

NEWS in Brief

GREEN OUT at Open nets \$60K

The Waste Management Phoenix Open's third annual GREEN OUT raised \$60,000 for three environmental nonprofit organizations, a press release states.

For every person who wore green to the tournament, Waste Management and the Thunderbirds are donating 'green' to Keep Phoenix Beautiful, Arizona Forward and Keep America Beautiful.

Based on an online voting contest held on the tournament's Facebook page in early

January, Keep Phoenix Beautiful will receive 50 percent (\$30,000) of the funds, Arizona Forward 35 percent (\$21,000) and Keep America Beautiful 15 percent (\$9,000).

According to the Waste Management Phoenix Open's 'Green Squad,' nearly 34 percent of Saturday's record crowd of 179,022 fans and many PGA TOUR pros donned green gear.

Waste Management and The Thunderbirds began the Green Out in 2011 as a way for fans to honor and support the sustainability/green efforts of the tournament and title sponsor Waste Management.

Commentary

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both parties to begin attaching old feelings and stories from the past. Then you may begin to fire heated words towards one another.

Guess what? Here you go down the same rabbit hole again. The key is to take a step back assess, and be willing to ask open-ended questions that are related to the topic and not to your own motive of getting someone to agree with you. It's also impor-

tant to allow yourselves to be more willing to honestly express your thoughts.

Finally, put yourself in the other person's shoes, truly listen to where they are coming from, why are they thinking and feeling a certain way, never ever assume, and give the other person the room to express their thoughts and feelings without judgment.

Healthy communication is like a dance, of knowing when to take two steps back and two steps forward and going with the rhythm of the music.

Editor's note: Ms. Sana is a certified life coach holds a master's degree counseling.

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