

# FOA Valley News



## NATIONAL STRESS AWARENESS MONTH

April is National Stress Awareness Month to raise awareness of the negative impact of stress. It is important that everyone learns the dangers of stress and minimizes at all costs to maximize life. Here are some ways you can minimize stress, make sure you get active and exercise daily. Another way to minimize stress is to start eating healthier meals throughout the week. Lastly, recognize that worrying doesn't solve anything, do your best to focus on the good things as well as the positive things in life. A healthy mind is the key to life.

FOA has been fully submerged in the 2023 legislation season. Clean energy in our community continues to be a heavy focus for us here in the state of Nevada as we work together with table partners in the Nevada Coalition to pass legislation that will fulfill our clean energy initiatives. Just a few bills that we are supporting to help us with this are **AB144**, which Revises provisions governing the sale of certain lighting products, an act relating to lighting products; prohibiting the sale, offer to sell or distribution of compact fluorescent lamps and linear fluorescent lamps. **AB-184** which focuses on medium and heavy duty vehicle incentives. An act relating to air pollution; creating the Account for Clean Trucks and Buses; creating the Clean Trucks and Buses Incentive Program; establishing various requirements for the Program; and providing other matters properly relating thereto. **AJR10**, which proposes to amend the Ordinance of the Nevada Constitution and the Nevada Constitution to remove language authorizing the use of slavery and involuntary servitude as a criminal punishment.

### Recognized Calendar Dates

APRIL 2023



**"Sometimes the most productive thing you can do is relax."**

**- Mark Black**

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