



Adventure | Design | Food | Real Estate | Trends

# Perennials for the Pacific Northwest

*Want to surround your home with an enchanting landscape, but don't have much time for garden maintenance? The following easy-growing perennials look fantastic, require little effort on your part, and are well suited for the temperate, damp conditions of the Pacific Northwest.*

**CREATE TEXTURE**

The rich, deep green foliage of the sword fern stays beautiful all year long. This low-maintenance perennial thrives in rich, well-drained soil and full shade. Another option for adding texture to your landscape is wild ginger, a fragrant shade plant that features gorgeous, glossy evergreen leaves.

**ADD COLOR**

Dahlias come in countless colors and textures, and they're all ideal for a low-maintenance Northwest garden. Plant them in full sun and well-drained soil. Lupines are also available in a wide range of colors, from pink to orange to purple. These tall, upright flowers prefer slightly acidic soil and grow best in full sun or partial shade.

**ATTRACT POLLINATORS**

The crisp, white flowers of the Shasta daisy will have butterflies flocking to your garden all summer long. Plant daisies in well-drained soil, either in full sun or partial shade. Hummingbirds love the eye-catching cardinal flower, which grows to be around three feet tall and blooms bright red in the late summer. It tolerates both sun and shade. Keep soil moist, but don't over water.

**To find out more about gardening with perennials in the Pacific Northwest, visit your local gardening center or plant nursery.**





## SHOP LOCAL (even for home loans)

Easy Online Application • Local Service • USDA Loans Available

 NMLS #421709

pnwfcu.org | 800.444.5858



**PACIFIC NW**  
FEDERAL CREDIT UNION



# GARDEN



## August Garden Calendar

OSU Extension

**PLANNING**

*Optimal time for establishing a new lawn is August through mid-September.*

**MAINTENANCE AND CLEAN UP**

- Make compost of lawn clippings and garden plants that are ready to be recycled. Don't use clippings if lawn has been treated with herbicide, including "weed-and-feed" products. Don't compost diseased plants unless you are using the "hot compost" method (120 degrees to 150 degrees Fahrenheit).
- Fertilize cucumbers, summer squash, and broccoli to maintain production while you continue harvesting.
- Clean and fertilize strawberry beds.
- Use mulch to protect ornamentals and garden plants from hot weather damage. If needed, provide temporary shade, especially for recent plantings.

- Camellias need deep watering to develop flower buds for next spring.
- Prune raspberries, boysenberries, and other caneberries after harvest. Check raspberries for holes made by crown borers, near the soil line, at base of plant. Remove infested wood before adults emerge (approximately mid-August).
- Monitor garden irrigation closely so crops and ornamentals don't dry out.

**PLANTING/PROPAGATION**

- Plant winter cover crops in vacant space in the vegetable garden
- Plant winter kale, Brussels sprouts, turnips, parsnips, parsley, and Chinese cabbage.

**PEST MONITORING AND MANAGEMENT**

- Remove cankered limbs from fruit and nut trees for control of diseases such as apple anthracnose and bacterial canker of stone fruit. Sterilize tools before each new cut.

- Check apple maggot traps; spray tree if needed.
- Control yellowjackets and wasps with traps and lures as necessary. Keep in mind they are beneficial insects and help control pest insects in the home garden.
- Watch for corn earworm on early corn. Treat as needed.
- For mite control on ornamentals and most vegetables, hose off foliage, spray with approved miticide if necessary.
- Check leafy vegetables for caterpillars. Pick off caterpillars as they appear. Use Bt-k, if necessary.

**Produced by OSU Extension, each month provides reminders of key garden chores, such as fertilizing, pest control, planting, and maintenance. Recommendations in this calendar are not necessarily applicable to all areas of Oregon. For more information, contact your local Extension office.**

**For full April Garden Calendar, or to see other calendars, visit [extension.oregonstate.edu/gardening/gardening-calendar](http://extension.oregonstate.edu/gardening/gardening-calendar).**

## Landscape against wildfires

*In 2017, 66,131 wildfires ravaged approximately 9.8 million acres of land in the United States. An estimated 4.5 million homes across the country are at high or extreme risk for wildfires. While the sheer destructive power of this force of nature isn't something we humans have much control over on a large scale, there are a few measures individuals can take to help protect their property against fire. Here are a few tips for fire-resistant landscaping.*

**MAINTAIN A DEFENSIBLE SPACE**

The areas closest to your home and other structures

are most critical when it comes to defending against fire; this buffer zone of sorts is known as "defensible space." Depending on the size of your property, your defensible space should be between 30 and 100 feet surrounding your home.

**KEEP IT CLEAN**

There should be as little plant fuel as possible within your defensible space. Get rid of any dead vegetation, including dead shrubs and trees, dried flowers and grass, and fallen leaves and needles. Move piles of firewood outside the defensible space during fire season.

**KEEP IT LEAN**

Landscaping should be minimal within your defensible space. A grass lawn with few trees and

shrubs is a good barrier against fire—plants that grow low to the ground are preferable. Trees should be at least 10 feet apart at crown level. Prune away any branches within 10 feet of your home or other structure.

**KEEP IT GREEN**

Proper irrigation is essential for plants within the defensible space. Inspect your plants regularly and get rid of any dry or dead material. Choose fire-resistant varieties with low water needs, such as herbaceous plants (bulbs, groundcovers, annual and perennial flowers) and deciduous trees. Avoid evergreens, which are highly flammable.

**Keep the area closest to your home clean, lean and green to help defend your property against wildfires.**



# PEOPLE REALLY HAVE AN APPETITE FOR NATURAL GAS HOMES.

EFFICIENT. AFFORDABLE. BLUE.



**NW Natural**  
nwnatural.com



**Carol Annala**  
**541.490.5099**  
**Carol@DonNunamaker.com**

**Westside**



**\$775,000**

Log home w/view of valley & Mt. Hood. Owner built in 1989 on 5.52 acres mostly forest. Two levels with partial finished basement for 2158 sqft. 3 BRs, 2 BAs, wrap around deck, attached 2 car carport, 2 level storage barn & machine shed. Beautiful setting! RMLS 18148177

**Eastside**



**\$718,000**

Solid custom one level/one owner ranch home on the Eastside. 3 BRs, 2 BAs, 2353 sqft, nicely manicured, landscaped & wooded 2.47 acres. Peek of Mt. Adams! Unique features: floor to ceiling rock fireplace, sunroom w/sky-lights, quartz countertops, stainless steel appliances, large garage/shop. RMLS 18571859

**Parkdale**



**\$338,000**

Spectacular Mt. Hood view! 3BRs, 2BAs, 1620 sqft manufactured home on .77 acre parcel on Hwy 35. Nice open floorplan: large great room w/view windows, family room/den, kitchen w/pantry, eating nook. Front & back decks, hottub, lge 2 car detached garage & 2 outbuildings. RMLS 18317848

**Hood River**



**\$548,000**

Daylight rancher in a quiet cul-de-sac. View of Mt. Hood on a large .41 acre lot. Great backyard. Built in 1988, one owner home, 2848 sqft w/946 sqft unfinished basement. 4 BRs, 3 BAs, formal living & dining rooms, wrap-around deck, 2 car attached garage. RMLS 18142236



**OR & WA**  
**Broker**



**1995 12th St, Hood River**  
**541-386-2757**

**Best Brands & Hometown Service**



HEALTH

Healthy summer snacks

From ice cream to hot dogs to sugary daiquiris, calorie-laden summer treats are tough to resist. The good news is, you don't need to completely deprive yourself of these seasonal favorites. If you make a habit of reaching for one of these nutritious snacks instead, you'll find it far easier to stick to your healthy eating habits. Each has less than 100 calories, and contains good-for-you ingredients to keep you healthy, happy, and fit—all summer long.

**Blueberries**  
"Easy to find and portable, blueberries are a great low-calorie summer snack," says Erika Horowitz, RDN. One cup of these brightly colored berries contains just 84 calories, as well as fiber, vitamins K and C, and cancer-fighting anthocyanins.

**Greek yogurt and raspberries**  
For a nutritious 100-calorie treat that feels decadent, combine ½ cup plain Greek yogurt with 1/3 cup fresh raspberries in a bowl. The protein from yogurt and fiber from raspberries make this a satisfying snack.

**Frozen grapes**  
Keep a bag of purple grapes in your freezer to have a healthy, refreshing treat on hand for hot summer days.

(A 1-cup serving of the fruit has just 62 calories!)

**A hard-boiled egg**  
Craving a hunger-busting snack stat? "As far as whole foods with great nutritional value and convenience go, you can't really beat a hard-boiled egg," says Horowitz. One egg has just 70 calories, plus plenty of B vitamins, vitamin D, and choline, a nutrient that helps support memory.

**Almonds**  
There's a reason why this little nut appears so frequently on lists of the "best" healthy foods. Almonds are packed with fiber, protein, calcium, and vitamin E, and contain fewer calories than many other nut varieties.

**Mashed avocado crackers**  
Think of this as a bite-sized version of your avocado toast obsession: Top a few whole grain crackers with two tablespoons of mashed avocado for a quick-and-easy 100-calorie snack. Avocados are high in heart-healthy monounsaturated fatty acids and an excellent source of potassium, which helps regulate blood pressure and balance sodium in the body.

**Watermelon**  
The classic summer fruit is packed with impressive health benefits. Not only is watermelon low-calorie, it's also a good source of lycopene, a chemical pigment that may help guard against certain kinds cancer.



A simple exercise to strengthen foot arches

CHARLES P. McGRATH, D.C.  
McGrath Chiropractic Clinic

Some flat footed people have experienced a dropping of their arches over a period of time, whereas others may have grown up from a young age, never having developed an arch.

In either case it's important to understand that a reduction in the arches of the feet is not due to a malformation of the feet, rather it's due to a misalignment of the 26 bones in each foot.

That's why chiropractic adjustments to the bones and joints of the feet can lead to an improvement and increased height of the arches.

Better foot bone and joint alignment is consistent with better foot function and arch support.

In addition to chiropractic foot adjustments, patients with reduced arches should adopt a regular routine of rehabilitative exercises to help improve arch function and strength.

One of the most effective, and yet a very simple

foot exercise to perform is known as toe curls. You can do this exercise with ease and in the comfort of your home. best to find a location with a smooth, hard floor.

Place the towel on the floor and smooth it out in front of the chair.

Sit and rest one foot on top of the towel with your heel near the edge and your toes pointing toward the center. While your foot is resting comfortably on the towel, flex (curl) all five toes pulling the towel toward your heel.

With each toe curl you'll only move the towel an inch or two toward your heel. Repeat the process again and again until you've successfully pulled the entire length of the towel toward your heel. Continue to flatten the towel out across the floor and repeat the process several times for both feet.

This toe curl exercise will strengthen the tiny muscles that work to lift and support the arches.

Flat footed patients who have had their feet adjusted for a period of time will experience better results from arch strengthening foot exercises. The process of having your foot bones and joints realigned through chiropractic will better prepare your feet for arch strengthening exercises.



**McGRATH**  
Chiropractic  
HAND AND FOOT CLINIC



**Plantar Fasciitis?  
Heel Pain?  
Carpal Tunnel Syndrome?**



We offer non-surgical solutions that work!

Charles P. McGrath, DC  
**McGRATH CHIROPRACTIC**

508 Oak Street, Ste. 300  
Hood River, OR 97031  
**541-436-3401**  
cmcgrathchiropractic@gmail.com  
www.cmcgrathchiropractic.com

Trained and Endorsed by



make your own  
**FREE COMPOST**

and have  
**HEALTHIER SOIL**

in only  
**10 MINUTES PER WEEK**

eliminating up to  
**30 PERCENT**  
of your garden water bill

and up to  
**30 PERCENT**  
of your garbage

**Want red worms?**  
Lisathewormlady.com  
Freshfromthefarm  
inthegorge.com



**Composting made easy**

Earth Machine Compost Bins available at:  
The Dalles Disposal Service  
Hood River Garbage Service  
Tygh Valley General Store  
Wasco Farm Store

**Tri-County**  
Hazardous Waste & Recycling Program

**Save 20%** When you buy 5 or more KraftMaid Vantage Cabinets



Visit our showroom  
319 E. 2nd St.,  
The Dalles  
(541) 296-0074  
adamsdesigncenter.com



KITCHENS FOR THE REAL LIVING ROOM®



**Food Preservation Classes**  
3-hour, a la carte classes



7/31 Canning & Drying Fruit  
8/1 Canning & Drying Fruit  
8/21 Freezer Meals  
8/22 Freezer Meals

The Dalles and Hood River  
\$20 each



**Oregon State University**  
Extension Service  
Wasco County  
541-296-5494  
extension.oregonstate.edu/wasco

**Summer Gardening Series**  
Coffee and informational lessons  
9:00—9:30am FREE

8/4 A Walk Through The DIG  
8/11 Garlic  
8/18 Garden Insects  
8/25 Tomato Tasting

The Dalles Imagination Garden,  
Klindt Dr. & Steelhead Way



# DESIGN



## Five tile trends for the bathroom

Thinking of retiling your bathroom to update its look? To achieve a modern design, get inspired by these five trending tile styles.

1. Textured

Both modern and chic, textured ceramics are great for achieving a bold and unique look. Thanks to their abstract patterns and 3D effect, textured tiles are the perfect choice for creating a refined bathroom design.

2. Herringbone

Traditionally reserved for flooring, herringbone-patterned tiles are becoming increasingly popular on walls, especially when it comes to showers and backsplashes. This bold pattern is great for adding depth to any space.

3. Imitation wood

Ceramic tiles that mimic the raw look of natural wood are in high demand this year. Available in a wide range of shades from light to dark, they're perfect for giving your bathroom a warm, rustic feel.

4. Concrete

For an avant-garde, industrial design, opt for tiles that imitate the look of concrete. Incredibly modern, this ceramic style is the perfect complement to an urban-inspired bathroom.

5. XXL

Extra-large tiles are making a definite comeback in the bathroom. Ideal for smaller spaces, oversized tiles create an impression of depth that make rooms appear much bigger.



## Keep shower curtain in prime condition

Have you ever had to throw away a shower curtain because it was tainted with dirt, soap scum or mold? Cleaning your shower curtain regularly is a foolproof way to prevent this from happening again. Here's some advice to help you preserve the look of your curtain and keep it out of the trash.

First, make sure to thoroughly clean it once or twice a month. If it's made of fabric, throw it in the wash and use your usual laundry soap. If it's made of plastic, however, place it in the tub and wash it with a cloth soaked in white vinegar and baking soda. Rinse it well and hang to dry.

Ideally, you should wipe down your shower curtain with a wet cloth every time you wash up. Make sure to air out the bathroom after every shower, and keep your curtain closed to allow it to dry quicker and prevent mold.

Master Jeweler and Platinumsmith

Artisan's

JEWELRY & GALLERY

"your custom jeweler for all occasions ...  
be part of the experience"

DIAMONDS  
COLORED GEMSTONES  
CUSTOM DESIGNS

137 E JEWETT BLVD  
WHITE SALMON  
509-493-1333

STRENGTH,  
BALANCE.

AND NOTHING TO PROVE.  
TO ANYONE.

At COREtec, we're proud to offer the most  
complete collection of 100% waterproof floors,  
so you can express what makes you, you.

WHAT'S IN YOUR CORE?

COREtec

the Original

COREtecFloors.com

US FLOORS

GARY DENNEY

FLOOR COVERING &  
CARPET WAREHOUSE

CarpetsPlus

COLOR TILE

AMERICA'S FLOOR STORE

816 W. 6th St. • The Dalles Oregon

(541) 298-4252

www.garydenneyfloorcovering.com

ALLEN'S FINE  
WOODWORKING

CABINETRY DESIGN COUNTERTOPS

www.allensfinewoodworking.com  
For information (541) 354-1800  
OR CCB #128075 WA #ALLENFW9973Q

Visit our showroom at:  
216 Cascade Avenue  
Hood River, OR 97031

ROWAN HOUSE | HOOD RIVER



DESIGN

ASK A DESIGNER



Outdoor Summer Living



ASHLEY HINKLE  
Neff Designs

Summer is in full swing! Take advantage of the weather and spend your evenings outdoors with good food, good wine, and good friends.

Creating a fantastic outdoor space does require some thoughtful design and planning. Here are some guidelines to help you look like a pro. First, a couple questions:

1) Do you like to eat outside and share a meal with friends?  
2) Do you want to create a completely separate outdoor kitchen, or do you prefer to have easy access to your current kitchen?  
3) Is lounging with your family what you're looking for?

After you've determined what you want to create in your outdoor space, take a look at your property to help determine the best placement.

**ACCESS:**  
Many people create space for their BBQ and rely on their current kitchen facilities to handle the rest of the prep. Creating easy access from inside to your outdoor space is important. You don't want to be hauling plates of food or condiments down a long hallway, around a corner, and out the backdoor. Think about adding French Doors or slider to make accessibility easy and convenient.

**LIGHTING:**  
Once you've determined the placement of your outdoor summer living area it's time for lighting! Landscape lighting takes an outdoor space from ordinary to dreamy. Make sure you have outlets in the right locations to hang your bistro lights. Tripping over extension cords with a plate of burgers doesn't exactly create the type of summer memory you're shooting for. An alternative and/or addition to hanging lighting is to place path lighting in the walkway or guided lighting in planters. Either way, it's key to plan for these features when the walls are open, the ground has been dug, and prior to hard or soft scaping. Once your project

is complete, adding power or outlets to specific locations can be cost prohibitive and messy.

**MATERIALS:**  
Finally, select the outdoor materials that are consistent with the style of your home. It's important to create flow from the interior to the exterior. Creating a space outside that has the same vibe as inside gives you a natural extension of your living space. If you have a light and airy house, pull some of the same elements and colors to your outside space. This can be achieved with stain colors, paver selections, furniture, outdoor rugs, and planters.

We've all seen of those DIY a "week-end" patio projects, but in reality, it takes mere mortals longer that the weekend and usually is not so "easy" as made out to be. Just like interior projects, creating outdoor living spaces well requires some thoughtful questioning and planning.

Summertime in the Gorge is perfect for enjoying friends and family, BBQ's and games. Raise a glass, smoke some ribs,



Ashley Hinkle,  
NEFF DESIGNS

challenge your family to a game of cornhole, and create some summer memories. Cheers!

Ashley Neff-Hinkle is a local White Salmon resident servicing clients design needs in new construction and remodeling. To learn more visit [www.neff-designs.com](http://www.neff-designs.com)

LA-Z-BOY DUO SOFA



ForHIM&HER

the perfect match of design and comfort.

Downey Furniture

La-Z-Boy | Comfort Studio



601 E. 3rd Street, Downtown The Dalles | 541-296-2871  
Mon.-Sat. 9:30-5:30 [www.downey-furniture.com](http://www.downey-furniture.com)



Gorge Interior Design Services

New Construction Design  
Home Furnishing  
Remodel Design

Call today to schedule your design consultation!  
360 909 9503  
[neff-designs.com](http://neff-designs.com)





Walmart has expanded its back to school department!







Save money. Live better.

Back to School

EVERYTHING

from kindergarten to college

2700 Wasco Avenue . Hood River

541-387-2300 . HOURS 6 am-12 am



Bark!



Bark!



Compost!





Dirt Hugger

[DIRTHUGGER.COM](http://DIRTHUGGER.COM)

Dirt Hugger • 541-946-3478 • [dirthugger.com](http://dirthugger.com)



# HOME

## G O R G E   S T O R I E S :   L O C A L   R E S I D E N T S   S H A R E



# What makes the gorge home?

KIM SALVESEN-PAULY  
Windermere

*Each day, I leave my home in Stevenson and commute to one of our Windermere office locations in the Gorge. I consider myself one of the lucky ones, someone who has been able to live here and enjoy all that the area has to offer. As I meander along my daily journey, traveling from town to town, I find myself pondering what brought each person to the place they call home. Working in real estate has offered a unique opportunity to ask the question, “What brought you here?” and listen to the stories of what brought families and individuals to each unique pocket of the Columbia River Gorge. I am intrigued by how different the answers are and how they are almost never about economic gain. So what makes home, home?*

For me, I grew up in Stevenson, left for a while and the allure of coming home drew me back. I wanted my children and grandchildren to feel what I felt as a

child — a sense of safety and security. They could walk where I walked, knowing a connection to those around them; people who genuinely cared about their neighbors.

Each town in the Gorge has a very unique story as to why each person chooses to live here. For some, I suppose, it may not be a choice, but each has such an intriguing perspective.

I asked Charlie Foote why he lives in The Dalles. His story is like mine. He left for a while after growing up in The Dalles, later returning to raise his family. “What I like about The Dalles is the weather. We receive half the rain in comparison to the Gorge towns to the West. I like the good small town feel and the fact it that has of a lot of potential. It’s within driving distance to bigger towns, but away from the hustle and bustle and is full of good people who are involved in the community, not to mention it has beautiful scenery and is an outdoor lover’s paradise,” he said.


I asked Dee Ashley why she lives in Sherman County. She’s another one of us who left the town she grew up in but returned to help care for her elderly parents. “I have an appreciation for small community living. I love to be amongst people who are close knit, community orientated and have a sense of community pride. Living in a place where people are committed to their community members

is important to me,” she said.


Heidi Struck then filled me in about why she chose to stay in White Salmon to raise her family after growing up there as well. “How could I leave such a beautiful place? The Gorge never ceases to amaze me with its grand scenery, around which many recreational activities revolve. It has been the perfect place to raise my family, with its low crime rate and small-town values. The community is as tightly knit as that of a village, yet we lack for nothing regarding resources, proximity to cities, or quality of life. I am so lucky to call White Salmon and the Gorge my home,” she said.

Rob Radcliffe, a Portland native who’s been visiting the Gorge since he was 5, told me why he now makes Hood River his home. “For me, escaping the hustle and bustle of what Portland has become was important. I have always been mesmerized by the Gorge, but now that I have made it my home, I love living here. As a child I was drawn to the intense and unique energy of the area,” he said. “As I grew older, I realized how special this area is and how lucky I was to live near it. Today, the fact that I live in such an amazing community while immersed within the Gorge on a daily basis is a blessing beyond belief.”

**Kim Salvesen-Pauly, is a principal broker for Windermere Real Estate, Columbia River Gorge.**



**Windermere**  
REAL ESTATE  
COLUMBIA RIVER GORGE



**ESTABLISHED**

Since 1978, our company has been a constant in the Gorge's ever-changing real estate landscape.

**EXPERIENCED**


Our agents have an average of 15 years of Gorge real estate experience. In 2017, they represented nearly 700 buyers and sellers for a total of nearly \$200 million in sales volume in our local communities.

**LOCALLY CONNECTED**

There's a Windermere agent in your circle! Our agents not only live, work and play here, they also donate their time and resources for the benefit of our Gorge home. At Windermere, being involved in our community is a long-standing tradition.

**Windermere has six offices serving all of the communities of the Gorge**

<b>HOOD RIVER</b> 504 Cascade Ave <b>(541)386-3444</b>	<b>HOOD RIVER</b> 315 Oak Street <b>(541)386-3444</b>	<b>BINGEN</b> 106 W Steuben <b>(541)493-4666</b>
<b>CASCADE LOCKS</b> 651 WaNaPa Street <b>(541)374-0031</b>	<b>STEVENSON</b> 220 SW Second Street <b>(541)427-2777</b>	<b>THE DALLES</b> 122 E 2nd Street <b>(541)298-4451</b>



**We help make summer cool!**

Let us help you plan and design your next project.





**HOOD RIVER ENGINEERS**  
DESIGNED RIGHT. BUILT ONCE.

1784 May Street, Hood River OR 97031  
Give Us A Call At: **541.436.4723**





**Farm Stand**  
In The Gorge

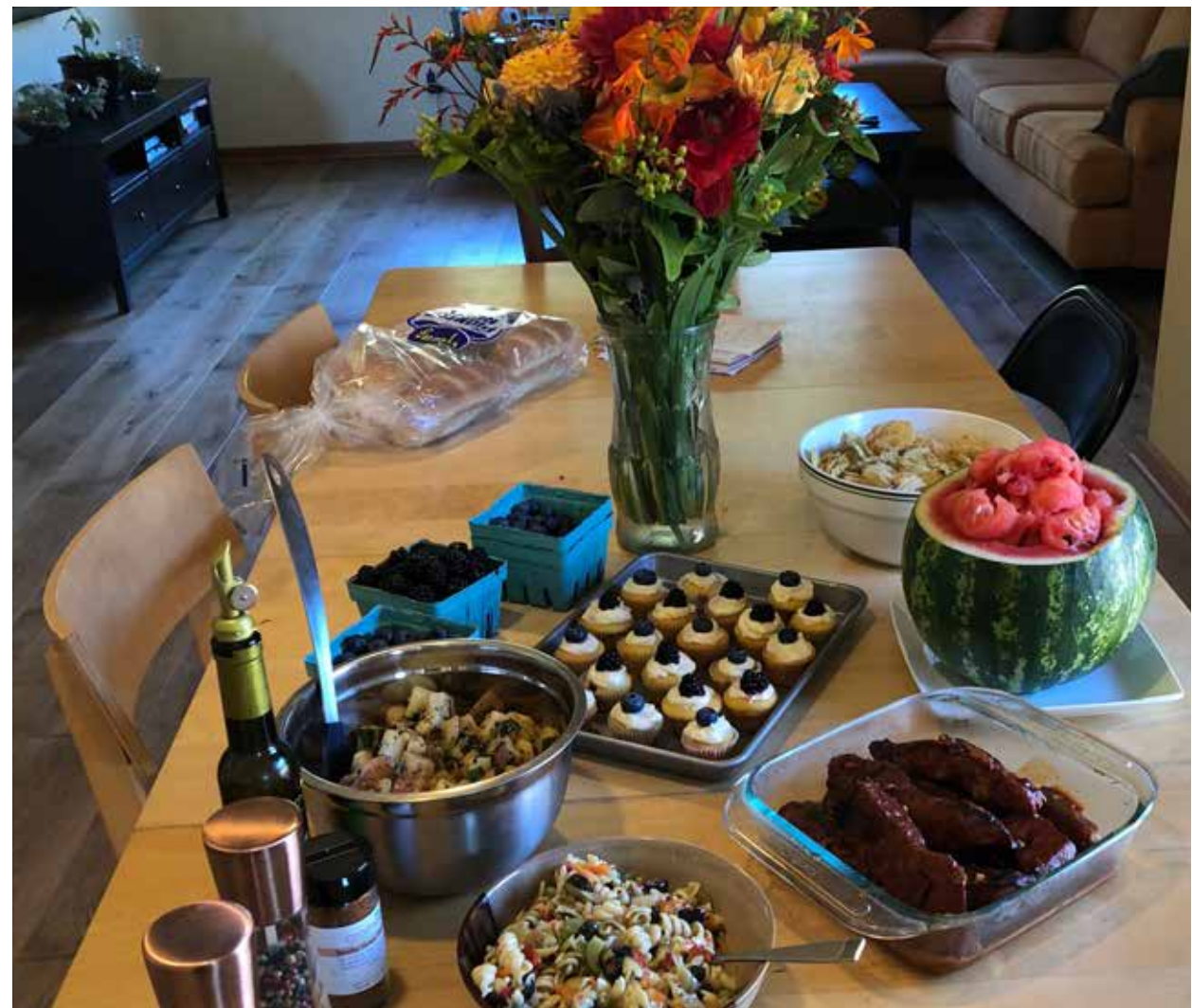
Farm Stand's mission is to take a stand for healthy sustainable living here in the gorge. We hope you come in to enjoy our organic cafe, offering local eggs, grass-fed meats, and vegan options. Our grocery store offers fresh organic produce, exotic and local wines, and great gluten free and paleo specialty items.

We are here for our customers and community!

**1009 12th Street, Hood River**  
**541-386-4203**  
**farmstandgorge.com**



FOOD



The summer potluck

JANICE BELL  
Aromé

Northwest August summers are for BBQ's, family reunions, picnics and pool parties. These fun times are often fueled by a potluck, which can be stressful if you have not yet developed your signature dish or have a myriad of food allergies to consider. In my family my parents were always on pie duty, my Aunt Margaret was the berry jello salad lady and there was always a wild card dish from the uncles. These recipes are a menu of options that will be sure to please.

**RED POTATO SALAD**  
(Vegan, Gluten Free)  
*Ingredients*  
2 lbs red potatoes, unpeeled and chunked into 1-inch pieces  
1/3 cup medium Extra Virgin Olive Oil  
1 small meyer lemon  
1 tsp. urfa chili flakes  
1/2 cup chopped scallions  
2 Tbl. fresh parsley  
1 Tbl. fresh thyme  
1 Tbl. fresh oregano  
Sea salt and freshly ground pepper to taste

*Directions*  
Boil potatoes until just tender, you want to make sure they keep their shape. Drain potatoes and toss in olive oil in a large serving bowl. Mix all remaining ingredients and toss with potatoes. This dish can be served hot or cold.

**SMOKEY HONEY BBQ CHICKEN**  
*Ingredients*  
4 chicken breasts  
1-15oz can tomato sauce  
1/4 cup brown sugar  
1/4 cup honey  
2 Tbl apple cider vinegar  
1 Tbl. Arome Smokey Honey BBQ Rub  
1/2 tsp. red chili flakes  
2 Tbl molasses  
1 Tbl brown mustard  
1 Tbl Worcestershire sauce  
1 garlic clove, chopped

*Directions*  
The easiest way to use this sauce recipe is to combine all ingredients and stir well, marinate your chicken in the sauce overnight or at least for 6 hrs. Remove the chicken when you're ready to grill and make sure you reserve the sauce and pour it into a saucepan. Over medium high heat simmer sauce until thickened. The BBQ

sauce has quite a bit of sugar in it so you'll want to remove scrap most of the sauce off the chicken before grilling so it doesn't burn as easily. I've also used this recipe on pork ribs with a different cooking technique.



Janice Bell,  
AROMÉ



Simple summer treat!

**RASPBERRY ICE**  
Total Time: 4 Hours 30 Mins  
Yield: Serves 4

Kate Merker and Sara Quessenberry

**HOW TO MAKE IT**  
*Step 1*  
In a small saucepan, combine 1 cup water and 1/2 cup sugar. Bring to a boil, stirring; let cool.

*Step 2*  
In a blender, puree 3 cups raspberries (12 ounces) with the sugar syrup. Strain into a loaf pan or shallow dish and freeze until firm, at least 4 hours.

*Step 3*  
Whip 1/2 cup heavy cream until soft peaks form. Using a fork, scrape the surface of the raspberry ice to create icy flakes; divide among bowls. Serve with the whipped cream and additional raspberries, if desired.



Specializing in decorative, stamped and stained concrete. Serving the Gorge. Book today for Fall! Design, installation & maintenance. Visit our online gallery for ideas. CCB: 210688 WA: STAMPEC88JCS  
[www.stamptheearth.com](http://www.stamptheearth.com) • [facebook.com/stamptheearth](https://facebook.com/stamptheearth)

Spices, Herbs, Salts, Sugars, Teas, Olive Oils and Vinegar for sale and for sampling!

105 Oak St, Hood River, Oregon . 541.436.3005 . [www.aromehoodriver.com](http://www.aromehoodriver.com)

**JEFF SACRE**  
Sr. Mortgage Specialist  
NMLS-140302, MLO-140302  
541.806.1556  
[jsacre@directorsmortgage.net](mailto:jsacre@directorsmortgage.net)

**STEVE WOLF**  
Sr. Mortgage Specialist  
OR NMLS-114305; WA MLO-114305  
541.490.2897  
[swolf@directorsmortgage.net](mailto:swolf@directorsmortgage.net)

ASK US ABOUT OUR  
**ADVANTAGE**  
PRE-APPROVAL!

**DIRECTORS.**  
Mortgage  
**541.436.2662**  
[directorsmortgage.com](http://directorsmortgage.com)  
102 3rd Street  
Hood River, OR 97031

This is not a commitment to lend. Information deemed reliable but subject to change without notice. Subject to credit approval. Restrictions may apply. Call for Details. Consumer Loan License NMLS-3240, CL-3240.



NATURE

THE SECRET LIFE OF BEES

Number one challenge to the honey bee

CHARLIE VANDEN HEUVEL  
Columbia Gorge Beekeepers

*The Honey Bee has been around for over 100 million years. During this time, like all insects, pests and humans differing bacteria, fungus-es, viruses and other onslaughts have transpired. Some have been obliterated or moved on.*

The Secretary of Agriculture in 1922 instituted a ban on the importation of all honey bees due to the Tracheal Mite, which has since become a non-issue. American Foulbrood, over the years, another honey bee disease, has also proven a significant issue. Yet, with extensive education exposure toward beekeepers, it now has fallen to a low level of incidence.

Today, and for the past 30 years, the Varroa Destructor Mite has risen to the number one cause of honey bee loss. In the late '80s and early '90s, colony loss was reported in the 60 to 70 percentile levels. This dramatic challenge to an essential pollinator brought significant attention to the six-legged insect.

Entomology Departments shifted focus from other insects toward the Honey Bee and this devastating pest. Although multiple Acaricides have been developed and passed both Federal and State EPA certifications, the pest has contin-

ued to stress beekeepers throughout the world. Australia, once reported to be the only country without mites, has recently reported hives having sightings of the pest.

The Varroa Destructor Mite begins its life in the Brood Cells of the Honey Bee. The mother mite enters the cell just before it is capped to continue the growth of its pupal stage through to the bee emerging from its cocoon to become an adult bee. Unfortunately, along with the hatching of the bee, the mother and one or two daughters also emerge.

During the months of April through August, the Queen Bee lays 1,500 to 2,000 eggs. As the mite is able to bring about a mother and at least one daughter from every cell, that becomes 3,000 mites coming into the hive daily.

The Varroa Destructor Mite forms a "pest-host" relationship with the honey bee. Recent research has reported the mite consumes the fatty tissue of the bee. If this were not a sufficient onslaught, the mite also has proven an exceptional vector of viruses. Honey Bee viruses have been evident pre-mite, but similar to the mosquito's ability to transmit deadly viruses to humans, so also has the mite brought deadly viruses to the bee.

Viruses are a tricky lot in that there does not exist any viable treatment regime. The most formative virus for the honey bee is the Deformed Wing Virus which is evidenced with the wings of the bee seen as gnawed leaving the insect unable to fly. Elimination of the mite



diminishes the effects of the viruses.

The good news, if there is any in this saga, is the reports that continue from the USDA which offers "self-reported" colonies to be at a level strength or a bit of a rise. This is coupled by reports from Bee Informed Organization reporting for the period Oct. 1, 2017, through April 2018, a loss of 30.7 percent. This represents an increase of 9.5 percent over the previous year's reporting. In comparison to the past 10-year average it represents a 2.8 percent increase.

But, like all statistics, one must look closely to the numbers and how they are developed. Bee Informed, among its varied duties, samples commercial hives throughout the United States monthly during the bee season (January through November). This direct sampling provides most reliable information and statistics. The annual survey conducted by Bee Informed is separated into three management categories: Backyard, Sideline (less than 30 hives) and Commercial. The Backyard Beekeeper has the highest loss rate. In comparing the Commercial to the Backyard Beekeeper, one has to view the orchardist to the home gardener. Both seek success in their efforts, yet one has a plethora of tools and experience to draw from. So it is with the Backyard Beekeeper.

No matter what side of beekeeping the beekeeper resides within, it is clear the war against the Varroa Destructor Mite still ensues. Some treatments have proven to have developed resistance. Of greatest concern to the honey bee is a lack of consistent monitoring coupled with a viable plan to mitigate the offending pest. Many a beekeeper has closed the season in depression as they witnessed hive losses. Until the beekeeping community, both backyard and commercial, come to grips with this crisis, bees will continue to suffer.

With the number of colonies holding their own yet levels of losses taking a slight increase, it is evident more aggressive educational exposure and management plans must be instilled. Thirty years of destruction may prove to extend for many years to come without a significant change.

**The Columbia Gorge Beekeepers Association meets on the third Wednesday of each month at the Hood River Extension, [www.gorgebeekeepers.org](http://www.gorgebeekeepers.org), where a differing subject is presented by differing Entomologists or beekeepers. All are welcome. There is a Pre-Meeting Event which has a hive demonstration of some aspect of beekeeping (e.g. Hive Split, Varroa Mite Testing, etc.).**



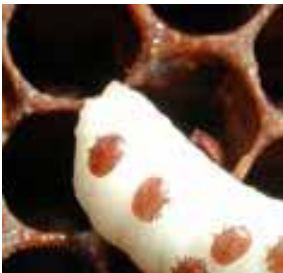
Hygienic behavior



Deformed wing



Varroa Frass



Varroa mite on pupae



**Carol Annala**  
541-490-5099



RealEstateintheGorge.com  
Carol@DonNunemaker.com  
BROKER-OR BROKER-WA

**GORGE GARDEN CENTER**  
*For all your indoor and outdoor gardening needs*  
Nutrients-Pots . Grow Mediums . Lighting Systems  
Hydroponic Supplies . Pesticides & More

**1203 12th St. • Hood River 541.386.GROW**  
**3721 Klindt Drive • The Dalles 541.370.1500**

Advertise on our  
Home Improvement Page!  
Call Hood River News today!  
541-386-1234





**G.V.V.**  
Guadalupe Villegas

Yard/Lawn Cuts & Maintenance  
Tree Pruning & Trimming  
Winter Debris/Snow Removal

Free Estimates • Low Rates  
Cell 541-993-4336



Let us help you plan and design your next project.

1784 May Street,  
Hood River OR 97031  
Give Us A Call At:  
**541.436.4723**



Hood River Home Improvement Guide

Do you offer Home Improvement Services?

Call your Hood River News advertising representative today! 541-386-1234



**COMPLETE TREE SERVICES**  
**541-386-2555**  
Call Kris  
LICENSED  
BONDED  
INSURED

OR CCB#137108 • WA#COLUMT015KJ



**GORGE**  
WINDOW CLEANING

[gorgewindowcleaning@gmail.com](mailto:gorgewindowcleaning@gmail.com)  
[www.gorgewindowcleaning.com](http://www.gorgewindowcleaning.com)

*Hood Rivers  
Trusted Window  
Cleaners  
since 2010*

**Commercial and  
Residential  
Free Estimates  
503-310-5965**



**FREEMAN  
CONCRETE INC.**

Commercial & Residential  
Decorative floors, stamps, color  
Flatwork & Foundations

**SCOTT FREEMAN**  
**541-490-6510**  
OR LIC# 171346 WA LIC# 603398616