

NEW CALS PUBLICATIONS

Cacti, Other Succulents and Unusual Xerophytes of Southern Arizona



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This pocket-sized field guide, published by the Boyce Thompson Southwestern Arboretum, features 83 species of cacti and other succulent plants that can be found in southern Arizona. One or more color photographs illustrate each plant in its natural habitat, and many include closeup images of the flowers.

The book is organized with related plants located on consecutive pages to facilitate identification. The text lists both scientific and common names. Information on habitat and distribution of each species is provided along with a brief, nontechnical description, flowering times, interesting facts about the plants and useful tips on distinguishing similar species. The price is \$9.95.

The Bone Estrogen Strength Training (BEST) study, funded by the National Institute of Health, identified the six exercises that are the most effective for preventing osteoporosis and improving bone mineral density in postmenopausal women. Authors include researchers from the University of Arizona College of Public Health and the College of Agriculture and Life Sciences: Timothy Lohman, Scott Going, Linda Houtkooper, Lauve Metcalfe, Terri Antoniotti-Guido and Vanessa A. Stanford. The book features the six exercises, training protocols, and specific programming and motivational strategies to help women adhere to a lifetime of exercise for bone health. Geared toward the health professional, the text discusses general information on osteoporosis; osteoporosis screening measures; the relationship between exercise and osteoporosis prevention; the BEST exercises; the BEST intervention and support program; nutrition and bone health; and medical intervention for osteoporosis. The book costs \$37.

The BEST Exercise Program for Osteoporosis Prevention



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