

# The Psychology of Playing in the Garden

Playing in the garden nurtures something that a lot of us have abandoned a long time ago: our inner child.

Think about it. Kids are okay with coloring exuberantly outside the lines. When do we stop?

One of renowned child psychologist Jean Piaget's most widely accepted tenets is that unlike adults, children aren't limited by what they don't yet know.

He theorized that to become well-developed, children need to discover new concepts and learn what works and what doesn't. As they begin to decide for themselves, they map out how they will approach things later.

Starting early with bright colors, moving objects, and trying things out by touching, tasting, and the like, we start to compare stuff and figure out patterns for how ac-

tivities like sports, behaving in public, planting by seasons, etc. are done. It's when we learn to follow rules and conform with whatever it takes to fit in, get along with others. This kind of box invites normal people to develop abstract ideas - to think for ourselves.

Along the way many of us settle into familiar routines. Based more or less by what and how we learned as children, we surround ourselves with like-minded others and accept those norms.

We stop playing. Funny, but as kids play, doing things without regard to reality, they actually expect to make mistakes. Only instead of giving up, saying "I can't do that" they think "I haven't learned that yet" so they try a different approach. Like playing with a piece of string, they strive to figure it



**FELDER RUSHING**



Playing in the garden.

out, and when they do, it gets assimilated - becomes part of who they are.

Doesn't this sorta follow how we learn to garden, no matter our age?

The keys to learning quickly like a child are simple: A desire to garden, a lack of self-consciousness, and the ability to roll with mistakes.

Starting with flowers, butterflies, fragrances, tastes, then deciding what does best for us, and how it's done in an orderly way. And we figure our (or are instructed in) how it's supposed to be done, and in what fashion. And we join the neighborhood in coloring inside the lines.

But not everyone does. There are free spirits all around who cheerfully do their own thing without really hurting anyone. They're like those folks who just love to fish, with no real intention of ever catching or keeping what they catch. And there are lots of gardeners like this as well; maybe you're one.

Unlike formal gardeners who stick with the comfortable and with what others believe, these determined independent gardeners (we call 'em DIGers) continue to explore, imagine, pretend, create, build, and think outside the box. Holding them-

## WEST REPORT

by West Civic Club

Preparations for the annual Big Black River Festival are underway. The date this year is on September 14, 2019, downtown West. Our entertainer this year will be Mike Patton, from the Pearl area. We understand that he does the same type of music that Big Earl has done. It will be interesting to meet Mr. Patton and listen to him perform. There is also the possibility the Casey Jones Building will be available for visiting this year. More on that later. In the Alexander Brock Building, again this year will be the silent auction, bingo and the boutique. There will be several vendors selling their wares of clothes, food, crafts and

paintings. There also be usual ticket sales starting August 31, September 7 and September 14 at the festival. The prize is a \$200 card from Marathon, which may be used to purchase gasoline or anything in the store that is being sold. Festival T-shirts are currently being sold and will be at Wal-Mart on the 31st and 7th plus the day of the festival. If you are interested in a T-shirt please get in touch with Carol Black at 662-967-2062 and she will put you in contact with the right people plus she can also give you any information that you may need to inquire about. So get yourselves ready for a big time in West on September 14.

selves open to new ideas, they aren't afraid to try and learn from new things, and adjust accordingly.

They grow way too many flowers, often planting clashing colors because it really doesn't matter. They have one too many gnomes, and smile when a dragonfly lands on their bottle tree. They sit in a porch swing and just watch the rain.

And they share with others, maybe even growing a little

rosemary or oregano along the curb, where they encourage young families to come pick a little for cooking with later. And they don't care that they don't know Latin names.

In short, they play, even with others though they do get a bit fussy when someone starts organizing and making rules.

So, where better for adults, yearning for an earlier age of more color, senses, simplicity, freedom of worries and rules, to find that spirit again, than in an informal little garden.

*Felder Rushing is a Mississippi author, columnist, and host of the "Gestalt Gardener" on MPB Think Radio. Email gardening questions to [rushingfelder@yahoo.com](mailto:rushingfelder@yahoo.com).*

## Obituary

### ELIZABETH FULTZ ANGLIN

Elizabeth Anglin of Jackson, MS was born August 3, 1954 and passed away Sunday, July 28, 2019 at her residence. Funeral services were held Saturday, August 3 at Southern Funeral Home in Lexington, MS. Visitation was held from 10:00 a.m. until service time at 11:00 a.m. Burial was in Mount Pleasant Cemetery in West, MS.

She is survived by her chil-

dren, Ellen Elizabeth Anglin and Joe Van Anglin, III, both of Jackson; one sister Patricia Fultz Miller (Tim) of Houston, TX; grandchildren, Presley Russel of Jackson, Brody Anglin of Ft. Lauderdale, FL and Meadow Irwin of Jackson.

She was preceded in death by her grandparents, Tandy and Annie Fultz, John Wesley and Ellen Elizabeth Long and her parents, Andrew and Connie Fultz.



In Loving Memory...

**Brandon (Koop) L. Cooper**

Wednesday, August 3, 1988  
to  
Wednesday, February 14, 2018

Gone so soon but never forgotten.  
Happy 31st Birthday.

-Your Family and Friends

# CALENDAR OF EVENTS

**DEADLINE: FRIDAY, 4:00 P.M.**

### DURANT LIBRARY

The Durant Public Library will have its quarterly book sale in August from the 7th through the 21st. Sale hours are 9 a.m. to 12 p.m. and 2 p.m. to 4 p.m. Sale items include adult fiction/non-fiction, juvenile fiction/non-fiction, easy reading for small children, DVDs, VHS tapes, audio books, romance, mystery, Christian fiction and more. For more information call 662-653-3451.

8-1,8

### PLEASANT GROVE

Pleasant Grove M.B. Church #2 in Goodman will host its annual homecoming revival August 13-15 at 7:30

8-1,8

### MARTIALARTS

Tigerpaw Taekwondo will host free martial arts training at the Senior Citizens Building in Tchula every Tuesday at 6 p.m. For more info visit [www.tigerpawtaekwonda.com](http://www.tigerpawtaekwonda.com).

wix.com/tpaw or email to [tigerpaw.taekwondo@gmail.com](mailto:tigerpaw.taekwondo@gmail.com).

8-1,8

### SECOND PILGRIM

Second Pilgrim Rest Church will host Revival Services from Tuesday, August 13 through Thursday, August 15 at 7:00 nightly.

8-8

### SWEET HOME M.B.C.

Sweet Home M.B. Church will host its Annual Revival Services from Monday, August 12 through Wednesday, August 14 at 7:00 nightly.

8-8

### LIBERTY HILL

Liberty Hill AMEZ Church in Durant will host its annual revival services from Monday, August 12 through Wednesday, August 14 at 7:00 nightly.

Liberty Hill AMEZ Church will celebrate its 130th

Church Anniversary on Sunday, August 25, at 1:30 p.m.

8-8,15

### DAMASCUS M.B.C.

Damascus M.B. Church in Durant will hold Fall Revival Services from Sunday, August 18 through Tuesday, August 20. Sunday services are at 6 p.m.; Weekday services are at 7 p.m.

8-8,15

### PLEASANT GREEN

Pleasant Green M.B. Church in Pickens will hold installation service for its new pastor on Sunday, August 11 at 11:30 a.m.

8-8

### GREATER FAIRVIEW

Greater Fairview MB Church in Pickens will host a Youth and Young Adult Rally on Sunday, August 18 at 6:00 p.m.

8-8,15

MEMBER

MISSISSIPPI PRESS ASSOCIATION (USPS 247-680) HOLMES COUNTY HERALD

Periodicals postage paid at Lexington, Mississippi by Holmes County Herald Lexington, Mississippi.

POSTMASTER: Send address changes to: Holmes County Herald, P.O. Box 60, Lexington, MS 39095. Published each Thursday at 308 Court Square, Lexington, MS 39095. Telephone 662-834-1151; Fax 662-834-1074; Email [hcherald@gmail.com](mailto:hcherald@gmail.com); Website [www.holmescountyherald.com](http://www.holmescountyherald.com)

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In Mississippi - \$40.00  
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