

Army Kids Are "Tree"mendous!

**Oxygen Replenishment:** In the process of photosynthesis, trees convert carbon dioxide and water into carbohydrates and oxygen.

**Carbon Dioxide Sequestration:** In order to photosynthesize and release oxygen, trees absorb carbon dioxide from the atmosphere.

**Save Energy:** As few as 3 trees around your home can cut air conditioning bills in half.

**Clean Groundwater:** The hair-like root fibres trees help filter underground water, trapping nutrients and pollutants that could contaminate it.

**Pollution Control:** Tree leaves and roots act as natural filters of air and water (rain and ground), removing particulate matter.

**Soil Retention and Rejuvenation:** Tree roots hold soil in place so it cannot easily be washed away by wind or water; the decaying of dead tree parts returns nutrients to soil.

**Flood Water Control:** Tree roots hold in place soil that, if washed away by heavy rains, would flow into streams and rivers, making them shallower and allowing flood waters to overflow protective banks.

**Minerals and Nutrients Cycling and**

**Retention:** Through growth, transpiration and death, trees tie up minerals and nutrients from air, water and soil.

**Climate Control:** Trees work as natural barriers to wind, snow, rain and solar rays.

**Habitat for Wildlife:** Trees and forests provide homes for many different species of animals.

**Aesthetics:** Trees beautify urban and community areas such as parks, streets and schoolyards.

**Mental Health:** Trees provide green scenery that has been shown to speed up patient recovery in hospitals and reduce employee stress.

**Physical Health:** Forests are great places to exercise, providing natural areas for activities such as hiking and backpacking.

**Recreation:** Forests provide many resources for activities like hunting, hiking, skiing and bird watching.

**Natural Source of Medicine:** Trees provide substances with medicinal values such as the active ingredients used in asthma medications and cough remedies.

**Education:** Forested areas offer many resources as outdoor classrooms.

**Economy:** Urban and rural forests provide jobs.

## Why Should People Plant Trees?

