

ON GARDENING

Plants do more for your health than look good

BY LIZ DOUVILLE

For The Bulletin
Research conducted at Washington State University indicates that there is an interaction between plants and people that improves health and productivity.

Studies show that people perform better and have lower blood pressure when plants are around. Compare how you feel in the months that we have the visual of greenery and plants growing compared to the bland landscape we have entered into.

Productivity increased 12% when people performed a simple task on a computer in a room with plants, compared with workers who performed the same task in the same room without plants. The task was stressful. Blood pressure for both groups rose during the task, but only two points for people tested with plants, while it rose four points for people tested without plants.

The blood pressure for both

groups before the test was roughly the same. Additionally, the people tested in the presence of plants reported feeling 10% more attentive after the task than those tested without plants.

For the experiment, common low-light tolerant species of interior plants were added around the periphery of the room. Floor plants, table plants and hanging plants were added which gave the appearance of a well-designed, but not lush interior-scapes.

Clearing the air

Plants were positioned so that clusters would be present in the peripheral view of each subject's activities. In addition to the stress testing, relative humidity and dust particles were measured. When plants were present, air quality was better.

The WSU study pointed to evidence that suggests fewer colds occur in offices where plants are present. Research conducted by NASA disclosed



Research shows plants help ease worker stress.

123RF

Cast-iron plant, low light and also drought tolerant and the Peace lily. The Peace Lily is one of the few plants that bloom reliably indoors.

Plants that prefer bright light do well in dappled sunlight but not direct sun. Favorites for bright light are the Prayer plant, leaves curl up at night like hands folded in prayer. Dracaenas are best known for their long leaves that grow outward and up from a central stalk. They tolerate a wide variety of growing conditions. Trailing Peperomia forms a compact bouquet of foliage. Sansevieria bears thick sword-like leaves and is admired for its tough nature, also known as mother-in-law's tongue.

If you have curious pets, it would be wise to check the listing of the ASPA for plants that are toxic to cats and dogs.

Reporter: douville@bendbroadband.com

that houseplants can remove up to 87% of air toxins in 24 hours.

The restrictions in place since the COVID, and now the possibility of the variants spreading, has resulted in becoming more creative in planning the at-home office space. One could also include school study space improvements.

The idea of improving home office space with houseplants has become so popular it has created a high demand and short supply in many large metro areas. Holiday plant season has arrived with a variety of poinsettias available that have always been a traditional gift. Instead, this year why not consider giving a houseplant? It's more permanent and requires less care.

Shopping tips

Central Oregon has many local garden nurseries that offer houseplants. Recently, a specialty shop offering houseplants relocated within the Bend area.

Plants are living things and aren't perfect. A yellow leaf or a tear in a leaf doesn't mean it is unhealthy. Your nursery or shop is happy to offer care advice when you purchase the plant.

A few tips when shopping for a plant would include

not to touch the leaves. The oils on your fingers can cause damage. Remember to start small and with easy-care plants especially for anyone who if a first-timer. Exotic looking plants are impressive but generally take more care. It is better to hold off on those until more confidence has built up.

Plants that tolerate low light are usually happiest near an east-or-north-facing window. A few suggestions would be the Chinese Evergreen, one of the best for poorly lit spaces, the

SOLUTION
Crossword on Page 2

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SOLUTION
Sudoku on Page 2

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8	2	5	3	1	4	9	6	7
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3	7	2	4	9	1	8	5	6
5	6	8	7	3	2	4	9	1
6	9	1	2	8	3	5	7	4
2	5	7	6	4	9	1	8	3
4	8	3	1	7	5	6	2	9

DEATH NOTICES

LIZ ANDERSON
of BEND
AUGUST 1, 1928 - OCTOBER 30, 2021

Arrangements: Duyck & Vandehey Funeral Home, Hillsboro OR, 503-357-8749
Services: Memorial Service Friday, December 3 at 1:00 PM at Bend Church of Nazarene, 1270 NE 27th St, Bend OR
Contributions may be made to: Partners in Care Hospice, 2075 NE Wyatt Ct, Bend OR 97701

Robert Nelson Surplus
of Powell Butte, OR
April 6, 1938 - November 19, 2021

Arrangements: Prineville Funeral Home
Services: Full obituary at the Prineville Funeral Full obituary at the Prineville Funeral Home website

OBITUARY

Edna Louise (Frey) Horton

February 2, 1934 - October 22, 2021

Edna was born to Albert Edward and Myrtle (Ammons) Frey in Burns, Oregon and raised on a ranch in Silver Creek Valley near Riley, Oregon. She is survived by her brother Edward Gene Frey and four daughters: Catherine Morris, Christine Yoder, Patricia Clary and Lauren Herron, ten grandchildren, fourteen great-grand children and four nieces. She was preceded in death by her parents and her son Steven Albert Clary (2019). A celebration of life will be held December 11, 2021@1:00PM, American Legion Hall, 126 Atlantic Street, McMinnville, OR.

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Legal Notice
CITY OF REDMOND NOTICE OF PUBLIC HEARING
Notice is hereby given that the Redmond City Council will hold a public hearing on December 14, 2021, 6:00 p.m. via digital conference. Interested persons are encouraged to comment through one of the following options on or before December 14, 2021, at 12:00 p.m.:
•WRITTEN COMMENTS: Submit to Kyle Roberts, Senior Planner, via email at kyle.roberts@redmondoregon.gov or mail to City of Redmond Community Development Department, 411 SW 9th St, Redmond, OR 97756; or
•ORAL COMMENTS: Pre-register at Public Testimony @ redmondoregon.gov to provide oral comments during the virtual hearing (must pre-register before 4:00 p.m. on December 14, 2021). Prior to the hearing, registrants will be provided with a "GoToMeeting" phone number from

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City Administration so they can join the meeting by phone to participate and provide testimony.
The Redmond City Council will receive written and oral testimony at this time for the application described below. Questions or concerns regarding this application should be directed to the staff person listed, Community Development Department, City Hall, SW 411 9th St, Redmond, Oregon. A staff report will be written concerning this project and will be made available for review at no cost at least 7 days prior to the hearing and copies can be provided at reasonable cost, upon request.
Application Numbers: McCaffery House 711-21-000214-PLNG (HR)
Applicant: Jon and Judy Fessler
Request: Designation of a Historic Building to the Redmond Local Landmark Register
Location: 726 NW Birch Ave. (Tax Lot #151309DC08901), Redmond, OR 97756, Deschutes County Tax Assessor Map
Applicable Criteria: Redmond Code, Chapter 8 Developmental Regulations, Article I-Zoning, Section 8.0855.
Staff Contact Person: Kyle Roberts, Senior Planner, 541-923-7758 or kyle.roberts@redmondoregon.gov
The City does not discriminate on the basis of disability status in the admission or access to, or treatment, or employment in its programs or activities. Any one needing accommodation to participate in the meeting must notify the ADA Coordinator as soon as possible, but a least three (3) business days prior to the scheduled meeting at 541-504-3036, access@redmondoregon.gov or through the Telecommunications Relay Service (TRS) which enables people who have difficulty hearing or speaking in standard voice telephone users. If anyone needs Telecommunications Device for the Deaf (TDD) or Speech to Speech (STS) assistance, please use one of the following TRS numbers: 1-800-735-2900 (voice or text), 1-877-735-7525 (STS English) or 1-800-735-3896 (STS Spanish)
PUBLISH: Redmond Spokesman Wednesday, December 1, 2021

CLASSIFIEDS
WHERE BUYERS & SELLERS MEET

LEGAL NOTICE
NOTICE TO INTERESTED PERSONS. TAKE NOTE: Do-reen Renoud has been appointed personal representative of the Estate of Justin Earl Renoud, Deceased, by Deschutes County Circuit Court, State of Oregon, Case No. 21PB09846. All persons having claims against the estate are required to present the same, with proper vouchers, to said personal representative at the office of Sarah Kessler, Morley Thomas Law, 80 E Maple St., Lebanon OR 97355, within four months of December 1, 2021, which is the date of first publication of this notice, or such claims may be barred. Additional information may be obtained from the records of the court, the personal representative or the attorney for the personal representative: Sarah Kessler.

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NW Self Storage - December 29, 2021 bidding ends at 9:30am for all stores. Bidding begins 9am December 22, 2021, at www.ibid4storage.com
All vehicles in auction listings are not included in the sale and will be towed separately: 3925 SW 25th Pl, Redmond: RV57 & G08 Myles Oakley, G128 Melissa Mabbs, G27 Anthony Phillips, Z05229 Derek Farrington DSF Properties. 1401 N 6th St, Redmond: 0381 Joanna Arce, 0269 Derek Porter Powered, 1008 Beth Armstrong, 1113 Steven Holmgren, 0328 Cheurice Rhoades, 0838 Joe Fitch, 0338 Bill Luby, 1045 Eric Meraz, 0518 Tyler Pellum, 0714 & 0854 Leslea Morrison, 0849 Alvaro Jimenez, 0737 Daniel Stanner, 539 NW Maple Ave, Redmond: 0036 Shirley Boone, 0064 Erin Chernick, 0003, 0233 & 0234 Frank Massari, 0310 Kelsey Searis, 0186 Tina Myers, 0200 Dino Jones.

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