



Seen as One...

Yet the Sum

By Finn Ward

The moss green hull slides softly through the water as my paddle cuts, creating small whirlpools. A little green heron hops away in the twisty brush. The trees meet overhead, weaving together to make a cathedral-like passage through the marsh. I look down at my wooden canoe; every part feels inviting, and comforting. The solidity of the craft feels reassuring. What a beautiful canoe, I think to myself, and I made it. Okay, I made it with some help.

It all began in November of 2018. Earlier that year, my Dad contacted Mr. Patrick Smith of West Hollow Boat Company (Naples, NY) and asked him if he'd be interested in teaching me to build a canoe. Dad would be there too, helping and learning, but really it was an opportunity for me to learn an incredible form of craftsmanship from a respected, extremely experienced and talented cedar canvas canoe builder. I don't think my Dad actually thought it was going to happen, but Mr.

Smith agreed, and the journey began. (I'm a student at the Walden Project, NY, and this great opportunity to build a canoe was possible because of the vision, flexibility, and guidance of this program. For this I am grateful.)

First, I met Mr. Smith to see his shop and talk a little bit about the history of the cedar canvas canoe. The shop is exactly what you'd expect. It is warmed by a wood stove with a coffee pot on top, and full of the scent of cedar. Canoe forms, old canoes in repair, canoes hung from the ceiling, tools, cedar dust, and all kinds of cool old quotes and pictures are tacked to the walls. Mr. Smith explained how the design comes from the Native American birch bark canoe, favorite shapes coming from the Malecite and Ojibway people. We will be using painted canvas in place of the bark, and tacks and nails instead of spruce root lashings and American hornbeam pegs, but otherwise most of the materials are identical. He discussed how the first cedar canvas canoes were built in Maine and the technique adopted by the Canadians. He spoke of the first builders, like E.H. Gerrish and B.N. Morris and of course the Old Town Canoe Company. He even showed me canoes that he was restoring that were over a hundred years old. I could tell how much Mr. Smith admired the workmanship of the old builders and how he felt connected to them. As he described each boat his hands rode along the thwarts to the gunwales and on to the carved decks. His connection to these men and the boats they built is powerful. They may have been forgotten by some, but not Mr. Smith. I glanced over to Dad, nodded, and he smiled. We both knew this was going to be incredible.

The author, and boat builder, paddling on Canadice Lake in the completed cedar canvas canoe.

The Build Begins

Dad and I show up early in the morning. The shop is warm, smokey, inviting. Mr. Smith and his dog Teaks greet us. Right away we are at work, sanding white cedar ribs that have already been planed to 5/16th thickness. We need 36 of them and we do a few more just in case we break some. This white cedar comes from the Adirondacks and is a traditional material.

You should know that Mr. Smith has already placed the stems and inwales on the form. The stems are pre-shaped on a jig. They are of white ash, a strong and flexible wood. He steamed them to help the wood take the strong shape of the curved bow and stern. The inwales, also of white ash, follow the upper edges of the canoe. They will be softly shaped and comfortable to the hand. The form is what I build the canoe around. It is beautiful by itself and without it the building of my canoe would be much more difficult. The Native American birch bark canoes were built without forms. Instead, they were constructed on the ground, beginning with the outer most layer, then stems and inwales, planking, and finishing with the ribs and outwales. White Cedar was the chosen material for ribs, planking, inwales, outwales and stems. The American white or paper birch bark was used for the canoe's outer layer.

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The Light Lens

Rising from the Ashes

By T. Touris



Over the past several years we've witnessed the ash trees in our valley succumb to the Emerald Ash Borer. We helplessly watched as the trees in the low-lying wetlands became bark-shedding skeletons; all the while knowing it wouldn't be long before the majestic trees that reflect off of our pond would soon follow. Sadly, that time arrived this past year. These gentle giants deserved a better fate than the quick and violent application of the chainsaw. It's cold comfort to think about the warm heat they'll provide next winter.

But hope springs eternal. Ash are one of those trees, perhaps considered a weed tree, that stubbornly send out new shoots from their stumps. There are ash colonies in the United Kingdom that have been providing firewood and other woodland products for centuries. Every 10 to 12 years these shoots, which grow to five or six inches in diameter, are sustainably harvested (coppiced), with the old stump sending out new shoots the next year.

We are going to do our best to keep some of these ashes around, with the hope that in the future nature will find a way to ease their plight. In the meantime, we'll also be planting some birch, maple and oak friends to keep them company. Despite the quick demise of the ash trees, it's heartening to view aerial photos from just 60 years ago that show the area as cleared farmland. We're looking forward to watching and taking a small part in the next chapter of life in this beautiful valley.

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.*

Bee Lines

A Note to Fellow Beekeepers

By Sam Hall



Dear Fellow Beekeepers,

I'm 86 this year and have been told that, due to the coronavirus, I should not see or be near anyone. Hopefully that does not include bees.

The honey bees actually practice what we are doing now, in a way. If a single bee is ill or gets sick in the hive, it leaves so the rest of the hive avoids the illness. You might look at it as a form of quarantining. I hate that the virus is affecting almost every aspect of my daily life. Looking back there are no exact comparisons, but there have been similar times.

In the 1940s, there was polio. I was young then, and we were told that young people should not gather in large groups. The Salk vaccine was a few years away. We lived on a farm in Allegany County, and, other than family and a few people on neighboring farms, we saw no one. My sister Wilma, a few years older than me, caught the disease. She spent several months in the hospital in Buffalo but did not have to go into an iron lung. She did survive; note that I did not say recovered. She was left wearing a brace on her right leg for the rest of her life.

She passed away in 2016 at the same age as I am now.

It is wise to be concerned about the coronavirus, but do not let that concern turn to fear. If it does, then already it will have won. I did not sit down here to write about the virus but totally ignoring it did not seem to work. Now I want to talk about honey bees.

I believe there are still some nucs (nucleus colonies; a great way to begin with bees) available through the Ontario Finger Lakes Beekeepers Association, a group I have been active with for many years. It is a great source of information and support, especially for those new to beekeeping. www.ontariocountybeekeepers.org/ for additional information.

The end of March has passed, so I feel I can safely say that I have at the farm 11 survivors out of 12 going into the winter. That is the best survival rate I have had since Varroa came on the scene. I can't single out any one factor that I changed, but I believe that there were three things that helped.

First, I became more conscientious about doing mite counts. In my

#4 colony on 8/24/19, I had 13 mites in about 300 bees. I treated with Mite-Away strips. #4 is still with us and may be strong enough later to split. Toward the end of September, I got a new supply of MiteAway from Ben and in October treated all of my colonies prophylactically, in the hopes of knocking the proverbial s...t out of the mites before the winter clustering started.

Second, I fed starting on 12/9/19. I used candy boards, and also in some cases, as a trial, I used gallon bucket feeders right over the center hole in the inner cover, so that the bees would not have to break cluster to get to the syrup. The syrup was 2:1 sugar to water.

Third, the colonies that were not secluded I wrapped or tried the "Bee Cozy" on. The winter wind at the farm is fierce and icy.

Also, the winter was somewhat mild, and we did not get the two consecutive weeks of really cold weather in February as we usually do.

My bees are active and out any day that the temp gets into the low 40s and there is no rain. They are all bringing in pollen, which, of course, means they are raising brood. If you have a

two-deep colony, the bees will be in the top super at this time. I do not favor putting the top super on the bottom at this time. Others do not agree on this. My reason is that the larvae and developing larvae are warmer in the top box than on the bottom, where they will be exposed to cooler temperatures. It is bad enough in the top super when there are not enough bees to cover the new brood and the temperature drops suddenly. Sometimes in that case there will be dead larvae on the landing board as the bees clean up. Perhaps later, if the bees do not start using the bottom super, reversing supers should be considered.

My dog Troy is now 15 years old and has a blown-out ACL on his right rear leg. Surgery at his age is out of the question. I help him up the ramp into the truck using a strap under his waist near his hips, which are arthritic. We still manage to do 3 to 4 miles a day on the back-farm roads in Gorham. We amble rather than walk, but we are moving forward. That is what I hope all of you are doing too.

The weeping willow trees at the farm are in bloom and the bees love them. I can hear the trees from several feet away.

Hope your bees are doing well and you are too.

Sam



How many honey bees on the crocuses?

D. E. Bentley

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."*

Finding Time for Meaningful Moments

A friend gave me a book about owls as a gift for New Year 2020. The book came with a daily planner, which I decided to use as a place to scribble a rapid summary of the days gone by. (And I do mean scribble, as I often remember this task after taking off and setting aside my reading glasses, in the last hours of wakefulness.) In the daily life shifts and pauses that have dominated our lives in the past couple months, I have found that, despite losing days here and there as (usually when it happens) Thursday blends into Friday, the recent staying at home regiment has also brought about some patterns of order into my usually hectic and scattered schedule. Before Covid-19, I had scheduled interviews and meetings at various times, while sandwiching other aspects of my editorial duties (and daily life responsibilities) around these. Although a day lacking routine might appear liberating on the surface, this lack of daily regimentation resulted in an almost constant eye on the calendar—such that I was always at “work”—and a degree of media overload. Beyond hygiene and evening reprieve, there were no set time blocks. This resulted in a tendency to roll into the next “must do” as soon as one task was completed.

Lately, instead, I have been finding patterns emerging, and have been deliberately creating structure around waking hours. There are still variations—and there is no way that everything I wish to fit in can be squeezed into a 24-hour period, no matter how relative time is—but a sequence of creative set-aside time has developed.

After breakfast, for ourselves and the canine companions, and a short jaunt outside to free the chickens from a night of being cooped up (and, if warm and welcoming weather abounds, a stroll around the pond) the routine is set in motion. This begins with morning writing time in our small upstairs library area, on my laptop, Internet free, and away from my office—which is located in a separate building. This writing time is reserved for creative writing, most recently the editing of a collection of connected short stories. This morphs into time at work, in segments both before and after lunch (which is usually shared, now, with my husband, who has been working from home). After I have responded to emails, attended to layout, and worked up advertising for customers, I finish up with a bit of controlled social media time and leave work behind.

A quick side note on this concentration of editorial work hours in the afternoon and early evening. I used to return many nights to work in the evening, after dinner. A mumbled, “I am just going to do a quick email check,” and a closing of the door could, at these times, lead to an extended period of late nights sucked into the machine. I know many are likely finding themselves looking into the virtual void more frequently (due to work tasks, concerns for friends and family on the other side of the screen, or sheer boredom). Thankfully, this has not been my fate. Furthermore, this lack of nighttime diversion has led to greater work time productivity, as I settle into work-related tasks refreshed and with increased focus.

Rather than a rush to create or a return home for a bite than back to work, my evening time has become more predictable. After dinner I head back to the library and settle into enjoyable pursuits. This has included picking up a flute (which had been, for years, set aside and unused) to work through old lesson books (circa mid-1970s). (My husband says this time is soothing for him; I have a difficult time imagining that being the case right now.) This is followed by leisurely reading or some artistic side project. Lately, it has also meant a bit of a Mad Men binge, as I explore this series. As with all days, sleep triumphs and dreams ensue (a bit darker in nature, as of late, I must admit).

Before turning out the light, I quickly jot down a summary in the owl calendar, cementing the day in ink for some future read (provided I can read my own handwriting). I am always multi-directional, and there are many things left out that I have just not found the time to fit in. As with most people, work tasks still dominate a large portion of my day and take away from other things I want to be doing. Schedules for me are also seasonal constructs, with gardening and beekeeping absorbing more time as days get longer and warmer, as spring (hopefully!) slides into a summer. There are other lost arts looking to be rediscovered and new arts worth learning that I may still try to sandwich in, before exuberance yields to exhaustion. In the meantime, despite the social, emotional and, yes, significant economic obstacles that are changing our lives—all of our lives—I am embracing the challenges imposed by Covid-19. They are rattling the chains of daily routines, compelling me to lose track of time while finding time to make moments more meaningful.

D.E. Bentley,
Editor, *Owl Light News*

One day, while looking out across Canadice Lake...



Communities Need Their Newspapers, and Newspapers Need Their Community

From afar, the COVID-19 pandemic is generating news of such terrifying magnitude that it is nearly too overwhelming to comprehend. Millions are suffering and thousands are dying. Economies are collapsing. The world seems out of control.

That's the big picture, which you can learn about from innumerable print, web and broadcast news outlets.

But it's in the pages of local newspapers that this terrible news hits home.

Through stories of sickness and of death, of brave healthcare workers and struggling small business owners, local journalists are documenting their communities.

In hard-hit New York City, dozens of local newspapers are chronicling the challenges neighborhood by neighborhood. As the virus spreads beyond metropolitan New York, the chronicling extends, paper by paper.

In each, above all are the stories of the lives that have been lost, touching tributes to much loved grandfathers and grandmothers, principals and store clerks, police officers and nurses.

Next come the stories of isolation and loss as the life of a community is put on hold: Funerals, weddings, Little League baseball, high school proms, senior citizen trips and college graduations. The list goes on and on.

Finally come the tales of generosity and hope, of thousands of rainbows hung in windows and drawn in chalk on sidewalks, of food drives for the afflicted, of music and art and of the million small kindnesses of one person to another.

Years from now, these stories will be part of the historical record of this pandemic. Right now, however, they serve a far greater purpose: They are helping communities come together to mourn, to support and to hope. To eventually go forward and heal, we first need to understand what is happening to the people we know and the businesses we rely on.

Local newspapers are also where many stories begin. Here you'll learn about upstate dairy farmers forced to dump milk, how Finger Lakes wineries are adapting to the shutdown, the slow startup to the federal small business stimulus program on the East End of Long Island, the re-tooling of a Granville slate company to make face shields for healthcare workers and efforts to safeguard our food supply chain by protecting farmland.

These are the stories that set local newspapers apart from anything you'll see and read via bigger outlets. Each paper is telling its community's unique set of stories about death and heroism and struggle. And for communities in crisis, this personalization is key to grappling with this pandemic.

There are practical benefits as well. In times of crisis, local newspapers have long been a clearinghouse of essential information such as phone numbers, emergency food distribution plans, road closures and boil water orders. Nowadays, with much of this information scattered online, newspapers are adapting and collating. Take The Daily News and Livingston County News in Batavia, for example. They've established a COVID-19 Community Support Map pinpointing locations of blood drives, food pickup spots and medical services. The map quickly became the most popular feature on the paper's website.

All of this is how local newspapers bring communities together. It's just one reason they're so important. While their watchdog role in sustaining our democracy will always be paramount, and one that's become a crucial part of the ongoing story, this shared commitment to community is shining right now.

Local newspapers care - always have and always will. It's what sets them apart from all other media, even Facebook. They will be at the zoning board meeting you care about, at your Fourth of July parade and your high school graduation. They will write about the kindergarten class trip to the pumpkin farm as well as the school budget, food banks for the hungry as well as which takeout joint has the best burgers.

They've been around so long it's easy to take them for granted. But they are in danger, especially now that local businesses that provide crucial advertising revenue have closed.

There's a lot of news you can access for free. Many local newspapers have even temporarily dropped their paywalls on their virus-related content. The gesture reflects their mission to go above and beyond to serve their communities in a time of crisis.

But news really isn't free. It's costly to produce. Reporters, photographers, editors, printers, advertising representatives and support staff deserve and need a paycheck for the work they do. To do that, newspapers need the people in those Fourth of July parades and at those school board meetings to subscribe. Now, more than ever, they need their communities.

Judy Patrick
Vice president for editorial development,
New York Press Association

We welcome varied views from our readers.

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Please include your mailing address and any other pertinent information.

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From the News Room

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Canadice Press will be publishing a literary journal—out in 2020. Submissions NOW OPEN until Midnight on June 1st, 2020. See additional information on page 13, and full guidelines at <https://www.owllightnews.com/owl-light-literary-2020-submissions-open-april-1/>.

New this issue...Owl Light readers' very own crossword puzzle, created by George Urich. It's on page 16!

Something for young—and young at heart—readers.

Mary Drake, who offers us “The Monthly Read,” continues her young adult fantasy story, *Where the Path Leads*.

A starter paragraph for new chapters will be found on page 14 each month, below her monthly review. Chapters will continue online at OwlLightNews.com/Where-the-Path-Leads. Although written with the young adult reader in mind, this story can be enjoyed by anyone who enjoys fantasy, and wants to come along on the journey to see where the path leads.

Homestead Gardener will be back in June.

Owl Light News pages fill up FAST! Send content/inquiries/advertising inquiries to Editor@CanadicePress.com.

Advertising rates can be found at, www.owllightnews.com/owl-advertising/. The deadline for consideration for new content is the 10th of the month prior to publication.

Calendar items (for community events) may be entered for free online at: www.owllightnews.com/events/. If you have a cancellation on a previously added event, please email us at editor@canadicepress.com or message us on [fb@CanadicePress](https://www.facebook.com/CanadicePress).

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Public Deliberation

Conversation Through Collaboration

One Issue at a Time *Opinion by D. E. Bentley*

Gaining adequate understanding of important issues—to develop independently-informed opinions, and act on them—is overwhelming for many citizens in this era of social media overload. Deliberation, that is, arguing (used nicely here)—once viewed as a constructive initial step in human problem-solving—is being viewed increasingly through a distorted lens of mistrust. Rational sharing, and systematic analysis and sorting of ideas has been superseded by increased polarization in many aspects of our lives—most noticeably in political spheres. This is evidenced, in part, by the growth in popularity of far left, and far right, factions. On opposing sides of a virtual tug-of-war, these polar entities use political monies to perpetuate a social media-based battle of wills—amid a tsunami of confusing, if not blatantly misleading, information. The potential outcome of these battles for influence, wealth, and status are reminiscent of the childhood game by the same name; one side ultimately gets pulled into the mud puddle. Unlike the game of childhood fun and mayhem, in the case of politics there is much at stake; less gets done when politicians are unwilling to work together for the common good.

The result is often more polarization, apolitical blues, and apathy on the part of constituents. New York—where our home and business (Canadice Press) are located—is a “Blue” state (there we go again, classifying), although the rural regions most served by *Owl Light News*, our core publication, have large pockets of “Red.” We are a state of diversity; this includes people with diverse political affiliations. Our rural regions are also less populated. This results in greater reliance on online sources for information and communication, at least in areas where the technology has caught up with the reality of modern communication. (Our office just got high speed in 2019.) Increased access to information can be liberating. It can also narrow perspectives. This media tunnel vision can generate fear and misunderstandings that dead-end conversation, and lessen local, community-based action, around issues.

A March 2019 poll by Hart Research Associates*—for NBC News and the Wall Street Journal—found that 57% of Americans polled believed that social media does more to divide the country than unite it. An even greater percentage, 82%, believed that social media wasted time. Still, most of those polled believed that the companies driving the social media machine should remain as private entities—while offering safeguards to better protect our personal information. Nonetheless, during these unprecedented times people are turning to social media for information and entertainment more than ever before. We are also moving ever further away from the in-person dialogue that can help people find common ground.

Print newspapers of note have long served as sounding boards for divergent points of view. As print moves increasingly toward digital, all media sources have an opportunity, and a responsibility, to provide information that fosters innovative change—that contributes to rather than detracts from the Commons (that is, our shared human legacy). As editor of a small, regional independent press in “upstate” New York (another somewhat misleading label), I have endeavored to increase levels of public commentary and engagement by offering multiple perspective on a wide range of regional and national issues. With argument and debate getting bad raps, as divisive rather than solution-oriented, people are increasingly hesitant about expressing their views publicly. Initially in our pages, when views were shared and published—even when placed as opinion pieces under a “From our Readers” heading or with “Opinion” included as part of the by line, people often read these as *the* view rather than *one view among many*. This perspective increases the likelihood that readers might reject outright ideas contrary to their group’s trending views (groups which individuals have, out of the need for simplification, designated as their own). They then respond with anger or, worse yet, in my opinion, do not respond at all. Varying perspectives offer opportunities for greater understanding, and this is something that we want to foster.

I recently had a lengthy conversation with a subscriber who wanted to see more “positive news” ongoing on our pages. I struggled with this inquiry, as we strive to be positive in every issue. The difference between her perspective and mine was, I believe, related to our interpretations of positive. She (like so many people right now, understandably) was looking for positive stories; an enjoyable read that simplifies life and reduces stress in an increasingly complex world. In contrast, I perceived positive as providing information that increases dialogue and provides avenues for constructive community change—an editorial activism that I believe to be not only important, but part of my responsibility as a purveyor of information...as a media source. These two thoughts share many overlapping commonalities. We need to simplify (and relax) to get back to really talking about the things we need to talk about. We need to hear success stories, positive news stories, that help us believe that change is possible. We also need to have exposure to and listen to a multitude of perspectives.

Creating and engaging in dialogue around complex topics—to focus in on complex issues—is more challenging than simply choosing a side. Despite the inherent challenges, there are ways of creating constructive conversations that foster change. In December 2018, we partnered with Doug Garnar from the SUNY Broome Community College Center for Civic Engagement. Garnar also serves as an ambassador for the non-partisan National Issues Forums Institute (NIFI.org), which has, with the support of the Kettering Foundation

Continued on page 6

Pathways to Democracy

Health Care: How Can We Bring Costs Down While Getting the Care We Need

By Doug Garnar



In late 2019 USA Today, Public Agenda and the Kettering Foundation formed a partnership entitled “Hidden Common Ground”. Using public deliberation the goal is to offer throughout 2020 four forums focusing on our toxic political culture, the American health care system, the debate over immigration and the economy. These forums will be run all throughout the country and the expectation is that there may be more “common ground” among our citizenry than the media might lead one to believe regarding these contentious issues.

By mid-March the Covid-19 pandemic began to become the top issue in America. Suddenly names like Dr. Fauci were constantly before us on a daily basis along with graphs/charts showing the spread of the virus and the need to flatten the curve by social distancing and getting tested if one were experiencing symptoms. Daily news conferences held by governors, county executives and the President have captured the public attention on a level not seen since 9/11.

Since the emergence of agricultural societies and global trade there have been numerous pandemics claiming the lives of millions of people. The Black Death (1348-50) killed some 200 million and continued to reoccur until the 18th century. Small pox and related infections wiped out in the first 100 years of the European expansion into the “New World” 90% of the indigenous peoples. More recently cholera outbreaks in the 19th century claimed a million lives. In the 20th century the Spanish Flu destroyed some 40-50 million people and finally the HIV/AIDs pandemic killed 20-35 million.

Today’s current pandemic suggests that even the most successful healthcare systems are vulnerable and that the largest number of those who become sick and die come from economically disadvantaged minorities. I feel we need to have some historical sense of pandemics, especially as we deliberate how to offer a health care system that meets the basic needs of all our citizens. Incidentally, public polling suggests that of all the issues which worry Americans, health care is at the top the list.



Consider the following approaches we might take to improve our health care system:

OPTION 1: ENSURE HEALTH CARE FOR ALL

This approach argues that all Americans deserve health care as a basic human right and the fairest way is to create a government health care insurance program similar to Medicare.

Action 1: Immediately move all 28 million currently uninsured into a Medicare for All program.

Action 2: Move people from private and job-based insurance onto the government program.

Action 3: Use government’s purchasing power to make hospitals, doctors and drug companies drop prices and keep them down.

Action 4: Outlaw astronomical jury awards for malpractice.

Questions for deliberation:

- Do you think the government would do a better job than private insurers do now? Why or why not?
- Moving from our current system of a combination of private and public insurance to a single public payer system for all would be a major change. For instance, many jobs in the insurance industry would be lost. What other kinds of unintended consequences should we worry about?
- We already provide care for people who can’t pay at the nation’s “public hospitals and clinics.” Do we need to do more?

OPTION 2: BUILD ON WHAT WE HAVE

This approach recognizes that some of the features of the Affordable Care Act are very popular with the general public but not all. So should we build on the popular features to make it more successful?

Action 1: Expand Medicaid in every state to cover working people without insurance as well as the very poor.

Action 2: Require everyone to have health insurance so it will be more affordable overall.

Action 3: Emphasize prevention, which would encourage personal responsibility and lower costs by reducing the need for more expensive specialists’ care and prescription drugs.

Questions for deliberation:

- Should people have the right to go without insurance even if this drives up the costs for sicker and older people? What should be the consequence for uninsured people who suffer a serious injury or illness?
- While most people like the idea of prevention will it really help drive down medical costs if we keep the same complex health-care and insurance system we now have?
- What do we owe people who choose costly medical care near the end of life even when doctors say such extraordinary procedures are unlikely to succeed?

OPTION 3: LET PEOPLE MAKE THEIR OWN CHOICES

This approach argues that Americans should be able to make their own health care choices and find the plan that best suits their needs. Taking more personal responsibility by choosing high-deductible plans or fewer covered courses can even lead to savings by spurring individuals to choose their doctors and providers more carefully.

Action 1: Make insurance more affordable by allowing people to buy plans that offer few benefits.

Action 2: Require hospitals, doctors and drug companies to clearly show prices.

Action 3: Allow companies to give workers tax-free money to buy health-care plans on their own in place of a company plan.

Action 4: Increase tax breaks for people who want to put money into health savings accounts.

Questions for deliberation:

- How realistic is it to expect people to shop around for insurance plans? Are most insurers clear about what they cover and what should happen if they are not?
 - Do people have the knowledge to choose wisely among doctors and hospitals? Is it fair to ask people facing life-threatening situations to carefully weigh costs?
 - Is it fair to require healthy people to buy coverage they do not need?
- Experts say that if healthy people are not required to buy health insurance it means the costs for sicker and older people will rise

As with all NIF deliberative forums, for each action the issue book contains an alternative point of view. This allows the participant to understand that virtually all actions/counter actions result in a “trade-off” tension. Trade-offs are a key feature in a democracy where there no real perfect answers/solutions.

The current pandemic has in the opinion of this writer forced the citizenry to examine with a more critical eye what our nation’s health care system should be even in more normal times, let alone in a time such as today. We also need to examine what the Federal, state, local governments as well as private and public hospitals need to do to prepare for future epidemics/pandemics. Like the Great Depression and FDR’s New Deal, today’s pandemic may lead to some fundamental changes in our health care system. Deliberative democracy offers the citizen an opportunity to have their voices heard.

Readers with questions are encouraged to contact the National Issues Forums Institute at nifi.org or Professor Doug Garnar at sunybroome.edu.

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.

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Public Deliberation

(Kettering.org), worked since the late 1970s to promote a more constructive type of civic conversation called “Public Deliberation.”

The underlying principal is to name and frame a public policy issue not as a debate, but rather as a conversation. In these deliberations, at least three-five ways of looking at a problem are examined in small groups of fifteen to twenty citizens with a moderator. All have equal voice, and a note taker captures the main points each participant makes. At the closure of the deliberation, the moderator has the participants explore where there is “common ground.”

Doug Garnar’s role with *Owl Light News* has included the writing of a monthly column titled “Pathways to Democracy,” in which he highlights a range of perspectives (or resources) on topics, often using NIFI-created frameworks. The collaboration includes our publication of content relevant to our region paired with related National Issues Forum frameworks, giving our readership a more comprehensive understanding of the issues being discussed. Gun laws are one major issue that we have been able to collectively shed light on collaboratively. Gun control is a hot button issue in our region, with “Repeal the Safe Act” signs a common roadside sight. Many of the surrounding communities have hunted these lands for generations. *Owl Light’s* April and May 2019 editions included “Gun Laws in NYS” by Len Geller, an in-depth overview of this regional issue. Garnar offered readers in the April issue a NIF framework, “How to Prevent Mass Shootings in Our Communities.” This provides one example of how Garnar’s contributions and collaboration with Canadice Press has increased community involvement around local issues. Following this print overview and framework, a subsequent article was submitted by a local woman hunter. We shared her article, in print and online, in October 2019, just as deer hunting was getting underway in New York State. She offered a personal perspective that touched on bow hunting as an experience that enriched her life and increased her respect for forest creatures and the natural environment while helping to feed her family—themes common to many people who reside in this area of the state. In June of 2019, we paired an article about locally based recycling innovators, “Here, There, Everywhere: The Future of Recycling,” by Derrick Gentry with a NIFI deliberation framework on “Climate Choices.” In response to this, readers offered related opinion pieces, including “Saving Our Farmland...and Forest” by *Owl Light* readers David and Cecelia Deuel.

This increased community engagement has continued, as fears around sharing are replaced with trust, and a more open dialogue on our pages. In our April issue Doug Garnar offered an overview of the “Land of Plenty” NIF framework. Our lead article was “Water Warriors,” about a local environmental group—Seneca Lake Guardians—who have been instrumental in helping to safeguard Finger Lakes’ communities through sustainable land use, including a successful community initiative to stop the lakeside storage of gas and fracking wastes from Pennsylvania, and the placement of a trash incinerator within miles of a public school. In our May 2020 *Owl Light News* issue, the framework explores healthcare, at a time when this is foremost in our thoughts and trending heavily on social media networking sites.

What makes deliberation effective as a community problem-solving model is the use of multiple perspectives to frame issues and the inclusion of many individuals with diverse views. This lessens the us vs. them mentality inherent in two-sided discussions. It also puts the power of change under the control of people, at the community level. Yes, we have our differences; this is a good thing. There are commonalities as well, that can offer us avenues for positive change. Most Americans wish to live in safe and secure neighborhoods. We want jobs to meet our basic needs, quality education for our children, that offers them a hopeful future. On a global level, we all need clean air, water, and soil (the basis of all life). Public deliberation offers us a way to move forward, a “pathway to democracy” that can create the kind of communities we wish to be a part of, and a future for our children, a voice at a time.



*www.documentcloud.org/documents/5794861-19093-NBCWSJ-March-Poll-4-5-19-Release.html

Learning More to Do More

The NIFI does not convene or control forums; these are initiated by communities as part of a grassroots approach to exploring and seeking regional solutions to complex social issues.

NIFI has created dozens of deliberation issue pamphlets on a wide range of public policy issues. Recent pamphlets have dealt with immigration, climate choices, the opioid epidemic, safety/gun violence concerns, Federal budget priorities, mental illness, bullying, and energy choices. Communities can also develop their own public deliberation issue pamphlets.

Consider joining the movement to promote public deliberation as a way of revitalizing our democracy.

Anyone interested in learning more about public deliberation, or in learning how to name and frame an issue, can contact Doug Garnar (garnardc@sunybroome.edu).

To learn about upcoming “Common Ground” deliberations just go to NIFI.org. They also host an online version of public deliberation called “Common Ground.” www.nifi.org/en/cga-online-forums.

You can also watch for additional issue and deliberation pairings in future issues of *Owl Light News*.

Concerned Citizens Unite in Mission to Avert a Sewer Sludge Facility

Butler, NY- A group of individuals have joined forces and established Concerned Citizens of Butler and Beyond (CCofBB) as they strive to avert the plan to transport sewage sludge to a rural Upstate, NY community from New York City and the surrounding boroughs. The intended facility, proposed by Riccelli Enterprises and Tully Environmental, would bring 350 tons of sewage sludge to the area every day, with disastrous results for farmers, residents, businesses, and nearby wildlife, especially considering the intention to use the toxic end product for land application throughout the community.

CCofBB and its members “have continued to gather knowledge, resources, and support as we mount an all-out offensive against a facility that would be detrimental to the health, safety, and welfare of our people and the very character of our small, rural community, including the businesses that depend on the pristine environment we now enjoy,” says Kristina Mastrangelo-Gasowski, Vice President of the grassroots organization. They have even retained legal representation through Knauf Shaw, LLP, the most highly-recommended environmental attorneys in the area.

Under the guise of the “Butler Composting Project”, Tully and Riccelli have submitted an application for a special use permit. They have put the project on hold, however, to reevaluate structural details and operational costs after hundreds of area residents showed up to present a vast array of questions and concerns about the project relating to offensive odors, allergens, and toxins released into the air, increased truck traffic, a decline in property values, contamination of the local well system and nearby Lake Ontario, destruction of agriculture, and a host of other negative environmental impacts. There is undeniable evidence that this project would destroy the community character, pose serious health risks for residents, and have far-reaching environmental outcomes such as the ones currently being seen in Vermont.

Elevated levels of PFAS, a class of compounds called “forever chemicals” that can have devastating health consequences and are also known human carcinogens, have recently been detected on Vermont farms where land application of this “biosolid” or “compost” has taken place. The pseudonym conceals the fact that toxic material that contaminates the groundwater has been used in a dangerous manner since current EPA regulations neglect to test for the thousands of chemicals that remain in the material after processing.

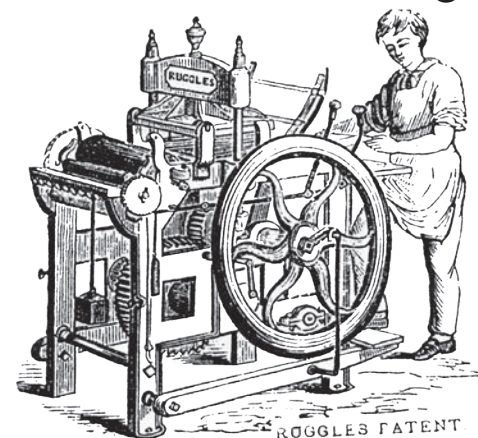
In an effort to avoid this kind of damage to Butler and surrounding areas, CCofBB has made it their mission to combat the proposal before it gets underway. Tom Mettler, President of this group of concerned citizens says, “we have been shocked and overwhelmed by the generosity of other organizations that have reached out to us to offer financial assistance, advice, and resources, and to join us in our efforts to protect the future of the area.”

A new website created by Annie Immerman is devoted to keeping everyone informed and updated. “This creates a streamlined approach to educating others about the situation while also giving them the opportunity to join us in taking a stand against the risk of contamination.”

Butler residents and anyone else concerned about the continued onslaught of garbage and sewage being trucked into the Upstate NY region for disposal are encouraged to visit www.ccofbb.com to complete a membership application, submit membership fees or donations, and prepare themselves to join Concerned Citizens of Butler and Beyond in their mission to protect the region. Questions or comments can also be sent to ccoofbb2020@gmail.com. Mastrangelo-Gasowski reminds others that “it is imperative to stay informed and prepared to unite accordingly when Tully Environmental makes an attempt to move forward with this dangerous process.”

Submitted by Concerned Citizens of Butler and Beyond (CCofBB)

PRINT



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The Night Sky

Five planets dominate the May skies

By Dee Sharples



Stars in View too! Look Due South to locate Spica and Arcturus

The planet Mars can be seen in the early morning sky rising before the Sun, but it's not a very impressive sight. It shines at only magnitude 0.2, looking like a not-so-bright star in the southeast, but with a reddish hue. Jupiter, which is much brighter at magnitude -2.4, will lead you to the area where Mars and dim Saturn can be found.

But since we began sending spacecraft to explore this fourth planet from the Sun and landing rovers on its surface, this cold, dry, dusty, apparently lifeless planet, has proven to be very impressive!

Similar to Earth in many respects, Mars is only half our size, its day is 24.6 hours long, and its year is 687 Earth-days. It experiences seasons like Earth but with its elliptical, egg-shaped orbit around the Sun, some seasons are longer than others, unlike Earth's which are almost equal.

Mars has a canyon system called Valles Marineris which is so long it would stretch from New York to California and is 10 times the size of the Grand Canyon. It also has the largest volcano in our solar system. Olympus Mons is almost three times taller than Mt. Everest and approximately the same size as the state of Arizona.

Scientific data and features on the surface returned by spacecraft sent to explore the

planet appear to confirm that Mars experienced a huge flood 3.5 billion years ago. Mars still has water today in the form of water ice in and under the polar ice caps and briny water which flows down hills in certain seasons as seen in photographs.

The atmosphere on Mars is very thin, and because of this it's unable to hold the Sun's heat. Temperatures on Mars can reach a high of 70 under limited conditions or as low as -225 degrees Fahrenheit.

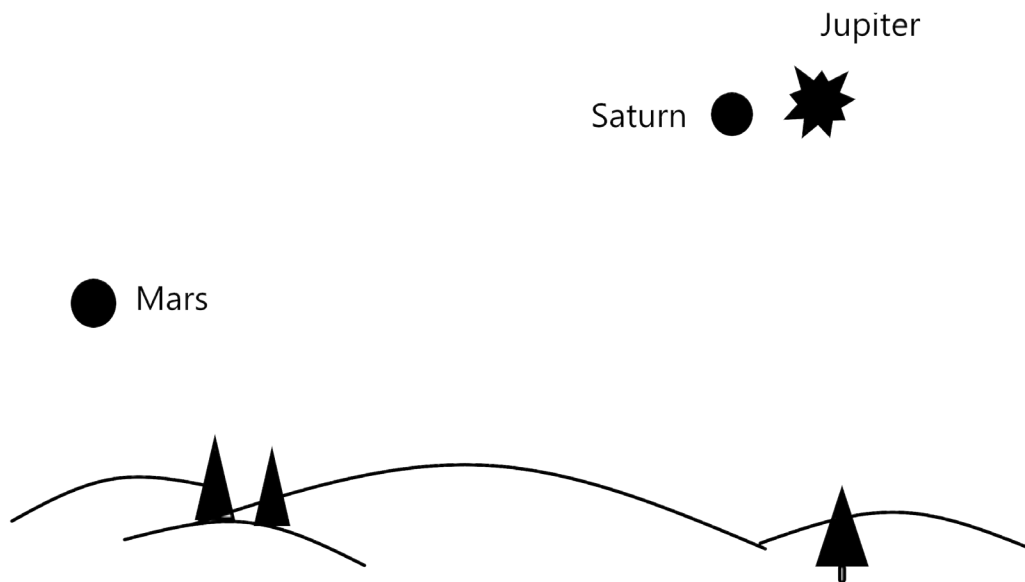
A few years ago winds on Mars created a dust storm so huge it covered almost the entire planet and took months to clear from the atmosphere.

Scientists continue to search for indications that life may have existed on Mars long ago, when it was a much warmer and wetter planet.

Look for the planet Venus shining at a brilliant magnitude -4.7 in the western sky after sunset. The planet Mercury will lie directly under Venus looking like a dim star on May 21.

Around 11:00 PM in mid-May look for the bright star Spica due south, 20 degrees above the horizon. The red supergiant star Arcturus which anchors the constellation Bootes will be higher and to Spica's left. The stars of Bootes resemble a huge kite in the night sky.

May - 5:00 AM
Looking South to Southeast



Illus. Dee Sharples

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: -4.7
- Jupiter: -2.4
- Bright star: 0.0
- Arcturus: 0.0
- Mars: 0.2
- Saturn: 0.5
- Spica: 0.9
- 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°.



Strasenburgh Planetarium

May 2020

Public observing on Saturday nights from the roof of Strasenburgh Planetarium, which would normally resume in April, will be canceled until further notice due to the COVID-19 outbreak.

For updates go to:
www.rochesterastronomy.org/the-strasenburgh-scope/

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.

Medication Drop Box Locations



Bristol
Town Hall

Canandaigua
DMV Office
FLCC (near gym)
Police Department
The Medicine Shoppe
Thompson Hospital (lobby)

Clifton Springs
Hospital & Clinic (lobby)

East Bloomfield
Town Hall

Farmington
State Trooper Barracks

Geneva
Police Station
North Street Pharmacy

Hopewell
Mental Health Clinic
(3019 County Complex Drive)

Naples
Village Hall

Phelps
Community Center

Richmond
Town Hall
CVS Pharmacy

Rushville
Village Hall

Shortsville
Fire Department

Victor
Mead Square Pharmacy

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Seen as One...

I can feel the comfortable heat of the steam as I slide six of the clear shaped ribs carefully into the wooden steam box. They will be surrounded by heat for thirty minutes. The heat softens the long fibers of the cedar allowing us to bend it. After fifteen minutes we'll add another six. In this way we'll have fifteen minute windows to place six ribs. Having some spare time as the cedar warms, I sit in a nearby chair, clear my mind, and prepare for their installation. With each passing minute, I could feel stress accumulating in my body. This boat means so much to me. I want to do my best and avoid mistakes that lead to waste. The White Cedar is here for me to use, but carefully.

"Time," says Mr. Smith. He pulls a steaming hot rib from the box and hands it to Dad. Dad looks at it somewhat puzzled. He has to figure out which way to place it on the form. Each of the ribs is tapered and they each have an arrow at the center point. This helps us figure that out. Dad places the rib beneath the strongback, secures it with a wedge and then carefully, but quickly we both bend or shape the cedar rib to the form. Once the end of the tapered rib contacts the inwale, we clamp it, then try to get a nail in before...

"Time, here comes another one, get on it," says Mr. Smith (with a little chuckle, I might add). And so it goes. We learned that the cedar bends well, but only if you do it quickly while it's hot. Some ribs do fail, the wood fibers unable or unwilling to flex and bend.

Thirty six ribs were shaped around the form and copper ring shank nails, two at each end, hold them firmly to the inwales. (Not exactly what the Indians used. They had to lash nearly every part of the canoe. The lashing was of peeled and split spruce root.) The ribs must adjust to the shape of the form. The Cedar fibers need to rest, relax, dry and accept their new fate. This takes time and then some fairing to take down the high spots.

I adjust my weight, heeling the canoe to one side. I push the boat until the outwales are nearly touching the water, to what's called the point of secondary stability. It's not easy to get past the feeling that the boat is going to flip, and sometimes it does, but once you achieve this stable position the boat can spin like a floating maple leaf. Just touching the water with the paddle makes the canoe begin to spin. And that is what I want.

Heeling the boat lifts the bow and stern out of the water, so now the boat lies on its beautifully rounded side. Can you picture this? I am kneeling in the boat just behind the carved black cherry yoke, the boat is heeled hard to my right side and my paddle is held straight with one hand high, the other at the water. The boat lies in perfectly calm water, with unusually still cattails nearby. From behind comes the distinctive call of the small common yellowthroat. Slow, quiet paddle strokes move the boat through this twisty section of marsh. A pull, then a slight turn of my top hand and the canoe glides peacefully and accurately through the water. A green darter hovers to my left, and then a Red Calico. (I call them Red Calicos, but a more accurate name is Calico Pennant). Both are magnificent in appearance and imposing as predators.

Off in the near distance are tall, deep green hemlock trees, hundreds of feet high, with thick trunks and weather worn branches. They are a small group of old growth hemlock trees, surviving only because they were not accessible to the loggers. I'm glad they are here, but they remind me of human stupidity and greed. Now they are protected, but if they were not they'd be gone too.

I'm leaving the closed in quiet marsh to paddle the more open waters of the lake. I change position in the boat, lessening the heel, allowing it to track. Lifting the paddle from the cool, clear water of the smallest Finger Lake, Canadice, a droplet of water falls to the floor of my canoe. Instead of weakly spreading and disappearing, the droplet's surface tension holds it together. It magnifies the beauty of the cedar planking which reminds me of when Dad and I placed each of those planks.

The planking material we chose is western red cedar. It is a strong alternative to the eastern white cedar that is not so easily available in long lengths. Thick stocks of cedar boards were milled to plank dimensions, 5/32 inches in thickness and 3 1/4 inches wide of various lengths. I carefully select a plank, looking at the grain of the wood, the color, and for blemishes. Then I sand it and lay it along the centerline of the canoe. This first plank must be placed perfectly and is done so by Mr. Smith. It stabilizes the frame (the ribs), making most movement cease. This is the garboard, a guide for the remaining planks.

Some old wash cloths lie soaking in a pot of boiling water on the stove, steam rising, forming small clouds which slowly dissipate in the dusty air. I remove the hot cloths and situate them along the plank. This heats the wood fibers, softening them, and allowing for the radical bending, especially at the bow and stern. The plank is clamped in position and ready for tacking. I begin at the center, placing 5 brass tacks forming an X. The tacks are short, sharp and soft. They push easily through the cedar plank into the rib then clinching over as the tip hits the steel band on the form. We do this all along the form, only leaving the very ends loose to flag. Four full length planks are laid on one side, then the other. Because of the rounded shape of the canoe's bottom and sides the planks form a curve. After the 4th plank is placed, the curve is too severe to continue laying full length boards. So we need to gore. Mr. Smith explains, "Goring is a carving or shaping of the cedar plank to fill in the curve." He shows us how to scribe a line using a home made goring tool. And then as I cut along the scribed line, I feel the wood grain pulling at my knife. A few adjustments with a hand plane and the plank is shaped. I lift it back to the form and place it into position. Almost. A couple more pulls of the plane and it's perfect. What a great feeling. We shape and tack three gore planks on each side of the canoe, swapping roles each gore; and step back to look. I can see the boat.

Continued on back

When you are ready to unpause, Owl Light News is here!

We are a small, local business, so we *do* understand!

Whether you are a client-centered organization or a "Main Street" shop, we are here when you are ready to reopen or expand services in the weeks and months ahead. Please let us know how we can help as you begin to reconnect—in person—with customers and clients, as we all adapt to social and economic changes. Contact me personally at 585-358-1065 or editor@canadicepress.com to discuss your specific needs. We are offering advertisers impacted by Covid-19 a \$50 B&W (1/8th page) ad placement—including ad design. (New ad placements only; \$60 if in color—\$10-15 savings per ad.)

Darlene



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Crafting Your Own Cuisine

Hummus with Vegetable Dippers • Review: *Serving Up the Harvest* by Andrea Chesman

By Eileen Perkins

Hummus is a staple, a quick convenience food in many households. With that history, it's natural to overlook the fact that it offers serious protein right for center plate, and can be assembled from ingredients that can be easily kept for many uses in one's pantry and refrigerator. Homemade hummus is a world apart from store-bought varieties, in terms of freshness, purity, and especially flavor. Make this and you know what's in it—no preservatives, thickeners, or stabilizers. What's more, it can be whipped up in minutes without having to leave home!

The first shoots of asparagus, poking their heads up in the garden, are likely volunteers for pairing with this marvelous, taken-for-granted dip. Serve it with chips or any number of fresh veggies in season, or not. You can also enjoy hummus as a spread in wraps, on sandwiches and, when thinned a bit, it even transitions into a savory, protein-packed sauce for grains and cooked veggies.

“Hummus” (with Eggplant hybrid option, “Baba Ganoush” style)

Gluten free, dairy free and vegan, if appropriate ingredient choice and safe handling procedures are adhered to.

Ingredients

- 2 cups chick peas, drained and rinsed (about a 15 oz. can)
- 1/3 cup tahini
- 2 Tbsp. + 2 tsp lemon juice
- 2 cloves garlic
- 1/4 tsp chipotle pepper, to taste
- 1/2 tsp salt, or to taste
- 2 Tbsp. olive oil
- 1/4 cup fresh parsley, added towards end of processing

If you don't have garbanzo beans, experiment with whichever beans you have on hand, changing the seasonings to your taste. Add a bit of water, if you like your hummus thinner.

Procedure

• Combine all ingredients in food processor until well blended. If using blender, smaller batches work best.

Eggplant Variation

Combine in food processor and blend until smooth:

- 3/4-1 lb. eggplant, broiled or heated over flame of gas stove until blistered on all sides, and then peeled
- 1/3 batch of Hummus from recipe above (you can freeze the remaining hummus if you aren't using it for something else)
- Several well drained pitted Kalamata olives, added towards the end.



Makes three servings, as pictured

Eileen Perkins

Cookbook Review: *Serving Up the Harvest* by Andrea Chesman

Many people are planting gardens now, some for the first time ever. Although it might seem more appropriate to review this book well into the growing season, I decided to go ahead and do so now, both to provide creative fuel for seasoned gardeners seeking fresh ideas for their bounty, and for newbies who need help imagining what might possibly come from their hopeful time digging in the dirt. This down-to-earth book provides a comforting companionship along the way both with the gardening piece of the project and the cooking part.

The subtitle of “*Serving Up the Harvest*” is “Celebrating the Goodness of Fresh Vegetables”, and I say “Hooray, it does!” This book is very readable. The first tenth of the book develops what she considers to be a well-stocked pantry, as well as what's referred to as “Basic Methods” and “Master Recipes”. Following in

the next approximately 400 pages is a development of what can be skillfully done using thirty five garden fresh vegetables. Each vegetable's recipe section includes both gardening tips (in the “Sow and Reap” side bar) and “Kitchen Notes” which sagely speaks with the voice of an experienced cook. At the end of this tome is even some guidance for preserving the harvest, and although brief, it does touch on all bases.

You'll surely find ideas for your favorite veggies here. I especially appreciated the sections devoted to beets, aptly titled “Upbeat About Beets”, and fennel, which she refers to as a “vegetable that deserves more attention.” I, personally, love fennel both for its bulb (great raw and cooked) and for its seeds, dried and waiting in my spice drawer.

This cookbook is for meat eaters and vegetarians alike. There is plenty to choose from for everyone. But make no mistake; vegetables play the starring roll in this collection. “*Serving up the Harvest*” is an older book, which is inexpensively available on line, delivered right to your door. Happy cooking!

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 an' 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.*

A quick note—if you are interested in vegan or omnivore cooking, there are some enjoyable free classes online presented by the “Vegan Chef Institute” in the UK.

The first class offered is on one pot meals.
www.plantbasednews.org/lifestyle/vegan-chef-school-free-daily-cooking-skills-classes-online

Just Plant It: COVID-19 Victory Garden Series Coming May 1, 2020

In the spirit of the World War I and II era Victory Gardens Cornell Cooperative Extension, Ontario County is offering a free online gardening course series that starts May 1st and continues throughout the gardening season.

Our goal is to help you become more self-sufficient and better gardeners. Gardening provides more than food for the table. It gets you outside for some fresh air and exercise and allows you to turn your mind off about the pandemic for a while. There are numerous studies that show gardening reduces blood pressure, depression and anxiety, helps the immune system better ward off disease and improves self-confidence and self-worth. Gardening reconnects you to the soil and the spirits that it holds. Like magic you transverse into a different world when you enter your garden. Gardening provides an opportunity for science exploration for youth and adults. Why when you plant seed do the roots go down and the stem and leaves come up? Do pole beans always grow and climb in a clockwise fashion? Will melons planted next to cucumbers taste like cucumbers? What country did the potato



Open to all Ontario County Adults and Youth. Register by email: ontario@cornell.edu

originate from? Do purple carrots taste better than orange carrots? There is much to learn in a garden and it need not be all work, for there is fun to be had as well. Some friendly competition might be in order. Who grew the biggest beet, who had the first ripe tomato or who had the tallest sunflower?

Whether you are a beginner or a more experienced gardener (youth or adult) you are sure to find this course series helpful. We will be covering a wide range of topics such as garden site selection, soil

preparation and fertility, raised beds and container gardening, vegetable selection, planting plan design, when and how to plant, succession planting, weed management options, strategies for watering, insect and disease pests and options in managing them, harvest tips, composting and more.

Through this course series you will have direct access to our gardening specialist and Homes and Grounds educator, Russell Welser. Throughout the growing season he will help you with any problems you may encounter and answer any of your questions. He will be providing helpful growing tips throughout the gardening season.

So come join us in the spirit of past Victory Gardens by planting your own Covid-19 Victory Garden. To register email ontario@cornell.edu with your name, address and phone number. You can register even after the May 1st start time.

If you are not interested in a course series but would like some gardening resources check out our gardening page on our web site at www.cceontario.org. You can also contact Russell Welser, rw43@cornell.edu with your gardening questions year round.

The best place to turn for information and event updates during these rapidly changing times is online!

www.owllightnews.com

Owl Light News offers free online postings for community events.

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When you are ready to unpause, we are here to help!

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ALL OF OUR SPONSORED SHOWS AT GENESEO RIVIERA HAVE BEEN POSTPONED.

Due to the rapidly changing conditions related to COVID-19, we are posting events online rather than in print ongoing. Updates as they come to us will be posted on [fb@CanadicePress](https://www.facebook.com/CanadicePress) and at OwlLightNews.com. Please contact organizations directly about possible scheduling changes, and to take advantage of the many virtual events and pick up opportunities being offered by creative artists and businesses in New York State.



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 welcome reviews of events /shows that are happening in rural places, suburbs and exhurbs across New York State, where art is driving cultural revolutions outside of cities. We also welcome information about virtual events that are highlighting and driving artistic expression and feeding the masses. 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.

Side Steet Sounds

Isolation's Silver Lining... Time...



By Steve West

If there is a silver lining to the isolation we're all going through right now, it's this: we suddenly have time. In an age where we have been increasingly overscheduled, we're relearning how to slow down and amuse ourselves. Some have learned how to cook or bake from scratch. Others have made a habit of taking daily walks. The projects that have been saved for "someday" are starting to get done.

Working musicians often wish we could find the time to go out and hear other musicians play, but we're usually playing at the same time in different locations so the opportunities to hear one another are few and far between. With most of our gigs cancelled for the foreseeable future, many musicians have taken to live streaming their performances on social media. The main outlets have been Facebook, YouTube, and Instagram. Although it's not the same as performing in front of a live audience, it still gives the musician some opportunity to interact with those who are watching, and it gives the audience watching online the chance to see the music performed without edits and filters. Most performances are preserved when they're finished, so you can go back and watch them again. It has the added bonus of giving us the time to listen to other musicians we might not otherwise be able to see perform.

The organization and ingenuity have been swift and impressive. There have been a number of "virtual open mics" organized online. These are events where several performers agree to play at set times, one after another, to give the effect of an open mic

night. Other webpages have popped up listing scheduled performances. The most prominent in our area is the Facebook group, "Get Your Gig On." It has been online for several years as a project of love by Randy Fluker and Christine Piano Thompson, two music lovers who post a daily list of performances throughout the region. With all live performances cancelled, they have extended their page to listing online live streaming events from local musicians. Randy and Christine receive no compensation for their efforts, other than the deep appreciation of the musicians they help to promote with their publicity.

In an effort to earn some of the money they're losing out on by not having paid gigs, many musicians are setting up virtual tip jars by opening PayPal or Venmo accounts where viewers can make donations if they're in a position to do so. Others are setting up paid performances, where the audience needs a password to access the concert.

Nobody knows what the local music scene will look like in the aftermath of the current health crisis we're all going through. The economic and social fallout will certainly change the ways we gather. The one thing that will always endure is the spirit we have to create beauty. Whether that takes place in person, or in another form remains to be seen, but it will never be muted.

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/*

Farm Equipment Requires Safety Awareness

The arrival of spring brings an increase in farm machinery traveling on our Finger Lakes roadways. "Farmers are considered essential workers during this state of emergency pandemic pause, and that means farm related tractors and agriculture equipment require essential travel to fields and farms to grow crops for food we all depend on," said Yates County Sheriff Ron Spike, "We urge motorists to use caution, slow down as they encounter farm tractors and agriculture equipment on our roadways."

According to U.S. Department of Transportation statistics, 15,000 wrecks involving farm vehicles occur every year in the United States, and 55% of highway deaths take place on rural roads. Spike said that farmers generally pull over to allow cars to pass when safe to do so. Most farm equipment travel less than 25 mph, and exhibit the orange triangle slow moving vehicle (SMV) sign to warn approaching traffic of the slow speed. 80% of all traffic collisions with farm equipment are rear end collisions into the farm equipment due to the approaching vehicles speed to fast for conditions, or following to close. Approaching to fast also applies to a bicycle rider or to the horse and buggy collisions where the buggy also displays the SMV triangle.

"When a motorist comes up behind a slow moving vehicle they must brake for safety and have patience," said Sheriff Spike. "Saving a few moments is not worth the risk of endangering anyone's life by illegal passing, swerving or approaching at high speeds unable to stop because it's important to know that at 55 mph the gap between the motorist and the farm tractor at 15 mph is the length of a football field, and covered in approx. 5 seconds."

Motorist on highways, especially rural roadways, it is not unusual to have to share the road with farm tractors, agriculture equipment, horse drawn buggies, bicycles and other SMV's that lack the safety features motor vehicles provide the motorist.

Venturing Out(side)

These days,
venturing out...



...where creatures are
beginning to wake up and
sample the flowers...

...means venturing into
...our own backyard.



Venturing this way...



and that way...



...as if the world
...was new again!

D. E. Bentley 2020

New "Spotlight Exhibit" features new artwork
by four artists working in a variety of mediums:
oil, watercolor and linocut printmaking

Our doors may be temporarily closed but The Show
must go on ...ONLINE! Online - www.WestEndGallery.net

West End Gallery is excited to announce the opening of its new "Spotlight
Exhibit". The exhibit features new work by four regional artists working
in a variety of mediums. These artists are on the rise! This show allows them
to showcase their talents in the "spotlight". We are pleased to present 2020's
Spotlight Artists:

- Bibi S. Brion of Liberty, PA
- Cynthia Cratsley of Odessa, NY
- Amy Hutto of Bath, NY
- Judy Soprano of Livonia, NY



"Llamas" by Amy Hutto

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contain antiviral and immune-boosting properties
to naturally assist your body into strengthening
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HS Immune-Boosting Package \$100



Calm and supportive of all systems in the body to help boost immune system
for prevention of viral illness.

Package Contains:
Healthy Body Tea 2 oz. Oats, Calendula, Horsetail, Meadowsweet, Cleavers and
Chickweed. The tea is beneficial for your nervous system, lymph system, and
aches and pains. Drink 4 cups a day.

Cordyceps Mushrooms 8 oz. For the immune system. Take 1 tablespoon 1 to 2
times a day.

Strong Immune Tincture 4 oz. Take 1/4 teaspoon 3 times a day, unless you are
feeling poorly, then take 6 times a day.

Japanese Knotweed Tincture 4 oz. Take 1/4 teaspoon 3 times a day, unless you are
feeling poorly, then take 6 times a day.

Propolis Throat Spray. Use 3 times a day.

Mugwort Oil 1 oz. Rub on your lungs and place a hot water bottle (not included)
over top once a day.

HS Deluxe Immune-Boosting Package \$145



Helpful to boost immune system and treat symptoms of virus including fever.

Package Contains:
Calm and Centering Tincture 4 oz. Supportive to the nervous system. Take 1/4
teaspoon 3 times a day or as needed.

Reishi Mushroom Tincture 4 oz. Supportive to the immune system. Take 1/4
teaspoon 3 times a day, or 6 times a day if needed.

Cordyceps Mushroom Tincture 4 oz. Supportive to the immune system. Take 1/4
teaspoon 3 times a day, or 6 times if needed.

Cold & Flu Tincture 4 oz. Good for helping to break a fever. Take 1/4 teaspoon every
hour if you have a fever.

Strong Immune Tincture 4 oz. Helpful to support your immune system. Take 1/4
teaspoon 3 to 6 times a day.

Propolis Throat Spray. Use 3 times a day.

Dragonfly Tales

By Steve Melcher



The Essentials: That's not just dirt under my fingernails.

Folks who think I'm a vegan often ask, "Where do you get your protein?" I answer "I eat plenty of whofoplaba." You can be a vegan and eat Oreos, chips and drink beer. Well, not the old Guinness that formerly used isinglass, a collagen harvested from fish swim bladders used to filter impurities out of the brew. The new Guinness contains and uses no animal products. As a vegan, you have to be conscious that some beers have whey or milk products and some wines use egg whites in their precipitation process. But that's another article. I tell them that by eating whofoplaba, I get plenty of protein. "Where can I get some whofoplaba?", they ask. I answer by quoting Michael Pollan, "Eat food, not too much, mostly plants," and adds, "and stay away from processed foods". Then I am told that you can't make muscle without meat. I refer them to the current medical literature, the movie *Game Changers* and show them a photo of a silverback gorilla who builds some pretty impressive muscles from eating just leaves. And then I'll ask, "Where do you get your fiber?" Meat packs more protein per ounce than veggies but also has zero fiber. Check out any floor of the hospital and you won't find the protein deficiency ward, but you will find plenty of illnesses related to a lack of fiber and poor diet. They may also ask where I get my Vitamin B12. This is a good question for all of us and the answer is interesting. B12 is produced by bacteria found in soil as well as in the guts of animals including humans. The cow you ate didn't make Vitamin B12, that future burger got it from eating plants. Humans used to get plenty of Vitamin B12 from plants, nuts and tubers that were covered with dirt. In that dirt were Vitamin B12 producing bacteria. "You'll eat a peck of dirt before you die," is the old proverb but hardly seems applicable as we shop for sterilized and hermetically sealed vegetables. So, I buy locally grown veggies and take a Vitamin B12 supplement.

"Essential" in medical terms means that we cannot produce it ourselves. We need Vitamins D and B12 but cannot produce them ourselves. We get Vitamin D from the sun and B12 from bacteria. I won't go into the value of a plant-based diet. Many of you are on that journey already and I may share my thoughts in the future. Those of you who have done some reading and research may have become familiar with our own local version of promoting a whole food plant-based diet: Rochester Lifestyle Medicine. Physicians can now become board certified in Lifestyle Medicine. The American Board of Lifestyle Medicine (ABLM) certification is recognized by the American Board of Medical Specialties. One such Doc, a local radiologist, is Ted Barnett who is referred to as the 'High Tech Doc with Low Tech Solutions'. Ted and his group at the Rochester Lifestyle Medicine Institute run several workshops and courses with the goal of introducing folks to a whole foods plant based diet and the value of 'green exercise'. Part of a healthy lifestyle is pretty much what your mom told you when you were a kid: eat your veggies and go outside and play. America is slowly making headway with transitioning to a plant based diet. The realization that Type 2 diabetes and childhood obesity are food-borne illnesses are persuading concerned parents to be more conscious of what their kids are eating at home and at school and steering them away from the local junk food eateries. Adults diagnosed with heart disease are more and more opting for cutting up their own carrots instead of having their chest cut open. So I'll leave what is on your plate to your discretion but I want to discuss another essential part of anyone's diet.

Another "Essential Vitamin" that we are producing here at Odonata Sanctuary is one that is found in sunshine, soil, plants and animals, mud and butterflies. My question to you is, "Where do you get your Vitamin N?" Vitamin N is a term used in early Nature Study literature over 100 years ago. Recently it has become popularized through the writings of Richard Louv whose book, *Last Child in the Woods* urges parents to encourage their kids to spend more time in nature. *Last Child in the Woods* brought together the growing body of research that indicates a direct exposure to nature is essential to a healthy childhood and a lack of exposure will lead to health issues in adulthood. A lack of Vitamin N produces what Louv calls a "Nature-Deficit Disorder" and believes that more exposure to nature would cure many of society's ailments.

Modern humans have become disconnected from nature through our daily activities and this disconnect has had negative consequences in terms of mental and physical health. Proof of this hypothesis lies in studies that show how people with ailments, such as ADHD, anxiety or depression feel better when they spend quality time in nature.

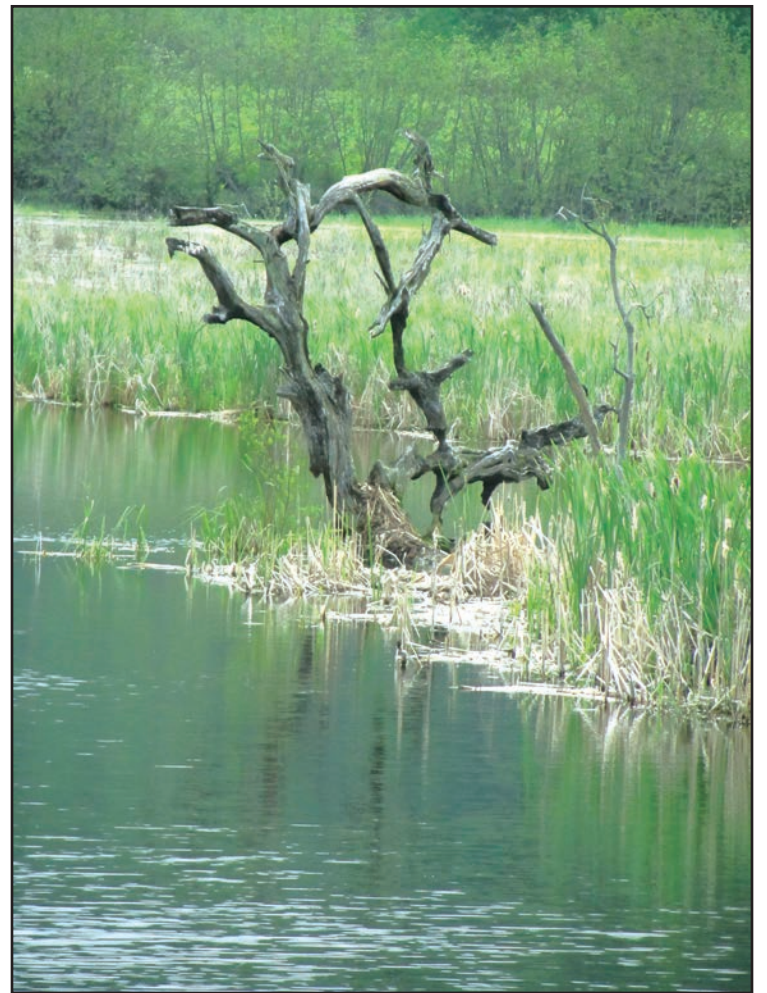
We cannot produce our own Vitamin N but we are fortunate to live in the Finger Lakes of New York where the stuff literally grows on trees. We just have to decide to get 'out of doors' to be exposed to Vitamin N. You can literally step "out of your door" here and become bathed in a forest of phytocines.

Docs have been encouraging folks to attend "retreats" for hundreds of years. In the Han dynasty, physicians encouraged outdoor "frolicking exercises" to ward off aging. Hippocrates called walking "man's best medicine." Tuberculosis patients were sent to mountain retreats and spas here in New York to take in the "magic airs." Today in Japan, "Forest Bathing" has become popular. Shinrin-yoku (forest-bathing), is being prescribed for uptight, stressed out employees of Mitsubishi, Toyota and Honda who are suffering from "digital toxicity."

Humans are intimately connected to the earth. This connection is described in E.O. Wilson's book: *Biophilia*. Ed notes that we thrive when we are surrounded by other life forms and nature in general. This is why we prefer green scenery and may be why we are so obsessed with kitty videos. Psychologists have now developed multiple scales to determine how connected a person is to nature, and how we might be able to increase our connection to our benefit. Connection to nature research is still developing, but early results seem to indicate that how connected to nature you are is related to your environmental behaviors, such as participation in recycling programs and an increase in overall wellness and happiness.

If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in.

Rachel Carson



**Organized Grime: Let's Talk dirty.
Join the Scouts! Hit the Trail!
Find a Nature Club
or Create One!**

We may not agree on how we get our amino acids and essential vitamins but we do agree that without them we could not sustain our good health. Let's talk about ways that you can get some good, old, maybe not so clean, Vitamin N. The American Nature Study Society, which is our oldest environmental education organization, has reams of activities that encourage children and their families to explore nature. These are available online, in journals and books and through the archives of Cornell University. The new school of Nature Study is represented by CCN: Children & Nature Network. Based in North America, the Children & Nature Network has summarized research from academic institutions around the world that indicate a disconnect from nature is a real phenomenon. The world has become concerned about the health of our children. In 2012 the IUCN (International Union for the Conservation of Nature) adopted the resolution that concerns, "A Child's Right to Connect with Nature and to a Healthy Environment". Medically, pediatricians are getting involved with programs like SHINE, (Stay Healthy in Nature Everyday). Physicians are now legally able to prescribe a trip to the park or a walk in the woods. Your pediatrician may write out a script to: "Spend at least 3 hours every month volunteering

Continued on Page 13

Canadice Press will be accepting literary submissions for "Owl Light Literary 2020" beginning 12:01am, April 1, 2020 through 12:01am, June 2, 2020.

The theme (to be interpreted in whatever ways you wish) is Turning Points!



For more information and submission guidelines, go to: www.owllightnews.com/owl-light-literary-2020-submissions-open-april-1/

Non-Essential Fiction by Niles Reddick

Locally, only twenty-two had contracted Covid 19, and in fact, more people had the flu, sinus infections, and STDs, but hopefully those ailments wouldn't kill them. Of the twenty-two, none had died, but nationwide, nearly ten thousand had. Julie felt bad for those in California, New York, Seattle, and other big cities, but she felt her own world in Indiana had been turned topsy-turvy, especially since she couldn't get her nails and hair done.

The Mayor had seen fit to close most businesses and put a spank down on the public, making them stay home. The only way one could get out is if she was an essential employee, or if there was a need for groceries or health care. Even churches had gone online, and Julie meant to watch it, just like she meant to tithe, but she didn't.

Vitamin N... from 12

at Odonata Sanctuary. Refill as needed." You could insist your kids get outside at school when possible and help create and fund a school garden.

Get out in the natural world. Walk, hike, run, cycle, or saunter. A healthy lifestyle is one that comprises a diet of primarily plants with the least possible processing, and a rich association with nature. This will lead to nurturing more positive social and emotional connections with friends, family, juntas, packs and tribes. These interrelationships are becoming more essential now than at any time in the Anthropocene epoch.

We are very fortunate to live in a rural setting where we are close enough to hear an orchestra play Wagner as well as explore some of America's finest wild areas. I want to put in a plug for our local farmers and how much they need our support. By supporting your local farmer, you enable her to pay those ever rising taxes. Imagine if we could pay a farmer, through tax abatements, not to plant corn or soybeans on a few acres. These grains are usually sold for feed to animals trapped in CAFOs (Confined Animal Feeding Operations) somewhere out in the Midwest. Those fields could be growing local foods or providing some Vitamin N for the neighborhood. There were federal programs that actually did incentivize farmers to restore wetlands and ground nesting bird habitat and allow fields to return to forests. The funds for these programs are no longer available, but we can decide in what kind of environment our kids grow up. We can decide there is value in a life rich in nature experiences and resolve to preserve those places through land trusts and tax incentives. We can decide to protect our precious source of the essential nutrient: Vitamin N.



Julie told her husband, Mike, "I'm essential. Somebody's got to pull the messages off the phone, get the mail, post payments, and keep that office going. Nobody else knows how to do all of that, and if that don't make me essential, I don't know what does. If those payments don't get to the home office in time, people will lose their insurance."

"You don't need to go every morning. Maybe just go two or three times a week. You're supposed to have something from the employer saying you're essential. If you get pulled over, they could fine you, and you can bet your ass that insurance company won't pay it."

"They aren't going to fine me. Besides, this will only last a couple of weeks, and everyone will be back at work. You'll be back on the line at the battery plant in no time, too. It's gonna get bad, though, if I don't get some color for my hair!"

Mike rolled his eyes and scanned channels, and Julie went out the door, all dolled up to work in an empty office. As she was driving down Carter Street, she saw a police car behind her and after a minute or two, the blue lights flashed. Julie pulled her Impala to the curb, put on her hazards, pressed the window button, and turned off the ignition. "Officer, what seems to be the problem?"

"Morning, mam. You have a break light out."

"You're kidding. I just had this thing serviced. It's brand new."

"They don't make them like the used to," the officer said. "Where're you headed?"

"I have to go to the office for work."

"Do you have a letter from your employer saying you are essential?"

"No, sir."

"You realize we're on a lock down?"

"Yes, I did hear that."

"I'll have to give you a citation, but if you get your employer to provide a letter to the local court, the judge might cancel any fine."

"I was just going to do a couple of things and then go to the grocery store."

"Sorry, mam." The officer handed her a citation. He scribbled a warning for the brake light and a noted the violation of the Mayor's curfew.

Julie's hands shook and she started the Impala, put on her left blinker even though traffic was almost nonexistent, and began to cry. She didn't cry because the officer treated her in a mean way, but she cried because she was not essential, and she knew it. Neither was Mike. Life hadn't turned out the way they'd hoped and dreamed when they were younger. They never bought a condo, moved to Florida, and started a business together like they had dreamed.

Now, the bank would postpone the mortgage, but not forgive it, and a stimulus check from Trump and unemployment would not pay their bills: car and truck payment, electric, water, gas, and insurance, to name a few. Julie was nauseas, drove around the block to avoid a U-turn, and went home. She didn't tell Mike about the citation. He was consumed with a movie on Netflix. Julie went to the restroom, removed the tear-stained make-up, took the scissors, cut her hair, and washed it. With the gray coming in at the roots, and now with a lot of the brown hair on the counter and in the sink, she looked more natural. "I am essential," she said to the mirror. "It's the manager who's not essential. He couldn't find his way out of a paper bag without me. Same's true for Mike. They couldn't make a battery without him. It's time for a change."



Niles Reddick is author of the novel *Drifting too far from the Shore*, two collections *Reading the Coffee Grounds* and *Road Kill Art and Other Oddities*, and a novella *Lead Me Home*. His work has been featured in eleven anthologies and in over two hundred literary magazines including *The Saturday Evening Post*, *PIF*, *New Reader Magazine*, *Forth Magazine*, *Cheap Pop*, and *Flash*. Learn more at: nilesreddick.com/

Further Research: Books, Movies and Definitions

- Whofoplaba: Whole Foods Plant Based diet. Beware of side effects: may cause increased energy, lower cholesterol, improved skin condition, improved digestive health, improved BMI, lower blood pressure, reduced risk of heart disease, longer life expectancy. On a world influence basis: less Greenhouse gas emissions, reduced deforestation, more water saved, help with global supply, and reduced antibiotic misuse.
- Phytocines: natural aromatics that plants produce, which, when inhaled, stimulate the immune response.
- Anthropocene Epoch: is an unofficial unit of geologic time, used to describe the most recent period in Earth's history when human activity started to have a significant impact on the planet's climate and ecosystems.
- Game Changers*: movie about plant based athletes.
- Handbook of Nature Study* by Anna Botsford Comstock
- Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder* by Richard Louv
- In Defense of Food: An Eater's Manifesto* by Michael Pollan
- Google "Ecotherapy."

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.*

The Monthly Read

“Talking Books” Hearing is Believing

By Mary Drake



When they first started in 1932 for those who were blind, they were called “Talking Books.” Later we knew them as “books on tape.” Then they went to compact disks, and now they’re just titles in a “cloud library” that, within a matter of minutes, can be downloaded to your smartphone.

If you haven’t yet discovered audiobooks, you are in for a treat! Today, audiobooks are the fastest growing segment of the publication industry, and for good reason. In our normally fast-paced society (when we’re not quarantined at home), finding the time to sit down and read can be challenging. Many people already take advantage of time spent driving or exercising to listen to audiobooks, but even at home you could plug in your earbuds and listen to a good book while doing the dishes, scrubbing the bathroom, or vacuuming. You may soon find that you look forward to these mundane chores, with the added benefit that your house might get cleaner than ever.

So who is likely to enjoy an audiobook? Even though statistics show that “more than half of audiobook listeners are young, ages 18-44,” don’t let that stop you. All of us can enjoy audiobooks once we become familiar with the technology, which isn’t difficult. Children will love to have an audiobook narrator read them their favorite book as they follow along in the print version or just look at the pictures. Adults of any age who are intellectually curious can listen for the purpose of learning or for entertainment. Both nonfiction and fiction titles are readily available, with more being produced all the time. In *The Untold History of the Talking Book*, author Matthew Rubery says that “audiobooks are for people who hate reading and for those of us who love reading. [They] are for people who can’t read, and for people who can’t read enough.”

So you might be wondering, What advantage does an audiobook have over a print book? Right from the start, audiobooks might seem more personal. You hear the voice of an actual person, and sometimes that person has a special connection to the work, as when a book is read by its author, as with Michelle Obama’s *Becoming*, Toni Morrison’s *God Help the Child*, and Rachel Maddow’s *Blowout*. And who better to know how a book should be read than the person who wrote it? She knows just where to put the emphasis or what is intended as sarcasm. Even if it’s not read by the author, often an audiobook by a British author will be read by someone with a British accent, or the narrator may use different voices for different

characters. Sometimes there is even more than one narrator; the greatest example of this is probably George Saunder’s audiobook *Lincoln in the Bardo* which has a separate narrator for each of 166 characters! Some of the narrators are celebrities, like Susan Sarandon, some are Saunder’s own wife and children. It sounds like a Broadway play that has been recorded.

Another advantage of audiobooks is that they don’t require you to get in the car and go to the library—a benefit at any time but especially now when libraries are temporarily closed. In the same vein, you don’t have to return an audiobook either; when it’s due, it simply disappears from your downloads. This prevents you from ever having overdue fines; however, it can be quite a disappointment if you’ve not yet finished the book. Sometimes you can renew it before it’s automatically returned, but if there is someone waiting, you’ll just have to get back in line.

And as I’ve already mentioned, you can listen to audiobooks while your eyes and hands are busy with something else. I have always liked reading in bed at the end of the day before going to sleep, so now I just plug in my earbuds and listen from the downloaded book on my phone. This has the advantage of saving on eye strain and doesn’t require using a reading light that might keep my partner awake.

So if audiobooks are really this great, why isn’t everyone listening to them? Daniel Willingham, a psychologist and leading researcher on reading, says that he is most frequently asked, “Is it cheating if I listen to an audiobook for my book club?” Why should we think of it as “cheating”? Well, you’re not sitting down and savoring the text. You can’t go back and re-read a sentence you may not have understood or that you just particularly liked, nor can you keep the book on a shelf for future reference. One of the advantages of audiobooks—that you can listen while you’re doing something else—is also a drawback, since multitasking by definition means you’re not giving any one thing your full attention. When you sit down to read, you are focusing on the text. With audiobooks you can’t highlight or underline or write comments in the margins. Some dislike audiobooks’ lack of organization cues—when a new chapter or section begins, plus you may not be able to “see” how far along you are in the book. Another disadvantage I’ve noticed when I am listening in bed is that I sometimes fall asleep with the audiobook going. It continues to play without me, so I lose my place and miss some of the action. Designers of audiobook apps are

addressing these issues, including sleep timers to automatically stop the book and indications of how far along you are in the book by giving a percentage of completion.

But seriously, is listening to a book inferior to reading it? Certainly it is different, but a recent study compared the comprehension and retention of various groups that listened to an audiobook/ read an e-book/ or did both, and “No statistically significant differences were found [in either comprehension or retention] for any analyses pertaining to effects of the three different instructional conditions.” Of course, how well we retain information varies with each person and with the material to be retained. Non-fiction that contains many facts and statistics is more difficult to remember than is the plot of a novel. And some scientists have theorized that women retain information from audiobooks better than men, because we all know that women are better listeners.

So if I’ve intrigued you with the possibilities of audiobooks—and I hope I have—where do you find them? The best place to begin is at your local library where they are free for three weeks just by downloading to your smartphone. You can look up audiobooks in the OWWL system, (Ontario, Wayne, Wyoming, and Livingston counties), using the OverDrive or Libby app. Most of these books are unabridged, meaning the entire book is recorded. Another good source of free audiobooks is LibriVox, which specializes in classics and foreign language books read by volunteers. Subscription sites where you’ll pay for audiobooks include Audible, owned by Amazon, which offers 200,000 titles; Kobo, a large service offering 1.5 million titles; Audiobooks.com, which offers 100,000 books; Downpour, which has both a subscription program and a rental service; and Scribd, which provides both print books and audiobooks.

Some consider that the recent rise of audiobooks parallels the popularity of podcasts. Both, after all, are something we listen to. Capitalizing on that similarity, Scribd has begun their own podcast called ScribdChat which hosts interviews with authors on a variety of subjects and books.

So if you’re hard pressed to find the time to sit down and read, consider listening instead. A wealth of audiobooks is just waiting.

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

Where the Path Leads

By Mary Drake

In the first chapter of *Where the Path Leads*, Emily found herself in trouble, and in a strange place that resembles the Middle Ages.

Chapter two takes readers back in time, to when Emily’s adventure began. And shows us how what started as a school field trip to a Renaissance Faire, where she enters a magical labyrinth, becomes suddenly real.

New chapters of *Where the Path Leads* appears monthly in the online edition of the *Owl Light News*. If you want to find out more about the book, go to marydrake.online, or you can purchase the ebook on Amazon.

Need to catch up? Chapter 1 can be found at:

www.owlighnews.com/where-the-path-leads-chapter-1/ Chapter 2 at:

www.owlighnews.com/where-the-path-leads-chapter-2/ ...

All she could think about was how much she wanted to forget.

Chapter 2: Problems and Premonitions

It really all started on a Saturday morning when she got up and slipped on her blue velvet costume for the Renaissance Faire.

All she could think about was how much she wanted to forget. Forget how she wasn’t doing well in high school, particularly in algebra, which she was failing. Forget how her best friend Lyn recently seemed more interested in boys than in hanging out with her, es-

pecially a boy named Damien Heller who was a bully, though good looking. And forget how her parents had just announced they were separating for a while, however long that might be. That, more than anything, else made her heart squeeze with pain. Why was she suddenly expected to behave like a grown up when just yesterday she had been a kid?

Continued online...

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Simple Sustainability

8 Tips for Thriving in Uncertain Times

By Sky Trombly



We are living in interesting times. Most of us are experiencing significant changes to our daily lives. While I have no wish to trivialize the risks and consequences of the current pandemic, I do think that we could all benefit from a change in perspective.

We would do well to focus on the positive aspects of our situations in order to fortify our health and our relationships and to make ourselves more resilient in the face of stress or loss.

Set Up Routines

Many people are working from home for the first time in their lives. It may seem like a glorious opportunity to set your own schedule and ... dress code. You may decide to work late into the night or to skip wearing pants altogether. Basic hygiene might even seem unimportant. Take it from someone who has been working from home for some time now: embrace routines.

At a minimum, include basic grooming and dressing. It doesn't have to be fancy or uncomfortable but you'll find productivity and mood benefits from wearing something better than a bathrobe.

My perfect schedule will look nothing like yours, but you might consider hanging onto the routines that worked for you prior to this shift. If you worked out before work, for example, try to workout before going to your desk. When we do something at the same time or place, our brains and bodies learn to expect the activity and we don't have to fight inertia.

Exercise

I can hear the collective groans as I write this, but mild to moderate exercise has proven benefits for immunity and mood. Engaging in a little exercise may also improve your sleep quality, which is crucial for the rest and repair of your body.

When I say mild to moderate, I want to stress that some forms of rigorous exercises, like training for a marathon, can be a blow to your immune system (especially if you weren't already training so hard) so we might want to keep our practices light but regular to ward off disease.

Exercise doesn't have to happen at the gym. If you have exercise equipment at home, it's a great time to dust it off (if necessary). We might also have a collection of fitness DVDs. But even avid minimalists have resources at our fingertips that we can access from home. There are many fitness videos on YouTube and there are many apps downloadable to a smartphone to enjoy.

If you're able, getting outside for a hike or to tend to your yard are great ways to get some fresh air.

Eat Well

Another groan? I promise I'm on your side, here. Eating healthfully can boost your immune system. There are some foods that are especially good for you and some that you should eliminate or cut

down at this time.

Nutrition science is complicated and fraught with contrary advice, but some things are common sense. During this outbreak, I intend to eat my fruits and veggies, get plenty of water to drink, swap out coffee for green tea, keep my meals more whole than processed, and to eat plenty of garlic and spices.

I am going to hold off drinking alcohol (which can wreak havoc on my gut microbiome) and coffee for the mean time, as well as limiting sugar and processed foods.



Positive Outlook

While we may want to stay abreast of the progression of COVID-19 and keep our ear to the ground on the best practices going forward, I would suggest keeping this kind of media to a minimum. There is a point of diminishing returns where our stress and anxiety over current events is more damaging than the benefits of keeping up-to-date.

I would recommend cultivating a positive outlook. Emotional resiliency is as important as physical resiliency. Bring humor into your life to balance the bad. If you like comedies, this is a great time to indulge, guilt free.

Make sure you're engaging in fun activities such as board games, reading for pleasure, hobbies, listening to or playing some (upbeat) music. Find things that bring you joy and indulge daily.

Stay Connected

For many, socializing is largely tied with going to work. For those social beings now working from home, it can be a challenge to adjust. Here again the internet can help. Leveraging technology for social benefit is a great strategy. Maybe that looks like video chatting with your parents or getting on

a group chat with a bunch of friends to craft or to play games together.

The internet isn't your only means of indulging the social impulse. You can call friends or family or bond with housemates.

Disconnect

Ironically, I am feeling over-socialized in this self-isolation climate. My three kids are home from school and the two other adults are home from work. This means we're stuck together around the clock.

The challenge of balancing everyone's needs and frustrations can be pretty daunting, which is why I recommend scheduling time-outs where people can sign off and go somewhere to rest and recharge alone. Everyone deserves a little space.

Grow

You might not have considered that this time presents an interesting opportunity to change and grow. If you've wanted to learn something new, you might now have the time to try it. If you wanted to test your cooking skills, instead of buying from the company cafeteria, you have the opportunity to roll up your sleeves in your home kitchen. The possibilities are practically endless.

Feeling like you're growing or improving your knowledge and skills can help you feel positive.

Be Forgiving

We're all juggling a lot right now. We might not be as productive at home as we've been at work – but neither are our bosses. We might be trying to home school our kids without the benefit of a degree in education. We may be struggling to use technology we hadn't even heard of a few short weeks ago. We might be adjusting to seeing more of our housemates than we normally would. We may be feeling more alone than ever. We might be struggling with sickness or grief.

My point is, we should consider our adjustments as a rough draft. We're moving forward, even if at a slower pace, we're making changes, we're learning what works. We need to go easy on ourselves and to nurture our relationships and to not stress over the mistakes we will inevitably make.

Tend to yourselves and your loved ones and keep on moving.

Until next time, live lightly!

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.

Trying to Survive COVID-19

By Wendy Schreiner

we're barely allowed to go out the door we don't know how long this will last for we all need to work as a team to combat this COVID-19 too many people are losing the battle to the disease people are afraid when they hear someone cough or sneeze the schools are closed and businesses too no movies no mall not allowed to do much at all we will someday be free and be back to being you and me but for now we need to hunker down be grateful for our home and stay put it's for the greater good if we all just would heed the warnings on the news and screen they're not trying to be mean it's just the scary pattern that they've seen thank the healthcare workers and the storekeepers too doing all that they can do as a world working together we will somehow get through



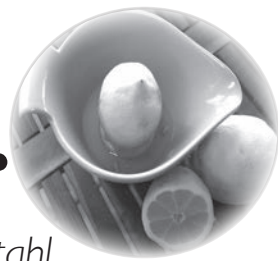
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Making Lemonade...



from Covid-19 By Barb Stahl

Writing “Making Lemonade” was particularly hard this time, with the world as we know it upside down. This is the most challenging article I have ever written, with the coronavirus pandemic becoming a reality that I never could have imagined. I am a very social person who loves going to the theater, to water-aerobic classes for both my physical and mental health, and out to eat with friends. This definitely means some serious readjustment needs to be done! The good news is that I am retired. The bad news is that I am in that upper age group. My kids and grandkids are quick to remind me that I’m one of the “at risk” people, due to my age, and **MUST** be careful. I’ve never been in that ominous category before.

Well, you will all be relieved to know that I do have enough wine, toilet paper, crossword puzzles, jigsaw puzzles, and books to read. I am thankful for medical personnel, first responders, electricity, grocery stores, pharmacies, running water, mail service, and sincerely hope that all that continues. I live in a very friendly neighborhood so a lot of walks and outdoor visits, at the proper social distances, help with this adjustment.

Now, a couple of crazy questions I ask myself because of this pandemic are: Should I just go ahead and have that extra cookie? Why not? Should I stop watching the stock market figures? (Not totally understanding economics has some advantages! However, I do understand enough to know that it is mostly heading the wrong way.)

Seriously, I have been riveted while listening to the intelligent and wise medical people who have been diligently and tirelessly explaining what this pandemic means, how we need to react, and that we are in a position where we must act appropriately for all people in our community and beyond. There are folks who may need wine or toilet paper or crossword puzzles, but most importantly food! We must give what we can on their behalf.

I realized that I have been thinking, and acting, like my mother lately. She was a child during the Depression, so rarely threw anything at all away. I have found myself washing plastic bags for reuse, saving twist ties, and using a cloth napkin. Those were definitely mom’s (who died in 1993) habits!

I also found myself making lists—Mom again...here are some of them.

Accomplishments:

- ☞ made daily “to do” lists—once I figured out what day it was (X’s on the calendar help);
- ☞ cleaned out my underwear drawer;
- ☞ rediscovered creative cooking, while cleverly combining food to a tasty conclusion using items that have been in the freezer and/or cupboard for a long time—as I used to have to do in the “olden days without much money” to feed a growing family. (I’ve been meaning to clean out my freezer and cupboards for quite some time.)

New experiences:

- ☞ met a high school friend in a parking lot to have a chat;
- ☞ swapped books or jigsaw puzzles on porches;
- ☞ joined neighbors on our street with wine in hand while maintaining our proper social distance at all times;
- ☞ dancing with family and friends to Bill Haley and the Comets and Boz Scaggs, on ZOOM.

Normal everyday things:

- ☞ daily shower and hair washing;
- ☞ talking to myself at much greater length than before (my late husband, Dick, always claimed that was the only way he could ever get good answers);
- ☞ Tarzan’s company is much appreciated (and he has helpful suggestions, since he has been very successful at being an indoor cat for ten years).

More things to be thankful for:

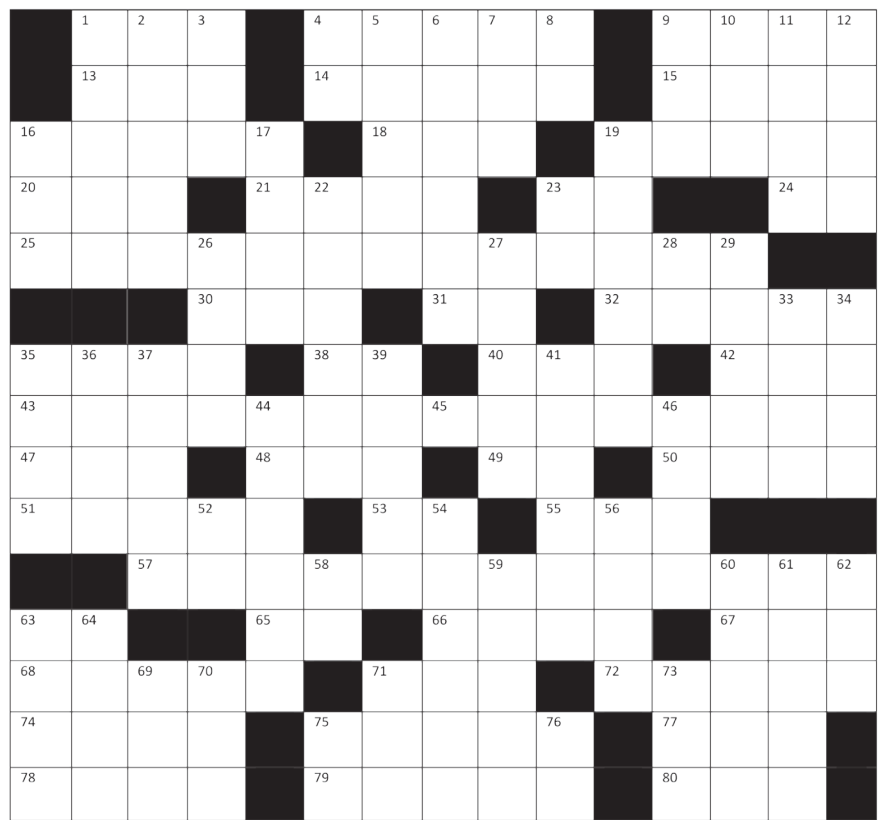
- ☞ electronic devices to help us connect to family and friends;
- ☞ rediscovering nature and truly appreciating such things as birds singing;
- ☞ seeing the beautiful lakes we have, and taking time to walk by them;
- ☞ being able to occasionally laugh at things;
- ☞ hearing and seeing creative musical or humorous videos on the internet, which proves that we are not alone in this pandemic—musicians, stars, philanthropists, actors, artists, and talk show hosts are living through this with us.

Please join me in trying to make lemonade (as best we can) of this new and scary challenge we face. We have read about pandemics in the past, but when we are the ones involved it quickly takes on a whole new meaning. One thing for me, I have really run out of excuses not to work on that family history I’ve been promising to write!

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

Owl Light Puzzle[©] by George Urich



Clues

Across

- 1 Schedule blank
- 4 A thru G
- 9 Fancy fund raiser
- 13 Sun emission
- 14 Watchful
- 15 _____ Musk
- 16 One who says
- 18 Actress Thurman
- 19 Beef cut
- 20 Prefix meaning even
- 21 Major component of human urine
- 23 What changes “do” to the first word on Gadsden flag
- 24 New England State abbr.
- 25 Hot weather occurrence
- 30 “Peace and Qu_____”
- 31 Memo designation
- 32 First name in cosmetics
- 35 Smelting by-product
- 38 One agent in Psychic Apparatus
- 40 Country in Western Asia abbr.
- 42 Literary initial
- 43 Hot weather occurrence
- 47 Pub libation
- 48 Mountain characteristic abbr.
- 49 Lyndon Johnson’s Vice President 1965-1969 abbr.
- 50 Large primates
- 51 What I put a stud in
- 53 Medical imaging device abbr.
- 55 Boxing Great
- 57 Winter activity
- 63 Homonym for “We reap what we _____”
- 65 Beer State abbr.
- 66 Song bird
- 67 Prefix meaning new
- 68 Use an iron
- 71 Father
- 72 Alternative to Wegmans
- 74 California School abbr
- 75 No longer sick
- 77 Metal element
- 78 A seat of honor
- 79 Washington DC train
- 80 Prosecutors abbr

Down

- 1 Garbage
- 2 Southern river or lake outlet
- 3 Change color
- 4 College degree
- 5 Someone giving tips
- 6 Remove boat’s spar
- 7 Period of history
- 8 Military outpost abbr.
- 9 Receive
- 10 Pub libation
- 11 3578 Bank request
- 12 Egyptian cross
- 16 Opposite of stand
- 17 Ill mannered
- 19 What most cars drive on
- 22 Change hue
- 23 Homonym for What we have knowledge of
- 26 Close var.
- 27 Well done steaks
- 28 Advanced college degree
- 29 A type of beef steak
- 33 Actress Sommer
- 34 Ending for Arch Dioc
- 35 Shut the door hard
- 36 Popular flower
- 37 Calls to a horse to move aside
- 39 Used in a type of golf
- 41 Hairy face need
- 44 Tosses
- 45 Letter following m
- 46 What a train rides on
- 52 Article used before vowel Sounds
- 54 Prevent from accomplishing something
- 56 Blues singer Horne
- 58 ____-fi internet access
- 59 What you do in a restaurant
- 60 the I in ipa
- 61 German nos
- 62 Get 200 dollars going around in Monopoly
- 63 Potato
- 64 Whale
- 69 Cotton gin inventor Whitney
- 70 Scandinavian airline abbr
- 71 Expected
- 73 Vintage Ford model
- 75 Metric length unit abbr.
- 76 Homonym for 71 down



George Urich

George Urich is a retired Xerox engineer living in Canandaigua, NY. He solves and creates crossword puzzles to keep his brain active. A new puzzle will be shared each month, for the puzzling enjoyment of Owl Light readers. Contact: gurich@frontier.com

The Conscious Crow



Change the Space You Are In

Within every struggle lies opportunity. During a time such as now we are faced with the chance to reassess our lives and make new choices. When something stops activity and forces us to sit still; we sit still and change how we do things. We can reorient ourselves by looking alternatively at the situation that is currently being presented before us and redirect our focus and attention beyond. We can choose to be grateful for what we have. Look at positives amidst the trouble. Practice flexibility with our actions and reactions. Pause. Listen. These are golden pockets to truly emerge our latent consciousness and capabilities, if we tend to them.

Every moment that challenges us has the power to change us and our perspective is key toward this change. How we see our life becomes what we see in our life. Do we let circumstance dictate how we react, or can we evolve beyond the current situation and dig a little deeper to find the hidden gem that's buried beneath the surface? There is always more than meets the eye. Many layers that intersect to create a specific outcome, and nothing happens by mere chance. What is happening on the outside is a projection of what is happening on some level on the inside, and then emerges the sounding need for a new solution to an old way.

Who knows what strange seeds of opportunity will uncover as we continue forward. If we surrender our judgments about our situation (how we wish it was or was not) and accept wherever it has brought us - we may be surprised with what we find. Changing how we relate to what is happening changes what is happening, and it all begins with our awareness and mindset. As the saying by Charles R. Swindoll goes, "The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you." It is our reaction (or non-reactivity) that reflects our resiliency and ability to grow beyond our circumstances into something much greater.

Challenge happens. We as humans have always faced opposition throughout our history as a people. What we must remember are these crucial time periods of challenge precede great inspiration and change. New breakthroughs, new inventions, new alternatives, new possibilities and new ways of life emerge out of something that shakes and collectively wakes us up as a whole. Every corner is a mirror to see clearer; If we wipe it clean and start anew-responding and relating consciously- realize it all starts with our choices, we can grow new seeds of awareness. Out of this challenge- let us pause and truly listen to the space we're in-so that we can change the space we're in.

The Conscious Crow—Reminding you to Grow

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Caring For Our Veterans

Opinion by Victor Montgomery

There are roughly 18.5 million military veterans living today in the United States of America. Approximately 1.8 million of those men and women have served our great country boldly and loyally during the 'thunder and lightning' of the Desert Storm ground invasion and air campaigns in 1991, to Iraq and Afghanistan. My study and research also indicate tens of thousands of those still living have served in wars and conflicts dating as far back as 50- 60 years ago, including WWII, Korea, and Vietnam.

The need for healthcare for veterans isn't going away. It is mounting, especially when we factor in many thousands of depressed, suicidal "invisible" vets who have been in hiding and are just now beginning to come in for help. Today, because of a more positive and proactive Congress and by the pressure of the American people, including many families living with distressed veterans at home, has upped the ante and put unrelenting pressure to send more money and resources to the Department of Defense-Veteran Affairs to get the job done, and done properly. The results are beginning to be seen. The current administration in Washington has also improved the focus on healthcare by enacting the veterans' Choice and Accountability programs. The expanded team and resources at the National Veteran's Suicide Prevention Lifeline is just one example of action taken. Another is a huge effort to offer OEF/OIF, Iraq and Afghanistan combat veterans, an accelerated assessment and evaluation process by the on-site Crisis Prevention Coordinators at each of the 153 VA Medical Centers across the country; as well as other local community outreach programs. These coordinators are psychologists, psychiatrists, therapists, medical doctors and other highly trained healthcare team members that are on call to receive referrals directly from the National Lifeline. The Lifeline's primary function and goal is to get the distressed veteran to safety and the CPC will in turn provide further referrals, treatment planning and other treatment team support contacts at the Medical Center. What is happening to our combat veterans? Extremely distressing experiences and multiple deployments that cause severe emotional shock happen to many competent, robust, rugged veterans. The fact is that having symptoms after a traumatic event is not a sign of personal weakness. Many psychologically well-adjusted and physically healthy veterans develop PTSD. More likely than not anyone would develop post-traumatic stress if they were exposed to severe enough traumas. Many veterans deployed back to their families have ongoing psychological and physiological difficulties following exposure to combat. Veterans who react to war traumas are not going insane. In fact, most cases are treatable. By recognizing the effects of the emotional shock and knowing more about symptoms, a combat warrior is better able to decide about getting treatment. Suicidal thoughts can be troubling, especially when accompanied by depression, other mental health conditions, and alcohol or other drug abuse issues. These situations demand your immediate attention. These conditions can indicate serious illness.

I want to offer all veterans and caregivers hope and inspiration; sharing the truth about recovering from what seems like a never-ending hopeless pit of darkness. I want to motivate you to put one foot in front of the other, to plant your feet firmly on the ground; step forward. Test the water of healing. Test the water of your spiritual condition. Reach out. You can do this. Oorah! Your quality of life is very much worth saving. Suicide is a disastrously permanent decision to a temporary problem. "Oh, yes you do have a reason to live and I will tell you why!" We all are in this together. It is not a matter of those folks and their problems. It is our opportunity to grow and make a difference. First and foremost, if you are a praying person, pray for our nation's leaders to make good decisions in the coming months and years for the advancement of democracy and peace in the world. Be an encourager not a discourager. Support, call on your government legislators, local and in Washington, D.C. demanding reform and resources to take better care of our warriors, not only those returning home but those repeatedly being sent in harm's way knowing they are mentally unfit to fight. It is not only obvious but concrete that there are not enough combat trauma trained healthcare providers to handle the increasing numbers of veteran's killing themselves because they have not been properly cared for. Twenty U.S. veterans take their own lives each day.

One model for offering care, The Heart-to-Heart Resuscitation Recovery Model offers hope for ailing veterans. It encourages caring empathically for our veterans of all ages and eras, not to judge him or her but to unconditionally have compassion and a caring attitude. If there ever has been a time to demonstrate a caring attitude toward a veteran you know or know about ... that time is NOW! Veterans struggling with their war time experiences may need some extra love right now during the Coronavirus- 19 pandemic. Whether you are face-to-face with the vet or on the telephone or writing a letter please keep in mind the words I once read..." Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Disorder (TBI) and suicide ideation are not best understood or treated as a stress disorder... rather it is best understood as an identity disorder and soul wound, affecting the personality at the deepest levels (Edward Tick 2005)."

Victor Montgomery III is a Marine Corp veteran. Vic has worked many years as a primary therapist, family counselor, educator, and certified and registered addiction specialist. Mr. Montgomery is the author of *Healing Suicidal Veterans - Recognizing, Supporting and Answering Their Pleas for Help* (New Horizon Press, October 2009). Today, Vic and his wife reside in Western Upstate New York.



To get in touch, e-mail: coachmontgomery@yahoo.com.

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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 - Saturdayys 9-11am 40 Spring St, Livonia, NY

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

Solution to May Puzzle, found on page 16

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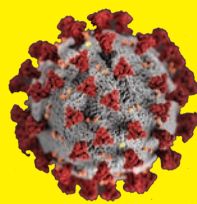


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COVID-19

Sources for updates & information



- Centers for Disease Control and Prevention (CDC) 800-CDC-INFO (800-232-4636) www.cdc.gov/coronavirus/2019-ncov/index.html
- NYS Department of Health - www.health.ny.gov/
- Rochester Medical Center U of R. <https://www.urmc.rochester.edu/coronavirus.aspx> www.facebook.com/UniversityofRochesterMedicalCenter/

Honeoye United Church of Christ Annual Spring Sale

Friday, May 29th, 9am-4:00pm

Bake Sale & "The Sale"

Saturday, May 30th, 9am-2:00pm

Bag Sale & "The Sale"



Donations (clean, useable items in "saleable" condition) can be brought to the church beginning May 24th. NO ELECTRONICS, STUFFED ANIMALS, or LARGE ITEMS (furniture, etc.) will be accepted without the approval of the "Sale" Committee. Any questions, call the church office.

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- Defensive Drivers course~ May 23, 9am-3:30pm
- Medicare seminar~May 12, 10:15
- Join Us! Tues. May 12

May 23rd,
9-1

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Seen as One...

A quiet slow paddling rhythm, unknowingly timed to my heartbeat. A deep blue, above, and light purples on the Western horizon. The sun is beginning its drop as the Earth spins towards the East. With the ending daylight comes a changing of sounds. The Yellowthroat is now still, while the Nighthawk buzzes from above. The soft movement of air through the pines is replaced by absolute stillness. Stillness, quietness, peace; qualities I cherish.

The boat splits the water at the bow, creating a small wave that has a remarkable amount of energy. That wave, no more than a couple centimeters high, on this still lake, will travel to the shore before its energy is changed. Does it put its energy into the shoreline? Probably not. Its energy is likely reflected back into the lake, spread out and accepted. And to watch it travel on its slow path is a form of meditation, at least for me.

The canoe shape is fascinating, curved where it needs to be with a sharp entry and exit. I still have a great deal of work, but the boat is real. We pull it carefully from its form, releasing it, which is like giving life, because the boat snaps away, signaling its independence. Then the canoe is placed in a cradle where new work will begin.

The lake is like a mirror now. Its surface reflecting tall pines and the beginning lightness of the early stars. I paddle slowly, towards the lake's center. Each paddle stroke ending with a correction. I have a plan, a meeting really.



Tying together the decks, inwales and stems is complex and something Mr. Smith demonstrated to us. This involves mortises and tenons and very careful measurements. With this complete and the cant ribs placed we were ready to begin the final step in planking the canoe, called the sheer planking. This is the planking at the sheer line of the boat. After Mr. Smith demonstrated the measuring, shaping and installing of one of the sheer planks, it was up to us to complete the remaining planks. Dad and I carefully choose another clear cedar board. We sand the inner side and place it on the boat. With a pencil, I carefully draw a line from the inside where the board overlaps the gore planks and another at the lower edge of the inwale. These lines indicate the shape of the sheer plank. Making these lines isn't as easy as it sounds for the grain stubbornly pulls at the pencil as I mark, causing me to make various false lines. The line is my knife guide, but which one do I follow? So we take it back to the boat and try again. "That's the one," Dad says, and he darkens the line. I pull the plank off the canoe and place it on the table to start cutting. The blade runs across the board. One more cut should do it, I say to myself, and it does. A few passes with the plane and it will fit.

With the sheers complete, the boat is ready for fairing. This is the careful sanding of the outer hull. Then I check all the clinching. There are over 3000 tacks in this canoe, each carefully placed, their tips curved, returning to the Cedar to secure the plank to rib. The boat is beautiful, its shape complete, exciting to see and emotional for my Dad. I can see him in the corner of the shop, taking pictures, looking and dreaming. I feel the same. I don't want to grow up, but I see this as a step of independence. My own very special canoe.

We flipped the canoe, revealing its curved bottom surface, and Mr. Smith told us that every boat he builds is built with love. Then he drew a heart around the words "November 19, 2018

Left: Carving a paddle. We did this during the long wait for the filler paint to dry.
Below: Scribing a gore plank with Mr. Smith



Raggamuffin 15." Now it was our turn to write words we thought were important that maybe 50 years from now I will see again when I re-canvas this canoe.

After a soft sanding of the interior, we were ready to oil the cedar, ash, and cherry that make up this canoe. The wood color is amazing, that's all I can say, just amazing to see. I love the grain, with tree rings laid flat and vertical, popping. I love this. Inside, we add layers of varnish, outside, linseed oil. After some drying time, the boat is ready for the next big steps: Canvas, filler, primer paint, installation of the seat that Mom and I caned, thwart, at least three coats of final paint and varnish, brass stem bands, and finishing with the installation of the Black Cherry outwales. There will be over 250 hours of work.

Paddling, now in the early evening, I get a sense of how lucky I am. I'm aware of the trees, their scent, shapes and sounds. I'm aware of the wildlife around me. How many pairs of eyes are watching me? They should not be afraid of me, but I understand their caution.

Before me lies my pack basket, a gift from my parents. Within it are treasures I've collected, like a great blue heron feather and an American chestnut, still surrounded by its protective needles. The boat is quiet, even with the occasional strike against the rail—wood to wood, not wood to plastic or metal or kevlar. My Dad's boat has rubbings along the outwales, evidence of his experiences and those of his old friend, Jim Miller. My boat will slowly show its use too.

As I paddle, heading towards the center of the lake, a small shape catches my eye. Its movement is calm, almost unnoticeable. There's a rhythm that I match. With a pry, I ease the bow to the North. Now I see, it's clear, and together, in unison, paddle

stroke for paddle stroke, both on the righthand side of the canoe, we come closer. Closer and closer.

"Dad!"

"Finn!"

"Cool, you're here," I say. "Nice, huh."

"Yeah, I wouldn't miss this, never, ever."

He glides up against my canoe and we grab each other's hands to wrists to forearms, a canoemen's sort of handshake. We tie off the boats and after some talk, lean back and look to the stars.

Seen as one...yet the sum.
(Thanks Mr. Smith.)

Reference:

Stelmok, Jerry. *The Wood and Canvas Canoe: a Complete Guide to Its History*. Harpswell Press, 1988.

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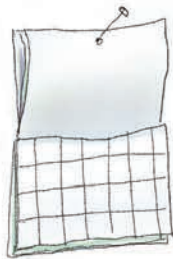
From a distance, Covid-19 hasn't changed many things in my world.



Rain is still wet.



Daffodils are on time.



Calendar is still empty.



Tea still happens.



News still sucks.



But each of these things feels different to me now.

Cartoon by Sally Gardner sallygardner.com