

# Oregon Guitar Quartet to perform at SHS

High Desert Chamber Music's 11th season, presented by Mission Building, continues on February 14 with a special Valentine's Day performance by the Oregon Guitar Quartet at the Tower Theatre. While in Bend, the group will visit and perform at Sisters High School, followed by a Q&A session with students.

"This is the first time we are expanding our outreach to the Sisters School District," said Executive Director Isabelle Senger. "We are so pleased to offer this unique opportunity to students there."

The critically acclaimed Oregon Guitar Quartet is an ensemble of four of the finest classical guitarists residing in Portland. The group's members, Mario Diaz, John Mery, Jesse McCann and Bryan Johanson, have been performing and recording together for nearly a decade. Their concert programs constantly change and feature exciting and often daring arrangements for guitar quartet. Their literature spans the centuries,

featuring works by composers like Bach, Handel, Scarlatti, and Vivaldi, as well as traditional arrangements and original compositions by fellow member and renowned composer Bryan Johanson.

HDCM Educational Outreach efforts include school visits by their guest performers to inspire local music students and introduce them to the world of professional classical music. This is a rare opportunity for students to interact with renowned musicians in an informal setting. These events are offered at no cost to the students, teachers, or schools involved.

High Desert Chamber Music's mission is to bring world-class chamber music and musicians to Central Oregon. Now in its eleventh season, HDCM has presented a broad range of chamber groups, ranging from string trios to piano quintets. Tickets for all events are available through HDCM online, by phone, or in person at their office in Downtown Bend.



## Fit For Sisters

Andrew Loscutoff  
Columnist

### The continuous re-branding of health and wellness

A quick browse on the web, in the health section of the papers, and through social media turns up a convoluted battleground of sciency-sounding health-and-wellness-related headlines: "Salt may not be bad after all." "Study finds red wine drinkers live longer." "Exercise for only 3 minutes!" The rise and fall of topics almost seems cyclical. Most of the time, a topic is repackaged and presented as the next big thing.

With any trend, look at the basics. What is it the information is trying to improve? What intervention does it employ? How does the data

show it works? Once these questions are answered, we can infer what is going on.

An easy dietary example: Low Carb. This was a wonder, and still is being portrayed as the best diet for health and losing weight. Let's answer the questions. The move to low carb is trying to improve a person's diet to be more healthful. The intervention is to take away much of the junk food, drinks, and calorie-dense foods that are overeaten and leave a person hungry for more. The data shows weight loss, less sugar crashes, better health. Now, it appears that the diet works! However it works because the constraints reduce the amount of calories a person eats. No longer can they grab a handful of M&Ms. They can't have soda or beer. This successfully reduces caloric intake.

Another one which is a red-hot fad at the moment: Mindful Meditation. Writing about this with skepticism

might light a few fires but it has been shown that watching a relaxing nature documentary and sitting through a meditation tape results in the same response in the brain. Let's use the questions to find out why. Meditation is trying to improve stress management and relaxation. The intervention is taking our mind out of the whirlwind of thoughts, worry and constant analytical dialogue to relax. The data, using brain scanning, questionnaires, and anecdotal feedback, proves it works to relax a person, make them more compassionate, and squashes negative emotions.

Now, how might sitting in a relaxing setting and putting on "Planet Earth" do the same?

You can arm yourself against following every new fad or getting confused by headlines — once the vital questions are answered. Take the time to try and understand. Use deductive reasoning. Be smart about clickbait.

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