



School Zone

The inside scoop on
Cottage Grove-area schools

May 27, 2015

Lincoln program builds bridge to enhanced life skills

BY JEREMY SMITH
LMS Principal

This year, Lincoln Middle School's "Bridge Program" has been making it a goal to implement life skills and character development; but lately, things have been taken to new heights.

"Our primary focus is to teach students real life skills that they will need to be successful in school and in the workforce," says Dawn Stetina, Bridge Program teacher. The program first contacted Crux Rock Climbing Gym in Eugene with hopes of making a visit, but they were taken back when they were offered one-month memberships for their students.

"This opportunity has given them the chance to advance their executive functioning and motor planning, and it has helped them to assess problems in a different way by planning ahead," Stetina explained. Stetina further explained that although they are learning these skills outside of the classroom, it has helped them overcome obstacles and gain confidence in areas of their personal and academic life.

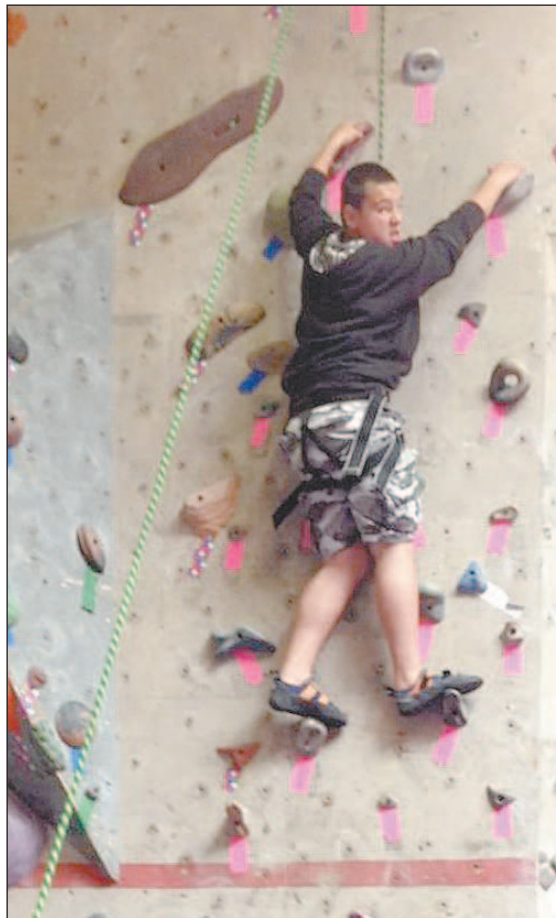
"It has been phenomenal to see the

improvement the students have made in such a short amount of time. They are interacting with each other differently by showing genuine interest for their classmates, and overcoming obstacles academically."

Although they have had different opportunities throughout this year outside of the classroom, it seems that none have quite measured up to the experience they have gained as of late. Ryan West, an Educational Assistant within the LMS Bridge Program, explained that "we have watched these kids grow in huge amounts. They are literally bouldering problems and overcoming personal fears of height and confidence. They have to place their trust in us, and in their classmates."

After the students have proven responsibility and maturity, they are able to start to belay for their fellow classmates.

Stetina explained that they work on life skills everyday in their classroom, and she has been blown away at the perseverance, proactive communication and self esteem that the students in her classroom have been able to obtain by having this opportunity.



courtesy photo
Bailey Abbott takes on the rock wall at Crux Rock Climbing Gym in Eugene.



courtesy photo

Outgoing Dorena teachers Mrs. Willis and Mrs. Edwards were among the many enjoying the school's annual "The Beat Goes On" fundraiser, which raises funds for the school's music instructor.

Beat Goes On garners funds at Dorena

Dorena School held its annual fundraiser, "The Beat Goes On," on Friday, May 15, and organizers called the event a great success. Students performed various styles of dance; the school celebrated the retirement of three admired teachers, and guests enjoyed the great music of The Men from S.U.R.F, who volunteer their musical talents every year for this community event. The school raised around \$2,000 to pay for a music teacher next year. The school says the event was a great success because of the many staff and parents who worked so hard to pull it together.

ART WALK

HISTORIC DOWNTOWN COTTAGE GROVE

Young Artists

May 29

LAST FRIDAY OF THE MONTH 6:00 TO 8:00 PM

Easy ways to fight the 'big four' foes of roses

BY KYM POKORNY
OSU Extension Service

Charmingly warm weather coaxed roses into bloom early this year, which means dealing with the usual diseases and pests earlier, too.

When it comes to one of the county's most popular perennial plants, the "big four" vexations are powdery mildew, black spot, rust and aphids, according to Jay W. Pscheidt, a plant pathology specialist with Oregon State University's Extension Service. More recently, downy mildew, which looks strikingly similar to black spot, has become an increasing problem.

"People are confusing them," he said. "It's difficult to tell the two apart."

However, the black spots made by downy mildew spores are not as dark and can have

an angular appearance. Under moist conditions, you might see a gray, downy-looking growth on the undersides of the leaves.

After the relatively dry weather this year, black spot will be less of an issue, Pscheidt said, while the incidence of rust may be greater than normal. Rust, which begins in spring and peaks in early summer, appears as orange pustules that can blanket the foliage in worst-case scenarios.

As the name suggests, powdery mildew shows up as a white powder covering the leaves, but without the black blotches typical of downy mildew and black spot, he said. It usually hits roses during the transition into summer's driest time, particularly when dry days are followed by nights with high humidity.

Insects are less of an issue with roses. Aphids are about all

gardeners have to worry about in Oregon and are fairly easy to control, according to Gail Langellotto, Master Gardener coordinator for Oregon State University's Extension Service. Her first line of defense would be to squish some with her fingers to release a chemical signal that attracts natural enemies like lacewings, ladybird beetles and parasitoid wasps. Follow that with a strong spray of water from the hose to wash the remaining aphids to the ground.

"Aphids are poor climbers," she said, "and are less likely reestablish because they run a high risk of getting eaten by ground-roving predators, such as spiders and beetles."

Since aphid numbers can explode on nitrogen-rich plants, it's a good idea to use an organic fertilizer, or a slow-release synthetic fertilizer that will give them less readily available nitrogen.

As for diseases, the best strategy is to start with disease-resistant cultivars.

"Buy fisherman roses," Pscheidt said. "The types that you can plant and then go fishing. Breeders are always coming up with new plants that resist pests. Local retail nurseries will generally have a good list for you."

But just because a rose is an older variety doesn't mean they don't fight off disease. OSU Extension's Pacific Northwest Plant Disease Control Handbook offers a list of classics that fight the good fight against black spot, rust and powdery mildew. Longtime favorite hybrid teas 'Just Joey,' 'Chicago Peace' and 'Mr. Lincoln' are on the roster. 'Gold Medal' and 'Queen Elizabeth' grandifloras made the cut, as did the well-known floribunda roses 'Playboy,' 'Sexy Remy' and 'Iceberg.'

In addition to careful selection, prevention is the next best strategy and Pscheidt has some recommendations:

Don't crowd plants. Space adequately so sun will penetrate and air will circulate to dry foliage quickly after rain or watering.

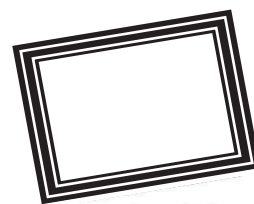
When pruning roses in late winter, clean up foliage thoroughly with a rake or leaf blower and remove diseased stems.

Use soaker hoses to water when possible. If using an overhead sprinkler, irrigate so that foliage has time to dry out before evening.

If desired, spray early with an organic or chemical fungicide or pesticide. Always follow label instructions.

For more information, refer to the OSU Extension publication Controlling Diseases and Aphids on Your Roses or get help from a Master Gardener in your area.

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4th Annual Cottage Grove Water Safety Day

Warren H. Daugherty Aquatic Center 1440 S. 8th St. Cottage Grove
Saturday - May 30, 2015 10:00am-12:30p.m.

Meet BOBBER the Water Safety Dog!

Learn water and boat safety while having FUN!

Safety Day Schedule:

10:00am FREE registration

10:00am-11:30am Safety Stations

11:30am-12:30pm FREE Swim! Bring your Suit and Towel!

12:30pm RAFFLE DRAWING FOR FREE SUMMER PASS

