

## Take a Bite Out Of Bend

*by K\_Guice*

What better way to celebrate a Saturday than to take a big ole™ bite out of Bend. that™s right, load the family up and head down to The Shops at the Old Mill for the 4th annual Bite of Bend.

The event is free and takes place from 11:00 a.m. until 10:00 p.m. The food, spirits and entertainment are not to be missed according to Heidi Berkman, the special events coordinator for The Shops at the Old Mill District.

Highlighting the event is the Iron Chef competition. It starts at noon and goes until 6 p.m. Two full-industrial kitchens will be at the disposal of 10 chefs who will battle it out for the coveted spot as Central Oregon™s 2nd annual Iron Chef. “The Iron Chef competition is basically based off of the TV show, but we have local chefs battle it out.” Berkman said. “They really are some of the best around town.”

Music lovers will enjoy the line up on one of the two performance stages. The music of Bill Keale, Bad Influence, Stone Soup, Snow Kitten Pajama Party, Bongo Love and Eric Lindell will be on tap throughout the day.

“The second stage is for the performing arts,” Berkman said. At 1 p.m. and 5 p.m., patrons will enjoy the always-entertaining Tribal Bellydance troupe.

Kids can have a blast too. Arts Central is hosting a special area where children can create their own masterpieces using fruits and veggies dipped in paint. Kids then get to take their paintings home.

The event is not only family friendly, it is pet friendly, too. Berkman says, “The Shops at the Old Mill encourages everyone to bring the other member of the family, their dog.” She adds they also need to make sure they bring a leash.

#### Entertainment Schedule:

11:00 a.m. - Bill Keale - Hawaiian fused, feel good music - a local favorite  
12:30 p.m. - Bad Influence - Classic and contemporary rock cover band  
1:00 p.m. - Tribal Bellydance Troup, 2nd Stage  
2:30 p.m. - Stone Soup - Diverse aesthetic featuring folk, R&B, rock and reggae  
4:30 p.m. - Snow Kitten Pajama Party - Bass driven, organic agrarian groove

5:00 p.m. - Tribal Bellydance Troup, 2nd Stage 6:30 p.m. - Bongo Love - Authentic African music and drumming

8:30 p.m. - Eric Lindell-Roots rock combined with R&B, Blues, Reggae and Pop

Photo Credit: [TraditionalMountaineering.org](http://TraditionalMountaineering.org)

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