

HAPPENINGS

Happenings may be edited for length. Listings may also be found online at hoodrivernews.com; click the Events tab.

CALL TO ARTISTS

■ **KOOBDOOGA: An Exhibition** — Entry deadline Jan. 24, 2015. Exhibition at White Salmon Library; artists' reception Jan. 31, 2-4 p.m. Artwork, photographs, bead work, fiber arts, mediums to relate to the library's first Community Reads Event featuring book "Short Nights of the Shadow Catcher." Interested artists may pick up a copy of the book, exhibition details, display agreement and registration form at the library. KOOBDOOGA Committee reserves the right to reject works that do not meet the exhibition criteria. More info at 509-493-1132.

FOR CHILDREN

■ **Story Time at Hood River Library:** Baby/Toddler storytime and Big Kids story time, 10:30 a.m. Thursday mornings.

■ New Parent Services Playgroups

For parents and their children ages newborn to 5; for more info contact Nancy Johanson Paul at 541-436-0319 or nancy@nextdoorinc.org.

Tuesdays, 10:30 a.m. to 12:30 p.m. at Cascade Locks City Hall gym.

Tuesdays, 9-10:30 a.m. at Hood River Alliance Church, 2650 Montello Ave. (Contact the church at 541-386-2812 for details.)

Fridays, 10-11:30 a.m. at HR Early Childhood Center (former Pine Grove School), bilingual, with developmental specialists available (follows school calendar). For more info call 541-386-4919.

■ **Jan. 24 — Hood River Library family matinees, "The Sword in the Stone,"** 2 p.m. at the downtown library. The library bills its series "great books made into great movies" and is free.

■ **Through March 3 — Yoga for kids: Peace Warriors,** 4-5 p.m. at Trinity Natural Medicine Body Arts Studio, 1808 Belmont. With Stephanie Going. Sign up through Community Ed, 541-386-2055, community.ed@hoodriver.k12.or.us, or hrcommunityed.org. \$70.

EXHIBITS

■ **Through Jan. 23 — "Fossil Fools,"** a collaborative installation by Diane Gadway and Janet Essley, at White Salmon Valley Library, 77 Wauna Ave., White Salmon; open 10 a.m. to 6 p.m. Mon., 10-8 Tues., 10-6 Wed. thru Fri.; 9-5 Sat.

■ **Through Jan. 31 — "New Year, New Work,"** 11-5 p.m. at the Center for the Arts, 215 Cascade St. Featuring work of 10 local artists: Julie Abowitz, Laurel Bushman, Merilee Cooper, Charlene Fort, Sally Gilchrist, Barbara Murphy, David Ryan, Sally Reichmuth, Steve Stegall, and Jennifer Szolnoki.

■ **Jan. 31 — Columbia Gorge Discovery Center and Museum** in The Dalles presents Braceros of the Pacific Northwest presentation with Dr. Roberto de Anda, 5:30-8:30 p.m. Optional dinner (\$15) at 6 p.m.; presentation at 7. RSVP by Jan. 28 to

541-296-8600 ext. 201 or gorgediscovery.org.

COMMUNITY EVENTS

■ **Jan. 21 — Gentle yoga for beginning seniors 50 and over,** 10:30-11:30 a.m. at the Hood River Care Center, 729 Henderson Rd. Free. Taught by certified yoga instructor Christine Shannon. Wear loose, comfortable clothing; bring yoga mat and water bottle; some mats available onsite. No experience necessary.

Sleep Well



Jennifer Szolnoki

Are you always tired, can't function without coffee, or up at 3 a.m. worrying about your life? Come attend a free presentation on how to get a good night sleep without medication at Trinity Natural Medicine on Saturday, Jan. 24, from 1-2 p.m. Pre-registration is requested. For more information go to www.SleepInTheGorge.com. Presentations are being given by Jennifer Szolnoki, a counselor in White Salmon who works with people to get better sleep.

The workshop is repeated Jan. 27, noon to 1 p.m., at Wasco County Library in The Dalles, 722 Court St.

Folks who attend will learn about the do's and don'ts of sleeping well, how to work with what keeps them up at night, and walk away with simple steps to get a better night sleep.

■ **Jan. 21 — ESD Board Meeting,** 7 p.m., Hood River County School District office.

■ **Jan. 21 — Successful Habit Change,** 7-8:15 p.m. at Providence Hood River Memorial Hospital board room (second floor). With Shelley Smith, MD. Create successful change. Sign up through Community Ed, 541-386-2055, community.ed@hoodriver.k12.or.us, or hrcommunityed.org. Free.

■ **Jan. 22 — CASA volunteer training begins.** Five week, 30 hour training course; learn to be an effective advocate for a local foster care child. Pre-registration required. Call 541-386-3468 or visit gorgecasa.org.

■ **Jan. 22 — Forklift Operator Training,** 10-2 p.m. at Your Rental & Party Center, 1113 Tucker Rd. With Tom Heep and Woody Eskilen. OSHA approved; receive an operating card. Sign up through Community Ed, 541-386-2055, community.ed@hoodriver.k12.or.us, or hrcommunityed.org. \$120.

■ **Jan. 22 — Mid Valley principal search meeting,** 6:30 p.m. in the Mid Valley Elementary library. With Superintendent Dan Goldman. Principal

Dennis McCauley will retire at the end of June; Goldman is seeking input from parents and staff regarding the qualities and attributes they would like to see in the school's next principal.

■ **Jan. 23 — Friday Fun Lunch with Highline Express,** 11-1:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights. Dancers and listeners welcome.

■ **Jan. 23 — Friday Craft Night,** 6:30-8:30 p.m. at New Leaf Studio, Oak and Cascade. Learn to knit a hat, scarf or mittens. Class 1 of 3 (Jan. 30, Feb. 6); \$45, including classes and yarn. For more info contact Amy Zacher, 541-386-3996.

■ **Jan. 24 — "Painting from the Heart,"** 10:30-1 p.m. at New Leaf Studio, between Oak & Cascade. Express your true ideal, shadowy, divine self. \$50; scholarships available. Three week class (Jan. 31 and Feb. 7). For more info contact Amy Zacher at 541-386-3996.

■ **Jan. 24 — Free sleep presentation,** 1-2 p.m. at Trinity Natural Medicine. Jennifer Szolnoki, MSW, LCSW, will talk about how to get a good night's sleep without medication. More info at tworiverscoaching.com or 509-281-1008.

■ **Jan. 24 — Wild Bill's Bingo at the Elks Lodge,** fundraiser for Elks scholarship programs, 7 p.m. Open to the community. Minimum \$250 progressive blackout each week. Hosted by the Elks and the Mid-Columbia Knights of Columbus. Dinners, starting at \$8.50, are available from 5-7 p.m.

■ **Jan. 25 — Author reading, Molly Gloss,** 2 p.m. at the Hood River Library. Gloss will read and discuss her new book "Falling from Horses." Free. For more info, contact the Library District at 541-386-2535, info@hoodriverlibrary.org, or hoodriverlibrary.org.

■ **Jan. 27 — Senior meals,** noon at the Lyle Lions Community Center, corner of 5th St. and Hwy 14. Public always welcome.

■ **Jan. 27 — Big Bingo at the HR Valley Adult Center,** 2010 Sterling Place, off Brookside Drive. Doors open and food available at 5 p.m.; games begin promptly at 6 p.m. Funds raised support the Meals on Wheels program.

■ **Jan. 27 — HR Watershed Group,** 6-8 p.m. at the OSU Extension meeting room. Focus on urban portion of Indian Creek, fire hazard reduction, birds to see and highlights from Indian Creek Stewards.

■ **Jan. 28 — Gentle yoga for beginning seniors 50 and over,** 10:30-11:30 a.m. at the Hood River Care Center, 729 Henderson Rd. Free. Taught by certified yoga instructor Christine Shannon. Wear loose, comfortable clothing; bring yoga mat and water bottle; some mats available onsite. No experience necessary.

■ **Jan. 28 — Breastfeeding Support Group,** 12-1 p.m. at Riverside Church, Fourth and State. Mother-to-mother support led by Columbia Gorge Breastfeeding Coalition and facilitated by a Certified Lactation Consultant. For more info call Jennifer McCauley, RN, IBCLC, 541-387-6344.

PICK OF THE WEEK



Submitted photo

UNTIL FEB. 15: "Bittersweet Harvest: The Bracero Program 1942 – 1964" is a moving bilingual exhibition organized by the Smithsonian's National Museum of American History.

Braceros in the Pacific Northwest exhibit comes to Discovery Center

THE DALLES—Columbia Gorge Discovery Center and Museum presents Culture a la Carte, an evening presentation on the topic of Braceros of the Pacific Northwest, Saturday, Jan. 31, from 5:30 p.m. to 8:30 p.m., 5000 Discovery Drive, The Dalles. Doors open at 5:30 p.m. Enjoy an optional dinner for \$15, served at 6 p.m., followed by the free presentation at 7 p.m.

The free program will be presented by Dr. Roberto M. de Anda. He will discuss the political and economic forces in the United States and Mexico that led to the creation of the Bracero Program in the early 1940s. Particular attention will be paid to the experiences of braceros in Hood River during World War II. He will also explore how braceros' employers contributed to the growth of the Mexican-origin population nationally as well as in the Pacific Northwest.

Dr. Roberto M. de Anda is Acting Director and Associate Professor of Chicano/Latino Studies Program at Portland State University. After doing graduate work in Latin American studies at the Universidad Nacional Autónoma de México (UNAM), he earned a Ph.D. in sociology at the University of Arizona. His research interests include labor market inequality among Mexican-origin workers, bilingual education and immigration. He is currently working on a biography of Ernesto Galarza (1905-1984), a pioneer in the study of braceros in the United States. Professor de Anda has published several book chapters and articles in professional journals; he has also edited two editions of his book "Chicanos & Chicanos in Contemporary Society."

The optional dinner will include eggplant parmesan, chicken parmesan, fettuccini, garden salad, garlic bread, and chocolate raspberry cheesecake. Cost for the dinner is \$15. The presentation is free.

The exhibit "Bittersweet Harvest: The Bracero Program 1942-1964" will be open that evening, free to Culture a la Carte participants. You are welcome to spend a little time reviewing the 15 bilingual banners, listening to the audio recordings and learning about the Bracero Program.

Reservations are required by January 28. For information or reservations, call 541-296-8600 x 201. Dinner reservations and payment may be also made online at www.gorgediscovery.org.

■ **Jan. 28 — Brown Bag Workshop: Google Drive,** 12-1 p.m. at Gorge Innoventure, 1000 E. Port Marina Dr. Ste. 101. Learn to use Drive to create and edit files, upload and store files, etc. Bring your computer or smart phone; attendees are also encouraged to bring a brown

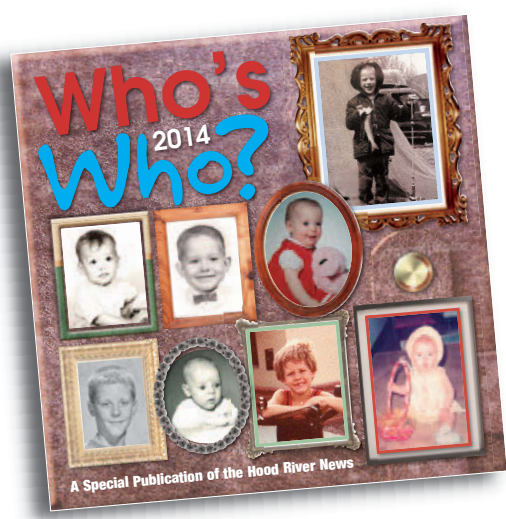
bag lunch. \$5.

■ **Jan. 28 — American Red Cross blood drive,** 12:30-6 p.m. at Oregon National Guard Armory, 12th & Belmont. Visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood

types are needed. A blood donor card or driver's license or two other forms of identification are required at check-in.

■ **Jan. 30 — Friday Fun Lunch with Andre & K.C.,** 11-1:30 p.m. at HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights.

Who's Who?



2015

Plan now to be a part of this popular annual publication that highlights businesses and the hard-working people that make Hood River County special.

DEADLINES:

Space Reservation **Wed, Feb 4**
Ad Finalized **Wed, Feb 11**

Advertise by calling Liana, Kirsten, Chelsea or Jody at the Hood River News **541.386.1234** Publishes **Sat, Feb. 28, 2015**