

## Be A Little Better - By Stanton Southwick



To be successful in any aspect of life, you must be constantly improving. If we are stuck in life's rut just getting by, we will never achieve our dreams and aspirations. Nothing will ever change. We will never seem to be able to do what we want to do. When we look ahead to where we want to be, it may seem far off and too difficult to accomplish. To make great strides ahead, it's best to break down the task at hand and look at improving in simple ways.

The British cycling team is a great example of this concept. For 110 years the Brits had never won the Tour de France and only had a handful of Olympic medals in cycling. In 2003 they hired Sir Dave Brailsford to coach the cycling team. He committed to a strategy he called "the aggregation of marginal gains." Simply put, implementing small improvements in everything.

Said Brailsford, "The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1 percent, you will get a significant increase when you put them all together."

Did it work? Well, since 2003 British cyclist have won the Tour de France six times. During the 2021 Olympic Games, Great Britain won more gold medals in cycling than any other country. They have become the most successful country across all cycling disciplines in just two decades.

Think about the math, if you can get 1% better at something each day, by the end of one year you will be 37 times better! The one caveat is that for small gains to aggregate, there must be a consistent day-in and day-out effort.

Take control of your success. Commit to be a little better and do a little better each day.

*"The fruits of life fall into the hands of those who climb the tree and pick them." ~Earl Tupper*

## Favorite Flora:

### Leucophyllum langmaniae 'Lynn's Legacy' - By Caryl Davies



Perseverance. That's what it takes for someone to find a new plant and staying with it until you, the consumer, can finally purchase it in your local nursery. Once a plant is cloned or bred, it goes through many steps which include... putting it through trials to find out its adaptability, naming it, gaining rights/patent/trademark, going to small production, marketing and finally growing in a large production for resale. Each step can take years and in total, can even take decades! That's perseverance!

This month's plant is *Leucophyllum langmaniae* 'Lynns Legacy' which is named after Lynn Lowery a well-known botanist and plant collector. Lynn chose this clone of Texas Sage for its frequent and profuse flower displays. Other varieties of Texas Sage have beautiful displays of flowers that are dependent on changes in relative humidity, but Lynn's Legacy is not dependent, so it blooms more often throughout the season than other selections. When this shrub blooms... it's covered in lavender flowers!

This lovely shrub grows to approximately 5' high by 5' wide and is evergreen. Its gray-green leaves form a dense uniform natural shape that requires little care.

'Lynns Legacy' is extremely drought and heat tolerant plant. Plant it in full sun and water regularly during the first growing season to establish an extensive root system. Reduce watering frequency once established. This plant is so tough that it thrives in areas with reflected heat from paved surfaces!

Give it the space it needs and don't prune it... you'll be rewarded with an easy to care for, waterwise shrub with year-round interest.



Hawaiian Rainbow - Oahu, HI  
Cassi Dawes