

Yards to Paradise

By Max Phelps
Harvest Festivals and Farmers Markets Good for Economy
 Tis the season for apple festivals, honey festivals, and numerous other local and regional festivals for both fun and for making local purchases from local growers and producers. Also, farmers markets contribute to the local community in numerous ways; dollars spent locally recirculate locally. Dollars spent with

huge chain stores, dollars spent on items imported or from places far away are not helpful to our local economy.
 Why make this a landscape issue? Well, first, you may want to grow some of your own food in your landscape. Further, you may have friends or family who farm, and buying their produce that is both fresher and generally cheaper helps them, and again recirculates the dollars locally. Or if

you're a service contractor or a merchant, you know the local economy affects your income, and what you can afford. That swimming pool or patio or pond or sunroom may not get to happen if the local economy sours too much. That real estate saleslady may close fewer sales at reduced fees. How many people stop to realize (or look at the labels at the store) to see where the item they're about to buy is coming from? The bottom line I want to draw your attention to in today's column is that when those profits go to foreigners (or even distant American cities), it drags down the livelihoods of almost all the local citizenry.

Growing some yourself, be it from a blueberry bush, a pawpaw tree, or a farm pond stocked with fish is a really sensible activity. Not to mention the exercise and relief from mental stresses we are bombarded with these days. Even the computer and tv can get us all wound up—back when kids walked to the creek with a pole over their shoulder, we had a much more decent country. And back when families grew all or part of what they ate, they had a greater appreciation for their bounteous blessings. And the local economy afforded kids out of school for the summer a chance to make some spending money picking berries, housing tobacco, hauling in bales of hay, and so forth. Today the local economy is about drug growing or making, and that's a real shame. But, did anyone think or have the foresight to know buying California strawberries, Washington apples, Mexican tomatoes and peppers, or Chilean grapes had anything to do with that?

Helping your neighbor who has a few veggies by the highway for sale, or at a local farmers market, or buying some eggs from a coworker at the office can yield some mighty fine vittles. It can also make our communities more prosperous—and that ain't too shabby for just a little inconvenience.

Not to even mention—how much tastier fresh local produce is. And, local apples may have a few bumps and not have any wax to make them shine, but do you really want to know what is on those peels or what the wax is made out of? If it comes from someone you know, you can simply inquire if you have concerns—most farmers are the most honest folks around.

As you see pumpkins, apples, honey and a variety of other local produce for sale, consider stopping and spending some of that grocery money with a neighbor. You'll receive excellent product for a fair price, and you'll feel good about helping keep the local growers and the local economy stimulated.

The author is a landscaper specializing in waterfalls.
 Contact Max:
www.mountainwaterfalls.net



Recently, 11 firefighters from MVFD completed a 40 hour HAZMAT class gaining them certifications as HAZMAT Technicians. This class was a 4 day, 40 hour class over the course of 3 weekends. It was a very detail oriented and informative class taught by OAI Safety Training with all OAI Instructors present being experienced officers with Lexington Fire Department. The 11 new certified HAZMAT Technicians join 3 previously certified ones giving MVFD 14 Certified HAZMAT Technicians.

Anthem  

*Stop by and see
 Marlene Lawson
 for all your life and
 health insurance needs!*

*You can have an
 affordable managed care
 plan with the freedom of
 choice and the security of
 Anthem Blue Cross and
 Blue Shield — Blue Access.*

**(606)
 256-2050**



Visit us on the Internet at <https://www.kyfb.com/rockcastle/insurance/>

Need help to quit smoking?

If you would like to quit smoking, the Kentucky Cancer Program can help. Using an innovative smoking-cessation program called the Cooper-Clayton method we can help you become a non-smoker.

Join us **SEPTEMBER 17, 2013** to start the 12-week program sponsored by Rockcastle Regional Hospital. Classes are Tuesdays at 6 p.m. in the hospital's large conference room. Thanks to the ASAP (Agency for Substance Abuse Policy) Grant, free nicotine replacement patches will be available.

Join the hundreds of other Kentuckians who have **quit for life!**

Interested in participating?
 Call Rodney Weaver at 256-2195 ext. 5088

See if your **cholesterol** is in check



In recognition of Cholesterol Awareness Month,
 you're invited to participate in a

FREE SCREENING

September 23 - 27, 2013
7 a.m. - 10 a.m.

Outpatient Services Center 2nd floor

No appointment necessary.
Please fast at least 12 hours for accurate screening.



rockcastleregional.org   

**EASTERN
 KENTUCKY
 RECYCLING**



Visit us at our Crab Orchard facility located
 east of town across from Redi-Mart and
 next to Dollar General Store

Buying car bodies, tin, copper, aluminum,
 aluminum cans, brass, batteries, steel
 & stainless steel

Top Prices, Fast Friendly Service, Accurate Weights

Monday - Friday 8:00 to 4:00 • Saturday 8:00 to 12:00
345 Main St. • Crab Orchard, KY



606-355-2322

