

# LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

## LIBRARY

We are beginning to again see why so many of us live up here. That means beautiful colors and warm days. We want to be outside as much as possible. But you can still spend time each day reading, even if just for a few minutes before going to sleep. Most sleep experts agree that people shouldn't watch screens for at least 30 minutes before trying to sleep, so spend some of that time reading.

I'm not a decorator and don't have much color sense but occasionally I will take a look at a new book and think, I wish I enjoyed this more. "Bright Bazaar" by Will Taylor was one such book. The subtitle 'embracing color for make-you-smile style' is so perfect for the book. I enjoyed the simple ideas and ways to include color in your home.

I love discovering new



Diane  
ADAMS

@ YOUR LIBRARY

regional histories and "If this Land Could Talk" by Judy R. Cook looks at three generations of life on the North Dakota plains. The author's family was one of the few that remained after millions of settlers flocked westward when the land was opened by the expanding railroads at the turn of the last century.

"As Far As the Eye Can See" by Robert Bausch is about Bobby Hale, a Union veteran who has deserted

and reenlisted under different names to earn the enlistment bonus. After the Civil War he has his heart set on California but only makes it as far as Montana before running into trouble. This is a large tale of a large place where every minute is a war of survival, fighting to find one's humanity.

Jim Harrison also tends to write about big places and while "The Big Seven" is set in Michigan it feels pretty big as Detective Sunderson must struggle with the evil within himself and the evil of his neighbor. The cover of "Man at the Helm" by Nina Stibbe is what grabbed my attention for this book. It has a picture of a horse with a pipe in its mouth. The story is narrated by Lizzie, a young girl growing up in an unconventional family with sage advice about things like never letting

a pony look out of an upstairs window. Another book with a child narrator is Alan Bradley's Flavia de Luce mysteries. The latest title is "As Chimney Sweepers Come to Dust" and Flavia has been banished (at least in her view) to the boarding school that her mother attended in Canada.

Having grown up in Washington State, historical fiction from there makes me look and the title "A Feather for a Fan" by Karla Stover didn't fit my ideas of early Washington history so I had to take a second look. The book follows Hildy, a 12-year-old Pennsylvanian heading to New Tacoma, a four-year-old community with only about 150 people. She soon makes friends with Nell and adventures with a bear, a skunk and a lost Chinese baby soon follow.

## PET OF THE WEEK

Hi, my name is "Tank." I am up to date on my vaccinations and neutered. I love to go for walks and I am learning how to walk nicely on a leash. I also love to swim. I am learning a lot very quickly here. This is a great place — lots of love, warmth and food, not to mention a comfortable Kuranda bed. I can't wait to meet my new family. Please come and visit me, I will be patiently waiting for you. — Always, *Tank*

For more information, visit the website at [www.borderlandhumanesociety.org](http://www.borderlandhumanesociety.org) or call the Holding Facility, 218-283-9276.



CONTRIBUTED PHOTO

## BIRTHS

Nichole Blanche Rasmussen and Brett Wayne Christianson, of International Falls, announce the arrival of their son, Grayson David-James Christianson, 9 pounds, 2 ounces, 20 1/2 inches long, born Tuesday, May 5, 2015, at Rainy Lake Medical Center.

Siblings are Kadence Olson, Khloe Olson and Kylee Christianson.

Grandparents are Sheryl Christianson, Greg Christianson and Terry and

Diane Rasmussen.

Holly Morin and Jordan Pensak, of International Falls, announce the birth of their son, Kane Michael Pensak, 8 pounds, 15 ounces, 21 inches long, born Saturday, May 9, 2015, at Rainy Lake Medical Center.

Kane has a sister, Morgan Morin.

Grandparents are Pam and Ron Edwardson, Tammy and Skeeter Morin, and the late Gary Pensak.

## Flowers and herbs benefit the vegetable garden

It all started in 1971 when I read about growing calendula in the vegetable garden. The calendula or pot marigold (no relation to marigold (Tagetes) was supposed to repel tomato hornworms and asparagus beetles. That sounded good. It turned out that calendula also attracted aphids. That was not so good. But I learned what a trap crop was: Calendula planted on the other side of the garden from plants prone to aphids, attracted the aphids away from those vegetables.

Over the years I've found more reasons to grow flowers and herbs in my vegetable garden. The top two reasons are the pollinators and predators that are attracted to the flowers. Many vegetable flowers are not very showy. Bright orange or white cosmos, for example, are great for attracting bees and lacewings, a two-fold benefit from one plant. The bees pollinate and the lacewings eat soft-bodied insects such as aphids, scale and thrips. Additional pollinators include butterflies, honeybees, bumblebees, orchard mason bees, and several fly species including hover flies.



Marylou  
MARCHAND

MASTER GARDENER

Insect predators such as lacewings, lady beetles, and ground beetles are all aphid eaters. It is estimated that a single adult lady beetle will eat as many as 50 aphids a day. Ground beetles root in leaf litter for insect eggs and larva. Hover flies, also known as sweat bees, are good guys in the garden. I most often see these little flies in my raspberry patch. While the adults feed on nectar and pollen, the young munch on aphids, thrips and small caterpillars. Other important predators include spiders and centipedes.

Tiny parasitic wasps are staunch defenders of your garden. These parasitoids live on or in a host insect then feed on that host which usually dies. These little wasps and other parasitoids

help control cutworms, cabbage loopers, corn earworms, plant bugs as well as aphids.

Attracting beneficials to the vegetable garden depends on a diversity of plants in your overall landscape in addition to the garden. In the vegetable garden itself plan to include plants with small flowers such as sweet alyssum, chives, and plants in the mustard family. Larger flowered plants such as orange and yellow cosmos, coreopsis, yellow alyssum, and broccoli blossoms attract a range of beneficial insects as well.

Plan for a full season of bloom that you, as well as the insects, will enjoy. For example, grow yellow alyssum and columbine for early spring blooms, corn or Flanders poppy, veronica, and cilantro for the summer, then sunflower, goldenrod, dill and agastache for the fall. There are many more to choose from.

Take good care of the beneficial insects you attract to your garden. Provide water for them either using shallow dishes or areas with pebbles. If you use soaker hoses, sprinkle some of your plants early in the day to provide moisture

for these small garden helpers. Toads will appreciate the water areas as well.

Think twice before using insecticides, which kill a wide range of insects, including the beneficials in your garden. Choose the least toxic pesticide that will do the job. Spray only infested plants, if you must spray and do not spray plants in bloom. Spray early in the day when many insects are less active.

Even if the flowers I grow in my garden didn't attract beneficial insects, I'd still grow them. The beauty of the tall spikes of agastache, the windblown red poppy petals and the lacy blooms of dill and cilantro are definitely worth it.

For more information on horticultural topics, see the University of Minnesota Extension website which provides a plethora of guidance: <http://www.extension.umn.edu/garden/yard-garden/>. Master Gardeners are again providing answers to gardening questions at voice mail number 218-444-7916. Call, leaving name, number, and question, and one of the members will return the call.

## Falls Lions Club meets

FROM THE LIONS DEN

International Falls Lions Club met May 2 at the AmericInn.

The secretary and treasurer reports were read and approved.

Old Business included: Raffle tickets are available for the second annual grocery raffle. The Lions will sell tickets at both Super One and County Market. Prizes are \$500 first, from Super One; \$300 second, from County Market; and \$200 third, from County Market. Proceeds will be used for local diabetic screening, as well as

other diabetic issues and education.

Scholarship from the Lions Club will be taken care of by Betty Villalta. The scholarship will be awarded to a student that will attend a trade school.

The final reading of officers was read.

Discussion took place regarding new members and ideas on how to gain new members. Anyone wishing to be a part of the Lions organization may call John Michalsen at 715-383-7014 or Dick Briese, 286-5508.

The meeting was adjourned.

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