

## Get Healthy- By Stan Southwick



The beginning of each year is a time for us to set goals as a company. Each employee suggests things that they would like to achieve. This year saw an overwhelming desire from most of us to get healthier. After some brainstorming and discussion, it was decided that we would have a new health challenge each month. Each person will work individually on the challenge and those that complete the challenge will be recognized. This month we are all taking the RealAge.com survey. This is a 45 minute survey that assess how old you

really are. The survey evaluates your life style, eating habits, activity levels, blood pressure, cholesterol, exercise, and a myriad of other health related factors. When finished, you get a report of where you are and a list of things to do to get healthier. I'm actually 6.5 years younger than my driver's license states... Yeah!

I'm writing this article while standing at my desk. Part of our effort to get healthier was to purchase adjustable desks for everyone in the office. You can sit, stand or jog in place if you want while you are typing on the keyboard or clicking the mouse. Standing at intervals during the day is very healthy increasing alertness, reducing drowsiness, increasing blood flow, and even losing weight.

We would love to have you join us in getting healthy this year. Let us know if you want to be notified of each of our monthly health challenges. Have a healthy day.

"Good resolutions are simply checks that men draw on a bank where they have no account."  
— Oscar Wilde

## Consultant of the Month

We want to take this opportunity to thank all our consultants who helped us make 2016 a successful year. We have developed great relationships with many of the design professionals in Southern Nevada over the past 16 years and will strive to make those relationships even stronger in the coming year. We are constantly meeting new people who bring creative ideas to the table and we look forward to developing the same collaborative relationships with them. Here's to a fantastic 2017!

## Favorite Flora:

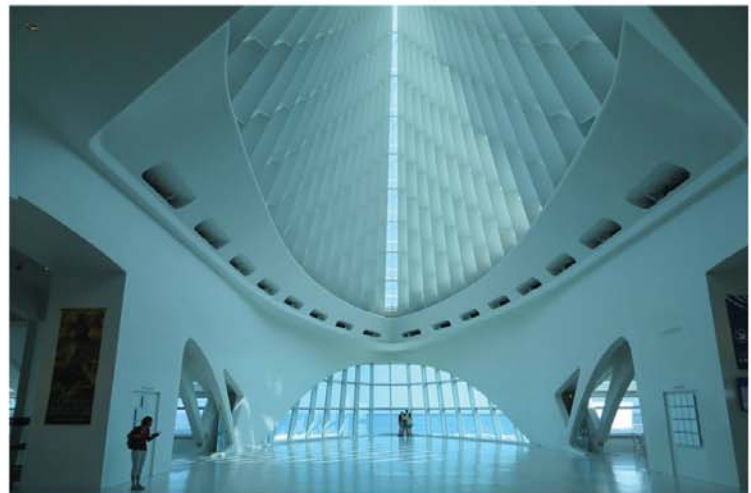
### Salvia chamaedryoides- Mexican Blue Sage- By Matt Durham



This month's favorite flora is a small, drought tolerant shrub native to Mexico. The Mexican Blue Sage (*Salvia chamaedryoides*) forms a dense mound 12 to 18 inches tall and around 3 feet wide. It has small grey-green leaves which helps to create a wonderful contrast with its blue flowers, which attract hummingbirds. This salvia is considered semi deciduous, dropping some of its leaves in only the coldest of conditions. It blooms almost year-round with the height of the blooms coming spring through fall. The Mexican Blue Sage grows best in full sun to partial shade and since

its native habitat ranges from mountain slopes of 7000-9000 feet, it is cold tolerant to around 5-10 degrees Fahrenheit.

Mexican Blue Sage works well in desert landscapes and can be used as a low border or a grey contrast to darker green shrubs. Plant this salvia among other low water use succulents or shrubs such as Penstemon (*Penstemon* sp.), Queen Victoria Agave (*Agave victoriae-reginae*) and Jerusalem Sage (*Phlomis fruticosa*). This shrub is very drought tolerant and is most commonly killed by overwatering.



## Photo of the Month

Milwaukee Art Museum  
Milwaukee, WI  
Jon Marenfeld