

Living 50 Plus in Cottage Grove

HOW TO CARE FOR YOUR TREES

Arbor Day is April 27

Lawns and gardens tend to draw the bulk of homeowners' attention come spring and summer. But it's important that property owners tend to the trees that dot their property as well.

The types of trees homeowners have on their property may influence when it's time to trim and prune the trees. Homeowners concerned about tree maintenance should speak with local landscaping professionals and tree services about caring for the trees on their specific properties, but there are a few tricks to pruning trees that homeowners should keep in mind when dusting off their gardening tools.

- Prune at the right time. The Arbor Day Foundation® notes that pruning during dormancy (i.e., winter) is the most common practice. Pruning in late winter, after the season's coldest temperatures have passed, can lead to impressive and healthy growth in the spring. The ADF advises that some trees, including maple and birches, may bleed sap during pruning. But this is normal and should cease as the tree starts to bloom. Novice landscapers should confirm with landscaping professionals about the best time to prune trees on their properties to ensure they are not inadvertently harming the trees or making them more vulnerable to fungus.

- Use appropriate tools. When removing branches, use sharp tools to minimize damage to the bark. The ADF notes that young trees are best pruned with one-hand pruning shears with curved blades. For trees with high branches, use a pole pruner or hire a professional tree service. Novices should avoid anything too risky when pruning their trees, leaving the more difficult jobs to the professionals.

- Follow the rules of pruning. When pruning trees, the ADF advises homeowners follow the one-third and a quarter rules of pruning. In adherence to these rules, no more than a quarter of a tree's crown is removed in a single season, and main side branches are at least one-third smaller than the diameter of the trunk. When trimming deciduous trees, homeowners should never prune up from the bottom more than one-third of the tree's total height. Finally, where possible, homeowners should aim for side branches that form angles that are one-third off vertical to form 10 o'clock or 2 o'clock angles with the trunk.

- Water correctly. Like lawns and gardens, trees need water to thrive. Insufficient watering can make it hard for trees to thrive in summer, but overwatering can be harmful, too. The ADF suggests that watering each tree for 30 seconds with a steady stream of water from a garden hose equipped with a diffuser nozzle should be sufficient. Newly planted trees may need more help as they try to establish deep root systems, so consider laying mulch around newly

planted trees. Mulch helps the soil retain moisture and form deeper, stronger root systems.

Trees maintenance should be a priority as homeowners once again start tending to their lawns and gardens. More information about caring for trees is available at www.arborday.org.



Earth Day: Did you know?

The first Earth Day took place in 1970, giving a voice to a growing movement that espoused the importance of addressing environmental issues and adopting eco-friendly lifestyles. This year, Earth Day takes place on April 22. The late Wisconsin senator Gaylord Nelson is credited with coming up with the idea for a day devoted to focusing on environmental issues affecting the entire planet. Nelson was reportedly inspired by the vehement student anti-Vietnam War movement that took root in the United States in the late 1960s and continued into the 1970s. Senator Nelson felt that if he could inspire similar passion among the masses about environmental issues, then those issues would force their way into the national agenda. Senator Nelson's intuition proved correct, and on April 22, 1970, 20 million Americans gathered in streets, parks and auditoriums to demonstrate against policies and practices that contributed to the deterioration of the environment. Today, Earth Day has spread far beyond U.S. borders and is now observed in 192 countries across the globe. New initiatives continue to be proposed as the world population grows increasingly aware of the effects of climate change and the role ordinary citizens can play to protect the environment every day.

SENIOR & DISABILITY SERVICES A DIVISION OF LANE COUNCIL OF GOVERNMENTS

SENIOR SERVICES ADVISORY COUNCIL NEEDS NEW MEMBERS

Are you a senior? Have a passion for working with seniors? If yes, please consider applying for the Senior & Disability Services (S&DS) Senior Services Advisory Council. S&DS serves all of Lane County with a wide range of publicly funded services for older adults and persons with disabilities. The council advises S&DS on services and advocates on senior topics. For more information or an application packet, please contact us at: smarks@lcog.org, or 541-682-4509. Application deadline: April 30, 2018.

Sports to stay active after 50



Age doesn't have to stop older men and women from enjoying their favorite sports. In fact, remaining active can improve physical and mental health.

If a doctor has confirmed that it is okay to participate in sports, these activities can help men and women 50 and older enjoy friendly competition and physical activity.

Fishing

Fishing is more than just a leisurely day at the lake. Casting and reeling in your catch provides a good workout for the arms, legs and core muscles of the body. If you fish on the water, rowing out to your lucky spot provides additional cardiovascular exercise.

Golf

Golf is enjoyed by people of all ages. Requiring a combination of strategy and skill, golf also pays several physical dividends. Play at your own pace, taking your time walking from hole to hole so you can enjoy the sunshine and soak in the beauty of the course.

Swimming

A few laps around a pool works your whole body. Swimming is attractive to seniors because it works the muscles and provides a cardiovascular jolt without putting any strain on the joints.

Cycling

Many seniors are avid cyclists. You can ride a bicycle in competition or for pleasure. You can even vary your route depending on how physically intense you want the ride to be.

Seniors need not abandon their love of sport just because Father Time is catching up with them. Many sports can be enjoyed by athletes of all ages.

Harrison Continued from A1

faculty and parents. Built in 1949, Harrison originally cost between \$200,000 and \$250,000 to build. A far cry from the nearly \$24 million its replacement will cost the district.

"I really love that school," Williams said. "I would never have imagined this much interest in something like this." Williams, who attended the school through the 5th grade is not alone.

Settelmeyer also attended the school as an elementary student and then returned to teach, eventually becoming assistant principal. His wife Jan also attended the school beginning in the second grade and went on to teach--as did two of the couple's daughters.

"We have a lot of different connections with that school," Jan said.

The program is set to begin at 4:30 with a tour of the building followed by the talk from Williams and a broader program. "It's just to see what used to be and what is now," Jan said. "Friday is the goodbye."

A singing of the Harrison song will end the program at 7 p.m.

As for the future, the group has come up with a motto for this year: Harrison from 10th to Taylor. While the old building may not serve as a school come June, the new Harrison Elementary is set to open this coming fall.

"One thing I hope carries over," Settelmeyer said, "I hope that the caring family feeling for each other and all of its children carries into the new school."

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