

R Spot brings Italian cuisine to town

By Jim Cornelius
News Editor

Jon Hosler and Norman Garrett have been working together for years in the culinary world. Now they are together again in a new Italian restaurant in Sisters, called "R Spot."

"We saw a need for Italian food in Sisters," Hosler said. "With all the options, there was no Italian."

The name is indicative of what Hosler, Garrett and front-of-house manager Jennifer Martell are shooting for with R Spot — a sense of community and neighborhood. It's R Spot as in "our spot" — everyone's spot. "Let's got to R Spot for dinner."

They're already fulfilling that sense of neighborhood. Open till midnight, they're seeing folks stop in for take-out — or to hang out and enjoy the food. Students come in to enjoy a bite and study.

"We've noticed that we've become really student-friendly," Hosler said. "They were excited that they could have a place that is safe and family-friendly. And good food; they were excited about that, too."

Customers can enjoy lunch or dinner on the spot, but the main focus is on creating high-quality prepared meals that people can order in advance and come in and grab. They can get their beverages that way, too.

"We have a grocer's license, so we can sell a six-pack to go," Hosler noted.

In addition to the call-in orders, there's a case full of grab-and-go options for those who are really pressed for time, but don't want "fast-food."

The meals may be the height of convenience, but the quality is homemade. Sauces are made from scratch



PHOTO BY JIM CORNELIUS

Jennifer Martell, Jon Hosler, and Norman Garrett have received a warm welcome with R Spot.

from family recipes and there is a multitude of gluten-free options.

"We wanted... to make it really feel like you're at mama's or grandma's house," Hosler said.

R Spot is located next

to Metamorphosis Salon. Though its address is on Main Avenue, it actually opens on Elm Street.

The reception has been warm.

"Word-of-mouth is incredible," said Hosler.



Happy 11th Anniversary, Chelsie

To my wonderful, caring, understanding & occasionally hardheaded very best friend.

Love, John

Thank you for all the support from the Hoyt-Helser Gloeckner family.

SPRD offers self-defense instruction

Have you ever thought to yourself, what would I do if I was in "fill in the blank" kind of situation? Would I be prepared or know exactly what to do if my safety or the safety of my family was on the line and nobody was coming to help?

It seems like every time we turn on the TV these days, there is a new threat to consider, that deserves the question to be asked, "What would I do if that was me or someone I loved in that situation?"

There are no guarantees and sometimes the best you can do is to be prepared, practice, and then hope and pray that you are never tested. How much better to have and never need, rather than to need and never have had the tools and skills that could be the difference between survival or not.

Chuck Quandt (Coach Q) grew up in the streets of South San Diego and has 20-plus years Mixed Martial Arts (MMA) experience and 14-plus years experience as

a bouncer in some of San Diego's toughest clubs, bars, and venues. He knows a bit about how to defuse and deal with real-world altercations and challenges.

This will be the focus of a program at Sisters Park & Recreation District (SPRD) running June-August, every Tuesday and Thursday, 5:30 to 6:30 p.m. and the second Saturday of the month from 10:30 to 11:30 a.m., for \$135 for three months.

Classes will include both indoor and outdoor training.

Coach Q believes learning to train on different surfaces (asphalt, concrete, gravel, grass) is very important in real-world self-defense.

This program will cover role-playing and real-world scenarios and solutions. It is designed for men, women, and children 13+ who are ready to learn the answers to hard-to-answer questions.

Contact SPRD for registration information at 541-549-2091.



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