

Yards to Paradise

By Max Phelps
ocial 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 British 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,

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

Natalie's parents, Michael and Ruby Haarman, said "words cannot express how proud we are 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 horticulture.

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 gar-

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

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.

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 land-

*The author is a landscaper.
Questions/comments welcome.*

“Memories”

Method

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.)



Over 70 attend Pickels Reunion

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

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

(Arkansas), Jane (Custer,

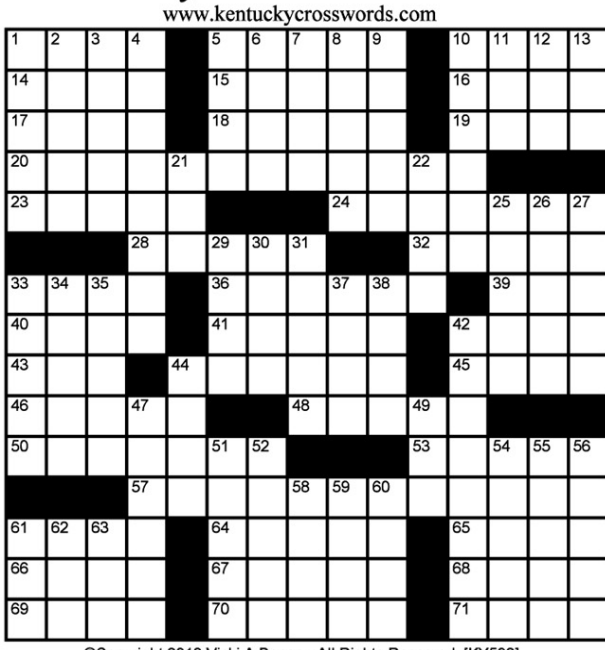
The oldest person present was our brother, Jim, 82 and youngest was Gene's grandson, Josh, 8 months old. There was plenty of good food and games for all ages. We had fireworks after dark, pro-

Bill. 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 Noel family with us, due to other commitments. We missed

em.

Kentucky Crossword # 502

Key Crossword



ACROSS

1. Type of Kentucky's official state fish
 5. Lakes between the Land Country the
 10. Kentuckian, ML baseball catcher Phil
 14. Island feast
 15. New Castle, KY is this county's seat
 16. Purim's month
 17. Thor's father
 18. Ballard Co. area, or Grouchy Muppet
 19. Detective Wolfe, or a Johnson Co. area
 20. National recreation area in southern Kentucky
 23. Kentuckian, served as president of West Virginia and Indiana universities
 24. Vacation souvenirs
 28. List components
 32. Habituate
 33. Fiber source
 36. Kentucky birthplace of US Chief Justice Fred Vinson
 39. Campaigned
 40. Exceptional
 41. Shouldered
 42. Scoundrels
 43. Blvd.
 44. Threaten
 45. Sheltered, at sea
 46. Magical wish granter
 48. Seraglio
 50. Kentucky birthplace of Diane Sawyer and Billy Vaughn
 61. 1972 Kentucky Derby winner _____
 64. Old Spanish coins
 65. Border lake
 66. Exuberance
 67. Muhammad's religion
 68. Vermin
 69. Duck's home
 70. Flower holders?
 71. Vault
 - DOWN
 1. Splotches
 2. Sit in on
 3. Goat-like antelope
 4. Harlan Co. community, or fair weather
 5. 10 C-notes
 6. Take a break
 7. Mark of a ruler
 8. Payola
 9. Greek sandwiches
 10. First woman in US Congress
 11. Tribute, of sorts
 12. Galley tool
 13. To's partner
 21. Food scrap
 22. Happy Chandler called him "Sales Tax Tom"
 25. Bucolic
 26. Deal
 27. Common thing?
 29. Dresden's river
 30. "Blue _____ of
 31. Twilled silk fabric
 33. Fort _____, North Carolina
 34. Fray
 35. Sports facility
 37. Ancient Peruvian
 38. Palm reader, e.g.
 42. Kentucky county, home to Newport Aquarium
 44. Start of something big?
 47. General Burnside _____ State Park
 49. Slippery sort
 51. Gold braid
 52. Extract
 54. Bone-chilling
 55. Susan Lucci's Emmy role
 56. Pricey
 58. Harvard rival
 59. Glitter
 60. Schools of thought
 61. Capitol V.I.P.: Abbr.
 62. U.N. workers' grp.
 63. Moving option