

Hurry Up!- By Stan Southwick



It seems that in just the last few months every one of our projects has been lit on fire and we get called to run and put it out... now! Why is it that every project seems to be in emergency mode? Why do we only get a few hours to do a task that a year ago we would have had a week to complete? Has the earth started spinning faster? Are the days shorter? It seems like that is the case many times. We may not be able to control the 911 calls that we receive but we can control how we respond to them. I recently came across an article by Rosalie Moscoe who gives some good tips on how to cope with in a hurry up business world.

Consultant of the Month

Roy Clark has been selected as consultant of the month. If you do not know Roy, he is a civil engineer at GCW. SLA has worked with Roy for many years on a variety of projects. We appreciate all the experience and knowledge that he has gained over the years. He is helpful at getting us the information we need to be able to complete a project successfully. We are glad to be working with him on projects currently and we look forward to working with him in the future.



Choose to Be Calm and Focused: It starts with a decision to be calm and focused as a key to your success. It's knowing that a person can truly only do one thing at a time and multi-tasking will not add speed but keep your focus divided and weak. Right now take a deep breath through your nose and breathe out slowly. Repeat three times. For a moment, visualize yourself as a calm, happy person doing your work in a relaxed fashion, without fear, feeling a distinct sense of worth.

List Your Tasks: On a piece of paper make a list of all the tasks you're working on right now. Take each task and give it its own piece of paper with a title. Note the deadlines (intermediate ones and final). Write down the steps that you need to take to complete it. Get out your calendar. In the week's spaces allot the number of working hours in blocks – two or three hours when you can spend time on this project. Know that you can be flexible and change your schedule if you must.

Ways to Energize: Instead of working on one task all day, changing tasks in the day can be energizing and it can help you feel you're getting your work done. Another deep breath in and out would be another good mini mental break before starting on the second task. To further energize, block out 15 minutes a day for a brisk walk, even if it's in the hallways or around the block. This short break will allow oxygen to circulate to your brain and help reduce stress.

Drop the Junk Food: Non-foods such as aspartame, chemicals in food, excessive sugar, desserts, junk food do not add much to your nutritional status (except calories). They also fill you up and leave little room for more antioxidant champs such as fruits and vegetables. You'll see your energy and health improve when you rid your body of non-foods."

I don't know if this will slow the pace down, but it certainly can't hurt when dealing with it.

"One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our windows today."
— Dale Carnegie

Favorite Flora:

Rosa Spp.- Rose- By Matt Durham



Valentine's Day has just passed, roses seem to be everywhere and it seems fitting to give a brief overview of roses for this month's favorite flora. I say this will be a brief overview as there are over 100 species under the genus Rosa, and countless cultivars of the domestic roses that everyone associates with. Most species are native to Asia, however some can be found outside gardens in Europe, North America and Africa. They can range in shape and size from large shrubs to 20-foot climbing roses to small miniature trailing roses. Most have sharp prickles, which are comparable to coarse hairs on the stems, not thorns as they are commonly referred to, which are actually modified branches. Flowers come in many shapes, sizes and colors and give way to rose hips in non-domestic roses. Rose hips are

a berry like structure, typically red in color, that form at the base of the flowers. Domestic roses' petals are so tightly formed that they do not allow access for pollination and the formation of the hips. Commercial use of roses is mainly cut flowers, perfumes and flavoring of drinks and food.

If you are growing roses in your own landscape you are most likely using one of several types of domestic roses, many of which do very well in Las Vegas. Climbing roses can be grown on a trellis, up a wall or pillar. They are easier to grow than most domestic roses and require far less pruning. Hybrid Tea roses are the most popular and the classic large bloom on a long stem that most think of when growing a rose. These roses typically reach 4-6 feet in height. Mr. Lincoln and Double Delight are popular cultivars. Grandifloras are another popular choice and are a combination between Hybrid Tea roses and Floribunda roses. These roses are usually larger than Hybrid Tea roses with clusters of blooms. The Queen Elizabeth is an excellent Grandiflora choice. Miniature roses are also popular. They can make great borders, do well in pots, and can add a lot of color to a landscape.

Each rose has its own specific needs but most prefer full sun locations, heavy pruning in early spring and regular feeding and watering to promote the best blooms. If you are interested in growing your own roses, plant them now and enjoy fresh cut roses all year.

Photo of the Month



Mendenhall Glacier
Juneau, Alaska
Cassi Dawes