

OHIO STATE  
UNIVERSITY  
EXTENSION  
5320 Stanard Ave.  
Cleveland, OH 44103  
Phone: 216-429-8200

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Send MG mail to  
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## Trumpet Vine

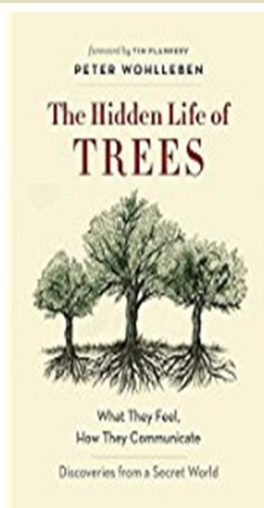
**Editor**  
Sandy Welches  
[sandygorbywelches@gmail.com](mailto:sandygorbywelches@gmail.com)

**Graphic Design Editor**  
Pat Koch  
[patriciaakoch75@gmail.com](mailto:patriciaakoch75@gmail.com)

**Copy Editor**  
Sandy Jones  
[sandymowrisjones@hotmail.com](mailto:sandymowrisjones@hotmail.com)

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December 13

Submit articles  
electronically in  
Word format and  
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### Book Review

Bonnie Hunt, MGV 2008

*The Hidden Life of TREES, What They Feel,  
How They Communicate*

Peter Wohlleben, forester and author

Written in easy-to-understand terms, the author reveals how important the role of old growth forests is to our planet. Much of the book describes forests in Germany. It has recently been published in English. The global picture of how our trees are the foundation for the well being on this earth is described in a series of

short chapters that describe the roles of deciduous and coniferous trees: how trees communicate, support one another, share nutrients and warn each other of impending danger. In my opinion, this is the neurobiology of trees and the science behind these discoveries. The studies are just 20 years old.

This book was my book club's selection that met recently. The following are some of their comments. The group of 5 voted 4 thumbs up; one thumb down. One member, who spends time in forests, bought two copies to give to fellow friends. Another member commented that the information was repetitive but informative. A final comment, "Trees are not human with emotional attributes."

As a Master Gardener Volunteer, the scientific information, along with easy-to-remember anecdotes of trees in a forest, reinforced my belief that we should take notice of the life cycles of trees and understand how vital they are to the air we breathe. For example, when walking through a deciduous forest, there is scientific evidence that human blood pressure is lowered more than by walking through a coniferous forest. There is much more oxygen in the air due to photosynthesis in leaves. Walking through the Emerald Necklace is good for your health. Indiscriminately cutting down trees has disastrous effects on our Earth. Throughout the book, the author illustrates the symbiotic relationship of soil organisms, tree roots and the growth of trees over hundreds of years. Topics include the science of photosynthesis.

This is the first of a three-part series investigating the wonders of nature by New York Times bestselling author Peter Wohlleben. Book two, *The Inner Life of Animals*, is now available as well.