

# Lifestyles

## Summer is best time for evaluating shade

Summer is an excellent time to evaluate the general condition of shade trees. We can visually determine the amount of new growth, amount of foliage on tree, amount of die-back or dead wood on trees.

While working in shrubs, groundcovers, beds or grass in the summer we should analyze what's going on underneath the tree - what is the condition of the root zone area? Are there surface roots which need attention - or possibly root damage by nearby construction. The motive behind periodically analyzing trees is to detect a problem and act accordingly while there is still time.

One very simple means of detecting a problem is to notice the amount of die-back or dead wood in a tree.

Obviously all trees will eventually shed a limb or two but when the entire top section or side of a tree is bare in the summer - something is wrong! First considerations would be given to the root zone area - was there any construction nearby over the last few years? This would include grade changes, injured roots during construction, compaction of soil or possibly herbicides used before paving the area. Construction damage may not become apparent for several years.

The solutions to construction damage to shade trees are very limited, and generally unsatisfactory. If the diagnosis is construction damage to the roots the immediate plan of action would be to remove the dead limbs in the tree. Selective pruning or thinning and deep root feeding would also be recommended.

Notice the amount of new growth on the ends of the outer live branches. Measure from the tip of the bud back to the first ring of scars on the twig. Also notice the distance between the earlier rings of scars. This will indicate the growth history of the branch.

### Extension News

Willie Featherstone Jr.  
County Extension  
Chairman



During summer months a thinning of top growth, continuous shedding of twigs and oozing of sap from the trunk indicates a disease problem called wet wood or slime flux. While there are no automatic cures, drain tubes can be installed. This will relieve internal pressure which has developed in the tree. (Some arborists do not recommend the drain tubes because of the injuries which can result.)

Gridling roots may become obvious in summer while working beneath the tree. Roots can encircle the trunk either above or below the soil surface and actually strangle the tree - cutting off the normal flow of sap. Immediate action should be taken to remove the small roots from around the tree. This can be done effectively with a chisel or hatchet. Large girdling roots should be left alone as a more serious problem to the tree could result from injury to the large roots.

Other considerations for summer shade tree care would be bracing and cabling branches which are susceptible to injury from storms. Weak, narrow, v-shaped crotches should be analyzed and possibly braced. Future growth might also cause splits as the wood fibers are the weakest at the points where branches join. The cables can provide the strength required for future growth and stress.

After a careful analysis of the tree and surrounding area a decision must be made as to the future of the tree.



### Tasty dish

Priscilla Carson and district runner-up in North Carolina State Bar-B-Que Demonstration. The contest was held at the State 4-H Conference on July 19-23. Raeford will soon be having a turkey cooking contest of its own. It will be held during the North Carolina Turkey Festival beginning on September 18.

## 4-H'ers train taste buds

By Kimberly Potter  
Leah Hendrix, president, gave a program to the Hillcrest 4-H'ers entitled, "Send Your Taste Buds To School."

The program dealt with two of the necessary senses.

At the beginning of the meeting, many different foods were passed out along with a sheet to be filled out.

The club members drank different liquids and told how they smelled or tasted.

As the program progressed the

group became eager to eat the food portion of the fixings.

In the business section of the meeting, Amy English told about her experiences at 4-H Camp.

Leah Hendrix also mentioned 4-H Congress.

Club Advisor, Mrs. Hendrix, brought up a few other articles of new business.

To end the meeting, club members played a word game led by Mrs. Hendrix.

Finally, everyone ate leftovers of a most entertaining program.

## Water play important for children's summer

Water play is a popular activity for children during the hot summer months. It provides a cool, relaxing way for children to have fun. In addition, children learn important concepts when playing with water - what floats and what sinks, how things look and feel wet and dry, that water evaporates, etc.

Try these water play activities with your children this summer for hours of great fun!

-Dancing in the sprinkler or playing in the water squirted from a garden hose.

-Water-painting the sidewalk, porch, play yard equipment, etc. (Use old paint brushes and cans or buckets filled with water)

-Pouring water from the sprinkling can onto flowers, the sidewalk and each others toes.

-Making musical instruments by filling glasses with water at different levels and tapping the glasses with a metal spoon. You will need to supervise closely so that no glasses are broken.

-Making mud pies with wet sand or dirt. Provide plenty of containers, pie and muffin pans, doll dishes, spoons, etc.

-Washing doll clothes and hanging them to dry.

-Washing dusty outdoor furniture, play equipment, tricycles, etc.

-Blowing bubbles with straws or pipes and soapy water. Use a mild soapy solution and supervise closely so that young children do not ingest the soapy water or get it into their eyes.

**Hints**  
-Soak thermos bottles in baking soda and water to remove sour smell.

-Frozen breads, cookies, cakes, fruits and vegetables can be safely thawed at room temperature.

**Peach 'n' Pineapple Shake**  
1 pint vanilla ice cream softened

### On the Front Burner

Alice Pettitt  
Home Economics  
Agent

¼ cup chilled unsweetened pineapple juice  
Fresh mint, if desired  
¼ cup drained chilled canned sliced peaches

1 cup cold milk  
½ teaspoon vanilla

Place ice cream, peaches and pineapple juice in blender container; cover. Blend on high speed until smooth. Add milk and vanilla; blend well. Serve immediately in tall chilled glasses with fresh mint. Makes 4 cups.

**Fruit Gelatin Mold with Lemon Honey Dressing**

**Fruit Mold:**

1 can (11-oz.) mandarin orange segments

1 cup boiling water

2 pkgs. (3 oz.) cream cheese

12 maraschino cherries

1 can (16 oz.) pineapple chunks

1 pkg. (6 oz.) orange gelatin

¼ cups ginger ale

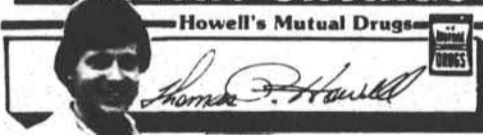
½ cup minced walnuts

lettuce leaves

Drain orange segments and pineapple chunks; reserve 1 cup syrup. In large bowl, dissolve gelatin in boiling water. Add reserved syrup and ginger ale. Chill until slightly thickened. Cut each package of cream cheese into 12 equal squares. Roll each square between palms of hands to form ball. Roll in minced walnuts, pressing lightly to make walnuts adhere. Chill. Drain cherries on paper towel. Arrange cheese balls and cherries in bottom of 1½ quart ring mold. Spoon over just enough thickened gelatin to hold in place;

(Continued on page 7)

## HEALTHY SAVINGS



### Begging relief: Free offer

Half of this country's adult population suffers from some sort of digestive upset of which constipation is the most common.

Because constipation has many causes, you should consult a health official. Chronic, on-going constipation can lead to more serious matters.

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## LOANS FOR FALL EXPENSES

It's the "Back-To-School" and Fall Season. It's also usually the season for added expenses such as clothes . . . school supplies . . . or tuition and fees in getting the children ready for school or college.

Car repairs . . . last minute home improvements or repairs . . . or just clearing up some old bills could be other expenses you're considering this Fall.

Whether you need a little or a lot to cover your "Back-To-School" and Fall expenses, call on us today.

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