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Warrenton teacher Sarah Kangas will speak about climbing Mount Kilimanjaro in Tanzania on Thursday, Aug. 25 at the Seaside Public Library.

## Warrenton teacher summited Africa's tallest mountain — for the children

Sarah Kangas to recount Mount Kilimanjaro adventure Aug. 25

SEASIDE — Warrenton Grade School physical education teacher Sarah Kangas is a big lover of anything to do with the outdoors. So, when the opportunity came up to summit Mount Kilimanjaro — the highest mountain in Africa — in January 2016, she was excited for the opportunity.

But the expedition wasn't just a hiking trip. It also was a chance to help African children with disabilities share in the experience and joy of mountaineering.

The Friends of the Seaside Library will host Kangas for a talk about her experience at 7 p.m. Thursday, Aug. 25. The free event will take place in the Com-

munity Room, and there will be a slide presentation of the adventure.

In the U.S., many people with disabilities have a loving support system, resources and opportunities to be a valuable contributing member of society. In Kenya and Tanzania, people with disabilities lead drastically different lives. They are often outcast, shunned and desolate.

The group Kupenda for the Children, which partnered with Kangas and her team for the climb, helps enable children with disabilities to achieve their full potential.

Kupenda for the Children supports over 600 children with disabilities such as cerebral palsy, deafness, spina bifida, Down syndrome, autism, epilepsy and more. Founded in 2003, the Christian-based nonprofit assists children with disabilities

by paying school fees and providing school supplies, constructing special needs facilities, funding medical intervention and more.

For the hike, Kangas met and mentored three students from a Kepunda school. Together with several other climbers, they went on an 11-day adventure hiking to the highest point on the continent.

The journey aimed to raise awareness of the plight of disabled children in East Africa and acted as a fundraiser for Kupenda for the Children and its ongoing efforts to improve children's lives.

Kangas teaches physical education to kindergarten through fifth grade at Warrenton Grade School. She also coaches cross country at Warrenton Middle School.

The Seaside Public Library is located at 1131 Broadway. For more information, call 503-738-6742.

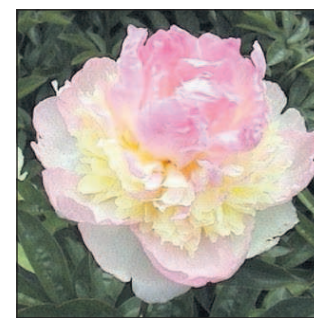
## Master gardeners answer your plant problems

Summer plant clinic and peony root sale set for Aug. 20

ILWACO, Wash. — The Washington State University Master Gardeners of Pacific County continue their summer plant diagnostic clinics at the Columbia Pacific Heritage Museum. The next summer plant clinic will be held from 10 a.m. to 1 p.m. Saturday, Aug. 20 at the museum's Discovery Garden.

Master gardeners will be present to address plant questions, concerns and suggestions. The Discovery Garden is located behind the museum's parking lot at 115 S.W. Lake St. Bring samples of your plant problem if you can.

In addition, a variety of peony roots will be available for sale, just in time for fall planting ahead of next year's springtime blooms. Add showy color to your garden



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Roots for peonies, like this raspberry sundae variety, will be for sale at the summer plant clinic.

with these hardy, dependable shrubs.

At prior plant clinics, people in the community challenged master gardeners with questions about their plants and gardening concerns. Here's a sampling:

- Problem: My rhododendron is suffering from root weevil, both adult and larvae. Suggestion: Use beneficial nematodes; use chemical control as a last resort.

- Problem: My green pepper plants in my green-

house are sickly. What's my problem? Suggestion: The problem is aphids. Sometimes, a strong blast of water from the hose will knock aphids off of the plant and solve the problem. Spraying with insecticide soap will also eliminate these problem pests.

- Problem: The leaves of my rose bushes have a red / orange powdery substance on them. Should I move them into the open? Suggestions: Your plant has rust, which is a fungal disease. Pick and destroy infected leaves to prevent the spread of disease. Prune to increase air circulation.

The WSU Extension also supports two websites that can help you diagnose your own plant problems.

Hortsense ([hortsense.cahnrs.wsu.edu](http://hortsense.cahnrs.wsu.edu)) contains fact sheets for the home gardener to manage plant problems using Integrated Pest Management. Pestsense ([pestsense.cahnrs.wsu.edu](http://pestsense.cahnrs.wsu.edu)) contains fact sheets for managing common indoor pest problems with Integrated Pest Management.

For more information, contact Bev Arnoldy at [bev-arnoldy@gmail.com](mailto:bev-arnoldy@gmail.com)

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