

Following Up- By Stan Southwick



Last month we asked for responses to a handful of “what if” questions... we got one response. Hopefully the problem is that everyone is so busy they don’t have time to reply and not that no one reads the SLAM! Anyway, here are a couple of my favorites:

What if I had given something to the homeless guy on the corner? "You have not lived today, until you have done something for someone who can never repay you"

What if Hillary were president? “I would be in Costa Rica ...!!!

What if fiber cereal really tasted good? “It would not be called 'cereal' ... instead ...it would be "steak"....!!!

Consultant of the Month

In January, the office started a “health challenge” that will last through the year. Some of you requested to be copied on our monthly challenges. So far this year we have evaluated our health status, increased our fluid intake, taken time off work (a very popular health challenge, by the way), developed healthy recipes; and recorded our daily blood pressure, salt intake and exercise time. I for one, seem to have more energy during the day. I junk food” month. That may be a tough one!

What a pleasure it’s been to work with this month’s consultant of the month, Chase Wheeler, with Richardson Wetzel Architects. Chase takes our creative endeavors seriously down to the tiniest detail. With his calm demeanor, it’s easy to run design ideas by him and work out the best possible option for the project and client. Chase also has incredible organizing skills and has a keen sense of project scheduling. It’s a pleasure working with him as he rarely has any last-minute requests.

It truly has been a great (and fun) experience working with Chase and we look forward to working with him and RWA in the future.

“It is health that is real wealth and not pieces of gold and silver.”
— Mahatma Gandhi

Favorite Flora:

Ilex vomitoria ‘Stokes Dwarf’- Dwarf Youpon Holly- By Matt Durham



In Las Vegas we see most of our shrubs hedged into squares, spheres, and any number of geometric shapes. For most plants that grow here, this type of pruning is detrimental to the shrubs health and appearance, reducing lifespan, flowering and the plants ability to survive pests and droughts. On top of that, few people realize just how lush and colorful many of our landscapes would be if the hedgers were used only on plants that respond well to this type of pruning. However, if you like the clean lines of freshly hedged shrubs, with not a leaf out of place, there are

plants for you. The Dwarf Youpon Holly (Ilex vomitoria ‘Stokes Dwarf’) is a great mounding shrub that maintains a round, compact form. This evergreen has dark green leaves and grows to 3-4 feet tall and wide. It grows in full sun to shade and is drought and poor soil tolerant. The Dwarf Youpon Holly does bloom in the spring but the white flowers are small and inconspicuous. Native Americans used the leaves and stems to brew tea for ceremonial uses. Some of these were purification rituals that included vomiting. Early European settlers incorrectly associated the vomiting to the tea and plant hence the botanical name “vomitoria”.

Care for this Ilex is simple with pruning only required to shape as desired. If shearing, this shrub prefers a rounded shape with a wider base. Pruning into squares will result in leaf loss on the lower branches which can be unsightly. Leaf litter and other needs are minimal. Pair this shrub with other plants such as Japanese Boxwood (Buxus microphylla ‘Japonica’), Pink Chintz Thyme (Thymus serpyllum), and Meyers Lemon Tree (Citrus limon ‘Meyer Improved) to round out a formal planting.

Photo of the Month



Health Challenge: Vacation Away From Work...
Accomplished
Bullards Bar, CA
Matt Durham