

Ode to the environment's caretaker extraordinaire

By Ginny Gregory

It is not often that one holds only one kind of job throughout their entire life, but my friend Kim Archer was one of these people. At 14 years old, she started out mowing the near by graveyard (This may be a clue into why she hated grass.). From there a career of working in nature sprang forward.

Kim was simply a brilliant horticulturist. She knew plants from the inside out. If I ran into any plant problems it is Kim I would get on the phone. She would ramble and carry on about the entire overview of whatever problem I was inquiring about and I always walked away with the answer I needed and more information than I knew what to do with. She was long winded and passionate about her world of plants.

She loved to laugh out loud and throw her head back with pure delight over a baby bird discovered in the garden or a new plant combination that just happened accidentally.

She was militant about understanding the proper use of chemicals and later on in her life the non-use of them. She knew all of the traditional needs for any mow, blow, hedge, edge company and was not a part of that world as she went from Duke to Farrington to her own business, Archer Landscaping, working, creating

Clear blue eyes, long blond braid and scrubbed clean face enveloped her. Her smile; like summer's first sunflower, was strong and bright. She stroked the earth as one would their hair...with gentle love. Her respect of the planet and fierce protection of all of nature was her daily mission. The bird's song, the dew on the spider's web, swollen buds ready to bloom and fingernail moons were never lost on her. She danced with wild glee to nature's tune.

— Ginny Gregory 02-2010

and sharing her vast knowledge. Her respect for the needs of this planet only increased with time as she became acutely aware of water limitations, water waste and pollution. She had a huge cistern on her land and watered her garden with that collected water. She planted the hardiest of plants, the most natural of plant combinations and yet she never failed to be thrilled to discover new varieties of much loved plants.

She was the single person on the Appearance Commission who would hold applicants toes to the fire when plans were submitted that showed the amount of grass surpassed by the amount of plants used in the design. She was against all grass. She felt the

water used for sod or seeded grass was not a wise use of water. She was not afraid to argue the point. If you tried to temper her she just got louder and more passionate.

She loved native plants, but did find that there was a need for compromise when evergreen screening was needed. Invasive was a word that she felt was location specific. Together she and I developed the new plant guidelines at the Appearance Commission that is this month up for a public hearing to be approved. I so wish she were here. She knew on a gut level what was important to argue about on this planet. She and nature were Siamese twins.

She could be extreme about music, beverage and dancing. She was a woman who knew how to let her hair down. I was so glad of that because often her work drove her. In her last few months, she was crystal clear that love, life, family, friends, animals and all of nature was why we were put on this earth. Her passion was with her until her last breath.

She has blazed a trail for all of us left behind. Taking care of this planet in a righteous way is political. We are responsible for using its resources thoughtfully. Waste and greed are

unacceptable worldwide. Being here is a privilege. I want my grandson to know the beauty of this world ... from skunk to wild rose. I also want him to know that he is responsible for it. Every day ... every one of us must act like this wonderful life is meant to be enjoyed for millions of year into the future.

I know Kim has her eyes on me. I know that she is planning great gardens in the beyond and I vow to not let her down ... to not let my planet down. To love, laugh and live in the most respectful way I can ... with my eyes wide open.

Kim Archer was 52 years old when she left this world. She worked hard, played hard and fought the valiant fight to the end. She was one of the gardeners four. Every garden she planted, every client she worked with felt and saw her love of beauty. I hold her close in my heart. I miss her terribly.

Ginny Gregory is the owner and creative energy behind "Beyond The Pail." She is starting "Beyond The Crate," an organizing, de-cluttering, down sizing business. For more information, please check www.beyondthepail.net



Exercise is medicine?

By Michael Clark

What if there were a pill that could combat all of today's chronic illness, including heart disease, stroke, diabetes, obesity, and even breast and colon cancer? And what if this pill had mountains of data and literature backing its effectiveness to help every patient? Surely everyone in the United States would be taking this drug, either to treat an existing illness or to prevent one.

The Exercise is Medicine initiative (www.exerciseismedicine.org) is a collaboration of the American College of Sports medicine, the leading authority on physical fitness as it relates to health, and the American Medical Association, the largest association of physicians in the United States. Their goal is simple; to encourage physicians to treat exercise as a vital sign by assessing every patient's physical activity program at every visit. If the initiative is successful and physicians begin to expect their patients to be more physically active, this will produce the expectation among patients that they will be asked about their physical activity levels. This, in turn, will encourage patients to be more active on a daily basis and lead to better health outcomes. Sounds simple right?

However, it's no secret that physicians are pressed for time, and many may be reluctant to take chances with their patients if they are not sure they will see positive outcomes. It's also well known that many American's



don't like to exercise. In fact, a little over half of all Americans surveyed admit they don't meet the current recommendation. So how do we reconcile some of these differences?

It is essential that physicians initiate the Exercise is Medicine campaign. Research shows that when a patient has "Doctor's Orders" to exercise rather than a recommendation, he or she is much more likely to comply with an exercise program. To help doctors tackle the lack of time barrier, a physician can assess their patient's physical activity status by asking one quick question; "How many times in the last seven day's have you exercised for thirty consecutive minutes?" If the patient answers less than or equal to twice, the physician can write a prescription for exercise using the prescription form found on page five of the following document: <http://www.exerciseismedicine.org/documents/HCPActionGui>

de_LQ.pdf. Doctors who prescribe exercise can expect to see their patients lose weight, have lower systolic and diastolic blood pressures, higher HDL and lower triglycerides, and lower fasting blood sugar, to name just a few. If there is any concern over the patients' safety while exercising, a prescription to a health and fitness facility with a qualified staff may be advisable.

From the patients' perspective, those who have "Doctor's Orders," to exercise are much more likely to do so. Therefore, those patients begin to take an active part in owning their

EXERCISE continued on page 10.

Thin Ice

By Susan Anderson

We are all skating on thin ice
The courthouse burns down
My sister's friend dies
Her young apprentices leave her
Their friend's 2-year-old comes
down with Leukemia
Young kids in her church are
homeless

A tractor trailer crossed the center
line
and kills a Mennonite family

Our hearts are already cracked
open
We have fallen through the ice
May love catch us and keep us
from drowning

Susan Anderson, an artist and long-time local resident, is Ginny Gregory's sister.

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