

NEW BUSINESS PROFILE:

Remedy organic juice café opens downtown



Photo by Trisha Walker

OWNER JULIA DETERS cuts fresh wheatgrass at Remedy Juice Café, new to downtown Hood River.

By **TRISHA WALKER**
News staff writer

There's a new organic juice and food bar in downtown Hood River.

Remedy Juice Café, owned by John and Julia Deters and co-founded by Tish Parmenter, specializes in organic juices and smoothies, and features daily soups, Buddha and Glory bowls, salads and hot drinks that include chai lattes and kale coffee.

"Our menu gives vegan and gluten-free individuals a choice for downtown dining," Parmenter said.

Located at 112 Third St., the three started the new juice bar to fill the need "to have an organic café and meeting ground that provides healthful drinks and foods that nourish," said Parmenter.

The trio is looking to "serve our community with vibrant, healthy food as well as a variety of wellness opportunities, including community cleanses, wellness workshops and an onsite nutritionist to answer any questions you may have," said Parmenter, who leads monthly cleanses. "Investing in the health of this Gorge community that we adore is our business."

"We're very passionate about juicing and health," said Julia Deters. "Our goal is to educate the community."

The Deters moved to Hood River in August 2013 with son Tristan, 9, from Southern California. John, an entrepreneur for over 30 years, was looking to open a business and tossing around the idea of a juice bar. The idea became reality when space opened near Flow Yoga.

Being yogis and members of Flow Yoga, a juice bar near the studio was "a no brainer," said Julia.

The café's winter hours are Monday through Saturday, 9 a.m. to 4 p.m., and Sunday from 8:30 a.m. to 4 p.m. For more information, call 541-716-4020 or visit Remedy's Facebook page (keyword: Remedy Juice-Cafe). Their menu can be found online at remedyjuice-cafe.com.

A DIVERSE BLOCK

Remedy is located on Third between Oak and Cascade, on the same side of the street as a wide variety of businesses, new and existing, on the ground floor of the Heilbronner Building.

The Darling Boutique opened in 2014, and the 64 Growler Station will start up in April. Sharing the block are veteran tenants Flow Yoga, Atomic Hair Lounge, Young Life, and Discover Mortgage.

HAPPENINGS

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

ON STAGE

■ **Feb. 26-28 — The Full Monty**, 7:30 p.m. at Columbia Center for the Arts. Written by Terrence McNally and David Yazbek, and directed by Bruce Ludwig. Tickets \$18 for adults, \$15 for students and seniors, \$12 for groups of 10 or more. Packages also available. Contains mature content and is not suitable for children under 13. More info at columbiarts.org.

■ **Feb. 27-28, March 6-7, 13-14 — Madwoman of Chailot**, 7 p.m. at the HRVHS Bove Theater. Adults \$8, students/seniors \$6. Advanced tickets available at Waucoma.

FOR CHILDREN

■ **Feb. 28 — Magic the Gathering** for 13 & under, 4-5:30 p.m. at Hood River Hobbies. Week 2 of 4; supervised club for kids to have fun and improve their skills. Gameplay, skill building workshops, prizes. \$40 for series; email info@hoodriverhobbies.com or register through Community Ed at 541-386-2055.

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

EXHIBITS

■ **Feb. 28 — Clink! A Taste of Oregon Wine exhibit grand opening and wine tasting**, 6-8 p.m. at the History Museum, 300 Port Marina Dr. Exhibit viewing, wine tasting, live music, dancing, light refreshments and museum logo wine glass. Fundraiser for museum. \$35 general admission, \$30 current members. Tickets at Waucoma, the History Museum and by calling 541-386-6772.

■ **Through March 1 — Art A Day at the Columbia Arts Center**. Featuring Kathryn Watne (Enameled Jewelry), Charlene Forte (Glass), Dawn Elle (Ceramics), Sue Sutherland (Oils), Mark Nilsson (Acrylics), and Karen Watson (Pastels).

COMMUNITY EVENTS

■ **Feb. 25 — Gentle Yoga** for beginning seniors 50 and over, 10:30-11:30 a.m. at the HR 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.

■ **Feb. 25 — Collete Vacations** slideshow and information, 11 a.m. at the Charburger Restaurant, 4100 Westcliff Dr. Free overview of 2015 tours: Greece and its islands, June 7-21 and Alaska land and cruise, Aug. 8-12. With Kay Lincoln. Portion of tour proceeds to support Providence HR Memorial Hospital Foundation scholarship fund. More info at 541-490-3177.

■ **Feb. 25 — 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.

■ **Feb. 25 — Lunch & Learn seminar**, 12-1 p.m. at Gorge Innoventure. Learn to research and develop grants for small businesses. By Ken Vaughn and Leon Wolf. Registration required; 541-436-0797.

■ **Feb. 26 — Hood River Art Club** presents Cathleen Rehfeld, 10 a.m. in building M1 of the Hood River Alliance Church, 2650 Montello Ave. Oil painting workshop; only odorless solvents such as Gamsol, please. Artists at all levels of experience welcome. \$20 for Art Club members, \$25 for non-members. Pre-registra-



Photo by Kirby Neumann-Rea

OUT-OF-WORK JERRY (Ari Bloodgood, left) gets a money-making scheme from an unlikely source, Keno the Chippendale dancer (Nathan Ohlsson), in "The Full Monty," closing this weekend at CAST. (Details in On Stage.)

tion is required; contact Dell Rhodes, 509-493-3572, rhodes@reed.edu for a supplies list and to register.

■ **Feb. 26 — AARP Tax preparation**, 2-7 p.m. at the HR Valley Adult Center, 2010 Sterling Place, off Brookside Drive on the Heights.

■ **Feb. 27 — Life & portrait drawing labs**, 9-noon at the Columbia Center for the Arts Studio. Every Friday. \$20 drop in; package discounts available. More info at columbiarts.org or 541-387-8877, ext. 114.

■ **Feb. 27 — 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. Dancers and listeners welcome.

■ **Feb. 28 — Second Annual Cascade Winter Ruck**, 8:30-5 p.m. at the Port of Cascade Locks Marine Park. Get prepared for the coming hiking season. Novice to expert. Includes breakfast and lunch; special discount at Thunder Island Brewing day of event. Cost \$30.

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