

Americans really dig gardening

Glad Gardens Co., 230 Park Avenue, New York, NY 10019, is sponsoring a national home garden competition. They are encouraging 10 by 10-foot gardens and will be giving \$20,000 in prizes.

Within the vegetable garden there should be four vegetables minimum, at least one half of garden devoted to vegetables, official entry form with two photos per site must be submitted by June 15. Gardens will be judged on plant and soil condition, crop selections, spacing and yield, color and variety and overall aesthetic quality.

Eighty-three percent of American households have some kind of an indoor or outdoor garden. Thirty-four million households planted vegetable gardens and 40 percent had vegetable gardens last year.

More than 20,000,000 Americans are actively benefiting from home or community vegetable and fruit gardening. The median materials cost per garden was \$30 in 1984.

TEN MILLION households grow



down to earth
Alice Burlingame

some vegetables in containers on roofs, patios and in border plantings in 1984. This is 19 percent of American households.

These facts are tossed your way to assure you that your interest in gardens places you among the thousands in our country who appreciate the benefit of gardening whether it is for aesthetic purposes or to enrich the food menu. Gardening isn't a silly stuff.

Today I visited a garden of about an acre with maybe a tenth of it devoted to vegetables.

There were several fruit trees as well as the usual shade trees. What impressed me the most was the effort by the owner to trim all categories of trees so the branches permitted provid-

ed good sunlight by pruning the lower branches.

Therefore, the owner was assured of good sunlight for the shrubs, annuals, and vegetables. I especially liked the many dutzin bushes which were compact and provided a hedge of delicate white flowers for this calendar cycle.

IN ORDER for me to enjoy my home garden, I play a game. Every time there is an hour to spare, I take my tool box which is filled with small tools and a pair of gloves, plus my kneeler. I pick the site which needs the most work, look at my watch for the time limit, and work to perfect the given area. This means taking out weeds, pruning where necessary, eliminating "no-

good" plants. Now most of the people who come visiting your garden don't know beans, but their eyes will be captured by the good grooming you are always working on.

The result of this philosophy means that you have a feeling of achievement and you can leave the period of gardening with a feeling of satisfaction of a job well done.

Remember that I mentioned in the past this season that you nurture gardening hours which leave you with a feeling of achievement. Some of the best gardens for flowers have circles of interest with perhaps each area in a geometric form with one selection of annuals.

Trying to keep your lawn in perfect condition is "the pits." You have to keep those open spots after the removal of weeds filled with seed for a new start.

For a personal garden education, go into your favorite nursery and ask about new plants and ideas. This is a good way to get out of a rut in filling up the vacant spots in your garden.

retirement memos

Margaret Miller

It's a success story for a special girl

I went to the wedding of a daughter, and while there I saw pictures of another lovely bride. It was a real bonus of my recent trip to Arizona.

Getting word of that other wedding at our retirement home last year was truly a thrill. And now that I have more details, I'll report it for those in these parts whose lives have been touched by the spirit of that other bride.

I know there are many.

HER NAME WAS Shelley West during the years she lived next door to us in Farmington with her parents, Don and Naomi, her sister Eva and her brother Chad.

Shelley was about 7 when we became neighbors. Even before meeting her we learned about her handicaps. Shelley was born with many problems. She could scarcely walk, and she needed all manner of special care.

We came to know the family well. I think all our girls took a turn at baby-sitting one time or another. We cheered as Shelley learned to get around with leg braces and crutches. As she made it through serious illnesses and operations. As she kept doing well in classes for the handicapped at Eagle School.

And we came to know this young girl, not just as a bright child and a determined fighter against adversity, but as a lovely person. That, I once told her parents, seemed especially remarkable in view of all the spilling that could have been done.

THE WESTS MOVED West several years ago, in large part because doc-

tors recommended a drier climate for Shelley. We kept in touch and received reports. Don had a new postal route; Naomi a new hairdressing job. Shelley and Eva graduated from high school. Shelley was driving. Chad was nearly six feet tall.

And then last fall came an invitation to Shelley's wedding. Only those acquainted with the tremendous obstacles she has overcome could understand the jubilation that bit of printed parchment brought.

Shelley's parents attended the Phoenix wedding of our daughter Kathy, and they brought along pictures of their daughter's big day. There she was, a beautiful, diminutive bride, smiling up at her tall husband, almost ignoring her cane as she walked up the church aisle.

Shelley met Tom, I learned, at the arthritis problem later in life unless proper care is taken, reports the Arthritis Foundation. "It can eventually lead to traumatic arthritis, which is a form of osteoarthritis that results from injury," said Pamela Skene, program director of the Arthritis Foundation's Michigan Chapter.

IT'S A HAPPY situation well deserved by a spunky young woman and fine family. And it's got to be an inspiration to Shelley's friends here and handicapped everywhere.

Margaret Miller was Suburban Life editor for Observer Newspapers for 16 years. She and her husband Joe have retired to Florida, where she writes Retirement Memos.

Sports injury can lead to osteoarthritis

A sports injury today can mean an arthritis problem later in life unless proper care is taken, reports the Arthritis Foundation. "It can eventually lead to traumatic arthritis, which is a form of osteoarthritis that results from injury," said Pamela Skene, program director of the Arthritis Foundation's Michigan Chapter.

Osteoarthritis is a wear-and-tear disease that can occur in almost any joint. However, it usually affects joints that bear a lot of weight, such as hips, knees and spine. It affects about 16 million Americans.

Osteoarthritis seldom affects wrists, elbows, shoulders or ankles, except when these joints are previously diseased or are subjected to repeated strains such as may occur in sports.

"An athletic injury to a joint needs good attention," said Skene. "For ex-

ample, the baseball or football player who damages a knee should seek immediate medical help. Such injuries can lead to arthritis, especially when they go untreated."

Osteoarthritis causes cracking, pitting and fraying of the smooth cartilage in a joint. As the disease progresses, whole sections of cartilage may be worn away and leave bone ends exposed to grind against each other. The cartilage tries to repair itself, but unsuccessfully. When that happens, the joint loses its normal shape. Cysts and spurs may form near the joint, and fragments of bone or cartilage can come loose within the joint.

The number one symptom of osteoarthritis is pain. Others are loss of mobility and swelling. There have been few research studies on arthritis-related sports injuries, but the Arthritis Foundation has some tips for protecting joints: Begin exercising gradually,

especially if you are older or if you have been inactive; listen to what your body is telling you. If joints hurt or swell up, stop. If the pain persists, see your doctor.

"Above all, when you have pain, stop," says Skene. "A professional ath-

lete sometimes has to keep going despite pain and injury. The average weekend athlete does not."

For a free copy of the brochure titled "Osteoarthritis," contact The Michigan Chapter of the Arthritis Foundation, a United Way of Michigan, at 561-9096.

medical briefs/helpline

• POLIO SURVIVORS

A support group for polio survivors will meet at 7:30 p.m. Tuesday, June 18 at the First Presbyterian Church of Ann Arbor, 1432 Washtenaw near South University in the Curtis Room, 2nd floor, accessible by elevator.

Dr. Sue Hobart, a clinical psychologist in rehabilitation at the University of Michigan Hospital, will discuss "Coping with Change" and the anxiety that develops with the changing process.

Interested persons are invited to attend. For more information, call Lina Paaske, 764-7140.

• HEALTH AIDE CLASS

Prompted by an increasing need in the community for home health care services, the Southeastern Michigan Chapter of the American Red Cross is offering a new course titled home health aide. The course will train individuals in the skills needed for employment as a home health aide with an agency specializing in home health care.

The first class begins Monday, June 24. The 80-hour course will require four hours of class participation five days a week for four weeks. The cost is \$125 per person. For more information or to register, call 494-2875 or 494-2876.

• RESPITE CARE

Dorvin University Convalescent Centers in Livonia again will offer summer vacation day-care programs for a day, weekend or month.

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