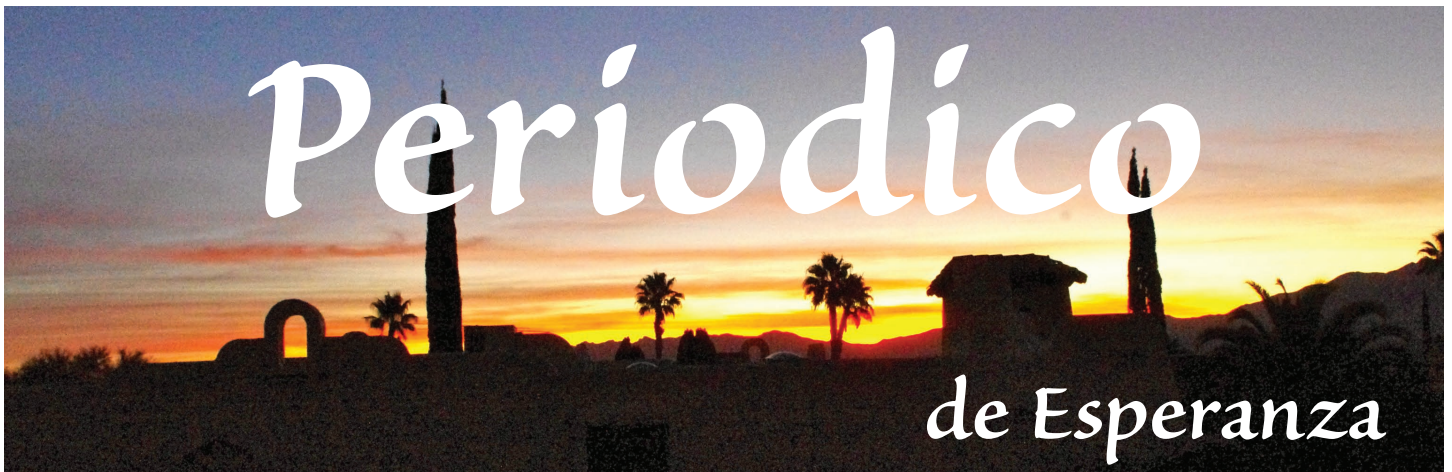


June 2015



## Around Esperanza



*Century plant down: please pass the Hollandaise sauce.*



*The county has added parking spots along Esperanza Blvd. This is the first car to park there.*



*Louise McCabe and Val Palacios skeining yarn at a Fiber Arts meeting at the Ramada.*



*Chuck Kausler captured this beautiful photo of a hummingbird.*

# Upcoming Events

## Independence Day Celebration

Saturday, July 4th

4:30 p.m. • Sunset Ramada

Cost: \$4 per person

Menu: Sloppy Joes, cole slaw, chips

Bring: A dessert, if the spirit moves you

After dinner, we will be reading the Declaration of Independence. We will need 5 or 6 volunteers. Contact Linda Sielken (lsielken@gmail.com) if you would like to participate.

## Reminder...

The EE HOA requires residents to trim palms on their property during June, prior to the monsoon/lightning storm season, during which dead and dry fronds present a substantial fire hazard. Monstrosity Tree Service offers residents the same rate for trimming palms on their property as the HOA gets (\$45 each). To make arrangements, contact them at 625-8733.

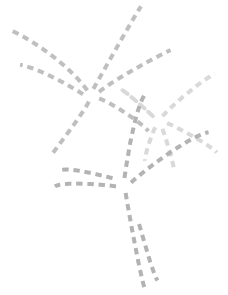


### Board Meetings

*No board meetings during July and August.*

Board member list & meeting minutes  
available at <http://esperanzaestates.net>

Esperanza Estates Homeowners Association  
P.O. Box 181, Green Valley, AZ 85622-0181



*Robert from Monstrosity Tree Service at work in Esperanza Estates.*



# Book Corner

By Cindy Krantz

Summer reading... time to enjoy a leisurely read! Whether you prefer a 500-page saga or a few short stories, readers always want to know what others are reading. If you read something you think others would enjoy, send the titles to [krantzcindys@yahoo.com](mailto:krantzcindys@yahoo.com) and I'll compile a list of EE Residents' Favorites for the September issue of the Periodico. Contributors will remain anonymous.



Below is a brief list of titles for those who only have a few minutes to read between summer fun. Some are short story collections; others are essays; the last 2 are short novels. Most deal with the Southwest and many are written by Southwest writers. Enjoy!

- ***Homeland and Other Stories***. Barbara Kingsolver. A collection of 12 short stories which reflect Kingsolver's sensitivity to human nature and family ties.
- ***High Tide in Tucson***; Essays from Now or Never. Barbara Kingsolver. 25 essays that explore themes of family, community and the natural world.
- ***Southwest Stories; Tales from the Desert***. ed. John Miller. 18 authors share tales of the lands of copper, blue skies and the spirit of the lands of the Southwest.
- ***Walking the Twilight; Women Writers of the Southwest***. ed. Kathryn Wilder. A collection of more than 30 diverse female writers who share their love of the desert, its extremes of sun and rain, and the legends that tell the desert's many stories.
- ***Border Music***. Robert James Waller. The author of *The Bridges of Madison County* writes a story of hard work and passion on a desert ranch in West Texas.
- ***The Same Sky***. Amanda Eyre Ward. A "ripped-from-the-headlines" story of two families living on opposite sides of the Mexican-United States border.



*If you're a seasonal resident and just can't imagine what an uncrowded Safeway parking lot looks like, this photo, taken at 1:30 p.m. on June 9, is for you.*

*Congratulations to Bill Berdine on being recognized for his gardening efforts.*

# Downsizing

By Cheri Day

*Editor's Note: So many full time EE residents have gone through the downsizing experience to move here. Others are dreading it as they consider whether to sell their other home. Cheri Day, who became a full time resident in April, shares her thoughts on moving.*

On the “cusp” of 2007-2008 when the real estate bubble was in the process of bursting, Steve and I sold our house in the south end of Denver which was about 3,600 sq ft. We were moving to our 1,800 sq foot 100-year old adobe in Taos, New Mexico which we had restored.



The walk-out basement in the Denver house was packed with Steve's art stuff, and the rest of the house was stuffed with everything else. We got an offer and the buyers wanted it in two weeks. We waited a week to see if the offer was “real.” We then had just one week to move all that stuff out of the house, so we went into high gear.

Steve hired the “Got Junk?” people who came to the garage area and in 15 minutes had it totally cleaned out; they even took things we didn't want them to take. And they took lots of stuff we had literally thrown out onto the back lawn.

The Salvation Army took furniture that we no longer wanted, things from the kitchen, and everything else we thought we didn't want. But, on the whole, we just threw everything into large boxes fast. We got the largest U-Haul truck they rent, hired people who load the trucks (very experienced ones) and when they were done you couldn't have fit a scrap of paper between the boxes.

Steve drove the truck to Taos, and I followed in one of our vehicles also filled with stuff. Other than the “check engine” light coming on in the truck soon after leaving the house, and the temperature falling to 12 degrees below zero in Ft. Garland where we spent the night (so cold that we barely got the truck to start the next morning), the trip was pretty uneventful.

We hired men to unload the truck into the adobe at the Taos end, and they were not experienced. We weren't even sure if one of them would make it through the unloading process, he was so out-of-shape. And the snow had now melted so we had mud all through the house, but we were “there.” A month before the move, Steve had had the foresight to rent a large 1,500 square-foot art studio with an upper loft, so we stored a lot of the boxes in the loft.

Three years later we decided to give up the large rental studio, so our first true “downsizing” was at that point. We sent 15 boxes of dishes and crystal glasses, and other family heirlooms to our daughter via UPS. We also held a gigantic “studio” sale, and made a lot more money than expected. Steve had 1,500 art books and only kept 200. They were a huge sale item where online book dealers came in and scanned the ISBN code to get the value of the book, but bought them from Steve for peanuts. What we couldn't sell we gave to local charities. We also had reserved two storage units in Taos, and filled them to the brim.

Now, here's my real tip on downsizing: From that point forward, every time we came down to Green Valley we loaded up a small trailer and brought what we wanted to keep down here. In the process

*Continued on next page*



we'd weed out a lot we knew we didn't need down here. After both storage units were empty (giving over the lock and key to the last unit was a momentous occasion), we felt good.

When the realization hit us that we only wanted one house, and that house would be here in Green Valley, we had to make the Taos house presentable to "show." So that was the next time we downsized. We gave books to the library, donated extra furniture to Community Against Violence, and pulled another trailer to Green Valley. At that point, the Taos house became less the "main house." At the end of last summer, the house had been on the market one year, and we decided to lower the price one more time to sell by this summer. Then we downsized one more time by giving bags and bags of clothes and other items to charity and hauling one more load down to Green Valley.

The final move was after we sold the house. We really looked hard at what was left and what we wanted. We had only two days for this final weeding-out process because we had already purchased airline tickets to visit family. We gave away lots more things and brought only what we could fit into a UHaul truck — a small one this time.

So, from my point of view, the best way to downsize is in "layers." Do a little each time you can get motivated. As you can see we downsized in many stages and it was like peeling an onion layer by layer.

The layers approach also helped a lot with the emotional aspect of the move. We weren't sad to get rid of the items we did since it was a gradual decision process. I have to say that we love where we live when we live there, but we don't "pine" for the old place once we make the move. We enjoy where we are. And we have always loved Esperanza Estates and our house here.

Now that's not to say we still don't have a lot to get rid of (still), but now that we can walk around the house at least, with the boxes all gone in the living room, we have the time to go through another "layer" and eventually we'll get it "just right."



*Steve reacts to the clutter in his art studio.*

## Enhancement Team Update

Barb McCalpin reports that the Enhancement Team has discovered yet another way to raise money to support their efforts to fund improvements in EE. Craig Surprise has sold several electronic items on NextDoor. As always, he makes sure that they work and are in good condition. Selling them sooner, rather than wait for the March Ramada Sale each March, prevents them from deteriorating in storage and generally brings in a higher price than the team might get at the sale. If you have electronics or other high-end items you'd like to donate, please contact Barb at 867-8067 for pick-up. Should they not sell, they can be returned to you or donated to the White Elephant.

*See you in September...*  
*No Periodico in July and August.*

# Wildlife Watch: Scorpions

By Mike Gerrard

I'm not normally a wildlife killer but I make exceptions in the case of scorpions. I find a rubber mallet is very effective. Fortunately the few that do manage to avoid our pest control treatment are usually found on tiled floors rather than picture windows.



There seems to be something about scorpions that humans find inherently scary: probably the fact that they can potentially kill you. The important word is “potentially”. Thousands of people in Arizona get stung each year by bark scorpions, yet there have been only two fatalities in almost 50 years. There are about 40 types of scorpion in Arizona, but the bark scorpion is the only one to be really wary of. It's the most venomous scorpion in the USA, and most at risk are young children, the elderly, and those with poor immune systems. And pets.

Most healthy people are likely to experience something more like a severe bee or wasp sting, but as the amount of venom a scorpion injects varies widely according to circumstances and the individual creature, and a human's response to it also varies, it's impossible to generalize. The vast majority of stings do not require medical treatment. You should only seek treatment if you experience extreme pain or if you know you have a poor immune system. Otherwise simply wash the wound with soap and water, take some Ibuprofen, and wait for the pain to go away.

Like most critters that get a bad press, scorpions are fascinating. No, really! They feed on insects, spiders, other scorpions, and even small snakes and rodents, for whom their sting is often fatal. Their favorite hunting method is to stay motionless until they detect another creature moving nearby. Their systems are so sensitive they can even detect air vibrations made by something flying near them. They can also pinpoint where the prey is. They then race to the prey faster than a speeding bullet and deal with it. Only large prey will be stung. For small prey the grip in those huge front claws is so strong that there's no escape and it starts eating the prey while it's still alive.

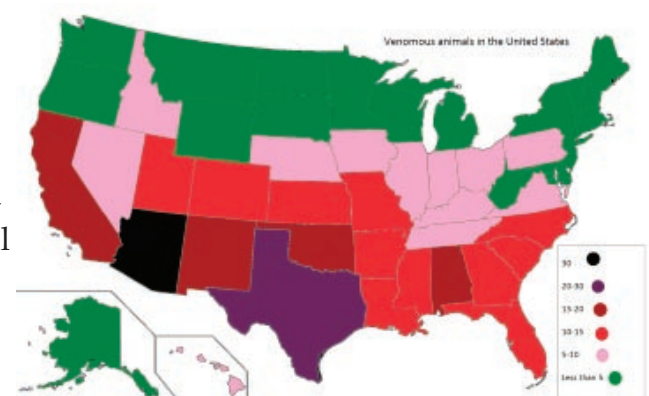
Scorpions are incredibly resilient. Many were found to have survived the attacks at Ground Zero, and in lab experiments scorpions have been frozen for several weeks and when thawed out carried on as if nothing had happened. Like, whatever.

Scorpions have eight legs, which makes them arachnids, like spiders. They are not insects. They also have eight eyes, but have very poor vision, only able to distinguish between light and dark. They need that sensitivity to vibrations and movements to make up for it.

Males have to dance to attract the attentions of a female, something that clearly wouldn't work for most of us guys in EE. But we should be thankful, as the female usually eats the male afterwards. The female will then have 25-30 young, who all live on board mama scorpion for the first couple of weeks. They then go on to live for about six years, though not if my rubber mallet finds them first.

## Number of Venomous Animals in the U.S., by State

*Arizona is the leader...*



# What Is A Hospitalist?

By Cynthia Surprise

The Green Valley Hospital opened with great fanfare in May and, like many other EE residents, I took the tour of the facilities.

While on the tour, I learned that there would be “hospitalists” on staff. Having been fortunate enough not to have spent a lot of time in hospitals, I was a bit confused about the role of the hospitalist. After talking to a few other people I discovered I wasn’t the only one unfamiliar with that term.

So, I did some research (okay, mostly I just talked to a couple of friends who are nurses, but “did research” sounds much more impressive) to clarify what a hospitalist is and how they will be involved with your care if you are in the GV Hospital. Here’s some basic information I learned.

Hospitalists are doctors who specialize in the care of patients in the hospital. Most hospitalists are board-certified internists who have the same training as other internal medicine doctors including medical school, residency training, and board certification examination. Some hospitalists have additional post-residency training focused on hospital medicine. Most hospitalists do not have an office practice.

During your hospital stay, the hospitalist will be in charge of your care and will see you daily to direct your treatment. This is different from the situation many of us are accustomed to in which our primary care physician is the one who oversees our care while we are hospitalized.

If you are a surgical or orthopedic patient, the nursing staff will be following their pre- and post-op orders for your care. The surgeon will still make rounds to see how your recovery is going. However, the hospitalist will be there to oversee any other concerns that may come up and will be in touch with the surgeon if necessary.

Because hospitalists are in the hospital full time, they are able to track test results and order necessary follow-up tests promptly. This is in contrast to the traditional setting where your primary doctor may not come to the hospital until the next day to follow-up on test results and decide if any further treatment is necessary.

Similarly, the hospitalist’s availability should help improve communication with patients and family members. I remember from years past when my parents were hospitalized, I waited around in the hospital room until evening in hopes of being there when the doctor made his rounds after his regular office hours in order to talk to him.

Since hospitalists do not have an outpatient practice, you will not have an appointment to see the hospitalist again after you are discharged. Instead, you will return to the care of your primary care doctor.

While none of us looks forward to a stay at the GV Hospital (or any other hospital), now at least we’ll know who the hospitalist is.





# My Life in the Dark

By Theo

**H**i. You may remember me. I'm Theo, the Portuguese Water Dog you might have met walking around EE with my "people," Bill Berdine and Stacie Meyer.

So many of you are dog lovers, the Periodico staff thought you might be interested in reading my story.

For me, the year 2015 started out with so much promise. I had just moved to a new home on 8 acres in Amado with Bill and Stacie and was excited about exploring new sights, smells and sounds.

Then suddenly, overnight, my world went dark.

Let me tell you. That was really scary and disorienting. I couldn't see where I was going and kept bumping into things. Although I didn't appear sick and my appetite was good, Bill and Stacie quickly noticed I was crashing into things. They took me to the vet, who looked at my eyes and took some tests. Then he gave us the devastating news. I had "sudden acquired retinal degeneration syndrome" (SARDS).

SARDS is an uncommon disease affecting about 4,000 dogs a year. It generally occurs in dogs ranging from seven to fourteen years old (I'm eleven), and any breed is susceptible. Sadly, because the primary cause of SARDS has not been identified, there is currently no known cure or prevention. The end result of this disease is complete and irreversible blindness.

On a positive note, the disease is not painful. And, while for you humans sight is your primary sense, for me, smell and hearing are more important.

The first few weeks were really hard while I was learning to cope with my blindness. I didn't really understand what was happening to me and I became subdued and lethargic. Since for me it was always dark, I had trouble differentiating between day and night. In the beginning, I wandered around the house at night. One night while roaming around I wound up in the shower stall and couldn't figure out how to get out, so I just laid down and waited until Stacie found me and helped me get out. Now, they close the doors at night.

Bill and Stacie are pretty smart and have done what they can to help me adjust. They found some books on how to work with dogs that go blind, and what they found out taught us a lot. One thing they did that I find really helpful as I try to learn my way around the house is to attach small scented sticker-dots to the doors and furniture. One scent is for "stop" and one is for "okay to move." I follow the good scents to guide me around and especially to find my way out of rooms or into the yard. The bad scents warn me away from obstacles or dangerous places. Thanks to this creative idea, I seldom bump into anything anymore. I have absolutely no trouble finding my food or the kitchen counter when Bill is making dinner. (I have to help him when any food falls to the floor.)

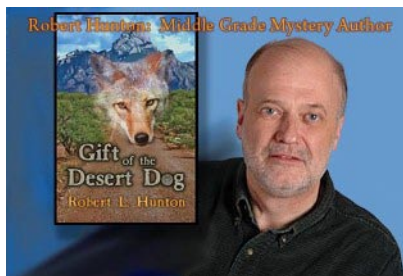
The good news is that I've finally adjusted to my loss of vision. I have a mental map of the house and yard and feel I'm able to carry on with my normal activities even though I need a little help every now and then. I bet if you came over, you wouldn't even know I was blind. I'm doing so well that Bill has re-named me "Richochet," the name of a house boat he once owned that had somewhat of a reputation for finding places to "bump into."

I'm so lucky to have Bill and Stacie as my "people." I really depend on them and know they are there for me and still love me in spite of my disability. In fact, this whole experience has brought us closer.





## EE Author Robert L. Hunton



Bob Hunton is a Vermont native and a retired middle school teacher who writes books of mystery and adventure for young readers. His

"Borderlands Trilogy" includes *Gift of the Desert Dog* (Open Books Press, 2010), *Secrets of the Medicine Pouch* (OBP, 2012), and *Coyote-Meeter's Abyss* (OBP, 2014).

Completing research for the 'Borderlands' series was a challenging task, and a labor of love for Hunton. During his many years in the middle school classroom, he developed and taught academic units on Native American culture and tradition. With the assistance of Dr. James "Big Jim" Griffith, founder and former director of the University of Arizona's Southwest Folklore Center, contacts on the Tohono O'odham reservation were provided. On two separate occasions at tribal headquarters in Sells, the author met with the cultural preservation committee of the O'odham tribal council, sharing manuscripts, discussing characters and storylines, and seeking permission to use various symbols and notations in the three novels. "My main concern," Hunton said, "was the accuracy of detail in Joseph's (character) telling of the O'odham creation story to Danny (character) in Part One of 'Gift of the Desert Dog,' the opening story in the trilogy. I wanted it right. The remarkable history of a great desert culture demanded it."

The development of an extensive student and teacher-friendly website ([www.robertlhunton.com](http://www.robertlhunton.com)) led him to the Venito Garcia library in Sells, where an impressive collection of tribal resources is housed. In addition, the author traveled to the far reaches of the reservation, following secondary roads to small settlements near the U.S./Mexico border. "I needed to be able to describe the homes and villages of the O'odham people. Old Joseph had lived eighty years there, and his love of place and community was strong. Besides, how could a young boy's grandfather, filled with the wisdom of his age, ever be wrong about anything?"

Hunton's next project is a skateboarding adventure series for reluctant boy readers with a first novel entitled, *Ripper's Tomb – An Eddie Castro Boarding Adventure, Book One*.



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*Pet plaques (on the post at the southwest corner of the ramada) are also available from Geri Lindberg for \$25.*

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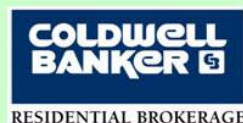
*The EE Gardeners are selling these license plates for \$10.00 each. A great way to show your pride in EE wherever you go. To order a plate, contact Bill Berdine at [whberdine@roadrunner.com](mailto:whberdine@roadrunner.com) or 398-3207.*



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*If you do not have a computer and would like to receive a printed copy of the Periodico, contact Denise at 399-3312.*

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For additional information, contact:

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