

GREEN THUMB GARDENING



By CHRISTINE COLE

EUONYMUS

Euonymus are a large group of plants that are classified as broad-leaved evergreens. This means that they have leaves like many other shrubs except they do not drop them in the fall; they retain their leaves like evergreens do their needles. However, during harsh winters they may lose some of their foliage, but new ones will develop in the spring. This group include some of the most attractive and interesting plants, partly because of their varying habit but also for their colorful, glossy foliage. There is an Euonymus to solve nearly every planting situation: shrubs, vines, low hedges, mass plantings, and ground covers.

Euonymus require no special soil conditions except for good drainage. They will not tolerate a wet location. Most varieties will grow in full sun to shade and can therefore survive where other evergreen should not. All of them respond well to pruning in mid-summer for shaping and training.

The following is a short list of a few popular Euonymus varieties.

EMERALD GAITY EUONYMUS has deep green leaves with silver edges, it performs best and has better color in its leaves when planted in full sun or partial shade. At maturity it attains a height of 3 to 5 feet. During the winter it acquires a pinkish hue.

EMERALD GOLD and **GOLD TIP EUONYMUS** are very similar in character but differ slightly in appearance. Both grow in a compact, globule shape to about 3 feet in size. And both grow best in full sun or partial shade. They also have striking green and yellow variegated foliage but the Gold tip variety has larger leaves with more subtle colors.

SUNSPOT EUONYMUS also has yellow and green leaves but it is a lower growing variety (ground cover). The yellow blotch in its leaves is more prominent in full sun.

COLORATUS EUONYMUS is also a vigorous ground cover. It has deep green leaves during the summer that turn purple in the fall and winter. Grow 12 inches high and spreads approximately 3 feet.

SARCOVIE and **BIG LEAF WINTERCREEPER** both have glossy green foliage and grow equally well in full sun or shade. However, the Bigleaf Wintercreeper will readily grow up walls if planted near them. It also has attractive orange-red berries in the fall.

Each week Christine Cole of Tuitman's Garden Centre and Landscaping, Highway 25, 1 mile south of Acton, 853-2480, will be presenting helpful tips and information to assist you in creating your garden show-place!

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Prevent couch potatoes — while they're still small fries

Watching TV can be hazardous to a child's health. Recent research has clearly shown that the more time spent in front of the tube, the more likely children and teenagers will become overweight.

Now, scientists at the University of California have found that children watching TV on average of two or more hours a day were more likely to develop high blood cholesterol levels.

It's not likely that the culprit is the TV watching itself, but the impact that TV watching can have on the rest of your child's life. Let's face it, many Canadian children spend more time in front of the TV each week than they do in school. That doesn't leave much time for active pursuits. Not only are children burning less energy than they would be if they were outside playing,

watching TV can so deeply relax some children that their metabolism becomes depressed. These children then burn calories at a much slower rate than normal while they sit and watch television - almost as slow as while they are sleeping.

To make matters worse children are often encouraged to eat while they watch television. Many studies have shown that children's programming contains a large number of food ads for high calorie, low nutrient munchies. As well, the most popular TV personalities and cartoon characters seem to live on snack foods alone but still stay happy, healthy and full of bounce. Studies have shown that watching

these role models and ads can lead some children to eating more high fat, high calorie foods. This is especially true for children who are easily influenced by likeable, cartoon characters.

So, what's a parent to do? The Health Department recommends:

- Set a limit on the amount of time your child spends watching TV. No more than two hours per day is a reasonable goal.

- Tune into what your kids are watching. This goes for both program content and advertising. Use your viewing time together as a chance to help your child learn to tell the difference between what is real and what is imaginary.

- Teach children how to tell the difference between the ads and regular programming. Explain that the purpose of ads is to sell things.

Stress that "free gifts", contests and other promotions are all gimmicks used to increase sales.

- Keep nutritious snack foods in stock and show children how to prepare healthy snacks for themselves.

- Teach children to recognize when they are hungry and the hunger is the reason to reach for food, not an advertiser's sales pitch.

- Get outside and play with your children, instead of watching television.

- Encourage the Canadian Broadcast Standards Council to develop standards for health-related public service announcement air time. They can be reached at: P.O. Box 3265, Station D, Ottawa, Ontario, K1P 6H8, (613) 233-4607.



Katelyn Gingras, (left) 6, and Elizabeth Arndt, 8, were among the group of young people who took part in the P.A. craft activities held at Halton Hills Library, in Georgetown. The kids enjoyed making a number of Valentine cards and baskets during the class.

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