

# FOR IMMEDIATE RELEASE

January 3, 2020

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The Terrebonne Parish Tree Board will celebrate their 14th Annual Arbor Day Tree Giveaway on January 25th, 2020. The Tree Giveaway celebration includes the distribution of 200 native trees to Terrebonne Parish citizens. In planting these trees, citizens are helping to make Terrebonne Parish a greener, healthier and more beautiful place to live.

**When: Saturday, January 25, 2020**

**Event: Terrebonne Parish Arbor Day Tree Giveaway**

**Place: Terrebonne Parish Library, Main Branch, 151 Library Drive, Houma, LA 70360**

**Time: 9 AM 'til all gone**

Limit is on a first come-first serve basis of two container saplings per household. The Terrebonne Parish Tree Board will also provide at least 800 bare root seedlings to add to the 200 potted trees provided by Apache.

The La Terre Master Gardeners and LSU AgCenter will assist each individual resident in choosing the right tree from a selection of native Louisiana species donated through the Apache Corporation Tree Grant Program. They will also provide educational pamphlets that instruct citizens on how to plant and care for their tree of choice. Residents are encouraged to observe their trees and reach out to tree specialists from the local LSU AgCenter Cooperative Extension office if they detect anything out of the ordinary.

Trees are intrinsic to the health and happiness of a community. The US Department of Agriculture and the US Forest Service believe that "Humans have intuitively understood the value of trees to their physical and mental health since the beginning of recorded time." Some of the benefits of being exposed to a lush, green and healthy urban forest are listed below.

- Improves the quality of air, soil and water by filtering harmful particulates
- Reduces stress by releasing muscle tension and lowering heart rates
- Hastens recovery from ailments and injury
- Reduces anxiety levels by relaxing brain wave patterns
- Aids in the absorption of storm water (one mature tree can absorb nearly 900 gallons per day)
- Decreases the rate of land subsidence
- Cools surrounding air temperatures by 6-8 degrees F
- Increases interaction with neighbors and improves sense of community by providing shade and habitat

Keep Terrebonne beautiful- plant a tree (or two)!

Terrebonne Parish Tree Board is seeking board members at this time, please call Linda Henderson at 985-873-6567 or email her at [lhenderson@tpcg.org](mailto:lhenderson@tpcg.org) for more information.

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