

# HAPPENINGS

Happenings is a free service of the Hood River News and may be edited for length. Listings may also be found online at hoodrivernews.com; click the Events tab. Send items to twalker@hoodrivernews.com.

**Please note:** Due to concerns surrounding the COVID-19 pandemic, events may be canceled that are listed below due to deadline constraints. Calling ahead before attending is recommended.

## REUNIONS

• **July 24-25 — Hood River High School Class of 1970.** For more information, call Marlene Colclusser Clymer at 541-386-5234 or Julie Jensen Cantrell at 541-386-3867.

## AUDITIONS

• **March 20 & 23 — Serious Theater Auditions, "The King, The Final Hours,"** 7-8:30 p.m. at Sawyer Hall, Zion Lutheran Church, The Dalles. Parts for young and an old Elvis, Ann Margret, Priscilla Presley, Gladys Presley and Colonel Tom Parker, and a number of small male and female parts. Elvis and Ann Margret roles require singing.

## CHILDREN & TEENS

• **Family Services Playgroups —** For parents and their children ages newborn to 5; for more info contact Elisa Cartwright at 541-296-8118 ext. 210. **Tuesdays,** 9:30-11 a.m. at Hood River Alliance Church, 2650 Montello Ave. (Contact the church at 541-386-2812 for details.) **Wednesdays,** Cascade Locks School, 300 WaNaPa, 9:30-11:30 a.m. Info at 541-490-0659. **Fridays,** 10-11:30 a.m. at HR Early Childhood Center (former Pine Grove School), bilingual, with developmental specialists available (follows school calendar).

• **Tuesdays — Chess Club,** 3:30-5 p.m. at the White Salmon Library. All levels welcome, all ages, children to adults. Instructional, fun, lightly competitive and free.

• **Fridays — Magic Club,** 4-5 p.m. at Hood River Hobbies. Drop-in fee \$5. Parents must register the first time. Ages 10-15. Bring cards; loaner decks available. More at www.hoodriverhobbies.com.

## EXERCISE & MEDITATION

• **Mondays — Movement and Yoga,** 10 a.m. at the FISH Food Bank, 1130 Tucker Road. With Cindy Hurlbert; props provided. Donation class (part of proceeds donated to FISH). All abilities welcome.

• **Mondays — Meditation & Metta,** noon-1 p.m. at Trinity Natural Medicine, 1412 13th St., Suite 200 (new location). With Rev. Kozen Sampson; more at 541-386-2025.

• **Mon. & Thurs. — Tai Chi,** 2:30 p.m. at the Hood River Valley Adult Center. \$5 a week, all ages. More at 541-490-3738.

• **Wednesdays — Yoga,** 10-11 a.m. at the FISH Food Bank. By donation. For all abilities; mats available. Wear loose clothing, bring water. With Christine Shannon.

• **Wed. & Fri. — Exercise with Arthritis,** 1:30-2:15 p.m. at the Hood River Valley Adult Center.

• **Thursdays — Movement and Yoga,** 9 a.m. at the Mt. Hood Town Hall. With instructor Cindy Hurlbert. Pay what you can, all abilities welcome, props provided. Visit www.yogavisual.com for info.

• **Strong Women Exercise Classes — Strength training program for middle aged and older women.** Contact leaders in advance to get the most up to date information:

• **Mon., Wed. & Fri.,** 9-10:15 a.m. at the Mt. Hood Town Hall; 541-354-1264. Cost \$10/month or \$5/class.

• **Mon. & Wed.,** 10-11 a.m. at the Cascade Locks City Hall, 509-699-0842.

• **Tues. & Thurs.,** 10-11 a.m. (new, 541-386-3343) at Providence Down Manor.

## COMMUNITY EVENTS

• **Wednesdays thru May — Locals Wednesday Downtown,** 3-6 p.m. in downtown

## PICK OF THE WEEK



Photo courtesy of Wy'east Middle School AVID

**AVID 8 WY'EAST** students Gio Elias and Israel Valle on a recent fieldtrip to WAAAM — part of a series of trips that let students shadow community members in jobs that require a college education. Wy'east AVID 7 and AVID 8 students are raising funds to go on a trip to Western Oregon University and the Oregon Coast Aquarium in May; the funding goal must be reached by April 9.

## Wy'east AVID looks to fund special fieldtrip

By **TRISHA WALKER**  
News staff writer

On May 28, seventh and eighth grade AVID students at Wy'east Middle School are hoping to be on a very special fieldtrip to the Oregon Coast Aquarium and Western Oregon University.

But to be able to participate, they need to raise about \$3,400 by April 9.

"Students will have the opportunity to participate in a hands-on experience, possibly see the ocean for the first time, examine tide pools, learn about marine habitat and careers in science and tour a college campus to get a taste of what it's like to go to college," said AVID 7 teacher Eugene Strobeck.

At the aquarium, students will learn about STEAM careers via staff, including studies and research in marine biology, ecology and habitat restoration. They will also stay

overnight in the shark tunnel, "a once in a lifetime opportunity to see the underwater world in an environment that acts differently than with the sun or lights on," said Strobeck.

And at WOU, students will visit with staff and students to learn about the application process and what majors and minors are offered, as well as see the campus and its classrooms, libraries and other facilities. There will also be a question and answer session with a current first-generation college student.

More than half of the students in Wy'east's AVID program are from low income families. The cost is \$80 per student, and as of press time, the program's Donors Chose fundraiser site — www.donorschoose.org/classroom/6868196 — had received funding from 45 donors ranging from \$5 to \$500. However, \$3,432 is still

needed, and must be raised by April 9 in order for the students to receive any of the donated money.

### AVID students learn skills, meet community

AVID — Advancement Via Individual Determination — is an elective college prep class for students in grades 7-12 in the Hood River County School District. At the middle school level, students focus on organization, self-advocacy, public speaking and critical thinking. At Wy'east, the program is taught by Strobeck and, for eighth graders, coordinator Steffanie Olson.

It's been a busy year. "AVID is built upon rigorous academic expectations that support each learner in getting most out of their learning at school," Strobeck said. "Learners meet weekly Cornell Note and Tutorial expectations during the school day."

Both AVID 7 and AVID 8 students have gone on recent fieldtrips in the Gorge area. AVID 7 students learned about composting at Dirt Hugger, located in Dallesport. Co-founder Pierce Louis helped students with their own composting project, that of eliminating food waste and developing proper soil composition for the school's community garden.

AVID 8 students have been visiting various businesses to shadow community members with careers that require a college education, including Alpine Veterinary Hospital, Hood River County Court-house, WAAAM, Farmer's Irrigation and the Hood River News.

Coming up, AVID 8 students are scheduled to shadow a Hood River Valley High School AVID student "to help the transition into that program be more successful," Strobeck said.

Hood River. Free parking, store activities, more.

• **Thru March — PERIOD@HRV Fundraiser** at Slopeswell Cider. Community tap of One Breath Kombucha; \$3 for every tap will go to PERIOD@HRV to supply menstrual products to FISH, Helping Hands and the Warming Shelter.

• **March 18 — Colette Travel Meeting,** 10 a.m. at the Best Western Plus Hood River Inn. Trips for 2020-2021. Benefits the Providence Hood River Memorial Hospital Foundation. Info at 541-386-3177 or 503-490-3177.

• **March 18 — Tobacco Education and Support Group,** 4-5:30 p.m. at Providence Hood River Memorial Hospital, classrooms 1-2. Eight-weeks (session seven), free sessions, snacks provided, all welcome. More at 541-387-1353 or 541-993-2210.

• **March 19 — Persistent Pain,** noon-1 p.m. at MCMC Outpatient Therapy at Nichols Landing. Free series of eight presentations led by different healthcare professionals. Attend the entire series or join at any time. Register at 541-296-7319.

• **March 19 — Night Out for Education,** 4 p.m. to close, at Beneventi's, Everybody's, Harvest Market, Henri's and Pioneer Pizza, White Salmon/Bingen. Fundraiser for White Salmon valley Education Foundation; 5 percent net sales go to WSVFF.

• **March 19 — Hood River**

**Republicans Meeting,** 5:30 p.m. at China Gorge. Meets every third Thursday of the month.

• **March 19 — Harmony of the Gorge Women's Chorus,** 6:30-9 p.m. at Valley Christian. Four-part harmony, no need to read music. Call 541-490-2481 for info.

• **March 19 — Wind-Masters Men's Chorus,** 6:30-9 p.m. at Valley Christian, 975 Indian Creek Road. Four-part harmony, no need to read music, lessons provided. Call 541-490-6680 for info.

• **March 21 — Hood River Indoor Farmers' Market,** 10-11 p.m. at May Street Elementary cafeteria/commons. First and third Saturday of the month. Free parking.

• **March 24 — Mommy Wellness,** noon at MCMC Outpatient Therapy, Nichols Landing. Free. "Kegel, bladder health and exercise; infant massage." Register at 541-296-7319 or visit mcmc.net.

• **March 25 — Tobacco**

**Education and Support Group,** 4-5:30 p.m. at Providence Hood River Memorial Hospital, classrooms 1-2. Eight-weeks (last session), free sessions, snacks provided, all welcome. More at 541-387-1353 or 541-993-2210.

• **March 26 — Hood River Art Club,** 10-11 p.m. at the FISH Food Bank meeting room, Tucker Road. Open to public. All levels and mediums. Bring project, lunch, supplies and \$1 for coffee & misc. More info at www.hoodriverartclub.com, on Facebook, or HoodRiverArtClub@yahoo.com.

• **March 26 — Persistent Pain,** noon-1 p.m. at MCMC Outpatient Therapy at Nichols Landing. Free series of eight presentations led by different healthcare professionals. Attend the entire series or join at any time. Register at 541-296-7319.

• **March 26 — Harmony of the Gorge Women's Chorus,** 6:30-9 p.m. at Valley Christian. Four-part harmony, no

need to read music. Call 541-490-2481 for info.

• **March 26 — Wind-Masters Men's Chorus,** 6:30-9 p.m. at Valley Christian, 975 Indian Creek Road. Four-part harmony, no need to read music, lessons provided. Call 541-490-6680 for info.

• **March 28 — Beginning Beekeeping Class,** 9-noon at OSU Extension. Register at bg-bees.com/product/beekeeping-101-march-28-2020. Class fees go to Columbia Gorge Beekeepers Association.

• **March 28 — Wild Bill's**

**Bingo** at the Elks Lodge, 7 p.m. Fundraiser for Elks scholarship programs. Open to the community. \$1,000 Blackout game each week. Hosted by the Elks and the Mid-Columbia Knights of Columbus.

• **March 30 — Signups Due for Good Neighbor Saturday.** Volunteer to help with outside chores for elderly community members on May 9 from 8-noon. More at 541-387-6404 or Brittany.wilson@providence.org.

• **March 31 — Mommy Wellness,** noon at MCMC Outpatient Therapy, Nichols Landing. Free. "Baby sign language." Register at 541-296-7319 or visit mcmc.net.

• **April 1 — Wellness Wednesday** at Rite Aid. For seniors; free BMI and blood pressure checks, free samples, walk-in vaccinations, more. First Wednesday of each month during regular business hours.

• **April 2 — Persistent Pain,** noon-1 p.m. at MCMC Outpatient Therapy at Nichols Landing. Free series of eight presentations led by different healthcare professionals. Attend the entire series or join at any time. Register at 541-296-7319.

• **April 2 — Hood River Soil & Water Conservation District Board Meeting,** 4-6 p.m. at OSU Extension. All welcome. More at hoodriverwcd.org/meetings.

• **April 2 — SMART Sip in the Gorge,** 5:30 p.m. at the Hood River Hotel. Wine, beer, other drinks and small bites from local restaurants. SMART fundraiser. Tickets \$25 at smart.ejoinme.org/Sipin-theGorge2020.

• **April 2 — Hood River Library Book Club: The Highest Tide,** 6:30-8 p.m. at the Hood River Library Meeting Room. Part of Hood River County Reads. More at hoodriverlibrary.org.

• **April 2 — Harmony of the Gorge Women's Chorus,** 6:30-9 p.m. at Valley Christian. Four-part harmony, no need to read music. Call 541-490-2481 for info.

• **April 2 — Wind-Masters Men's Chorus,** 6:30-9 p.m. at Valley Christian, 975 Indian Creek Road. Four-part harmony, no need to read music.

• **April 4 — Hood River Indoor Farmers' Market,** 10-11 p.m. at May Street Elementary cafeteria/commons. First and third Saturday of the month. Free parking.

• **April 4 — Warming of the Gorge and the Impact on Mountains, Mammals, and Humans,** 2 p.m. at the Hood River Library Reading Room. With Bill Weiler and Darryl Lloyd. Part of Hood River County Reads.

• **April 7 — Mommy Wellness,** noon at MCMC Outpatient Therapy, Nichols Landing. Free.

• **April 8 — Alzheimer's Support Group,** 2:30-3:30 p.m. at the Hood River Valley Adult Center, 2010 Sterling Place, Hood River.

• **April 9 — Hood River County Democrats Meeting,** 6 p.m. at the Hood River County Library. More at hoodriverdemocrats.org.

*Your*  
**Mortgage Lender**

Call Bernie today  
**541-490-0167**

**Mann Mortgage**  
509 Cascade Ave, Suite F, Hood River  
Apply at berniedittenhofer.mannmortgage.com

*Call today to connect with a*  
**SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

*There's no cost to you!*  
**(888) 651-5669**  
! We're paid by our partner communities

**BRING EVERYTHING YOU LOVE TOGETHER!**

**2-YEAR TV PRICE GUARANTEE**

**\$59.99** America's Top 120 Package  
MO. **190 CHANNELS**  
for 12 Mos. Including Local Channels!

CALL TODAY - For \$100 Gift Card Promo Code: DISH100

**1-866-373-9175** Offer ends 7/15/20.

Imagine The Difference You Can Make

**DONATE YOUR CAR**

**1-844-533-9173**

FREE TOWING TAX DEDUCTIBLE

Help Prevent Blindness  
Get A Vision Screening Annually

**Heritage for the Blind**

Ask About A FREE 3 Day Vacation Voucher To Over 20 Destinations!!!

**One solution for oxygen, and for travel**

Introducing the INOGEN ONE — It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Reclaim Your Freedom And Independence NOW!

Call Inogen Today To Request Your FREE Info Kit

**1-855-839-0752**