



Paul Rodman

## Much ado about mulch

I've received several questions lately regarding mulch, so I'll try to give you an overview about mulching your gardens.

The two primary reasons for mulching plants are to conserve moisture and suppress the growth of weeds.

There are many types of mulches available. My personal preferences are organic mulches. I don't recommend stone-type mulches.

One of the advantages of organic mulches is that as they break down they add organic materials to the soil. For that reason, I don't encourage the use of landscape fabrics.

These materials block the decomposing mulches from working their way down into the soil.

You have many organic types of mulch to choose from. You can purchase them in 2-cubic-foot and 3-cubic-foot bags, but for large jobs they can be obtained in bulk from local garden centers.

Cedar, cypress, pine and cocoa bean hulls are just some to choose from. One of my favorites is called enviro-mulch. It is made from recycled shipping pallets.

This comes in red and a dark brown. It breaks down well while maintaining its color.

To be effective, mulch should be spread to a minimum depth of 2-3 inches. When mulching around trees, keep the mulch at least 1 inch from the trunk.

**Q: What is the correct way to propagate clematis?**

**Gwen Phillips  
Belleville**

**A:** Clematis is not one of the easiest plants to propagate, but it can be done by the home gardener with a little patience.

Cuttings need to be taken from the middle of the stem rather than the tip, which is too soft. Take cuttings 2-3 inches in length. Make sure each one has two or three leaf nodes.

I like to use perlite when starting vines, although some folks like to use sand. Be sure to keep the medium moist. Dip the cuttings into rooting hormone before inserting into the medium.

Keep the cuttings in a warm area 68-72 degrees, and out of direct sunlight. A clear plastic bag over the cuttings will help retain moisture.

Applications are being readied for people interested in taking the winter 2008 session of the MSUE master gardener training classes.

The sessions will be held at 640 Temple in Detroit from 9 a.m. to 1 p.m. Saturdays starting on Jan. 19.

The cost for Wayne County residents is \$275. For those who live elsewhere or for businesses, the cost is \$300. For two county residents taking the class and sharing one book, the cost is \$375.

For an application or more information, e-mail Anita Callender, master gardener coordinator, at [acallend@co.wayne.mi.us](mailto:acallend@co.wayne.mi.us).

### Garden calendar

**9 a.m. to 2 p.m. today** — The Lincoln Park Farmers Market will feature farm produce, flowers, plants, specialty foods and crafts in the Southfield Road median at Fort Street and Southfield.

For information, call 1-313-598-3137.

**7 to 9 p.m. Wednesday** — The Downriver Rose Society will hold its monthly meeting at the Brownstown Community Center, Telegraph and King roads.

Patty Donahue, executive director of the Taylor Conservatory Foundation, will offer an update on the project — an installation of public gardens and a replica of the Belle Isle Conservatory in Taylor's Heritage Park.

She also will talk about what part of the project will incorporate garden roses. The meeting is free and open to the public. For more details, call 1-734-246-3635 or 1-734-461-1230.

Send your gardening questions to advanced master gardener Paul Rodman at [garden@heritage.com](mailto:garden@heritage.com) or Garden Question, Lifestyles Department, The News-Herald Newspapers, One Heritage Drive, Suite 100, Southgate, MI 48195; or call 1-313-719-1181. Be sure to include your phone number.

By ERIKA-MARIE S. GEISS

**J**une Ford of Woodhaven recently had a brush with celebrity — and not just any celebrity. It was daytime TV superstar Oprah Winfrey herself.

Ford was a featured guest on parts one and two of the "You Staying Young" show on "Oprah." The shows were taped to go with segments on a new book by regular "Oprah" guests, Drs. Mehmet Oz and Michael Roizen.

The second part of the show airs tomorrow on ABC/Channel 7.

Before the segments on the book "You Staying Young," the "Oprah" show posted a search on its Web site for people who felt older than their biological age.

Ford applied, saying that her "Energizer Bunny had died," and that "when she gets up in the morning, her knees creak so much that it sounds like an old wooden ship heading into Sag Harbor."

She didn't mean Sag Harbor, N.Y., either.

"Everything was sagging," Ford said.

Impressed with the Woodhaven woman's sense of humor, show producers called to tell her that out of approximately 8,000 entries, she was among the top 50.

She and the other 49 semi-finalists had a criminal background check and took several tests, including a "real age" assessment, and then went through another round of eliminations.

The 50 hopefuls were reduced to 20, 20 to 12, and 12 to eight. Ford made the final cut to go through an eight-week program outlined in the book.

Fearing that her obvious sense of humor would prevent her from taking the program seriously, the producers voiced their concern.

Ford told them she was indeed serious, and "that it was do the program or end up on "The Biggest Loser" in a couple of years," she said.

Her tests revealed that at the chronological age of 47, her "real age" was closer to 60.

Results from her blood tests revealed high blood pressure and high cholesterol, and another blood test indicated that June's body was suffering from the ravages of high stress — stress that was making her older than she is and shortening her lifespan.

The intensive eight-week program consisted of following the program and principles that Oz and Roizen outline in their book, which contends that with the right diet, exercise and ability to cope



After six weeks on the "You Staying Young" program, June Ford of Woodhaven is all smiles.

## Show helps woman find better health

with stress effectively, one can improve health, reclaim one's real age and change the outcome for longevity.

Ford quoted Oz as stating that a lot of people fear aging and assume that they will lose their faculties, bodily control and become impaired.

"They're so afraid that they choose to "die young, fat and happy," he said.

But it doesn't have to be that way. By making a lifestyle change, one can have a longer life without complications often associated with becoming aged, the doctors maintain.

In September, the participants started Oz's program.

Harpo Productions provided the participants with the two chapters of "You Staying Young" that they would need for the eight weeks, a pedometer, tape measure, heart rate monitor and a

blood pressure kit.

At the end of the eight weeks, they each received a full copy of the book.

"The first two weeks of the program were the hardest," Ford said.

But she was committed to making a change.

She had been plagued by two years of health issues, and in June she had a full hysterectomy, after which, she became inactive and was just "sitting around," she said.

In pain and depressed, she was unmotivated to better her situation. But the show's call gave her the motivation she needed.

Through the intensive program, which she continues to uphold, Ford learned how to eat properly and exercise effectively.

Her reward was feeling better and less stressed, losing 5 inches from her waist-

line, 12 pounds and 13 "real" years.

New tests show that her current "real age," previously clocked at 59, is 46 — a year younger than her chronological age.

Ford said she now walks a minimum of 10,000 steps a day, eats properly, does strength training, takes yoga classes to help manage stress and water aerobics in addition to her daily walking.

"Even my libido returned," Ford said, crediting foods high in Omega-3 oils such as almonds, walnuts and salmon as "the Viagra for women."

An added benefit was that her husband also has lost weight, because Ford not only made a lifestyle change for herself, but one for the household, as well.

Of the original eight selected for the shows, seven made it through the program successfully. Of the seven, Ford was the only one who had segments recorded on-location at her home.

Both in-studio show segments were taped on a Thursday in mid-October. Ford reports that Oprah takes excellent care of her guests.

Show participants were allowed to bring a guest of their own, and were flown to Chicago the Tuesday night before taping, where they got to stay at a luxury hotel.

On Wednesday morning, it was time for a salon treatment with professional stylists, followed by a debriefing at the studio with the producers.

On Thursday morning, all seven guests got their own private limousine rides from the hotel to the studios, where after going through the show's security process and to hair and make-up, both shows on the book were taped.

Ford described Oprah as being very professional but down-to-earth. They even briefly got to chat about shoes and her dog during a couple of commercial breaks.

Unfortunately, there wasn't much more personal time with Oprah, as taping coincided with news breaking about the unfolding allegations regarding a teacher at Oprah's Leadership Academy in South Africa.

Now that most of the hubbub is over, Ford and the other participants still support one another through e-mail.

On Friday, Ford was a guest on the HD Radio network's Oprah and Friends Show.

The whole experience has been amazing.

But the very best thing for Ford has been gaining a new lease on life, she said.



Halloween brought us lots of fabulously decorated homes and inventive costumes, but this idea is truly unique, and perfectly suited for the family that carried it out. Alan and Andrea Demorow of Allen Park dressed up as the prince and Snow White, and garbed their seven kids — Abbey, Ava, Alexander, Audrey, and 10-month-old triplets Anderson, Aidan and Austin — as the Seven Dwarfs. Andrea's mother, Patricia Moore, who made all the costumes, even got into the act, dressing up as the evil queen from the fairy tale.

Barbara Calandra and her son, Vic, formerly of Southgate and Lincoln Park, are safe so far from the raging California fires in Santa Monica, where Barbara lives, and Malibu, where Vic lives. Their homes have been spared thus far, they report. Barbara, a former News-Herald Newspaper advertising representative, stayed true to her calling. One her first concerns in the midst of the fire crisis was getting the Malibu Times, where she now works, to the printer on time, friends report.



The Demorow family of Allen Park spent Halloween in the garb of a fairy tale, Snow White and the Seven Dwarfs. In costume are Abbey (front row) as Doc, Ava as Bashful, Alexander as Dopey, Audrey as Sleepy, mom Andrea as Snow White (back row, left), Anderson as Grumpy, Aidan as Sneezy, dad Alan as the prince and Austin as Happy. The three youngest members of the family were the first set of triplets born at Henry Ford Wyandotte Hospital 10 months ago.

Sisters Terri Hooks and Cheryl Bristow of Red Carpet Keim Viking Group of Southgate put on a golf outing to raise money for the Muscular Dystrophy Association recently, and were able to donate \$10,000 as a result. The money was presented to MDA program coordinator Rob Merritt. The effort was part of an annual campaign by Woodside Meadows Golf Course, the realty firm,



Handing a check for \$10,000 raised at their golf outing to Muscular Dystrophy Association program coordinator Rob Merritt are Bridgette Schenavar (left), Cheryl Bristow, Terri Hooks and Brandi Hooks.

Hooks, Bristow and friends to support MDA's services and research programs. Learn more at [www.mda.org](http://www.mda.org).

Dance instructor La Verne Exner of Riverview is saddened over the recent death of her longtime friend and dance partner Louie Deregi of Wyandotte. She said she's especially grateful to the senior citizens of several groups for their kindness after his death. The groups are Lincoln Park Heritage Seniors, Brownstown Seniors, Crystal Gardens Seniors, Friendship Club Seniors, William Penn Seniors and members of St. Cyprian Catholic Church of Riverview.