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A Publication of The Dalles Chronicle & Hood River News

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A variety of topics will be covered at Saturday morning talks that start at 9 a.m. Aug. 10, Aug. 24, and Sept. 7. Coffee and a morning snack will be offered at each event, while participants learn a different garden technique from Wasco County Master Gardeners.

**Aug. 10 – Growing and Using Herbs, with Pam Manning**

**Aug. 24 – Flower Arranging, with Lee Bryant**

**Sept. 7 – Using Green Manure Ground Covers, with Jens Frederickson.**

The programs are sponsored by the OSU Wasco County Extension Service. Contact Lynette Black at [lynette.black@oregonstate.edu](mailto:lynette.black@oregonstate.edu) or 541-296-5494 for more information.



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Shannon Brackenbury, Dave Adams and Erin Barrett





Heights rose. Photo by Kirby Neumann-Rea.

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**The garden has expanded in recent years and now has an enclosed shed built by Don Springer. Photo by Kirby Neumann-Rea.**

# Odell Student Garden keeps on growing

By Kirby Neumann-Rea

**Hood River News**

Talk about seeds of learning.

The student garden at Wy'east Middle School does not take a break just because of the summer break, thanks to gardener Peggy Wooten and friends.

Peas, lettuce, tomatoes and other vegetables keep growing and feeding local residents from the fertile ground in a courtyard at the Odell school.

Produce is given to the FISH food bank in Odell and the Mid Valley Elementary Summer School.

"I always have (the peas) timed pretty good, because summer school is fairly short, but the seasons always meet," Wooten said. "The kids just love the peas." (Summer School runs mid-June through late July.)

In the school year, students did the planting and tending after school and sometimes, during the day. Of course, it kept growing once school got out, but Wooten is there every day and has help from Summer School students and others.

The students also raise potatoes, garlic, tomatoes, lettuce, and some volunteer sunflowers. Two composting bins provide soil amendment for the garden, boosted by scraps from the school cafeteria, and the students have a small worm farm going as well.

The garden is not a new one, but it has expanded in the past five years under the guidance of Peggy Wooten, an 8th grade instructional assistant.





**Garden advisor Peggy Wooten stands among the raised beds and tomato frames of the Wy'east garden. Her classroom window is behind her. Photo by Kirby Neumann-Rea.**



**Lettuce and tomatoes grow in the student garden at Wy'east Middle School. Photo by Kirby Neumann-Rea.**

Wooten has been helping for most of the 13-year life of the garden, and took it over four years ago from its founder, teacher Jim Sampson.

Sampson and Wooten started out cloning African violets, and they built a small greenhouse for flowers and vegetable starts. The SPROUTS program was born — the acronym stands for Students Propagating, Researching, Organizing and Utilizing Technology and Science.

"It was a kind of tongue-in-cheek name but it's always been serious about science and technology," Sampson said.

In recent years, Wooten expanded the size of the garden, with Sampson keeping a hand in things by building the raised bed frames.

Wood shop students built the cedar tomato frames, and school facilities employee Don Springer built the garden shed after Wooten gave a presentation to the School Board.

Throughout the spring, students stayed after school to plant, weed,

water and harvest the produce.

Summer school brings kids over to pick peas and "to play," Wooten said.

"It's fun, to show kids they can grow their own food," she said.

This year, as schedules allowed, teacher Sally Pritchett got her students involved, and Wooten brought her students out to help.

"The classes are getting integrated into it, which is the first time that has happened," said Wooten, who helps with science, math, social studies, literacy and language classes.

During the school year, the student gardeners took field trips to Good News Gardening and Dirt Hugger.

The garden is in a west-facing courtyard at the northwest corner of the main building at Wy'east.



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Landscape Designer Chris Olsen, of Little Rock, Ark., created a decorative wall out of empty wine bottles by threading them onto metal poles inserted into a wooden frame. Olsen shares outdoor decorating ideas in his book "Chris H. Olsen's Five Seasons" (Leisure Arts, 2011). (AP Photo/Chris H. Olsen, Janet Warlick/Camera Work)

# CRAFTS

## BIG ART for outdoor living

By Jennifer Forker  
Associated Press

Even a small slice of the big outdoors can call for big art. With some do-it-yourself ingenuity, creating artwork for an outdoor living space needn't be costly or complicated. In a few summer hours, you can make a piece, large or not-so-large, that packs a visual wallop.

Just keep in mind the advice of Bob Richter, interior designer and cast member of PBS' treasure-hunting series "Market Warriors": "There's a fine line between 'What's that piece of junk in your yard?' and art."

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Landscape designer Chris H. Olsen, of Little Rock, Ark., is fond of wine bottles, repurposing empties in myriad ways for the garden—as an artsy wall, accent lighting and art objects.

“I’m all about fun, funky, great displays and projects that are relatively easy to do,” says Olsen.

To add patio privacy or garden interest, Olsen builds a wine bottle wall: vertical rows of wine bottles inserted into a wood frame using metal rods.

“I love a little ‘bling bling’ in the garden, and I love glass,” says Olsen. Another conversation starter: Olsen’s “bottle stars”—empty, corked wine bottles that are glued together to create a star shape, then hung in trees and positioned in planted pots. This and other outdoor DIY projects can be found in his book “Chris H. Olsen’s Five Seasons” (Leisure Arts, 2011).

David Bromstad, host of “HGTV Star” and host designer of the network’s “Color Splash,” says stringing a dozen or more wine bottles with lights inside them and hanging them from a pergola or other substantial structure “the underside of a deck, say” creates alluring outdoor lighting.

“The more the better,” he says. “If you do a ton of those, you’ll have an (art) installation.”

Bromstad recommends cutting off the wine bottles’ bottoms and stringing the lights through the bottles with outdoor lamp cord. Visit Pinterest, the online projects board, for images of this and other ways to use wine bottles as lighting.

Bromstad is known for creating large pieces bursting with color for his TV show clients. DIYers can do the same for an outdoor space, he says, by using outdoor-safe supplies: pressure-treated plywood instead of

canvas, and an outdoor primer and paint. Bromstad uses Nova Color, an acrylic paint that stands up well to the elements.

Distress the plywood before painting to accentuate its roughness, he suggests. Do drip painting “à la Jackson Pollock” if your artistic skills are limited.

“Everything that has to be outdoors has to last through the elements,” Bromstad says, “so you might as well make it look rough from the beginning.”

Both Bromstad and Olsen say concrete blocks are useful in the garden: Stack them to build a wall, cement couch, bench or table. Make it artsy by planting the openings with flowers, herbs or other greenery. Again, Pinterest posts scads of images.

“It’s just stacking,” says Olsen. “You don’t even have to mortar it.” One more idea from Bromstad: Hang old gutters from a fence, garage wall or along a pergola’s perimeter—just about anywhere, he says—and plant them with impatiens or herbs. Make sure the gutters slope so water can drain.

“It’s one big, beautiful art project,” says Bromstad. “It’s just gorgeous.” Richter roams flea markets for large outdoor art for himself and clients, gravitating toward antique signage and industrial-looking collectibles because they can weather the elements. Surfboards—propped on a deck or attached to a garage wall—are popular right now, he says. While art is in the eye of the beholder, Richter says care and placement is the key.

“It’s like framing a piece of art,” he says. “Half of ‘art,’ I think, is how you display it and where you display it.”



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# Recycled Art

By Kathy Ursprung  
**The Dalles Chronicle**

Sometimes I think my tombstone will read "Too many pins, too little time." I love looking at all the craft projects posted on Pinterest and pinning them for a future someday. People are amazingly clever and the "Interwebs," as some people like to call them, are fertile craft hunting ground.



Newspaper log cupboard



As a budget-conscious sometime crafter, I'm always looking for things to make that are not only useful, but either cheap or free. One of those stood out among my pins the other day as I was looking for some neat storage for scarves, hair ornaments and various frills and furbelows. It was a tiny cupboard made entirely of newspaper "logs."

It's a technique with a venerable heritage, tied in with the now-collectible tramp art produced from the Civil War era to the Great Depression and beyond. The name is misleading. The art isn't really tied into the rail-riding tramps of the Depression. According to folkartisans.com, tramp art more likely originated from the old German and was applied to the work of itinerant carvers traveling to learn their craft "trampen" as part of the apprenticeships of medieval times.

Characteristics of tramp art include incorporating found objects like toothpicks, popsicle sticks, cigar boxes and other materials and using primitive tools (like pocketknives) to produce, in some cases, remarkably intricate work. Newspapers were also featured in this art form, either narrow logs rolled and varnished to transform a cigar box into a decorative jewelry box, or folded like the old gum wrapper chains of childhood — in fact, I suspect that's where that childish art originated.

Today we call this "recycled art" and high-end artists ask big price-tags for furniture made of rolled newspaper logs. I've also found ottomans and chairs made with the wrapper chain folding technique. In my search, I've also seen newspaper "lumber" made from tightly rolled newspaper bound together with rosin or glue and then sawn into planks. And at least one gorge home décor store offers Paperstone, a countertop product made of recycled newspaper.

Even though it looked relatively easy, my project had one challenge: the instructions were written in an Asian language I don't understand. The images were well-detailed, though, so I decided to forge ahead.

This project would be a nice one to keep hands busy while watching TV, or to engage kids with nimble fingers. Don't expect to finish this in a couple of hours. Rolling lots and lots of little newspaper logs takes time. After the rolling, assembly goes fairly quickly.

**Keep in mind: Tramp art is, by definition, primitive art. While made of paper, it is remarkably sturdy, but should not be mistaken for fine cabinetry. For more newspaper craft projects see the author's pinterest page.**

## Newspaper Log Cupboard

### Supplies:

Newspapers — lots of them (The pile by my desk grows daily as I get issues of various papers from around the state. I took home a stack about 2½ feet tall.)

Craft glue

Hot glue gun and glue sticks

Wire

Decoration — ConTact Paper, fabric, varnish, stickers or other decorative items



**1. Roll newspaper** logs as tightly as possible and glue edge with craft glue. I was grateful for the help of my husband — offered not ordered — in the rolling process.

I used the height and width of a single *The Dalles Chronicle* page to define the dimensions of my cupboard. That helps minimize the amount of cutting required.

Important: Newspapers vary by width and length. If you are using issues of the same paper, you should have no problem. I had to reject about half of my supply because they were of a different size. Advertisements are off-size, too.

You'll need enough rolls to build:

- 3 exterior walls, 22½ inches high by 11 inches wide,
- 2 shelves and one drawer bottom, 11 inches wide by 11 inches deep,
- 6 single-logs for shelf support and stabilization rails,
- 1 each, top and bottom walls, about 12 by 12 inches, larger if you want more overhang,
- 3 drawer walls 6 inches tall by the exterior dimensions of the drawer bottom
- 1 drawer front 7-7½ inches high and wide enough to extend to the outer edge of the cupboard.

*continued on page 10*



**2. Glue logs together to form construction pieces.** Craft glue also works for this stage. Leave a glue gap at both ends of the logs so that wire can be wrapped around the outer logs to stabilize the piece.

**Note: At this stage, the walls will not be rigid so handle with care.**

**3. Assemble and stabilize exterior walls:** Set the three walls side-by-side on a table. Keeping the walls level, wire adjacent logs on each wall together.



Determine the location of two interior shelves and mark the location with a straight-edge. Using the glue gun, glue support rails at markings on each of the three walls. *This will stabilize the walls.*



a bead of hot glue down each support rail to permanently affix the shelves in place. Gluing shelves in place helps strengthen the construction.

**6. Attach top and bottom:** Affix the top and bottom walls of the cupboard in place, again using hot glue. Make sure any overhang is equal on both sides.

**7. Construct drawer:** Place the drawer bottom on the work surface, rest the drawer front snugly at the front of bottom piece so that its edge rests on the work surface, covering the roll ends of the bottom. Make sure the edges of the front extend equally beyond the drawer bottom (about 1-2 rails). Holding the front in place, run a generous bead of hot glue where the bottom and front adjoin. Hold in place for about a minute to allow the glue to set.

**4. Glue walls together:** Position the walls upright with panels at right angles to each other. Run a generous bead of hot glue down the interior of each corner to secure the position of the walls.

**5. Position interior shelves:** Dry-fit the shelves, then run



Position each side piece resting atop the bottom panel, the exterior flush with the edges. Run a generous

bead of hot glue on the inside of the drawer where the two pieces adjoin. Hold while the glue sets.

Once all three sides are glued in place, hot glue the back corners together.

The drawer should slide into the cupboard below the bottom shelf.



**8. Decorate:** The piece from the original blog was decorated with checked ConTact paper and had a country feel.

You could also cover it in fabric — liquid starch is one way to affix fabric to walls, but avoid getting fabric too wet since newspaper is quite absorbent.

**Note: I opted for stain as most authentic to the piece's tramp art origins, and something that might be salvaged from a craftsman's workshop, also an authentic way of sourcing tramp art. (I opted for mahogany, but in retrospect, should have chosen a lighter stain so the newspaper print would show through better. I brightened the piece up with some adhesive reproduction cigar box labels I had stowed away years ago in anticipation of just such a project.**



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## Hood River Fruit Loop Celebrates Fruit

The bounty of the Hood River Valley takes center stage during the Summer Fruit Celebration all along the famous Hood River Valley Fruit Loop, Aug. 17-18.

Find berries, peaches, cherries, early Gravenstein apples — the favorite of cooks everywhere — the earliest pears, all kinds of fresh summer garden produce, wonderful apple treats, wine tasting, country fun for the whole family, and beautiful Hood River Valley scenery....

August is a big month along the famous Hood River Valley Fruit Loop. A large variety of wonderful summer fruit is available, from peaches to later-ripening varieties of cherries.

And while the heart of the Hood River Valley's commercial and specialty pear and apple harvest is still a few weeks away, the first early heirloom apples — highly-prized Gravenstein apples, considered "the best" by many bakers and cooks for pies, applesauce and desserts — are ripe. They're a tart and tasty eating apple, too. The Summer Fruit Celebration is set to take place all along the scenic Fruit Loop, Saturday and Sunday, Aug. 17-18, serving up a weekend of relaxed country fun and delicious food for the whole family.

Participating fruit stands and attractions all along the Fruit Loop, winding through picturesque Hood River County orchards and vineyards, will have all manner of the freshest summer fruit and produce, as well as offering lots more gourmet food products, wines and hard ciders, bakery goods, and a range of tasty food — along with country fun for the whole family. Admission to Fruit Loop farms and attractions is free. Some farms and wineries also have special offerings during the event.

Most farms and attractions along the Fruit Loop are open from at least 10 a.m. to 5 p.m. daily (wineries open at 11 a.m.). For complete information about the Summer Fruit Celebration, for a listing of Fruit Loop farms, attractions and individual operating hours, and for an easy-to-follow map, visit the Fruit Loop website at [www.hoodriverfruitloop.com](http://www.hoodriverfruitloop.com).



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## Benefits Of Therapeutic Gardens On Hospital Patients, Families And Staff

Patients, families, staff and researchers will benefit from a new therapeutic terrace garden near Legacy Emanuel Medical Center's Family Birth Center and Cardiovascular Intensive Care Unit. The TKF Foundation's National Nature Sacred Awards Program has awarded a \$560,000 grant to fund the space, conduct clinical-outcome research about the benefits of therapeutic gardens and contribute to the body of knowledge in evidence-based design.

Representatives from the local chapters of the March of Dimes and the American Heart Association, past patients, their family members and Legacy Emanuel clinical staff were involved with the planning of the garden and research studies.

Following completion of the garden, three studies will investigate its impact:

- The study of women giving birth will measure the extent to which garden-enriched care lessens their discomfort, pain and stress, and thereby benefits the condition of babies at birth.
- The family study will identify personal benefits experienced by family members of cardiovascular intensive care unit patients. These family members will be invited into the therapeutic garden adjacent to the unit.
- The nurse study will evaluate how spending designated time in the garden affects work stress management.

"The project is innovative and exciting. Benefits of the new hospital garden at Legacy Emanuel will be evaluated by scientific studies that generate important knowledge about the value of gardens and nature for

patients, families and health care workers," says Roger Ulrich, Ph.D., professor of architecture, Chalmers University in Sweden and principal investigator. "This will be the first time that benefits of a calming, beautiful garden are studied for hospital users in a serious in-depth way."

Dr. Ulrich will collaborate closely with Alar Mirka, M.D., director of clinical research at Legacy Research Institute on research design, development and evaluation. Jennifer Antick, Ph.D., professor of health psychology, Pacific University in Oregon, will lead graduate students in support of the family study.

"We are extremely enthusiastic about receiving the funding that will provide the research infrastructure and expertise to support this important project," said P. Ashley Wackym, M.D., clinical vice president of research for Legacy Health. "Measuring the outcomes of innovative and transformative care delivery is one key part of the mission of Legacy Research Institute."

Funds for this project were provided by the TKF Foundation as part of the National Nature Sacred Awards Program. The mission of the TKF Foundation is to provide the opportunity for a deeper human experience by inspiring and supporting the creation of public green space that offers a temporary place of sanctuary, encourages reflection, provides solace, and engenders peace and well-being.

Patients, families, and staff in obstetrics and intensive care often face extremely stressful situations and unsettling outcomes. The opportunity to enter a quiet healing space can be very important to the well-being of each of these groups, says Lori Morgan, M.D., Legacy Emanuel's chief administrative officer.

**Construction of the garden is planned to begin in August 2013 with completion three to six months later. The public can visit [www.legacy-health.org/gardenresearch](http://www.legacy-health.org/gardenresearch) for a free garden gift, progress reports and more information.**

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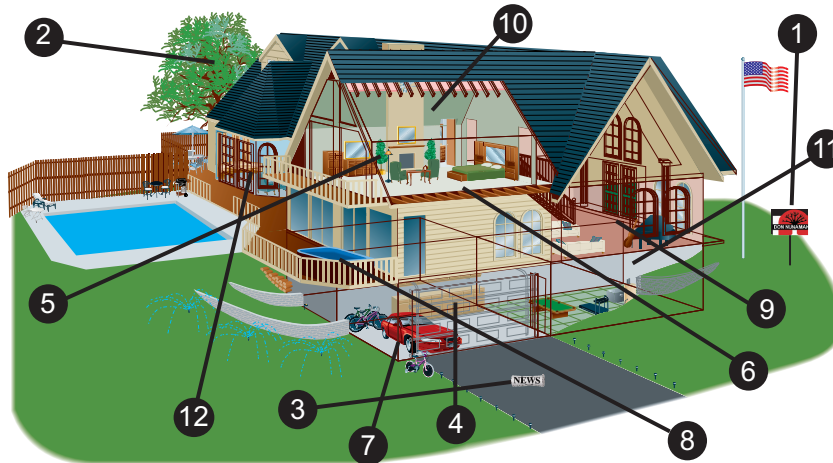
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**9**

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2495 Cascade ~ Hood River, OR

#### Freshly Updated - Odell



**NEW LISTING**

\$255,000 Many recent updates throughout the house. .85 acre parcel with open pasture. RMLS 13018387

#### Close to Town - Hood River



**NEW LISTING**

\$489,000 Views of Mt. Hood and Valley. Organic orchard. Large outbuilding. RMLS 13382342

#### Quiet Road - Hood River



**NEW LISTING**

\$380,000 Chalet Ranch with 2 beds, 1.5 baths, 1406 sqft. Vaulted Beam living, dining & kitchen. RMLS 13053338

#### Mt. Hood View - Hood River



**NEW LISTING**

\$775,000 2 story farmhouse with basement. 4 bedrooms, 3.5 baths, 4656 sqft. 24.35 acres. RMLS 13311783

#### Expansive Views - White Salmon



\$1,790,000 Bluff home on almost 9 acres. Custom home with pool, cottage & guest quarters. RMLS 13126625

#### Mt. Hood View - Parkdale



\$248,000 Immaculate triple wide home on .88 Acre. Large shop/garage, 3 beds, 2 baths, 1982 sqft. RMLS 12140634

#### Quality Custom Home - Dee Hwy



\$579,000 Large parcel of 5 acres, large home is 4192 sqft, 4 beds, 4 baths. Easy access to town. RMLS 13689857

#### Commercial - Hood River



\$380,000 Great location! Open beam ceiling building. Lots of parking. Additional 288 sqft concrete building. RMLS 13127138

#### Hardwood Floors - The Dalles



**NEW PRICE**

\$139,000 Darling ranch home on corner lot. Completely fenced. 2 beds, 1 bath, peeks of river. Nice floor plan. RMLS 13058591

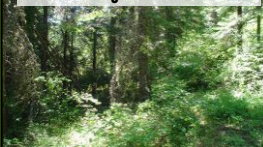
#### Corner Lot - Hood River



**NEW PRICE**

\$215,000 Well kept '94 Manuf. home. RV carport with hook-ups. 3 beds, 2 baths, 1344 sqft. RMLS 13480818

#### 2 Building Lots - Parkdale



\$225,000 & \$210,000 2 Upper valley 2.5 acre lots. Utilities are underground. Irrigation rights. RMLS 13458151 & 13528999

#### Mt Adams View - High Prairie



\$215,000 stick built cabin on 13.3 dividable acres. Fully landscaped. Ready for you to add on. RMLS 13142283

#### Parkdale



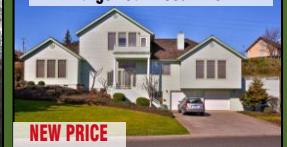
\$439,000 Mt. Adams view, 9.77 acres, park-like setting. 4 beds, 3 baths, with daylight basement. RMLS 13084208

#### Klickitat River - Lyle, WA



\$390,000 3 beds, 3 baths, 2200 sqft, 1.78 acre. At the mouth of the Klickitat River. RMLS 13324544

#### Large Lot - Hood River



**NEW PRICE**

\$465,000 3 beds, 3 baths, 3 levels, 4407 sqft, .71 acre. Near golf course, Mt. Hood views. RMLS 13432165

#### Single Level Living - Hood River



**SALE PENDING**

\$410,000 3 beds, 2 baths and 2095+/- sqft. Located near the golf course. Yard with large deck. RMLS 13404190

#### Pine Grove



**SALE PENDING**

\$450,000 20 acres with 10 acres in pear production. Nice valley & Mt. Hood view. RMLS 12308779

#### Hood River



**SALE PENDING**

\$240,000 Immaculate Manuf. home at end of road. Fenced backyard, 4 beds, 2 baths, 1782 sqft. RMLS 13302212

#### Hood River



**SOLD**

\$305,000 Large .22 acre fully fenced lot. Heights location. 3 beds, 2 baths. RMLS 13251598

#### Private Backyard - Hood River



\$279,000 Cozy ranch home in a great location. Nice landscaping & secluded backyard with covered patio. 3 beds, 1.5 baths RMLS 13604836