

“Blind & Sighted”

As we age, many of us begin to have problems with our eyesight. Cataracts are easily corrected but diminishing vision is most commonly caused by diseases such as Macular Degeneration. Common in diabetics, it can happen to anyone.

Most people are unaware of a local group named “Blind and Sighted”. They meet once a week at the Old Steeple Church in Aquebogue. Drivers can be provided for those unable to drive themselves.

The meetings are informative as well as social. For more information, call Judy Lanning at 298-8563.

Quirky Phrase: “It’ll cost you an arm and a leg” Way back when, as we know, there were no cameras, so someone who wanted a picture of themselves would commission an artist to either paint or sculpt their image. However, the prices charged by painters were based solely on how many limbs were to be painted. Arms and legs were of course limbs, so therefore painting them would cost the buyer more. Hence the expression “Okay, but it’ll cost you an arm and a leg”.

April Showers Bring May Flowers

The well-known rhyme “April showers bring May flowers” is a simple example of the natural cycle of renewal that happens in the spring. April’s rainy days are a good reminder that it’s time to get your garden planted. By May, you’ll be enjoying the flowers you’ve grown. There are many factors that go into maintaining your garden however. The first step is to contact your local nursery to see what grows best in your area. After that, follow Mother Nature’s example and use the natural spring cycle as a guideline for caring for your own growing plants.

Follow Nature's Cues:

Rain: April showers are a key part of spring’s natural cycle. Increased levels of moisture help plants grow faster and healthier, and softer, wetter soil makes it easier for young plants to absorb nutrients. However, too much water in the spring can cause problems like over-watering, soil degradation and flooding. Control the amount of water by setting your sprinklers on a timer or installing drip irrigation. Use a rain water collection system to capture and store excess water for later. Make sure to plant your garden in rich gardening soil to promote proper moisture balance.

Temperature: As the days get warmer, plants find it easier to grow. They come out of their winter hibernation and start sending up new sprouts. Spring temperatures can vary though, so make sure you cover your more delicate plants when the temperatures drop to protect them against frost. In addition, some plants need lots of sunshine, but others grow well in the shade. Pay attention to the placement directions for all of your plants. Make sure you provide them with the appropriate shade or sun that they need to grow and produce.

Renewal: As the temperatures warm up, decomposing matter from the previous season provides new plants with vital nourishment. This renewal of the ecosystem is part of what makes spring the fastest growing season. The key to a great garden is to keep that supply of nutrients available throughout the summer and into the fall. Fertilizers give plants an extra boost, but you may want to consider composting as well. The nutrients from composted material most closely resemble the natural nutrients plants receive in the spring.

Gardening Tips by Andrea Sparks

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