

GARDEN COLUMN

Tips to gear up garden for cold weather

As freezing weather moves in, gardeners may be worrying about how to protect their plants from the cold.

Experts with Oregon State University Extension Service, recommend several ways to guard your landscape from frigid conditions.

- Though snow can act as excellent mulch on the ground, it can also weigh down the branches of shrubs with frail structures such as arborvitae, boxwoods, young rhododendrons and azaleas. Every two to three days, knock the snow off branches and wrap rope around the branches of bushes and shrubs. Tying the branches upward helps restructure the branches to a more upright position before the storm.

- Insulate plants with mulch, compost, leaves or any kind of organic matter that will protect root systems. Snow can also be a good insulator for many plants.

- It's especially important to protect container plants since the pots can freeze. Cover them with compost,



KYM POKORNY
Your Garden

mulch, old blankets, sheets or burlap, or anything that can help insulate them. Wrap pots in bubble wrap to provide even more protection. Don't leave pots hanging. Place on the ground and cover.

- Most trees go dormant in the winter and can withstand temperatures in the negative degrees. The exception? Non-native trees that do not have the same cold tolerance. Be sure to check labels before buying and make sure to plant trees with cold hardiness appropriate to your area. Check the USDA Plant Hardiness Zone Map to find your hardiness zone.

- Don't walk on your lawn, especially if there is no snow insulating the grass. Walking on it can break the leaf tissue and damage the grass if it is frozen.

- Keep your greenhouse



<https://flic.kr/p/227W2aw>

Shake snow off branches to keep them from being damaged.

above 35 degrees and plants inside will likely survive.

- Next spring you may notice some brown freeze streaks and damage on the leaves of the spring-flowering trees and bulbs you put in the ground recently. Cold weather likely will cause a lot of leaf and tissue damage. Frost damage causes leaves to appear water-soaked or shriveled,

or to turn dark brown or black — but does not always kill the plant.

- Generally, do not water your plants in freezing conditions. But shrubs growing underneath the eaves of a house are susceptible to drought damage. Water them deeply every six to eight weeks only when the air temperature is above freezing and early in the day.

MI TOWN

Our beautiful blue skies and unseasonable December weather have given us so many reasons to be grateful that we live in MI Town. While so many people in Southern California have lost so much to the devastating fires, and folks in the Columbia River Gorge are dealing with wind and frozen temperatures, we are able to hang Christmas lights and plant bulbs without rain. The chilly mornings are very invigorating, and when we're properly bundled up, really a pleasure at this time of year.

The Friends of the Monmouth Library are having an ongoing Holiday Book Sale during December. This is a great opportunity to find gently-used books and other items for gifts, or just to treat yourself.



PATTY TAYLOR DUTCHER
Columnist

To continue my Journey to Wellness: We watch the monitor in the hospital room as my blood pressure rises high enough for me to be discharged. I've traded the hospital gown for clean pajamas, robe, warm socks and slippers brought from home for the return trip. Don heads off to Bi-Mart to get my magic potion prescribed by the noteworthy surgeon, and I settle into bed to sleep — perchance to dream — or not.

The good drugs from surgery are beginning to wear

off, and I happily take the magic potion, clutching the ice bag against my upper left side, drifting in and out of sleep.

Dr. Faddis calls a few days later, sharing the good news first: the cancerous section has been removed and lymph nodes were clear, but there were other cells with "precancerous" edges. Beverly and I talked by phone for 25 minutes or so, discussing options and "what if's" and how many times did I want to go under the knife and find more "precancerous" cells later. A subsequent conversation with Geoff just reinforced that a mastectomy will be the best choice for me.

The next day, I just completely let it go, and cried for the very first time since the

initial diagnosis, which was good (I guess). Both Don and I had a mutual meltdown, and aired our concerns and fears and all the absorption of so much information and decision making that we both were trying to manage. I called Deb (the RN-Navigator). What a blessing it is, to have another caring and compassionate person who can help me through these scary times, and realize we all have the same goal.

Dr. Faddis and I discussed my decision. This surgery will be more complicated than the lumpectomy, and I will probably have to stay overnight in the hospital (dang), but recovery should go well. My surgery date is now Dec. 13, two months since my mammogram on Oct. 13.

PEDEE NEWS

Shawn and Trina Brotherton and kids Kalina and Kindan went to see the Zoo Lights the Saturday after Thanksgiving. They've gone almost every year for the last 12 years, and it was the least crowded they've seen it and found parking. The lights were great as they'd changed it up in a good way and so have so much more room and environmental enrichment. It was the first time Shawn had been able to see the new Elephant Lands, which are wonderful. Of course, they always eat elephant ears while there.

The week of Thanksgiving, Heather Traglia and daughters Jenae and Kailey went with a gracious friend and her family to Ko Olina, Oahu. Kailey was bounding with excitement for the trip as it was not only her first



ARLENE KOVASH
Columnist

time going to Hawaii, but her first time flying on a plane. The excitement for the plane wore off about 30 minutes after takeoff as she was uncomfortable, and then the dreaded "Are we there yet?" questioning began.

Jenae was excited for another reason. Before their trip, she was selling baked goods and hot cocoa so she could raise funds to swim with the dolphins. People from Kings Valley and Pedee area were very supportive in helping her endeavor, and she eventually

raised half the funds that were matched by a very giving friend. The girls were thrilled to see their dreams come true and have a memory that will last for the rest of their lives. Heather also enjoyed swimming with the dolphins, but was also a little afraid she'd be dolphin food. Before their trip began, one of their children came down with the flu, so as fate would have it, she had the flu while in Hawaii. But as the saying goes, "buck up buttercup," so she did just that and still had a wonderful time.

Acoustical guitarist Ron Diller will be in concert at Pedee Church Friday at 7 p.m. Come and enjoy his beautiful Christmas music. Refreshments will be served during intermission.

David Crowe lost his 9-month-old liver and white Springer Spaniel, Duke, somewhere in the Pedee/Kings Valley area. If anyone sees him or has him, give David a call as he really misses him.

Sudoku solution

3	7	4	8	6	2	1	5	9
5	2	8	1	9	7	4	6	3
1	9	6	5	4	3	8	7	2
7	5	2	6	3	4	9	1	8
4	1	9	2	7	8	6	3	5
6	8	3	9	1	5	7	2	4
9	6	5	3	8	1	2	4	7
8	3	7	4	2	6	5	9	1
2	4	1	7	5	9	3	8	6

ANNIVERSARY

Sharp — 50th



Richard and Orpha Sharp will be celebrating 50 years of marriage on Saturday, Dec. 16. They were married Dec. 16, 1967, at the First Presbyterian Church in Roseburg. This historic church is the oldest church in Roseburg, and Richard's parents were also married there.

These longtime Dallas residents are both retired, but enjoy working part time during tax season. They have two children and three grandchildren.

William Sharp his wife Wendy, and sons Liam and Quinn reside in Portland.

Jennifer Lawrence, her husband Mark, and daughter Cassidy reside in Milwaukie.

Our family would like to invite all who have shared in their lives by your friendship and love to join us in celebrating Richard and Orpha Sharp's 50th anniversary Saturday, Dec. 16, from 2 to 4 p.m. at Grace Church, 598 E. Ellendale Ave., Dallas.

COMMUNITY CALENDAR

Continued from page 11A

WEDNESDAY, DEC. 20

- **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

- **Day-2-Day Diabetes Support Group** — 3 to 4 p.m., Salem Health West Valley (main conference room inside main entrance), 525 SE Washington St., Dallas. 503-623-7323.

- **Pickleball** — 9 a.m. to noon, Roger Jordan Community Park. Meets on Mondays, Wednesdays and Fridays from 9 a.m. to noon. Karen Freeman, 503-871-4172.

- **Brew and BS: The New Testament** — 7 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. A lecture series on New Testament figures. Bring brew of choice — coffee, tea, chai, beer, wine, cider. 435-503-4304.

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Season's Greetings

During this holiday season, we wish you all the best.

Ben Meyer, AAMS®
Financial Advisor
503-606-3048
193 E. Main Street
Monmouth, OR 97361

Bob Timmerman
Financial Advisor
503-623-5584
159 SW Court Street
Dallas, OR 97338

Kelly K. Denney
Financial Advisor
503-623-2146
244 E. Ellendale, Suite 2
Dallas, OR 97338

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