

### Green Time - By Stan Southwick



I recently came across the term “Green Time” referring to spending a little time each day to take in nature. There are physical, mental, emotional and spiritual benefits of having consistent one-on-one time with Mother Nature. The studies are abundant, and I won’t bore you with the data, but even just 20 minutes outside every day is profoundly beneficial to your well-being. Even looking out a window at nature speeds up and aides the healing process.

As I write this, I’m sitting in my dark and slightly warm home office with the blinds closed. NV Energy has bombarded me with emails, texts and phone calls asking to reduce energy during the heat wave. Close your blinds, turn off your lights, turn up the AC, turn off your pool pump, don’t charge your electric vehicle, help save energy the messages said. All good things I can do to contribute to the greater good. But, even after just two days of living like this I realize it is affecting how I feel...and it’s not in a good way. So, I’m going to open up the north facing windows and have a little Green Time and then catch tomorrow’s early morning sunrise outside with Mother Nature.

Stay healthy, stay well.

“Indoors, we tend to use only two senses, our eyes and our ears. Outside is where we can smell the flowers, taste the fresh air, look at the changing colours of the trees, hear the birds singing and feel the breeze on our skin. And when we open up our senses, we begin to connect to the natural world.”  
Dr. Qing Li

### (Non) Favorite Flora: Pet Toxic Plants - By Jon Marenfeld



As the pandemic marches along many of us continue to spend considerably more time at home than we normally would. Your pet probably loves having you around more! I know mine does. One thing many families are doing is adding plants not only to their backyards but also inside their homes. While I’d never say it’s not a good idea to add plants to your life there are some precautions you should take to keep your pets safe and happy. Below is a list, cited from VCA Animal Health Hospitals, about the 10 most toxic plants for cats and dogs. Following the list that are links to the ASPCA (printable plant lists), Pet Poison Helpline, and the ASPCA Animal Poison Control Center.

- Lilies. Beautiful though they may be, lilies are one of the most toxic house plants for cats. Ingesting even a small amount or licking a bit of pollen off their coat can cause kidney failure and death.
- Philodendron. These resilient, easy-to-grow houseplants contain high levels of calcium oxalate crystals. If ingested, this plant can cause burns to the mouth, excessive drooling and vomiting. Other houseplants with high levels of calcium oxalate include the snake plant and pothos (devil’s ivy).
- Oleander. Also known as Nerium, oleander is more commonly found in outdoor gardens, but some gardeners bring them inside for the winter. These plants contain cardiac glycosides, which can cause drooling, diarrhea, abdominal pain, abnormal heart rhythm and neurologic signs.
- Aloe. Both beautiful and functional, aloe is often used for its medicinal properties. But chewing on the plant can lead to vomiting, diarrhea and lethargy. While the inner gel is generally considered non-toxic and is often used on scrapes and burns, do not use it on your pet.
- Chrysanthemum. These bright fall flowers contain several toxic components that can cause illness in pets if ingested, including vomiting and incoordination. Luckily, symptoms are often mild as long as your pet has only eaten a small amount of the plant.
- Hyacinth. The toxins in this spring-blooming perennial are concentrated in the roots and bulbs. Chewing on the bulbs can cause severe vomiting and diarrhea, profuse drooling and burns to the mouth. Tulips also belong to the same plant family and can cause similar symptoms if the bulbs are ingested.
- Jade plant. Common among succulent-lovers, the jade plant is also known as the money plant or lucky plant. Chewing on these succulents can lead to vomiting, depression and loss of balance. Not so lucky after all!
- Sago palm. These leafy green ornamentals are highly toxic to pets! They contain cycasin, a toxin that causes severe liver failure within a few days of ingestion. All parts of the plant are toxic and ingestion can be fatal if not treated immediately.
- Daffodil. These beautiful yellow and white flowers are a herald of spring. But ingestion of any part of the plant can trigger severe vomiting, diarrhea, abdominal pain, convulsions and abnormal heart rhythm.
- Asparagus fern. Also known as the foxtail fern or emerald fern, these plants are often used in hanging pots due to their feathery leaves and hardy nature. But it can cause skin irritation if your pet brushes against it. Eating the berries can also cause vomiting, abdominal pain and diarrhea.



Red Squirrel  
Cedar Breaks National Monument  
Jon Marenfeld

[ASPCA Toxic and Non-Toxic Plants](#)  
[Pet Poison Helpline](#)  
[ASPCA Animal Poison Control](#)

Top 10 toxic household plants for pets. (2020). Retrieved August 24, 2020, from [https://vcahospitals.com/shop/home/articles/top-10-toxic-household-plants-for-pets?utm\\_source=vca\\_cares\\_nl\\_16](https://vcahospitals.com/shop/home/articles/top-10-toxic-household-plants-for-pets?utm_source=vca_cares_nl_16)