HIERAND - AIRGUS



Whitaker, Redding join Samaritan Counseling

The Samaritan Counseling Centers has announced the addition of two new therapists to their staff.

Elizabeth A. Whitaker, MA. LMHC. received her degrees from Bluffton and Ohio State universities. She has worked as a therapist in Whitaker different settings, includ-



ing community mental health as an addictions therapist and treated various mental and emotional concerns at the counseling center at a univer-

She will see children, adolescents, couples and those dealing with substance abuse issues, as well as provide group therapy. This year she has provided counseling at two schools thanks to grants from the Unity Foundation and Alcoa/Howmet Foundation. She also is an adjunct faculty at Kaplan University and is the contributing author of "Couch Talk" for Mom to Mom NWI magazine. A resident of Michigan City, she is married to Ryan and has two young sons.

Sharyn Redding joined the staff in March and is available to schedule appointments at the Michigan City, La Porte and Valparaiso Redding sites. Sharyn received her



masters degree in social work at Indiana University and her undergraduate degree in social work at Anderson University.

In addition, she received a certificate from the Family Institute of Chicago in the two-year program of family studies and practice. Sharyn is an experienced therapist, having worked in community mental health and addiction centers for many years as well as home health services.

She provides therapy to people of all ages and offers individual, family, couples and group therapy, as well as educational programs. Other areas of expertise include wholistic health: Integration of body, mind and spirit; family effects of various addictions; trauma issues; grief and loss; and coping with depression and anxiety. Also from Michigan City, Sharyn is married to Glen and has an adult son.

The Samaritan Counseling Center's mission is to help people and organizations heal and grow by improving their spiritual, emotional and physical well-being. The have been a resource in La Porte County since 1981 and

Creating 'paradise'

By Gabrielle Gonzalez Staff writer

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La PORTE - With more than 30,000 different trees and varieties of flower species. Small's Landscaping isn't so small.

Originally established in La Porte, Small's now conducts business at their massive nursery at 310 North 325 East in Valparaiso.

Landscape designer Becky Whitacre and her sister, Nancy Marshall, recently received a high honor for their implementation of an elaborate landscape for a home. They were awarded as Total Landscaping Care Magazine's North American 2013 Landscaper of the

Whitacre attended a landscape nursery program at Michigan State University, the only female in her class. Marshall, who served as president and project manager consultant, developed a knack for accounting when attending a local business school.

The family business was established in La Porte by their father, Walter Small, garden center. When the sisters took over the business, play some of their work. they took out the retail and gifts aspect to focus on cre- this fall ating exotic and unique gara name for themselves with work with waterscaping, color." custom containers, irrigaseasonal decor.



article featuring Small's Landscaping winning the 2013 Landscaper of the Year award. Photos on the wall dis-

den scenes and established box," Whitacre said. "Our sign. At the next stage, the nials and native plants to

Small's examines their sembling crew. tion, outdoor kitchens and canvas - the land they will use. Then they go back to circumference of the home's rim of the bowl They have had boom- the office to sketch and de- outside and also cater to deing business in landscap- sign the work for the client signing for businesses and them a cruise to Australia as com or call 219-476-7400. ing and maintenance since to review and add input. they took over and moved Clients also can visit their back yards. to Valparaiso 13 years ago business to personally look

at the products and plants "We think outside the that will be used in their de- from any annuals, perenlandscaping style is not flat sisters have certain crews tropical palm trees, Japa-

large commercial front and

"Landscaping is very per- landscaping business com- @GabbyGonzalezHA. sonal," Whitacre said. "We want to create our client's

Whitacre said great motivation is getting calls from clients who say they "love their yard" or say they practically live in their backyard now."

They have clients as near as Illinois, Michigan and Indiana and as far as Texas, Colorado and California.

Through any season, Whitacre said they will maintain or create any scenic original and custom made.

Flowers and trees range munity.

They landscape for the boutiques that flow over the 2009

well as a new Bobcat and added recognition in the Folow Gabrielle on Twitter

They also received three awards by the state this year for residential landscaping. their hard-surface lawn and but it is angulating, with who perform tasks such as nese maples and colorful residential hard-scapes and pond backyards. They also rolling layers, and with building waterfalls, as well magnolias. They specialize commercial landscaping. as a gardening and a disas- in ground and hanging pots. The duo also received state which they fill with colorful recognition in 2008 and

> For more information vis-Winning the award earned it www.smallslandscaping.



landscape, making sure it is Marshall (front) and Whitacre go over plans for an upcoming landscaping project.

Whitacre (left) and Marshall pose with some of their

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