

Bless You- By Stan Southwick



I was driving down Horizon Ridge Parkway yesterday and noticed a large dust cloud ahead of me crossing the road. As I got closer, my black car got covered in a dusting of yellow pollen. It wasn't dust at all! A bus had just unloaded about a half dozen children who were covering their heads and trying to get out of the allergy causing cloud. A large stand of mature pine trees was the source of the pollen invasion. I looked up the pollen count today and it is at 11.1... 12 is the highest. Over the next five days, it should get as high as 11.5.

In other words, allergy sufferers beware! A pollen count is the measurement of the number of grains of pollen in a cubic meter of air. Pollen counts are measured by a rod covered with a sticky substance attached to the roof of a building. For 24 hours, the rotating rod is tested periodically at different times of the day for the amount of pollen adhered to it. Samples are then analyzed microscopically to determine how much pollen is in the air to yield allergy levels.

For those of you who suffer from pollen allergies like me, here are a few tips to help combat the effects of air borne pollens:

- Keep your windows closed in your home and car to avoid letting in pollen, especially when the local pollen count is high. Set your air conditioners to re-circulate in your home and vehicle, to avoid drawing in outside pollen-rich air.
- The pollen counts are the highest between 5am and 10am, so limiting your outside exposure during those times can be extremely helpful for diminishing your allergies.
- Limit exposure on mornings that are especially warm and dry; these will usually be the high pollen count days. Days that are dry and windy also have high pollen counts. (This sounds like every day in Southern Nevada!) The best time for outdoor activities is immediately following a heavy rainfall.
- Wash your face and hands after you've been outside to remove pollen. Also, change and wash clothes if they've been exposed to pollen.
- Bathe and shampoo hair daily before going to bed to remove pollen from hair and skin in order to keep it off your bedding. Wash bedding in hot, soapy water once a week.
- Minimize contact with items that have come in contact with pollen, such as pets and people that have spent a large amount of time outdoors.
- Wear sunglasses to protect your eyes from pollen, and in severe allergy cases, wear a facemask when daily pollen counts are extremely high.
- Visit your allergist or doctor to see if the allergy shot is for you. Be consistent with your allergy medications for best results.

Consultant of the Month

March's consultant of the month is Hung Tran, AIA LEED AP at Gensler. We have had the opportunity to collaborate with Hung on a number of projects recently. His timely communication and organization have made these projects run smoothly and on schedule. He is proactive in providing us the information we need to meet our deadlines allowing us to create a better finished product for our clients. Thank you Hung and we look forward to working with you in the future.



May I just say, "bless you" as you start sneezing your way through the beautiful but allergic spring season.

"I'm allergic to doing the obvious thing."
 — Neneh Cherry

Favorite Flora:

Ericameria laricifolia- Turpentine Bush- By Matt Durham



For those who like to grow southern Nevada natives, this month's favorite flora is an excellent choice. Turpentine Bush (*Ericameria laricifolia*) is an evergreen shrub that lives in the desert scrub and woodlands of the desert southwest and northern Mexico. In the wild it grows to 1-3 feet tall and wide but in more favorable conditions in a landscape with supplemental irrigation it will typically reach the 3 foot mark. Its compact form and deep green foliage is a nice contrast to the dull greys and greens of other desert plants. Turpentine Bush blooms in late summer and into fall, covering the shrub in bright yellow daisy-like flowers. This

shrub derives its name from a sticky resin that, when rubbed, smells like turpentine.

Photo of the Month



Plant Turpentine Bush in full sun and do not overwater. It is hardy to intense heat and cold to -10 degrees Fahrenheit. *Ericameria laricifolia* needs little maintenance, however, to keep a tidy appearance, tan seeds can be pruned off after blooming to keep a cleaner appearance. Also, prune back occasionally to maintain a dense form, if desired. Turpentine Bush pairs well with other native plants such as Mojave Yucca (*Yucca schidigera*), Brittlebush (*Encelia farinosa*) and California Buckwheat (*Eriogonum fasciculatum*).

Temporary Green
 Coronado National Forest, AZ
 Jon Marenfeld