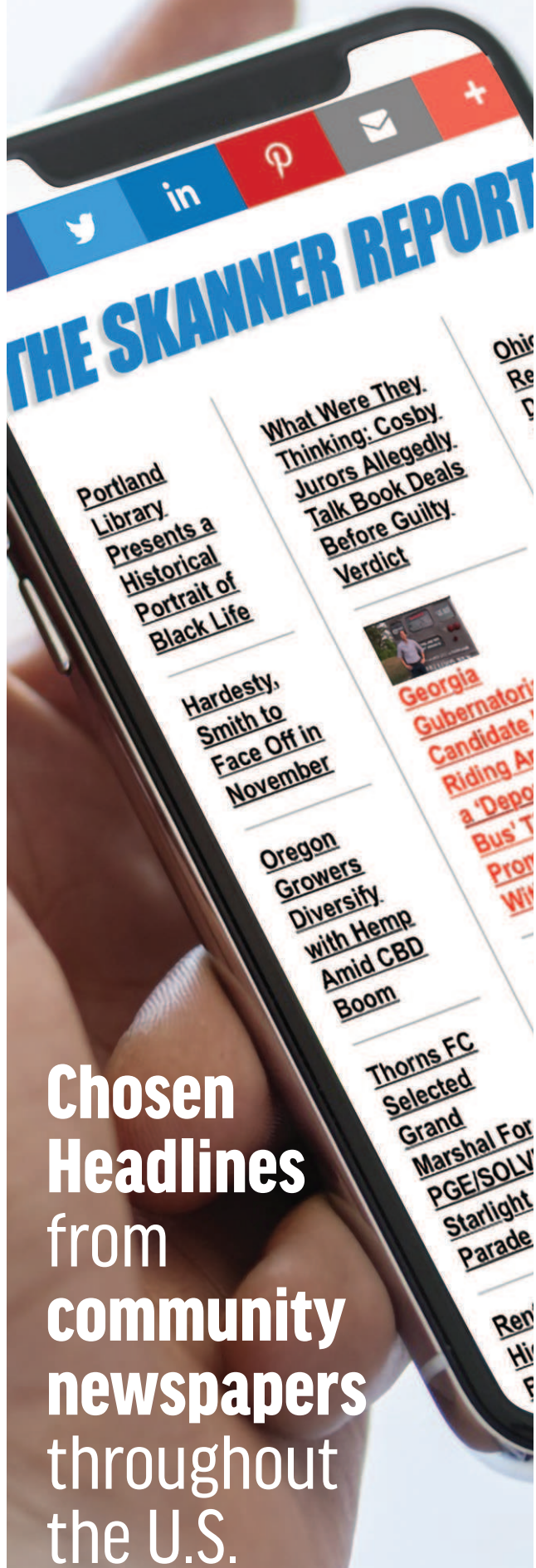


News

The Skanner Report is



Chosen Headlines from community newspapers throughout the U.S.

a service of

THE Skanner NEWS

CHALLENGING PEOPLE TO SHAPE A BETTER FUTURE NOW

SINCE 1975

10 Indoor Plants Every Pet Lover Must Have

By Jasmine Streeter, DVM
Special to The Skanner News

Indoor gardening with my pets gives me respite from the stressors of life. Before beginning my indoor plant journey two years ago, I never would have imagined that pets and plants enjoyed each other. Watching these beautiful creatures flourish together in my personal enchanted garden brings me joy and peace. Below I've listed Sheba and Soleil's top 10 foliage favorites for you and your fur babies to enjoy.



Dr. Jasmine Shanelle Streeter
Veterinarian



Dr. Jasmine's dog Sheba sits among some of her favorite indoor plants

10. The Purple Wandering Jew (*Tradescantia zebrina*) is a gem for any indoor gardener. Soleil loves sitting next to this plant during dinner. High light produces shimmering green and white leaves on top and purple leaves on the underside, giving the appearance of a royal carpet. This plant makes a wonderful hanging basket and is easy to propagate in water.

9. Ficus (Figs) are easy going plants that come in a variety of species. Cats and dogs love taking shade under the big leaves of the India Rubber Tree or beloved Weeping Fig. For a smaller space, try the Creeping Fig as a unique topiary.

8. Ferns make an enchanting and refreshing addition to any pet-friendly home. These humidity-loving plants make exceptional air purifiers and require medium to bright filtered light. Ferns can be kept in a secret terrarium away from boisterous puppies or allowed to stretch their bird-like fronds in magnificent glory.

7. Succulents are a fun and artistic way of decorating a pet bedroom or play space. These plants have thick, waxy leaves and require little water, making them perfect for a sunny windowsill or high shelf.

6. The Japanese Fatsia is a tolerant shrubby houseplant that can grow to six feet high. With bold coarse leaves that can survive a sliding door or busy hallway, this plant is perfect for the active pet owner.

5. The goldfish plant (*Columnnea*) is a tropical plant with brilliantly colored orange flowers that resemble goldfish. I have one in my home that my pets adore. This plant allows me to fulfill my goldfish and plant dreams all in one.

4. Dracaena is an extremely popular low-light plant that makes an excellent air purifier. They are low-maintenance and perfect for the busy pet owner. My Madagascar Dragontree thrives even though Soleil bites its leaves to get my attention when I'm ignoring her.

3. Grasses make excellent indoor plants and are entertaining enrichment for pets. Some grasses are edible, while others grow to exceptional height making them perfect for pets stalking stuffed toys in the jungle.

2. The Ponytail Palm is a must have succulent for the neglectful gardener. The curly thin leaves give the appearance of a bouncy green afro and make wonderful enrichment for lounging under, walking around or swatting.

1. The Monstera Deliciosa or Swiss-Cheese Plant makes a dramatic statement with its majestic foliage. This queen of the rainforest has large split leaves and can grow to 15 feet high. Sheba takes great pleasure slowly circling through her foliage for hours.

Hopefully your pets enjoy your plants as much as mine. Happy Gardening!

You can ask Dr. Jasmine your pet question or email your pet photo to drjasmine@theskanner.com. Your topic may be discussed in a future column!

HEALTH CAREERS FAIR

Take the next step to your future.

Opportunities await in the healthcare field!

Come meet with prospective employers, discuss a day-in-the-life of a healthcare worker, and learn about scholarships available for training to support your future career!

Thursday, July 12th
10 am - 2 pm
(CHILDCARE AVAILABLE)

PCC Southeast
2305 SE 82nd Ave. • Portland, OR 97216

OR

Friday, July 27th
10 am - 2 pm

PCC Sylvania
12000 SW 49th Ave. • Portland, OR 97219

Choose the location most convenient for you! • Event kicks off at 10 am, with presentations on the Health Careers NW program every hour. • Visit with employers and training programs to network, answer questions and find out about opportunities. • Plus, connect with program graduates who are working in healthcare to talk about their experiences.

For more information, contact your Worksource Portland Metro Center job coach or www.HEALTHCAREERSNW.org.



HPQG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities.

This program is financed in whole or in part with Federal funds provided through WorkSystems, Inc. WorkSource is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. To place a free relay call in Oregon dial 711.

This document was supported by Grant 90FX0044 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.