

Build your own Zen rock garden

When Paul Jackson's son graduated from high school, he received an unconventional but welcome gift — six yards of pea gravel.

"He wanted a Zen rock garden," Jackson said. "He pointed out the place in the backyard. I said, 'OK, go build it.' So, he did and when he went off and got married he left it for us to take care of."

Jackson and his wife, Barbara, learned to love the Japanese-style garden and its tranquility. The maintenance, which consists of raking the gravel and watering a few plants, was minimal. Built in 1994 at the Jackson home in Anchorage, Alaska, the couple maintained it until 2013 when they moved to Grants Pass.

To learn the new plant palette they'd be working with in the Rogue River Valley and develop a new network of friends, the Jacksons decided to take the Oregon State University Extension Service Master Gardener course. In particular, they were interested in a low-care, low-water landscape with minimal lawn.

"We had two areas being watered by a sprinkler system and they were full of moss," he said. "I thought, 'Let's turn off the sprinklers, take out sod and put in a little Zen garden.'"

The Jacksons' 3-year-old garden is a reflection of a style developed in China in the fifth through eighth centuries. Influenced by Taoism, the gardens manifested the myth about five islands in the ocean where eight immortals lived in harmony with nature. The design caught on in Japan, and in the Muromachi Period from 1185 to 1573 gardens evolved to encompass the Zen style with Buddhist



KYM POKORNY
Your Garden

monks as the primary designers.

One of six styles of Japanese gardens, which include the promenade, tea and pond gardens, the Zen rock garden represents a miniature and idealized view of nature, Jackson said. Rocks fill in for mountains and islands; gravel for water. Following mythology, the crane and turtle symbols, which signify longevity, also find their way into the landscape. Other elements sometimes — but not always — include pagodas, lanterns, Buddha statues, water features and plants.

In his garden, Jackson created a middle island with a lion's mane Japanese maple, ajuga, moss and lithodora. He's rigged up a drip system so a hose doesn't have to be dragged across the gravel. Sitting cross legged in front of the tree is a Buddha statue. Other than that, a pagoda and a seating area where his wife often sits to enjoy the sound of birds and some contemplative time, the garden is simplicity itself.

"There's something appealing in the simplicity of Zen rock gardens," said Jackson. "It has a pleasing effect to the eye. All Zen gardens are designed to be asymmetric. There are no angles or straight lines. Nature is asymmetric, too."

He finds peace in raking the garden, which is what Buddhist monks found, too. They experienced a meditative quality in the minimalism of a Zen garden and by



PHOTO: FLICKR/P/001CU1

The elements of a Zen Garden can include, but don't always, sitting areas for reflection, pagodas, Buddha statues, rock and plants.

raking the gravel that represents water.

Jackson, who shares instructions to build a Zen garden, advises keeping it simple.

"Don't worry about being too formal and exact," he said. "Make it the way you want it."

How to Build a Zen Garden:

Keep things simple when creating the design;

Lay out area with stakes, flags or spray paint;

Clear area of grass, rocks, etc.;

Cover with landscape cloth;

Build fence if one is included in the design;

Determine how much pea gravel or sand needed;

Determine size and number of boulders. They should be different sizes but of the same material. Decide where to place them.

Dig in the bottom third of the boulders;

Decide where to place plants, if used. Be sure to install edging to keep soil out of gravel;

Run irrigation lines if needed;

Add any water feature;

Add pea gravel or sand;

Build sitting area if desired;

Place flagstones to sitting and/or plant areas.

Plants for a Zen Garden:

Heavenly bamboo ;

Real bamboo (consider clumping bamboo, which will not run);

Conifers;

Japanese maples;

Mosses;

Sedums;

Other ground covers;

Azaleas, camellias and rhododendrons.

Zen Rock Garden Rakes:

Rakes for Zen rock gardening can be difficult to find. If you decide to make your own, Jackson suggests using hardwood such as oak because it will last longer and have plenty of weight so you don't have to force the tines into the gravel as you rake. Also, use 1-x-2 lumber for the tines and set them approximately 2½ inches apart to create a nice pattern in the gravel. Refer to photo for details.

MI TOWN

It's really, really hard to concentrate on any indoor activity when the sun is a bright canary yellow and our collective moods are as happy as can be. We're eager for walks in the community, enjoying seeing the butterflies float through the flowers, and hopeful that Mother Nature may have finally decided to bring us a wonderful gift of sunshine and fresh air.

This coming weekend we will celebrate Memorial Day, where we will begin the summertime season (even though summer doesn't appear on the calendar until mid-June). It's that time of year when we can get the barbecue set up and ready for outdoor meals, dig out the best potato salad and baked bean recipes (or get them already prepared, at our local supermarket deli),



PATTY TAYLOR DUTCHER
Columnist

and put away the heavy winter coats and sweaters. It's been a longer than usual winter, and we're all eager to welcome summertime just as soon as we can. Time to enjoy the sounds of screen doors and laughing neighbor kids and the change of seasons.

There will be celebrations and tributes to those who have served in our armed forces. We'll be flying Old Glory from the front porches, and hopefully take time to remember those who have given the ultimate sacrifice for our coun-

try's freedom. The day was originally called Decoration Day, when families decorated the graves of Civil War soldiers with flowers from their gardens. On May 5, 1868, Maj. Gen. John A. Logan declared that Decoration Day should be observed May 30, making May 30, 1868, the first large observation of the holiday. In 1971, Memorial Day was declared a national holiday, to be celebrated the last weekend of May, to honor those who died in all American wars.

Thanks to all who participated in the cleanup and beautification programs in MI Town this past weekend. Our streets and yards are looking better than ever. It was a busy weekend for everyone, with farmer's markets and local merchants reminding us just

how many good things are available in the wonderful communities we are lucky enough to call home.

Our sunnier days offer us more opportunities to enjoy so many more outdoor activities. Both Independence and Monmouth parks can accommodate picnics, family gatherings, a comfortable outdoor location to read a book or play a game. This is a great time of year to get to know your neighbors and share ideas, make plans or have a good conversation.

Enjoy the upcoming sunny days and the Memorial Day weekend. Whether you travel around the block or to a destination many miles away, please take care to drive safely and arrive at your destination prepared to have a wonderful time.

PEDEE NEWS

Heidi Russell's mother, Linda Hovet, turned things around for Mother's Day by treating Heidi to a beautiful day of fun and relaxation. She drove up from Creswell on Mother's Day morning and brought Heidi a Dutch Bros. coffee before church, then stole her away after church to take her to lunch at PizzAmore in Albany and a shopping trip, followed by gelato in Corvallis, then concluded with a shared FaceTime talk with Heidi's sister in Minnesota. The best part was that Heidi spends all her time taking care of everyone else, then someone (her mom) came and cared for her. The recent many weeks have been rather taxing for her, so this was a timely treat.



ARLENE KOVASH
Columnist

Also, Daniel made Heidi a huge, sturdy 10-foot long picnic table for Mother's Day, and now they have enough room for their family around the table outside and can host more people. He constructed it in one afternoon.

Judy Guida and her two school friends, Theresa Erickson and Carmelita Shinn, met at Eagle Crest to celebrate their soon-to-be 60th birthdays and 54-year friendship. They all met in

first grade in Medford, where they grew up. Carm flew in from Oklahoma City and Theresa drove up from Eagle Point. They hiked up to the top of Smith Rock, shopped and lunched in Sisters, and listened to the music of Lindy Gravel in the Eagle Crest lounge.

Pete and LaVerne Bennett have been enjoying the pictures their granddaughter Amanda has been posting on Facebook. Amanda and her husband, Jon Wilson, have recently been transferred to Spangdahlem Air Force Base in Germany, where the view from their house looks very much like Oregon. Amanda is a chaplain's assistant in the Air Force, and Jon is with the military police.

Jerry Mentzer drove to Buena Vista, Georgia, to visit his son and take a pickup to him. He lasted four days, then headed back as he didn't like the heat, chiggers, cockroaches, and rattlesnakes there. He also saw a tornado while there, plus two on the way home to good ol' Oregon. He had lived in Georgia for eight years several years ago.

Marje Robertson came home from spending her winter in Brenda, Ariz. While there, her sweet dog, a Chihuahua named Chica, died. She was 13, so it was to be expected, but it's still so sad to lose such a beloved pet. We were all glad to see Marje doing well, though.

VOLUNTEER OPPORTUNITIES

These Polk County groups would welcome individuals who have time or expertise to volunteer. Organizations that would like to be added to this list should call 503-623-2373 or email IONews@polkio.com.

- AARP Foundation Tax-Aide — 503-930-7636
- After DARC — 503-623-9501
- American Cancer Society Road to Recovery — 1-800-227-2345
- Arc of Polk County — 541-223-3261
- Ash Creek Arts Center — 971-599-3301
- Central School District — 503-838-0030
- City of Dallas — 503-831-3502
- City of Independence — 503-838-1212
- City of Monmouth — 503-751-0145
- Court-Appointed Special Advocates (CASA) of Polk County Inc. — 503-623-8473
- Crime Victims Assistance Program — 503-623-9268
- Dallas Area Chamber of Commerce — 503-623-2564
- Dallas Fire Department — 503-831-3532
- Dallas Food Bank — 503-623-3578
- Dallas Kids, Inc. — 503-623-6419
- Dallas Police Department — 503-831-3582
- Dallas Public Library — 503-623-2633
- Dallas Retirement Village — 503-623-5581
- Dallas School District — 503-623-5594
- Delbert Hunter Arboretum — 503-623-7359
- Girl Scouts of Southwest Washington and Oregon — 1-800-338-5248
- Ella Curran Food Bank — 503-838-1276
- Falls City Arts Center — 503-559-6291
- Falls City School District — 503-787-3531
- Family Building Blocks — 503-566-2132, ext. 308.
- Friends of the Dallas Library — 503-623-2633.
- H-2-O — 503-831-4736
- HART (Horses Adaptive Riding and Therapy) — 971-301-4278
- HandsOn Mid-Willamette Valley — 503-363-1651
- Heron Pointe Assisted Living — 503-838-6850
- Independence Health and Rehabilitation — 503-838-0001
- Independence Public Library — 503-838-1811
- Kings Valley Charter School — 541-929-2134
- Luckiamute Watershed Council — 503-837-0237
- Luckiamute Valley Charter School — 503-623-4837
- Meals on Wheels — 503-838-2084
- Monmouth-Independence Chamber of Commerce — 503-838-4268
- Monmouth-Independence YMCA — 503-838-4042
- Monmouth Public Library — 503-838-1932
- Northwest Human Services — 503-588-5828
- Oregon Child Development Coalition — 503-838-2745
- OSU Extension Service - Polk County — 503-623-8395
- Perrydale School District — 503-623-2040
- Polk Community Development Corporation — 503-831-3173
- Polk County Community Emergency Response Team — 503-623-9396
- Polk County Museum — 503-623-6251
- Polk County Public Health — 503-623-8175
- Polk County Resource Center — 503-623-8429
- Polk Soil and Water Conservation District — 503-623-9680
- Relief Nursery Classroom — 503-566-2132
- SABLE House — 503-623-6703
- SALT (Senior and law enforcement together) — 503-851-9366
- Salvation Army — 503-798-4783
- SMART (Start Making A Reader Today) — 503-391-8423
- Salem Health West Valley Hospital — 503-623-8301
- Victim Assistance Program-Polk Co. District Attorney's Office 503-623-9268 x1444
- Willamette Valley Hospice — 503-588-3600
- WIMPEG Community Access Television — 503-837-0163

Are You Still Paying Too Much For Your Medications?

You can save up to 97% when you fill your prescriptions with our Canadian and International prescription service.

Get An Extra \$15 Off & Free Shipping On Your 1st Order!

Call the number below and save an additional \$15 plus get free shipping on your first prescription order with Canada Drug Center. Expires June 30, 2017. Offer is valid for prescription orders only and can not be used in conjunction with any other offers. Valid for new customers only. One time use per household. Use code 15FREE to receive this special offer.

Call Now! 855-781-6462
www.canadadrug.us/oregon

Please note that we do not carry controlled substances and a valid prescription is required for all prescription medication orders.

PUBLIC NOTICE

The West Valley Housing Authority (WVHA) has **REVISED** our Public Housing Annual Plan. The revised version will be available for the public to review and or provide comment as of May 24, 2017 and can be obtained from our website at www.wvpha.org or any of the WVHA offices (main office address listed below).

Comments on the revised version will be received up through the public comment review hearing to take place on July 10, 2017 at 11:00 a.m. at 204 SW Walnut Ave., Dallas, OR 97338. Written comments on the plan may be mailed to the attention of Executive Director, West Valley Housing Authority, 204 SW Walnut Ave., Dallas, OR 97338 or emailed to wvpha@wvpha.org.

The meeting location is wheelchair accessible. Call (503) 623-8387 during business hours if other accommodations are required.

INDEPENDENCE CINEMA 8

450 S. 2nd St., Independence
Showtimes 503-606-3000
www.IndependenceCinema8.com

Matinees are all shows before 6pm. New pricing for matinees are: Adult \$8.00 Children \$7.00 • Senior \$7.25 Pricing does not reflect 3D showings.

Friday - Wednesday • May 26 - 31

KING ARTHUR: LEGEND OF THE SWORD (Digital) (PG13)	(2:00)	7:05
SNATCHED (Digital) (R)	(4:50)	9:55
*PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES (Digital) (PG13) (12:50 1:20 3:45 4:15)		
	6:40	7:10 9:35 10:05
BAYWATCH (Digital) (R)	(1:30 4:10)	6:50 9:30
GUARDIANS OF THE GALAXY 2 (Digital) (PG13)	(12:30 3:30)	6:30 9:30
ALIEN: COVENANT (Digital) (R)	(1:20 4:10)	7:00 9:50
EVERYTHING, EVERYTHING (PG13)	(12:20 2:40 5:00)	7:20 9:40
DIARY OF A WIMPY KID: THE LONG HAUL (Digital) (PG)	(12:25 2:40 4:55)	7:10 9:25

Thursday • June 1

GUARDIANS OF THE GALAXY 2 (Digital) (PG13)	(12:30 3:30)	6:30 9:30
*PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES (Digital) (PG13) (12:50 1:20 3:45 4:15)		
	6:40	7:10 9:35 10:05
BAYWATCH (Digital) (R)	(1:30 4:10)	6:50 9:30
KING ARTHUR: LEGEND OF THE SWORD (Digital) (PG13)	(2:00)	
SNATCHED (Digital) (R)	(4:50)	
WONDER WOMAN (Digital) (PG13)		7:00 10:05
ALIEN: COVENANT (Digital) (R)	(1:20 4:10)	7:00 9:50
EVERYTHING, EVERYTHING (PG13)	(12:20 2:40 5:00)	7:20 9:40
DIARY OF A WIMPY KID: THE LONG HAUL (Digital) (PG)	(12:25 2:40 4:55)	7:10 9:25

* Starred Attraction. No passes.

STOP BY EVERY WEEK FOR \$5 SUPER TUESDAY!
ALL MOVIES. ALL DAY TUESDAY. ONLY \$5.

www.facebook.com/IndependenceCinema8 twitter.com/IndyCinema [instagram.com/IndyCinema](https://www.instagram.com/IndyCinema)

MORE HD CHANNELS
FASTER INTERNET AND UNLIMITED PHONE.

Time Warner Cable **Spectrum**

CALL TODAY AND PAY LESS
800-718-0153

\$34.99

FREE ACCESS TO WIFI HOTSPOTS

125+ CHANNELS UP TO 100Mbps UNLIMITED CALLING

Triple Play Select TV, INTERNET AND PHONE

\$89.99

Denied Benefits? Unable To Work? **We Can Help!**

Helping 1000's Get The Benefits They Deserve

Fighting For Your SOCIAL SECURITY BENEFITS For Over 35 Years!

- 1 Do You Qualify For Disability Benefits? Call For A FREE Evaluation
- 2 Assisting With: Initial Applications - Denied Claims - Hearings
- 3 We Simplify The Process & Strive For Quick Claim Approval!

BILL GORDON ASSOCIATES (855) 747-7830

Bill Gordon & Associates, a nationwide practice, represents clients before the Social Security Administration. Member of the TX & NM Bar Associations. Mail: 1420 NW St Washington D.C. Office: Broward County, FL. Services may be provided by associated attorneys licensed in other states. *The process for determining each applicant's disability benefits varies greatly, and can take upwards of two years.