

Do Good - By Stan Southwick

Be Good
Do Good
Feel Good

It seems that humanity in general looks at others to try to lay blame or point out weakness and imperfections but often forgets to look at the person in the mirror. How often does a fellow coworker complain to you about another employee and as you are listening you are thinking that the person complaining does exactly the same thing or worse? Or maybe, you are the one complaining! The news media is full of people pointing out other's mistakes. At times we complain about things that we have no control over. This is an exercise in futility and does nothing to help the situation.

We all have a "circle of influence" around us. There are people and events that we can directly influence. The center of your circle is you and the events are your personal activities. To make a difference in the world, start with the reflection in the mirror. Change yourself to reflect the good you want to see in the world then use your influence to positively affect those in your circle. If all were to do this, the circle of influence would expand exponentially and great changes would take place. I know that this is an idealistic view of the world we live in. But you can still make a difference in yourself and maybe influence a few of your close friends for good. Your life will be better...my life will be better.

"Be the person your dog thinks you are."

C.J. Frick

Favorite Flora: *Salvia 'Balsalmisp'* - By Jon Marenfeld



Late this past spring I had my backyard redone. Because of the pandemic, as many have noticed, there has been a run on all the local nursery's as people, spending more time at home, want to enhance their yards. As the contractor was collecting the plants per my plan they needed to substitute one plant with something similar because what I wanted was out of stock for the foreseeable future. The nursery suggested *Salvia 'Balsalmisp'*, aka Mystic Spires Blue Salvia. Thus far, even with days well over 100 and in all day sun, this plant has done amazingly well. *Salvia 'Balsalmisp'*, a hybrid between two other sages, is a compact salvia with dark green leaves and covered in dark purple flowers. It grows up to 2 feet high and wide, loves heat, attracts hummingbirds and butterflies, and is great potted or mass planted in the ground.

Taking care of Mystic Spires Blue Salvia is easy. Plant in full sun in sandy or gravelly soils with good drainage. It is listed as a Waterwise plant so it requires regular to weekly watering but in extreme heat it will wilt a bit if not watered enough. As with most new plantings water it deeply during the first growing season to establish a good root system. To extend and enhance blooming prune the spent blooms off. Plant it with other leafy desert plants such as *Justicia spicigera* (Mexican honeysuckle), *Justicia californica* (Chuparosa), and *Justicia candicans* (Red Justicia) for pops of color in your yard.



'Together'
Little Rock, Arkansas
Cassie Grimes