Yards to Paradise

By Max Phelps Social and Therapeutic Horticulture

Those who love to garden probably are not surprised to learn that gardening can be therapeutic. But what about those suffering from disabilities? For physical disabilities, long or short term, horticultural therapy stimulates quicker recovery for many. For the emotionally troubled, including those in correctional facilities, working with plants has been shown to help with management of anger and other emotions. The mentally ill also respond in positive fashion to horticultural therapy.

When educators, science and medicine come to the garden, you might know they'd have to have certificates of ability, licenses, prescribed treatments, plans of action--and of course a chunk of change from either taxpayers, a rich client, volunteer con-



Haarman graduates

Air Force Airman Natalie M. Haarman, a 2010 graduate of Rockcastle County High School, recently graduated from basic military training at Lackland Air Force Base in San Antonio, Texas.

She completed an intensive eight week program that included training in military discipline and studies, Air Force core values, physical fitness and basic warfare principles. Haarman's Flight 434 was recognized for top female physical training.

Natalie's Michael and Ruby Haarman, said "words cannot express how proud we of her achievements and her decision to serve and honor our country."

tributors or large companies (who hope for advertising returns on their 'investment'). Those of us who regularly garden or otherwise interact with the flora of the world know you don't have to have a college degree to gain benefit. But let's take a closer look at this growing field of social and therapeutic horticul-

A quick search of Wikipedia yields this definition of HT: the engagement of a person in gardening and plant-based activities, facilitated by a trained therapist, to achieve specific therapeutic treatment goals. The American Horticultural Therapy Association, in association with a number of universities, offers certificates and degree programs. My search turned up Rutgers University, University of North Carolina, Penn State, Kansas State, Temple University and Delaware Valley College of Pennsylvania as offering degree programs in HT, but I am pretty sure there are others as this seems to be a growing field (no pun intended).

Dr. Benjamin Rush, recognized as the father of modern psychiatry, was first to document the positive effect working in the garden had on individuals with mental illness. Subsequent research has proven cognitive, psychological, social and physical benefits of gardens and gardening.

Landscapers and contractors can have a part in this matter, as can those who might wish to pursue a university degree. For me, building a raised planter, a retaining wall, or a sunken path or patio that makes possible to do gardening from a wheelchair might be things I would do to enable the client to get out and maintain that hands-on

Litter Report

Wayne Bullock, presi-

dent of the All Amrican Club and Litter coordinator for the City of Mt. Vernon, reports that during May and June, he, and other volunteers, picked up 51 bags of trash in the city and cleaned up two dumps.

Kentucky Crossword # 592 www.kentuckycrosswords.com

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53. Fencing swords

Champion

Ridge

religion

69. Duck's home

Splotches

Harlan Co.

10 C-notes

Payola

Take a break

Mark of a ruler

10. First woman in US

Goat-like antelope

community, or fair

Sit in on

70. Flower holders?

Derby winner

. Kentuckian, 1997

Senior Players Golf

ACROSS Type of Kentucky's official state fish Land Between the Lakes county Kentuckian, ML

61. 1972 Kentucky baseball catcher Phil 64. Old Spanish coins 14. Island feast 65. Border lake 15. New Castle, KY is 66. Exuberance this county's seat 67. Muhammad's 68. Vermin

16. Purim's month Thor's father 18. Ballard Co. area, or **Grouchy Muppet** 19. Detective Wolfe, or a 71. Vault Johnson Co. area 20. National recreation area in southern

DOWN Kentucky 23. Kentuckian, served as president of West 4. Virginia and Indiana universities 24. Vacation souvenirs 28. List components

32. Habituate Fiber source 36. Kentucky birthplace

of US Chief Justice Fred Vinson 39. Campaigned 40. Exceptional 41. Shouldered

Billy Vaughn

Congress 11. Tribute, of sorts 12. Galley tool 13. To's partner 42. Scoundrels 21. Food scrap 22. Happy Chandler called him "Sales 43. Blvd. 44. Threaten 45. Sheltered, at sea Tax Tom' 46. Magical wish granter 25. Bucolic 48. Seraglio 26. Deal 50. Kentucky birthplace 27. Common thing?

of Diane Sawyer and 29. Dresden's river

30. "Blue

Kentucky keep on shining.

31. Twilled silk fabricabr. ort ____, North Carolina Fray 33. Fort 34. Fray Sports facility 37. Ancient Peruvian

38. Palm reader, e.g. 42. Kentucky county, home to Newport Aguarium 44. Start of something

47. General Burnside State Park 49. Slippery sort 51. Gold braid 52. Extract

54. Bone-chilling Susan Lucci's Emmy role 56. Pricey 58. Harvard rival 59. Glitter 60. Schools of thought

61. Capitol V.I.P.: Abbr. Greek sandwiches 62. U.N. workers' grp. 63. Moving option

touch they are unable to do as they once did. Just making the backyard handicap accessible would be a big start. Depending on how lovely one's yard and surroundings already are, some additional landscaping might be desired to complete the peaceful atmosphere that promotes healing and relaxation.

I like to offer custom landscape work, combining in many cases a natural look, water features in the garden and some edibles to go with the professional landscape. Will let the young person looking to have a lucrative career get the degree in horticulture therapy, as it probably offers the money and benefits that a self employed gardener is usually unable to obtain. I know the gardeners who sell produce at the local farm market don't do it because it produces a lot of wealth. Country folk always have benefitted in ways not measured in dollars when it comes to planting, cultivating and harvesting.

It would be simplistic to say that the vast majority of those who live in big cities, especially inner-city apartment dwellers, are all emotionally or mentally challenged. But when you realize those people often live their lives without benefit of planting a seed and watching it grow to become a flower or an edible veggie, it's no wonder there are police on duty all hours of the day and night patroling the streets.

I hope someday soon many will find the refreshing and rehabilitative benefits of gardening, or at a minimum be able to walk among the lovely greenery of a park, garden, farm, orchard or a beautifully landscaped yard.

The author is a landscaper. Questions/comments welcome. Email:waterfallsinyards@yahoo.com

"Memories"

(Cont. from A2)

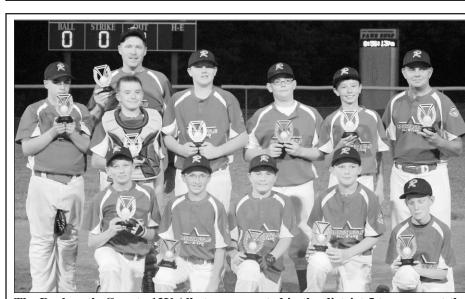
They lived down old US25 from my house, and we occasionally played together. I loved to hear him tell stories of his father the police officer. I always thought both of our police men were heroes because of their dangerous occupations. As a matter of fact, I often played the role of a policeman when we boys were playing in my yard but I never really did want to be involved in law enforcement.

One Saturday afternoon, I recall being in the theater with several of my friends when Officer Arnold came into the show, walking down the aisles with his flashlight, focusing on the faces of the crowd. We sat in silence and awe as he carefully looked at each of our faces. We knew that something must be going on, but we had no idea what it was. After he left, we were told by someone that he was looking for a man who was drunk and who had been reported as running into the theater to escape capture. For a kid,

that was a real rush! During that time, most of us were very fortunate to be living in the small city of Mt. Vernon. There was rarely a crime committed in our modest southern town, which is why we did not require more than a couple of officers on foot. Most of the serious incidents involved automobile accidents or maybe an occasional fistfight. All in all, it was an extremely safe place to grow up. It never occurred to any of us to lock the doors of our homes at night. (Sounds unbelievable these days, doesn't it?) Truly, in those days, there was just not a lot of policing that needed to be done in our small town.

(You can reach me at themtnman@att.net or you can drop me a line at P.O. Box 927 -Stanton, KY 40380. I appreciate your comments and suggestions. You can also find out about my new book, View from the Mountain.)

The Rockcastle County 14U Hot Styx fast pitch softball team went undefeated last weekend in Danville. Pictured are, front from left: Savannah Smith, Jayna Albright, Emme Barker and Brianna Carter. Back row from left: Coach Steve Holcomb, Tiffany Fain, Lauren Carpenter, Kristin Holcomb, Amber Collins, Brittany Wright and Coach Garry Fain. Congratulations girls!



The Rockcastle County 12U All-stars competed in the district 5 tournament the week of July 1st- July 5th. They lost their first game 4-2 to Lake Cumberland placing them in the losers bracket where they came back to beat Lake Cumberland 5-4 then went on to beat Casey County 5-1. In the Championship game they beat Casey County Friday Night July 5th, 5-12, to win the Championship. The team is now headed to play in the state tournament in Lexington at Shillito Park July 11th - 16th. Pictured are, front from left: Peyton Bowman, Jamison Burdine, Tyler Harris, Javen Hasty and Larry Vanwinkle. Second row from left: Blaze Stewart, Keaton Renfro, Cayden Shaver, Jimmy Sharp, Elijah McKinney and Asst. Coach Steve Renfro. Back row: Coach Tobee Harris. Not Present: Logan Noel, Elijah Miller, and Asst. Coach Anthony Noel. Thanks to all the fans and parents for the great turnout and support.

Over 70 attend Rickels Reunion

The Rickels Reunion was held Saturday, July 6th at Quail Park with 70 present, including friends and visitors

The Rickels children were all present: Ray, Jr. (Columbus, Ohio), Gene (Tennessee), Midge (Mt. Vernon), Rodger (Florida), Ann (Custer, Ky.), Doug

(Arkansas), Jane (Custer, Ky) and Jim (Mt. Vernon). The oldest person

present was our brother, Jim, 82 and youngest was Gene's grandson, Josh, 8 months old. There was plenty of good food and games for all ages. We had fireworks after dark, provided by Jane's husband,

We appreciate everything each and everyone did to contribute to the weekend. We look forward to next year and hope there will be more friends and family to attend. This year, there were none of the Noe family with us, due to other commitments. We missed them.

Ann Rickels Whitaker



Tic Toc Christian **Pre-School**

now enrolling students ages 3-5 for the 2013-2014 school year.

For more information contact Lisa McPheron, Director at lisa_mcpheron@eku.edu 606-215-4234 or 606-256-5577