

“Get Up Offa That Thing”

The always lively and sometimes way too energetic James Brown told us to “Get Up Offa That Thing ... till you feel better”. His motivational command, given while showing off his big pearly whites and moving in the patented James Brown fashion, is inspiration enough to shake off the cobwebs of winter inactivity and put aside the pressures of the daily grind.

I thought that I would give a list of some of my favorite places to “Get Up Offa That Thing” and start to feel better. I recently took a hike to La Madre Springs in Red Rock Canyon with my daughter and her husband. We hiked to the spring and then continued on to the old cabin. The scenery was incredible and the large storm clouds that rolled through added a sense of the dramatic. Red Rock is a can’t miss feel good location.



Knob Hill, midway between Nelson and Searchlight, is a fun place to explore the smooth mammoth boulders that cover the landscape.



Some of the boulders are several stories tall. It is a great place to play “capture the flag”. The ground is covered with soft sand from the eroding boulders making it a great place to camp.

If you want to stay in town, check out Sunset Park. There are 4.5 miles of trails that let you explore the native dunes, flora and fauna and leads to a wetlands area. The park is complete with interpretive panels explaining various features of the local ecosystem. The park is full of Southern Nevada history explained in the history boards on display leading up to the park overlook.

When I want to feel the wind in my face, I ride my bike on the River Mountains Loop Trail. The trail is now complete and covers over 32 miles of paved trail with 1300 feet of elevation change through the Lake Mead Recreational Area, Boulder City and East Henderson. It’s a very enjoyable ride with some magnificent views.

So, go to YouTube, pull up James Brown, listen to “Get Up Offa That Thing” and get out and “shake till you feel better”.

“When we remember we are all mad, the mysteries disappear and life stands explained.”
- Mark Twain

FAVORITE FLORA: MENTHA SPICATA- SPEARMINT



Add some flavor to your favorite summer beverage or just some pleasant aroma to your garden this summer with Spearmint (*Mentha Spicata*). Spearmint is a low growing perennial that grows to around 2 feet high and 3 feet wide. It spreads by rhizomes, which can make this plant somewhat invasive. This plant is happiest in partial shade with regular watering but can also grow in full sun with a little extra water. Keep Spearmint looking its best by pinching or cutting back excessive growth throughout

the year to keep this plant compact and looking healthy. Before winter sets in prune this plant down to around 1-2 inches of growth. Most mints are grown for their flavors and smells but they will also produce bell shaped flowers throughout the summer. Flower colors range by variety from purple to white. Native to Europe and Southwest Asia, Spearmint has been used throughout history in everything from food to soaps and toothpaste. For backyard growers it is most commonly used to add flavor to iced or hot teas.

Like last month’s plant (English Lavender), Spearmint fits perfectly into a rock, herb or sensory garden. Its flowers and scents attract butterflies, bees and birds. You can plant Spearmint in an open planter, raised planter or pot. If you have a small container and a bright window in your kitchen, you can have fresh mint leaves at your fingertips ready to be added to your favorite dish or drink.

Photo of the Month



Roadrunner Taking in the View
Sunset Park Las Vegas, NV
Matt Durham