenic Byway leads you through the geologic wonders of northeastern California and southern Oregon, providing opportunities to paraglide, canoe, hike a volcano, birdwatch and much, much more.

To feed your cultural appetite, we'll introduce you to the talented North State Symphony, as well as the interactive and engaging Turtle Bay Exploration Park. Live performances of all varieties are staged at both the Cascade Theatre and the Redding Civic Auditorium.

We'll also share some fun facts about Shasta, Siskiyou and Tehama counties and whet your appetite to enjoy some of the landmarks, events and tucked-away treasures that make these areas unique.

Welcome, and enjoy!

Mark Korth, President

Dignity Health North State & Mercy Medical Center Redding



What's Inside

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YOU COULD BE HERE





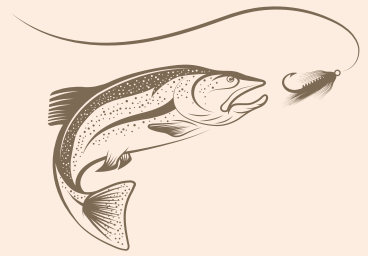
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96%
**LESS THAN
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**ABUNDANT
SUNSHINE**
**2ND SUNNIEST
CITY IN THE U.S.**

**OUR OUTDOORS...
AS ENDLESS AS
OUR SUNSHINE**

AIR QUALITY
**ONE OF THE
TOP 10 CITIES**
**FOR CLEAN AIR
QUALITY**



**FORBES.COM LISTED
REDDING AS ONE OF
'NORTH AMERICA'S
TOP 10 TROUT
FISHING TOWNS'**

THIS IS NORTHERN CALIFORNIA

**SMALL TOWN
AMBIANCE**
**BIG CITY
AMENITIES**

**NORTH STATE
SYMPHONY**
**ORIGINATED
1905**



**DISTINGUISHED
SCHOOLS**
**& TWO FULLY
ACCREDITED
FOUR YEAR
UNIVERSITIES**



the GREAT OUTDOORS

RECREATION IS PLENTIFUL IN THE NORTH STATE

WINTER, SPRING, SUMMER OR FALL - there's an outdoor activity for one and all. Ready for some year-round fun?

SUMMER There's no better way to cool down on a hot summer day than to get out on the water, and if you're looking for a fun and accessible outdoor activity, try **stand-up paddleboarding** on the cool blue waters of your favorite lake. Standing provides a unique vantage point (and a heck of an abdominal workout), so you might see fish and other aquatic creatures. You don't have to be very big to propel a paddleboard, so hop on the back and let your kids chauffeur you around.

Kayaking is another easy, fun way to cruise along the lake. Whiskeytown Lake's free ranger-led tours, running daily from Memorial Day weekend through Labor Day, make it easy for beginners to try it out. The moonlight tours are especially lovely.

Want something a bit more edgy? **Whitewater kayaking** provides an adrenaline rush while treating paddlers to an otter's-eye view of the North State's spectacular scenery.

Be sure you have the right gear and instruction before heading out. The Trinity River is a great place to learn.

The North State is also home to an array of caves, most of which maintain chilly temperatures inside. Shasta Caverns offers guided tours, and Lava Beds National Monument includes fascinating lava tube caves. Subway Cave in Lassen Volcanic National Park offers 1,700 feet of lava tube exploration - it may just become your kids' new favorite go-to activity.

WINTER For many North State residents, Lassen Park brings to mind green meadows with spring wildflowers in bloom, summer camping and leisurely kayaking at Manzanita Lake. But in the winter, a hush descends upon the park, and the trees are trimmed in white. Dirt trails are now blanketed with sparkling, powdery snow—perfect for those longing for some winter recreation.

Winter activities in Lassen Volcanic National Park and Mt. Shasta range from **cross-country skiing** to **backcountry camping** to a simpler, more accessible and family-friendly sport: **snowshoeing**. It has often been said that if you can walk, you can snowshoe. But for those who'd like a little help with technique before venturing out on their own, ranger-led snowshoe excursions are held in Lassen Park each Saturday and Sunday until April 5, weather—and snow levels—permitting.

Lassen and Shasta also offer fantastic cross-country skiing opportunities. The majority of Lassen Volcanic's backcountry provides challenging and relaxed skiing. For a bit more speed, Mt. Shasta Ski Park features 425 acres of skiable terrain for downhill skiers and snowboarders, with its 32 trails accessible by three triple chairs and two moving carpet lifts. Night skiing is also available.

SPRING AND FALL The North State is an angler's paradise, and it's no rumor that local waters offer some of the best **fly fishing** in the world. Rainbows, brook trout, brown trout, salmon, bass, stripers and shad make their home in local waters. Guides will create a trip to meet your needs, or just get a few tips from a local fishing shop and try your luck.

Though **golf** is another sport that's accessible year-round, spring and fall are the perfect times to tee off, weather-wise. Squeeze in a quick round after work, or spend a weekend enjoying some of the reasonably priced courses in the Trinity or Siskiyou County mountains, where the magnificent scenery will ensure it's a great day, regardless of your score.

If you're an equestrian (or would like to become one), explore the North State's wilderness areas on **horseback**. Whiskeytown National Recreation Area has fantastic equestrian trails – Peltier Flat is a great place to start. The Shasta-Trinity National Forest also welcomes equestrians, and going on horseback with pack animals into the wilderness can be an enjoyable and unforgettable experience. Several trail riding companies offer guided rides.

Rock climbing is an adrenaline rush, and the Mt. Shasta area features stunningly picturesque climbs. Castle Crag provides spectacular walls for all skill levels. Cantara Crag (for beginners) is a riverside cliff with the opportunity to cool off in adjacent swimming holes. Intermediates can try the 800-foot east face of Mt. Hubris (known as "The Ogre"), and advanced climbers can experience an alpine feel while summiting Castle Dome via the West Ridge. •





Shasta

COUNTY

With majestic Mt. Shasta on the horizon, the Sacramento River rippling through town and the friendly faces that greet you in our parks, shops and restaurants, Shasta County is the perfect jumping-off point for your next adventure. Here are some Fast Facts about the area:

- Shasta County was one of the original counties of California, created in 1850 at the time of statehood. Parts of the county's territory were given to Siskiyou County in 1852 and to Tehama County in 1856.
- The county was named after Mt. Shasta, which was originally within Shasta County. It's now part of Siskiyou County, but its 14,179-foot peak is visible throughout Shasta.
- Shasta Dam was the nation's tallest concrete dam when it was completed in the late 1940s. When it formed Lake Shasta, it submerged the town of Kennett.
- Though most of the movie "Stand By Me" was filmed in Oregon, the train-dodging scene was photographed on the McCloud River Railroad's Lake Britton Bridge in Burney Falls State Park.

Lake Shasta and Whiskeytown Lake (pictured here): Every time we drive by one of these reservoirs, we think, "We are so lucky to live here." We've seen a lot of breathtaking places in our travels, but these reservoirs are second to none – summertime playgrounds, right in our own backyards. Sail, swim, boat, float, fish – enjoy.



IT'S A FACT, JACK'S

Redding, particularly the downtown area, is home to an array of quality, locally owned restaurants – and we wouldn't dream of trying to list our many favorites. But we'd be remiss not to give a shout out to Jack's Grill, founded in 1938. It's a local legend.

ABOUT A DAM

If you're creating a sightseeing list for out-of-town guests, a stop at Shasta Dam is a natural. This curved gravity concrete dam was built between 1938 and 1945 (creating Lake Shasta), and at the time, it ranked as one of the great civil engineering feats of the world. The visitor center is open year round, seven days a week.



FINE WINE

Wine country? Why, it's right here in Shasta County. Matson, Lassen Peak, Burnsini and Anselmo are among the many fine vineyards that are right here at home. Anselmo Vineyards has quickly become a popular destination for dinner, live music and – of course – a glass of wine.

See More Shasta County pictures on page 10



GET STARRY EYED

Schreder Planetarium is a multimedia science education facility that has given North State families a tour of the night skies for more than 30 years. Imaginative shows appeal to all ages. Marvel at the universe that we share – perhaps the youngster sitting next to you will be inspired to become the next Galileo.

STEP BACK IN TIME

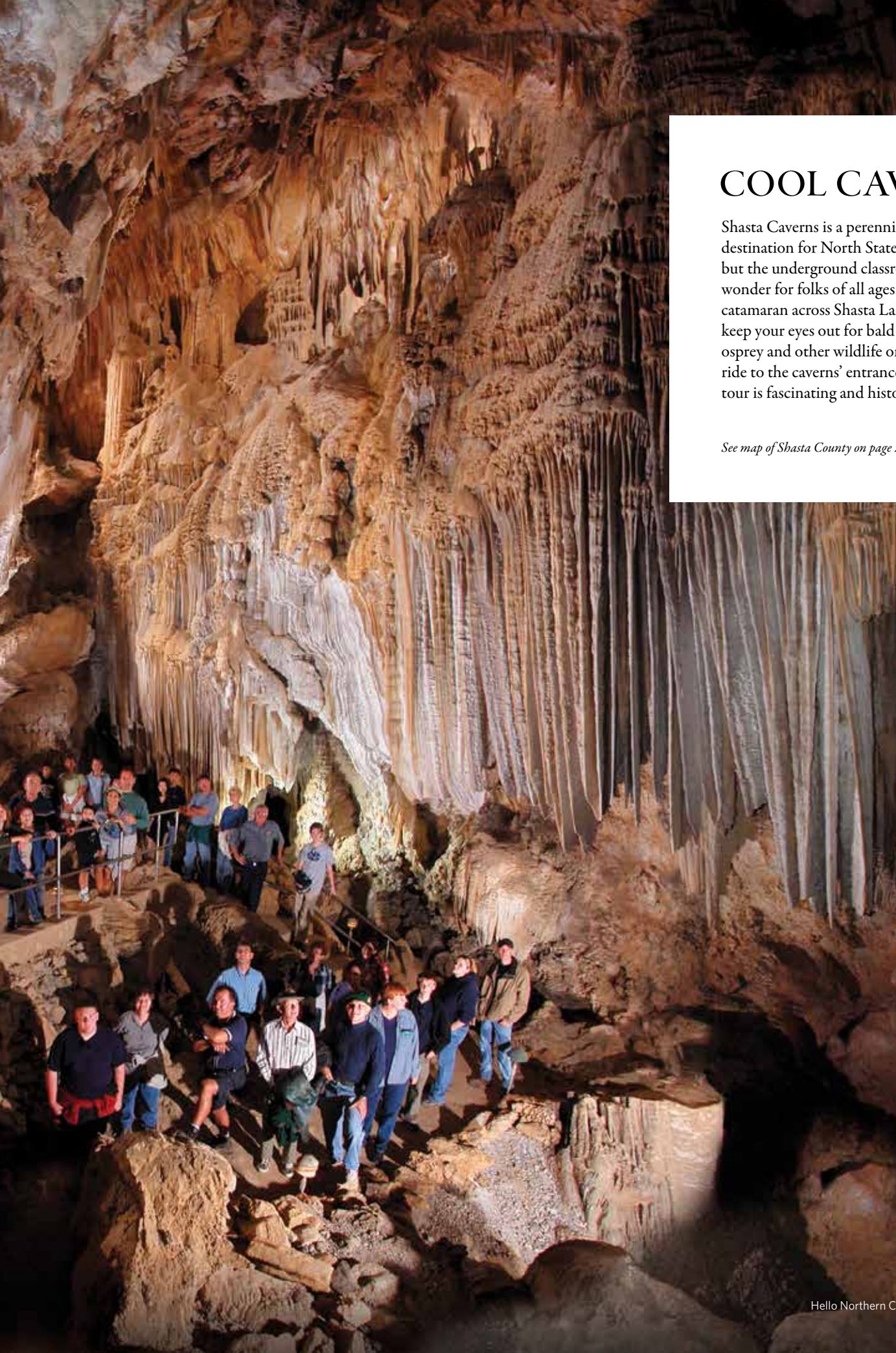
Numerous North State hamlets are steeped in rich history. Take a stroll through Old Shasta, Cottonwood or French Gulch, to name a few – each is an enchanting place to spend an afternoon.



FISHY TRIP

Coleman Fish Hatchery on the north bank of Battle Creek produces millions of Chinook salmon and steelhead trout each year. The Return of the Salmon Festival (the third Saturday in October) draws some 10,000 people to watch the fall salmon return to Battle Creek.





COOL CAVES

Shasta Caverns is a perennial field trip destination for North State students, but the underground classroom is a wonder for folks of all ages. Ride a catamaran across Shasta Lake, and keep your eyes out for bald eagles, deer, osprey and other wildlife on the bus ride to the caverns' entrance. The guided tour is fascinating and history-rich.

See map of Shasta County on page 20



WALK ON THE WILD SIDE

TURTLE BAY EXPLORATION PARK AT THE SUNDIAL BRIDGE

ON ANY GIVEN DAY AT THE SUNDIAL BRIDGE, couples stroll hand in hand. Children scamper to the plaza below to skip rocks into the Sacramento River. Residents show off the area to out-of-town guests. Visitors converse in foreign languages. Television commercials use it as a backdrop.

When the bridge opened on July 4, 2004, it became a cultural hub that has been the backdrop for weddings, parties and family photos. Its image on the cover of a physics textbook hails its wind and gravity resistance. It's a community gathering space for celebrations, memorials and observances.



TURTLE BAY EXPLORATION PARK

The 700-foot-long Sundial Bridge, designed by world renowned Spanish architect Santiago Calatrava, celebrates creativity and ingenuity, as it was designed to cross the water without touching it to avoid disturbing the spawning salmon. Eighteen 40-foot deck sections and 25 truckloads of pylon pieces were transported from Washington to Turtle Bay, and another 14 large pieces were shipped by barge to Vallejo and then trucked to Redding. Its deck is made of translucent structural glass from Quebec, and the 200 tons of glass and granite are supported by 4,300 feet of cable.

The private nonprofit McConnell Foundation funded most of the \$23 million price tag, hoping the bridge would help reshape Redding's identity and create a gathering place that was lost when Redding's business core moved away from downtown. They'd also hoped that it would serve as a catalyst for appreciating the river that ran beneath it.

Today, the Sundial Bridge is a tourist attraction, a pleasant spot for a walk and the image in many companies' logos. Its 10th birthday was celebrated in grand style on the summer

solstice in 2014, with fireworks and a performance by the world-renowned Bandaloop dance company, which turned the entirety of the bridge into its vertical stage.

The physical purpose of the bridge is to connect the two sides of Turtle Bay Exploration Park, another North State jewel. The nonprofit 300-acre park includes a museum, forestry and wildlife center, arboretum, botanical gardens, amphitheater, butterfly house, store, coffee bar and more.

This complex was the result of the merger of Redding Museum of Art and History, Carter House Natural Science Museum, the Redding Arboretum and the Forest Museum. It opened in stages, starting with Paul Bunyan's Forest Camp in 1997. More than 100,000 people visit each year, including 13,000 school children on field trips.

Naturally, a strong component of exploration is education, and the park engages visitors of all ages with learning opportunities. Its animals play hide-and-seek games with food, a raccoon can paint and a red fox is learning to pounce on cue, all part of the program's focus on animal science and wildlife preservation. The staff was chosen to work with the San Francisco Zoo and Sonoma State University on a turtle conservation project.

More than 35,000 objects are included in the museum's permanent collection, and it currently collects only artifacts with local provenance and significance. The museum has also hosted national exhibitions, including "Titanic," "Bodies: The Exhibition" and "A T. Rex Named Sue." The living plant collection includes 800 species that are adapted to the Mediterranean climate, and its 225 animals include mammals, reptiles, amphibians, birds, fishes and invertebrates. The Parrot Playhouse year-round lorikeet aviary opened in 2011.

The park's mission is to inspire wonder and appreciation of the world. Who's ready to explore? •

www.turtlebay.org



The Earth's health is our health

Whether it's good soil, pure water, or clean air—our health is deeply connected to the health of our planet. Yet the very health care industry that's meant to heal us is a major contributor to environmental harm.

And humankindness is the answer.

Hello humankindness.



Mercy Medical Center
Redding

St. Elizabeth
Community Hospital

Mercy Medical Center
Mt. Shasta



ONCE UPON A Trail

FIND THE PERFECT PATH, WHATEVER YOUR SPORT

WHETHER YOU'RE HIKING, BIKING OR ON HORSEBACK, the North State's expansive web of trails invites you to explore the beauty within.

Through an ongoing collaboration between the Bureau of Land Management, Bureau of Reclamation, National Park Service, Shasta County, City of Redding, McConnell Foundation, Redding Foundation and private citizens, the system boasts more than 100 miles of non-motorized trails.

At the heart of this network is the paved Sacramento River Trail, which crosses the river via four bridges – the Sundial, Diestelhorst, Stress Ribbon and Market Street. Cyclists and walkers can circle a scenic portion of the Sacramento River on a six-mile loop off Benton Drive. They can also make their way to the Dana Drive commercial hub, access Turtle Bay Exploration Park or trek over to Keswick Dam.

Meanwhile, the Mule Ridge Trail System is situated between Whiskeytown National Recreation Area and Placer Road. As outdoor enthusiasts journey to the top of Mule Mountain, they soon discover some of the most spectacular views in the area, including the Trinity Alps and Whiskeytown Lake. The system connects Mule Town Road with Whiskeytown National Recreation Area and Swasey Recreation Area (SRA).

The Keswick Eastside Trails are a network of more than 25 miles of dirt single-track connecting Shasta Dam to the Sacramento River Trail – and they provide a fun way for hikers, mountain bikers, runners and horseback riders to explore the east side of the Sacramento River between Shasta Dam and the Sacramento River Trail. Its Hornbeck Trail follows the path of a historic mining railroad.

Advanced bikers who want to increase their mileage can incorporate the Lower Sacramento Ditch Trail, which offers a loop trip with challenging switchbacks, or the Upper Sacramento Ditch Trail, which leads north to Shasta Dam, adding another 9.2 miles one way – both follow the alignment of the historic Sacramento water ditch.

Shasta Lake is also home to an array of trails, many of which follow the shoreline. Three shoreline trails, Bailey Cove, Waters Gulch, and Klikapudi make loops that return to their point of origin. The Hirz Bay Trail connects Hirz Bay and Dekkas Rock campgrounds, and the trails at Dry Fork and Fisherman's Point were developed to help anglers get into the good fishing areas near Shasta Dam. The Samwel Cave Nature Trail is accessible only by boat, and climbs to the mouth of this fascinating cave.

This is just a small sampling of the North State's trails, and no matter which ones you choose to explore, natural beauty abounds. Observe safety tips posted at trailheads and remain on designated trails. Bring a snack and plenty of water. During summer, be sure to start early and wear sunscreen. •

**For trail guides/maps that include allowable activities, difficulty level, length of trails and more, please visit: www.healthyshasta.org
www.reddingtrails.com • www.bikeredding.com**



On the

GET WET WITH AN ABUNDANCE OF LAKES, RIVERS AND WATERFALLS

WHEN TEMPERATURES SOAR, there's nothing like a dip in one of Mother Nature's pools to cool you to the core.

If you're looking to ski, wakeboard, kayak or swim, Shasta and Whiskeytown lakes are a quick drive from Redding, and Lake Siskiyou and Trinity Lake are about an hour away. Each is equipped with marinas, where you can rent boats and other playthings, and campgrounds are available if you'd like to stay a while.

The cold and swift Sacramento River courses through the heart of the North State, providing opportunities for rafting, fishing and more.

And then there are the falls.

It's one thing to see a waterfall in a photo or movie, but nothing can prepare you for the feeling of turning a corner in the woods and hearing the deep rumble of a waterfall that's not yet in sight.

Whether you're looking for a few good destination hikes, a good

swimming hole or just a place to sit and observe the majestic power of millions of gallons of falling water, you've got numerous options.

Whiskeytown Falls is a breathtaking 300-foot waterfall on Crystal Creek that is a worthy reward for trekking about 1.7 miles on a trail that will boost your heart rate. Also located in Whiskeytown National Recreational Area is Brandy Creek Falls, where visitors will find plenty of shade, cooler temperatures and spots in which to take a dip to cool off. Its five cascades are split into upper and lower falls, and an upper trail takes hikers right along and sometimes across the falls.

The McCloud Falls is a three-tier series that cascades through a forest canyon on the east side of Mount Shasta. The top stair is Upper Falls, where water moves lazily across a lava skirt. Mt. Shasta looms between the tree branches as the water moves into a narrow rock channel, churning into a white froth before plunging into a deep emerald pool below.



Water

Middle Falls is the largest of the three. In summer, the drop reaches 46 feet with 100 feet of curtained water. Anglers on the rocks below look for trout as the green forest grows in the summer heat on the walls around them. Deer dash across the path, wary of hikers, but brave enough to take notice of those around them.

At Lower Falls, a wooden jumping platform is built into the volcano-poured patio surrounding the falls. Here, kayakers navigate over the edge of rushing water, hoping to land upright. Fishermen come early to find the elusive German Brown trout.

Each falls can be accessed by its own parking lot, and the trails nearest each falls are paved and lined with steel safety railings, making the path easy to travel to the observation areas.

One of the most awe-inspiring waterfalls in the area is Mossbrae Falls in Dunsmuir, a 50-foot tall, 150-foot wide waterfall that seems to spawn

from a wall of rocks and moss. There are plenty of places to sit, relax and enjoy a picnic.

Hedge Creek Falls in Dunsmuir consists of a 30-foot-tall cascade, shady surroundings and a minimal amount of hiking. It's a great choice for people who want to enjoy a set of falls without having to endure a grueling hike. The cascade freefalls over a wide opening that visitors can walk behind and explore.

Shasta Lake's 70-foot-high Potem Falls are among the area's most beautiful, surrounded by greenery with a wide, swimmable pool and a lot of room to lounge around. A nine-mile dirt road from the freeway to the trail helps keep crowds to a minimum.

Bring your sunscreen, life vest and sense of adventure, and dive in to the North State's watery wonders. •



THAT'S ENTERTAINMENT!

ENJOYMENT ABOUNDS AT THE CASCADE THEATRE AND CIVIC AUDITORIUM

WHETHER YOU ENJOY COUNTRY OR COMEDY, circuses or contemporary dance, two unique Redding theaters have made it their mission to help you take a break from the daily grind and immerse yourself in entertainment.

A work of art in itself, the Cascade Theatre was built in 1935 as a movie house and vaudeville stage, complete with gold and silver gilded walls, period chandeliers, ornate plaster work, a neon marquee and hand-painted murals. But as time took its toll, the once-thriving theater – like many of its era – struggled to survive as multiplex cinemas popped up, and it closed in 1997.

Several years later, Jefferson Public Radio stepped in and partnered with Southern Oregon University to spearhead a \$5.65 million restoration effort, with the help of the Cascade Theatre Restoration Steering Committee. A skilled team painstakingly restored the Art Deco theater's murals, chandeliers and carpets, and added an orchestra pit, a deeper stage, new dressing rooms and green rooms, new rigging systems and more. The second floor office space was converted to a balcony lobby.

As a result, the regional multi-use performing arts center has reclaimed its spot as crown jewel of downtown Redding. It is listed on the National Register of Historic Places.

Like the original theater, the Cascade includes state-of-the-art sound, lighting and theater technology so it can support a variety of dramatic, musical and film productions. This year's lineup included such diverse offerings as the Manhattan Short Film Festival, Jonny Lang, Pink Martini, Keb' Mo' and Cirque Ziva. The Cascade also stages two widely acclaimed local productions: "A Cascade Christmas," which sells out annually, and a spring musical ("Mary Poppins" is slated for 2016).

Across the river, the Redding Civic Auditorium also plays host to an array of productions. The nonprofit Advance Redding assumed oversight of the theater from the City of Redding in January 2012, and the group continues to work hard to bring big names to the local stage.

The Civic's location between Portland and San Francisco makes it a reasonable stop for noted artists who wouldn't typically play to a comparatively small 2,000-seat audience. It's the largest venue in the region and the only theater in California north of Sacramento that can meet certain technical requirements.

The revitalized Civic Auditorium has something for everyone: comedy, country, oldies, electronica and more. Last Comic Standing, Straight No Chaser, Michael W. Smith and Moscow Ballet's Great Russian Nutcracker are on the calendar for late 2015. Merle Haggard played a benefit show for the recovery effort of the recent Boles Fire in Weed. The Civic's first-ever sound, light and dance party extravaganza, geared to ages 18-25, drew 1,800 attendees (they were expecting 1,000).

But the facility doesn't just host on-stage productions – Redding Beer Week's opening ceremonies were there, and it frequently removes the main floor seats to host conventions, trade shows and exhibit shows.

Upcoming shows are listed online, so find a couple that suit your fancy - then sit back, relax and enjoy the show. •

The Cascade Theatre
1731 Market St., Redding
(530) 243-8877
www.cascadetheatre.org

Redding Civic Auditorium
700 Auditorium Drive, Redding
(530) 229-0022
www.reddingcivic.com



Things to know about SHASTA COUNTY

FALL RIVER MILLS: The Fort Crook Museum, completed in 1965, honors the history of the Intermountain area. It's an active community enterprise, and many members of the Fort Crook Historical Society are descendants of the first settlers.

CASTELLA: Castle Crags State Park is a series of huge granite slabs that range from 2,000 feet to 6,500 feet in elevation.

SHASTA LAKE CITY: If you find yourself stopping to smell the flowers here, it's likely thanks to the Shasta Lake Garden Project. This volunteer, nonprofit group has spent countless hours landscaping the downtown area.



REDDING: Check out Pilgrim Congregational Church, which was designed by famed architect Frank Lloyd Wright.

Igo: The Northern California Veterans Cemetery was dedicated on Nov. 11, 2005, and is a source of tremendous pride in Shasta County.



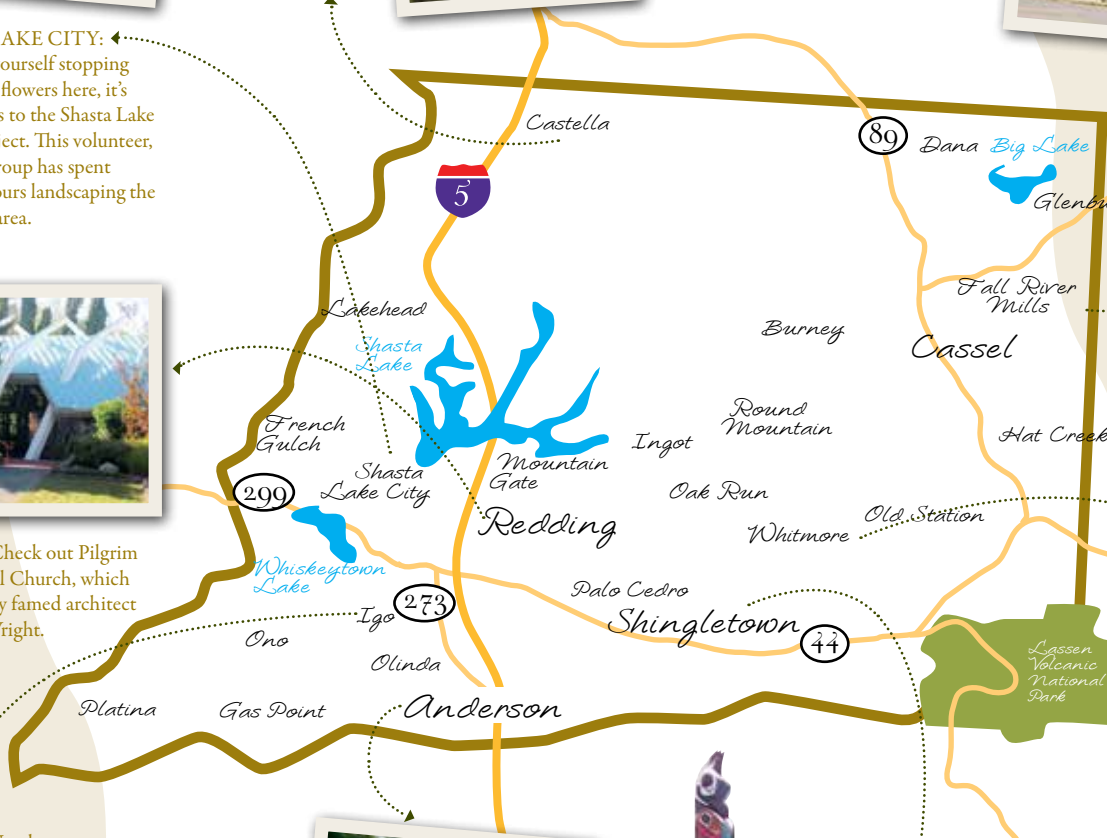
ANDERSON: Anderson River Park is a Shasta County jewel that features softball and soccer fields, boating, fishing, tennis, basketball, picnic areas, hiking trails, playgrounds and an outdoor amphitheater that hosts a wildly popular summertime music series, the Summer Serenade.




SHINGLETOWN: The 60-foot-tall Animal Council Totem Pole by John Welch keeps watch over the town. It was crafted from a 340-year-old sugar pine and is topped with a stellar jay, who keeps an eye out for danger.



WHITMORE: Tuscan Heights Lavender Farm is one of the largest lavender growers in the area.





Music to Your Ears

THE NORTH STATE SYMPHONY BRINGS MUSIC TO THE MASSES

A CACOPHONY OF CONVERSATION FLOATS through the auditorium before every North State Symphony concert. Musicians wander on stage. They chat with one another while finding their places and arranging sheet music. Soon, the lights dim and the maestro enters, musicians and audience both thundering their welcome as he steps up to the podium. Instantly, silence reigns as the maestro raises his baton.

And this year, that baton belongs to someone new.

After a two-year search, Conductor Scott Seaton was recently selected to replace Kyle Wiley Pickett, who had led the symphony since its inception. Seaton is internationally known, as he won the Interaktion competition in Berlin and was a semifinalist in an international conducting competition in Germany. He recently completed his third season as music director of the Minot Symphony Orchestra in North Dakota, where he conducted classical, family, education and pops concerts and collaborated with internationally acclaimed guest artists. Since his international debut in 2007 with the Orchestre Philharmonique du Luxembourg, Seaton has conducted orchestras spanning North America, South America and Europe.

His experience is well suited for the North State Symphony, which was born from the merger of the Redding and Chico Symphonies in 2001. At the time, the Chico Symphony had roots dating back to 1905 and Redding's symphony had been around for about 20 years. One goal of the merger was to redefine symphony, and navigate it away from the preconceived snobbish pastime it had become.

North State Symphony tries to emphasize the fun of the symphony as much as the culture of it. The only professional symphony north of Sacramento, it boasts about 75 high-caliber musicians – many of whom are professors or directors of music programs. Additionally, the symphony functions as a program within the College of Humanities and Fine Arts at Chico State University.

The symphony averages six or seven concerts a season, which runs from September to May. Each concert is played in both Redding and Chico, usually at the Cascade Theater in downtown Redding and Laxson Auditorium at Chico State University. This season's calendar includes "Alpin Hong plays Tchaikovsky's Piano Concerto" in September, "Maestro in the Spotlight" in November, a Christmas concert in December, a chamber music concert in January, "Melodic Attraction" in February and "Celebration Center Stage" in May.

Every February, the North State Symphony co-sponsors the Young Artists Auditions, where local high school and college students compete for the opportunity to play with the symphony the following season. In addition to expanding cultural horizons for these youth, it helps to guarantee the vitality of this cultural gem for many years to come. •



LIFE IS A BYWAY



TOUR THE VOLCANIC LEGACY SCENIC BYWAY

LET YOUR MIND PLAY WITH THE WORD “VACATION,” and you may conjure up images of airplanes, tropical resorts and sticker shock. A “staycation” is budget-friendly, but even the most well-intentioned staycationers often end up doing their spring cleaning while at home.

Imagine, then, a hybrid scenario in which you could paraglide, canoe, explore majestic waterfalls and check out every type of volcano in the world. Throw in some snowshoeing, birdwatching and mountain climbing for good measure. The price tag? A gas tank and a picnic basket, both full.

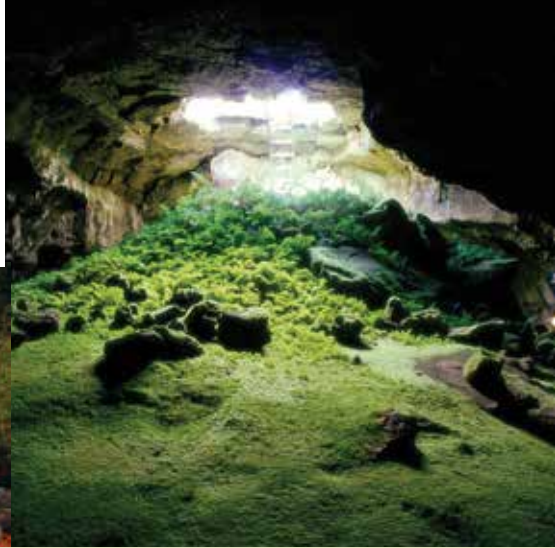
A full-color, 162-page guide to the 500-mile Volcanic Legacy Scenic Byway All-American Road is hot off the press, ready to entice visitors to buckle up and tackle this world-class drive through the geologic wonders of northeastern California and southern Oregon. The byway’s name reflects its fiery past, and the landscape is dominated by volcanic peaks, lava flows, lava tubes, caves, spatter cones, bubbling mudpots and steaming fumaroles.

“I think people will gain a much greater appreciation for what a unique area this really is, and the unique geological activity that has occurred,” says Elizabeth Norton, president of the Volcanic Legacy Community Partnership. “It’s a relatively remote area with wide open spaces and opportunities to explore, to get away from the hustle of the more urban areas. The geology is so fascinating.”





SO WHERE IS THE
BEST PLACE TO START?
“THEY’RE ALL MY
FAVORITE PLACES,”
NORTON SAYS WITH
A LAUGH.



The Volcanic Legacy Scenic Byway is one of just 31 All-American Roads in the United States, bookended by Lassen Volcanic National Park and Crater Lake National Park. At 14,179 feet tall, Mt. Shasta plays the starring role among the volcanoes, but the byway also leads to Brokeoff Mountain, Lassen Peak, Burney Mountain, Medicine Lake Volcano, Mt. McLoughlin, Mt. Scott and many others.

The byway was designated in Oregon in 1997 and California in 2002. A grant from the Federal Highway Administration funded production of a map of the area in 2012 (offered free on the byway’s website), and this guidebook, which will be sold on the website and at various locales along the byway, was a natural next step, Norton says. “We haven’t had a comprehensive guidebook for the entire 500-mile byway, and we felt it was past due,” Norton says.

The guide is broken into 11 regions and includes maps, highlights of the area and contact information for local chambers of commerce or visitor bureaus. The partnership worked with the U.S. Geologic Survey and all the area’s public land agencies to build the guide, and local chambers of commerce were invited to share their input, Norton says. It was funded by the Federal Highway Administration and Klamath County, Ore., and was produced by the Volcanic Legacy Community Partnership and InHouse Marketing Group.

One of the most intriguing things about the byway is its diversity. Visitors will find themselves traveling through dense forests, across

broad wetlands, along clear streams and through pastoral ranches. Picnickers can spread out their blanket alongside a shallow lake, anglers can cast their lines into a rolling river and birders will delight in the wildlife refuges, where migratory waterfowl number in the millions during spring and fall.

The guide also encourages visitors to spend some time in the local communities along the byway, many of which are home to museums, historical buildings, community parks, walking trails and fun little shops and restaurants.

So where is the best place to start? “They’re all my favorite places,” Norton says with a laugh. “At Medicine Lake, you can get so close to the volcanism — to me, it’s a really special area. It’s a real understated volcano because it’s not a strata volcano like Mt. Shasta, but it’s one of the biggest composite volcanoes, and the lava flow covers over 700 square miles. There’s lots to explore there.”

She’s also spent a significant amount of time lately in the Upper and Lower Klamath Basin and its lakes. “The birding opportunities are simply extraordinary,” she says. “I’m not a birder, but I’ve been there two times in the past 18 months and I’ve turned into a birder. Last time we took our canoe, and you can really get close to nature. I really appreciated having that experience.”●

www.volcaniclegacybyway.org

Siskiyou

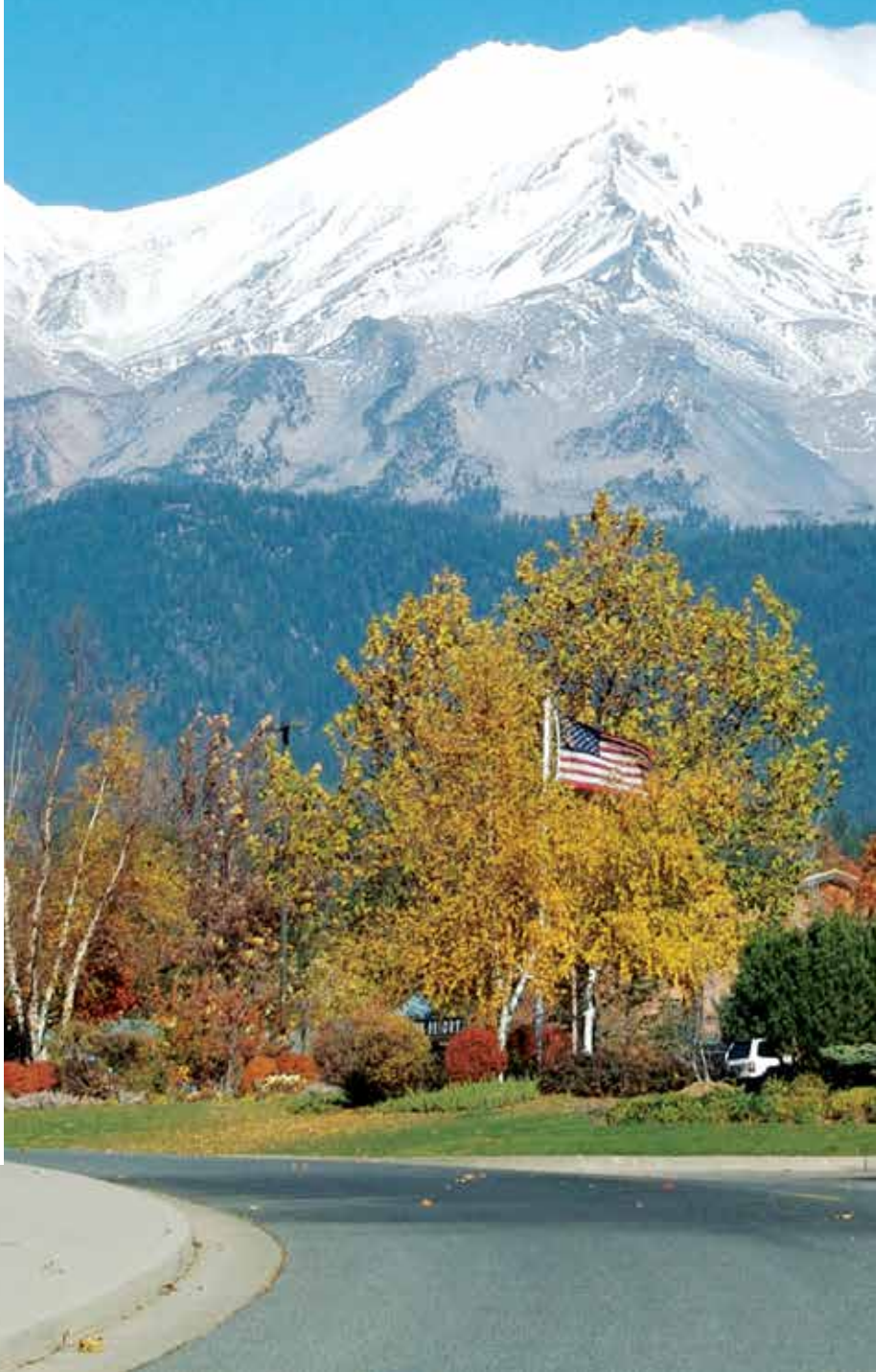
COUNTY

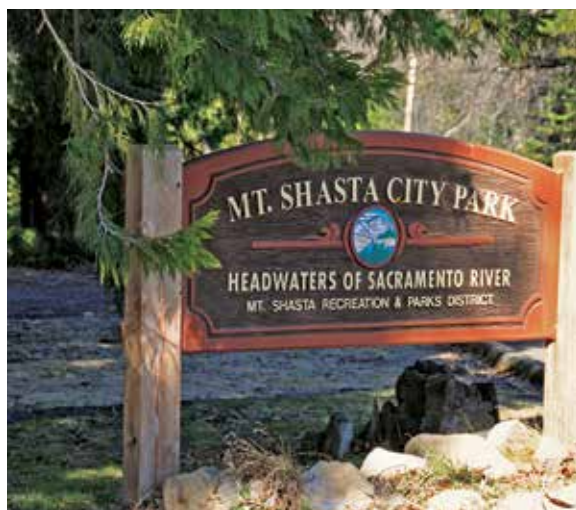
"I consider the evening twilight on Mt. Shasta one of the grandest sights I have ever witnessed." – *Theodore Roosevelt*

Generations have ice skated in this majestic mountain's shadow, captured its magnificence on film or canvas - and some of the more adventurous among us have even ascended its 14,179-foot summit. Yet every hamlet from Dunsmuir up to Yreka harbors treasures. The outdoor adventures are nearly limitless - gold panning, anyone? – but you can also stroll through Siskiyou County's streets and discover delightful art galleries, exquisite restaurants and quaint shops and neighborhoods.

- More than 60 percent of the land in Siskiyou County is managed by the federal and state government, including the U.S. Forest Service, Bureau of Land Management, U.S. Fish and Wildlife Service and the state Department of Fish and Game.
- Mount Shasta, at 14,179 feet of elevation, is the fifth-highest peak in California. It's part of the Cascade Volcanic Arc.
- Yreka, the Siskiyou County seat, was created March 22, 1852. The county is also home to Mount Shasta, Weed, Dunsmuir, Montague, Tulelake, Dorris, Etna, Fort Jones and nearly 30 unincorporated towns.
- Siskiyou County has a population of about 44,500 people. Though it ranks 44th among California's 58 counties in population, it's the fifth-largest county in the state, with 6,347 square miles.
- Prospectors flooded the area during California's Gold Rush. Construction of the Central Pacific Railroad along the Siskiyou Trail in the 1880s boosted the area's tourism, and visitors – just like today – came from all over to enjoy the area's plentiful outdoor recreational activities.

Grab a snowboard or a pair of skis (or just a good book for the lodge) and head up to Mt. Shasta Ski Park (www.skipark.com), or if skating is more your speed, bundle up and hit the Siskiyou Ice Rink. Need a weekend getaway? The Mount Shasta Resort (www.mountshastaresort.com) is situated at the base of Mt. Shasta on 126 acres of forest and rolling hills. He can spend the afternoon on the 18-hole golf course, while she gets pampered at the day spa – then meet at the restaurant for an exceptional meal. The charming private chalets (some are lakeside) feature gas log fireplaces; the Woodland Room has a Jacuzzi tub.



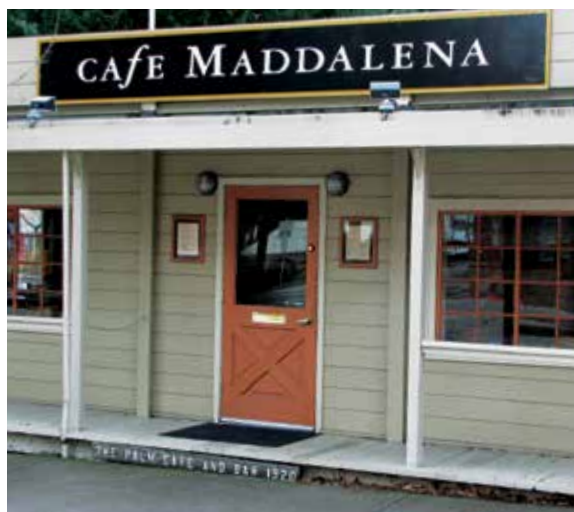


MT. SHASTA CITY PARK

Take a picnic to the 26-acre Mount Shasta City Park, where the Sacramento River bubbles to life before your very eyes (join the pilgrimage of folks who fill bottles at the headwaters).

RAILROAD PARK RESORT

Dine inside an antique railroad car and sleep in a caboose at the Railroad Park Resort (100 Railroad Park Road, Dunsmuir). Nestled along a clear mountain creek in the pines, you can explore a gear-driven steam logging locomotive, the 1893 Wells Fargo car and more. Historical tidbit: This was the spot where additional locomotives were added onto trains to push them up the steep grade to Mt. Shasta.



FABULOUS DINING

Try Mike and Tony's (Italian American family-style dinners since 1945) and The Piedmont (fine Italian dining house that one reader gushes is the "best in the world"), both in Mount Shasta. In Dunsmuir's historic district, the acclaimed bistro-style Café Maddalena features fresh Mediterranean cuisine from Spain, France, Italy and North Africa. Thirsty? Grab a pint at the Etna Brewery – it's well off the beaten path, but worth the adventure to get there.

See map of Siskiyou County on page 30

Can our humanity save humanity?

It's a human truth: Tragedy brings us together. After an earthquake or flood, we forget our incidental differences and act for each other in ways we don't on a day-to-day basis. Our skin color, gender, sexual orientation, and politics fall to the wayside. Our reflex to care kicks in and becomes unstoppable. But can we come together without a crisis?

Every day in our communities, research validates what we've all intuitively felt: simple humankindness—real, genuine connection—heals us from the inside out. Even those who care for our patients have noticed the health benefits circling back. And we each carry this power.

What if each of us could reach out in our own lives to help someone new? To offer a meal, or a shoulder? What would happen on a larger scale? How many of us would it take to turn the tide?

So I ask you, as I ask myself, our entire organization, and community leaders—could we actually change the world? This is bigger than health care. So let's unite and see what our collective humankindness can do.

Let's try. It would be inhuman not to.



Lloyd H. Dean
President/CEO of Dignity Health

Hello humankindness™



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SKIING AND BOARDING ON THE SLOPES OF SHASTA

MT. SHASTA SKI PARK would fit into a corner of Aspen or Heavenly Valley resorts and leave a lot of room left over. But where you will find thousands of skiers and harried staff at huge ski areas, the Mt. Shasta Ski Park offers less-crowded runs, helpful staff and lift tickets that won't break the family budget. A family of four with younger kids could ski all day mid-week for less than \$100. Ticket options include half day, night skiing, half day with night skiing and more. All this is tucked into a forested area overlooked by majestic 14,179-foot Mt. Shasta.

Located between Mount Shasta and McCloud off Highway 89 with easy access off Interstate 5, Mt. Shasta Ski Park offers a family-friendly environment for skiing and snowboarding. Three lifts serve three distinct areas with 32 runs and a well-developed terrain park. The park offers beginner to advanced runs. Don't think of little short chutes when you think of the Mt. Shasta Ski Park, as the longest run is nearly two miles long, with a large number of runs offering great slides of good length. Experts can carve through the trees that line many of the runs.

On Thursday, Friday and Saturday afternoons, the lights come on and night skiing on beginner and advanced terrain is open for those who like to ride by moonlight or the stars. The tubing area for just playing in the snow also opens in the afternoon.

Veteran skiers have noted that the beginner area serviced by the Marmot lift is one of the best they have seen. Beginner runs are often very short, but Marmot offers nearly a

mile of continuously gentle terrain with short, moderate intermediate choices off the main run. The award-winning ski school is staffed by well-trained instructors. The kids' learning area hosts a "magic carpet" that operates like a moving walkway, gliding little ones effortlessly up a short, easy slope. The rope tow in the longer practice area has now been replaced by a magic carpet, making the transition for beginning skiers more pleasant.

Amenities include five food service areas that include everything from pizza to gourmet sandwiches to espresso. A unique outdoor food stop is the Black Diamond Grill at the top of the Douglas lift that offers incredible vistas of the surrounding mountains. The full-service, over-21 lounge is open all day and late into the evening for guests to enjoy libations while listening to local bands.

Services include group and private lessons, full board and ski rentals, repairs and a sport shop. The park has extensive snowmaking abilities that keep the runs covered well past the winter storms. Events include the Slopestyle Competition, Big-Air Competition, Night Rail Jam and a New Year's Eve party with fireworks.

The Mt. Shasta Ski Park is family owned, and you will often see co-owners Chuck Young and Andy Aguilera roaming the park with big smiles, saying hi, riding the runs and making sure their customers' experience brings them back to the friendliest ski park they can imagine. •

www.skipark.com



PARKS BUILD COMMUNITY and provide balance in people's busy lives. The North State is blanketed with thousands of acres of federal and state park land, but it also features dozens of neighborhood and community parks – it couldn't be easier to find an ideal spot to swing on the monkey bars, hit a baseball or enjoy a picnic. These are some of our favorite parks to visit when we need to get out and play.

SHASTA COUNTY

Caldwell Park near downtown features the popular Redding Aquatic Center, sports fields, barbecues, an imaginative playground for the little ones, a skateboard park and a fish viewing area on the river. Walking trails connect with the expansive Sacramento River Trail and await walkers, joggers and cyclists. Stop by the culture-rich North Valley Art League, which sits on a grassy knoll.

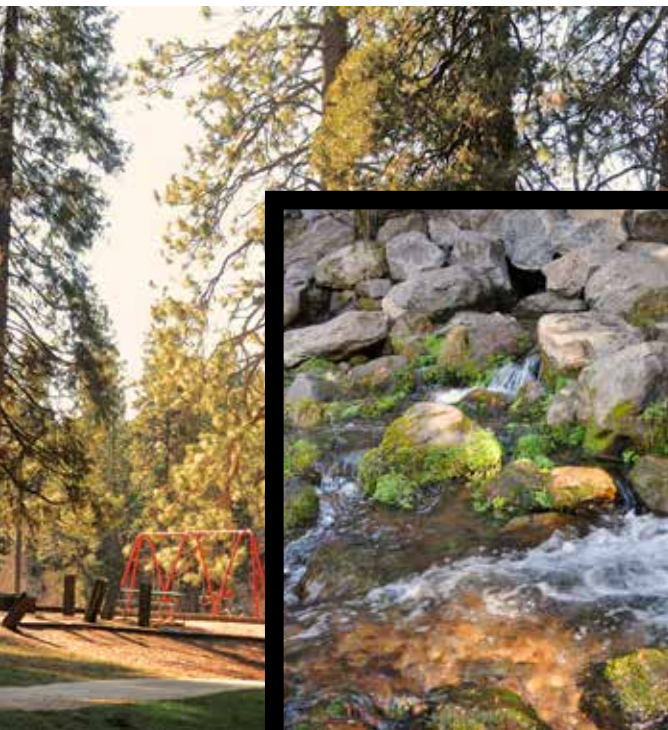
Across town, Enterprise Community Park in east Redding features the ever-popular Kids Kingdom, a huge wooden playground built by community volunteers. When it's warm outside, kids (and kids-at-heart) scamper over to Fantasy Fountain, a splash zone where a volcano rumbles and erupts with a torrent of water. The 84-acre Enterprise Park also features basketball courts, a roller hockey rink, a shady picnic and barbecue area, a soccer field, disc golf course and much more.

Up in Shasta Lake City, Clair Engle Park at Front and Meridian Avenue offers a community center, popular skateboard park, outdoor performance stage, picnic tables, barbecues and a playground area. Head west on Shasta Dam Boulevard and you'll find the delightfully

shady Margaret Polf Park and Boomtown BMX. A soccer field, paved walking/bicycling trails and play areas are some of this park's many amenities.

A WALK IN THE PARK

PARKS APLENTY IN THE NORTH STATE



Another North State crown jewel is the 440-acre Anderson River Park, which provides facilities for softball/soccer, volleyball, boating, fishing, tennis, basketball, picnic areas, wildlife viewing, disc golf, hiking and equestrian trails. Enjoy a lovely picnic alongside the river, or take in one of the Wednesday night free summertime concerts in the outdoor amphitheater.

TEHAMA COUNTY

Tehama County River Park, about 10 miles east of Interstate 5 on South Avenue in Corning, sits along the Sacramento River at Woodson Bridge. A boat ramp provides river access. South Avenue divides the park into two sides, but driveways and a pedestrian tunnel allow easy access between the two sides. Picnic tables, horseshoe pits and barbecue grills make it an ideal place to gather family and friends and spend the day.

Diamond Park, near the Red Bluff Diversion Dam Recreation Area, is another spot worth visiting – it includes a softball field, basketball court, playground, picnic area and barbecue facilities. Called “the choo-choo train park” by many young visitors, Diamond Park has a locomotive play structure along with a new playground that’s enjoyed by children of all ages. It is also home to one of the area’s best skate parks, with more than 16,000 square feet of rails, jumps and more.

Samuel Ayer/Dog Island Park on Main Street in Red Bluff features walking/bicycle trails, fishing on the Sacramento River, horseshoe pits, fire pits and more. The gated park’s large barbecue areas make it

a popular spot for group gatherings, and a one-lane road circles the park for those who enjoy a quiet walk or bike ride.

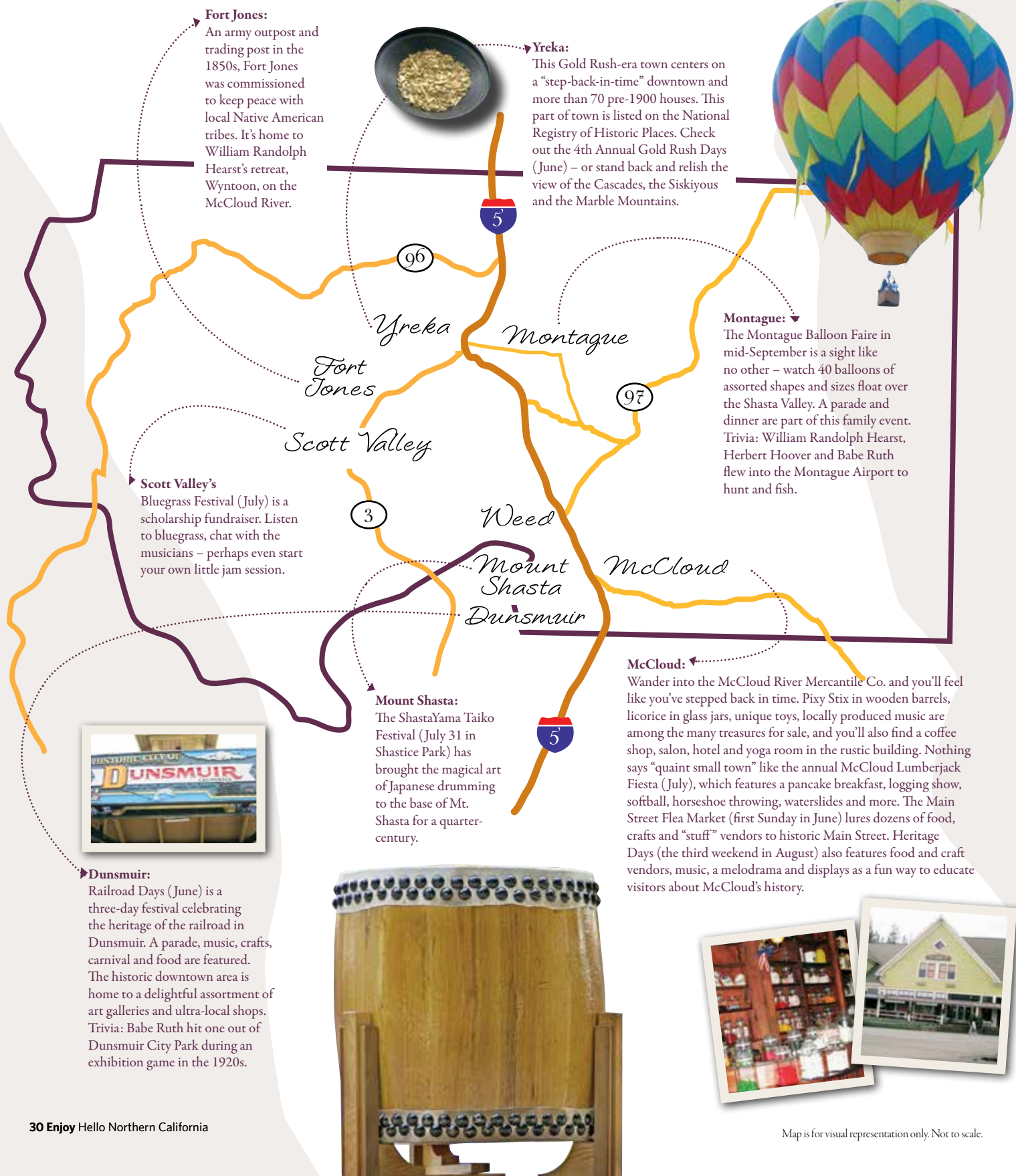
SISKIYOU COUNTY

One of the North State’s most breathtaking features is the Sacramento River – and if you would like to see where it begins, head to Mount Shasta City Park. The icy water rushes from the hillside in this 26-acre park, a mile north of downtown Mount Shasta. Bring a water bottle to fill up at the source, then meander along the creekside paths.

In northeastern Siskiyou County, Shastice Park includes 14 developed acres (38 acres total) that is anchored by the outdoor Siskiyou Ice Rink, where people come from miles around to ice skate. Barbecues, picnic tables and playgrounds are available, as are tennis courts, a lighted softball field, playground, a multi-use field and walking trails. The Mt. Shasta Skateboard Park is open year-round, and the first phase of Shastice Bike Park has been completed to challenge mountain bikers of all skill levels.

So grab a kite and your favorite kid, or a picnic basket and your special sweetie, or even just a blanket and a riveting book and start exploring some of the North State’s gorgeous, easily accessible, free parks. •

Things you might not know about SISKIYOU COUNTY



Fort Jones:

An army outpost and trading post in the 1850s, Fort Jones was commissioned to keep peace with local Native American tribes. It's home to William Randolph Hearst's retreat, Wyntoon, on the McCloud River.

Yreka:

This Gold Rush-era town centers on a "step-back-in-time" downtown and more than 70 pre-1900 houses. This part of town is listed on the National Registry of Historic Places. Check out the 4th Annual Gold Rush Days (June) – or stand back and relish the view of the Cascades, the Siskiyou and the Marble Mountains.

Montague:

The Montague Balloon Faire in mid-September is a sight like no other – watch 40 balloons of assorted shapes and sizes float over the Shasta Valley. A parade and dinner are part of this family event. Trivia: William Randolph Hearst, Herbert Hoover and Babe Ruth flew into the Montague Airport to hunt and fish.

Scott Valley's

Bluegrass Festival (July) is a scholarship fundraiser. Listen to bluegrass, chat with the musicians – perhaps even start your own little jam session.

Mount Shasta:

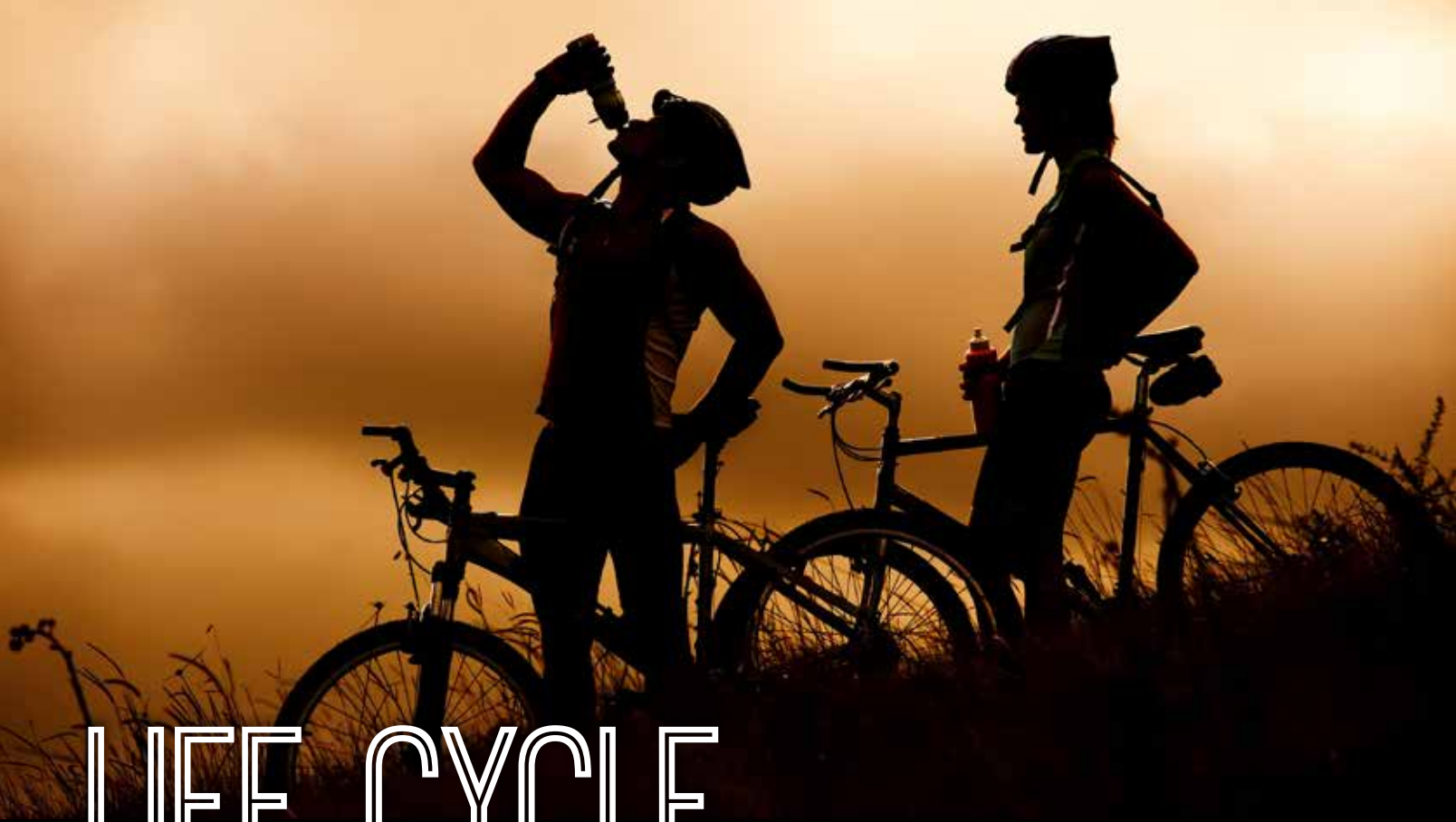
The ShastaYama Taiko Festival (July 31 in Shastice Park) has brought the magical art of Japanese drumming to the base of Mt. Shasta for a quarter-century.

McCloud:

Wander into the McCloud River Mercantile Co. and you'll feel like you've stepped back in time. Pixy Stix in wooden barrels, licorice in glass jars, unique toys, locally produced music are among the many treasures for sale, and you'll also find a coffee shop, salon, hotel and yoga room in the rustic building. Nothing says "quaint small town" like the annual McCloud Lumberjack Fiesta (July), which features a pancake breakfast, logging show, softball, horseshoe throwing, waterslides and more. The Main Street Flea Market (first Sunday in June) lures dozens of food, crafts and "stuff" vendors to historic Main Street. Heritage Days (the third weekend in August) also features food and craft vendors, music, a melodrama and displays as a fun way to educate visitors about McCloud's history.

Dunsmuir:

Railroad Days (June) is a three-day festival celebrating the heritage of the railroad in Dunsmuir. A parade, music, crafts, carnival and food are featured. The historic downtown area is home to a delightful assortment of art galleries and ultra-local shops. Trivia: Babe Ruth hit one out of Dunsmuir City Park during an exhibition game in the 1920s.



LIFE CYCLE

SOMETHING FOR EVERY CYCLIST
IN SISKIYOU

BICYCLING ENTHUSIASTS OFTEN LOAD UP their bikes with the intention of heading out for a particular type of terrain – mountain trails, grinders, long and easy roads or steep challenges. Ideally, there's also a wealth of natural beauty to enjoy. What if there is an area where all of the above could be found within a short drive? There is such a place, and it's called Siskiyou County.

From steep rides that lead to pristine Castle Lake or Mount Shasta to the long, easy farmland roads of northern Siskiyou that also have their share of steep roads and grinders, the county offers every conceivable type of terrain for cycling amid forests, pastures, streams and lakes. You can ride for miles in some areas and never see a car. Also, the Mount Shasta Ski Park (www.skipark.com) has developed a mountain biking program where two lifts take you to the top for a ride down prepared mountain biking trails that range from a cruise to gut wrenching.

Cycle Siskiyou has developed a comprehensive brochure that includes trail maps for unpaved and mountain biking roads, bike services, weather and a wealth of general information. The brochure is available at Chambers of Commerce and Visitor Centers throughout the county. The website at www.cyclesiskiyou.com also contains cycling information including routes, events, lodging, dining and bike services. In addition, the U.S. Forest Service headquarters in Mount Shasta offers trail maps for the area. Thousands of miles of Forest Service and Bureau of Land Management roads and trails are available for the adventure-minded rider to explore.


The county offers several premier cycling events, including the Castle Crag's Century, Siskiyou Century and the Mount Shasta Summit Century, known as "The Hardest, Prettiest Century Ride in the West."

The Castle Crag's Century offers four levels of riding, from a 96-mile ride with 8,000 feet of climbing to a 10-mile "gone fishin'" ride for the whole family. The Siskiyou Century starts out of Yreka and offers three levels of rides, from a 100-mile run with a vertical gain of 4,600 feet to an easy family ride of 37 miles through the flat country roads. The Summit Century out of Mount Shasta offers at its most difficult level a 139-mile ride through beautiful country, with a vertical gain of 16,500 feet. The Summit Century also offers three easier levels of competition. See www.cycleSiskiyou.com for detailed information on these events.

A special treat in the Mount Shasta area is the seven-mile Lake Siskiyou trail that offers forest, meadows and streams around a beautiful lake that you can dive into for a refreshing swim.

Siskiyou County offers beauty wherever you look and a bike just may be the perfect way to enjoy the incredibly varied terrain. Come up and ride for a week. You may never want to leave. •





Locally

FINDING THE FLAVORS OF THE REGION

NO LONGER DO NORTH STATE RESIDENTS need to plan a road trip to enjoy locally produced wine, beer or coffee. Wine Country is here – along with Beer Country and Coffee Country.

Redding is home to a number of family-owned and operated wineries, including Matson Vineyards (Redding's oldest bonded winery, established in 1984) and Moseley Family Cellars, which recently moved into a new tasting room. The Matsons grow their own grapes, while the Moseleys buy premium fruit from Napa and other locales.

The Alger, Burnsini and Tehama Oaks wineries are located in Tehama County, along with the acclaimed New Clairvaux Vineyard at the Abbey of New Clairvaux in Vina, the only winery run by monks in the Americas. And although the town of Manton has fewer than 350 residents, it has a host of wineries, including Albireo, Cedar Crest, Indian Peak, Mount Tehama, Ringtail and Shasta Daisy. The volcanic

valley provides nutrient-rich soil, warm days and cool nights that are ideal for grape growing, vintners say.

Trinity County also has a smattering of vineyards, including Alpen Cellars, Butter Creek Ranch and One Maple Winery.

If you prefer beer, options also abound for you – all sorts of new breweries have popped up over the past few years, most of which brew their own beers in small, hand-crafted batches on site. Redding even has an annual Beer Week (held in late summer) which celebrates the booming craft beer scene. Redding's brewing companies include Wildcard, Fall River and local newcomer Woody's, and over in Palo Cedro you'll find California Brewing Company (which also crafts a root beer that's on tap).

Or spend a leisurely weekend on a Siskiyou County brewery tour, starting with Dunsmuir Brewery Works in downtown Dunsmuir, a



beautiful place for a quick getaway. Continue on to Siskiyou Brew Works in McCloud, then head up to Mt. Shasta Brewing Company in Weed (featuring off-the-wall brews like Jalapeno Lager). Etna Brewing Company is a bit off the beaten path on Highway 3, but is worth the trip.

Of course, the granddaddy of North State breweries is Sierra Nevada Brewery in Chico, started by a guy who learned to homebrew from his friend's father in 1970, and is now a household name across America. Take a tour, learn about the beer-making process, enjoy a guided beer tasting and learn about the company's commitment to sustainability. Its restaurant offers gourmet meals made with seasonal, locally sourced ingredients, and the Big Room frequently hosts live entertainment.

Ready for a cuppa joe? The North State does that, too. Redding's Scout Coffee, Barista's and Coffee Bar are among the establishments that painstakingly roast their own beans. Kaleidoscope Coffee in Redding

and Anderson use fair trade organic beans roasted in the Trinity Alps.

Heading north, Heritage Roasting Company in Shasta Lake intermixes community service with its coffee production, and up in Dunsmuir, YAKS off Interstate 5 also roasts its beans on site (bonus: their restaurant was recently named one of the top 100 places to eat in America). In Mount Shasta, Northbound Coffee roasts its beans on a 1930s vintage roaster.

If you're venturing west on Highway 299, check out Strawhouse in Junction City, which roasts its organic coffees on site. One cup will keep your motor running for the rest of the trip to the coast.

Cheers, and enjoy! •

Tehama

COUNTY

A wooden sign on Interstate 5 boasts that Tehama County is home to “Recreation Unlimited.” This promise certainly holds true for people looking to wet a line in the Sacramento River, appreciate the talents of local artisans or explore a myriad of museums that honor the county’s rich history. The county’s hub is Red Bluff, a city that is just as comfortable in cowboy boots as cocktail dresses. Home of the Red Bluff Round-Up and the Monster Truck Nationals, the city features a historic Victorian neighborhood and a quaint downtown.

- Tehama County is 3,000 square miles.
- In addition to Red Bluff, the county includes about a dozen smaller towns, such as Manton, Los Molinos and Paskenta.
- Formed in 1856, the county is home to about 60,000 people.
- Tehama County was formed from parts of Butte, Colusa and Shasta Counties.

Historic downtown is the heart of Red Bluff, where dozens of retail shops and eclectic restaurants are owned by the people who live, work and play here. The tree-lined streets set the stage for numerous activities, including seasonal farmers’ markets, an Art and Wine Walk and more. The Victorian architecture is a sight to behold in itself.





STATE THEATRE

From concerts to sing-alongs to cooking demonstrations and beyond, the historic State Theatre in Red Bluff is a vibrant community center. The moderne-style theater aims to provide innovative arts programming and events that foster the cultural enrichment and economic sustainability of downtown Red Bluff. Big Bad Voodoo Daddy, ukulele master Jake Shimabukuro and classical pianist Soheil Nasseri are among this year's performers.

TEHAMA TRAIL

If you've always wanted to shake the hand that grew your food, check out the Tehama Trail. Established by local farmers, the Tehama Trail meanders through Corning, Vina, Los Molinos, Red Bluff and Manton.

Visitors can sample world-class olives and olive oil, local wines, fruits, nuts and much more. The farmers and shopkeepers will be delighted to share more about the abundance of good food grown right here in the North State.



CONE & KIMBALL CLOCK TOWER

A trip to Red Bluff wouldn't be complete without a stop at Cone & Kimball Plaza, which features an ornate 75-foot-tall clocktower in the heart of downtown. A fire in 1984 destroyed the famous Victorian Cone & Kimball Tower that had stood for nearly 100 years at Walnut and Main streets, but the community banded together to rebuild it.

See map of Tehama County on page 39

You're making a difference where it matters most.

We can help.

The Community Grants program from Dignity Health North State supports local, non-profit organizations working to improve the health and well being of our community. Since 2014, we've provided over \$500,000 in funding to groups focused on serving those most in need. Grant funding amplifies impact, which benefits individuals and the community as a whole. Let us help you take your advocacy to the next level.

To learn more, call 530.225.6114.

Hello humankindness.



Dignity Health™

Mercy Medical Center
Redding

St. Elizabeth
Community Hospital

Mercy Medical Center
Mt. Shasta



Sacred Stones

A DIVINE EXPERIENCE AT NEW CLAIRVAUX ABBEY AND WINERY

IN THE TINY TOWN OF VINA, a community of monks honors God with faith, hard work, prayer and a simple life. And with the help of a fifth-generation winemaker, they blend these virtues to create handcrafted, award-winning wines.

For more than 150 years, some of California's most innovative and industrious winemakers have cultivated the soils in Vina, southeast of Red Bluff in Tehama County. In 1955, Trappist-Cistercian monks purchased 600 acres there and created the Abbey of New Clairvaux. These monks' legacy of winemaking began in 1098 in France, and nearly a millennium later, their wines are winning numerous international awards.

New Clairvaux Vineyard has two estate blocks, Poor Souls and St. James, where they grow 12 different grape varietals in a climate that mirrors the growing regions in Italy, Spain and France. Sustainability is essential to wine operations, and it's also at the core of Cistercian monks' everyday life. They have pioneered sustainable farming and winemaking practices that are widely used to this day. The monks are involved in all aspects of the winemaking process, from harvest to bottle, and they occasionally work in the tasting room. Winemaker is Aimee Sunseri, whose family has deep roots in the wine industry.

Part of the Abbey's mission includes welcoming all people to their holy, historic place, and for visitors, winetasting is just part of the treat.

Guests can behold the sacred stones which had once been the Chapter House of a 12th-century Cistercian abbey in Ovila, Spain. The historic structure is being reconstructed in Vina, and is one of only three authentic medieval, early Gothic structures in the United States. Visitors can witness elements unique to Cistercian architecture, including light, harmony, simplicity and space. The original stones journeyed thousands of miles over 80 years to arrive in Vina, and they form the interior of the building to protect them from further deterioration.

The reconstruction is slow, not just because it is a laborious undertaking, but because the monks have adopted a pay-as-you-go approach to the financing in accordance to their monastic lifestyle. The end result will be worth it, as one committee member envisions the day when the stones will "hear the same prayers, the same petitions, the same readings as a group of men that heard them more than 800 years ago." •

THEY CALL THE ROUND-UP

GRAB SOME COWBOYS TO
THE

THE ANNUAL ROUND-UP is a tradition that has been going on all over the world for centuries. It's a time when the cowboy culture is celebrated and the community comes together for a huge financial boost.

And it all starts with a cowboy.

It was 1918 when the first Round-Up was held in Red Bluff. The cowboy community from the valley to the mountains gathered for the A.H. Hough Ranch to celebrate the cowboy culture and the ranch hands challenge each other in a variety of events, including rodeo and races.

The informal bronco riding competition was a success. The first Round-Up Association was formed in 1920 and the first Round-Up was held in 1921. The Round-Up has been a tradition ever since. Each year also has a parade and a variety of other events.

The Round-Up Association is a non-profit organization that has been around since 1920. The Red Bluff Round-Up is a tradition that has been going on for over 90 years.

decided to reorganize it into a two-day spring show. Back then, traveling advertising man "Montana Red" would spread the word, drawing more than 10,000 spectators to the Round-Up. For the next four decades, a publicity caravan of 50 cars wound its way through the North State, using a megaphone to let people know the Round-Up was coming to town.

Today's advertising techniques are a little more high-tech, but the Round-Up wouldn't lure all of these spectators or volunteers if it weren't a top-notch production. The major Professional Rodeo Cowboys Association rodeo always secures top stock contractors and world-class contestants.

The three-day rodeo includes horse racing, Professional Rodeo Cowboys Association (PRCA) acts, specialty acts, and every day ends with the tradition-rich Wild Horse Race. In addition to prime rodeo action, the Round-Up is celebrated throughout Red Bluff with a number of family-friendly events, including a chili cook-off, live entertainment, pony rides, a car show, cowboy poetry, a pancake breakfast, a parade and more.

Nearly 30,000 people descend upon Red Bluff each year to honor this Tehama County tradition, spurring the local economy like few other events can do. And for all of its 92 years, the Round-Up has been powered entirely by volunteers. More than 300 volunteers help during the week-long event in April, many taking vacation time to do so.

The Round-Up is a long-held family tradition for many folks. Some who walk through the gates with their grandchildren recall having seen wide-eyed toddlers watching the bulls and broncs with their grandparents. The Round-Up is a tradition that has been going on for over 90 years.

It's a time when the cowboy culture is celebrated and the community comes together for a good time.

www.redbluffroundup.com

BOOTS & CHAPS & COWBOY HATS

Things we love in TEHAMA COUNTY

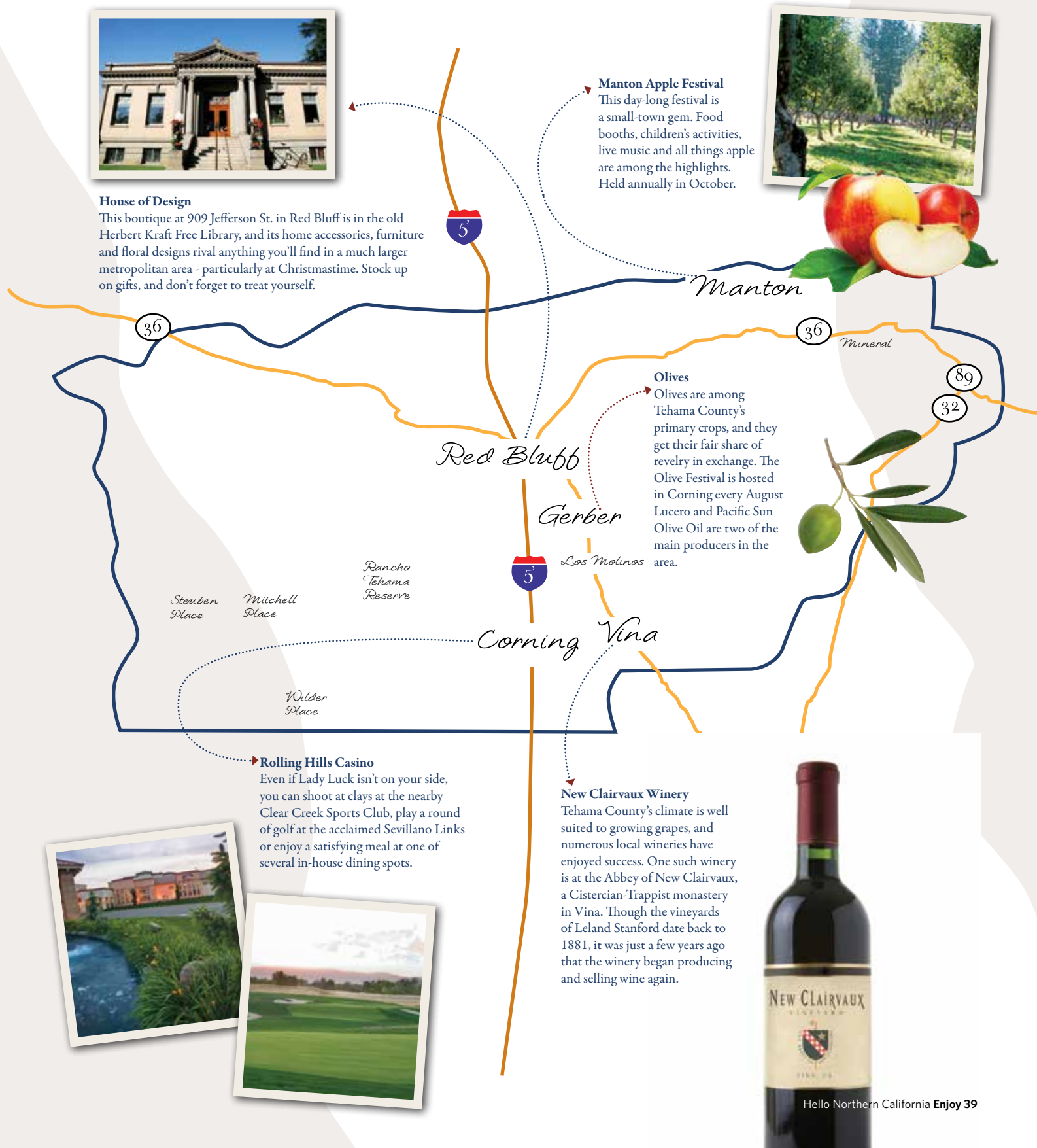


House of Design

This boutique at 909 Jefferson St. in Red Bluff is in the old Herbert Kraft Free Library, and its home accessories, furniture and floral designs rival anything you'll find in a much larger metropolitan area - particularly at Christmastime. Stock up on gifts, and don't forget to treat yourself.

Manton Apple Festival

This day-long festival is a small-town gem. Food booths, children's activities, live music and all things apple are among the highlights. Held annually in October.



Olives

Olives are among Tehama County's primary crops, and they get their fair share of revelry in exchange. The Olive Festival is hosted in Corning every August. Lucero and Pacific Sun Olive Oil are two of the main producers in the area.



Rolling Hills Casino

Even if Lady Luck isn't on your side, you can shoot at clays at the nearby Clear Creek Sports Club, play a round of golf at the acclaimed Sevillano Links or enjoy a satisfying meal at one of several in-house dining spots.

New Clairvaux Winery

Tehama County's climate is well suited to growing grapes, and numerous local wineries have enjoyed success. One such winery is at the Abbey of New Clairvaux, a Cistercian-Trappist monastery in Vina. Though the vineyards of Leland Stanford date back to 1881, it was just a few years ago that the winery began producing and selling wine again.



Sisters of Mercy

Honoring those who laid the groundwork.

THE SISTERS OF MERCY, originally founded by Catherine McAuley in Dublin, Ireland in 1831, vowed to serve people who suffer from poverty, sickness, and lack of education.

In 1854, eight Sisters of Mercy made their way from Ireland to San Francisco, and immediately began caring for residents of a city struck by cholera, typhoid, and influenza. Among them was Sister Mary Baptist Russell, a well-educated daughter of a middle-class Irish family, who is recognized as the California foundress of the Sisters of Mercy. Sister Mary Baptist and the other seven sisters founded St. Mary's Hospital in San Francisco, now the oldest continuously operating hospital in the city.

The sisters made their way on to Yreka in 1871 to assess the situation there. Because the gold rush boom had dwindled, they moved on to Red Bluff, where they opened the Academy of Our Lady of Mercy on March 3, 1882. Twenty-five years later, they accepted a donation from Elizabeth Kraft to operate what became known as St. Elizabeth Community Hospital. In the early 1940s, the Sisters of Mercy assumed responsibility for St. Caroline's Hospital – now known as Mercy Medical Center Redding.



Dignity Health™

Mercy Medical Center
Redding

St. Elizabeth
Community Hospital

Mercy Medical Center
Mt. Shasta