

CAN YOU EAT IT?

Test your knowledge of edible weeds and plants.

Burdock	YES	NO
Dandelion	YES	NO
Nasturtium	YES	NO
Red Clover	YES	NO
Queen Anne’s Lace	YES	NO
Perilla	YES	NO
Daylily	YES	NO
Cattail	YES	NO

WHO SAID THIS?

“Earth laughs in flowers.”

- A) Martha Stewart
- B) Ralph Waldo Emerson
- C) Ghandi
- D) Ellen DeGeneres

READ IT AND REAP.

10 Top Gardening Books - www.goodreads.com

- 1) Dirr’s Hardy Trees and Shrubs:
An Illustrated Encyclopedia
by Michael A. Dirr
- 2) The Garden in Autumn
by Allen Lacy
- 3) The Well-Tended Perennial Garden:
Planting & Pruning Techniques
by Tracy DiSabato-Aust
- 4) Eden on Their Minds:
American Gardeners with Bold Visions
by Starr Ockenga
- 5) Making Gardens Works of Art:
Creating Your Own Personal Paradise
by Keeyla Meadows
- 6) The Edible Heirloom Garden
by Rosalind Creasy
- 7) The Collector’s Garden
by Ken Druse
- 8) The Natural Shade Garden
by Ken Druse
- 9) Natural Garden
by Ken Druse
- 10) The Natural Habitat Garden
by Ken Druse

WIN A DINNER FOR TWO!

Tell us what you plan to weed and what you plan to water.

Post your list on our Facebook page.
www.facebook.com/AristaMedicalImaging

We’ll draw a winner from all the names we collect.

CONTEST ENDS: JUNE 1ST

(You may post more than once, but your name only goes into the drawing once.)

ABOUT ARISTA MEDICAL IMAGING

- Open MRI
- Convenient Scheduling
- Excellent Radiologists
- Patient-Centered Service

DIRECTIONS

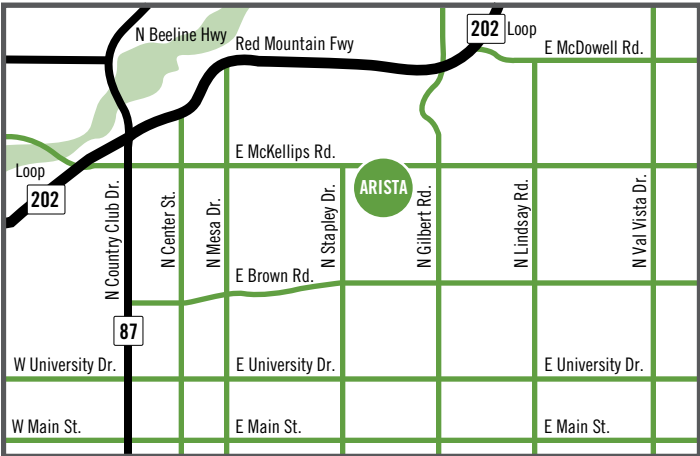
FROM THE NORTH: Take AZ-101 Loop South to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

FROM THE WEST: Take 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

FROM THE EAST: Take US-60 / Superstition Fwy West. Take exit 182 (Gilbert Rd Exit) and turn RIGHT onto Gilbert Road heading North. Turn LEFT onto McKellips Rd. After 0.8 miles turn LEFT into our parking lot.

FROM THE SOUTH: Take AZ-101 Loop North to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

ADDRESS: 1345 E McKellips Road, Suite 103 / Mesa, AZ 85203
Ph 480-644-9878 / **Fx** 480-644-9879



FOCUS ON THE WHO

A PRACTICAL GUIDE TO

WEEDING
AND
SEEDING

INSIDE TIPS FOR THE HEALTHIEST SPRING EVER



I think most of us have, at one point in our lives, had to pull a few weeds and water a few plants. It’s tedious work, but the results are often rewarding. The same is true of our lives. Sometimes we let some weeds stick around a little too long because we’re not in the mood to just pull them out. Sometimes we overlook watering the things that mean something to us because we’re too busy. So, with this spring time air all around us, we thought it would be a good idea to think about the weeds and seeds of our lives. What should we be pulling out and what should we be watering? If we do the hard work now, and have a little patience, by summer we should see some pretty great things blooming! - **MARTIN J. FARRELL**, ARISTA MEDICAL IMAGING



SPRING IS A SWELL TIME FOR CHANGE

Out with the old, in with the new, identifying pests and pesky patterns, making room for something great.

KEY **HEALTH** **RELATIONSHIPS** **CAREER** **FAMILY**

FEELING THE BURN?
Chili dogs with extra cheese and onions give you heart-burn. LET'S TRY salad with a little grilled salmon.

YOUR DATE JUST DOESN'T SEEM TO BE GETTING IT
Don't pull out yet. Spell it out for them. R-O-S-E-S.

LAUNDRY IS A PROBLEM
MAYBE, (A) do your own (B) do all of it yourself and get it done right (C) take turns or, (D) start the incinerator.

CHANGE IT UP
No more *Cheers* re-runs. LET'S TRY a night on the sofa with a good book.

YOU'RE NOT LISTENING
Might be time for a little spray bottle wake-up call. Use diluted vinegar and lots of water. Aim away from the eyes.

SATURDAY MORNINGS AT WALMART.
Not your idea of a relaxing time? LET'S TRY a power walk together to the cafe for a smoothie.

NEGATIVITY IS THE SEED OF DISCONTENT
Sow positive ideas, reap positive rewards. Grow Happy.

PULL IT

SHOULD IT GO?

NO FRIENDS?
Be a friend. Make a friend. Make someone smile. Reap the rewards.

DINNER TIME!
No txtng allowed. Wrench the device from junior's (*or honey's*) hands using super-grip gardening gloves.

2-MINUTE TUMMY TONER
While waiting for the sprinkler to do it's thing, do 100 swivels, left-to-right, with rake resting on shoulders and hands gripping, facing out. (*Small changes add up*)

GOOD OL' H2O
Out with the soda, in with 2 liters (64 oz.) of pure water a day. You're a thirsty flower and you don't even realize it!

BORED AND ACHEY?
If you're tired of the computer, stand up more often and practice your raking motion.

GROW, FLOWER GROW
If you're pretty happy with what you do at work, GREAT! Keep growing.

WHAT'S NEXT?
If you're wondering where it's all leading, make a wish list and go for it!

QUALITY
Have everyone take a break from the screens and break out *Twister*.

BANISH THE THOUGHT
What you do IS valuable at work.

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OR SHOULD IT STAY?

GROW IT

TOOLS FOR WEEDING

GLOVES
Protection from stickers, prickles and thorns.

SHEARS
You gotta prune to make room for new growth.

DANDELION PULLER
Odd looking but super effective.

WEED KILLER (HOMEMADE)
You may not need as much force as you think.

WEED KILLER (STRONG)
Sometimes you just have to. Wear proper protection.

WHEELBARROW
Everyone's friend in the garden. Make it red. Live a little.

TOOLS FOR PLANTING

SEEDS OF CHANGE
Plant 1/2" deep, in happy soil with tons of sun. Grows within 24 hours. Shazam!

WATERING CAN
Reflects your own distinct personality. Not everyone goes for galvanized.

MANURE
Nature's finest fertilizer. Sometimes we need to tolerate a little, in order to grow.

RAKE
Designed to collect what you want to clear away in a few easy strokes. A lesson in efficiency.

FLOWER VASE
After the hard work, enjoy the colors in every room. Guilt-free. You've earned it.

THE DIRT. Healthy soil is a must for growing. It's a little eco-system under there—insects, earthworms, air, water, nutrients. A good mix makes it work. At Arista, we believe a balance of work, play, time together and time alone is one of the best ways to maintain healthy attitudes, relationships, and bodies. **SO, THINK BALANCE AND BLOSSOM.**