

Health, comfort, efficiency measures allow homes to work better

'Total Home Performance' helps Parkdale homeowner stay cool and comfortable

Summer is definitely here, long after the first waves of hot weather. Many of us will spend the coming months doing our best to stay cool and protected from the hot sun. For Rick Anderson, staying cool is not just about comfort — it's critical to keep his multiple sclerosis symptoms in check.

Symptoms flare up when spending time in the sun, taking a hot shower or even just preparing a meal on the stove. "The heat makes my husband ill," said Delores Anderson. "He needs to stay

cool." Delores' Mt. Hood Parkdale 1973 home has been in her family for two generations and she wanted to continue living there. This meant recognizing when the home she loves could do more.

"We've got to stay on top of it so our home continues to be healthy and comfortable," said Delores.

Older homes are more prone to problems like wasted energy, leaky walls and old windows. Addressing performance issues is especially important.

Delores knew the furnace and air conditioner were on their last legs. Both were installed back when her parents first built the home. "We were holding our breath, hoping they wouldn't break," she said.

Instead of simply replacing the AC, Delores' son encouraged her to contact Clean Energy Works (CEW) to get a complete look at all

the things their house could do better. CEW is the largest non-profit home performance provider in Oregon and makes it easy and affordable for homeowners to improve the comfort, efficiency and health of their home all at the same time, an approach called "Total Home Performance."

"Total Home Performance is about saving energy, plus a whole lot more," said Stephanie Swanson with Clean Energy Works. "A Clean Energy Works' homeowner shares our vision to create healthier, safer places to live."

CEW offers qualified contractors, instant rebates and no money down financing as part of its "one stop shop" services.

Delores got a free home check-up from McDowell & Son, a CEW certified contractor in Hood River that's been in business for 19 years.

"Our customers are deal-

ing with a number of issues, including hot, steamy rooms, moisture in the wrong places, and mold, mildew and dust," said Terry McDowell, owner of McDowell & Son. "We detect common problems and prioritize Home Performance fixes that will lead to a healthier, more comfortable home."

Looking at Delores' home as a complete system, McDowell & Son checked all major components and structural features. Delores discovered that a new AC wasn't all she needed — insulation and air sealing, new windows, an air filter plus a better fan system were key to improving the performance of her home.

Delores worked with McDowell & Son to transform her home, saving \$1,250 through instant rebates from CEW. She says the benefits were immediate.

"Our home is keeping us cool," said Delores, "and



Submitted photo

HEALTH AND COMFORT moved Delores and Rick Anderson of Parkdale to work with Clean Energy. They saved thousands via rebates are feeling the benefits.

there's a huge difference in the amount of dust. I can see how much is trapped by our air filter."

They've also reclaimed a room off the master bedroom, which they'd written off for years due to the strong smell of mildew and must.

"It's our sunroom now," said Delores. "When you sit

there it feels like you're outside. It's very nice." The upgrades made it possible to use their whole home again.

Homeowners interested in learning how houses can perform better can get a free check up at GetComfy.org, where a more comfortable, efficiency and healthy home is just a click away.



Submitted photo

STEVE NANCE accepts congratulations from Pastor Don Howell of Valley Worship Center.

CHURCH NEWS

Valley Worship Center honors Stephen Nance

On Father's Day, June 21, members and leadership of Valley Worship Center honored long time member and resident of the Mid-Columbia, Stephen R. Nance, for 41 years of service as the church Secretary/Treasurer and Bookkeeper.

From the time of his youth, Nance has been a part of Valley Worship Center in Mount Hood-Parkdale. The church, formerly called Mount Hood Assembly of God, was established on April 26, 1942, when Nance was just two years old.

When it was Nance's time to come into the world, his mom didn't make it to the hospital, and he was born along side of Highway 35 in Mt. Hood, just across the street from where the church's geodesic sanctuary stands today. Nance said that after he was born, "They (his parents) just went back home to Mt. Hood and the midwife came to the house and did her thing."

Nance grew up in the upper Hood River valley, attended Mt. Hood grade school, Parkdale Junior High School, and Wy'east High School. He has lived in the Mid-Columbia all of his life other than his time away serving in the military. He served his country as a United States Navy Hospital

Corpsman from Feb. 10, 1960, to Jan. 25, 1965, and was stationed in Southern California, Okinawa, and Naples, Italy.

He married Betty Aylsworth on Sept. 12, 1965. He began working for Neal Creek Lumber in 1965, which was bought out by Champion International Corporation in 1969, which was then bought out by International Paper Co. in 2000. Nance retired in 2001, making a total of 36 years of service in effect for the same company. Steve and Betty have three children, Kathy, Ken, and Debra, four grandchildren, and three great grandchildren.

Nance began serving the church as Secretary/Treasurer and Bookkeeper in 1974. Church pastor Rev. Don Howell said if he had to use one word to sum up Steve's life, the word would be faithful. "Steve has faithfully served the church in the position of Secretary-Treasurer and Bookkeeper for longer than most individuals have attended the church, and during this time Steve has blessed the church with his gifting and talents.

"Even though he is retiring from the job as bookkeeper, I know that Steve will continue to bless the church, it's just the kind of person he is," said Howell.

Free Concert Series

Sweet Summer Sundays at Skamania Lodge

From guitars and rock music to soul-searching rhythm and blues, the **FREE** summer concert series at Skamania Lodge has something for everyone.

<p>Saturday, July 4th Moe Dixon 6:30 PM - 8:30 PM</p> <p>Sunday, July 5th Bruce Smith Guitar Show 2 PM - 4 PM</p> <p>Sunday, August 9th Andy Madson 2 PM - 4 PM</p>	<p>Sunday, September 6th Midnight Honey 2 PM - 4 PM</p> <p>Sunday, October 4th Joseph Konty 2 PM - 4 PM</p>
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Skamania Lodge
Authentic. Inspired. Rejuvenating.
A DESTINATION HOTEL™

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WORSHIP DIRECTORY

ASSEMBLIES OF GOD

RIVER OF LIFE ASSEMBLY
Lead Pastor Terry Abbott
979 Tucker Rd.
Hood River, OR 97031
541-386-3656

riveroflifeassembly@gmail.com
www.river-of-life-assembly.org
For details check the current bulletin on our website
Service Schedule

Sunday
Real-Time Spanish Translation of AM Messages—Head Sets Provided
8:30 a.m. Worship Celebration & KidzChurch, K-6th*
10:00 a.m. Coffee, Conversation & Refreshments
10:30 a.m. Worship Celebration & KidzChurch, K-6th*
Wednesday
6:30 p.m. Wacky Wednesdays K-6th*
Youth Group 7-12th*
20 Somethings Group*
*Childcare provided at the church for those attending

VALLEY WORSHIP CENTER
5780 Hwy 35, Mt. Hood/Prkd
Rev. Don & LaRonna Howell

Sundays
Bible Classes 9:45 am
Coffee & Fellowship 10:30 am
Worship Celebration 10:45 am
Dinner & Service 6:00 pm
www.valleyworshipcenter.org
valleyworshipcenter.pastor@gmail.com or (541) 352-7269

BAPTIST

1st BAPTIST CHURCH of ODELL
3081 Odell Hwy
Pastor Rick Plank
541-354-1863
Sunday School 9:45 a.m.
Morning Service 11 a.m.
Evening Service 6 p.m.
Wednesday Service 6 p.m.

GRACE BAPTIST CHURCH
1280 W. Jewett • White Salmon
Worship Service 9:00 a.m.
Sunday School 10:45 a.m.
Jr/Sr. High Youth • Small Groups (call for times & location)
Pastor Mark Hoeffner
(509) 493-2597
www.gracews.org

BELMONT DRIVE MISSIONARY BAPTIST CHURCH
4200 Belmont Road
541-386-4201
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Sunday evening Bible study 6:00 p.m.
Wednesday evening Bible study 6:00 p.m.

PARKDALE BAPTIST
6310 Dee Hwy., 541-352-6515
Bobby Joe Beauchamp, Pastor
Sunday School, 9:45 a.m.
Morning Worship, 11 a.m.
Evening Worship, 6 p.m.
Wednesday Study, 6 p.m.

TUCKER ROAD BAPTIST
Pastor Dean E. Kelly, Jr.
1455 Tucker Road
Hood River, OR 97031
541-386-1049
— Sundays —
Bible Study, All Ages, 9:30 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6 p.m.
— Wednesdays —
Prayer Meeting 6 p.m.

CATHOLIC

ST. MARY'S CATHOLIC CHURCH
1501 Belmont, Hood River
Saturday Sacrament of Reconciliation in English/Spanish 4-5 p.m.
Saturday
Mass in English 5:30 p.m.
Mass in Spanish 7 p.m.
Sunday
Mass in Spanish 8 a.m.
Mass in English 10 a.m.
Mass in Spanish 1 p.m.
Holiday Masses

7 a.m., 12:10 p.m., 7 p.m.
Daily Mass 7:30 a.m.
Father Ronald M. Maag,
Pastor, 541-386-3373

CHRISTIAN & MISSIONARY ALLIANCE

HOOD RIVER ALLIANCE
"You're Always Welcome!"
2650 W. Montello St.
541-386-2812
www.hoodriveralliance.org
Steve Grace, Senior Pastor
John Blosser, Associate Pastor
Tina Graves, Youth Pastor
Emily Blosser, Worship Pastor

Sunday Morning
2 Worship Services
9 a.m. & 10:45 a.m.
Monday Night
Senior Youth Group
Tuesday Night
Celebrate Recovery Group,
6:15 p.m. (Contact Person:
John Blosser 507-820-0871)

Wednesday Night
Junior Youth Group
Nightly Activities
Small group Bible studies through the week.
La Iglesia Esperanza Y Vida
Sabado 6 p.m.
Spanish Service Saturday at 6 p.m.
Tony Estey, Pastor
Llame para un orario completo
541-806-2691

CHRISTIAN SCIENTIST

CHRISTIAN SCIENCE SOCIETY
701 Washington St.
The Dalles, OR 97058
Sunday Service 10 a.m.
Wednesday Service 7 p.m.

CHURCH OF CHRIST

HOOD RIVER CHURCH OF CHRIST
1512 Tucker Road
Cody Singleton - Minister
9:45 Bible Classes
10:45 Services
541-386-2782
Wednesday Bible Study 7:00 p.m.

ODELL CHURCH OF CHRIST
3784 Summit Drive
Worship 10:30 a.m.
541-354-3127

COVENANT CHRISTIAN

COVENANT HOOD RIVER
Pastor Fritz Stranz
455 Frankton Rd.
Hood River, OR 97031
Sunday Service 10:00 a.m.
Wednesday Youth & KIDZ 6:30 p.m.
541.386.8805
covenanthr.org

DISCIPLES OF CHRIST

HOOD RIVER VALLEY CHRISTIAN CHURCH
Pastor Rev. Alicia Speidel
975 Indian Creek Road
Hood River, OR 97031
541-386-2608
hoodrivervalleychristianchurch.com
10:30 a.m. Christian Sunday Worship with children's summer program
Childcare provided during worship services
For information on programs for children, youth and adults, please call the church

EPISCOPAL

ST. MARK THE EVANGELIST
11th & Eugene
Rev. Anna Carmichael
Sunday Holy Eucharist at 8 and 10 a.m.
Child Care at 10 a.m.
Wednesday Holy Eucharist at 11:30 a.m.
Everyone is welcome.
For more information, call:
St. Mark's Office
541-386-2077

LDS

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
18th & May, Hood River
ALL ARE WELCOME!
Hood River Ward
Sacrament Meeting 10 a.m.
Sunday School 11:20 a.m.
Priesthood/Relief Society 12:10 p.m.
Grupo en Español
Hora Sacramental (Traducida) 10 a.m.
Escuela Dominical (Clase en Español) 11:20 a.m.
Sacerdocio y Sociedad de Socorro (En Ingles) 12:10 p.m.

LUTHERAN

CONCORDIA EVANGELICAL LUTHERAN CHURCH, ELS
Evangelical Lutheran Synod
11th & Pine • Hood River
541-386-4004 or 541-298-8385
Pastor Jesse Jacobsen
Sunday School & Bible Class 8:00 a.m.
Divine Service 9:00 a.m.
Office Hours: Wednesday
www.concordiahoodriver.org

IMMANUEL LUTHERAN CHURCH

305 9th St. 386-3046
Pastor Jeff Mueller
www.ImmanuelHR.org
Sunday Morning Schedule
Adult Bible Class 8:45 a.m.
Worship Service 10:00 a.m.
Children's Church 10:00 a.m.
Nursery Care 9:45 a.m.-11:15 a.m.
Small Groups All Week
Check our web page above for all the details
Sr. High Youth Group
Saturdays @ 6:30 p.m.
Middle School Youth Group
Fridays @ 3:30 p.m.
"It's all about RELATIONSHIPS!"
Please join us!

METHODIST/LUTHERAN

ASBURY OUR REDEEMER PARTNERSHIP
Pastor David King
1140 Tucker Road
541-386-3993
9:00 a.m. Traditional Worship
10-10:30 a.m. Fellowship
Time 10:30 a.m. Celebration
Worship
10:30 a.m. Christian Education
Everyone is welcome!

NAZARENE

CHURCH OF THE NAZARENE
Joel & Mindy Alsworth, pastors
2168 Belmont Drive
Church Office: 541-386-2604
Fax: 541-386-2064
9 a.m.-Noon
Church Web site: www.hrmaz.org

Sunday
Worship Service - 9:30 a.m.
Christian Education/Sunday School (for all ages) - 11 a.m.
Monday-Thursday
Home Group Studies
Tuesday: 6:30 a.m.
Men's Prayer Time
8 a.m. Ladies Breakfast
Downtown
6:30 p.m. Youth Group

PARKDALE CHURCH OF THE NAZARENE
4th & Van Nuys
(by grade school)
Services
Carl Casey, Pastor
Sunday School 9:45 a.m.
Morning Worship 11 a.m.
Evening Worship 6 p.m.
Ladies' Bible Study, Mon. 9:30 a.m.
Call 541-352-6913
or 541-490-6673
for further details.

NON-DENOMINATIONAL FAITH BIBLE CHURCH
1889 Belmont, 541-386-3557
www.fbchoodriver.org
Pastor Bruce Parker
— Sunday —
Sunday School (all ages) 9:15 a.m.
Worship Service 10:30 a.m.-12:00
Expository preaching
Childcare provided 10:30 a.m.
We offer youth and small groups.
Call for times and locations.

SHEPHERD OF THE VALLEY BIBLE CHURCH

8th & Pacific, Hood River
Tommy Moon, Pastor
Sunday Service 10:30 a.m.
svbchr.org

PRESBYTERIAN

PARKDALE COMMUNITY CHURCH
4910 Baseline Drive
541-352-7747
Sunday School, 9:30 a.m.
Sunday Worship, 10:45 a.m.
Rev. Mark N. Willems, Pastor

QUAKER

RELIGIOUS SOCIETY OF FRIENDS

Mountain View Worship Group meets First and Third Sundays of the month at 10 a.m. at 700 Union St. (the Old Episcopal Church) Everyone is welcome.
Contact Jeff Hunter, 541-490-6006
JeffHunter1859@gmail.com for directions and information.

SEVENTH-DAY ADVENTIST

SEVENTH-DAY ADVENTIST
13th & Oak, 541-386-3220
Ron Hart, Pastor
9:30 a.m. Bible Study
11 a.m. Worship Service
Spanish Services meet at 1100 22nd St.

UNITARIAN UNIVERSALIST

MID-COLUMBIA UNITARIAN UNIVERSALIST FELLOWSHIP
Sunday Worship and Children's Program
10 a.m. at the Rockford Grange
4262 Barrett Drive, Hood River
Classes, Groups & Community Service
Rev. Judy Zimmerman
Info: (541) 241-6771 or www.mcuf.org
We Are A Welcoming Congregation.

UNITED CHURCH OF CHRIST

RIVERSIDE COMMUNITY CHURCH UCC
Heart of Downtown at 4th & State
Worship at 10:30 a.m.
riversideucc.com
Doubters welcome
An "Open & Affirming" congregation
Rev. Vicky A. Stifter,
541-386-1412

BETHEL UNITED CHURCH OF CHRIST

Inclusive - Welcoming - Peace & Justice
Rev. Kelly Ryan
480 East Jewett Blvd.
(509) 493-1747
White Salmon
Morning Family Worship & Sunday School 10 a.m.
www.bethelwhitesalmon.org

UNITED METHODIST

PINE GROVE/ODELL UNITED METHODIST CHURCH
3422 Odell Hwy., Odell;
541-354-1063

Christy Matson, Lay Preacher
2415 Eastside Road, Pine Grove
Sunday Worship Schedule
Adult Sunday 8:45 a.m.
Worship 10 a.m.
Sunday School 10:15 a.m.
Sept.-May at Odell Building
June-July-Aug. at Pine Grove Building
Everyone is Welcome

THE VINEYARD "A COMMUNITY OF CHURCHES"

VINEYARD CHRISTIAN FELLOWSHIP OF HOOD RIVER
"Come as you are!"
Pastor Denny & Sue Anderson
Assoc. Pastor Dave Turner
Youth Pastor Carrie Turner
Sunday Worship Celebration
Coffee & Fellowship 9:30 a.m.
Worship 9:45
Youth Group - Wednesdays 6:15
Grades 6-12
AWANAS - Thursdays 6:30
Ages 3 through 6th grade
Home Groups - Thursdays 6:30
www.vcfhr.org.
508 9th St. (Across from Children's Park)
541-386-7070