



Courtesy photo

Ridgeview athletes compete at Hoopfest in Spokane.

## Ridgeview team excels at Hoopfest in Spokane



Courtesy photo

Ridgeview students Zach Asplund, Jeremiah Schwartz and Peyton Zampko pose with Gonzaga basketball player Drew Timme (second from left) at Hoopfest in Spokane.

Spokesman staff

Ridgeview students and basketball players competed in the prestigious Hoopfest tournament in Spokane last month.

The annual event is the world's largest 3-on-3 basketball tournament.

Zach Asplund, Peyton Zampko and Jeremiah Schwartz finished second in their bracket, a top finish from local hoopsters.

■ Reporter: ttrainor@redmondspokesman.com



Courtesy photo

Members of the Ridgeview basketball team pose at midcourt at the arena used by the NCAA's Gonzaga Bulldogs.

# Learn to think like a plant

LIZ DOUVILLE  
Garden Corner

**H**ow should we garden in a drought? Maybe we need to learn to think like a plant.

The evidence of low water tables is already in place with early water restrictions issued by several irrigation districts. The city has made statements that they will do a better job of monitoring the city watering codes that have been in place for many years.

Does that mean someone else will take care of the problem? I think not. It is up to us to start thinking like a plant and understanding how plants use water. And perhaps even changing our vegetable selections if not this year, maybe some notes for next year.

It could be kind of fun to figure out how to create and maintain a more water-efficient garden.

Most plants absorb very little moisture through their leaves. Almost all the water they need has to get absorbed through their roots. The more roots they have, the better equipped they are to find and absorb moisture. A well-developed root system with lots of little sponge-like root hairs is a plant's best insurance for survival in drought conditions.

For a plant to develop a good root system, the roots need to be able to push out into the soil. We are fortunate in central Oregon to not have clay or heavy soils.

That is not to say, however, that the soil doesn't need improvement. That is done by adding matter such as organic compost and shredded leaves. Adding these materials will make your soil more porous, so water that's applied to the soil surface won't run off, but rather move into the root zone. Woody materials such as bark or wood chips added as a soil amendment may result in soil nitrogen depletion and should be avoided.

A note I made in a garden journal regarding adding organic matter was "100 square feet of good, loamy soil can absorb about 90 gallons of water, whereas 100 square feet of sand can only ab-



File photo

Liz Douville

sorb 60 gallons."

Plants don't absorb very much water through their leaves, but they do lose water through their leaves. Another note from my journal quoted a reading stating that 98% of the water absorbed by a plant goes out through the microscopic pores (called stomates) on the plant's leaves.

Apply water slowly to the base of plants. Soaker hose allows water to seep out all along its length at a slow rate. Use water timers added to the hose at the faucet to help reduce overwatering. Consider changing to either soaker hose or drip hose.

There are several ways to minimize the amount of moisture that plants lose through their leaves. If natural shade isn't available, think about constructing a simple lattice "roof" that will provide simple shade. And if wind is a problem, make plans to add the fabric row cover for simple protection.

Tall plants can provide shade for shorter plants. Sunflowers can shield the cucumbers.

Another recommendation is to plant in blocks rather than rows. This creates shade for roots and reduces evaporation. Be vigilant about pulling weeds as they are competing for any water that is there. Group plants with similar water needs on the same section of irrigation. Cucumber, zucchini and squash require similar water applications. Irrigate when the top 2-4 inches of soil is dry to the touch.

With good soil organic content, the garden should be able to go 2-7 days between irrigations. Avoid heavy water crops such as beans and sweet corn and crops that have fruit on the ground, such as melons, squash and cucumbers.

As a rule of thumb, water is most critical during the first few weeks of development, immediately after transplanting, and during flowering and fruit production.

The critical watering periods for selected vegetables include:

- Broccoli, cabbage, Brussels sprouts, kohlrabi and cauliflower need consistent moisture during the entire life span, especially during head or root development. Water use is highest and most critical during head development.
- Beans have the highest water use of any common garden vegetable, using 0.25 to over 0.50 inches of water per day. Beans need water most when they are blooming and setting fruit. When moisture levels are adequate the bean plant is bright, dark grass green. As plants experience water stress, leaves take on a slight grayish cast.
- Carrot and other root crops require consistent moisture. Cracking, knobby and hot flavor root crops are symptoms of water stress.
- Corn needs water most during tasseling, silking, and ear development. Yield is directly related to quantities of water, nitrogen and spacing.
- Onion family crops require consistent moisture and frequent irrigation due to their small, inefficient root system.
- Peas need water most during pod filling.
- Potato tubers will be knobby if they become overly dry during tuber development.
- Tomatoes, peppers and eggplant need water most during flowering and fruiting. Watch for overwatering.
- Cucumbers, summer and winter squash and other vine crops need water most during flowering and fruiting. Watch for overwatering.

The drought conditions have been evident for the past few years and will probably continue. Perhaps you can adapt some new techniques that will make a difference and make a claim to thinking like a plant.

■ Liz Douville is a master gardener in Deschutes County.

## Suzanne (Helfrecht) Schrader

November 21, 1937 - April 29, 2022

Suzanne Schrader, 84, of Redmond, passed away peacefully in her sleep on April 29, 2022.

Suzanne (Sue) was born November 21, 1937, in Springfield, Missouri to her loving parents, Robert & Mary Helfrecht. She & her family moved to Idaho in 1939, then settled in Pendleton, in 1942. She attended elementary, middle & high school there, graduating May 1955 as Valedictorian of a class of 125 seniors. Sue was very active in high school, including Pep Club, Pep Club Drummer, Flag Twirler, Rally Committee Chairperson, Football Princess, Basketball Maid of Honor & Sweetheart Princess. Academically, she participated in Photography Club, Class Assembly, Exchange Assembly, Chorus Accompaniment, All-School Play, Jr. Altrusan, Girl's League Council & Secretary, Citizenship Cup, Executive Council, Girls' State Alternate & Honor Society.

Following high school graduation, Sue enrolled at the University of Oregon-Eugene, where in 1959 she earned her BA Business degree with a Minor in Music. She was an active member of the Pi Beta Phi sorority & was a very accomplished piano player. She thoroughly enjoyed playing sheet music, as well as playing from memory.

After graduating from University of Oregon, Sue decided to 'see the world' (at least part of it) by attending American Airlines Flight Attendant School & became a stewardess, based at National Airport, Washington, D.C. Shortly thereafter she met Marine Corps Second Lieutenant Daniel Schrader. Sue & Dan were married on April 30, 1960, at St. Mary's Catholic Church in Pendleton. Their life journey began in 1960, in Jacksonville, Florida where Dan was stationed on-board the USS Roosevelt, and their first son, Steven, was born. In 1961, the family moved to Jacksonville, North Carolina/Camp Lejeune, and their second son, Sean was born in 1962. The family moved to Northern Virginia until 1966, and Sue worked

part-time for Woodbridge Steel as a bookkeeper. When Dan shipped-off to Vietnam for combat duty, the family lived in Pendleton for a year, then in 1967 moved back to Virginia.

In 1969, the family relocated to Monterey, California while Dan studied at the Naval Postgraduate School. Sue loved Monterey & its surroundings, and there their daughter Kathleen was born. Sue & the kids moved to Pendleton again for a year while Dad was stationed in Okinawa & upon his return stateside, the family moved to Pearl City, Hawaii in 1972. Sue enjoyed living in Hawaii, too (except for the gecko lizards & bugs...), so moving from there BACK to Virginia for the third & last time was quite a culture shock. Dan completed his Marine Corps career at Quantico in 1980, then he & Sue settled in Eugene. While in Eugene, Sue worked for the Jim Stephenson Insurance Agency. The mid-80's was a tough time economically, so Sue & Dan relocated to Bend for a few years, where Sue worked at The Inn of the Seventh Mountain front office. Life events necessitated yet another move to Molalla until early 2007, when Dan passed away.

Following Dan's passing, Sue decided to relocate to Redmond in 2008 to be close to her daughter & family. She enjoyed Redmond very much & all family members loved visiting her there (it doesn't rain as much as in 'The Valley'...). Sue enjoyed collecting Ducks of all sorts & unique glassware, was an avid reader of books & had an extensive collection of shoes. Sue was also a die-hard Oregon Ducks football fan, gathering with family often to watch games on TV & root for the team!

Suzanne was not just a much-loved & devoted wife & mother, but a wonderful daughter & sister; grandmother, great grandmother, aunt & cousin to many. She was predeceased by her parents, Robert & Mary; and the love of her life, husband Daniel. She is survived by her sons Steven Schrader (spouse, Annalee, Lakeside, California); Sean Schrader (spouse, Deborah, Springfield, Oregon); her daughter Kathleen Schrader-Simmons (spouse, James, Redmond, Oregon); sister Kathy Robinson (spouse, Gary, Anchorage, Alaska); grandchildren (Brandon, Barrett, Brittany, Brooke, Sean Daniel, Ashley, Bailey & Cassidy); and great grandchildren (Gracie Lynn, Jameson, Zaylee & Carter).

A private memorial & celebration of life will be held on July 9, 2022, in Bend.

In lieu of flowers, memorial contributions may be made to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105