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SUMMER 2020

BLAST FROM THE PAST

Magazine



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Special Letter from the Owner

I started SEARCH Magazine with the idea to connect the San Francisco bay area. The magazine focused on cities in California. However, over the last five years the magazine's scope has grown to include an international set of writers covering cities from all over the world. I take joy in celebrating over twenty issues, and more than 220 articles. This Blast from the Past issue is our first retrospective, offering a glimpse of articles on diverse topics like travel, fashion, recipes, DIY, and more. I'm proud of our talented writers.

As the magazine continues to evolve, one thing will never change. SEARCH Magazine will still be about connection. Even through our most difficult times, we've seen people rise to help each other. The world can be a difficult place, but if we stand by our core values of caring for one another then we will come out the other side.

In celebration of all that has come before, and all the potential of the future, please enjoy this issue, ■

Jeannie Normandeau Owner/Editor

J. Normandeau



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Want to contribute to our magazine?

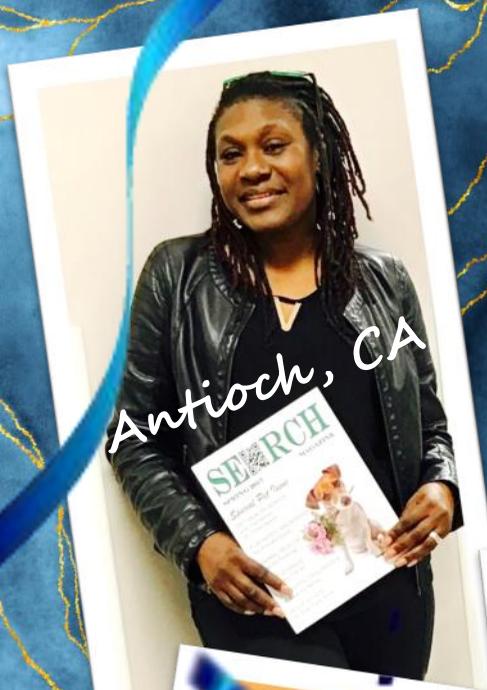
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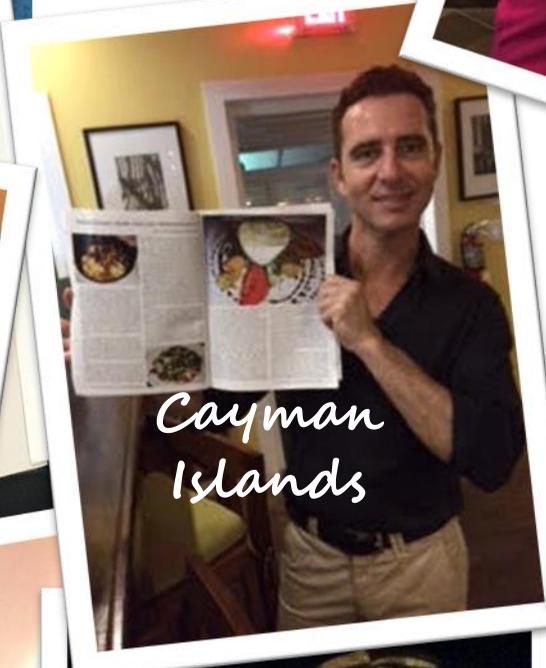
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Solo Traveling Woman



As women, we are often given hints and warnings about traveling solo in articles on safety that focus on fear. Not this one. I want you to be aware of your surroundings, but not be afraid to get out and see things.

Solo traveling can mean a couple of things to different people. Often, people think that they must be the only person in on the plans but being part of a tour group can be a comfortable start. You can still be a solo traveler. It's just that with a group tour, you might get better prices on things and have a guide to provide interesting tidbits and impart information.

If you want to be 'by yourself', do not be afraid to start with smaller day trips or destinations closer to home. Not having to pack a bag can mean less worry and bother while you are exploring.

How large is the city or town you live in? How much of it have you seen? How about the next town over? The capital of your state or province?

Day trip travel is a good way to get started. Do a little research on where you want to go and what you want to see. Is there a festival happening in the next town over? Go check it out.

How to get around will depend on what

sort of transportation is available to you. Private car, local bus or trains, or bicycles are all viable options for getting to someplace new.

If you are looking to travel internationally, there would be a few more steps to take, like getting a passport or shots, and figuring out currency issues but nothing that should stop you from giving it a go.

Take some time to look into hostels as a place to stay. In addition to a place to sleep and shower, there is usually a communal kitchen area where you can prepare any food you bring. Common areas for meeting fellow travelers, board games, or TV viewing are also to be found. Many now offer private or semi-private rooms. Though they might cost a little more, they will still be less than a standard hotel. Locations for hostels can be quirky or exotic. For example, California has hostels available in lighthouses along the coast. One thing you will experience in a hostel is people from other countries. Take the time to chat and meet new friends. It could lead to a contact when you travel to another country, someone who can give you local tips and information on places or things to see



If you want more of a one-stop-shop sort of trip or adventure, consider a cruise ship. There are discount cruises. They're usually priced per person for at least two people which can mean even if you book your room for a single person the added fee might be worth it, considering you have a room with maid service, all your meals, and most beverages, except alcohol, sodas, or specialty drinks included in the cost. Most cruise ships have fitness facilities onboard, pools, sun decks, and ports of call where you can disembark to sightsee. Shopping, full stage shows, and more intimate theater variety style shows to keep you entertained will be found as well. There may be tipping involved, but my cruises have always had excellent service and have been well worth the costs. Carnival Line is known for The Party Ships, though your experience need not be a Bacchanal. I admit that so far all of my cruising has been with them, though this next year I will be with Royal Caribbean. Regardless of the cruise line, you are likely to be very well fed and looked after.

If you are looking into foreign travel, including cruises, be sure to check the CDC for information on what shots you might need and the State Department website for any country warnings you will want to

be aware of. Give yourself plenty of time to get your passport before booking. Be sure to use common sense when looking into any traveling.

Checklist thoughts: Tourism boards for states and provinces/countries provide maps and traveler information, usually for free. Bus routes and schedule tables can change with seasons but are often able to be found online. Some fees are payable via your cell phone, so local currency need not be heavy in your pocket. Look into sim cards for the travel destination, and if out of your own country, be sure your phone can take them. Check hours, directions, and admission fees for places you plan to visit. Locate eateries near where you will stay. (Often the place you are staying will have maps and information available.) For out of the country, research the APIS website for restrictions on what you can bring home. In the US: The best thought I can leave you with is just get out there. ■





If I spent the time, I suppose I could find online, somewhere, useless information on how far the glass jars in the landfills would reach if laid end to end.

I've got a pretty good idea glass jars would beat the plastic water bottles shown on some commercials.

Even though many companies are switching to plastic jars, you can give yourself a good idea how many are thrown away by the number of glass ones you pitch in the garbage a week. I know how quickly my jar cabinet filled to overflowing once I started saving them to use instead of plastic containers that melt or stain in the micro or throw away foil, plastic bags, and plastic wrap. I've had to shift my *going green* efforts to include carting my overflow off to the thrift store for repurposing.

Why go to the trouble you ask? A metal lid with a gasket insert makes the jar bug and rodent proof, air and water tight to store liquid, mushy, powdered, or solids. Without a gasket, they're still bug and rodent proof, unless you have a very determined rat. You can use commercial canning seal and rings on many of the jars you empty to provide water and air tight protection. Don't try canning in any not specifically for canning, though. They aren't processed to withstand the high temperature without cracking. Same with the freezer's low temps, but with flat bottoms and flat top lids, jars stack nice in the cabinet or refrigerator. They're free, easy to clean, don't bounce around in the dishwasher the way plastic does, and they have multiple uses that have nothing to do with food or the kitchen, from practical to pretty.

Pretty can be from something as simple as using stickers, labels, sharpies, nail polish, or spray paint to as time consuming as decoupage and faux stained glass. The results can be temporary or permanent, even dishwasher safe.

You don't have to be an artist to get some beautiful results, either. I couldn't begin to show you the hundreds of DIYs, but here are some ideas. Candles, luminaries with tea lights battery or candles, terrariums, fish bowls, vases, house plant and herb pots, brewing sun tea, homemade baking and cooking mixes in jars for gifts, night lights, sewing kits, banks, patio lights, chandeliers—really—wall hangings, and more. Simply type in DIY jar crafts in your search bar. Most will pop up as Mason jars, even vases, but glass is glass and throwaway jars come in interesting shapes and sizes. One page will lead you to another to another.

Going to the beach this summer? Pick up some shells, bits of driftwood, some sand, and when you get home, make yourself a jar full of memories.■



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Justice for Davion

I live a boring little life, in a boring little duplex, on a boring little cul-de-sac, in a city whose most exciting event of the year revolves around *cows*.

I eat, I sleep, I go to work, I write, I hang out with my three beasts. My life is completely devoid of adventure and really always has been. If there was a color to describe my life, it would be *Suburban Beige*, the beigeiest beige on the color wheel.

As a kid I wanted to be everything from an astronaut to a cowboy to a spy to a movie star, and finally, Elvis. None of it happened.

I've never even had the adventure of marriage, although I *did* once propose to a girlfriend at the airport before

she left on a jet plane to fly across the continent to donate a kidney to her mother. No, she didn't say 'yes'. She laughed and said, "Are you kidding?"

I've never driven a Formula One racecar, although I *did* park a Mini in the foyer of our college chapel.

I've never run a marathon, although I *did* train for one...until I ran into a black bear while running near the Great Divide.

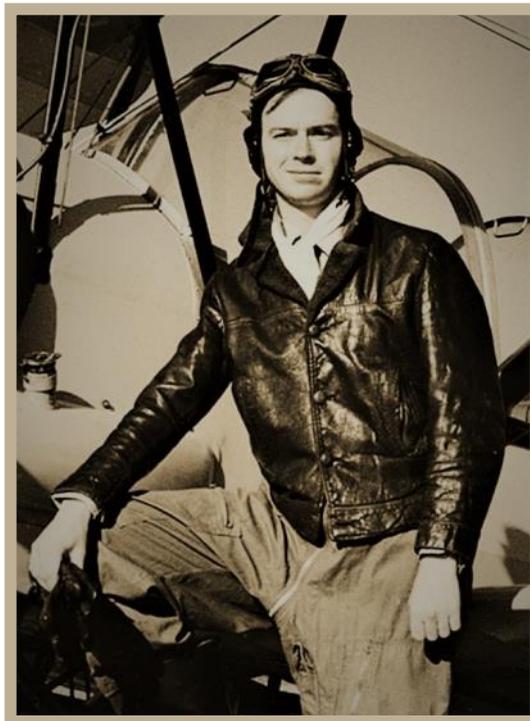
I've never hunted for Bigfoot, although I *did* chase an eight-hundred-pound grizzly to get a photo.

I never competed in the Olympics, although there *was* that time

I was an official at the Provincial Winter Games.

I've never starred in a movie, although I *did* spend a week on a game show and afterward got recognized by complete strangers on the street. (See Tim's game show at: searchmagazine.net/video.)

I've never driven a Harley, although I *did* get my mountain bike up to 50 mph on a mountain road, without a helmet.



I've never mushed a dog sled team to the North Pole, although I *did* spend two Christmases as Santa's stunt double in the Land of a Million Christmas Trees.

I was never a professor of Ancient Mayan Literature, though I *did* teach *The Hobbit* to my third grade students.

I've never been a ghost hunter, although I *did* work in a haunted hotel, often feeling like I was ghost *hunted*.

I've never driven a big-rig loaded with beer cross-country accompanied by a black Trans Am, though I *did* drive a 62' articulated bus with loaded passengers through a construction site obstacle course.

I've never been in the military, though I *did* have an angry Italian soldier yell and point his assault rifle at me for photographing a restricted area.

I've never addressed the United Nations in an appeal for World Peace, although I *did* spend six years doing stand-up comedy. I'd rather address world leaders, thanks.

I've never been to jail. Wait. That's not entirely true. I've been *in* a jail, but only to replace the blinds in the warden's office.

I've never taken down a drug tsar in a blazing gun battle, though I did get cut twice with a broken beer bottle in a bar scuffle, by an Iranian heroin dealer under investigation by INTERPOL.

I never got one of my photos on the cover of LIFE Magazine, although I *did* sell one to *National Geographic*.

I've never met the Pope, although I *did* see sunrise at Bryce Point, Utah, and that's

so close to God that twenty years later it still illuminates my soul.

Lastly, I never got to be a spy, although I *did* have to go undercover as part of a government investigation. Wow. I guess I *was* a spy, but just that once.

As I said, I've lived a life devoid of adventure—completely and utterly beige—except for maybe one or two incidents throughout the years. ■



Larriane Barnard

| SEARCH AUTHOR SPOTLIGHT



Name: Larriane Barnard

Location: Prescott, Az

What made you interested in working for SEARCH?

I work behind the scenes on each issue, nit-picking what the other authors write with what is called *editing*. We won't go into what some authors call it. I got into editing by accident by ordering a book from a company that had accepted a submission from me. Before I signed, I wanted to see their quality level. I sent a letter asking if I could expect the kind of errors I found. I discovered they were a brand new company and volunteered to proof the finals.

From there, I became a full context and line editor. They ended up being the first I published with, and I learned immensely from them.

What else do you write?

I write as I read, a wide range, covering nearly every genre and time period. I started publishing with science fiction and fantasy under Larriane Wills, then made an abrupt turn, under the pen of Larion Wills, to historical western, sweet romances, and contemporaries with varying degrees of heat and occasionally paranormal aspects. My latest is *Die, Sweet Di*. If you like strong women and a sweet romance, you'll love Di.

What is your website?
www.larriane.com



What was your favorite thing to do as a child?

If you're asking what I did the most, I'd have to say I talked to myself, though not to the imaginary friends my mother thought. I told myself stories, speaking all the parts. Still do. Just not out loud—unless, of course, no one is around. ■



It's a beautiful, spring night. I'm out listening to the peepers, young frogs, newly awakened after a long, hard Detroit winter and ready to sing. A small bonfire crackles at the edge of the deck. I hold a glass of Pinot Noir in my hand, and as I look over at my Kiwi partner in crime, I pick up the phone to set the wireless sound system to play.

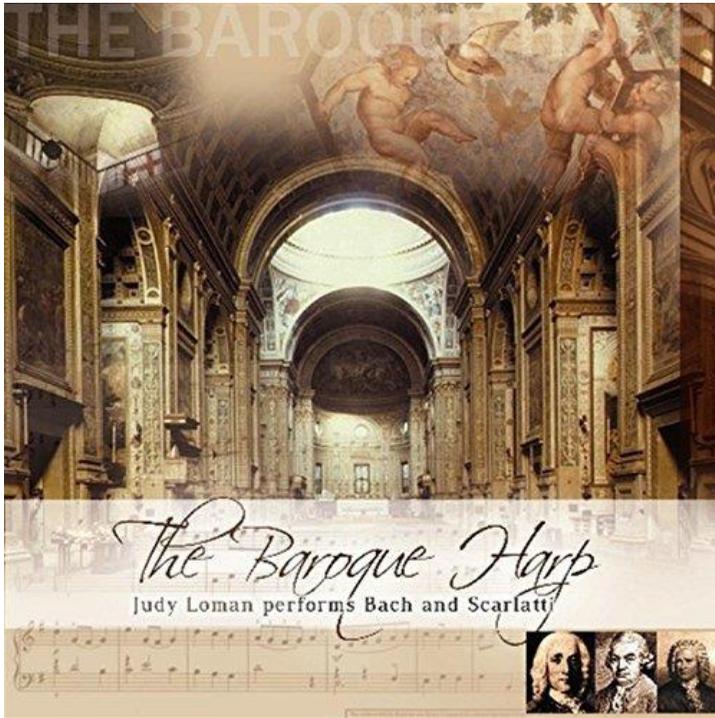
It's the first opportunity we've had to play music outside, and it's kind of a big deal. For

the outdoor speakers, it's a maiden spring voyage. I'm a harpist and hence, I often enjoy listening to the work of fellow harpists crazy enough to fall in love, like I did, with

an instrument that requires time, talent, and patience to handle an instrument twice my size. The sound system is primed, and the garden is under a blanket of stars.

Perhaps your garden is unpredictable and flourishes with colors and new shoots that are both beautiful and surprising. Then, you and your garden may love some jazz harp. I suggest streaming some tunes by harpist, Carolyn Sykes. While her list of music is vast, her most popular album was her 2005 *Autumn Leaves*. I admit I have a sincere appreciation for her complex style of accompaniment which, to my ear, sound both improvised but also meticulously calculated. Her music has inspired me when I write horror stories/novels on the side. There is something about some of her selections on the *Autumn Leaves* album that conger images of Bourbon Street vampires. Whenever the air is electric and fresh with possibilities, much like a spring night in the garden, I like to play a bit of Sykes and let my imagination run to the wilder side of life.

My section of the garden is warm and practical. It grows the kitchen herbs, the shamrocks, and the root vegetables for the first spring harvest. If your garden is like mine then it might like a bit of Celtic music. It wouldn't be a night of harp music without listening to the fabulous Celtic Irish music of harpist Triona Marshall. While some Irish music enthusiasts might know her from her touring and performances with the Chieftains, she has worked as a soloist for many years in Ireland. She tours presently both as a soloist and half of the Alyth and Triona Duo. I'm personally in love with her latest



Her most famous song on the album is “Aisling na hEalain.” While the Gaelic title is difficult to spell and pronounce, the music is absolutely enchanting. While many tracks are solos, she also joins up with fiddles and lutes on a few of the tracks as well. While you won’t find Irish music that has made St. Pat-ty’s Day famous on this album, you will feel yourself transported to a place where the folks are friendly, the beer is flowing, and the lush green hills go for miles.

If shaped boxwoods and pristinely kept roses are your garden passions, I promise you are the envy of gardeners like me for all of your hard work and efforts.

A classic garden calls for the classical and timeless music of harpist, Judy Loman. No modern harpist like myself would be here if not for her tremendous efforts in advancing the harp in all genres of music but particularly classical. Born and raised in the United States, she later studied and became the principal harpist in the Toronto Symphony Orchestra. She paved the way for harp music to come to the forefront thanks to her composing and arranging for harp. Ms. Loman has since retired, but her album, *The Baroque Harp* is wonderful and timeless. Those who already enjoy classical music will love the “lightness” of the harp versions of Bach. Her versions are a new twist on the theme while remaining true to the composer.

No matter how your garden grows, the sound of cascading harp music may just inspire a bit of dancing under the moonlight. Invite the neighbors over or hide away with a book and let the music play. No matter how you listen, the elusive harp is finding its way into more and more genres of music. It is my sincere hope it finds its way to you and your garden. ■



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Berkeley is a progressive college town, well known for its commitment to arts, culture, and the ecology. It's the first US city to create accessible spaces and curbside cutouts for the mobility impaired back in the seventies.

Farmer's markets, pro-cyclist events like Sunday Streets Berkeley, plentiful bicycle lanes, and automobile-free zones, community gardens, composting, recycling centers, urban farming, and parks dedicated to preserving native wildlife are part of how Berkeley works towards a greener planet.

University of California Berkeley is home to a beautifully manicured thirty-four acre

botanical garden featuring foot bridges, relaxing streams, lush flora, and aromatic flowers from around the globe. It's Student Organic Garden at the corner of Walnut and Virginia Streets, encourages urban farmers to grow healthy, earth-friendly fresh foods.

The Peralta Community Garden features gorgeous mosaic tile art, a snake tile bench, a circular commons, and a beautiful selection of native plants. It is one of Berkeley's many community gardens, which include Ashby Community Gardens, Top Leaf Farms Garden Village Rooftop Farm, and the Berkeley Garden Collaborative which is dedicated to encouraging decorative foliage and food gardens on local public school campuses.

The Regional Parks Botanic Garden in the Berkeley Hills and the Claremont Canyon Regional Preserve, a 205 acre regional park with scenic hiking, focus on preserving and restoring native wildlife. César Chávez Park, a 90 acres city park located near the Marina, offers scenic hikes with glorious views of the Bay Bridge and Golden Gate Bridge. The Berkeley Rose Garden is another Marina-adjacent scenic location. It features over a thousand varieties of rosebushes.

Fauna-centered gardens aren't the only kinds you see in Berkeley. Expressions Gallery has an outdoor sculpture gallery. Sparse vegetation and plentiful artwork inform this creative statuary, featuring a lip-shaped pop-art bench, upcycled three-dimensional art formed from found objects, and post-industrial metalwork. ■

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Preparing for Disasters Both Big and Small



The unexpected is all part of life. When disaster strikes, it is best to have already prepared so you can focus on coping with the tough situation.

It isn't fun to think about disasters, which is one reason FEMA and the CDC briefly reminded people of how to prepare for the zombie apocalypse. If that can't make you smile, what disaster can? On the West Coast, the more likely threats might include earthquakes, fires, floods, winter storms, and the occasional volcanic eruption. If you're close to the water, there's even the rare tsunami. However, it is reassuring to realize that all of these threats are infrequent, and in most cases, do not require emergency action.

For most of us, the next disastrous situation will likely be a household injury, power outage, or a broken-down car. For that reason, at a minimum, you should have Band-Aids, a first aid kit, flashlight, a rainy-day fund, and a cell phone. With those things, you can handle the quick knocks life sometimes throws our way. If you live in a house, know where your gas and water shutoffs are and the location of your circuit breakers. Check smoke detectors regularly and have a carbon monoxide detector near fuel-burning appliances and fireplaces. Keep a fire extinguisher in the kitchen.

If you have the chance, plan to help others by attending a first aid class and learning CPR. Donate to aid organizations. There are also classes and opportunities throughout your community to offer assistance.

With the more mundane threats out of the way, it's time to think more extreme. That means putting together a disaster preparedness kit. You should anticipate supplying enough for your family, including your pets, to survive for three days. Consider basic supplies.

Water: Each person needs roughly one gallon per person per day. If you know trouble is coming and water may be in short supply, fill your tubs and sinks. With enough time, you could even freeze water bottles and use them as ice to cool your refrigerator if the power goes out. Extra water can be used to flush toilets, but be aware of the situation with your local sewers, which can



burst or overflow during flooding. You don't want to make things worse.

Food: Non-perishable food for your household and pets isn't hard to store. For some people, this means canned goods. For others, it's a ten-pound bag of rice and beans. Get in the habit of keeping a little extra on hand and rotating it every six months. Keep a manual can opener on hand, as well.

Prescriptions: If you need it, then keep a small supply available. If you can't spare enough to put into an emergency supply, then write down the details of the medicine so it can be found and replaced at your earliest opportunity. This also might include a spare set of glasses or contact lens solution, if your vision is bad enough.

Flashlight and radio: These small electronics can provide comfort and knowledge during a crisis. Ideally, you can find ones that are hand-crank and solar, so you don't have to worry about batteries going bad. A portable solar panel could also be used to charge small electronics like your phone.

Whistle: A whistle is useful for signaling for help. You can add a mirror and flares if you have the space.

Dust mask: When the air is bad, it's a good idea to have dust masks for each member of the family. This can be useful for smoke, volcanic ash, or medical emergencies. They can be plain, vented, or even decoratively colored these days.

Plastic sheeting, and duct tape: These emergency supplies are useful in a variety of disasters where you need to seal yourself away from the elements. Plus, what can't duct tape be used for?

Garbage bags: Multipurpose and useful, these can be used to carry things, keep off the rain and, if necessary, for sanitation.

Local Maps: Just when you need information, cell phone towers may not be accessible, and your power may be out. Best to keep some paper maps on hand with information on the local emergency services and shelters. It isn't always necessary to fit everything into a kit, but it can be reassuring to know that your go-bag is prepped and ready at all times, even if you aren't. Half the work is already done.

Next, you need to know your **household emergency plan**. Set up an ICE "In case of Emergency" contact in everyone's phone for emergency personnel to use if needed.

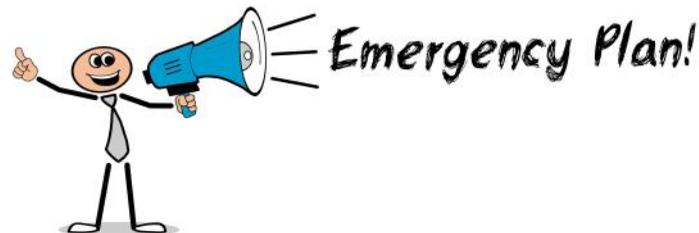
Occasionally, you'll be stranded somewhere without a cell phone charger and need to have at least one number memorized. The same is true for kids, who may get separated. Do they know their address and phone number? In a bigger emergency, phones may be down, and getting in touch can be difficult. Make sure everyone knows what steps to follow, so you're reunited.



First, share emergency contact names and numbers. It's also wise to think of how you'd egress any building where you spend much time. Consider emergency exits and talk with children about how to leave their bedrooms. Agree on a neighborhood meeting place, such as the mailbox, as well as a local meeting place. Designate an out-of-state-contact to provide someone outside the potential crisis area to coordinate through.

While it's often suggested, you make copies of important documents, such as your driver licenses and birth certificates, these days it may make sense to also create off-site storage for information you may need. Services such as Google Drive or One Drive can hold medical and insurance information, doctor's contact information, and the addresses of places family members frequent. Bicycle accidents, medical emergencies, and nuclear reactor meltdowns don't require the same level of preparedness, but by anticipating the worst scenarios, you're better prepared to meet the smaller challenges that crop up in almost everyone's lives.

Far better to meet the challenge knowing what your resources are and be the hero of the disaster. ■





In December of 2018 the Oregon Zoo said goodbye to Eddie, the sea otter, one of the oldest sea otters in the world. Wild otters often live between fifteen and twenty years. Eddie celebrated nearly 21.

Eddie became internet famous in 2013 after a video of him slam dunking a toy basketball as physical therapy for this arthritic elbow joints was viewed more than 1.7 million times on the zoo's YouTube channel.

When Eddie was orphaned as a young pup along the California coast in 1998, he lacked the skills to survive on his own in the wild and was taken to the Monterey Bay Aquarium for rehabilitation. Deemed non-releasable by the U.S. Fish and Wildlife Service, in 2000 he went to live at the Oregon Zoo.

Sea otters are an important keystone species, critical for maintaining the balance of kelp in the near-shore marine ecosystems where they forage. Without sea otters, the kelp forests that provide important cover and food for many marine animals would be devoured by the animals that are the otter's preferred prey.

These aquatic otters eat, groom, rest, and breed in waters near the shore. They sometimes float in forests of kelp and intentionally entangle themselves to provide anchorage while they sleep in the swirling sea. They are the only otters that give birth in the water, and the mothers nurture the young while floating. They hold their babies on their chests to nurse them and soon teach them to hunt and swim. They swim belly-up, moving through the water at three to five miles an hour by their webbed hind feet and using their long, flat tails as rudders. Sea otters dive for their food, usually in water no deeper than sixty feet deep, but they can hold their breath for five minutes and dive to three-hundred feet or more if they need to.

When foraging, a sea otter uses its front paws to find and capture prey underwater while using its whiskers to help sense the movements of prey in murky waters. It tucks prey into one of the pockets of loose skin on the bottom side of each of its forelegs to carry it to the surface for eating. Floating belly-up in the water, it may use a rock to break open the shell to get at the meat inside. While it's eating, it rolls in the water to wash away food scraps. Otters like to eat bottom-dwelling sea animals, including fish, urchins, crabs, abalone, snails, and about forty other marine species. Eating nearly twenty-five percent of their weight in food daily supports their high metabolism, which is two to three times the rate of other animals its size.



Otters are inclined to be meticulously clean. After eating, they wash themselves in the ocean. They clean their coat with their teeth and paws to help them remain waterproof and insulated against the cold. Sea otters have very thick, two-layered, water resistant fur which is the densest fur of any mammal in the world. Its short under-fur is one million hairs per square inch, whereas humans have about one hundred thousand hairs on their heads. Their underfur is protected by a top layer of waterproof guard hairs to keep it dry. This is why, unlike most marine mammals, they do not have much fat for insulation on their bodies.



This coat is invaluable for an otter, but sadly humans valued it as well. For one hundred-fifty years in the 18th and 19th centuries, they were hunted for their thick fur. Sea otters used to live all around the pacific rim and numbered between several hundred thousand to more than a million. By the turn of the 20th century both the northern and southern subspecies were nearing extinction --their numbers having plummeted to a few thousand.

Happily, today otters are protected by law: The 1911 international fur seal treaty banning the hunting of fur-bearing, marine mammals have led to a population increase. Sea otters have recolonized suitable habitats off the coast of Alaska and central California, with small colonies in in British Columbia and Washington. The last known otter in Oregon was killed in 1907, and despite a rein-

roduction effort in the 1970's, much of their historical range remains uninhabited. In 1977, the southern sea otter was listed as a threatened species under the Endangered Species Act. It is protected under the federal Marine Mammal Protection Act and has fully protected status under California state law. More than eighty percent of southern sea otters live in the Monterey Bay National Marine Sanctuary. The total population of southern sea otters has now grown to approximately three thousand in California alone, with one hundred six thousand sea otters worldwide. The growing population in Washington and recent sightings of lone sea otters off the Oregon coast, particularly a confirmed sighting in 2009 in Depoe Bay, bring hope that someday soon sea otters will return to Oregon outside the Oregon Zoo. Until then, we can watch videos of Eddie dunking. ■





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ANGELUS ROSE
As Above, So Below: Book 2

Loren Rhoads & Brian Thomas

FOOD | GRILLED ROMAINE SALAD

BY BRIAN AND PATRICIA DAKE



If you're looking for a creative salad to serve family or friends, this one's designed to impress. Fresh, colorful ingredients delight the palate while grilling adds that ineffable taste of summer.

Perfect for a lazy afternoon outside on the patio, it can be enjoyed with cold ice tea or a crisp chardonnay. Better yet, it will please the vegans and health-conscious alike while satisfying epicureans who just want to tantalize their taste buds. We recommend this recipe as a side dish for four. Adjust quantities for a larger party or halve ingredients to complement a cozy dinner for two.



Ingredients:

Salad

- 2 Heads romaine lettuce, whole bagged
- 2 Bell peppers, red, (yellow/orange optional)
- 1 Onion, purple, large
- 4 Tomatoes, Roma
- Woodchips, Hickory (for BBQ smoking)

Dressing for Basting

- ½ cup Vinegar, balsamic
- ½ teaspoon Salt, kosher
- ½ teaspoon Paprika, smoked
- ¼ teaspoon Black pepper, fresh cracked
- ½ cup Olive oil, extra virgin

PREPARATION

Gas Grill

Clean and prep your grill as you normally would. Make preparations to use the smoke chips as is appropriate for your grill. Have your grill ready to cook with smoke, once the vegetables are finished marinating.

Salad

1. Core bell peppers and cut lengthwise into 3/4 inch strips.
2. Cut and dispose of top and bottom ends from the purple onion. Rinse cut onion with water and peel away and dispose of the tough outer layers.
3. Cut onion horizontally into 1/2 inch thick rounds, being careful to make your cuts parallel to keep onion thickness consistent.
4. With paring knife, remove stem area from Roma tomatoes. Cut tomatoes in half lengthwise.
5. Trim ends of romaine heads to remove any discoloration, leaving enough of the central spine intact that leaf ribs stay attached.
6. Cut romaine heads in half lengthwise
7. Lay romaine halves, bell peppers strips, onion rounds, and tomato halves on platters in a single layer without overlap to allow for easy basting.

Dressing for Basting

1. Place 1/2 cup of balsamic vinegar in a glass jar along with 1/2 teaspoon of salt, 1/4 teaspoon fresh cracked black pepper, and 1/2 teaspoons of smoked paprika. Mix with fork or small whisk until blended and let stand 2 minutes.
2. Whip vinegar mixture while adding extra virgin olive oil in a slow stream. When complete the oil and vinegar should be loosely emulsified (mixed together).

Pre-Grill Basting

1. With a silicone basting brush, place a light even layer of the dressing across the salad vegetables.
2. Let vegetables marinate for 5 minutes before flipping them and lightly basting an even layer on the other side.
3. Sprinkle cut side of romaine heads with 1/4 teaspoon kosher salt and 1/4 teaspoon fresh cracked pepper.
4. Let vegetables marinate for 5 more minutes and proceed to grill.
5. Retain remaining dressing.



6. Grilling

1. All grills are different so make any adjustments to temperature and cooking time to accommodate your own grill.
2. Turn the cooking burners of the grill to medium and let grill come to temperature.
3. Add woodchips and wait until they start to smoke. Replenish chips as necessary to provide smoke throughout the grilling process. With our grill we close the lid while cooking to provide the best results.
4. Place romaine heads on the grill cut-side down for 3 minutes. When turned the lettuce should have visible grill marks and not have much wilting. If not, adjust cook time or temperature.

1. After turning the lettuce cooked side up, grill for three more minutes before removing lettuce to original platter.
2. Grill bell peppers and onions for 3 minutes before flipping them, being careful to not let the onions separate.
3. Grill bell peppers and onions on remaining side for 3 more minutes. When done peppers and onions should show strong grill marks with portions of the pepper skins turning very dark. The sugars in the peppers should begin to caramelize to bring out the best flavor. When done remove to original platter.
4. Do not place tomatoes directly on grill, but place them face down on the bun rack above the grill for 3 minutes where they will be warmed by the woodchip smoke. Flip tomatoes and cook for another 3 minutes before removing to original platter.
5. When done the tomatoes should be warmed through, but still remain intact with light or no grill marks. Over cooking the tomatoes will cause them to come apart when sliced.



Assembling Salad

1. Be careful while assembling salad as the ingredients will be hot off the grill.
2. On a cutting board slice romaine cross-wise into 1" - 1 ½" pieces.

3. Cut bell peppers and onions into 1" by 1 ½" pieces.
4. Add all grilled vegetables to large salad bowl and toss with remaining dressing to taste.
5. Serve salad warm.



NOTES / TIPS

- Bagged romaine lettuce heads are often better trimmed and cleaner than loose lettuce heads.
- Rinsing onions in water after you remove the tops and bottoms helps alleviate eye irritation while you are slicing the onions.
- If the dressing starts to separate, take a moment to whip it back together.
- We prefer the flavor of Hickory woodchips, but you can use others such as Applewood or Mesquite.
- If vegetables dry out during grilling, after removing them from the grill, brush with a small amount of dressing.
- We recommend Roma tomatoes when grilling because they are firmer and more compact and survive the grilling process better without falling apart. ■

“There is nothing more powerful than those who are unafraid.”

A fitness regimen is more than just toning your muscles or keeping your body healthy. It can help you face the world with a high degree of confidence. Regardless of your age and fitness level, exercising is an amazing, effective tool to grow and develop your entire well-being, showing the world who you are and what you can do. Insecurities, doubts, and lack of self-confidence are things that stop you from loving yourself and embracing your imperfections. You can overcome your self-doubts or insecurities by strengthening your mental focus and staying fit. Once you start conquering them, you may feel empowerment from within.

“Be comfortable with who you are.”

Confidence with one’s body isn’t always easy, especially as we age. However, losing confidence in our body is said to lose confidence in ourselves. By staying physically active, you improve your health while strengthening your focus, resulting in enhanced self-confidence. With a stronger body and mind, you can encourage yourself to keep pushing. Once you feel proud of your achievements, you gain confidence about your body and above all, your abilities.

“Be grateful for what you already have while you pursue your goals.”

If you have goals, it’s hard for you to give up what you really want or desire to achieve. Goals will set your mind on working hard and continuing. When you feel confident about your body and skills, you will develop a deeper sense of personal satisfaction and maintain a higher level of motivation to set new goals and achieve them.

“FITNESS & DISCIPLINE”

Before you can achieve your fitness goals, you need to develop self-discipline. Your daily workout routines will make you push yourself harder. Discipline involves mental toughness and time management. If you really want to achieve something, there is no room for you to say *no* or to *quit*. ■

*Nothing is impossible, the word itself says
“I’m possible”!
– Audrey Hepburn*





This is for all the parents just starting out in their journey through an autism or a similar diagnosis for their child. It's what I wish I would have known before diving in head first into the journey of a lifetime. It's scary and unknown. There's no map, but I do know this. You can do it. So, here's to your new adventure.

There are moments in your life that can immediately change who you are and who you will become. Mine came with that first person who said she was concerned that Zander had autism. Even though it was over four years ago, thinking back on it, I immediately begin to feel the sinking pit grow in my stomach and fill with anxiety. On that day, I honestly felt like I was unable to swallow, choking in a way on the words she spoke.

“Zander shows signs of autism, and I think we should get him evaluated.” My whole body felt instantly heavier as a thousand pounds of worry settled on my chest. I felt so many things in that moment: scared, angry, worried, sad, but oddly, and quite surprisingly to myself, I felt betrayed. I felt betrayed by all the mystical stories of motherhood and the “normal” I would have with my son. It felt like that beautiful dream had been snatched from my grasp by the word “autism” like a selfish thief of joy.

As if this wasn't tough enough, the system doesn't make any of the next steps much easier for you. For that I am truly saddened and sorry for all the parents that must embark on this journey. You will likely be on a waitlist to get a diagnosis, put on even more waitlists for each therapy, fill out countless questionnaires, endure long and stressful evaluations, fight through IEP meetings, appeal for insurance coverage, work endlessly to find the right therapists, doctors, diets, etc. that fit your child. This is the work, and it is tough.

“Don't worry. There's so much joy here! This painful journey has led you to a new life.”

Yes, we endured the waitlists, the evaluations, the paperwork, the diets, and the insurance denials. We go through the occasional hiccup where he will regress a skill or a new challenging behavior will arise. However, these do not define our joy or our faith in this amazing boy. I am happy to say we have a truly stellar team who intimately cares about the growth and well-being of Zander and help him to reach his full potential. I wish someone would have been real with me on that first day, telling me not to be ashamed of my feelings. I wish I'd known about the pain and struggles so that I could have been prepared when they hit. I wish someone would have said, "It's so tough, but you can do this." That is what I say to you.

This isn't a "how to" for being a special needs parent. I couldn't even begin to speak for an entire group of people. I can only speak on our experiences and shed a light through some of the pain and darkness I felt. If nothing else, I hope this can serve as a letter of encouragement from one parent to another to tell you, I see you. I see your tears, pain, and frustration. I see your loss. I acknowledge this pain because you are going to be tested to your limit. You will deal with more stress and uncertainty than you ever signed up for. You might want to give up. Don't. You must let yourself feel it, work through it, and come out new. You are now in a club that you would have never chosen but one you never knew you could accept and feel honored to be a part of. The initiation sucks, plain and simple. Now it's time to enjoy all the good parts.

Don't worry. There's so much joy here! This painful journey has led you to a new life. You will begin to understand what it means to take nothing for granted. You will rejoice over the tiniest accomplishment. I'm talking hot tears streaming down your face, jumping up and down, cloud nine euphoria over a correctly placed puzzle piece, a wave, a hug between siblings, an extra hour of sleep. These are your lifelines. Your triumphs will be

miniscule to the average parent out there, but they will be precious gems to you.

One of the greatest joys for us has been finding what makes Zander come alive and brings out the most intense joy in him. If I could only give one piece of advice, it would be to find this in your child. For Zander, it is water. Baths, lakes, rivers, or a random puddle are all magic. Above all, the ocean is our sanctuary. I will forever be in awe of his deep connection to this powerful body of water. He experiences the purest joy as he splashes away in those waves. He lays his body in the sand satisfying all his sensory dreams. And in these moments, autism doesn't matter. I don't think about therapies or insurance or stress. I just revel in the beauty that is his happiness and in turn my happiness. It is all okay.

It will be okay for you too. If you are swimming through the deep end of uncertainty and fear, just know it is not like this forever. It might not seem this way, but you are so very lucky to get to see the world through the eyes of this child. You will experience and notice things you never would have thought twice about. Have you ever looked at a tree upside down or stopped to listen and watch the raindrops fall from the sky? You will. There will be so many hard moments, I won't lie, but there will be far more joyous moments. Hold on to those with the tightest grip. Store them in your mason jar of life's beautiful memories and drink them up when the waves try to take you under. Please know that I see you, I understand you, I am right there with you. ■



3 Beauty Subscriptions

 When most people talk about their go-bag, they're thinking water, food, a change of clothes, and medications. Things to carry them over in case all electricity and emergency services go down.

For me, I think instantly of makeup. After all, I can't be caught make-up-less during the apocalypse! Not having makeup as a part of my morning routine will throw my sense of self completely out the window. Let's be honest, most of us won't ever use our go-bags for the big zombie plague that wipes out half the planet. We might need them for localized emergencies like a flood, fire, or earthquake. In those situations, you will still need to be presentable, and for heaven's sake, moisturized.

What a better way to have makeup always on hand than to have a beauty subscription? But, it's hard to know which one to choose, and for most of us, we don't want to throw our hard-earned money away on the chance that we picked the right one. Here's some insight into my top three, why I liked them, and why I didn't, so you can make an informed choice.



ipsy
...beauty by you



 **IPSY:** Every month, you get a cute little bag designed to match their theme and five products to try.

* It's one of the cheaper beauty subscriptions, so you don't feel like you're spending a ton of money every month.

* You get to try out a whole bunch of different kinds of makeup from companies you may not have purchased from before and find new products that might become your favorites. You also get deals on their featured products if you fall in love with something and want more.

* Reviewing items and referring new customers adds up points that allow you to get extra makeup in your bag.

* Although you do fill out a beauty quiz, they won't follow it to a T. For example, I am allergic to perfumes and although I have scents unchecked on the quiz, I still get them. However, before you discount them for it, most beauty subscriptions do not even allow for customer choice.

* After a while your house starts filling up with makeup bags you can't possibly ever use in your lifetime.

* Samples can be pretty small, and I started feeling like they were giving me the same thing all the time.

 **ALLURE:** This box is themed and chosen by the magazine. It contains more beauty products rather than makeup.

* The best thing about this box is that they give you larger than normal samples.

* You get to try out all kinds of different companies because they focus on one part of beauty a month. So, the items you get are pretty specialized and from beauty companies that you may not have tried before.

* There is no beauty quiz, and you cannot pick what you're going to get each month. If you don't like masks, too bad. You get seven of them that month. This is great for the months that you really like but each box can be hit-and-miss because of the specialization.



 **MEDUSA MAKEUP:** This is the best box for the makeup fanatic. It's also cruelty free and vegan. If that's important to you, this is the company to support.

* I really like the way this company decides on their theme and goes for it. There's always an extra item in the box that is unique and you will never find anywhere else. For example, in their summer vacation theme box, they included a keychain that looks like a hotel key from the 1980s. Imaginative, personal touches like that keep me subscribed.

* The makeups that come in this box are for the adventurous makeup fan.

* If you're into skin care or other types of beauty products this box may not be for you. It centers on makeup.

* All the makeup is from Medusa, no other companies. So, you don't get the variety to try new things.

To sum up, all the boxes have their pluses and minuses. My advice is try them out and find your favorite. Beauty subscriptions can save you money because they charge \$12 to \$20 a month, but you're getting products in each box worth \$30-\$60. If you do subscribe, I encourage you to set up a trade system with people who live near you so you can trade things you won't use. This has been a fun activity for me and my friends. At the end of the year, we pack up the non-expired trades into Ipsy bags and donate them to an underprivileged beauty supply program. ■



The Time for Women's Hockey is Now



Several years ago, I entered the ice rink and saw a small boy struggling with the door to the ice. Any rink rat knows those ice doors are hefty with mechanisms difficult to close. I told him I had it, shutting the door as some guy in the stands shouted, “What are you a wuss? A girl had to close the door for you?”

I haven't been a girl since the mid-nineties when I first played ice hockey in the local boys' league. Similar hecklers would shout then that I shouldn't be there because girls can't play hockey. The irony is women have been playing ice hockey as long as men. The National Women's Hockey League's Isobel Cup is named after Lord Stanley's daughter, and photos of Isobel on the ice in her Victorian bustle endure alongside dozens more pictures of Gibson Girls skating for teams such as the Vancouver Amazons and the Seattle Vamps.

Women's ice hockey first drew international attention when debuting at the 1998 Nagano Olympic games. Goaltender Manon Rheaume had played in pre-season games for the National Hockey League's expansion Tampa Bay Lightning several years prior, but many viewed her time in net as a publicity stunt. However, the U.S. National Team beating Canada to win gold inspired thousands of girls to take up the sport. USA Hockey ex-

perienced exponential growth rates, going from 6,000 girls under ten years old registered in 1990 to over 33,000 last year with over 80,000 female players in 2018. In this decade, female hockey participation has grown 34% in the U.S., and collegiate programs thrive from hockey hotbeds such as Massachusetts and Minnesota to surprising schools like Arizona State University.

Unfortunately, it's one step forward, two steps back for the women's game at the professional level. After twelve seasons, the top tier Canadian Women's Hockey League folded in 2019. Now in its fifth season, the NWHL does pay players but not at a livable wage. Olympians have no higher place to compete, and college athletes are required to pay their own way for travel, equipment, and healthcare to pursue their sport professionally, forcing many of the top women's players to maintain day jobs and obtain employment leaves to attend national team camps.

In 2017, the U.S. Women's National Team threatened to boycott the World Championships over being treated unequally to the men's program. Because of the folding of the CWHL and the NWHL's low salaries, over a hundred women sat out this season to form the Professional Women's Hockey Players Association, a new union to showcase women's events and sponsor training opportunities.

Despite its “Hockey is for Everyone” initiative, the NHL seems uninterested in embracing a WNBA style sponsorship, sitting on the NWHL patent and leaving the NWHL to inconsistent lip service and falling through deals with their local counterparts. When Olympian Kendall Coyne-Schofield finished second in the fastest skater competition at the NHL *All Star Weekend*, impressed hockey fans expressed their outrage on social media after the NHL ignored fellow gold medalist, Brianna Decker, with a time in the passing drill better than the NHL winner. He got the \$25,000 prize, but the average NWHL salary is only \$15,000.



NWHL Commissioner Dani Rylan, has pushed forward with partnerships from *Dunkin Donuts* and *Twitch*, and viewers are tuning in for the Twitter live playoffs. True hockey lovers will watch good hockey regardless of who is playing. In the nail biting 2016 Sochi overtime and the PyeongChang gold medal victory, ponytails under the helmets didn't matter. Professional women's hockey may have its ups and downs, but the visibility of the women's game is stronger than ever. Chances are, regardless of where you live in America, there's probably a women's hockey program near you.

It didn't occur to me that I could play hockey until I saw Manon Rheaume. When someone told me I didn't belong, it only reminded me that if I made a mistake—the same error any boy on the team could make—mine would be because I was a girl. I refused to falter, practicing until the lights at the rink shut off at 2 a.m. Soon the chatter went from “Oh, look, a girl!” to “Well, at least she's not bad” to finally, “Number twenty-four is really good, and she happens to be a girl.”

Seeing women play professionally and taking their gold medals to *Saturday Night Live* inspires girls to take what once seemed like a dead end novelty as a goal to scholarships and success.

Women playing hockey is not a bemusing rarity of the past. Nay, the time for women's hockey is now.

For more NWHL viewing or ticket information, visit <https://www.nwhl.zone/> or for ice hockey opportunities near you, visit <https://www.usahockey.com/>

Kristin Battestella's earliest written credentials were hockey articles for the local newspaper. She played ice hockey for twenty years before retiring due to Lyme Disease and remains a USA Hockey Lifetime Certified Coach her latest horror articles can be found at HorrorAddicts.net and her film criticism is at I Think, Therefore, I Review. ■



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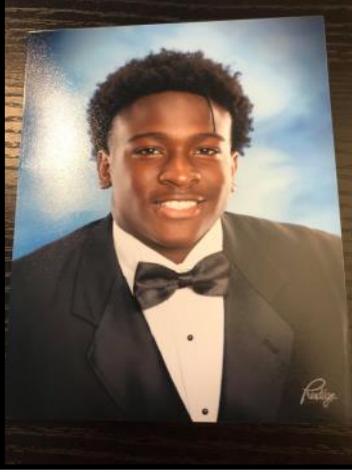
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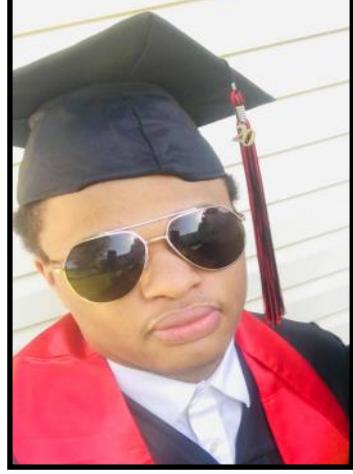
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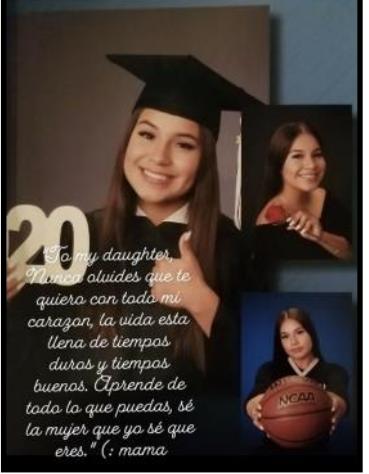
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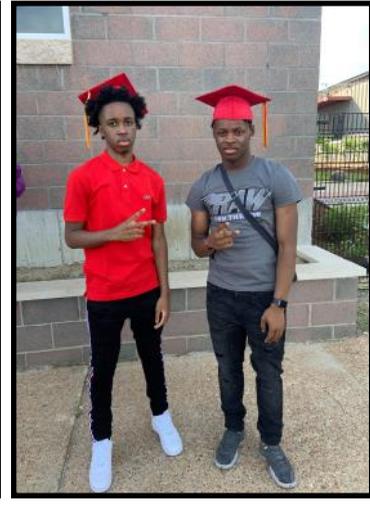
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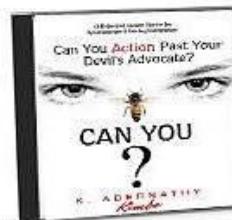
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