

CARTS: Chefs emphasize healthy dining options

Continued from page 9

They rotate their chicken tacos weekly and mentioned that their chile lime chicken taco and bowl is a huge hit along with the Thai fusion bowl.

Edge and Taber create all dressings from scratch and call them designer salsas. Their honey lime cumin dressing, chipotle sauce and smoky grilled pineapple salsa all really set them apart.

Edge incorporates the Laird Superfood products into the preparation of a few of their dishes.

"We use the Laird Superfood product into our cooking such as our chipotle barbecue sauce that we use for our chicken," she said. "It has Laird Superfood cacao creamer as an ingredient that gives a rich deep undertone to its flavor profile."

Three Sisters Snack Shack will have Laird Superfood hydrate products on tap.

She added, "One is pineapple mango, and it's a coconut water-based hydrate."

Taber noted, "We want to make the public aware that during the major festival weeks, including 4th of July, we will be serving the public all seven days of the week from 12 (noon) to 7 p.m."

Next door to Boone Dog Pizza is G Spot Foods and Catering with Wendy Hickey at the helm. She serves up Italian cuisine from scratch



PHOTO BY JODI SCHNEIDER

Wendy Hickey is at the helm of a new food cart in Sisters.

with a focus on homemade sauces and pasta.

Hickey grew up in Jefferson City, Missouri, working in an Italian restaurant through high school and college. After practicing law for 19 years she realized her passion was cooking Italian, so she enrolled in culinary school in Denver in 2016.

Hickey said, "They had a program through that school where you could study in Italy, so I went to Parma and Brescia, Italy and learned pasta and gelato. Then I sought out on my own education through Cast Alimenti in Brescia, Italy for the gelato part of it."

The Italian menu at G Spot includes pastas, sandwiches, soup and desserts including gelato.

Hickey noted, "In my name G Spot, the G is short for gelato."

She makes her gelato from Eberhard's whole milk and cream, adds local berries,

hazelnuts, local fruits, coffee and more.

"That makes the batter, and then it goes into a batch freezer which makes the ice cream," Hickey said.

She added that Northern Italian food accentuates what is local.

"So here I use local produce from local farms, and I make the pasta with Italian flour and I also use Parma meat and Parma cheeses."

Hickey creates her own pasta, sauces, Italian dressing, ricotta cheese and gelato.

For her desserts, she serves gelato and bakes roulade cakes, brownies, and caramel waffle gelato sandwiches. Hickey's best sellers on the menu are hand-made pastas such as cannelloni, fettuccine and toasted ravioli.

Hickey said, "I love making my own food from scratch because I think it's important that we get back to those basics and stop the processed food."

ARREST: Seven-year-old child was in car during incident

Continued from page 1

received a report from one of the involved drivers who explained that a man later identified as Justin Lehr pointed a firearm at him from his vehicle while it was in motion. The victim driver described the suspect vehicle as a white Dodge pickup and provided a description of the suspect driver who had pointed the gun.

The suspect vehicle followed the victim into Sisters where the victim turned and the suspect did not follow. Deputies, assisted by Black Butte Ranch Police and

Oregon State Police searched the Sisters area looking for the suspect vehicle. The vehicle was located in motion near Bi-Mart and deputies, assisted by the Oregon State Police, conducted a high-risk (guns drawn) traffic stop and took Lehr into custody.

A search of his vehicle located a handgun that is alleged to be involved, according to the DCSO report. Lehr's seven-year-old son was also present in the vehicle during this incident and was returned to his mother following Lehr's arrest.

Lehr was lodged at the Deschutes County Jail on charges including: unlawful use of a weapon; menacing; and endangering the welfare of a minor.

BOOK YOUR FREE INTRO SESSION TODAY!

LEVEL FIVE BARBELL CLUB

CrossFit
Weightlifting
Cardio • Powerlifting
Barre • Yoga • Pilates
Sauna • Strongman
Bodybuilding

Memberships starting at \$39/month!

24 HR. ACCESS!

Call 541-699-7800 or email coach@level5fit.com
 www.level5fit.com | Located in Ray's Shopping Center

THE GARDEN ANGEL

Organic Turf Maintenance...
 Healthy Soil, Healthy Lawn

Call now to get on our mowing schedule

23 years in business • LCB#9583

541-549-2882

Kenyon AUDIOLOGY

Dr. Janet Kenyon Audiologist for over 30 years

Custom-built hearing aids
 Complete In-Canal
 Receiver In-Canal
 Behind-The-Ear

In-house cleaning, repairs & service

Premium hearing aids, affordably priced

All insurance plans accepted

541-317-1265
 1625 NE 2nd St. | Bend
 Open Mon-Fri 10 a.m.-5 p.m.
 www.kenyonaudiology.com

WEEDS & CHEAT GRASS OUT OF CONTROL?

Line Trimmer

Brush Mower

Weed Sprayer

RENT IT, BUY IT!

SISTERS RENTAL

506 N. Pine St.
541-549-9631
 Sales • Service
 Rentals • Accessories
 www.sistersrental.com

Premium Ground Cover Now Available at High Country Disposal

Only \$24 per yard

- Attractive ground cover that offers water retention and works as a weed-blocker.
- Excellent alternative to bark dust and mulches.

Premium Ground Cover provided by our sister company, Deschutes Recycling

High Country Disposal
 1090 NE Hemlock Avenue, Redmond
541-548-4984
 highcountrydisposal.com

Open Monday - Friday • We Deliver!
8:00 am — 4:00 pm