Working Together for a Greener Future

As the economy begins the healing process, surviving business leaders maximize cost and labor savings. The business-smart professional also works with others to develop beneficial solutions. Forming partnerships combines the skills and talents from all involved, plus create strong, lasting relationships.

For the 16th year in a row, Desert Green, the premier turf and landscape event, is offering quality education at an affordable price to Green Industry professionals in the arid Southwest.

Prepare to take advantage of the training, seminars and break-out sessions while maintaining your edge at Desert Green XVI with "Working Together for a Greener Future." The conference is set for October 18-19 at Sam’s Town Hotel and Gambling Hall in Las Vegas, Nev. The conference features two days of four concurrent seminar tracks, table top displays and a green industry mixer.

Keynote speaker Rose Epperson, president of EpiCenter Management and executive director of the Western Chapter of the International Society of Arboriculture, is an expert on the topic, with a long history of working with several organizations to strengthen all. WCISA has partnered with Desert Green for the past several years, resulting in Advanced Arboriculture sessions both days of the conference.

Sam’s Town offers all the amenities of a major hotel and resort at a truly amazing rate, only $26.99 for weeknights. For locals, parking is convenient and nearby. Attendees can reserve rooms before October 3 by calling toll free 877.593.5993 and asking for the Desert Green Foundation special rate (call-in code DESJ12A).

Continued on page 2
The conference is sponsored by the: Western Chapter of the International Society of Arboriculture, Southern Nevada Golf Course Superintendents Association; Nevada Chapter of the American Society of Landscape Architects; University of Nevada Cooperative Extension; Southern Nevada Water Authority; Southern Nevada Landscape Association, Nevada Shade Tree Council; *Southwest Trees & Turf* and the Southern Nevada Arborists Group.

The Desert Green Foundation is a 501(c)3 non-profit that includes members from these groups on its board. The Foundation is dedicated to education for the green industry.

In addition to the arboriculture tracks, there will be tracks on Pest Management (with pesticide CEUs and Nevada Certification testing on October 19), Landscape Architecture, Irrigation and Water Conservation, and Golf and Sports Turf Management. Tree worker training will also be offered in both English and Spanish.

The conference also features table top displays offering the latest products and services. A green industry mixer with complimentary snacks and beverages follows the conference on October 18, with a book signing by the authors speaking at the conference.

For more information, contact Helen Stone at 702.454.3057, or email helen@swtreesandturf.com. Complete information, including online registration, is available at [www.desert-green.org](http://www.desert-green.org).

**All Stressed Up and Nowhere to Go!: Advice for the Holiday Season**

Get ready, here it comes! Thanksgiving! Christmas! Hanukah! New Years! The most wonderful time of the year! Crowds of people everywhere! Traffic jams! Buying gifts and overspending! Traveling delays! Relatives! Argghh! While the death of a spouse is the number one greatest cause of stress, troubles with in-laws, family gatherings, vacation and Christmas are rated in the top 100 contributors to stress!

Over 40 million people in the United States will experience some impairment because of an anxiety condition this year alone. More than $300 billion are spent annually on stress-related compensation claims, reduced productivity, absenteeism, health insurance costs, direct medical expenses, and employee turnover. Stress-related diseases include headaches, sleep problems, peptic ulcers, high blood pressure, depression, anxiety attacks, heart disease, chronic fatigue, mood swings, psychological distress, disordered eating behaviors, poor immune function and chronic pain.
Stress, however, is a natural condition in our environment. It greets us at every turn in our life. Infants cry as soon as they leave the womb. A very dependent being, they seek their needs by crying; and tune out the chaos of their surroundings by sleeping. Adolescents experience stress as they begin their search for identity and independence. When approaching young adulthood, searching for acceptance and individuality, career-planning and facing marriage are viewed as stressful. Adults take on new responsibilities, raising children, future planning while often caring for their own parents. The stressors of a retiree include self-evaluation about what they have accomplished in their life, reduction of income, loss of social relationships, loss of independence while adjusting to a new dependence upon others, and acceptance of death.

Some level of stress is necessary to energize us and internally motivate us to reach our potential. But stress can also be detrimental to our health. Stress from external events such as a poor economy and rising oil prices can be unconstructive. It is often triggered by minor hassles such as traffic, or major hassles including job loss or divorce. Stress can come from actual threats such as illness, injury, theft, vandalism, or imaginary threats including fear of getting Cancer, Alzheimer's disease or premature death. Many of these are perpetuated and worry that comes from within. They may or may not even come to pass. Regardless of its origin, these are events or circumstances that we perceive through our own evaluation as being stressful.

But is stress really the problem? While stress can be a major contributing factor, it’s not the stress per se, but rather our response to the stress that leads to illness. It’s actually very personal!! How we choose to address these demands or fears is key. This holiday season when you encounter a potentially stressful situation, attack it head on so it doesn’t beat you up. Don’t let it own you but at the same time, maintain interest. Avoidance or withdrawal such as drinking, overeating or burying yourself with busyness can be harmful. They become the perfect place to hide from ourselves. Additionally, alcohol and stimulants (such as caffeine, or energy drinks) can magnify an otherwise trivial situation.

Eliminate controllable hassles. Although you don’t want to isolate yourself, don’t be afraid to say “no”. Remember there are 364 other days so you can take a rain check. When attending annual gatherings with relatives, communicate openly and listen to others. Accept differences in how people are wired. Be forgiving, pick your battles and let some things roll off your shoulders. Cultivate new relationships. Spend time with the children. Or try something new altogether. Volunteer at a local charity to serve a meal or visit an in-care resident.

Finally, try a healthy, active approach to your holidays this year. While enjoying the holiday goodies, add at least one extra piece of fruit and one extra vegetable to your diet each day. Take some time to relax. Incorporate at least one five-minute daily quick walk no matter where you are. Take a grandchild for a stroll to perhaps visit a youthful perspective or share some wisdom. Offer to walk the dog (even if it isn’t yours). After all, a walk outside is the perfect place to go when you’re all “stressed up!” Happy Holidays!
Frequently asked questions...and answers
By Mary Wilson, Registered Dietitian

Q. I’ve noticed many gluten-free products in the supermarket. Should I eliminate gluten from my diet?

A. Unless you are diagnosed with celiac disease (CD), there is no reason to avoid gluten-containing foods. CD is an autoimmune, inheritable disease of the digestive tract triggered by the grains wheat, rye and barley. While eliminating processed wheat foods like white bread, cookies, cakes and snack foods can improve your diet, eliminating nutritious whole grain foods would not be recommended since whole grains are important sources of nutrients and fiber which can help reduce the risk of many chronic diseases.

Q. Does microwaving decrease the nutritional value of foods?

A. While all cooking methods cause some amount of nutrient loss depending on certain conditions such as length of cooking and amount of water used in cooking, microwave cooking has become a quick and healthy way to cook. Because the microwave cooks foods like vegetables quickly and without a lot of added water, fewer heat-sensitive and water-soluble vitamins are lost. In addition, fat used to sauté or keep food from sticking can be eliminated with microwave cooking; therefore, decreasing calories and fat in the diet. Microwaving cannot make foods radioactive or damage them in any harmful way.

Contact Professor Wilson at 702-257-5507 or email wilsonm@unce.unr.edu.

University of Nevada Cooperative Extension Southern Area has offices and offers programming in Clark, Lincoln and Southern Nye counties. Office locations and phone numbers are:

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone</th>
<th>Address 1</th>
<th>Address 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caliente</td>
<td>775-726-3109</td>
<td>360 Lincoln Street</td>
<td>P.O. Box 728, 89008</td>
</tr>
<tr>
<td>Logandale</td>
<td>702-397-2604</td>
<td>1897 N. Moapa Valley Blvd.</td>
<td>P.O. Box 126, 89021</td>
</tr>
<tr>
<td>Las Vegas</td>
<td>702-222-3130</td>
<td>8050 Paradise Road, 89123</td>
<td>Pahrump 775-727-5532</td>
</tr>
<tr>
<td>Pahrump</td>
<td>775-727-5532</td>
<td>1651 E. Calvada Blvd., 89048</td>
<td></td>
</tr>
<tr>
<td>Laughlin</td>
<td>702-299-1333/1334</td>
<td>55 Civic Way, 89029</td>
<td></td>
</tr>
</tbody>
</table>

For more information on University of Nevada Cooperative Extension Southern Area programming, please call 702-222-3130 or visit the website at www.unce.unr.edu/areas/southern.