

## Try Walking for Exercise

**MEDIA** — For most of us, the ordinary activity of daily living simply does not provide enough exercise to develop and maintain good muscle tone or cardiovascular and respiratory fitness. Fitness programs which require setting blocks of time aside to go to a gym are sometimes difficult to work into our schedules.

Why not try walking, asks Greta C. Vairo, Extension home economist, as it is relatively mild exercise and medical advice is usually not required before beginning a walking program. Walking falls within almost everyone's financial resources and abilities, can be done any time of day or night, can be done inside or outside, and helps your body systems function better. It is one of the most efficient forms of exercise - the only one you can safely follow all the years of your life.

There are many benefits in a walking exercise routine. 1. Your metabolism goes up and your blood pressure may come down. 2. Blood cholesterol and sugar levels tend to fall, especially if you lose excess body fat. 3. Oxygen supplied to the various parts of the body may improve. 4. Your overall physical condition should improve and you should sleep better. 5. In addition, walking slows the bone demineralization process, particularly in the legs. Bones remain tougher, less likely to break, and the range of motion is improved.

How should you start a walking plan? It will be much easier to stick to your program if you walk at a definite time every day and have a definite distance to cover

each day. Keep track of the time it takes to complete the distance for several weeks. This will give you a sense of progress. But don't overdo it. At the first sign of tiredness, stop and rest and begin again when rested.

You will know you are on the right track when you begin to feel warmed up after 15 minutes of your walking routine. It may take a while to reach that stage, but don't feel you have to walk any special distance during the first phase of your program. As your physical endurance improves you may wish to increase distances and reduce times.

— In midlife, you tend to eat less

in an effort to keep weight under control. Consequently nutrition often suffers. Daily exercise permits greater food intake and better blood circulation, which improves each cell's nourishment while preventing obesity.

— Late-onset diabetes is almost entirely reversible by exercise if you are overweight.

— Arthritics can perhaps benefit the most from exercise - provided it is increased slowly but steadily.

— Exercise improves the quality of life. Research comparing exercise to a widely prescribed tranquilizer found exercise to be superior in relaxing and elevating mood - with none of the drug's side effects. Start walking!!

## Ag Scholarships Offered by Grange

**THURMONT, Md.** — Rodman Myers, chairman of the Maryland State Grange Agriculture Scholarship Committee, announced the Maryland State Grange will offer two separate scholarships this year.

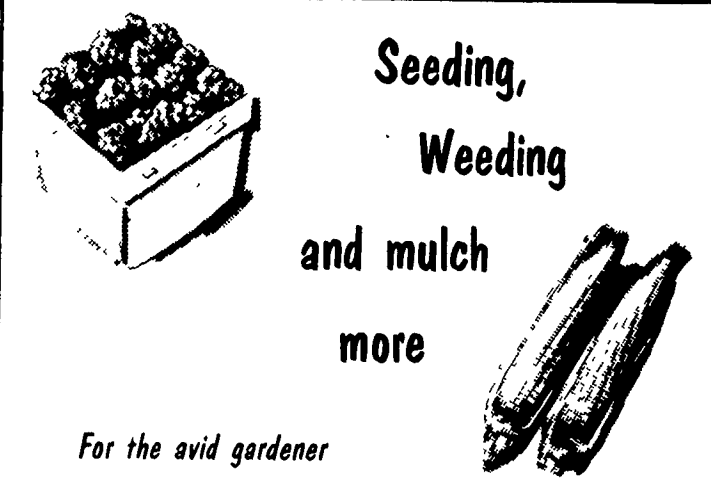
Three \$300 past masters scholarships will be awarded to recipients who are enrolling in agriculture at a community college in Maryland.

Two \$500 Edward F. Holter University of Maryland Agriculture Scholarships are available to students enrolling in agriculture at the University or enrolling in a two-year program at the University of Maryland Institute of Applied Agriculture in 1984.

Deadline for applications is May 1, 1984.

Myers stated the grange is always interested in maintaining quality education and is able to do this by offering the agricultural scholarship program.

Members of the committee who may be contacted for further information are; Rodman Myers, 271-2104; Paul Stull, 898-9345; John Stiles (Carroll County) 346-7100; Winfield Archer (Harford County) 838-7353; Robert Stansfield (Howard County) 465-3281; Harold Wolfe (Prince Georges County) 769-2820; Walton Mason (Cecil County) 658-6447; Charles Huff (Washington County) 824-7610; Roy Walls (FFA Executive Secretary) 898-3094; Kenneth Wisner, 845-8450; and Dave Miller, 635-2001.



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*For the avid gardener*

One reason to prune is to remove dead, diseased, damaged, or insect-infested parts. Late this winter, look for broken branches and twigs from the accumulation of snow and ice. Prune these back to a strong side branch to stimulate new growth in that direction. Don't be tempted to tie, tape, or prop broken branches together in hopes they will heal themselves, advises C.R. Bryan, Jr., Delaware County Extension director. By this time, the wood has dried and is incapable of growing together again.

As you look for winter damage, check small trees and shrubs for rabbit injury. Look for telltale shortened branches and twigs and gnawed bark on large branches and trunks. You may also find mouse damage at the base of plants where they have chewed the bark. Rabbit and mouse injury are most common in areas where there has been an extensive snow cover most of the winter.

Pruning to treat animal injury is mostly a matter of finishing the job. Either remove shortened stems altogether, or prune them back to a side bud or shoot so new growth can fill in the gaps. If most or all of the lower branches have been eaten away, cut away some of the top branches as well to stimulate new wood and growth from roots. In a year or so, your plant should have new branching close to the ground.

Where animals have injured the bark on trunks and stems, evaluate the extent of damage before you prune. If more than half the bark has been chewed from around a branch, it may be too weak to function properly. Cut if off

altogether or prune it back below the damage. If much of the bark on the trunk has been gnawed, the loss may affect the life expectancy of your plant. However, unless all the bark is gone, you may want to keep the plant and see if it survives. The greater the bark injury, the more likely your plant will have problems in the future.

Since the irregular pattern of animal damage will not allow wounds to heal properly, speed the healing process by shaping the wound. Cut away all irregular edges of bark. The shape of the "new" wound should be elliptical and parallel to the line of the damaged branch or trunk. You may have to cut away some good bark, but the clean wound will heal much faster than if left alone.

If you have discovered serious damage to large trees from wind, ice or snow, let a professional arborist help. Split trunks and large broken limbs high in trees need specialized equipment to repair. Don't be tempted to do the work yourself. Large limbs are much heavier than they appear and could cause you and your property injury if not handled properly.

Another reason to prune is to improve the shape and vitality of your shrubs and trees. If you have little or no winter damage, you may still need to prune to change plant density. Those that are too thick and full can be thinned in the center to allow more air and light to enter. Plants that are leggy, can be pruned to stimulate a fuller and denser growth.



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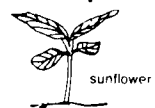
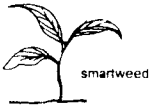





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