

Red enlivens landscape

Complementing the holiday color of green is the color red. Amid the neutral tones of winter both green and red show up vividly.

Even in summer when the lush green foliage predominates, red can be seen readily. In fact, many ani-

mals use red as a warning color just as humans do. Red feathers are often hidden until the need to demonstrate aggression.

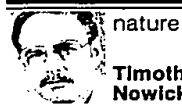
In winter, red is one of the first colors to catch the eye. Male cardinals can be seen at the opposite end of your yard because of their bright red color.

Not many animals are as brightly colored as the cardinal, but several plants, or berries of plants, rival the brilliance of the cardinal.

One such plant with scarlet red berries hugging the branches is the winterberry, or Michigan holly. Unlike the holly that most people think of with evergreen leaves, Michigan holly loses its leaves in fall. Bright red berries persist on the branches however, until birds eat them or until they fall off naturally in midwinter.

Winterberry grows in low wet areas and can often be seen in large clusters. Dense colonies of plants laden with berries are very striking when contrasting with the dark gray bark of the surrounding tree trunks and branches.

Another red berry that likes wet areas is the high bush cranberry. This shrub produces red berries that form drooping clusters. Like the bog



nature

Timothy Nowicki

cranberry that we enjoy at holiday dinners, the high bush cranberry is also edible, though not as preferred. Even birds do not eat the berries until other choice berries are gone.

Wet areas seem to be the best place to find red in the plant world. Growing along with both of the plants mentioned above, one can find the red-stemmed, or red-oster dogwood. One can find the red stems of this dogwood all year, but they seem more noticeable when viewed against the white winter snow.

In forested areas you may be lucky to find a cluster of red berries on the end of a stalk about a foot off the ground. These berries came from one of the jack-in-the-pulpit plants you saw in the spring. Their berries often do not last long because they are enjoyed by mice and birds.

Take a stroll through the woods and meadows during the holiday season and enjoy their decorations.

Tim Nowicki is a naturalist at Independence-Oaks in Oakland County. He lives in Livonia.

Can emphysema victims benefit from exercise?

Dear Jo:

Although I suffer from emphysema, I would like to exercise more. What type of exercise program is recommended for older people with this health problem?

Mr. H. R.
60 Plus Reader

Dear Mr. R.:

Emphysema is a serious health problem. Therefore, before you (or anyone else with this diagnosis) begin any exercise program you must consult your doctor.

As you probably already know, strenuous exercise is "out." For you it could be dangerous. Moderate exercise, such as walking, is "in." It should be started slowly and then done on a regular basis, to be beneficial. Even though this type of exertion will not reverse the damage to the lungs, nevertheless, you will still gain some of the benefits of regular exercise — better circulation, positive outlook, increased strength and stamina, etc.

Dear Jo:

On my doctor's advice, I have

gerontology

A. Jolayne Farrell



limited the amount of salt in my diet — no more salt-shaker, no added salt in my cooking and no more salty hams, etc. In your column, you often mention the hidden salt in many foods. Please enlarge on this.

Mrs. K. B. Kitchener
Senior

Dear Mrs. B.:

When I mention the hidden salty foods in most North American diets, I am usually referring to canned soups and vegetables, processed cheeses, cured sandwich meats, soy sauce, and most foods served at fast-food restaurants.

Dear Jo:

Should I throw away my

scratched and almost bare nesting pots and pans? I wonder how healthy it is to eat food cooked in them.

Mrs. M.O.
Regular Reader

Dear Mrs. G.:

Admittedly, these pans are somewhat unsightly, but they are not unhealthy.

The fluorocarbon resin that coats most Teflon and Silverstone pans and cooking utensils is relatively harmless. If particles do find their way into foods, they pass unchanged through the body.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4B 2P6.

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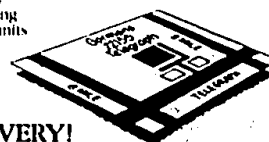
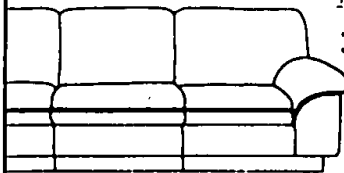
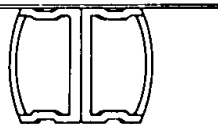


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