

Time Out! - By Stan Southwick



Do you ever feel like you are going insane working your fingers to the bone, running around a hundred miles per hour, losing sleep, working late, skipping lunch and still not getting caught up? Are you going insane? Albert Einstein defined insanity as “doing the same thing over and over again and expecting different results.” Coaches call “time-outs” to take a few minutes to stop their teams from doing the same thing and get them re-focused on the priority goal. Stephen Covey in his book 7 Habits of Highly Effective People talks about putting first things first and the importance of taking a few minutes each day to prioritize your list of things to do. Many who are busily scurrying about never quite seem to get anything completely done. It takes too much time to pause and prioritize, they say. Stephen Covey said these “people are working harder than ever, but because they lack clarity and vision, they aren’t getting very far. They, in essence, are pushing a rope...with all of their might.” He teaches that we need to prioritize our activities by considering two factors, things that are urgent and things that are important. Every activity can be placed in one of four categories: Important & Urgent, Important & Not Urgent, Not Important & Urgent or Not Important & Not Urgent. Urgent matters are usually visible, they press on us, they insist on action. They are often popular with others. They’re usually right in front of us. But so often they are unimportant. Importance, on the other hand, has to do with results. If something is important, it contributes to your mission, your values, your high priority goals. Our priority focus should be on things that are Important & Not Urgent. So, call time-out, prioritize and re-focus your efforts...you’ll be happier and probably live longer.

“Gain control of your time, and you will gain control of your life.”

John Landis Mason



Favorite Flora:

Justicia californica - Chuparosa - By Jon Marenfeld

Interested in attracting hummingbirds to your yard but don’t want to hang a feeder? If your answer is yes one shrub you should consider is Justicia californica, commonly known as Chuparosa. This Sonoran Desert native grows to approximately 4 feet high and wide and blooms orange-red spring through fall. In its native habitat it’s typically found in gravelly, sandy washes, canyon bottoms, and rocky slopes under 2500’. The common name Chuparosa is Spanish for ‘hummingbird’ and the sweet nectar from the flowers are natural magnets to butterflies, hummingbirds, and small birds. Humans can enjoy the

bright flowers too because of their fresh flavor which has been said to taste like cucumber. It’s said that the Tohono O’odham people of now southern Arizona and the northern state of Sonora, Mexico had them as part of their diet.

Because it’s a desert adapted plant care for Justicia californica is easy. Plant it in areas of full sun and reflected heat and well-draining soils to keep it happy. While desert adapted and drought tolerant it does need supplemental irrigation because its native habitat are washes which tend to have more water available. Water enough to keep it from wilting but don’t over-water. It could be susceptible to root rot. They look best with little to no shaping. Severely cut them in back in spring as needed to encourage a denser look. Finally, it’s from a warmer desert so protect it when temperatures dip below 25 degrees.



Hopi Katsina Dolls
Arizona State Museum, Tucson, AZ
Jon Marenfeld