

ENTERTAINMENT Update



If you enjoyed last week's show from Calico, head down to The Ruins (July 14, 6 p.m.) and check out **The Crow and the Canyon** (pictured above). Described as a "bluegrassish quartet from Portland," the band is on a summer tour that includes stops at The Oregon Country Fair, Mississippi Studios, and the Northwest String Summit. California bluegrass band Damascus Road is on the bill, too. — *Jim Drake*

Norris, Womble at White Buffalo



Polly Norris

On Thursday, July 16, Polly Norris and Mark Womble play the White Buffalo from 6-8 p.m. Polly (vocals, guitar, banjo) and Mark (vocals and keyboard) will perform a collection of tasty originals with savory arrangements including rock, country swing and blues. This week's complimentary wine tasting will be hosted by Willow Wines of Underwood. The White Buffalo Wine Bar & Bistro, 4040 Westcliff Dr., Hood River; 541-386-5534.

Blue Moon BBQ Aug. 1

Celebrate this year's only blue moon, in the scenic Columbia Gorge at Maryhill Winery — paired with live music by the award-winning Karen Lovely Band and scrumptious barbecue by The Glass Onion. Stargazers can delight in staring up at the sky through telescopes provided by Goldendale Observatory State Park and enter to win a Washington State Parks Discover Pass. All ages. Saturday, Aug. 1, 6:30-9:30 p.m. Tickets \$10 early, \$12 at the door.

'Recycling Days' camp July 27-29

Have your kids been complaining that they are bored? Do they need a fun summer activity to beat this heat? Sign up for Recycling Days at the History Museum of Hood River County. This is a camp like atmosphere all about recycling. We are going to learn and have fun with a recycled materials theme. These fun, recycling centered activities will include creating musical instruments from recycled materials, special guests from the Forest Service, and the BIG project that we are keeping a surprise! Recycling is an important part of continued life in the Gorge, so bring your kids down to learn about and make it a part of their everyday life in a fun way.

Recycling Days will be July 27, 28, and 29, from 10 a.m. – noon. This day activity is for kids ages 7-11. The camp will be \$10 per day or \$25 for all three days. Pre-registration is required as space and supplies are limited. To register your kids for Recycling Days please call 541-386-6772.

Andrew Grade at The Pines

This week at The Pines: Brigid's Cross, Thursday, July 16, early show from 4:30-6:30 p.m.

Andrew Grade, Friday, July 17, 6-9 p.m. Andrew Grade is an instrumental acoustic guitarist who plays music that is upbeat and mellow. It combines elements of pop, blues, funk, and jazz. His songs weave layers of melody, guitar-based percussion and harmonics. The Pines Tasting Room, 202 Cascade Ave., Hood River; 541-993-8301.

Lavender DAZE July 18-19



Richard Tillinghast

The 11th Oregon Lavender DAZE Festival returns July 18 and 19. Make plans for the annual event that features free admission, live music, food and wine vendors, craft classes, U-pick lavender, and kid's activities. Tour groups welcome. Music schedule: Saturday: MacMillan, Keith & Bell 10:30-Noon; Moe Dixon 2:30- 5 p.m. Sunday: Kay & Randy 10:30- Noon; Larry and Raven 12:30-2 p.m.; Richard Tillinghast & Onehum 2:30- 5 p.m. Hood River Lavender Farm, 3801 Straight Hill Road, Hood River; www.lavenderdaze.com

Take Two at CEBU



Ted Horwitz

This week at CEBU Lounge: Friday, July 17, Take Two Duo featuring Ted Horwitz & Laura Cunard, 9:30 p.m. "Playing a mix of familiar tunes in a wide variety of music styles, Take Two plays jazz and big-band standards to pop, classic rock, country, folk and R&B."

Saturday, July 18, Tony Smiley - Hood River native Tony Smiley rocks solo as the one-man-loop-ninja. 9:30 p.m. Best Western Plus Hood River Inn, 1108 E. Marina Way; 541-386-2200.

'Vokab' at River City July 16

Vokab Kompany is a genre-defying masterpiece of sound comprised of vocalists Rob Hurt and Burke Baby. With live accompaniments by their four-piece band, they create an innovative sound that "blankets audiences and leaves them in a musical stupor." Catch them at River City on Thursday, July 16, music starts at 9 p.m. Advance tickets \$12 at brownpapertickets.com/event/1751955.

River City Saloon, 207 Cascade Ave., Hood River; 541-387-2583. Entertainment listings can be e-mailed to jdrake@hoodrivernews.com



Photo by Kirby Neumann-Rea

JAM BAND Smudgepot performs a well-received set amid smoke and lights provided by Positive Light Productions, to top off the fifth anniversary party at Volcanic Bottle Shoppe Saturday. Mark Reynolds and Matt Mesa started the music, followed by 23rd and Union. Meanwhile, folks sampled the Volkanische Vijf (Volcanic five) Belgian-style sour ale prepared for the occasion by Solera Brewery and Everybody's Brewery. Smudgepot members are Eric Skutch on keys, Chris Reed on guitar, Abe Stevens – on bass and Nevin Plummer on drums. Stevens and his wife, Amanda Goeke, own Volcanic. Go to hoodrivernews.com/Media for a short video of Smudgepot from Saturday's gig.

Plein Air celebrates 11 years Aug. 7-30

In celebration of scenic beauty of the Columbia River Gorge, the Columbia Center for the Arts will hold its 11th Annual Pacific Northwest Plein Air Aug. 7-30 — a series of events featuring the art of painters and writers. Plein air (in open air) brings artists and writers from around the country to draw creative inspiration from the many vistas of the Gorge. Artists are invited to spend three days visiting some of the most visually remarkable sites in the Gorge during a three-day "Paint-Out" for visual artists and "Write-Out" for writers.

Plein Air Art Exhibition

The Plein Air Art Exhibition is a juried show that highlights the works of artists from North America, and includes a juror workshop, artists' gatherings, and plenty of opportunities to engage with the beautiful outdoors. During the first week of August (prior to the opening of the exhibition), invited artists will set up in various outdoor locations throughout the area to paint. On Thursday, August 6, 4-6pm, artists will set up in downtown Hood River for the Quickdraw event, during which they have a two-hour timeframe to create a work of art. All these plein air images will be hung salon-style and will be on display from August 7-30.

"You can't go wrong with a gallery full of paintings from The Columbia Gorge National Scenic Area for inspiration," says the art show's curator Cathleen Rehfeld. "We have selected 40 of the most talented and inspired artists to participate in Plein Air, and there is always a sense of suspense as no one knows what the work will look like until it is hung in the gallery."

Art Exhibition Opening and Collector Preview

The public is invited to attend the Collector Preview Party August 7, 4-6pm for first choice of purchase as well as the Opening Reception 6-8pm to meet the artists and the award winners. Over \$3000 in prizes will be awarded.

Juror Bryan Mark Taylor

A world traveler and an accomplished landscape and cityscape painter, Bryan Mark Taylor is currently working out of his San Francisco Bay Area studio. Bryan has won numerous top awards at the nation's most prestigious plein air invitational events and his work



Submitted photo

FIRST PLACE WINNER in the 2014 Plein Air competition was this work by Anton Pavlenko.

has been shown in museums across the country. He has been featured in Fine Art Connoisseur, Plein Air, Southwest Art, American Art Collector and American Artist Workshop magazines. Bryan's work is currently on exhibit at The Irvine Museum in California, in an exhibit entitled "Sunlight and Shadow: The Tradition of Plein Air Painting".

This art show is generously underwritten by Scott W. Edgar, DMD, PC, Northern Oregon Endodontics, Gamblin Paint, Strada,

MuseArt + Design, and WIFAS.

Plein Air Writing Event

The writing portion of the Plein Air show is an open-call event that culminates in displaying writers' work in the Gallery, publication on the Columbia Art Center website, and a public reading in the Center's theatre on Sunday, August 9. Writing of all types, from prose to poetry, come together to write in the beautiful outdoors of the Columbia Gorge.

"The Plein Air Write-Out

event is an exciting showcase of the diverse writing talent in the Gorge," commented Plein Air writing curator Julie Hatfield. "Writers tend to be solitary, so it's a unique opportunity to work as a group and share what we've created. And by showcasing writers and visual artists together, it's a more satisfying experience for our audience and makes this event one of the most distinctive Plein Air exhibitions in the country."

This writing event is generously sponsored by the Schmuck Family Fund.

Plein Air Important Dates

- Aug. 3-5 Write-Out and Paint-Out Days
 - Aug. 6 QuickDraw Painting Event in Downtown Hood River (4-6 p.m.)
 - Aug. 7 Collector's Preview Party (4-6 p.m.)
 - Aug. 7 First Friday Opening Reception (6-8 p.m.)
 - Aug. 8 Bryan Mark Taylor Workshop (registration required)
 - Aug. 9 Public reading at CCA at 7 p.m.
 - Aug. 7-30 Overall Exhibition Dates (Daily 11 a.m.-7 p.m.)
- For more information on both events visit columbiartaarts.org

SPECIAL ADVERTISING 2015

Call today to reserve your space in these Hood River News special sections!

541-386-1234 Ask for Liana, Kirsten, Jody or Chelsea

Adopt-A-Pet

Find the newest member of your family

Look for the pet's name above his photo. You can adopt them from the location listed underneath - right next to their local sponsor.

<p>LINDY</p> <p style="font-size: x-small;">AAD 2495 C</p>	<p>AVI</p> <p style="font-size: x-small;">AAD H, WA</p>	<p>BENJI</p> <p style="font-size: x-small;">PFCA The Pilates Studio 202 12th St., Hood River 541.490.0660</p>	<p>BO</p> <p style="font-size: x-small;">PFCA Footnote 413 Oak St., Hood River 541.308.0770</p>
<p style="background-color: red; color: white; padding: 5px;">Adopt-A-Pet Only 2 sponsor spaces left Call Today!</p>		<p style="background-color: red; color: white; padding: 5px;">CLAIRE MUFFIN</p>	

healthy hood river

HEALTHY BEATS
Help prevent skin cancer risk by protecting your child now

BY CHRIS BERRY
A new study from the American Cancer Society shows that children who spend more time outdoors are at a higher risk of developing skin cancer. The study found that children who spend more time outdoors are more likely to have fair skin, which is more susceptible to UV rays. To reduce the risk of skin cancer, it's important to protect your child's skin from the sun. This can be done by using sunscreen, wearing protective clothing, and avoiding the sun during peak hours. The study also found that children who spend more time outdoors are more likely to have a higher body mass index (BMI), which is a risk factor for skin cancer. To reduce the risk of skin cancer, it's important to encourage your child to spend more time outdoors and to protect their skin from the sun.

AND TO MAKE IT EASIER TO ADD FRUITS AND VEGGIES TO YOUR DIET, PROVIDENCE HOOD RIVER MEMORIAL HOSPITAL HAS AN ONLINE MENU FOR YOU TO TRY. THE MENU CAN BE FOUND AT www.providencehoodriver.com. ONE-STOP SHOPPING FOR NATURAL AND ORGANIC PRODUCTS.

ROSAUERS
Quality • Service • Selection
To provide healthy food, ingredients and fresh juices.

Reunions? Weddings?
Changing Lives
Berry & Bell Events

Healthy Hood River
Reserve ad space by:
July 15

Good food: a prescription for good health

Summer brings a garden of color to the Gorge. With a bounty of choices for fresh produce in stores and farmers markets, it's a great time to fill up on the fresh and vegetables that work best for good health.

LAUREN H. SHADLER, MPH
A healthy diet is a key to good health. It's important to eat a variety of fruits and vegetables. These foods are rich in vitamins and minerals that help protect your body from disease. To get the most out of your diet, it's important to eat a variety of fruits and vegetables. This includes leafy greens, berries, and citrus fruits. It's also important to eat whole grains and lean proteins. By eating a healthy diet, you can reduce your risk of chronic diseases and improve your overall health.

PROVIDENCE
Hood River
Memorial Hospital

savor

THE GORGE
A celebration of fresh, local food!

Fall issue of Savor
Reserve ad space by:
July 27

Savor THE HARVEST
Open Thu - 6
Tel
Hobb Esp
- Hood

LAUREN H. SHADLER, MPH
A healthy diet is a key to good health. It's important to eat a variety of fruits and vegetables. These foods are rich in vitamins and minerals that help protect your body from disease. To get the most out of your diet, it's important to eat a variety of fruits and vegetables. This includes leafy greens, berries, and citrus fruits. It's also important to eat whole grains and lean proteins. By eating a healthy diet, you can reduce your risk of chronic diseases and improve your overall health.

Queen Size
Mattress Sets
Starting at \$249

MURRAY'S
FURNITURE &
SLEEP CENTER

981 Tucker Road • Hood River
(541) 386-3915

HOODRIVERHOMES.COM

Your Oregon & Washington Broker

RE/MAX
River City

Tom Jenkins

CRS, GRI

541-490-6045