

in the garden

Q&A

with Pamela Fleming

Q: As the downtown Seaside gardener and landscaper, how do you keep flowers in bloom during the summer months?

A: The gardens are irrigated, thank goodness, water is essential during the summer! When we plant in the spring, we side dress with slow release organic fertilizer. We keep the flower heads groomed which extends the flowering time. The gardens are 90 percent perennials and shrubs with small groupings of annual color on very visible intersections and major spots like the Turn-around, so there is constant color and interest.

Q: During the winter, what are your activities?

A: After the initial cleanup once the freeze comes, there is weeding and composting, pruning of trees and shrubs, and division and replanting and rearranging for better success and simplification.

Q: What was your biggest disaster?

A: Besides planting 12 hills of Zucchini?

Q: What is your favorite success?

A: I would have to say the Seaside Downtown Gardens. They are near and dear to my heart, in constant development, challenging, and viewed, enjoyed and shared by many people.

Q: Are there certain plants you stay away from?

A: Plants that are too much trouble, or work. The ones that are susceptible to disease and infestation, and 'thugs' — plants that do not play nicely with others and won't stay in their place! Also in the downtown gardens, visibility and space are an issue. This can be accomplished with pruning and planting appropriately.

Q: Where do you get your inspiration?

A: I became interested in gardening when I was a child. I always enjoyed working in the yard and gardens with my father, and then our neighbors' yards. When I



Photos by JOSHUA BESSEX — The Daily Astorian

ABOVE: Pam Fleming, of Natures Helper Landscaping Inc., works on a planter along Broadway in Seaside Feb. 4. Lora VanNortwick is in the background. **RIGHT:** Pam Fleming, center, alongside Lora VanNortwick, right, and Dustin Fleming, left, of Natures Helper Landscaping in Seaside.



was on my own, I was really interested in edible gardening. My first garden had 12 hills of zucchini! Ornamental landscape design and gardening became my first job after having children and while I was a mom at home. It surprised me that people wanted to pay me to garden for them. Twenty-six years later, after studying Horticultural Therapy and getting my Oregon State Landscape License, I am constantly inspired by the never ending availability and opportunity to find and try new materials, study the work of others, research, go to landscape shows, and talk to local gardeners and other landscape professionals.

Pamela Fleming is the landscaper for the city of Seaside and owner of Natures Helper Landscape Inc. Her staff includes Dustin Fleming, Dave Quinton, Lora VanNortwick and Dick Scott.

Tooth mill: 'It outlines perfectly where the tooth is'

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Cerec's Omnicam scanner, taking photos 17 times per second, around Daniels' open mouth, as a 3-D image of her teeth forms on a monitor above, including the upper left premolar needing a crown.

Klemp and his assistants design the crown on the computer, down to the room needed to floss.

"It outlines perfectly where the tooth is," said Klemp, adding that he hasn't had to do adjustments of crowns and other implants like with the old methods. "The fit is perfect."

The Cerec MC X, which sits in Klemp's main lobby, looks like a standing toolbox, topped by an automated mill/3-D printer for making crowns, inlays, onlays, veneers and bridges. Koehnke pops open the plastic case of the mill, places a block of porcelain on a stand, closes the lid and presses start. The Cerec, backed by blue lighting when it's working, uses the 3-D image of the tooth created in the exam room, its two metal burs

creating a crown in anywhere from eight to 18 minutes. The backlight on the Cerec turns green, and Koehnke knows it's ready.

"The patients like not having to have temporaries and have a one-stop shop," said Koehnke, who takes the freshly milled crown to be baked and glazed before it's bonded into Daniels' tooth.

Koehnke said customers are starting to ask their dentists whether they have machines like the Cerec, so they don't need multiple visits for crowns and other implants.

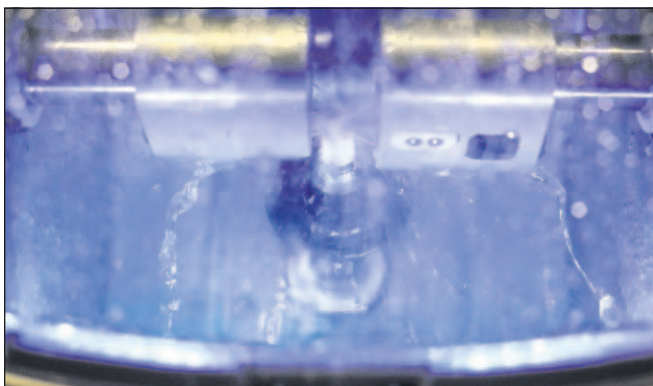
"And you don't have to bite that slimy stuff that you used to bite," said Daniels, who can watch her crown being designed and manufactured before it enters her mouth.

Klemp sends Koehnke and her coworkers, known as expanded functions dental assistants, through a course in Tualatin to learn to use the Cerec. Currently using it for crowns, he hopes to expand its use into creating other more complex implants, and to hook it up to his practice's CT scanner.



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Dr. Dennis Klemp runs small camera through Vickie Daniels' mouth while dental assistant Juliann Koehnke tracks the image on the monitor. The camera allows the computer to create a three-dimensional model of a crown that can be manufactured in the office.



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The Cerec MC X cuts the ceramic crown out of water.



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The cut crown sits in the Cerec MC X machine after being cut.



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After being cut, painted, and glossed, the ceramic crown is filed one final time before being placed to ensure a perfect fit.

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