



QUILTING ART

By Martha Mosher

I am a quilter. Well, technically, I am a piecer, which means I like to play with color and pattern and make quilt tops. I don't do a lot of the finish quilting work, choosing to have others do that for me. I support a 3.7-billion-dollar a year industry, yes, billions, you did not misread that. The 2017 industry survey estimated there are 7-10 million quilters in the US. That's a lot of spending power. Quilts are now being stolen and fenced. Why? Because they have value. One of my quilts was appraised last year at just over \$1,200.00. That's insurance value.

Quilts are commissioned. They hang in hospitals and corporate offices.

Quilts are art. The best-of-show quilt at the International Quilt Festival in Houston, Texas won \$12,500.00. The American Quilters' Society awards \$10,000.00 for its best-of-show.

THIS IS ART

Quilters have our own language. We speak of jelly rolls and layer cakes, fat quarters, half-square triangles and monkey wrenches.

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Martha Mosher 2020

“Quilters also use art to address important social change. There are quilts that address slavery, HIV, poverty, and fear.”



PLENTY THE BAKERY

By D.E. Bentley

Stepping into the inviting seating area at Plenty the Bakery, a large basket of fiber caught my eye. This simple homespun detail, combined with the soft lace curtains, carefully selected art and cozy seating arrangements, settled my senses and said, sit down... relax...and rejoice in all that we have. The basket of yarn, I discovered, has a purpose as meaningful as the oven that Michelle Halloran uses to create her magical cinnamon buns and other bakery delights. As the new owner, and baker at Plenty The Bakery, which opened to the public on February 8, 2020, Michelle wants to invite community in and offer up riches in simple, meaningful ways. “I knit, some,” she shared. The yarn is for all to use, to enjoy, with the idea that the art of creating brings joy and the things we make can bring joy to others. “Perhaps,” Michelle continued, “it will develop into a community scarf-making project, where people knit scarves here then we donate them to people in need.” There are other plans for fostering that sense of community, and home: things like a community book shelf where books can be handled, read, and shared; a record player, where the simple act of setting a needle in a groove



Michelle Halloran 2020

can bring people together as they listen to a memorable older tune or experience something new shared by someone else; and games to play and enjoy, together. In all of these, Michelle sees fluid interrelations between people, objects and ideas, with books, LPs, and artistic creations of all sorts moving from person to person, finding homes where they are loved, appreciated, and shared; replaced by gifts from others. The Plenty space will also host guest artists, starting with some parquet images created by artist and frame maker Lauren Hersch and still life paintings by Kristen Gibson.

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A Place Transformed

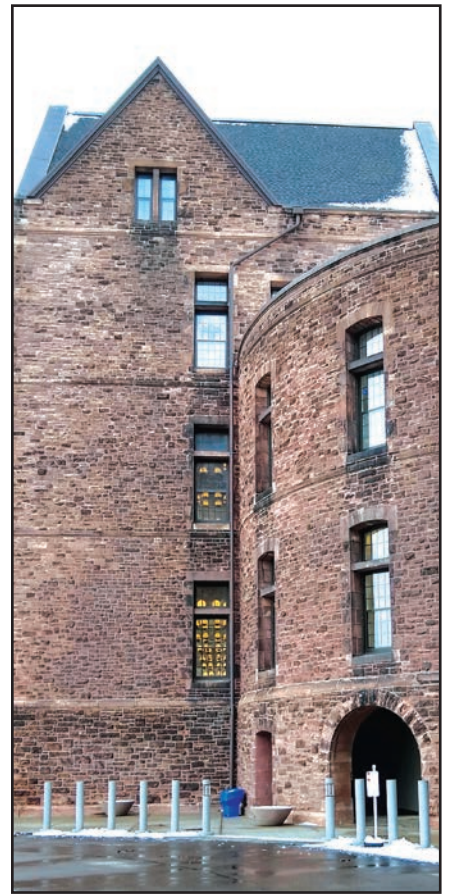
By D.E. Bentley



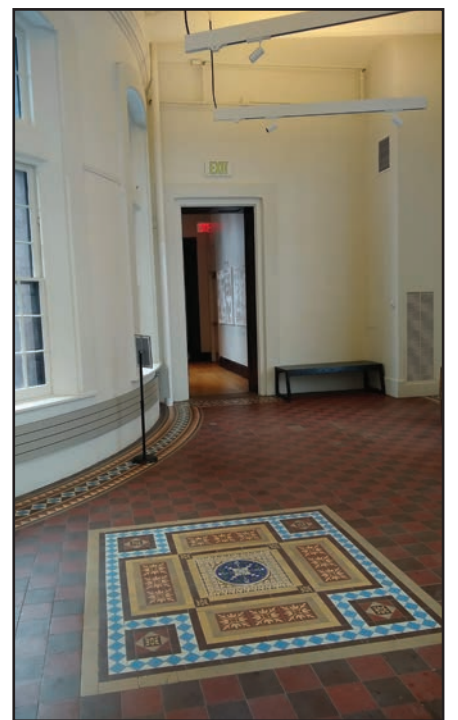
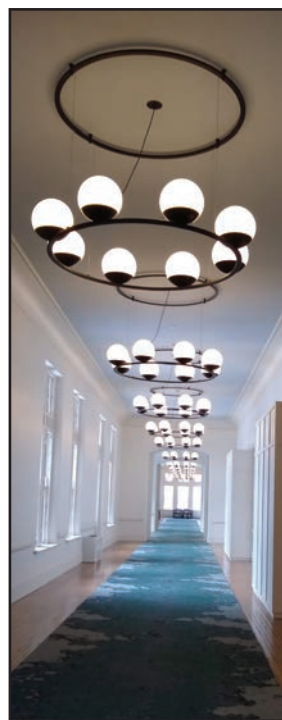
D. E. Bentley 2020

Built by Henry Hobson Richardson and landscaped by Frederick Law Olmsted, this iconic structure has waited patiently for transformation.

Opened in 1880 as an “asylum for the insane”—a place of ghosts, I am told—the Medina sandstone walls of the Richardson Olmsted Campus stand unaltered by whispering winds of time.



The campus has been designated as a National Historic Landmark. Many people have worked collaboratively to save the structure and grounds. *Hotel Henry Urban Resort Conference Center* began welcoming guests and art installments in 2017. Restoration continues, including tile work (far right), as funding becomes available.



Past, present, and future intertwine as a building relearns and adapts to its human inhabitants.

www.hotelhenry.com/ CORNER OF ROCKWELL ROAD & RICHARDSON ROAD, BUFFALO, NY, 14213

The Light Lens The Pillow Quilt by T. Touris

In the days before the virtual violence of video games, even before the advent of the Nerf gun or laser tag, children had to resort to throwing sticks, rocks and other semi-lethal items at their siblings. That was until the pillow quilt.

Around 1970, my mother embarked on a project that would become her albatross for many years to follow. This was what came to be known in our household as the “Pillow Quilt”, but in fact it was simply a Hefty bag of tiny pillows, roughly six-inch square, that my mother, for whatever reason, had given up any hope of stitching together into a quilt.

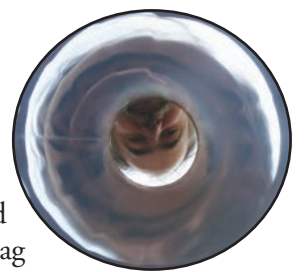
Little did she know that she had created the original version of non-lethal weaponry that would allow the free exchange of fear and humiliation between her children. In a suburban reenactment of World War I trench warfare, we’d hunker behind our beds, cautiously popping up to fling a pillow-quilt pillow at anything that resembled a brotherly or sisterly head. Occasionally we’d loft a pillow-mortar round into the opposing trench or mount a sneak attack by crawling underneath the beds, but usually there was just a barrage of tiny

pillows flying across the bedroom. After a noisy and exhausting evening, the great creator of the pillows, our mother, would poke her head into the room and order us to return the pillow projectiles to their bag and go to bed—with an additional “wait until your father gets home” threat.

Our mother never completed the pillow quilt. She might have just lost interest—maybe it was the trauma of seeing her pillows abused in such a manner—possibly the fabric patterns fell out of style—or she simply saw the absurdity of a quilt being made of pillows. Eventually, the pillows were gifted to a quilting friend who was unaware of their violent history. My sincere hope is that the pillows found some peace in the service of providing comfort and sweet dreams. Make warmth not war.



One of the many non-pillow quilts completed by our mother.



T. Touris - *T. Touris is a wanna-be-retired-computer-programmer. He spends his free time designing and working in wood, while dreaming up the next Light Lens.*

On Mad Men and Women’s Votes

It’s nice to view the world of equality through rose-colored glasses, seeing the progress made in lieu of the travesty of social and ethical failings by humanity. Unlike the more recent generations, as a baby boomer I can easily reflect on earlier times, when human rights abuses had not yet been coated in a veneer by decades of fights, accomplishments, and promises. We have made progress.

I recently started watching the T.V. show *Mad Men*. Many of the men the show portrays are sexist to the nth degree, their behaviors supported by a societal system of female subjugation. Yet, even in Season One the most docile-appearing of female characters, including Peggy Olson, Don Draper’s mousy secretary—who seeks out *birth control as a single woman and ponders a different role within the office structure—find ways of asserting control.

Still, the battle against sexism (and many other isms) is far from over. Yes, women now hold major positions in everything from politics to science; from technology to construction. Yet they often do so at lower wages than their male counterparts. More significantly, we are still at a place where being first, as a woman, becomes the accomplishment, potentially overshadowing a lifetime of significant professional achievements.

This was evident with recent media reports related to astronaut Christina Koch, a highly educated and accomplished engineer. Despite significant accomplishments in her areas of expertise, media recognitions centered on her “firsts” as a woman rather than on her overall accomplishments. It seems that as a society we often place more significance on when groups reach milestones, set first by men who were given the opportunities for those earlier accomplishments, rather than on the individual’s career accomplishments. These gender-related milestones parallel but in no way define who people are, and what they have contributed and accomplished during their lifetimes.

**Putting the rose-colored glasses back on, it is important to recognize that more than ever before woman at home and around the world are accomplishing great things. More woman than men are graduating from college, giving them a significant advantage over their less-educated male peers as the workforce demands more educated workers. We continue to shatter glass ceilings in professions where women were once prohibited entry—and are now excelling as equals rather than as second-class citizens. Many more women are starting businesses and achieving success as entrepreneurs.

Returning to *Mad Men*, I recall a comment by Betty Draper, reflecting on the upcoming election between Nixon and Kennedy. “I am not sure how we are going to vote.” This statement gave me pause. It reminded me that even though we will celebrate in August of 2020 the 100th anniversary of the 19th Amendment, that does not equate to 100 years of women voting without undue influence from the men in their lives. As the show unfolds, or so I am told—I am just into Season One—women take on more meaningful life roles. Yet in the early 60’s, the promise of 1920 was far from realized, and as a society we still have a long way to go to achieve true equality. Based on some exit poll results, Trump stated that 52% of White women voted for him in 2016. More accurate Pew Research Center data suggests that the actual percentage was closer to 47%. Even so, that means that a significant number of women in that demographic (my demographic, BTW) voted for someone who, like the *Mad Men* characters, said, and continues to say, degrading things about women. The “Me too” movement has gained momentum since 2016, so perhaps there has been a shift. The upcoming elections seem an apt place to assess our independence and progress as a gender-enlightened nation; time will tell.

D.E. Bentley,
Editor Owl Light News

**The FDA approved Enovid, the first oral contraceptive for women, in May of 1960. Peggy did not wait. **Thanks Doug Garnar (p.5) and Steve Melcher (p.6) for highlighting so many historically significant women’s achievements.*

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Honeoye's Fierce Female Leadership Team

Opinion *By Shanna Butler*

I leaned into my daughter’s ear early in her life and told her she could be whatever she wanted to be. As an adult, I don’t know if I always model that for her. Sometimes we allow money, constraints, and negativity to stand in our way. I think it’s safe to say that I am not the only adult, or female for that matter, who has ever let this happen. However, as I sit at my desk at Honeoye Central, I am reassured that my daughter will see strong powerful women supporting her in every aspect of her life, not just at home.

As parents, there is a significant amount of time in the duration of a day that we spend away from our little people. We watch them get on that bus in the morning and then smile as they race up the driveway at the end of the day. We trust that during the six hours they are away from us they are supported and encouraged. We trust our most precious possessions to the educators and administration within our school districts. We send our loved ones off and not only demand an education at the end of our 13-year commitment, but we expect that these young people are taught through positivity, perseverance and leading by example. I am fortunate enough to not only see this at Honeoye Central as a parent, but also as an employee.

In 2019 HCS ushered in a strong, fierce leadership team. We left at the end of last year feeling uneasy and wondering where the next year would take us. Our leadership team made some big moves and it left many of us in the community feeling uneasy. We lost a superintendent; our high school principal and our elementary principal were changing roles. Our students and staff would begin our 2019-2020 school year with a whole new set of administrators. That is a tough pill to swallow when you know that children crave consistency, and I’m not so sure we as adults don’t crave the same. Change was coming and we braced ourselves for the end result.

The changes that followed offered us reassurance, and hope. First, we found out that our elementary principal was going to be replaced by a woman who all our students were familiar with. Margie Wright, who had served as the District’s Director of Pupil Personnel Services (PPS), is now our elementary principal. Margie is a smiling face, a consistent champion for change and a friend to many students at HCS.

We then welcomed another familiar face, Addie Klaehn. Addie had been working at the school for several years in the classroom and as an instructional coach. We would now be fortunate enough to have her join as our interim high school principal.

The students and staff were thrilled with the life that Addie could breathe into the position. Our school then hired Tina Bush, our new Director of PPS, and a fire was lit through her knowledge and experience. Tina saw our needs and quickly began addressing them. When you also include in this line up Melissa Perkowski, the HCS Director of Curriculum, Instruction and Assessment, and I am over the moon. All of these women exude confidence, leadership and genuinely care for the students. I have worked many jobs in my life, and quality people doing quality work is not always the norm. Their work with our community and students is incredible and the impressions they are leaving at this school is immeasurable.

Recently, Honeoye leveled out our predominantly female leadership team by welcoming and swearing in our first female Superintendent, Bridget Ashton. We at Honeoye could not be more excited. Bridget comes to us from Naples CSD, prior to that she was with the Rush-Henrietta district, and she is a Bloomfield Bomber graduate. She brings a wealth of knowledge, expertise, and positive energy to a crucial role of district leader. From day one, her character and involvement in our school has been promising.

I look forward to the bright future that all these women, and the many other strong and dedicated members of the HCSD community, will help ensure for Honeoye Central. Their dedication to this building and its youth is amazing. I walk with my head a little higher these days through the halls at HCS. A sense of pride and resilience has fallen upon me and my alma mater. A wave of energy is quickly approaching, and with it a rip tide for change. I couldn’t be prouder of my school, this leadership team or the examples they set for the students, all children including my children. As I lean into my now 4th grader’s ear, I reassuringly whisper, “Just look forward sweetie, see what you want and believe in it. Recognize the strengths of those who surround you, because understanding where you are and what you come from is powerful. Strong women aren’t simply born. We are forged through the challenges of life. Forge on my little girl, forge on.”

From the News Room

• We have moved some things around this issue, as we adjust to 4 more pages of color content. Glance at the “Also In This Issue” on the bottom of the front page and follow the tabs to find the content you are looking for.

See Page 7 for our “Owl Light Inquiry” for April.

Online exclusive content for March includes:
Owl Light Outings-Overnight in Buffalo.
Check it out at: [www.owllightnews.com/
owl-light-outings-overnight-in-buffalo/](http://www.owllightnews.com/owl-light-outings-overnight-in-buffalo/)



We want to hear from artists!

Owl Light News loves to support the arts, and artists—be they musicians, visual artists, performing artists, beverage artists, innovators, skilled crafts people...or... Let us know what you do to feed your creative fires. We also want reviews of events /shows that are happening in rural places, suburbs and exhurbs across New York State and how art is driving cultural revolutions outside of cities. We offer a free online calendar...add your event today—be it an art opening, a performance, a lecture, a community action meeting, or a reading...or... go to www.owllightnews.com/events/community/add. E-mail arts-related reviews to: Editor@canadicepress.com.

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Response to our Owl Light Inquiry for March: What is your favorite body of water in New York State and why?

Love Olcott, Wendy Schreiner

Lake Ontario is my favorite body of water in New York State. Every spring and summer, and sometimes during the fall and/or winter for that one last hurrah or that, “I can’t wait for spring” moment, we head on over to Olcott Beach and look at the water. Sometimes we freeze; other times it is sunny and beautiful. We take our two shih tzu’s Daisy Mae and Paisley Rae and we always have a great time. Even when it is cold as ice – it still brings a smile to my face knowing better weather will be on the way. A few weeks back/ on a warmer day in January/ we were tempted to take a ride there, but we didn’t. I know we will soon. I can’t wait! We usually stop at Bye’s Popcorn – a small stand on the side of the road for some delicious, white freshly popped popcorn as well as some deluxe caramel corn with cashews. If one has never been there, it is so worth the day trip! Also at Olcott there are cute little shops to browse.

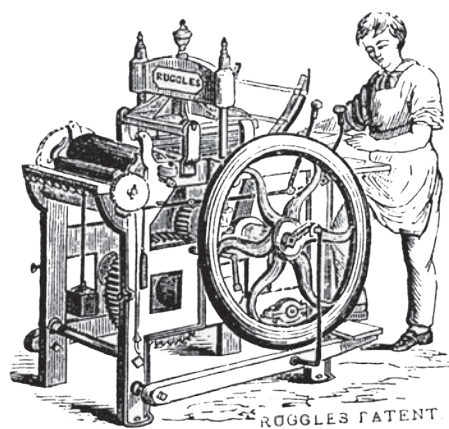
Wolf Creek, Jessica Villar Rosati

My favorite NY body of water is Wolf Creek. It runs through my woods on its way to Letchworth Park. Small and beautiful, it is the setting for many happy memories of my children playing in it or just sitting thoughtfully on its banks.

Dorchester Lake, By Jack Taylor

Dorchester Lake is a 3 1/2 mile impoundment of water at Whitney Point Dam, owned by the Corp of Engineers so there aren’t any cottages or buildings anywhere in sight. It is leased to Broome Co. Parks, which has everything. Of special interest are the events held each year, summer and winter. The largest is the Almost Annual Crappie Derby with sometimes up to 3,000 people attending. It is called Almost Annual Crappie Derby because it requires twelve inches of ice, which it doesn’t attain some years. Also there used to be auto races on the ice. I had a friend who used to race her Sunbeam Alpine there, but it is discontinued now. This is a beautiful place and I have attended many events there which I hold in my memory. It is a calm and peaceful area to be enjoyed free to all.

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Pathways to Democracy

Women and the Embattled Right to Vote

By Doug Garnar



After the defeat of the Nazis and the Japanese warlords and the overthrow of Saddam Hussein, the United States supervised the creation of new constitutions for each country. Paramount to each was the clear explicit language which conferred on all adult citizens the right to vote—symbolic of this right were Iraqi women, who held up their index fingers which had been dipped in purple indelible ink after they first voted in 2005.

Our 231-year-old Constitution, at the time of its ratification, did not include a right to vote for all adults—women, minorities and people of minimal economic means/property were deliberately excluded.

Arguments for exclusion included: women would be corrupted by the experience; people of color were not considered full human beings; fear of a “mobocracy” would threaten people of property.

The struggle for the franchise would be a dominant theme in American history for the next two plus centuries, continuing to the present day, despite three key amendments (15th, 19th and the 26th, focusing respectively on giving all male African Americans; all women; and all young people upon their 18th birthday, the right to vote).

Some key points throughout this struggle for the franchise:

- Unmarried women in New Jersey were granted the right to vote from 1777-1807 if they were property owners—married women could not vote because their husbands controlled all property in the marriage. New Jersey revoked the right in 1807.
- In 1838 Kentucky granted women the right to vote in school board elections.
- In 1869 and 1870 women were granted the right to vote in Wyoming and Utah respectively.
- In 1920 Tennessee was the final state to pass the ratification of 19th Amendment granting women the franchise
- At the Seneca Falls Convention women (1848) organized to create a national organization to lobby for the franchise for women.
- 1872 Susan B. Anthony voted with 14-15 other women in the Presidential election only to be subsequently tried/convicted for “illegally voting” Unfortunately some white women, including Susan B. Anthony, complained that it was unfair for African American males to have the right to vote (15th Amendment) while they did not, Jim Crow laws and Supreme Court rulings basically gutted out after the end of Reconstruction (1877) their right to vote and it would take almost another century for African Americans to regain the franchise.
- Efforts to suppress voting rights continue to this day: 26 states exclude paroled felons or those on probation from the franchise; strict voter ID laws; purging of voter registration lists (many filled with inaccuracies) etc.

As of 2019, almost a century after the passage of the 19th Amendment, there were 26 women US Senators; only two parties have ever selected a woman to run for Vice President (Ferraro in 1984 and Palin in 2008) and not until 2016 did a major party nominate a woman to be President (Clinton in 2016). Many of the women who have been elected to either the House or the Senate followed in the footsteps of a dead husband.

Meanwhile other democracies have benefited from female leadership (in Great Britain, Prime Minister Margaret Thatcher 1979-90; in Germany, Chancellor Angela Merkel 2005 to present; in New Zealand, Prime Minister Jacinda Arden 2017 to present; in Finland, Prime Minister, Sanna Marin 2019 to present.). All these leaders came to power through their own means (no husband succession). Each has been a strong leader. PM Thatcher once quipped that if you tried to compromise to succeed you would accomplish nothing.

Currently, there are 26 women serving in the US Senate (19 Dems & 7 GOP); 101 women serving in the House (88 Dems & 13 GOP. Nancy Pelosi is the Speaker of House, the first woman to hold that position.

While there have been only a modest number of women serving in Congress since the passage of the 19th Amendment, a fair number have spoken with passion and reason to the great issues of the day.

As we begin Women's History month, we might reflect on some of the more prominent such as:

- Jeanette Rankin, 1st woman to be elected to the House on two different occasions. She voted against US entry into WWI and was re-elected in 1940 and would be the only person to vote against entering WWII. She was a pacifist, a person who worked tirelessly for the rights of workers, children, and the promotion of public education.
- Shirley Chisholm, 1st African-American woman elected to Congress (1968-1983) and in 1972 ran for the Democratic Presidential nomination. Her campaign slogan in 1968 was “unbought and unbossed”--- which characterized her fierce independence of thought in the House.
- Bella Abzug, known as “Battling Bella,” was elected to the House in 1971-77. She was known as a battler for peace/social justice issues and helped to introduce the idea of feminism in the Congress. Geraldine Ferraro, who in 1984 became the first woman to be a VP running mate with Walter Mondale (they lost to Ronald Reagan), said that Bella was the catalyst for her to go into politics.

Women have also served in Presidential Cabinets and have been appointed ambassadors to various countries as well as being the US delegate to the UN. But perhaps, given the current toxic political culture, Senator Margaret Chase Smith is the most instructive.

As the pernicious McCarthy period began to command center stage, a just-elected US Senator Margaret Chase Smith in 1950 issued a “Declaration of Conscience” address to the US Senate. In this declaration, she argued that every citizen had the right to criticize elected officials; to hold unpopular beliefs; to protest; and to hold independent thought.

While Senator McCarthy was a fellow Republican, Senator Smith went on to say: “The nation sorely needs a Republican victory. But I don't want to see the Republican Party ride to political victory on the Four Horsemen of Calumny -- Fear, Ignorance, Bigotry and Smear. I doubt if the Republican Party could—simply because I don't believe the American people will uphold any political party that puts political exploitation above national interest.” Senator McCarthy could not silence this woman senator who would always bring a red rose to her senate seat. And while it would be some time before McCarthy would be censured by the Senate and subsequently die an alcoholic's death, the sad chapter of McCarthyism would finally come to an end. We must remember it was this woman who said No! to McCarthy. Given our times, perhaps we should all Google Senator Margaret Chase Smith's “Declaration of Conscience” address. Her wisdom is as timely today as it was in 1950. And the red rose was finally named the flower of the United States in 1987!



Doug Garnar - Doug Garnar works with the Kettering Foundation and NIFI (National Issues Forums Institute) to help citizens find “pathways to democracy.” He has taught since 1971 at SUNY Broome Community College. He lives in Binghamton, NY. E-mail: garnardc@sunybroome.edu.

NY 27 Candidate Designation

On February 13, 2020, the Democratic County Chairs from the 27th Congressional District of New York met in Batavia to designate the Democratic candidate for the upcoming special election on April 28 to fill the vacancy left by Chris Collins, who resigned as he pled guilty to multiple felonies. (State election law requires the Chairs to name a candidate within 10 days of the Governor's announcement of a special election.) Judith Hunter, Chair of the Livingston County Democratic Committee, has issued the following statement regarding the upcoming special election to fill our congressional vacancy:

“Last night we ratified what we have known for a very long time: Nate McMurray is our candidate. We've been united behind him for over two years because he works like no one else we've ever seen to bring true representation to NY 27.

We live in an age of “you can't make this stuff up.” Unbelievably, the Republican powers that be have decided for the third time in the last dozen years that what this district needs is a rich guy named Chris who can't possibly understand what life is like for the ordinary voters of the 27th, despite the fact that the

previous two times ended very badly.

Unlike his opponent, Nate McMurray gets it. He knows how tough most folks have it, and he understands that our member of Congress should be helping us, not hurting us by going after our Medicare and Social Security to pay for tax cuts for the rich, penalizing us with tax policies that go after us because we live in New York, or trying to take away our healthcare. We need to send Nate McMurray to Congress, because he understands it will be his job to represent all of us.”

Dragonfly Tales

A Dragonfly named Martha and a Shark Named Genie

by Steve Melcher



How do you get a shark named after you? How do you get the nickname ‘Queen of the Deep’? How do you get a spot named after you on the ‘100 Acre’ map of Odonata Sanctuary? You become an activist and do something that is outstanding through your love and passion that contributes to our understanding of the environment. The women in this story created lives that directly impacted the environment in a positive way, making the ride in this spaceship we call Earth a safer, healthier, more pleasant one. All of these women and many more have not only excelled in a particular field of study, but have cared enough to become activists and initiate changes that benefit our peaceful journey through the universe.

The Dragonfly Lady,
Miss Mattie Wadsworth (1862-1943)

An observer and collector, Mattie Wadsworth started out collecting stamps as a young girl. She and her two sisters ran the family farm in Hallowell, Maine at the turn of the last century. Her interests switched to butterflies and beetles and then to her final passion: dragonflies. President of her local ‘Swiss Cross’, a nature club dedicated to the Swiss naturalist, Louis Agassiz, she was involved in early citizen science efforts and answered the call for dragonfly specimens and data from across the country. Her keen observations and writings were admired by the more established scientists of that time. There are several specimens of insects that she observed and collected that no longer survive in the US.

Species named in her honor:

Celithemis martha (Odonata: Libellulidae)

Odonata Map: Mattie’s Marsh

The Shark Lady, Eugenie Clark

Helped Bosco Medved tag sharks in the Delaware and Chesapeake Bays as part of his PhD thesis. (He helped me scrape critters off boat bottoms and beer bottles for my studies.) Bosco’s main advisor was none other than the ‘Shark Lady’ herself, Eugenie Clark. Dr. Clark would come onboard and haul in the nets with the rest of us, while puffing away on a smoking corn cob pipe, ‘To keep the mosquitoes at bay’. Clark was the one that discovered that sharks do indeed sleep, dispelling the myth that sharks need to keep swimming to survive. She was an outspoken advocate against the public perception of sharks as mindless man-eating machines and became especially vocal after a 1975 hit movie whose music still sends chills down many backs. Born in the Big Apple, she says she was first exposed to sharks pressing her nose against the public aquariums in New York. As a Japanese American, she was one of only a handful of female scientists in the male-dominated field of marine biology. She made many discoveries and even helped further develop the crude SCUBA gear of that time. While doing research in the Sea of Cortez, David Doubilet of the National Geographic Society said, “I never thought I’d see her again”, as he watched Genie ride off into the sunset

on the back of a fifty foot whale. ‘That was the ride of my life’ she told him after he finally caught up with her. Clark and another early underwater explorer, Sylvia Earle, would become role models and mentors to a generation of women marine biologists.

Species named in her honor:

Squalus clarkae, a type of dogfish shark

Odonata Map: Genie’s Shark Tank

Queen of the Deep, Dr. Sylvia Earle

“It’s the ignorance that most people have about why the ocean matters to them. Who cares if the ocean dries up tomorrow? The ocean should and does matter to everyone. Even the people who have never seen the ocean are touched by the ocean with every breath you take, every drop of water you drink.”

Dr. Sylvia Earle aka ‘Her Deepness’ aka ‘The Sturgeon General’ is not only a wicked good swing dancer but holds the record for the deepest solo dive. Time Magazine awarded her the first ‘Hero for the Planet’ in 1998. She was the first woman to serve as Chief Scientist of NOAA and is still ‘Explorer in Residence’ of the National Geographic Society. She helped organize ‘Mission Blue’, a global coalition of over 200 organizations that have cited ‘Hope Spots’ that are in dire need of protection. When the oil was spilled during the Exxon Valdez, Deep Water Horizon and Mega Bora disasters, she was called in as an expert to deal with these catastrophes. I fondly remember discussing ‘Soylent Green’ with her on board ship while eating the chef’s green cookies he had prepared one Tuesday as a joke. The oceans were going to feed the world and algae was going to become a major food source. Little did we know how the tide would turn and how important a plant-based diet would become.

Sylvia has had several species named after her. In 2016 she named a newly discovered fish after President Barack Obama. So not only do you have a chance to get a species named in your honor by another scientist, you can find a new species and name it after someone!

Species name: *Tosanoides obama*

Odonata Sanctuary Map: the deep end of Willow Pond is called “The Earle.”

“Only within the moment of time represented by the present century has one species—man—acquired significant power to alter the nature of his world.” Rachel Carson, *Silent Spring*

What do Odonata Sanctuary, a wealthy New York City suffragette, Hawk Mountain and Rachel Carson have in common?

Mabel Rosalie Barrow Edge

Dedicated New York suffragist, Rosalie Edge was a wealthy socialite who was anything but demure and proper. Edge probably rubbed elbows with Susan B. Anthony in the lecture halls and churches of that time. After the 19th Amendment passed, Edge shifted her efforts to helping the fledgling National Audubon Society. Rosalie actually sued the NAS and made a point of exposing

the existing corruption perpetrated by the all-male board of directors. She became aware of the gender-based injustices happening within the National Audubon Society and through lawsuits, pamphlets and public speaking, she successfully flipped the board, replacing them with members more interested in green space than greenbacks. One of the green spaces Edge wanted to preserve became the Hawk Mountain Preserve in Pennsylvania where Joe Taylor, a founding member of the American Birding Association, was president for over 20 years. Odonata Sanctuary resides on land Joe and Helen Taylor purchased to preserve back in the 60’s. The NAS couldn’t come up with the funds to purchase the land so Rosalie bought it and happily ran the hawk migration sanctuary for the rest of her life.

Rosalie Edge was a pertinacious and persistent activist. She moved the environmental movement in ways we can still feel today. Rachel Carson communicated with her, asking for hawk migration data that Carson later used in her epic work on DDT: *Silent Spring*.

Species name: There is a Red Tailed Hawk at the Virginia Wildlife Center named ‘Rosalie’ after the wildlife advocate

Odonata Sanctuary Map: Rosalie’s Edge (a steep esker along Rowan River)

The Seed Saver, Vandana Shiva

Ecofeminist, writer, and scientist, Vandana Shiva was listed as one of ‘5 Women Who Have Revolutionized the Environmental Movement’ by the ‘Institute of the Environment’ of UConn. I was fortunate to meet her at a conference at the Indian Institute of Science in Bangalore. She is a champion of women in agriculture and local sovereignty and seed saving. In 1991, she started Navdanya with the mission to “protect diversity and integrity of living resources, especially native seed, and the promotion of organic farming and fair trade”. Her work in India is now becoming relevant in the states where small farmers are being discouraged to save their own seeds and buy commercially available seed instead. Many of the seeds are marketed as “Roundup Ready” to withstand the use of pesticides and herbicides. Farmers, worldwide, are becoming dependent on seeds from companies like Monsanto. When asked what the average person can do to help make a change, Shiva responded, “you are not Atlas carrying the world on your shoulder. It is good to remember that the planet is carrying you.”

Navdanya means “nine gifts”. This gift or “dana” of Navadhanyas (nine seeds) is the ultimate gift – it is a gift of life, of heritage, and of continuity.

Odonata Sanctuary Map: Shiva’s Seed Shack

The Pissed Off Mom, Lois Gibbs

You might think it would be difficult to name a place after the woman who put Love Canal on the map but we managed to find an old dump site that fits the bill. Gibbs tale is a story of the power that personal impact has to inspire national activism. As a mother in the small, suburban neighborhood of Love Canal she became the spokesperson for environmental

Continued on Page 7

The Night Sky

Venus Dominates the Evening Sky in March

By Dee Sharples



The planet Venus will dominate the evening sky throughout the entire month of March. It will shine brilliantly for a full three hours after the Sun sets.

On March 1st, look for the planet in the early evening, high in the western sky, dazzling at magnitude -4.3. It will be accompanied by a crescent Moon.

As the month progresses, Venus will serve as a beacon for those observers who would like the challenge of spotting the distant ice giant planet, Uranus. On March 7th and 8th, these two planets will stand only about 2 degrees apart, but you will need binoculars to spot much dimmer Uranus shining at only magnitude 5.9. On both evenings, scan the sky just below and slightly to the left of Venus. There are only a few very dim stars in this region, so it should be easy to pick out Uranus which will look like the brightest "star" in that small area.

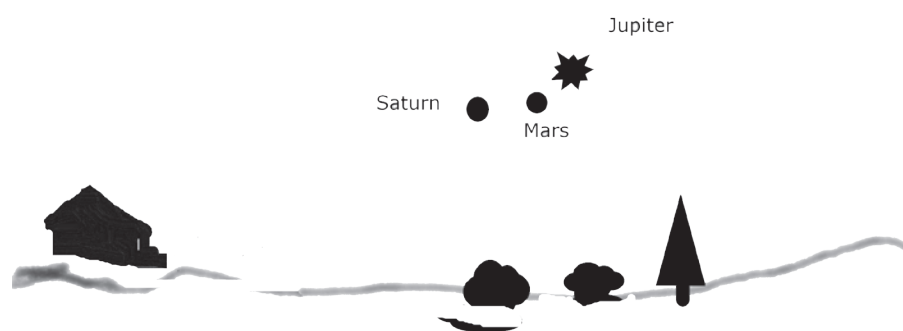
Venus is the 2nd planet from the Sun and the only planet named for a female. It's one of the terrestrial planets and has been referred to as Earth's twin. Until the mid-1900s, the surface environment of Venus was believed to be similar to Earth and perhaps harbor life, but that belief disappeared with the age of space exploration.

In 1962, NASA's Mariner 2 spacecraft flew past Venus, transmitting information about its temperature, atmosphere, and rotational period. The Soviet Union's space probe, Venera 7, was the first to reach its surface on December 15, 1970. It survived only a short time, transmitting weak signals.

Several other spacecraft were sent to Venus in the next 30 years, providing color pictures, mapping the surface, studying its atmosphere in depth, and taking radar images of 98% of its surface.

Venus surprisingly holds the distinction of being the hottest planet in the solar system, despite not being the closest to the Sun. Its clouds are made of sulfuric acid and a thick carbon dioxide atmosphere traps heat, causing a runaway greenhouse effect with surface temperatures of 880 degrees Fahrenheit, hot enough to melt lead.

March 26, 5:30 AM
Looking southeast



20 degrees above horizon

Illustration by Dee Sharples

Similar in structure and size to Earth, it's slightly smaller, has an iron core, a mantle of hot rocks, and a thin crust of rock on its surface. Venus spins very slowly on its axis in the opposite direction from most planets. (Uranus is the only other planet that spins in this backward direction.) Its extremely slow rotation makes a day on Venus 243 Earth days long! The planet's year is less than its day, only 225 Earth days long. Venus has mountains, valleys, and thousands of volcanoes. In that respect, it does sound Earth-like.

If you're an early-morning riser, you'll be in for a three-planet treat in March. Jupiter, Saturn, and Mars will be visible every morning, starting about 5:30 a.m. At the beginning of the month, they can be spotted low in the southeast spanning a distance of 20 degrees across the sky before the Sun rises. The brightest will be Jupiter at magnitude -2.0, then Saturn at 0.7, with the faintest being Mars at 1.0.

On March 26, they'll form a lovely grouping which will be the closest they will appear to come to each other over the past 20 years. In reality, they are actually millions of miles apart in the solar system, but only appear to be close to each other from our vantage point on Earth.

The vernal equinox occurs at 11:50 p.m. on March 19, officially ushering in spring for the northern hemisphere!



Dee Sharples - Dee Sharples is an amateur astronomer who enjoys observing planets, star clusters and the Moon through her telescope. She is a member of ASRAS (Astronomy Section of the Rochester Academy of Science) and records "Dee's Sky This Month," describing what can be seen in the sky on the ASRAS website, rochesterastronomy.org.

Magnitude

Magnitude measures the apparent brightness of a celestial object and is expressed by a decimal. An object with a negative number like our Sun is brighter.

Sun: -26.7

Full Moon: -12.6

Venus: -4.34

Jupiter: -2.0

Bright star: 0.0

Saturn: 0.7

Mars: 1.0

Uranus: 5.9

Dimmest star visible with the unaided eye: 6.0-6.5

How to measure degrees in the sky

A simple "ruler" is to hold your arm straight out and make a fist. The area of the sky covered by your fist measures about 10°. Start at the horizon and by moving your fist up and counting how many "fist-widths" it takes to reach an object in the sky, you'll have an approximation of its height. To measure 1°, hold your little finger out at arm's length. The area of the sky covered by your finger is about 1°.

Dragonfly Tales

and corporate injustice. It was discovered that her son's elementary school and the entire neighborhood, was built on top of a toxic waste site. She began knocking on doors and creating petitions to bring attention to the imminent danger of the dump site. She created the Love Canal Homeowners Association and after years of confrontations with the New York State Department of Health through grass-roots activism she was able to have nearly one thousand families evacuated from Love Canal and start a massive clean up that would become known as the Superfund Program.

Gibbs founded the Center for Health, Environment and Justice (CHEJ) and was nominated for the Nobel Peace Prize.

Odonata Sanctuary Map: Gibbs Garbage Dump

This is just a sprinkling of women activists. *We're still developing the map here at Odonata Sanctuary. We just added Alison's Acre, named after local food and farm activist, Alison Clark. The boy's room has been named after Jane Goodall in honor of her work with chimps. *See the map online at: www.owllightnews.com/dragonfly-tales-mapping-odonata/.

Steve Melcher - Steve Melcher is the primary caretaker, hoof trimmer & poop scooper at Odonata Sanctuary, Mendon. His studies included using members of the Order "Odonata," as bioindicators of freshwater ecosystems. He has written/coauthored in journals, magazines, and books re: environmental literacy and ecological issues. Steve now works with environmental and educational organizations whose goal is to have "no child left inside". Learn more: [fb Odonata Sanctuary](http://fb.com/OdonataSanctuary).

Owl Light Inquiry for April:

What are the most serious threats to NYS waterways and how can we preserve these resources for future generations?

Each month we will feature a different question.

Give us your take at: www.facebook.com/CanadicePress

Bee Lines

Winter in the Bee Yard

by Sam Hall



When the temperature drops to about 45 degrees, honey bees will form a cluster inside the hive with the Queen at the center. The bees reverse or change the configuration of their wing muscles so they can sort of *shiver without flying and this shivering done by thousands of bees creates heat. Similar to penguins on Antarctica, the bees at the center of the cluster are moving outward and the bees on the outside are working inward. Thereby all get some heat and some cold.

In the last two weeks of February something almost magical happens in the cluster. Generally during the winter the internal temperature of the cluster is in the low 60 degrees, but in the last weeks of February, they raise the temperature to about 92 degrees and the Queen starts laying in force. There was a time when we believed that the Queen stopped laying in late December for a while, but modern technology has shown that while she slows down to almost no laying, she still is laying some. A Queen at full tilt in the summer can lay upwards of 2000+ eggs a day. She isn't doing this at the end of February, if for no other reason then there not enough workers to tend and feed the new larvae.

The reason for this dramatic increase in her egg laying in late February is to get a large work force ready to bring in the nectar and pollen from the early blossoms in April and

May. Skunk cabbage is one of the first blossoms, with nectar which occurs usually in March. In my own microclimate, I find that the pussy willows bloom generally before the skunk cabbage. There are both male and female pussy willows. Both sexes produce nectar, but only the male produces pollen. In March, my weeping willow trees bloom, as well as the maples. To adequately handle all of the nectar and pollen being produced in March a large work force of honey bee foragers is necessary.

Another interesting thing almost magical happens. The bees in the hive before the emergence of bees from the spring build up are about 6 months old. Nurse bees are needed to care for the new larvae. Nurse bees are usually new bees a few days old. To meet the needs of the colony, these elderly bees somehow are able to regress to being young nurse bees. I supposed on a human level, it could be like grandparents raising grand children.

As a beekeeper eager to help the bees at this critical time, I want to make sure they have adequate and nutritional food. Therefore I use candy boards. A candy board is basically a wooden box with a solid bottom about 2 inches deep and configured so it can fit on the top of a hive super. I prepare a sugar mixture to go into the candy board and also put in pollen. (See www.owlighnews.com/bee-

lines-life-inside-the-winter-hive/ for images of candy boards.) I place the candy board, with the candy side down, directly on top of the top bars underneath the inner cover. I used to wait until a colony was directly under and up against the inner cover, which is a visual indicator that they have run out of stores and are starving. I don't do that anymore. I put the candy boards on wherever the colony is in the hive. If they have some of their own stores left, they will generally use them in preference to what I furnish them.

I am not sure why even though I have been associated with honey bees periodically since I was a child on a farm in Allegany County, I still am filled with awe and wonder when I pull a frame of bees out of their hive.

Perhaps they show me what humanity could be.

**"Shivering" Defined: actually, they reverse their wing muscles and beat them but because they are reversed they can't fly. This is what gives the shivering appearance but it really is not shivering.*

Sam Hall - Sam Hall is a Western NY beekeeper who first worked bees as a child growing up on a "dirt farm" in Allegany County, NY. He has kept bees for most of his adult life and believes that his mistakes "far outnumber his successes."

Genesee Valley By Andy Smith, Honeoye Falls

The closest I got to the Genesee Valley when I was a kid was when we would cross the river west of Avon to go to my aunt Margaret and uncle Ted's farm home. It was the valley, but no vantage made it really apparent there, dropping down the hill from the big circle in Avon to the wide flats and the long uphill toward Caledonia. Then I started reading Arch Merrill's regional books that told of the Seneca lore of the valley, the landed gentry of Geneseo and the falls and gorge of Letchworth Park. There were black and white photographs in his books and the scenes and history intrigued me.

I made it a quest to go the Letchworth Park and after much planning with my grandmother Nanie looking at maps, Dad said we could go the first Saturday after school was out in June. Mom, Dad, Nanie and Billy and I made my first trip to Letchworth Park in June of 1969 in Dad's Ford Falcon station wagon. Heading south on Route 39 toward Geneseo, I saw my first view of the valley. It opened wide to the west. You could see miles across, scattered with farm fields and woodlots. As we approached Geneseo, there were pastures with massive, open-growth, oaks, some perhaps remnants from oak openings maintained by Seneca burns, and later maintained in pastures by the Wadsworth family that settled in the area and gained stewardship over much of the valley. Then we drove into Geneseo, down Main Street past the famed fountain topped with a bear holding a lamppost. South of Geneseo was my first foray into the valley, when we drove down through the rock cut, across the flats and over to Cuylerville and Leicester and on to Letchworth Park.

Ten years after that first trip, I came again to Geneseo, this time to stay four years. I had my first submarine sandwich sitting on the edge of the bear fountain

with my freshman roommate met that day. I came to really know the valley through running expeditions with cross country teammates. Place names including Nations Road, Roots Tavern Road, Jones Bridge, Swann Hill, Crosset Road, Wheelers Gulley, Jaycox Creek, Fallbrook, all

became familiar to me, along with the oaks and areas of cedar trees on shallow soil over bedrock. End of August into September would be some hot days running on those roads. Come January, turning the corner to campus from Main Street would bring a fierce wind blowing across the valley.

I was homesick at first. Although only thirty miles from home it was my first extended stay away from my family. Then, one evening in December, I got up from reading on the top floor of the library and went over to the west-facing windows that looked out over the valley. In the twilight, I saw a single car's headlights crossing the valley and for some reason I thought that this was an ok place to be.

Agent Orange Sites Outside of Vietnam Identified in Department of Defense Updated List

The United States Department of Defense (DOD) has released the updated locations of the use of Agent Orange outside of Vietnam.

DOD provided the United States Department of Veterans Affairs (VA) with a list of dates and locations of herbicide tests and storage. View the dates and locations at <https://www.publichealth.va.gov/exposures/agentorange/locations/tests-storage/index.asp>.

This list allows Veterans exposed to Agent Orange in any of the listed locations other than Vietnam to put in a claim for any diagnosed presumptive illness related to Agent Orange exposure.

Any Veteran who was denied of a claim in the past or would like to submit a new claim should contact Livingston County Veteran Service Agency at 585.243.7960 to schedule an appointment Monday-Friday, 8am-4pm.

For more information on the updated Agent Orange locations, please visit the VA website (<https://www.publichealth.va.gov/>) or contact the Livingston County Veteran Service Agency at 585.243.7960.

This list includes eleven (known) states in all, including one location in New York—see below—and many locations in Maryland and Florida.

Location: Fort Drum • **Date:** May - October 1959
Site: Four square miles (2,560 acres) area located in an artillery impact area. Access to it on the ground was not possible. Applied with H-21 helicopter.



**Genesee Valley
Conservancy**

**Celebrating 30 years
of conservation!**

Support *local* conservation:
PO Box 73 | Geneseo NY 14454
www.geneseevalleyconservancy.org

Crafting Your Own Cuisine

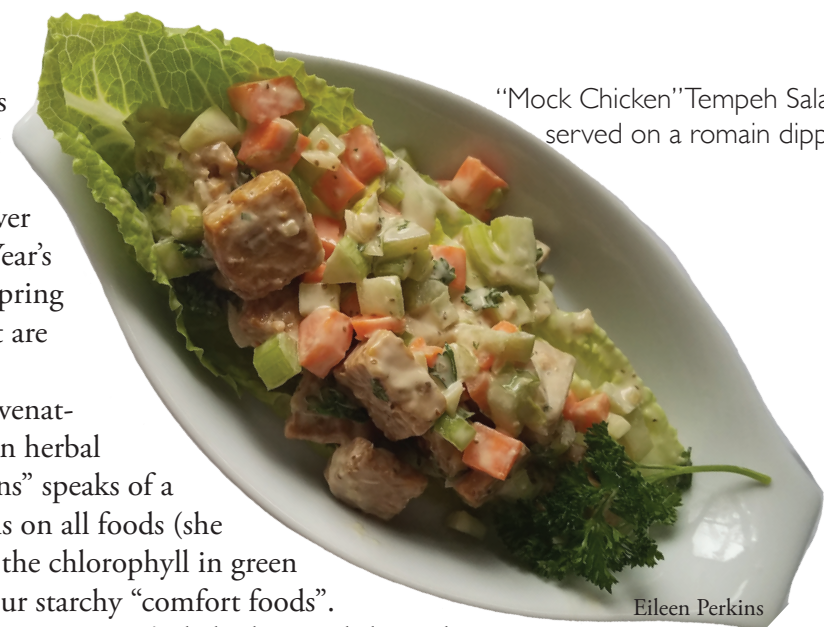
“Mock Chicken” Tempeh Salad • Review: *The Ultimate Book of Modern Juicing*, by Mimi Kirk

By Eileen Perkins

With the arrival of March, everyone agrees that Spring is stirring. It is a time for beginnings and planting all kinds of seeds; for breathing a sigh of relief while relishing the increasing minutes of daylight; for feeling the consequence of accumulated toxins, or added pounds amassed over winter, and maybe taking action to eliminate them. Yes, mentally driven New Year’s resolutions in January spur dietary changes, but perhaps it takes the season of Spring for the body to actually own those resolutions and really grow into changes that are called for.

Herbal tonics are utilized by many cultures to assist with cleansing and rejuvenating the body in this season. Young dandelion greens are famous for their place in herbal lore. Judith Benn Hurley, in her wonderful book, “Healing Secrets of the Seasons” speaks of a “spring cure” she heard of in Europe, where one sprinkles chopped spring greens on all foods (she didn’t say for how long!)- a little extreme, perhaps? Yet it cannot be denied that the chlorophyll in green plants is something our bodies probably do not get enough of all winter, with our starchy “comfort foods”.

There is a painless, time-efficient way to incorporate more vegetables and fruits into one’s daily diet, and that is by following the lead of our Cookbook-of-the-Month author (Reviewed on page 15). Curious? Read on.



“Mock Chicken” Tempeh Salad served on a romain dipper

Eileen Perkins

“Mock Chicken” Tempeh Salad (3-4 servings)

Gluten free, Dairy free and Vegan, if appropriate ingredient choice and safe handling procedures are adhered to

We developed this recipe originally for our vegetarian restaurant over 20 years ago, before the deluge of plant-based meat analogs we are blessed with today. Advantages to crafting your own meal’s “center plate” protein are that it’s cheaper, and you can easily know exactly what’s in it.

The main ingredient in this salad is tempeh, a fermented soy product, the development of which originated in Indonesia. Nothing is removed from the beans; it is truly a whole food. The “mock chicken” aspect of this recipe refers to both tempeh’s role as protein, replacing the chicken in what would normally be fixings for a chicken salad, as well as the resemblance the prepped tempeh has to dark meat chicken in the salad.

Whether you agree it resembles chicken salad or not, it is good. Try it.

Basic Marinated Tempeh

This is a basic marinated tempeh that has many uses. I recommend doubling or even quadrupling this part, and freezing the prepped tempeh for use in sandwiches, stews and other salads. This recipe is scaled for 3-4 servings of tempeh salad

- 1 package (8 oz.) “Soyboy” brand GF soy tempeh, sliced in thirds, carefully sliced horizontally to make thinner pieces, and then diced, if it is to be used in this tempeh salad
- 2 tsp. GF tamari soy sauce
- 1 ½ tsp GF apple cider vinegar
- 2 tsp. water
- GF oil for brushing

Combine last three ingredients in a bowl, and gently toss the tempeh cubes in that marinade, until all is absorbed. (If you are making extra tempeh for other uses “uncubed”, quickly dip both sides of each slice in marinade.) Arrange in single layer on greased parchment-lined cookie sheet, and brush lightly with oil. Baked 30 minutes in preheated 350 ° oven, flipping half way, so more sides brown. Cool completely before making salad.

Preparation:

Tempeh

- Basic Marinated Tempeh (See box above right)
- 2 ¼ tsp. lemon juice
- 1 Tbsp. GF tamari soy sauce
- Pinch of salt

Combine liquids and salt, toss in tempeh, and stir to coat. Set aside.

Dressing

- ½ cup “Veganise” vegan mayonnaise, or regular egg mayonnaise
- ¼ tsp. salt (more can be added to taste after completed salad has rested in refrigerator)

- ¼ tsp Dijon mustard
- 2 Tbsp. lemon juice
- ¼ tsp celery seed

Vegetables

- 1 cup celery, diced
- ½ cup carrot, diced
- 2 tbsps. onion, minced
- 2 Tbsp. fresh parsley, minced (dry may be substituted)

Combine tempeh, vegetables and dressing in bowl. Refrigerate an hour or two, so tempeh can absorb dressing. Correct seasonings to your taste. Great served on chopped kale with romaine dippers, or in a wrap.

Continued page 15



Healing Spirits Herb Farm Presents...

DIRTY FINGERNAILS

April 17-19, 9am - 5pm
at Healing Spirits Herb Farm
& Education Center.

A 3-day class learning and working with plants, tools, and different methods of the trade from start to finish.

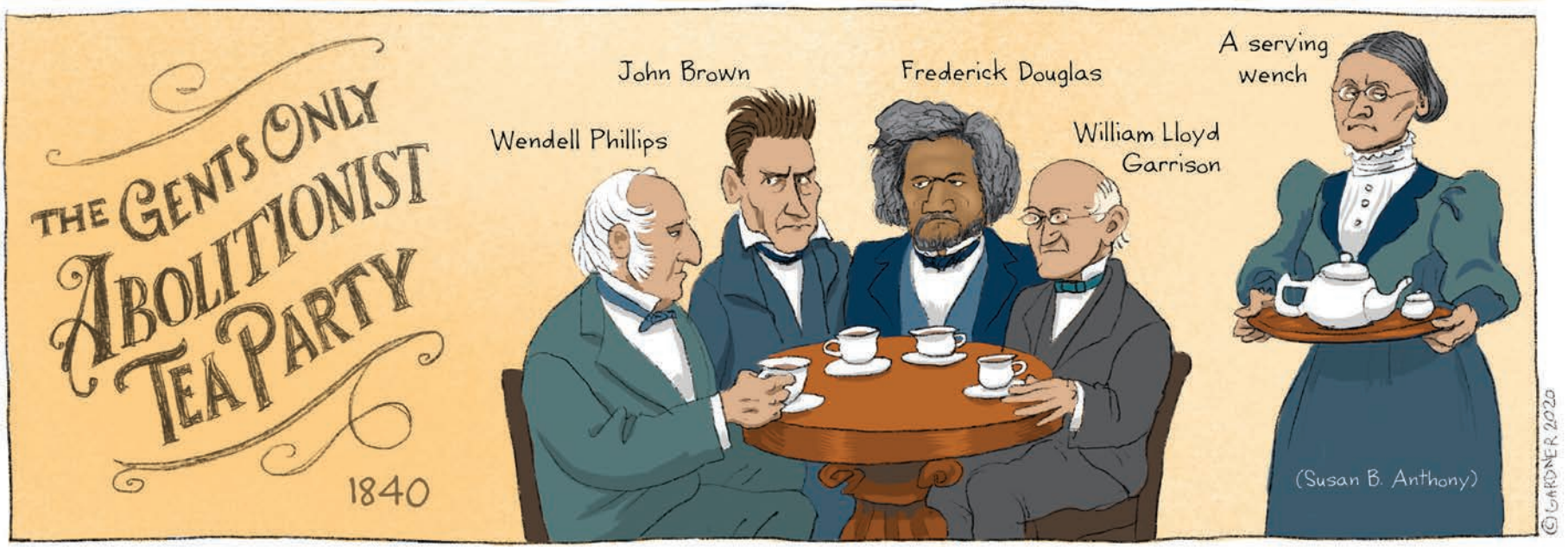
- Day 1 - Planting
- Day 2 - Harvesting
- Day 3 - Drying

All meals are included.
Lodging is not.

Deadline for registration is April 10, 2020
\$500. if registered before April 1; \$550 after April 1.
Register on our website: Healingspiritsherbfarm.com
or call 607-566-2701



Healing Spirits Herb Farm
& Education Center
61247 Rt 415
Avoca, NY 14809



Cartoon by Sally Gardner
<https://sallygardner.com/>



Out in the Owl Light

Exhibits

Take It Down! Organizing Against Racism Carousel Panel Exhibit on display Until March 18 at F.I.G.H.T. Village Rochester

The Take It Down Planning Committee, in partnership with the City of Rochester and Rochester Museum & Science Center (RMSC), invite the public to come see the Take It Down! Organizing Against Racism exhibit, about the Dentzel Menagerie Carousel panel, at the F.I.G.H.T. Village, 186 Ward St. until March 18, 2020.

This traveling exhibit for all ages discusses racism in the past, racism today, and inspires new dialogues about actions we can take in Rochester [and elsewhere] to work toward social justice for all. This exhibit is a continuation of an ongoing educational process in the Rochester community to create meaningful and sustained dialogue on individual, institutional, and structural racism, with the goal of impacting racism in concrete, measurable ways.

For up-to-date details about the exhibit and committee, including sign-up for organizations interested in partnering in the educational process, visit www.rmhc.org/carousel.

Background on the exhibit



art perpetuates ongoing individual, institutional, and structural racism by denying the humanity of black children.



Area artists were invited to submit entries for a panel replacement. This painting by Michael DeLuca was chosen.
 Photo Credit: Michael DeLuca

Music



TICKETS AVAILABLE NOW:



•Rael—The Music of Genesis, Fri. April 24

Slambovia Circus, Sat. April 4

Popa Chubby, Sat. April 11



Gold Rush, Sat. April 25

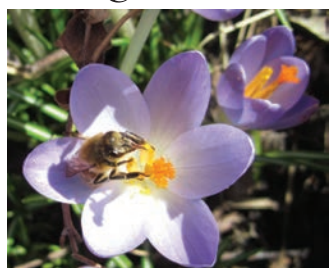


•Aztec Two-Step 2.0, Sat. May 2

All shows: Seating starts at 6pm, shows at 7pm. Tickets start at \$25, with preferred seating and VIP/Table Service available.

Tickets at: geneseoriviera.com/music/

Finger Lakes Forest Church



March 14: Blessed Bee.

Join us for a celebration of bees and beekeepers, and a workshop on making your own reusable beeswax wraps. All materials will be provided. At "Pitts Mansion" 8708 Main St., Honeoye, NY

For more information, contact FLForestChurch@gmail.com or check out Finger Lakes Forest Church on Facebook. For directions to any of our events, call 585-354-1885 or 585-370-3570.

March 15, 4-6pm at Fanatics, Lima, NY

Mr. HEARTACHE



Serving up Americana from the golden era of country and western. No guitar distortion. No drums. Just honest, heartfelt vocals supported by guitars and bass.

Side Steet Sounds

Take your Talents to New Places at Area Open Mics

By Steve West



This time of year, there are credit card bills from the holidays, taxes, and of course, the continued doldrums of our long winter season. It can be tough on a musician. Even if you have a gig, there's a good chance your audience will be smaller than it is at other times of the year. This is when I like to go exploring and find new venues.



One of the new venues I checked out in February, East Side Grill and Pub. Image courtesy of East Side.

This month, I discovered two Open Mic nights at two venues around Canandaigua Lake. The first is at the Eastside Grill and Pub in Crystal Beach - about five miles from the north end of the lake. Although the Eastside is clean and modern, it has sort of an old school feel. They offer some craft beers from the local breweries, but it's the kind of place where people can feel comfortable ordering a Bud or Genny and have a delicious, but not too fancy dinner. This time of year, the music is in a small side room, but it can still be heard in the dining room and bar area. The crowd, while not always in direct view, still responded with enthusiasm for each musician. Chris Burley and Tony Dimartino are the open mic hosts. Owner Steve Rohrback, himself a musician, steps out from behind the bar to play a few tunes as well. In the summer, the music will shift to their outdoor patio, which has a hidden garden feel to it. I look forward to returning in nicer weather. Open mic at the Eastside Grill and Pub is every Tuesday night at 6 PM.

My second discovery this month is the new Open Mic at New York Kitchen; formerly the New York Wine and Culinary Center. It is the

polar opposite of the Eastside Grill and Pub. The building is huge and ornate. The food and beverages are a bit fancier. Still, host Nestor Ortiz has managed to give the Open Mic an intimate feel, tucked away in the corner of the upstairs bar area. Nestor is a talented percussionist, and he's more than willing to accompany the open mic players if they so desire, but he knows when to sit down and let the solo performers shine on their own. This Open Mic is only about a month old, so they're still finding their identity. On my two visits, each player got a turn to play their set, and then return at the end of the night for an impromptu jam. Open Mic at New York Kitchen is Thursdays from 7-9 PM.

If you're looking for more opportunities to play at someplace new, I will be hosting a new Acoustic Open Mic night at OSB Ciderworks in Lakeville on the third Thursday of each month at 6:30 PM. We are just getting started, so I can't really give you an accurate description. All talent levels are welcome, and we look forward to hearing some new sounds. If you're looking for something a little earlier in the day, Chris Cady is also starting a new Open Mic at Hidden Creek Tavern in Webster on Sundays at 4 PM.

You may see a lot of familiar faces as you try different venues, but it's the new connections that really provide you with topopportunities to grow. Everyone you hear gives you a chance to learn something new musically.

Winter is a great time to take your talents to new places. Before you know it, the nicer weather will be with us, and you just may have found your new favorite place for live, local music.

Steve West - Steve West performs every Sunday, 11am-2pm at The Brown Hound in The Memorial Art Gallery, Rochester, NY. Other gigs and info. can be found at: www.stevewestmusic.com/



Hidden Creek Tavern, Webster, Sundays, 4pm, Hosted by Chris Cady

Fanatics, Lima, NY, 1st and 3rd Mondays, 6-9 pm, hosted by George Scherer

Eastside Grill and Pub, Crystal Beach, Tuesdays, 6pm

Kelly's Saloon, Tuesdays, 8:30 pm 'til 2 am! Hosted by Buzzo! 71 Main Street, Geneseo • fb Kelly's Saloon

Idle Hour, Mondays, 8:30! Hosted by RagTag Rabble Band, 5 Center St, Geneseo, NY. • fb The Idle Hour

*Peacemaker Brewing Co., Wednesdays 6-9 pm. Hosted by Old World Warblers. *20 Pleasant St, Canandaigua

CB's Bar and Grill, Dansville, Wednesdays 7-9 pm, hosted by Gary Peet.

OSB Ciderworks, Lakeville, Third Thursday, 6:30

The Lobby Craft Eatery, Thursdays, 6-9 pm. Rotating hosts. 3530 E Lake Rd, Canandaigua

The Dalai Java Cafe, Canandaigua, First Thursday, 7-9pm. Co-hosted by Steve Lewandowski & Scott Williams.

NY Kitchen, Canandaigua, Thursdays, 7-9pm

Brew and Brats at Arbor Hill, Saturdays, 6 pm! 6461 BB State Route 64, Naples, NY • info@brewandbrats.com

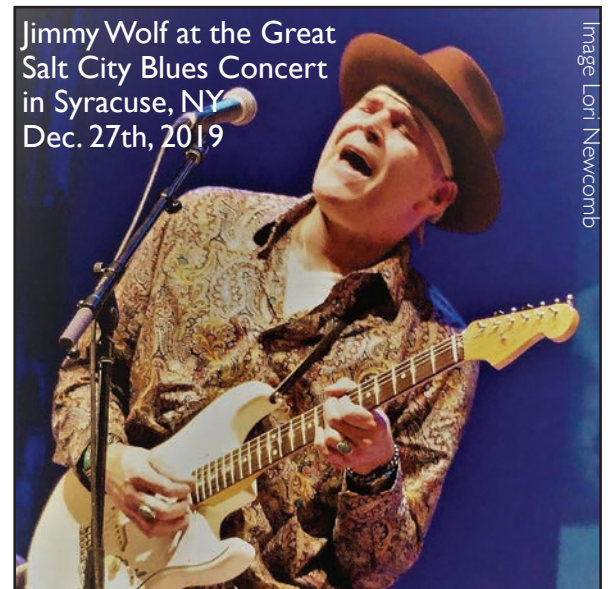
Jimmy Wolf Lights up the Stage at Fanatics, Saturday, March 7, 2020

We asked Syracuse-area musician Jimmy Wolf to share a little about his influences, music, and life, in advance of his Fanatics show.

Early on I had no influences. I just liked all music. Then I noticed most of what I did like was blues influenced. When I saw Albert Collins and Buddy Guy, that opened my mind up about the blues and playing guitar. I have also been influenced by many musicians that I performed with. Jimmy Dawkins, Larry Davis, Bill Doggett, JJ Jackson and Clarence Duck Townsend had a big influence. Somebody described my guitar sound as like a chainsaw cutting thru wood. Sometimes it's like that, but not when I play soft. Same thing with the voice. I play with 2 sets of different drummers and bass players. Everybody has different projects going on and family things. That's why you need a stable of good players. I like to stay home to practice or write music, but being on the road is freedom to me and I think it opens up my mind and playing ability. I hate politics and injustice. I'm not interested in politics at all. I love people, family, nature, time alone; and a little whiskey is good too!

Those in attendance at our upcoming show at Fanatics can expect some GOOD HARD BLUES from us. Dirty, rocking and funky! Check out jimmywolf.com or JIMMY WOLF to learn more about the music.

Explore JIMMY WOLF blues music, lyrics, and videos from New York, NY on ReverbNation to find out what's new in the world of Jimmy Wolf, including some new music in the works for release in 2020.



Jimmy Wolf at the Great Salt City Blues Concert in Syracuse, NY, Dec. 27th, 2019

Image: Lori Newcomb

March Events

Monday, March 2

Books Sandwiched In: Lunch-time book review series, Noon-1pm, Mary Parmele Hamlin Meeting Room Sides A & B, Wood Library, Canandaigua. See Wood Library web site for details and other dates below.

Wednesday, March 4

Join Cumming Nature Center & Naples Library for a discussion of *A Walk in the Woods* by Bill Bryson. 11am-2pm at Cumming Nature Center

Friday, March 6

Warren Paul Live at Noble Shepard Craft Brewery, 6-8pm

Saturday, March 7

Open Mic at Brew and Brats with Warren Paul, March 7, 6-9pm

Monday, March 9

Books Sandwiched In: Lunch-time book review series, Noon-1pm,

Wednesday, March 11

"It's Your Time to Shine!" Open-Mike/Open-Stage, 6:30-8:30 HS students: \$3.00; Adults: \$5.00 Donation Come share your stories, poetry, songs, music, improv, dance, art work, etc. etc. (Please, no rants or profanity.) Light refreshments available. Little Lakes Community Center, Hemlock

Saturday, March 14

Another Night on the Radio—Presented by PYTCO, 7pm, Elks Club, Join the Penn Yan Theatre Company for a night of LIVE 1940s radio programming. It will be just like you walked into a radio studio during March of 1944. \$8 admission. Penn Yan, Benefit for Sampson Theatre,

Sunday, March 15

Mr. Heartache at Fanatics Pub, Lima, 4-6pm

Monday, March 16

Books Sandwiched In: Lunch-time book review series, Noon-1pm,

Wednesday, March 18

After Hours at the Museum. "Beer Making in the Finger Lakes and a Beer Tasting" by the Other Half Brewing. 7:30-10pm. **Explore the Antique Wireless Museum before and after the presentation.** Tickets are available in advance at the Museum or at the door. Adults \$10, \$5 for Museum members. Antique Wireless Museum, Bloomfield

Thursday, March 19

"Global Perspectives on Food System Sustainability." 6:30-8:30pm Dr. Robert Gallagher, Prometheus Farm & Market LLC, Little Lake Community Center, Hemlock

Friday, March 20

An Evening of Jazz Honeoye Jazz Ensemble, 7-10pm, Doors open at 6:30 \$7 includes admission and refreshments. Lots of room for dancing and meeting your friends! Little Lakes Community Center, Hemlock

Saturday, March 21

Family-Friendly Skating Party, 7-8:30pm. Admission and skates - \$7.50 Doors open at 6:30. Refreshments available for purchase. Presented by Be-Mar Skating, Only skates provided by Be-Mar are acceptable. Little Lakes Community Center, Hemlock.

Monday, March 23

Books Sandwiched In: Lunch-time book review series, Noon-1pm,

Monday, March 30

Books Sandwiched In: Lunch-time book review series, Noon-1pm,

Community events listings are free. Enter events at: www.owllightnews.com/events/community/Add Events may be added at anytime, but must be in before the 10th to be included in the next month's print. Advertising inquiries to Editor@CandicePress.com.

Nancy Lee Chong featured lecturer at "Spring Into Color"- Hawaiian Style Quilt Show, Friday, April 10 and Saturday April 11

Lake to Lake Quilt Guild is very excited to announce that Hawaiian Quilt Artist, Nancy Lee Chong, will be our featured lecturer at our "Spring Into Color"- Hawaiian Style Quilt Show to be held Friday, April 10 and Saturday April 11, 2020 at the Geneva Community Center, 160 Carter Road, Geneva NY. The hours are from 9:30 to 4:30 both days. Admission is \$6, children under 12 enter free with an adult.



Nancy, former owner of Pacific Rim Quilt Company and renowned for her Hawaiian Applique, will lecture both days. Learn about the fascinating history of quilts with Eugenia Barnes, quilt appraiser, who will do our bed turning both days. Do you know about the efforts to establish our own Finger Lakes Barn Quilt Trail? This organization will be lecturing both days.

The schedule of events and more information is on our website: www.lake2lakequiltguild.com; Facebook page: Lake to Lake Quilt Guild. We are an all - volunteer not for profit organization.

Our raffle quilt will be on display and tickets available. Proceeds this year will benefit our local "Thrive to Survive" organization helping those with cancer. Come enjoy our Gift Gallery, Raffle baskets, Quilter's Café, Vendor's Row and see the wonderful quilts. Special exhibits include Rochester Area Fiber Artists and The Quilter's Consortium of NY (QCNYS) "Still Crazy" challenge showcasing a beautiful display of crazy quilts. New this year, FREE SHUTTLE BUS from our off -site parking at the Geneva High School to the Quilt Show! A quilt is not just a bedcover anymore!

Submitted by: Sally Acomb

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Pen and Prose

Stephen Lewandowski
7:20am late January

I was called out
this morning
from the dark.
Didn't want to go
but got underway.

In the owl light,
an owl crossed
my path with
slow wing beats
laboring from dark woods
to dark woods,
great claws drawn
up against the breast.

Stephen Lewandowski has published fourteen books of poetry, and his poems and essays have appeared in regional and national environmental and literary journals and anthologies. His most recent collection, *Hard Work in Low Places* will be published by Tigers Bark Press of Rochester, NY in 2020.

Jack Taylor
Inside Jack's Truck

The paint is still somewhat shiny
even though somewhat old.
Inside is another story
with the dust and all.
By all I mean a lot all.
Such as six bags of carrots
for the horses, some full, some partial.
Then the floor. I'm not sure
what's down there. Tools, a hatchet,
rags and a box knife, it's O.K.
Except if someone needs to ride over there.
Like the time I saw the lady walking
with the two full bags of groceries.
Knowing her I stopped.
"But wait a minute," I said.
It wasn't easy making room.

Jack Taylor spent his childhood on dairy farms in Whitney Point, NY. He served as a postmaster for twenty-eight years. He now spends his time writing poetry and prose. He lives in Whitney Point, NY



DOOR TWO

Steven Huff

They made her dress in a clown suit, with long stupid shoes and a luminous red rubber nose, and a hat with a burping plastic frog. But she doesn't care. Because what she has to do this morning on TV might get her out of her lowlife apartment into a new place across the dirty river, one that comes with a washer and drier, no more pulling midnight duty in the laundromat, the one with two bullet holes in the window glass. Except, about twelve million faces are watching her now (at least that is what the ratings say about this show) and she is haloed in burning hot light. The beaming host offers her fifteen hundred bucks worth of travel luggage. Or, do you want what's behind one of those three doors? Ugh, she's thinking, I don't have any travel money, what am I going to do with suitcases? Sell them on e-bay? Or Door Two, she wonders. Because two is her number: she has two kids with two dads, she still has two breasts although they found a lump in one last week and she's scared, she has a couple two-year degrees—Pharmacist Assistant and Produce Management; though she couldn't snag a job in either field—two copies of *The Journey to Ixtlan* left by the two dads (one of whom was truly a mystic) and she's read both. Both dads stayed for two years. There's two windows in her apartment, one in the living room and one in the kids' bedroom. She has two driver's licenses, although that is a long story. And now, before her, this damned door?

THE SEARCHERS

Steven Huff

Here's one about a guy named Ed who worked in a shoe store, and who went to see *The Searchers*, a John Ford movie about a young woman who was kidnapped by Comanche Indians. I think it was from 1956. In the opening scene, gold titles appear on a dark screen: *Texas 1868*, and then a woman opens a cabin door on a sunny panorama of mesas. Well, it was stunning, and Ed loved those scenes, and he saw the film nine or ten times until it left the first-run movie houses, and then he caught it a couple more times at the drive-in. In fact, he had sex for the first time in the back seat of his car during the buffalo shooting scene. The majesty of those mesas.

I've got to get to Texas, Ed said to the manager of the shoe store when he quit. He was in Texas a long time before he realized that *The Searchers* wasn't shot in Texas, but in Monument Valley, Utah which doesn't even look like Texas. And he'd seen the movie a few more times on the late show. By then he'd worked in three or four shoe stores and was married and was drinking, because his own searching days were over and he knew it. Sometimes he liked to throw his tequila in the stove to watch it explode like John Wayne does in *The Searchers*. At least he got that satisfaction.

Steven Huff is the author of three collections of poetry, most recently *A Fire in the Hill* (Blue Horse, 2017); two collections of short fiction, most recently *Blissful and Other Stories* (Cosmographia, 2017); and he is editor of *Knowing Knott: Essays on an American Poet* (Tiger Bark Press, 2017). His blog, *In Our Home Ground* (inourhomeground.wordpress.com), is a chronicle of journeys to grave sites of authors in Upstate New York. He lives in Rochester and teaches in the Solstice Low-residency MFA Program at Pine Manor College in Boston.

Steven Huff is special guest reader at sea of coffee open mic. Dalai Java coffeeshop, 157 S. Main Street, Canandaigua, NY Thursday, March 5, 2020, 7 pm

Writing Groups

Canandice Lake Writers Group, 2nd Tuesday, 5:30pm ~ MacFadden Coffee Company, Dansville, Info. (585) 358-1065

Honeoye Writers Group, 2nd Tuesday, 5:30pm ~ Honeoye Public Library.

Warsaw's Write Connection, 2nd Tuesday, 6:45 PM, Warsaw Public Library, Info. Wendy at (585) 786-5290

Wayne Writers Group, Macedon, 2nd and 4th Tuesdays, 7-9 pm. ~ At Books ETC., by Post 494. Goal: To Intensify Creativity

Lakeville, NY ~ Poets' & Writers' Group 1st and 3rd Wednesdays, 10:30-12pm ~ Chip Holt Ctr., Vitale Park.

The Canandaigua Writers' Group, 1st Friday, 10 am-12:30 ~ Ewing Family Community Room, Wood Library

Open Writing Network in Naples, 2nd Friday, 10:30am-noon ~ Trinity Church basement; Info: Jo at 585-315-6719

The Monthly Read

Not Your Average Fairytale

By Mary Drake

Stepsister
342 pages
Scholastic Press (2019)

A review of *Stepsister*
by Jennifer Donnelly



Some stories just won't die. They are told and retold, tweaked and changed, made into plays, movies, operas, ballets, and songs. One such story is Cinderella. In Marina Warner's 2014 book *Once Upon a Time: A Short History of Fairy Tale*, she says that fairy tales are "stories that try to find the truth and give us glimpses of greater things." In the story of Cinderella, classified as a "persecuted heroine" tale, the "greater thing" might be the eventual success of the underdog, and we would all like to believe "the truth" of poetic justice, that people ultimately get what they deserve.

But Anna Rooth in her doctoral dissertation entitled *The Cinderella Cycle* reckons that "The fact that over 900 versions have been written is a testament to the 'potent' power of this story." Okay. But if there are so many versions in so many languages, why would Jennifer Donnelly, the author of the new book *Stepsister*, choose to write another book about Cinderella? And why would you want to read it?

The simple answer is because this book takes the fairy tale in a whole new direction and to a whole new level. This time it's not about Cinderella; it's about one of her supposedly ugly, wicked stepsisters, whose name is Isabelle, whom we've never heard from before. Finally, we'll get her side of the story.

Stepsister is similar to Gregory Maguire's 1995 book *Wicked*, in which the reader comes to learn about the life and times of the Wicked Witch of the West, a similarly infamous character. In *Wicked*, we're told how the wicked witch grew up, what forces acted upon her to make her the way she was, and how she felt about having green skin. *Stepsister* does the same with Isabelle. She doesn't have to worry about being green, but she does have to worry about how to walk after cutting off her toes to

fit into the glass slipper.

The fact is, Isabelle didn't really want to lock Cinderella in her room when the prince came visiting, and she certainly didn't want to cut off her toes. She was just trying to please her demanding mother and save her struggling family from penury. Plus, she was trying to conform to contemporary ideas of what women should be.

Donnelly goes to great pains to paint Isabelle as an average person, with her own dreams and her own failings. As children, Isabelle, Ella, and Octavia, the other stepsister, all play together and get along famously, until someone tells Ella that she is pretty, and tells Isabelle that she is ugly. Even though she is envious of Ella and treats her cruelly, Isabelle is aware of how badly she is acting; she recognizes her shortcomings and regrets her behavior. This makes her a main character we can sympathize with.

The story begins with a Prologue in which an old crone named Fate and a dashing young nobleman named Chance are fighting over the map of Isabelle's life. Throughout the book, these two characters, in true fairy tale fashion, keep trying to influence Isabelle's life one way or the other. Fate, who drew the map, asserts that "Mortals do not like uncertainty. They do not like change." She believes that we are foolish creatures who blindly follow the maps she makes of our lives. But Chance insists that, given the opportunity, humans will sometimes take risks and move beyond the limited lives Fate has mapped out for them. He cuts a dashing figure and "His eyes promised the world, and everything in it." He regards Isabelle as a challenge and wants to "give her the chance to change the path she is on. The chance to make her own path." Risks often present very attractive rewards, but they are also, well, risky. So

Fate and Chance make a bet over the direction Isabelle's life will take.

The story's beginning does not bode well for Isabelle; she cuts off her toes in order to fit into the glass slipper and almost convinces the prince that she is the one he seeks but she is betrayed by a white dove who flies down from a magical tree and tells him about Isabelle's duplicity, tells him that blood is coming from her shoe and that she is not "the one." Ella is the one, and it is she who rides off to marry the prince and leaves Isabelle, Octavia, and her stepmother behind. They become infamous and reviled in the town of Saint-Michel where they live. (Donnelly is working from the French version of Cinderella written in 1697 by Charles Perrault.)

So what is Isabelle really like? Well, she's definitely not like Ella. She's not passive and sweet tempered as a seventeenth-century woman was supposed to be. As a child she was a tomboy who liked to climb trees and play at pretend sword fighting with her friend Felix. But she is thoroughly chastened by the whole glass slipper episode and decides that yes, she has treated Ella badly, and she's going to make up for it by becoming a better person. So she decides to do good deeds and begins by taking some much-needed eggs from her family's chickens to an orphanage filled with poor children. But it doesn't go so well. The children have heard of her. They encircle her and chant ugly rhymes:

*Stepsister, stepsister,
Mother says the devil kissed her!
Make her swallow five peach pits,
Then cut her up in little bits?*

Continued page 18

The Conscious Crow *Following the Feminine*

Every choice reflects our personal truth if only we take the necessary moments to listen, pausing long enough to follow its footprints. Our voices cascade through our actions, reflecting our belief systems—ultimately—a story that has seeped into our minds over time and persuaded our bodies and hearts to abide. Choices based on these stories are made mostly in an automatic, unconscious fashion based on conditioning, society and expectation. This "thinking" vessel is based on speed. Over time we learned to reject our internal instincts, valuing society's expectations which have determined that strength lies in activity and production. Essentially, the extensions of what we have been taught are conditioned thought patterns jammed into our subconscious through any external means that we have heard from the time we were in the womb until now. We do not realize how deeply ingrained any patterns are or how intensely they motivate our decision-making until we take the time inquiring about the nature of our choices, moving our attention towards feeling before acting, and pausing before responding. Awareness breaks the cycle and power lies in stillness.

For so long we have silenced the whis-

pering winds of wisdom flowing through our veins. We learned to lean towards the loud volume of motion and pay homage to activity, seeing power only in action, and disregarding the precious moments leading up to it. The steady and sturdy sound of silence, the female intuitive energies, and the "yin," have been diluted and covered with a masculine, mental energy of "yang." We have lost our balance with the two forces. We forgot it is the feminine mother that brings all of life into creation. She instills heaps of patience for life to unfold and reminds us that every step leading up to birth is incredibly valuable. Our very life takes nine crucial months to develop and if forced any sooner we stunt maximum growth potential. Life does not happen overnight. And the flower does not bloom instantly. The essence of femininity reminds us that consciousness lives within stillness and the most important things happen when it appears nothing is happening at all. The nurturing mother energy feels, feeds, and calls us back to the core of our existence; reminding us that strength lies in slow and steady perseverance, patience, care, and that consciousness is carried in this manner.

Because we have been taught to move

quickly, make up our mind, ignoring our inner wisdom, we mask a very large part of our existence and truth. With quick reactions and unconscious choices, we overlook our true nature. The power that lies in the process. We each carry the masculine and feminine energies and when we remember and honor both aspects, pausing long enough to listen to this very ancient, wise part of our being—hearing what our instincts have to say by tuning into how we feel—it is then we connect to our full potentiality. It is then we plant the bountiful seeds of consciousness and remember to patiently wait for the natural rhythm to take its course, and honor the steps unfolding. For it is the seed that creates the flower. And great flowers take time to grow. Just as time has been waiting for us to reclaim both the yin and yang of our essence, our fullest truth, and highest potentiality, we remember it is the conscious seeds, the pause before response, and slow and steady patience that lead to the greatest flowering.

The Conscious Crow—

Reminding you to Grow



Simple Sustainability

Dressing Your Truth

By Sky Trombly



We all know that first impressions are critical and that the human species is a visual one, but I have put it to the test and personally seen a huge transformation since I began “Dressing My Truth”. I would not have believed that a fashion system could make such a big difference in the way that people react to me! Not only has this system positively impacted my day-to-day interaction with others, it has transformed the way I see myself, and has helped me to create a concise wardrobe.

What is “Dress Your Truth”?

Dress Your Truth (DYT) is a fashion system created by Carol Tuttle. Unlike most fashion systems, which base their analysis on specific physical traits, Dressing Your Truth is based on the sort of “energy” you present to the world. She has four main types, explained below.

The first step to Dressing Your Truth is determining which type of energy you lead with, which makes this fashion system a self-awareness and self-development tool as well.

When we dress true to type, we subtly communicate to others the sort of people we are. Others, in turn, respond with less confusion. When we don't dress in alignment with our nature, our natures can cause dis-ease in our relationships.

For example, a type 1 person is a very animated and youthful person. When they do not have Dressing Your Truth as a tool, they often choose to wear black, structured clothing in an effort to be taken more seriously. This means that when their faces light up with enthusiasm or their hand gestures fly up to illustrate a point, it can be jarring to a spectator. Suddenly, because it wasn't expected, the movement looks

extreme and out of place. However, when the same type 1 person is dressing true to type, we see the person for who they are and we see what point the hand gestures were meant to make in underscoring their statement. We're more likely to hear and respect their message.

Below, I have a brief description of the four types, but I recommend checking out her free online Dress Your Truth course for a more comprehensive and intuitive picture of the types.

NOTE: While we all lead with one type and we can all Dress Our Truth, this article focuses on the course specifically tailored to the female experience. While I have attempted to dress my boys true to their types, I have not yet purchased the Men's DYT course. I apologize for my bias.

The Four Types

The first type, Carol Tuttle simply calls “type 1” (to avoid loaded labels). These are people with a light, airy, and upward energy. They move with an extra bounce to their step, talk with their hands, and have animated facial expressions. They move outward in the world with an extroverted energy before going within to evaluate. They are primarily connected to the world socially and are motivated by new ideas. When dressing their truth, type 1 women are often called “cute”.

The second type, called “type 2”, are people with a more flowing, connected, fluid quality to their energy and move with a graceful, subtle step. They value comfort for themselves and for others around them. They move within before moving outward to act in the world. They are connected to the world emotionally and are motivated by feelings and details. When dressing their truth, type 2 women are referred to as “beautiful”.

Type 3s are people with a push to their movements. They have a substantial, fiery quality to the way they move, loud footfalls and a forward momentum filled with purpose and determination. They move swiftly to get the job done. They move outward first and then judge the effectiveness of their actions. They are connected to the world physically and are motivated to accomplish big things. The beauty code word for a type 3 woman dressing her truth is “hot”.

Type 4s are people with a more straight-forward and matter-of-fact quality to their movements. They tend to have a quality of stillness from within that is present even when they are moving. They move within to consider their thoughts before moving outward to make a bold statement. They are connected to the world intellectually and are motivated to perfect things around them. When type four women dress their truth, people refer to them as “stunning”.

Though everyone leads with one type and that type is constant throughout their lives, we all have a unique composition of the four within us. For example, I am a type 4 woman, but I follow with a type 1 secondary energy. To a lesser extent, I have type 3 characteristics and I am least in tune with type 2 energy (but it is a part of me).

Discovering your type may be difficult because your primary movements may have been judged as flawed during your childhoods and you may have taken these judgments to heart and attempted to over-ride your natures. Embracing your natures and their strengths and challenges can be very therapeutic.

The first part of the Dress Your Truth online course goes deeper into the four types to help you figure out where you fit.

Continued page 16

Crafting Your Own Cuisine

Monthly Cookbook Review

—*The Ultimate Book of Modern Juicing*, by Mimi Kirk

Mimi Kirk's *The Ultimate Book of Modern Juicing* is an inspiring look at creative ways to combine fruits and vegetables quickly in delicious and healthful ways. A vegetarian for over 40 years, the book's author won the title of “Sexiest Woman Over the Age of 50”, in a nation-wide contest, and she was 70 years old the time! After you see her picture, you'll understand why. She states, “Juice is my passion. Juice changed my life and it can change yours.” In this book, she makes a maximum effort to do just that. It contains more than 200 recipes, not for just juices, but smoothies as well. And the author doesn't just offer up recipes, she identifies the healthful properties of each glassful. She also gives a good bit of information about how blenders and juicers differ, so a person about to invest in their health this way has info to go with.

People sometimes lament that they want to include more fruits and vegetables in their diet, but they don't have time, implying that it takes time to cook from scratch, which it does. Not everyone enjoys cooking either, but that does not mean a goal of eating more fruits and vegetables must stay out of reach. One need not even change the foods routinely eaten, if one adds a fresh smoothie or juice to one's day. In minutes, a cup of frozen berries, a banana, a handful of dark green lettuce and milk whirled in a blender can yield a truly delicious smoothie, with their gifts of fiber, all in one tall, cold glass! If you have a juicer, a fresh bag of rinsed baby carrots is an easy base for juice in a snap.

The Ultimate Book of Modern Juicing can motivate you with inspiration and know-how for painlessly incorporating more fruits and vegetables into your cuisine. It is available for loan through many area library systems.

Products to Try

“Soy Boy” © “Organic Veggie Bacon” --- This marvelous Rochester-made “meat analog”, contains 6 grams of protein per serving and is a wonderful starting place for trying tempeh. Preparation is simple! Just fry both sides in oil until crispy. You control the amount and type of fat, unlike when frying regular bacon. No one will confuse this soy bacon with an animal product, but it does act as a satisfying, savory substitute on sandwiches and salads, or part of a simple on-the-run meal, and it pairs very well with sweet breakfast fare calling for extra protein and flavor balance. I like to fry a whole package at once, and freeze portions for quick use. *The package states that it is organic, vegan, non-GMO, gluten-free, kosher and contains no cholesterol or nitrates.*

“Planet Oat” © “Oatmilk, Extra Creamy Original” If you are just now considering dipping your toe into the expanding sea of plant-based milks, this is a great one to start, and maybe, finish with. When cooking and baking, not all non-dairy milks perform in the same way-but so far, I enjoy this product so much, that I will even drink it straight up. It has a rich body, reminiscent of cream, and a pleasant, lightly oat flavor, truly terrific in smoothies. *Ultra-pasteurized (with both those pros and cons), once opened the carton states that it will keep in the refrigerator for up to 14 days. The manufacturer identifies this vegan milk as free from dairy, peanuts, gluten, soy, lactose, tree nuts, artificial flavors, colors and preservatives, and containing 0mg. cholesterol.*

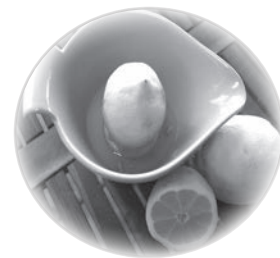
“Schar” © “Gluten Free Deli Style Bread Sourdough” --- Slices of this bread, are truly reminiscent of wheat breads. It is pricy, but for toast, or a simple sandwich like grilled cheese, or nut butter and jam, it's a stand out among commercially available gluten free breads. I individually wrap portions and store in the freezer. *The packaging says it's gluten free and made without dairy, eggs, GMO's, and preservatives.*

Eileen Perkins - Eileen is a professional cook, who sees wellness and food choices as intimately connected. She and her husband owned and operated “Eileen's Bakery and Soup Kitchen”, in Brockport and Rochester, N.Y. Her interest in special diets was reinforced while working in area natural food stores. Currently, when Eileen is not engrossed in recipe development, freezing food from the garden, or presenting special dietary needs programs, she enjoys soaking in the quiet beauty of the woodland home she shares with her husband and pup, doing her Falun Gong practice, reading and volunteering.

Making Lemonade

Not Enough Exercise for the Smart Phone, Apparently

By Barb Stahl



“Your target is 6,000 steps today..... Let’s get going!”
“That’s what I just read on my smartphone, and I can’t “clear” it.

I’ve tried. I inform my smartphone that I am headed for one hour of vigorous exercise at my water aerobics class, but it refuses to “hear” me. I know what you are thinking, probably my grandchildren could show me how to make my smartphone understand this important information, but I’d rather just be annoyed at it. Never before having a smartphone did anyone, or anything, tell me to “get going”!

Fourteen-and-a-half years ago when I returned to this area for my retirement, a good friend introduced me to a water aerobics class. I have gone at 8 a.m. three days a week when possible ever since. I am positive this has kept me upright and moving with decent balance. I am definitely one of the “old-timers” in the class; nearly, but not quite, the oldest.

As I was exercising today (and complaining while doing so), I began to formulate this article. I told a few people my plan and got lots of input! “Say this”.....“say that”.... I heard. I responded, “I’ll do my best!”

Each session really starts in the locker room. While we are getting ready to go to the pool area, a great deal of wisdom is shared, books are discussed, and problems considered.

Once in the pool, most people are shivering and the “warm-up” begins. I don’t care what the temperature says the pool is, it is cold at first -- but that doesn’t last long once we start to run, do jumping jacks, squats, cross-country and bicycling moves, balance on noodles, then change to strength building routines with water bells, frisbees, balls, stretch cables, kick-boards, and steps.

Sometimes we fancy we are doing circus tricks while standing on our noodles in the deep end. Other times we may burst into song for some, or no, reason. We are not too old for tossing balls around, playing games, or doing relay races. I am absolutely terrible at the flutter kick and for the life of me can’t imagine how people ever win races doing that!

Who knew there was so much variety that could be done in a pool? Our instructor is a genius at thinking up different exercises to do in water!

Sometimes the camaraderie can be the “best” thing about these sessions (don’t tell the instructor, though she might even agree). When I had all my eye drama that you likely read about in earlier articles, I was getting positive / caring reactions from my fellow exercisers. When I could return in between surgeries, I felt their concern, which helped my frame of mind – thus the healing. Often we frustrate the instructor when we talk too much, but at the same time she realizes for some, at times, the positive mental health benefits may exceed the physical health benefits.

For 2020 our instructor has asked us to think about our expectations and goals, and to determine our personal “Vision of Health for the New Year.” With all my eye issues the goal I immediately thought of was, “My Vision Being Healthy in the New Year.”

I have made long-lasting friendships in the pool. Some people come and go – we have snowbirds who leave us and fly back in the spring.

At the end of the session, after cooling down and stretching for at least five minutes, I get to hug and congratulate myself while declaring “Good Job, Barbara.”

So back to that cheeky smartphone telling me to get going when I work hard in water aerobics three days a week ... What’s that you say? ... “How about the other four days Barb?”

You weren’t supposed to think of that!

Barb Stahl

Barbara is a mother, grandmother, great-grandmother, retired school library media specialist, and a western New York/Finger Lakes area lover who did a previous column for Canandaigua Daily Messenger. She loves her family, circle of friends, reading, writing, history, music, theater, and Tarzan the cat who critiques her articles. Contact: makinglemonadeOwl@gmail.com

Simple Sustainability

The 5 Elements of Dressing Your Truth

There are five elements to Dressing Your Truth and these elements are reflected in clothing, accessories, hair and make-up choices.

The five elements are: design line (cut, shapes); texture (feel); fabrication (the fall, weight); pattern (contrasts, shapes); and color.

Each type has specific qualities that they are looking for within these elements. For some examples, a type one woman prefers lightweight jewelry and animated patterns, a type two woman likes soft and plush textures and fluid, flowing design lines. A type three woman tends to gravitate toward angular cuts (design lines) and courser textures. A type four woman favors simple cuts and tightly woven-smooth textures.

When a garment has three or more of the elements true to your type, you’re more likely to wear it, love it and look great in it! When the elements are true to type, the overall look tends to be very cohesive. This course puts style expertise in everyone’s hands.

While there is some flexibility for the other elements, color is one element that needs to be spot on, true to type.

Color

There is a family of colors for each of the types.

Type 1s have tints. These are hues with white added to it to make the color “pop”. They look brighter. It doesn’t mean that type 1s have to wear pastels; there is a range of very light to darker tints and every color is available. The brightening of the hue reflects the nature of a type 1 person. From a capsule wardrobe perspective, it means all the colors are in the same family and harmonize with each other. This makes mixing and matching easier.

Type 2s have tones. These are hues with gray added to them that have the effect of relaxing the color and making it softened, true to the type 2 nature. Again, each color will harmonize with each other in a type 2 closet.

Type 3s have shades. These are hues with black added to them and this has the effect of making the color richer or earthier. Shades will pair nicely with each other.

Continued on Back



Medication Drop Box Locations

Bristol Town Hall	Farmington State Trooper Barracks	Phelps Community Center
Canandaigua DMV Office FLCC (near gym) Police Department	Geneva Police Station North Street Pharmacy	Richmond Town Hall CVS Pharmacy
Clifton Springs Hospital & Clinic (lobby)	Hopewell Mental Health Clinic (3019 County Complex Drive)	Rushville Village Hall
East Bloomfield Town Hall	Naples Village Hall	Shortsville Fire Department
		Victor Mead Square Pharmacy

Questions?
Call us at 585-396-4554.



Quilting... from Front

Quilters live in a world filled with math, especially fractions. We deal with 8ths – 1/8th of a yard, 3/8th of an inch. It's Quilter's Math, and, yes, there is an app for that.

Quilters have tools – rotary cutters, clips, specialized rulers, scissors and sewing machines. We repurpose tools from other professions. We rarely have only one of anything. Top of the line sewing machines from the big manufacturers are listed for \$15,000.00

Then there is the fabric stashed wherever there is space—under beds, in closets, even behind ceiling tiles so a prying spouse or child will not find it. Fabric is our paint, our primary medium. However this has expanded to leather, vinyl, hot-fix crystals and beads.

Quilting creates community. Quilters meet in guilds and show our art in quilt shows. We attend classes, and national and international events. Quilters network. We also give our time and energy making quilts for fire departments and maternity wards. There is a national program called Quilts of Valor which strives to provide quilts free of charge to veterans and active service personnel. Quilters wrap our communities with warmth and love.

Quilters also use art to address important social change. There are quilts that address slavery, HIV, poverty, and fear. Name a social issue and there is a quilt out there making a statement about it. Remember the Aids Quilt? The Susan B. Anthony Museum is making one to commemorate the ratification of the 19th Amendment in August 1920.

Quilters Mend...

Learning anything new helps keep the brain healthy and decreases the risk of dementia. Medical science is beginning to understand this, at least anecdotally. Quilting reduces anxiety and your blood pressure, like petting a cat can. This is one of the reasons I quilt and what led me to this fabulous fabric art.

I contracted meningitis in the summer of 1978. I had two small children and a husband and was only 7 years into my pharmacy practice. When doctors in New London, CT couldn't help, I was referred to a research project at Yale-New Haven Hospital where I became a research subject for seven years. My symptoms were treated with prednisone and I underwent three or four clinical trials and one hospital admission. My brain was mush and I had trouble reading and doing math. My handwriting deteriorated and strobe lights, or anything like them, made me black out. In 1983 another researcher isolated the bacterium that was making me ill and I received 10 days of IV antibiotic treatment. I was "cured". It wasn't that simple. While I could walk and talk and take care of my family and continue to work, there were still parts of "Me" that were missing. I was dyslexic with numbers – reversing 3 and 9. I couldn't read for comprehension – I read Clan of the Cave Bear three times before I

made any sense of it. None of this qualified me for rehabilitation as it was known in the 1980's so I invented my own program. I turned to needle arts; first complex counted cross stitch and then quilting. Reading slowly and multiple times, I reprogrammed my brain to read patterns then translate those patterns into fiber. I used yardage calculations to reinforce math skills, especially multiplication and division. I converted fractions to decimals and back again. I chose difficult, complex patterns that made me focus. I fought my way back.

...and Heal Others

Now that I am retired, quilting brings me full circle, back into the world. I founded a startup called Quilted Care. Quilted Care is based on a program called Mindful Quilting for Mental Focus and works on restoring fine motor skills and mental agility. I have taught in quilt shops and have had private students. I have taught Alzheimer's patients who learn repetitive tasks very differently. Using tactile art, we play and discover, or rediscover, ourselves. It's adult play with learning on many levels.



Not yet a quilter? Come see one of the shows going on this year to learn more about this exciting art.

Lake to Lake Quilt Guild - April 10 -11 in Geneva.

<http://www.lake2lakequiltguild.com/>

There are also many quilting groups that support members, and help us celebrate our challenges and victories. Some upcoming area meetings:

Webster Quilt Guild - April 18-19, websterquiltguild.com/quiltshow.shtml;

Perinton Quilt Guild - May 2, www.perintonquiltguild.com/; and,

Irondequoit Quilt Club - September 26-27, www.irondequoitquiltclub.org/.

Interested in learning how to piece and quilt? There is probably a group near you. Check out the Quilt Consortium of New York State (qcnys.org) to find a guild, ask at your library or contact me at mgmosher@att.net. or martha@mindfulquilting.com. Come visit my studio, you will probably find me at my machine, stitching.

Martha Mosher is the owner of Quilted Care, a business she started to help others discover the benefits of "producing a tactile piece of art that celebrates the life experiences (including challenges) of the participant." She offers quilting programs for not-for-profits and community groups and individual quilting lessons. She is also the founder of the Microbusiness Network at the Canandaigua Chamber of Commerce. Learn more about Quilted Care at: mindfulquilting.com/

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The Monthly Read

Then they begin throwing the eggs and they "pelted her with them as hard as they could." Isabelle knows that she "should have run straight out of the courtyard and back to her cart. But Isabelle was not one to turn tail." It is this spunk that will serve her well in the end, when she discovers an invading army bent on destroying Saint-Michel and is magically transformed into the general of her own army.

In true fairy tale fashion, she ends by taking a chance, fighting successfully, and being recognized as a national hero. Women, Donnelly seems to be saying, should not feel limited by their looks or by societal norms. Not if they're willing to follow their heart and

take a chance. The author even throws in the twist that Ella is not, in fact, perfect; she admits to having thwarted the love between Felix and Isabelle, who nevertheless come together at the end.

Jennifer Donnelly is an American author who has written many books of historical fiction as well as fairy tale fiction. Even though *Stepsister* is classified as a book for Young Adults, it is very well written and explores relevant topics that provide food for thought for readers of any age.

Mary Drake - *Mary Drake is a novelist and freelance writer living in western New York. Visit her online at marydrake.org to learn more about her books*

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Hours: Thursday-Friday 8am-7pm,
Saturday-Sunday 8am-2pm.

Save the Dates!

The Little Lakes Community Association presents:

Saturday, April 4 - "My Darling Clementine"
Country-Western band from the UK are stopping in
Hemlock on their American Tour!

7pm (Doors 6:30), Tickets \$15 include light refreshments
Wine and beer available for purchase.

Saturday, April 25 - Earth Dance 2020
All-day event to celebrate 50 years of Earth Day!

Speakers include Owl Light writers Eileen Perkins,
Derrick Gentry and D.E. Bentley!

Vendors & volunteers welcome: Email tfeeney@littlakesny.org
Little Lakes Community Center, 4705 South Main Street, Hemlock

Word Soup
Sunday, March 15, 2020, 1:30pm
Wood Library,
134 Main St. Canandaigua

Featuring George Guida, Celeste Schantz and
Bob McDonough + Open Mic

Food Pantries

Naples Open Cupboard - Every Wednesdays from 11-2 Harwood Lane -
basement of Village Offices. Serves people in Naples Sch. Dist.

Geneseo/Groveland Emergency Food Pantry, Tuesdays/Thursdays 10-2am,
Wednesdays 4-6:30 pm, 31 Center St, Geneseo (lower level CPC).
To donate, please drop items during scheduled hours (lower level).

Springwater Food Pantry - Wednesdays 6:30 - 8pm and Saturdays 9 -
11am.* South Main Street, Springwater *Serves Springwater Canadice &
Webster's Crossing area, but no one in need will be turned away!

Wayland Food Pantry - Wednesdays 4:30-6pm, Saturdays 9-10:30am.
Serving all in Wayland-Cohocton Dist. Bread and Baked Goods may also
be picked up Sundays 9:00-9:30am. Lighthouse Wesleyan Church, 101 South
Lackawanna St. - 585-736-7586 Info. www.enjoylwc.com/food-pantry

Hemlock Food Pantry - Thursdays, 9am - 12:30pm, Little Lakes Community
Center - Around the back.. Serving the Hemlock area & others in need!

Honeoye Community Pantry - First Saturdays, 9-10:30 am. UCC church on
8758 Main St., Honeoye Info: honeyefoodpantry@gmail.com

Sent by RavensPantry - Saturdays 9-11am 40 Spring St, Livonia, NY

Trinity Pet Food Pantry - 1st Sundays, 12:30-1:30pm 62 W. Buffalo St,
Warsaw, NY

Road Closure in Town of Livonia

The Livingston County Highway Department reports that Rix Hill Road
over the Hemlock Lake Outlet will be closed starting Monday, February
24, 2020 for bridge replacement. The 90-year-old bridge will be removed
and replaced with a new structure by Crane-Hogan Structural Systems.
Construction is expected to be complete by the fall of 2020. During con-
struction, the Town of Livonia Park and the NYSDEC trailheads will remain
open and accessible. Access will be provided via the posted detour route.

"PLEASE SAVE THE DATE: Saturday, April 25th!"

Richmond's annual HVA Earth Day Roadside Cleanup will be held on
Saturday, April 25th, 2020 preceded by a free breakfast for all partici-
pants from 8-9 AM at the United Church of Christ on Main St. More info
to follow as the date gets closer. If any questions, please call Jerry Passer
(585-229-5474).

Community Closets

The Open Closet, Wednesdays
and Saturdays, 11-2, Harwood Lane
- basement of the Village Offices.
Offers people in NSD quality clothes.

Honeoye Community Closet - For
more info. contact Kelly Sacchitella,
Box 170, Honeoye, NY 14471

Community Meetings

Little Lakes Community Center
Open Community Meeting The
first Monday evening-6:30-8:30pm-
All are welcome to join in, to learn
about the organization and to ask
questions and make suggestions.

Grief Share - Mondays, 5pm
Wayland Free Library, 101 W
Naples St, Wayland Encouragement
after the death of a loved one
- non-denominational

Community Meals

Honeoye UCC Spaghetti
1st Wednesdays, 5-7pm
8758 Main Street, Honeoye,
NY (except November).
A portion of the profits donated
to a different charity monthly.
See page 19 of Feb. 2020 OLN at
OwlLightNews.com for complete
listing of donations/dates.

Seniors

Community Coffee Hour
1st Wednesdays, 9:30-10:30am
- Free coffee! 62 W. Buffalo St,

Livonia Kevin W. Honeoye

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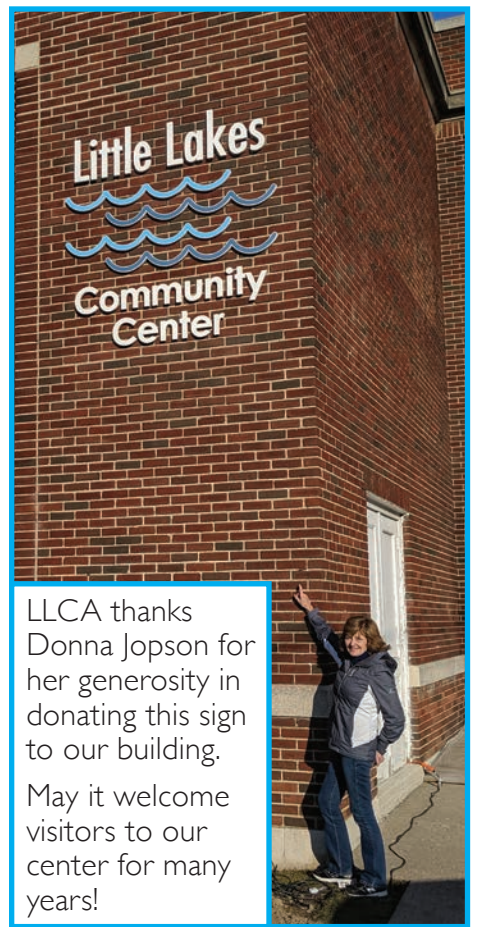
New Sign at Little Lakes Community Center Donated in Memory of Dick Jopson

The Little Lakes Community Center now has its name on a new sign that was just installed on the front of their building in Hemlock! Now it won't be necessary for visitors to wonder if they have arrived at the right place, or for the "old Hemlock school" to be used to describe the location to newcomers. The sign was generously donated by Donna Jopson, in memory of her late husband, Dick Jopson, a local country music legend. During the past few years of his life, the Jopsons were dedicated volunteers at the center. They generously volunteered their time for the organization and donated the proceeds to LLCA of a musical event at which Dick and his band performed several years ago. LLCA and Donna Jopson sponsored a concert in Dick's memory this past June, to which many musicians who had played with Dick were invited. He continues to be missed by so many of his neighbors and friends.

Dick Jopson, a resident of Hemlock, passed away in 2018, following a lengthy illness. He was well-known as a country music performer who has made thousands of public appearances since taking up professional singing 60 years ago. He was presented with a Lifetime Achievement Award for his "outstanding contributions

to country music" during a banquet and concert ceremony at the New York State Country Music Museum and Park in Cortland on October 30, 2016. This is the highest of three recognitions bequeathed by the museum, and is reserved for only a single person each year. Jopson was also honored as the very first Livingston County Legend, based on his years of service as a former constable for Livonia, a Geneseo police officer, and as a Livingston County Sheriff, as well as his generous contributions to the community.

The volunteers who are the life-blood of LLCA are pleased to now have a sign on front of their building that signifies their hard work not only to provide the community with great educational and entertainment events, but also to preserve and restore the building, acquired from the Town of Livonia, and formally known as the Jack Evans Community Center. LLCA plans to formally dedicate the new sign at a special event in the spring. The Evans family continues to support the association through their generous contributions to the current Capital Campaign. A grant was secured through the State to reimburse the association with \$270,000, once the budgeted necessary improvements to the building have been completed. These include a new roof, for which nearly half of the funds have been raised. More funds are greatly needed, and contributions from the interested public are key, as fund-raising events cannot provide for even the on-going expenses of the building, such as the heating and electric. Anyone who would like to contribute to the Capital Campaign can do so by visiting the website, littlakesny.org or by sending a check to The Little Lakes Community Center, P.O. Box 82, Hemlock New York 14466. You may also call (585) 367-1046 and a volunteer will return your call, if you would like further information.



LLCA thanks Donna Jopson for her generosity in donating this sign to our building. May it welcome visitors to our center for many years!

Honeoye Public Library

"We're Books ... and More"

Defensive Drivers Course
Register now! March 21st



Angry Birds
2nd Saturday Movie, March 14th-11am



~Book Talk Group~ All are Welcome!

Wednesday March 25, 5:30 pm

My Life on the Road by Gloria Steinem

Join Us! ~March 9, 10-12; Honeoye Writers Group ~ March 10 & 24

Check us out at honeoye.owwl.org to learn about the many new and exciting programs happening this year!

Like us on facebook@Honeoye Public Library • 585-229-5020

Hours: Mon. & Thurs. 2-8, Tues. - 10 - 8, Sat. 9-1 honeoye.owwl.org

5 Bay automotive repair and/or body shop.

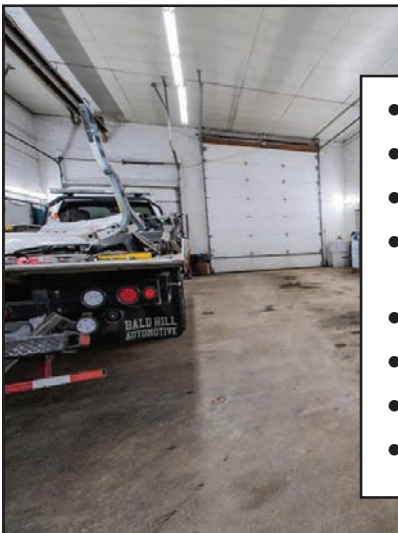


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Plenty

“I have enough, plenty,” Michelle offered. Hence the inspiration for Plenty The Bakery. She means this in a couple ways. She has plenty to be content, to share with others.



Michelle enjoys some quiet before her first Cinnamon Roll Saturday event in February.

She also has enough past experience to realize that less is sometimes more. Michelle is no stranger to business ownership and food service. She is currently a chef at Hollerhorn Distilling, now down to part-time to make time for her new business venture. Roots Café, which, Michelle emphasized, “has thrived and grown thanks to the love and care of the owner, my friend Mindy,” was first opened by Michelle and her sister. She

also worked at Wine Barrel Bistro and Arbor Hill—her daughter currently works at Brew and Brats. “I learned from those experiences, and others, how much time and energy it takes to run a restaurant.”

With Plenty, Michelle wants something more, or less, actually. A more relaxed pace. Initially, she plans to be open to the public Saturdays only. She will also take orders for cakes and other custom baked goods and host birthdays, tea parties, and other cake-friendly gatherings.

I stopped in early on February 15th for Cinnamon Roll Saturday and took home a cinnamon bun and peacan sticky bun. Others were already there, enjoying fresh cinnamon rolls, and coffee from Finger Lakes Coffee Roasters. I was welcomed by Michelle and her sister, and by the delightful scent of cinnamon and coffee. The first March Cinnamon Roll Saturday will be on Saturday, March 7, starting at 7am. As with all good things, cinnamon rolls are in limited supply: there will be Plenty...or not, so get there early if you can.

Plenty The Bakery is located at: 6459 RT 64 Naples NY—the former location of Brown Hound Bistro, a muffin's throw from Brew and Brats. Find them online at: www.facebook.com/PlentyTheBakery/

Simple Sustainability

Type 4s have the pure hues. These have had nothing added to them and have the effect of clean boldness.

My Personal Experience

Before discovering Dressing Your Truth, I subconsciously tried to balance my bold nature by softening my look. Much of my closet's colors were tones. When I had strong opinions about topics that I had given a great deal of thought about, I was received as too bossy, mean, or opinionated.

I didn't realize that I was leading others to expect a more easy-going person. I also didn't have a vocabulary for the other elements (design line, fabrication, texture or pattern) so I couldn't pin point what was working or not working for me. This meant that I kept making the same mistakes over and over.

While Dressing Your Truth is not a minimalist system, it marries well with one. Since learning this system, my closet really feels as though it has been perfected.

Everything in it is something I wear regularly, which fits my body and my nature. My closet is concise, and it is easy to find something to wear every day.

Furthermore, I regularly receive complements from friends, family, and even strangers. What a boost to my self-confidence!

BEFORE AFTER



2013

2020

Dressing Your Truth and Sustainable Living

I realize that this is a slight departure from my usual content, but I had to share a system that has brought so much value to my life.

Obviously, when we know what works for us, we are less likely to buy things that don't. This could lead to less waste overall, especially when our excitement for style is paired with a minimalist mindset.

I also think that this system has value for our self-awareness and our relationships. I now know that I need self-reflection time so that I can be a calmer parent and I know that my children all have specific needs for their own natures. For some examples, my type 2 son values regular snuggles, my type 1 son really wants to play with me, and my type 3 daughter wants new challenges to master.

My hope is that this information is supportive to you.

Until next time, live lightly!

Resources:

Free Online Course: my.liveyourtruth.com/dyt/homel/

Carol Tuttle's YouTube: www.youtube.com/channel/UCXTNyrKjNSRUWnL3axRABeg

Books Related to Dressing Your Truth and Energy Profiling:

It's Just My Nature by Carol Tuttle

Discover Your Type of Beauty by Carol Tuttle


The Child Whisperer by Carol Tuttle

Sky Trombly - Sky has been something of a sustainability nerd for most of her life, Sky Trombly's goal is to empower herself and others to live in a way that is congruent with personal values - and intimately linked to the Earth. You can join her in her wanderings through the quagmire of sustainable living in every issue of Owl Light News, and on her blog - talkwalking.org.

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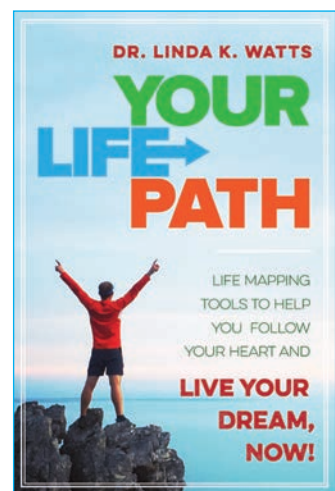
To Register: Contact Hannah Farley
By phone: (315) 401-1945
or Email:
Hannah_Farley@urmc.rochester.edu

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5:30-7:30pm
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www.facebook.com/CanadiceLakeWriters/

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—Saturday, April 25, 10-1
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—Saturday, May 23, 10-1

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