

ART AND ABOUT

Openings: 'Metal,' 'Reinvention,' and 'Atmosphere'

Local art offerings in Hood River this week include a new show at The Remains gallery, 13 Oak St., titled "Metal."

"Reinvention" runs through March, at Columbia Center for the Arts, 215 Cascade Ave.

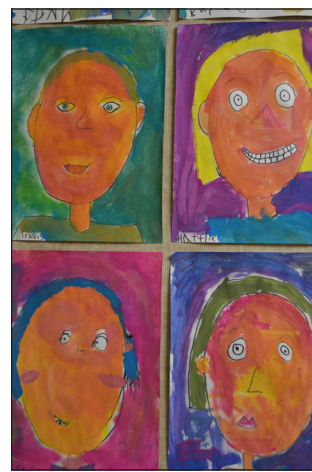
At 301 Gallery, 301 Oak St, members are showing works on the well-lit mezzanine, an exhibit titled "Atmosphere."

"Metal" features the work of Aaron Toledo, Dylan McManus, Kat Salvaggio, Kelly Phipps, Maureen Duffy, Michael Edward McGovern, Nik Vik, Schyler DeMarinis and Steven Gordon Holman.

Gorge Artists Open Studios Tour returns for its 14th year on April 24-26. Forty-four artists open up their work spaces to the public for self-guided

tours, from 10 a.m. to 5 p.m. all three days.

For details visit gorgeartists.org. Printed guides are available at local Chambers of Commerce, Columbia Center for Arts in Hood River and The Dalles Art Center in The Dalles.



GORGE MAGAZINE Summer 2020 edition profiles Gorge Open Artists Tour (details in story at left) and individual artists on the tour, and an additional article on wood artist Donn Hopkins of Hood River. The magazine came out last week and is available at Hood River News and local businesses throughout the Gorge.

Photos by Kirby Neumann-Rea
'ATMOSPHERE' in the 301 Gallery mezzanine, left, includes works by Sue Sutherland; above right, Parkdale Elementary School walls display student works from Art Week in late February. Students created self-portraits and other works inspired by the works of Frida Kahlo, Pablo Picasso, Joan Miro, and others.



PLAYSHED mural (portion) newly painted in Parkdale, by Allison Bell Fox, will be profiled in the Panorama section, coming out in April.

group fitness works

meet Kathy



"The great thing about cycle class is YOU are in charge of how much tension is on the wheel. I often say in class, "your bike, you ride- you decide."

— Kathy Pothier



IN BRIEF:
CERTIFIED MADDOG SPINNING INSTRUCTOR | COLLEGE ROWING COMPETITOR | NEW ROWING CLASS | HIKING, PHOTOGRAPHY | GROUP FITNESS IS FUN AND A GREAT WAY TO EXERCISE!

Kathy is from Massachusetts and has grown up with fitness a big part of her life. She works as a photographer- kathypothierphoto.com, is married and has 3 boys. She became a spinning instructor when she knew it would keep her coming to the gym. She finds it an important part of her overall health, both mental and physical. **Try a class today!**



Gorge Athletic Club
The Dalles | Hood River
GorgeAthleticClubs.com

CYCLE THE DALLES - MON + FRI 8:15 AM + WED 5-6PM
ROWING HOOD RIVER - THUR-10:30 | CYCLE HOOD RIVER - THUR - NOON

TRASH TALK










Q. Are used paper plates, constructed of uncoated recycled paper, and wiped or rinsed to remove gross food waste, recyclable in the blue bins for pick-up? John, Odell


A. John, once paper is 'soiled' with food, it's 'contaminated'. Yet uncoated paper would do well in backyard composting. Most kitchen compost tends to be rich in nitrogen. So that paper (along with paper towels, napkins, tea bags and coffee filters) provides that balance of carbon nourishment.

questions to:
Tri-County
Hazardous Waste & Recycling Program
(541)-506-2636 www.tricountyrecycle.com

WEATHER FOR HOOD RIVER, OR | MARCH 11-17, 2020


Today	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Actual High/Low March 4-10
 55° /33° Beautiful with some sun	 57° /33° Partial sunshine	 53° /33° A little afternoon rain	 40° /21° Cloudy, a bit of snow; colder	 48° /30° A couple of showers possible	 49° /27° Considerable cloudiness	 52° /30° Partly sunny	Wednesday 58/38 Thursday 62/30 Friday 59/40 Saturday 54/40 Sunday 56/30 Monday 57/28

Updated 3.9.20, 8:54 AM PDT
Data from Accuweather.com




541-386-1123
3140 W. Cascade, Hood River


IS YOUR VEHICLE WINTER READY?



PASSENGER



LIGHT TRUCK & SUV



AN ECONOMIC CHOICE!

TIRE CHAINS