Hobbit
Housing Co-Op

by Mary Jo Fahey

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Bilbo Baggins is about to become host to a party of twelve dwarves. Bag End¹, his family's luxurious smial² (hobbit-burrow) built into the top of The Hill on the north side of Hobbiton, would need to be re-organized quickly.

Bag End is located in Westfarthing, one of four "farthings" in a region of Middle-earth known as the Shire, an area settled exclusively by Hobbits.

Bag End's tunnels and rooms, typical of hobbit-architecture, were all built on one level. The smial's many rooms and cellars, with high-quality fixtures, fittings, and furniture would be needed as bedrooms, a shared dining space and rooms for food preparation. There was plenty to look at, for the round front door (on the south), and the porthole-like windows (all on the west), opened onto Bag End's lawns and gardens.

¹ Bag End - One of 44 Hobbit holes built on Bagshot Row, a small road at the foot of the Hill below Bag End in Hobbiton.

² Smial - the hobbit-holes tunelled into earth mounds and hills. For generations the Hobbits, made diggings in the earth to live.
Thorin Oakenshield, the leader of the company of dwarves who would be moving into Bag's End, is helping Bilbo set up temporary folding beds to be lined up in Bagshot Row. Later, they'll be setting up bedrooms and the dining room, while Bilbo is handling the plans for meals.

“Thorin, did folding beds I ordered arrive?” asked Bilbo.

“They should be here within the hour,” said Thorin.

“What about the mattress pads, fitted sheets, disposable pillows, pillow cases and blankets for the folding beds?” asked Bilbo.

“They will be in the same delivery,” said Thorin. “Will the pillows and blankets be used on the bunks?”

“No, this set of bedding is temporary,” said Bilbo.

“Anything else for the temporary beds?” asked Thorin.

“Shopping carts: Sterilite Totes and market totes,” said Bilbo.

“Are the carts and totes for the dwarves?” asked Thorin.

“Give the carts and totes to each dwarf for their personal items,” said Bilbo. “They're temporary until their bunks are ready.”

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1. (Amazon) iBed in a Box Hideaway Guest Bed, 32 x 74.5 x 13 in $105.08
2. (Amazon) Gilbin, Quilted Cot Size Mattress Pad, 30" x 74" $19.99
3. (Amazon) Cotton/Poly Fitted Cot Sheet, White, $15.99
4. (Bettymills.com) McKesson Bed Pillow 20" x 26" White Disposable, Size: 20" x 26", Color: White, $3.00 each.
5. (Bettymills.com) GF Health Pillow Case, 21" x 27" Vinyl; Zipper Closure, $1.49 ea.
6. (Walmart) Mainstays Plush Blanket, Twin, Grey, $10.46
7. (eBay.com) Sandusky FSC4021 Folding Shopping Cart, 110 lbs Capacity, for taking personal items to the shower, $29.70 each.
8. (Walmart.com) Sterilite 18 Gallon Tote Box, Titanium, Case of 8, $38.97
9. (4imprint.com) Item #131515, Heavy Duty Market Tote, Red, $1.99 each.
“Did the metalworkers tell you what time they would be delivering the bunk beds¹ that I ordered?” asked Bilbo.

“They should also be here within the hour,” said Thorin.

“The beds I ordered are considered ‘premium,’” said Bilbo.

“What about the mattresses?” asked Thorin.

“The mattresses² should be delivered with the beds. The thickness is six inches,” said Bilbo. “I can help you put the beds together—two bunks for each bedroom, for a total of four dwarves. I also have a fitted sheet³ for the mattresses, pillows⁴, pillow cases, fleece blankets⁵ and a caddy⁶ for personal items.”

“The dwarves will need an alarm clock⁷,⁸,” said Thorin.

“The dwarves who sleep on the bottom bunk will have a stool⁹ next to their bed,” said Bilbo. “It's perfect for the alarm clocks.”

“What about lights?” asked Thorin.

¹ (Walmart) Premium Bunk Beds, 79W x 42D x 68H in. $179.10 each.
² (Walmart) Mainstays 6” Coil Mattress, Twin, $89
³ (Brooklyn Bedding), Twin Sheets (a fitted sheet, flat sheet, and pillow case(s)).
⁴ (Amazon.com) My Pillow Classic Series Medium Firmness Bed Pillow, Standard/Queen Size, machine washable and dryable, $49.95
⁶ (Amazon) Misslo Hanging Bedside Storage Caddy for books, and shoes color = black, $13.45
⁷ (Walmart.com) La Crosse Technology Equity Quartz Travel Alarm, requires 1 AA battery, $5.64 each.
⁸ (Walmart.com) Energizer Premium Max Batteries AA (Per 8), $6.94
⁹ (www.lnt.com) ABINGDON SOLID BIRCH WOOD LARGE STOOL, (White or Birch for an alarm clock next to the bottom bunk, 4 per apt), $129 each.
“Each person will have their own lantern¹,” said Bilbo.
“Will there be any other light in the room?” asked Thorin.
“Two floor lamps in each room²,” said Bilbo.
“And closet space?” asked Thorin.
“Each room has a closet that dwarves will need to share,” said Bilbo.
“And hangers?” asked Thorin.
“Four different types³, ⁴, ⁵, ⁶,” said Bilbo.
“Do you think there will be any fights?” asked Thorin.
“Each dwarf will have a clothes divider with his name on an insert⁷,” said Bilbo.
“And where will they be storing their towels?” asked Thorin.
“If we’re tight on space, there will be two Earth totes⁸ for each dwarf that they can hang over the wooden hangers⁴,” said Bilbo.

¹ (Walmart.com) Solar Powered Camping Lantern, Solar LED Camp Light & Handheld Flashlight, Black, $9.99 each.
² (Target.com) Adjustable 3-Bulb Floor Lamp ThresholdTM (Lowest Adjusted Setting: 50", Highest Adjusted Setting: 63.5"), $47.49 each.
³ (Onlyhangers.com) Black Plastic Pant-Skirt Hangers w/Clips, Reference: PH404, Box of 100, $49.95 each.
⁴ (Metropolitandisplay.com) 17.5" Flat Wooden Shirt Hanger With Bar, 100 per case, $66.99/case.
⁵ (Walmart) Honey Can Do 24pk Suit Hanger, Cherry, $20
⁶ (Homedepot) Honey-Can-Do Recycled Plastic Hangers, White, 60pk, $23.77
⁷ (Retailresource.com) Clothing Rack Size Dividers with Insert Window, White, 10 per package, Accepts 3 1/4" x 2 1/2" (W x H) inserts, $8.89 per package.
⁸ (Retailresource.com) Divider Insert Cards, Blank, 100 per package, $29.99 each.
⁹ (reuseit.com) reuseit EarthTote Reusable Bag, 17 inches tall, $6.97 each.
“And if we have extra space?” asked Thorin.

“Plano shelves with market totes on each shelf²,” said Bilbo.

“Explain what personal items each dwarf will need,” said Thorin. “And where you want the items stored.”

“Personal items get stored in Earth totes or the market totes,” said Bilbo. “Each dwarf will need a toothbrush³, toothpaste⁴, deodorant⁵, shave gel⁶, razors⁷, and a choice of hair products⁸, ⁹, ¹⁰, ¹¹, ¹², ¹³, ¹⁴, ¹⁵.”

1. (Walmart) Plano 4-Tier Heavy-Duty Plastic Shelves, White, $14.97 each.
2. (Greenbagco.com) Tall Bag-Fully Customizable, Size: Jumbo, Dimensions: 17.5 x 18 x 6.5, Pantone 802C (bright green, dowse color).
3. (Walmart) Colgate 360 Degree Soft Fresh 'N Protect Toothbrush, 1.0 CT, $2.86 ea.
4. (Walmart) Tom's of Maine Botanically Bright Whitening Toothpaste Spearmint, 4.7 oz., $5 each.
5. (Nubianheritage.com) Nubian Heritage Deodorant - All Natural - 24 Hour - Indian Hemp and Haitian Vetiver - with Neem Oil - 2.25 oz, $8.99 each
6. (Walmart) Edge Shave Gel For Men Sensitive Skin - 7 oz, $2.97 each
7. (Walmart) Gillette Sensor2 Men's Disposable Razors, 18 count, $10.78 each.
8. (Walmart) Garnier Fructis Triple Nutrition Conditioner for Dry, Damaged Hair, 13 oz, $3.42 each.
9. (Walmart) 6 Pack - Aussie Instant Freeze Hair Spray Non-Aerosol Maximum Hold 8.50 oz, $31.27
10. (Walmart) Cantu Shea Butter, Natural Hair Coconut Curling Cream 12 oz. Jar, $5.97
11. (Walmart) Cantu Shea Butter Leave-In Conditioning Repair Cream 16 oz., $5.97
12. (Amazon.com) Ace Classic Dressing Hair Comb, 7.5-in., Black, $6.34 ea. X 600 = $3,804
13. (Amazon.com) Tangle Teezer Hair Brush, Panther Black, 2.5 Ounce, $10.99
14. (Amazon.com) uxcell 2 Pcs Hairstyle DIY Wide Coarse Tooth Plastic Curly Hair Care Handgrip Comb 9 inches, $4.43 each.
15. (Bedbathandbeyond.com) Ace® 7.5-Inch Dressing Comb in Black, $1.99
“What about soap?” asked Thorin.

“Pears¹,” said Bilbo. “It's pH neutral. However, the soap bar will get gooey if it's not dried.”

“Where should they store their soap?” asked Thorin.

“We have a white wash cloth for that,” said Bilbo. “Tell them to first dry their bar, then wrap it in the wash cloth² bound with a hair elastic³. They can then store it in their caddy.”

“Be sure to tell them there's no walking around in bare feet,” said Bilbo.

“I'll be sure to emphasize that,” said Thorin.

“Tell them to remove their shoes as they get into bed and to place them next to the bed on the floor, or in their caddy,” said Bilbo. They will also need to shower once-a-day. Clothes get washed daily and bedding gets washed once-a-week.”

“Isn't that a lot of washing?” asked Thorin.

“We have large washers and dryers and we'll be getting even larger ones,” said Bilbo.

“Commercial size?” asked Thorin.

“I found a company⁴ that specializes in large capacity washers and dryers,” said Bilbo. “They'll be installed in Rec Center #1.”

“Dwarves and Hobbits may need a cart,” said Thorin.

¹ (DollarTree) Pears Transparent Glycerine Soap, 3.5-oz. Bars, case/48, $48
² (Walmart) Mainstays 18 Pack Washcloth Collection, $3.92 each.
³ (Walmart) Goody Ouchless No Metal Elastics Storage Pack, 70 CT, $6.84
⁴ (Aaxon Laundry Systems) 6100 N. Powerline Rd. Ft. Lauderdale, FL 33309 TEL: 954-772-7100 or 800-826-1012
“My favorite is the Ozark Trail folding wagon1,” said Bilbo.

“Is there anything else they'll need to know about the laundry?” asked Thorin.

“Dryer heat can be somewhat damaging to fabric,” said Bilbo. “I like to dry towels, sheets and some clothes in the dryer, but some items need to be air dried.”

“Will there be space for everyone to hang up their clothes?” asked Thorin.

“I found a tripod clothes drying rack2 that folds up,” said Bilbo. “There are also a couple of clothing racks used in retailing that are easy to assemble. One is 48 inches high3 and the other is 63 inches high4.”

“Those extra racks should provide enough space,” said Thorin.

“We'll be providing, irons5, ironing boards6, and iron-on labels7, 8 that will be helpful when washing their clothes in large loads. The iron-on labels can also be used on towels.”

“Do you have a place for the ironing board and iron?” asked Thorin.

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1 (Walmart.com) The Ozark Trail Folding Wagon, $49.87
2 (Amazon) Household Essentials 2-Tier Tripod Air Dryer
3 (Productdisplaysolutions.com), Single Rail Black Beauty Clothing Rack, 48 in height X 60 in length, $29.75
4 (Productdisplaysolutions.com), Single Rail Black Beauty Clothing Rack, 63 in height X 60 in length, $32.49
5 (Walmart) Rowenta iron, DW1170, AccessSteam Cord reel (retractable) Steam Iron, 1500 watts, Magenta, $59.99
6 (Walmart) Mainstay 4 Leg Ironing Board, Nuetral Cross-Hatch Cover
7 (Joann.com) Dritz Iron-On Fabric Marking Tape, .99 each.
8 (Amazon.com) Sharpie Rub- A-Dub Permanent Laundry Marker Fine Black, $12.95 each.
“We'll look for space in the largest closet,” said Bilbo.

“What about laundry soap?” asked Thorin.

“Liquid soap goes under one of the sinks in a cabinet,” said Bilbo. “White vinegar for the laundry load is stored separately.”

“Large jugs—such as spring water and white vinegar will be stored on a five-tier chrome shelf on wheels,” said Bilbo.

“Any other cleaning supplies?” asked Thorin.

“Pears glycerin soap works on glass mirrors and doesn't streak,” said Bilbo. “We'll place method brand hand soap foamers at the sinks, Bon Ami cleanser under the sink in the cabinet and Vitamin C powder with it.”

“Vitamin C powder?” asked Thorin.

“Ascorbic acid is a disinfectant and it takes out stains,” said Bilbo.

“What about dish soap?” asked Thorin.

“Mrs. Meyers dish soap and Seventh Generation dishwasher detergent,” said Bilbo. “We'll also store a variety of scrubbers.

1. (Walmart) Purex Natural Elements, Liquid Laundry Detergent, 72 oz, $3.97
2. (Walmart) Great Value Distilled White Vinegar, 1 gal, $2.48
3. (Walmart) Spring Water 1 Gal (Pack of 6), Deer Park (or Great Value brand sold in store)
4. (Home Depot) Trinity 48 in. W x 18 in. D 5-Tier NSF Chrome Wire Shelving Rack Decorative Shelf, $71.87
5. (Walgreens.com) method Foaming Hand Wash Sea Mineral 10.0 oz., Triclosan free, biodegradable, naturally derived, no animal testing, $4.19
6. (Walgreens.com) method Refill, 28 oz., $5.99
7. (Walmart) Bon Ami All Natural Powder Cleanser 14 Oz Shaker, $7.30
8. (vitacost.com) C powder 8 oz Powder, removes stains $4.40
under the kitchen sink and a toilet caddy next to the bowl in the bathroom.”

“Can we wear rubber gloves to clean the bathroom?” asked Thorin.

“Definitely,” said Bilbo.

“What about a laundry bag?” asked Thorin.

“Each dwarf will have a large capacity folding luggage bag for carrying their laundry,” said Bilbo. “They'll need a plastic measuring cup for measuring the white vinegar.”

“I think I hear the delivery team with the bunk beds and mattresses” said Thorin. “Do you have tools for assembling furniture?”

“I put a bag of tools together for you,” said Bilbo.

“Let's take a look,” said Thorin.

“I started with a 14 inch Bostitch tool bag and filled it with

1  (Target) Mrs. Meyer's Dish Soap Lavender - 16oz, $10.79
2  (Walmart) Seventh Generation Natural Automatic Dishwasher Detergent SEV22818PK
3  (Walmart) Simoniz Soft-Scrub Micro fiber Sponge Pads, 2 count (machine washable and dryable), $2.97
4  (Walmart) Scotch-Brite Stay Clean Scrubbers, 2 count, $3.97
6  (Walmart) Good Cook 3-Piece Jumbo Kitchen Scrubber Set, $3
7  (Walmart) Great Value Bowl Brush Plunger & Caddy $9.97 each.
8  (Walmart) Playtex HandSaver Gloves Large, 1 Pair (Pack of 2), $5.94
9  (eBay.com) Storage Travel Bags Folding Luggage Bag Foldable Handbags Large Capacity Tote LE, Colors: green, pink, orange and turquoise (for carrying laundry), $5.35 each.
10 (Walmart) Norpro 2 Cup Plastic Measuring Cup, $4.64 (for measuring white vinegar, dowse the number of cups).
tools,” said Bilbo as he pulled a bright yellow bag out of the closet. “There's a grounded extension cord, a staple gun, staples, a set of hand tools, a carpenter's square, a tape measure, a hammer, a set of screw drivers, a set of pliers, an adjustable wrench, a utility knife and some markers.”

“What about a drill?” asked Thorin.

“There's a Dewalt drill that has its own bag,” said Bilbo.

“And a ladder?” asked Thorin.

“There's a Flip-N-Lite ladder,” said Bilbo.

“Let's get those beds set up!” said Thorin.

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1. (Walmart) Bostitch 14” Tool Bag, Yellow
2. (Walmart) GE Indoor/Outdoor Grounded Extension Cord, 15’
3. (Walmart) Stanley Heavy-duty Steel Staple Gun, TR110S
4. (Walmart) Stanley 3/8” Heavy-Duty Staples, TRA706T/R- TO-041
5. (Walmart) Stanley Hand Tools 42-468 24” High Impact ABS Level, 24 in length
6. (Walmart) Stanley Tools Carpenter’s Square, Steel, 12”
7. (Walmart) Kc Professional 90112 12 Monster Tape Measure
8. (Walmart) Stanley 51627 20 Oz.Gray Fiberglass Rip Claw Hammer
9. (Walmart) Stanley Hand Tools 60-060 6 Piece Set Slotted & Phillip Screwdrivers
10. (Walmart) Irwin 2-Pack Vise-Grip Slip Joint & Long Nose Pliers, 2078702
11. (Walmart) Channellock 6”, Adjustable Wrench, Chrome Vanadium Steel, 806W
12. (Walmart) Retractable Blade Quick-Change Utility Knife
13. (Walmart) Sharpie Permanent Markers Chisel Point Set of 12, Black
14. (Lowes) DEWALT 18-Volt Nickel Cadmium (NiCd) 1/2-in Cordless Drill w Battery & Soft Case, $89 each.
15. (Amazon) Flip-N-Lite 300-lb. Duty Rating 5-foot Stepladder w Platform, $69.47
“We forgot about the light bulbs last night,” said Thorin as he sipped a cup of coffee at Bilbo's dining room table.

“We could have used more light as it got dark,” said Bilbo.
“Bulbs are on my shopping list for today.”

“Do they get stored under the kitchen sink?” asked Thorin.

“That's a perfect place for them,” said Bilbo.

“What are we working on today?” asked Thorin.

“We'll be setting up the dining area and installing magnetic white boards,” said Bilbo.

“Magnetic white boards?” asked Thorin.

“I have two types of magnetic white board systems planned,” said Bilbo. “One is for assigning chores and the other is for meal planning. I'll explain the components as we install them.”

“How are you planning to accommodate all of the various heights in the dining area?” asked Thorin.

“I worked on that a long time,” said Bilbo. “I think the solution involves tables with adjustable legs. The easiest table to set up is a four foot fold-in-half table2 from Lifetime. There's also an adjustable table from Regency3. They're versatile because they can be raised and used as prep tables..”

“What about chairs?” asked Thorin.

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1 (Walmart) GE Reveal 150 Watt A21 Incandescent Reader Bulb, 1 Pack, $4.44
2 (Walmart.com or Amazon.com) Lifetime 4' Fold-In-Half Adjustable Table, White Granite (height: 24 in, 29 in and 36 in), $41.39.
3 (Staples.com) Regency Height Adjustable Kee 48" x 24" Classroom Table, Grey (MT4824GYAPBK), $199.99.
“The simplest solution is folding chairs¹,²,” said Bilbo.

“Won't folding chairs be a little uncomfortable?” asked Thorin.

“I found some cushions called ‘Sit Upons³’ and ‘Sit Arounds⁴,’” said Bilbo. “In between meals, foldable tailgate chairs⁵,⁶,⁷ provide more comfort. Adjustable height activity tables can be useful for seated tasks.”

“Is that every type of table and chair?” asked Thorin.

“I'm also experimenting with a company that allows you to ‘build your own Breuer chair,’ an unfinished wood kid's ‘Empire Chair,’⁹, and a ‘Land of Nod Adjustable Java Activity Table that comes with two sets of legs,” said Bilbo.

“What about sofas?” asked Thorin.

“Sofas for tall people are available from several companies that

¹ (Bizchair.com) Kids White Plastic Folding Chair [Y-KID-WH-GG]
² (Bizchair.com) HERCULES Series 800 lb. Capacity Premium White Plastic Folding Chair [LE-L-3-WHITE-GG, Seat width: 15.5"W, Seat depth: 15.5"D $10.99 each.
³ (schooloutfitters.com) Sit Upons, set of 6, 12 in X 12 in, $41.88
⁴ (schooloutfitters.com) Sit Arounds, set of 6, 12 in diameter, $41.88
⁵ (Walmart.com) Kids Folding Camp Chair, $17.10
⁶ (Academy.com) 378 tailgate chairs: "Outdoors Logo Armchair," approved (dowsed) colors: black, red or orange, $5.49
⁷ (eBay.com) Ozark Trail Oversized Mesh Lounge Chair Lime Green, $19.99
⁸ (Target) Adjustable Height Activity Table (aka Cosco Table), $14.99
⁹ (Seatsandstools.com) Build Your Own Custom Breuer Chair, $146.99
¹⁰ (Walmart.com) International Concepts Kids' Empire Chair, Set of 2, Unfinished, set of 2, $97.99
¹¹ (Landofnod.com) Medium Adjustable Java Activity Table, $249
manufacture furniture in this country,\textsuperscript{1,2,3}” said Bilbo. “Sofas for small people are harder to find, but they exist\textsuperscript{4}. There are also petite upholstered chairs that can be used to form a modular sofa, or sectional. Once we see if we have all the space we need for sleeping and dining, we can determine if there is any additional space for sofas.”

“Once we set up the dining area for 18, you'll need to tell me where your food preparation tables need to be placed,” said Thorin.

“PANtries will be used for food prep,” said Bilbo.

“Lifetime tables can be adjusted to 24, 29 and 36 inches,” said Thorin.

“We may need all three for standing heights, for short and tall,” said Bilbo. “We also need pendant lights for task lighting.”

“What is a pendant light?” asked Thorin.

“Pendant lights are sometimes called a drop or suspender. They hang from the ceiling usually suspended by a cord, or chain,” said Bilbo.

\textsuperscript{1} Miles Talbott Furniture (The MT Company) 211 Old Thomasville Road, High Point, NC 27260, Phone: (336) 885-7500
\textsuperscript{2} Sofas and Chairs of Minnesota, 2909 Wayzata Blvd. South, Minneapolis, MN 55405-2126, (612) 377-6001
\textsuperscript{3} Carolina Rustica, 325 McGill Ave, Suite 175, Concord, NC 28027, 800-528-7173
\textsuperscript{4} (Discountkidschairs.com) quality kids chairs & sofas in toddler, preschool and youth sizes.
\textsuperscript{5} (landofnod.com) Petite Upholstered Chair (Vortex Multi), $199
\textsuperscript{6} (landofnod.com) Petite Uphol-stered Chair (Pennywood Sketch), $199
“Task lights to illuminate the work area—multiples, hung in a straight line over table tops,” said Thorin. “I understand.”

“They usually require an electrician, but I found one that can be plugged into any outlet—no hardwiring,” said Bilbo. They’ll need a swag hook installed.”

“What is the wattage?” asked Thorin.

“60 Watt,” said Bilbo.

“What else do you need set up in the pantries?” asked Thorin.

“Heavy duty shelves, hand towel dispensers and appliances,” said Bilbo.

1 (Home Depot) Globe Electric Amris 1-Light 11 in. Plug-In White Hanging Pendant, $14.97 each.
2 (Home Depot) Westinghouse, 2-1/2 in. Large White Swag Hooks (for Pendant Lights), $3.10 each.
3 (Officesupplyinc.com) Hirsh Riveted Shelf Unit Part Number: HID17126, 36" x 16" x 60", $98.67 each.
4 (Globalindustrial.com) Hirsh Industries® 30"W x 16"D x 60"H, Riveted Steel Boltless Shelving Unit, 4-Shelf, $61.95 each.
5 (uline.com) Tork® Xpress® Tabletop Towel Dispenser - White (for shared dining, outdoor sinks & SIG apartments), $16 each.
6 (uline.com) Tork® Xpress® Deluxe Interfolded Towels, 6 cases, $67 each.
7 (Walmart) Oster Designed for Life Convection Toaster Oven, Silver, $39.92
8 (Walmart) KRUPS KH734D Breakfast Set 4-Slot Toaster, $49.88
9 (Walmart) Fellowes Seven-Outlet Power Strip, 125V, 12ft Cord, Black/Silver, $17.52 each.
10 (Sears.com) Kenmore Elite #51773, 28 cu. ft. Side-by-Side Refrigerator - Stainless Steel, $1499.99 each.
11 (So-Low Environmental Equipment Company) Model: C40-17 Manufacturer: So-Low Temperature Range: -0°C to -40°C
“It looks like we're ready to install your magnetic white boards,” said Thorin.

“We'll really be organized with the white boards,” said Bilbo.

“Where are we installing the white boards for chores?” asked Thorin.

“We'll need four white boards for chores,” said Bilbo. “Let's look at all of the common areas.”

“One of the large pantries has plenty of wall space for four boards,” said Thorin. “Let's take a look at them.”

“The boards\textsuperscript{1,2} are imprinted with a month calendar,” said Bilbo, showing Thorin one of the boards.

“A blank calendar,” said Thorin.

“There are magnetic accessories\textsuperscript{3,4,5,6}. that are used to label the month, days of the week and dates,” said Bilbo.

“Are you assigning chores for an entire month?” asked Thorin.

“For two weeks at a time,” said Bilbo.

\textsuperscript{1} (Amazon.com) Quartet Prestige Total Erase Dry-Erase One-Month Calendar, 4 x 3 Feet, Graphite Frame (CP43), $249.38 each.

\textsuperscript{2} (Target.com) 4-pk. 75-lb. Picture Hangers (for hanging boards and art work) - Chrome, $2.29 each.

\textsuperscript{3} (ultoffice.com) 1" x 2" Month Indicator Magnet Set, $8.95 each.

\textsuperscript{4} (ultoffice.com) 1" x 2" Days of the Week Magnet Set, $6.50 each.

\textsuperscript{5} (ultoffice.com) 1" x 1" Date Magnet Set (1-31), $12.50 each.

\textsuperscript{6} (ultoffice.com) Whiteboard Markers, Broad-Tip (set of 4), Assorted, $8.95 each.

\textsuperscript{7} (ultoffice.com) Magnetic Eraser & 10 Replacement Felts, $16.95
“How are you planning to label the chores?” asked Thorin.

“How are you planning to label the chores?” asked Thorin.

“Damp-erase pens can be used to label plastic magnetic strips,” said Bilbo.

“What is a damp-erase pen?” asked Thorin.

“It means the writing can be washed off with water,” said Bilbo.

“The strips come in 12 inch lengths that can be cut up with a scissors.”

“So everyone needs to look at the board and look for their name and chore assignments?” asked Thorin.

“That's right,” said Bilbo.

“And the meal planning boards?” asked Thorin.

“They're magnetic white calendar boards also with the same accessories except for the magnetic strips,” said Bilbo. “The magnetic labels for meals are called ‘Flexcards.’”

“What are they?” asked Thorin.

“Flexcards and Magnetic Card Holders allow you to place a lot of information in a small space—such as menu details,” said Bilbo.

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1 (magnatag.com) Damp Erase Pens (for writing on magnet strips), $18.03 (per pkg. of 6), 3 pkg. X 3=$54.09

2 (magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Yellow, 6 packages, 3/8th in width, 12 in length, for task assignments inside the apt. $40 each.

3 (magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Orange, 6 packages, 3/8th in width, 12 in length, for task assignments outside the apt. $40 each.

4 (magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Green, 6 packages, 3/8th in width, 12 in length, for shower/bath locations, $40 each.
“How big are they?” asked Thorin.

“I think the one we need is 3 inches wide by 1 inch tall1,” said Bilbo. “The magnetic holders and inserts2 are sold separately.”

“How many of the meal planning boards do you want to install?” asked Thorin.

“Three,” said Bilbo.

“I think I know where there is some wall space,” said Thorin.

“While you install the boards, I'm going to fill in some Flexcards with meals and snacks,” said Bilbo.

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“The meal planning boards are ready for your Flexcards,” said Thorin.

“There are a few dishes I could not include, because we need to grow the ingredients, or find the proper cultures for a ferment,” said Bilbo.

“What are they?” asked Thorin.

“We need to grow Rhubarb,” said Bilbo.

“And what are you planning to make with Rhubarb?” asked Thorin.

“Stewed or pickled,” said Bilbo.

“And the ferment?” asked Thorin.

“Kefir grains to culture milk,” said Bilbo.

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1 (ultoffice.com) 1" x 3" Magnetic Cardholders (pack of 25), $18.95

2 (ultoffice.com) 1" x 3" Flexcards (pack of 1,000), White $28.95
“The fermented milk drink that originated in the Caucasus,” said Thorin.

“That is correct,” said Bilbo.

“So what's on your Flexcards?” asked Thorin.

“There are two Flexcards for each day of the week,” said Bilbo.

“One will list three meals for that day and the other will list three snacks.”

“I'll help you put them on the board,” said Thorin.

“I have worked ou meals and snacks for six days,” said Bilbo.

“This is just a start. The daily protein in my plan is for Hobbits. I'll need to add efficient protein foods for dwarves and regular sized humans.”

**Day One**

- Ricotta Toast
- Pizza (Dessert)
- Sliced Brie Sandwich (with a dessert)
- Hot Coffee/Ice Cream Float
- Cheddar Cracker Cuts/Sourdough Pretzels
- Peanut Butter Balls

**Day Two**

- Baked Custard/Toast
- Egg Salad/Toast
- Scrambled Eggs/French Toast
- Yogurt with Pretzels
- Carrot/seaweed Salad with Sourdough Pretzels
- Vanilla Ice Cream

**Day Three**

- Scrambled Eggs/Creme Fraiche & Toast
- Egg Bistro Sandwich
- Pizza/Dessert
- Hot Coffee/Ice Cream Float
- Peanut Butter Balls
- Yogurt/Pretzels
Day Four

Ricotta Toast
Sliced Brie Sandwich
Scrambled Eggs with French Toast
Yogurt/Pretzels
Hot Coffee/Ice Cream Float
Dukan Inspired Egg, Oat and Buttermilk Bread

Day Five

Baked Custard/Toast
Egg in a Basket (or Melted Cheese)
Pizza/Dessert

Hot Coffee/Ice Cream Float
Peanut Butter Balls
Yogurt with Pretzels

Day Six

Sliced Brie Sandwich (with a dessert)
Egg Salad/Toast
Scrambled Eggs/French Toast

Hot Coffee/Ice Cream Float
Yogurt with Pretzels
Carrot/seaweed Salad with Sourdough Pretzels

Any Day, Any Meal or Snack

Cold or Warm Whole Milk with Thyme Drops (Cup, 12 or 16 oz., with 2 drops of Thyme for Hobbits or Children and 6 drops for Regular Size Humans)

Buttermilk, (Cup, 12 or 16 oz.)

Cottage Cheese, Half Cup, Optional Sprinkle of Organic Paprika

“These boards will help you plan your food purchases,” said Thorin. “I'm guessing that you will need to repeat after day six.”

“That is a big reason why I wanted the boards in plain site,” said Bilbo. “There will be a learning curve when it comes to ordering food.”
“If you explain what is in these dishes and how they are prepared, I can get the dwarves to help,” said Thorin.

“Let me get you a notebook,” said Bilbo as he opened a drawer to his desk. “There are a lot of details.”

“Do you also have a pen?” asked Thorin.

“I prefer a mechanical pencil because I can erase any mistakes,” said Bilbo. “The dwarves will need notebooks and mechanical pencils for their caddies. Also, make a note that they each need a watch, so they're prompt.

“I'm ready,” said Thorin. “When you describe a menu item, also include details about how it needs to be prepared.”

“Let's start with the meals on Day One,” said Bilbo.

“What is Ricotta Toast?” asked Thorin.

“Ricotta toast is approximately one quarter cup of Ricotta cheese spread on a piece of sprouted grain toast topped with pitted Kalamata olives cut lengthwise. It's suitable for for breakfast, lunch, dinner, or a snack,” said Bilbo.

“We'll need six Krups 4-slice toasters lined up on the prep tables” said Thorin.

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1. (Dollardays.com) Wire Notebook, 70 sheets One Subject, Wide Ruled School Supplies, case of 48, $37.92
2. (Amazon.com) Pentel Side FX Automatic Pencil with Eraser Re ll, 0.7mm, Color may vary, 2 Pack (PD257EBP2), $11.77 each.
3. (Amazon.com) Pentel Super Hi-Polymer Lead Re ll , 0.7 mm Medium, HB, 90 Pieces of Lead (C27BPHB3-K6), $4.19 each.
4. (jet.com) Re ll Eraser For Pentel Twist-Erase Series Pencils 3 pcs/Box, 12 Count (Pack of 12), $5.58 each.
5. (Amazon.com) CASIO F91W-1 Casual Sport Watch (1974), $10.97 each.
“I see your plan includes toaster locations for a few extra slices in case we have guests,” said Bilbo. “That's good.”

“We'll need a team of dwarves toasting bread\(^1\) while another team spoons the Ricotta\(^2\),” said Thorin. “A third team will need to place the sliced olives\(^3\) on top.”

“That should expedite the preparation, but they will need practice,” said Bilbo.

“I expect so,” said Thorin.

“We're getting ahead of ourselves,” said Bilbo. “We should have discussed how the dining room needs to be set up before the toast is prepared.”

“Yes, let's talk about that,” said Thorin.

“Each morning, two dwarves will need to set their alarm and get to the dining room early to set out mugs and start the coffee,” said Bilbo.

“What do we need?” asked Thorin.

“We'll need 12\(^4\) and 16\(^5\) ounce mugs, spoons, and luncheon size napkins\(^6\) on Lifetime tables that we'll use as buffet tables,” said Bilbo.

“What height?” asked Thorin.

“Tell the dwarves we'll need the buffet tables set to the 29 inch height,” said Bilbo. “Hobbits are shorter than dwarves. We'll try that height and see if they need the tables set up at 24 inches.”

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1. (Foodservicedirect) Food For Life Baking Organic Bread, Product Id: NFF197764
2. (Walmart) Great Value Organic Ricotta Cheese, 15 Oz.
3. (Walmart) Mezzetta Imported Pitted Calamata Olives, 9.5 oz, $3.98
4. (Walmart) 10 Strawberry Street White Mugs, White, Set of 12, $40
5. (Walmart) Better Homes and Gardens 18 oz Latte Mug, Set of 6, $16
6. (Amazon.com) Artaste 59311 Rain 18/10 Stainless Steel Teaspoon, Set /12, $17.18
“What about the coffee, cream, sugar and equipment?” asked Thorin.

“Organic coffee beans\(^1\) ground right before your brew will make the best tasting coffee,” said Bilbo.

“We will need a commercial grinder,” said Thorin.

“I found one that will grind two pounds of beans\(^2\),” said Bilbo.

“Do you want the grinder set up on one of the Lifetime tables?” asked Thorin.

“Yes, near the brewer and air pots\(^3, 4, 5\),” said Bilbo.

“Brewer and air pots?” asked Thorin.

“Airpot brewers stream the coffee into insulated pots that have levers for dispensing,” said Bilbo. “The pots are lined with glass and there's a long handled sponge brush for cleaning them that was in the group of brushes we've already discussed.”

“I'll explain the glass lining to the dwarves,” said Thorin.

“There are airpots with steel lining, but it's cheap steel that leaches nickel,” said Bilbo. “Glass is a healthier option. When the manufacturers use surgical grade steel, we'll know they're awake. Until then, we'll use airpots with glass linings.”

\(^1\) (Starbucks.com) Organic Yukon Blend, whole bean, 1 pound, $13.95

\(^2\) (Walmart) BUNN G2 HD, 2-Pound Bulk Commercial Coffee Grinder, Black, 22102, $928

\(^3\) (WebstaurantStore.com) Bunn Axiom APS Twin Airpot Coffee Brewer 120/240V, Fits 1.9 to 3 liter airpots, sold separately, Output 15 Gallons Per Hour, Overall Dimensions: Width: 16” Depth: 18”Height: 23 1/2”, $1,159.00

\(^4\) (WebstaurantStore.com) Choice 2.5 Liter Glass Lined Stainless Steel Airpot with Lever, $18.15 each.

\(^5\) (Webstaurantstore.com) 9 3/4” x 4 1/2” Unbleached Natural Coffee Filter 12 Cup - 1000/Case, $8.49/Case
“What about the cream and sugar?” asked Thorin.

“I found an insulated carafe\(^1\) that's lined with 18/10 stainless steel for serving Half & Half\(^2\),” said Bilbo.

“18/10 stainless steel?” asked Thorin.

“That's another name for surgical grade stainless that does not leach nickel,” said Bilbo.

“And sugar?” asked Thorin.

“Unprocessed Stevia powder\(^3\) can be placed in a salt shaker\(^4\),” said Bilbo. “The powder is 50 times sweeter than sugar. Only a pinch is needed. Too much Stevia tastes bitter.”

“Isn't unprocessed Stevia green?” asked Thorin.

“We don't use white Stevia because it contains malto dextrose made from genetically modified corn,” said Bilbo. “The only other sweetener we'll use is single serve Häagen-Dazs vanilla ice cream\(^5\) that's planned for a coffee snack.”

“Do you know how much coffee we'll need to make?” asked Thorin.

“We'll need to learn that through trial and error,” said Bilbo.

“What about plates for the Ricotta Toast?” asked Thorin.

“The dwarves will need to use dessert size plates\(^6\) to serve the Ricotta Toast,” said Bilbo.

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1. (Webstaurantstore.com) 24 oz. Stainless Steel Insulated Slimline Carafe / Server, 18/10 stainless body and liner, $17.49.
3. (Znaturalfoods.com) Organic Stevia Leaf powder, 1 pound, $11.70
4. (Dollartree.com) Glass Salt and Pepper Shakers, 2-ct. Sets
5. (IceCreamSource.com) Single Serve HaagenDazs Vanilla ice cream, 12 for $24.99
6. (Walmart) 10 Strawberry Street 7.5” Round Dessert Plates, Set of 12, $38
“Do you want to assign places at the table?” asked Thorin.

“In the future, but not now,” said Bilbo. “When that day arrives, we’ll create a set of small tent cards1 and keep them in alphabetical order by last name in a zipper pouch2.”

“Where should the dwarves put their mugs and dishes?” asked Thorin.

“In the kitchen,” said Bilbo.

“And cleanup?” asked Thorin.

“Dining area cleanup will be a two-person job and it is an assigned task that will show up on the magnetic white boards,” said Bilbo.

“How exactly do the assignments show up on the magnetic white boards?” asked Thorin.

“A twelve-person dowsing team will need to dowse assignments mid-month so they can be ready to post assignments in the evening on the last day of each month,” said Bilbo. “They'll need to dowse the new assignments and record them in a notebook.”

“Will the magnetic strips all fit?” asked Thorin.

“Assignments are for half of a month so the strips can be placed anywhere in each half,” said Bilbo. “The assignments may differ by a day or two. The colors of the strips are yellow, orange and green. Yellow is for assignments within a personal living area—and bathroom, orange is further out—such as dining area tasks and grounds. Green is used to assign shower locations due to an overload.”

1 (Walmart.com) Avery Small Tent Card, White, 2 x 3 1/2, 4 Cards/Sheet, 160/Box
2 (Dollargeneral.com) Imagine Zipper Binder Pouch - Assorted Colors, (L) 9.5 in (W) 7.25 in. $1 each.
“So, dining room cleanup would show up on an orange strip,” said Thorin.

“That is correct,” said Bilbo. “They'll want to wear an apron.”

“Ok, we're still talking about dining room cleanup,” said Thorin.

“The coffee grounds will need to be placed in the vermiculture composting system,” said Bilbo.

“Vermiculture composting system?” asked Thorin.

“A worm farm,” said Bilbo. “Coffee grounds and the coffee filter paper are a valuable foods for the worms.”

“I imagine food wrappers and containers as well as paper napkins will need to be collected in a waste container,” said Thorin.

“Some day we may have biological processing, or composting for those, but we're not there yet,” said Bilbo.

“Is there a cloth for wiping off table tops?” asked Thorin.

“The same wash cloth used to wrap the bars of Pears soap,” said Bilbo.

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1. (amazon.com) Chef Works Butcher Apron (F8), 65% Polyester, 35% Cotton, Adjustable neck, Center-divided patch pockets. 34-Inch length by 24-Inch width, black or white, $11.48

2. (Jet.com) The Worm Factory® 5-Tray Worm Composter - Terra Cotta, $99.95

3. (DollarTree) Large Plastic Bowls, 11¼", $24 per case, X 1 = $24


5. (eBay.com) 10lb purina worm chow Red Worms & European NightCrawler Repacked, $27 each.

6. (Homedepot.com) Fiskars Softouch Garden Tool Set (3-Piece), $15.77 each.

7. (Walmart) Rubbermaid Commercial Brute Recycling Round Gray Plastic Container, 32 gal., $36

8. (Walmart) Heavy Extra Strong Extra Large Trash Can Liner Drawstring Bags, 33 gallon, 48 count, $12.72
“We never talked about the other towels,” said Thorin.

“There are three dark colors to save on the number of wash loads—less separating,” said Bilbo. “Foraging Brown\textsuperscript{1,2,3}, River Birch\textsuperscript{4,5} and Xavier Navy\textsuperscript{6,7}.”

“And what are the applications?” asked Thorin.

“Foraging Brown is the color of the personal set,” said Bilbo. “They can have an iron-on clothes label. Lint will never show up on clothes with this color. River Birch is a color used in each of the bathrooms and as extras. They should never be washed with dark clothes because lint will show. Xavier Navy is a kitchen color. Lint will not show up if there is every a need to wash these towels with clothes.”

“If I don't want a label on a dark towel, is there any method of identifying a towel other than a clothes label?” asked Thorin.”

“Sew\textsuperscript{11} a dot or dots with a bright color thread,” said Bilbo.

“And how do we clean the floors?” asked Thorin.

“A Swifter\textsuperscript{8,9} and a vacuum cleaner\textsuperscript{10},” said Bilbo.

\begin{itemize}
  \item \textsuperscript{1} (Target) Performance Solid Bath Towels - Threshold, Color: Foraging Brown, $6.99
  \item \textsuperscript{2} (Target) Performance Solid Hand Towels - Threshold, Color: Foraging Brown, $5.99
  \item \textsuperscript{3} (Target) Performance Solid Wash Cloths - Threshold, Color: Foraging Brown, $4.99
  \item \textsuperscript{4} (Target) Performance Solid Bath Towels - Threshold, Color: Black, $6.99
  \item \textsuperscript{5} (Target) Performance Solid Hand Towels - Threshold, Color: Black, $5.99
  \item \textsuperscript{6} (Target) Performance Solid Hand Towels - Threshold, Color: Xavier Navy $5.99
  \item \textsuperscript{7} (Target) Performance Solid Wash Cloths - Threshold, Color: Xavier Navy, $4.99
  \item \textsuperscript{8} (Homedepot.com) Swifter Sweeper 10" Mop, Green, $11.99
  \item \textsuperscript{9} (Homedepot) Sweeper Wet Cloth Refills, 12-Count, $8.97
  \item \textsuperscript{10} (Homedepot) Shark Navigator Lift-Away Bagless Upright Vacuum Cleaner, $159.99
  \item \textsuperscript{11} (joann.com) Singer Beginner’s Sewing Kit, $11.29
\end{itemize}
“Pizza is next,” said Thorin.

“Pizza is always served with a dairy dessert,” said Bilbo.

“A dairy dessert?” asked Thorin.

“New York Cheesecake,” said Bilbo. “The dairy dessert helps to reach the necessary daily protein requirements.”

“I've heard you mention daily protein,” said Thorin. “I'm a little lost because I'm not sure I know which foods are proteins.”

“It's probably a good idea to have this conversation,” said Bilbo. “School children learn about food choices from the U.S. Department of Agriculture's flawed Food Pyramid, now called ‘My Plate.’”

“The food pyramid is flawed?” asked Thorin.


“The food industry influences what children learn about food?” asked Thorin.

“Yes,” said Bilbo. “The newest guide, called ‘My Plate’ is worse than the Food Pyramid because it urges people to eat a plant-based diet. The food guides refer to food groups when they need to refer to nutrients in food.”

“Carbohydrates, proteins and fat,” said Thorin.

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1 (Foodservicedirect.com) Amy's Cheese Pizza - 13 oz. box
2 (Cheesecake.com) New York Cheesecake (6 inch or 9 inch)
“Yes,” said Bilbo. “The first thing people need to learn is that carbohydrates are not essential to life.”

“What are they?” asked Thorin.

“Most foods contain carbohydrates, protein and fat,” said Bilbo. “Foods made of grains such as bread, pasta, and cereal are high in carbohydrates. Fruits and vegetables also contain carbohydrates. Starchy vegetables such as potatoes and carrots contain more carbohydrates than green vegetables.”

“And protein?” asked Thorin.

“There's animal protein and plant protein,” said Bilbo. “Animal protein is more complete than plant protein, particularly eggs and dairy.”

“That's why you've been calling eggs and dairy efficient proteins,” said Thorin. “And the U.S. Department of Agriculture is trying to convince people to eat more plant protein!”

“It could be due to the growth in the soybean industry,” said Bilbo. “The farm cash value of soybeans reached $43.7 billion in 2012. Most farms across the United States grow corn and soybeans.”

“Doctors must give their patients the correct information,” said Thorin.

“Doctors do not study nutrition in medical school,” said Bilbo. “Medicine in the United States is called ‘allopathic.’”

“Allopathic?” asked Thorin.

“Allopathic medicine is a system that treats disease with drugs and surgery,” said Bilbo. “Most doctors never ask their patients what they eat. A patient could be eating cardboard, and a doctor would never think to ask.”

“Is the situation similar all over the world?” asked Thorin.

“Yes,” said Bilbo. “A small number of doctors study nutrition on their own. Pierre Dukan is an example.”
“Pierre Dukan?” asked Thorin.

“Pierre Dukan received a lot of attention in 2011, just before Britain's royal wedding,” said Bilbo. “Carol Middleton, Kate Middleton's mother, told the press that she was using the Dukan diet.”

“Dukan studied nutrition?” asked Thorin.

“He discovered that carbohydrates are not essential to life when he worked with a male obese patient in Paris,” said Bilbo. “His patient asked not to be deprived of meat. Dukan researched the subject and realized he could put his diet on an all-meat diet. The patient lost 12 pounds in the first five days and an additional five pounds five days later. Dukan was amazed.”

“Do you recommend his book?” asked Thorin.

“Dukan's book is important because of his discovery about carbohydrates,” said Bilbo. “There are flaws that I hope he'll fix. He recommends low-fat dairy which is incorrect. When carbohydrates are restricted, the body needs fat for energy. His diet makes people feel tired. His low-carb diet also causes constipation which is a parasite problem. He recommends small oat bran pancakes called galettes. An antiparasite remedy such as Neem Iced Tea, or a Rife device would be more efficient. He also recommends artificial sweeteners which are neurotoxins. Green stevia would be a better choice.”

“I remember you said white stevia contains malto dextrose made from GMO corn,” said Thorin.

“The oat bran Dukan recommends is a nutrient-dense food,” said Bilbo. “Dukan is interested in the fiber content, but oat bean also contains twelve minerals.”

“Why does the Dukan low-carb diet cause constipation?” asked Thorin.

“I think it's because parasites move into the intestinal track searching for food,” said Bilbo. “They need carbohydrates. Parasite die-off is why the Ketogenic Diet works.”
What is the Ketogenic Diet?” asked Thorin.

“It's a carbohydrate-restricted diet used to treat epilepsy,” said Bilbo. “I found a scientific paper that says fasting has been used to treat epilepsy since 500 B.C.”

“Why is it called a Ketogenic Diet?” asked Thorin.

“The diet is 5 percent carbohydrates, 20 percent proteins and 75 percent fat,” said Bilbo. “Carbohydrates are ordinarily used for energy or fuel, and when they're restricted, the liver can convert fat to ketones which is a very efficient fuel.”

“Who uses the Ketogenic Diet to treat epilepsy?” asked Thorin.

“Johns Hopkins has been using the Ketogenic Diet since the 1920s,” said Bilbo. “They use it when a patient does not respond to drugs.”

“Could you explain the parasite connection?” asked Thorin.

“I have found thirty-six scientific studies published in peer-reviewed journals connecting parasites to epilepsy,” said Bilbo.

“The same type of parasite?” asked Thorin.

“The studies cover different types of parasites,” said Bilbo. “Worm larvae are small enough to travel to the brain and there's also a connection to a protozoan parasite called Toxoplasma gondii. Parasites all need glucose. Brain cells require glucose which is probably why they migrate there.”

“So a low-carbohydrate diet starves them,” said Thorin.

“Yes,” said Bilbo. “In humans, the liver converts fat to ketones. Parasites can't use ketones.”

“Is this explained to patients at Johns Hopkins?” asked Thorin.

“No,” said Bilbo. “The hospital's Web site says the cause of epilepsy is unknown.”

“Do you think the doctors at Johns Hopkins know?” asked Thorin.
“Yes,” said Bilbo.

“It's a mess,” said Thorin. “For now, we need to resume our discussion of carbohydrates, proteins\(^1\) and fats. I can see they're all important, particularly protein and fat. Let's switch to the topic of grams. What exactly is a gram?”

“It's a metric unit of mass equal to one thousandth of a kilogram,” said Bilbo. “That could be part of the problem. The metric system is not used in the United States.”

“Another subject that is not learned properly in school,” said Thorin. “The FDA requires food labels to list nutrition information in grams,” said Bilbo.

“So, we need to learn grams,” said Thorin. “Particularly for calculating daily protein.”

“Just remember that foods contain carbohydrates, protein and fat unless the food industry has removed one of the important foods,” said Bilbo. “They like to remove fat.”

“You must be referring to ‘No Fat’ foods,” said Thorin.

“We need to be careful,” said Thorin. “The food industry and the medical establishment are disseminating false information.”

“I think gram amounts will need to be memorized,” said Bilbo.

“With flash cards, or Post Its,” said Thorin.

“Yes,” said Bilbo. “Tall men and women need 60 and 50 grams of usable protein per day. Eggs contain 90 percent usable and dairy is 76 percent usable. Meat, fish and poultry are only 15 to 20 percent usable. Plants contain small amounts of usable protein, but they need to be combined and it's a hassle. Dwarves probably

\(^1\) “Your Protein Requirement is Higher Than You Think,” by Mary Jo Fahey, November 2013, http://articles.x10.mx/protein.html
have a daily requirement that is close to tall females and Hobbits slightly less. These are not numbers that are easy to reach which is why we add extra egg or dairy-based foods whenever possible.”

“What about infants, children and teens?” asked Thorin.

“Babies need 10 grams of usable protein per day, children need 30 grams, teen boys need 50 grams per day and teen girls need 40 grams per day,” said Bilbo.

“I notice you always say ‘usable’ protein,” said Thorin.

“That refers to the number of essential amino acids,” said Bilbo. “Eggs and dairy have more essential amino acids than plant protein.”

“Essential amino acids?” asked Thorin.

“Amino acids are an advanced topic,” said Bilbo. “They're the building blocks of protein on a molecular level. The word essential means they need to be obtained in food and cannot be assembled by the body.”

“Is it important to study proteins on a molecular level?” asked Thorin.

“Most people will not need to study proteins on a molecular level,” said Bilbo. “The word ‘usable’ is sufficient.”

“Vegetarians can't be getting enough usable protein,” said Thorin. “Some vegetarians eat eggs, but vegans are opposed to eggs.”

“Muscle, hair, and bones all require protein,” said Bilbo.

“Ok, let's talk about foods that contain efficient protein,” said Thorin.

“Here's an example,” said Bilbo. “One large egg weighs about 50 grams total. An egg that size contains about 6 grams of protein. Ninety percent of that is usable which is about 5.4 grams.”

“That helps a little,” said Thorin. “Give me more examples.”
“One cup of milk contains 244 grams of liquid and about 8 grams of protein,” said Bilbo. “Seventy-six percent of that is usable which is about 6 grams.”

“How many grams of protein are in a 7 ounce cup of Greek yogurt?” asked Thorin.

“You must be referring to the Fage Whole Milk Greek yogurt that comes in a 7 ounce container,” said Bilbo. “That's 200 grams total, 13 grams of protein and about 9 grams are usable protein.”

“What about the 3.6 ounce cup of Haagen Dazs vanilla ice cream? ” asked Thorin.

“That cup contains 20 grams total, 4 grams of protein and about 3 grams are usable,” said Bilbo.

“What about a 1 ounce slice of cheddar cheese?” asked Thorin.

“That's about 28 grams total, 7 grams of protein and little more than 5 grams are usable,” said Bilbo.

“Did you figure out how many grams of protein are in a slice of Edwards cheesecake?” asked Thorin.

“There are about 79 grams total, 4 grams of protein and about 3 grams are usable,” said Bilbo.

“What about the Ricotta cheese on Ricotta Toast?” asked Thorin.

“That's about 16 total grams per tablespoon with 2 grams of protein per tablespoon. We usually spread about four tablespoons giving a total of 6 grams,” said Bilbo. “About 4.5 grams are usable,”

“I think we need a chart with a total,” said Thorin.

“I think it's called a ‘what if’ analysis,” said Bilbo as he started drawing a chart of usable protein for an adult male:

<table>
<thead>
<tr>
<th>Item</th>
<th>Usable Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 eggs (6 grams X 2)</td>
<td>12 grams X .90 = 10.8 grams</td>
</tr>
<tr>
<td>2 yogurt (13 grams X 2)</td>
<td>26 grams X .76 = 19.76 grams</td>
</tr>
<tr>
<td>4 tablespoons Ricotta Cheese</td>
<td>8 grams X .76 = 6.08 grams</td>
</tr>
<tr>
<td>2 slices of cheddar (7 grams X 2)</td>
<td>14 grams X .76 = 10.64 grams</td>
</tr>
</tbody>
</table>
2 cups of milk or buttermilk (8 grams X 2) = 16 grams X .76 = 12.16 grams
Total = 59.44 grams

“I can see you had to add 2 cups of milk to get the total to 59.44 grams,” said Thorin.

“It's close, but it's really not enough for a regular size adult male,” said Bilbo.

“So that's why Hobbits eat eggs and dairy,” said Thorin.

“It's hard to get to the daily protein totals,” said Bilbo.

“If you skip breakfast, you can really fall behind,” said Thorin.

“You need to get to almost 20 grams by Noon, or you're in trouble,” said Bilbo.

“So, not only is breakfast an important meal, it's also an important meal to have usable, efficient protein,” said Thorin.

“Thar's correct,” said Bilbo.

“Eggs and Greek yogurt seem like they're efficient,” said Thorin.

“Cottage cheese is also an efficient protein,” said Bilbo. “There's 100 grams in a half cup with 11.4 grams of usable protein.”

“What do you do if you're lactose intolerant?” asked Thorin.

“That's a parasite issue,” said Bilbo. “If you get rid of the parasites, you get rid of the problem.”

“Have you found any scientific studies that make a connection between lactose intolerance and parasites?” asked Thorin.

“Giardia shows up,” said Bilbo.

“What about cholesterol?” asked Thorin.

“You need to read Sally Fallon's books, or her presentation on the Weston A. Price Foundation site called ‘The Great Con-Ola,’” said Bilbo. “There's also the comments made by a former Framingham Study Director.”

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“Framingham Study Director?” asked Thorin.

“‘We need fat,’” said Bilbo. “It's an important fuel that provides energy for all of your metabolic pathways and it's used to make hormones. Half of every cell wall is made of saturated fat.”

“Is that what the Framingham Study is about?” asked Thorin.

“The study is a cardiovascular study that began in 1948 and it's on-going,” said Bilbo. “In 1992, Director William Castelli, a medical doctor, said, in an article published in the *Archives of Internal Medicine*,

> In Framingham, Massachusetts, the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person’s serum cholesterol.

“In other words, we've been brainwashed,” said Thorin.

“That is correct,” said Bilbo.

“Now that we've had our break, tell me what the dwarves need to know about serving pizza and cheesecake,” said Thorin.

“They're both stored frozen. The pizza can be heated in toaster ovens¹, and the cheesecake needs to thaw in the refrigerator at least 12 hours ahead of time,” said Bilbo.

“How many toaster ovens?” asked Thorin.

“Four large—the six slice models,” said Bilbo. “We'll also need pizza cutters².”

“Do you want the ovens set up in the pantry, or on buffet tables?” asked Thorin.

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¹ (Walmart) Oster Designed For Life Extra-Large Convection Countertop Oven (TSSTTVXLGD-002), $99.99, Note: Holds an Oster Cookie Sheet (available as a replacement) with dimensions: 14" L x 11.9"W

² (Amazon.com) Bru Joy 4" Inch Pizza Cutter Wheel, 18/10 Stainless Steel, Bigger & Sharper, $6.99
“I’d like to experiment with that and see what works best,” said Bilbo.

“How large are the cheesecakes?” asked Thorin.

“Six and nine inch,” said Bilbo. “I’d like to experiment with the sizes also.”

“What size plates?” asked Thorin.

“Dinner size¹ for the pizza and dessert size for the cheesecake,” said Bilbo.

“What about a beverage?” asked Thorin.

“We need to make Neem Iced Tea until we get everyone using Rife devices,” said Bilbo.

“You’re talking about an antiparasite remedy,” said Thorin.

“That is correct,” said Bilbo. “The people who need to drink sweet tasting tea can add Stevia.”

“How do we make it?” asked Thorin.

“It needs to be made in advance and refrigerated,” said Bilbo. “Drip coffee makers² can be used.”

“Is that another chore on an orange strip?” asked Thorin.

“Yes,” said Bilbo. “Coffee pots hold 72 ounces. The maintenance dose for the tea is three, 14 ounce glasses per day.”

¹ (Walmart) Tazo® Awake English Breakfast Tea Filterbags 48 ct Box, $5.98 (in-store)
² (Znaturalfoods.com) Organic Neem Leaf powder, 1 pound, $10.80.
³ (Farmandfleet.com) Ball Wide Mouth 1/2 Gallon Mason Jars 6 Pack, $8.39
⁴ (Fleetfarm.com) Ball Wide Mouth Plastic Storage Caps, $3.49
⁵ (Farmandfleet.com) Ball Wide Mouth Pint Mason Jars, $8.49
⁶ (uline.com) Uline Utility Cart - 45 x 25 x 33”, Black, $129 each
“Is that the size of an iced tea glass?” asked Thorin.

“Yes,” said Bilbo.

“Did you figure out how many coffee makers will be needed?” asked Thorin.

“Ten,” said Bilbo. “It's a big incentive to get everyone using Rife devices. Two can use a Rife device at once.”

“Besides pizza and cheesecake, we'll also need spring water, black tea bags\(^1\), Neem powder\(^2\), Stevia and some type of container,” said Thorin.

“Half gallon Mason jars\(^3\) with plastic lids\(^4\),” said Bilbo.

“Are there any other size Mason jars that we'll need?” asked Thorin.

“We'll need wide mouth pint Mason jars\(^5\) with plastic lids,” said Bilbo.

“Where do you want the appliances and Mason jars stored?” asked Thorin.

“On heavy duty shelves,” said Bilbo. “Or, inside cupboards, if they can fit.”

“Where do you want the appliances and Mason jars stored?” asked Thorin.

“Do you have a favorite cart?” asked Thorin.

“There's a tough utility cart\(^6\) that I like,” said Bilbo.

“And vehicles?” asked Thorin.

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1. (Lsvcarts.com) Cricket SW3 Electric Sport Vehicle
2. (Jeffreyalleninc.com) Club Car commercial utility and transport vehicles
3. (Hercules Truck) Hercules Truck & Van Body Manufacturers 800 Bob Pose St., Henderson, KY 42410, 800-633-3031
“On the subject of vehicles, there's another issue with height,” said Bilbo.

“Have you found a vehicle for Hobbits?” asked Thorin.

“The Cricket SW3\(^1\) is the smallest electric vehicle,” said Bilbo.
“It has a flip-down rear seat, that folds down into a rear carrier rack.”

“Do dwarves need the Cricket?” asked Thorin.

“Dwarves are tall enough to operate a Club Car\(^2\) electric utility vehicle,” said Bilbo.

“Do you think we will need a refrigerated truck?” asked Thorin.

“The meals we're planning to prepare will require a large amount of food and many of the ingredients we order will be frozen, or will need to be refrigerated,” said Bilbo.

“Like the dairy products,” said Thorin.

“Unless we have a very precise plan for accepting deliveries, food could be ruined if the temperature is not right,” said Bilbo. “We may need to order food through a local retailer that has plenty of refrigeration space.”

“So, you're saying we need to be flexible and that our first plan may change,” said Thorin.

“If we need one, there's a company in Kentucky\(^3\) that invented the refrigerated truck body in 1930,” said Bilbo.

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1. (shoprite.com) Boar's Head French Brie Cheese
2. (Walmart) Annie's Naturals Organic Dijon Mustard, 9 oz., $3.48
3. (Walmart) Wickles Original Pickles, 16 fl oz., $3.48
4. (http://club.cremedelacoulee.com) Crème De La Coulee Artisan Cheese Company
“I think we can move on to the Brie cheese sandwich,” said Thorin.

“The sandwich is pretty simple to make,” said Bilbo. “It's a sandwich half that contains thin slices of Brie arranged in a staggered formation like Dominos on toasted sprouted grain bread with little Dijon mustard served with slices of Wickles.”

“Why do you slice the Wickles?” asked Thorin.

“They're hot because they're made with a chili pepper,” said Bilbo.

“Why don't you use regular pickles?” asked Thorin.

“Wickles are not made with high fructose corn syrup,” said Bilbo. “It's almost impossible to find pickles that do not contain high fructose corn syrup. The hot taste is addictive.”

“This has a dairy dessert?” asked Thorin.

“The dairy dessert is added because it's a sandwich half,” said Bilbo.

“Is there anything else that's needed?” asked Thorin.

“We never talked about a knife for cutting the cheesecake,” said Bilbo. “A knife will also be needed to slice the Brie cheese. We will need to watch the dates on the cheese because Brie can

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1. (Amazon.com) Fortessa Lucca 18/10 Stainless Steel Flatware Solid Handle Steak Knife, Set of 12, $119.95
2. (Dillards.com) Southern Living Charleston 45-Piece Flatware Set, $149
3. (Dillards.com) Lenox Vintage Jewel Traditional Stainless Steel Flatware, 4 pc. Hostess Set, (18/10), $60
4. (Walmart) PROfreshionals Ice Cube Tray, 2 Pack (IN STORE ONLY)
5. (eBay.com) Better Houseware 1495 Ice Tray Holder White, $11.10
get gooey if it's ripe. We will need to seek advice from a specialist who understands soft cheese.”

“We need to talk about flatware,” said Thorin. “Forks will be needed to eat the cheesecake.”

“Stainless steel steak knives would work,” said Bilbo. “Flatware will need to be 18/10 stainless.”

“What about ice for the iced tea?” asked Thorin.

“I've never found an automatic dispenser that uses spring water” said Bilbo.

“That means we need ice cube trays and that sounds like another task that shows up on orange magnetic strips,” said Thorin.

“I think you're right,” said Bilbo. “There is a tray stacker for inside the freezer to conserve space.”

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“Can we talk about snacks on Day One?” asked Thorin.

“I'm ready,” said Bilbo.

“Is a hot coffee ice cream float a cup of coffee with a single serve vanilla ice cream added?” asked Thorin.

“Yes,” said Bilbo. “It works best in a 16 ounce mug.”

“What is a Cheddar Cracker Cut?” asked Thorin.

“They're small squares of cheddar cheese,” said Bilbo. “They're served with sourdough pretzels. Sourdough is fermented. It's a preferred option just like sprouted grain bread is preferred. Fermentation eliminates phytates.”

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1 (Hookscheese.com) Hook's Three Year Sharp Cheddar
2 (Walmart) Snyder's of Hanover Hard Pretzels Sourdough/Family Size, 16.0 oz., $2.98
“Phytates?” asked Thorin.

“Phytates exist in the kernel of all nuts, grains and seeds,” said Bilbo. “They're to be avoided because they bind with nutrients that are needed by the body. They're called antinutrients.”

“Do you have a source for a quality cheddar cheese?” asked Thorin.

“We'll need a cheese made from milk that does not contain recombinant bovine growth hormone or rBGH,” said Bilbo. “We will need to search local stores and talk to cheese specialists. If we can't find quality cheese, we'll need to substitute another snack.”

“Can we talk about peanut butter balls?” asked Thorin.

“Before we talk about peanut butter balls, I think we need to talk about why dwarves should not put just any food in their mouth,” said Bilbo. “When I'm trying to talk to someone about the importance of quality food, I like to tell my Hostess Twinkie story.”

“The pink cakes that are shaped like logs?” asked Thorin.

“Yes,” said Bilbo. “Everyone knows a Twinkie contains very little nutrition. If you eat foods that contains very little nutrition, your health will decline. When you put something into your mouth it should contain the constituent nutrients that your body needs to make the digestive enzymes needed to digest the food. If not, you are working at a deficit -- using up whatever supply of nutrients your body has stored.”

1 (Walmart) Great Value Natural No-Stir Crunchy Peanut Butter, 16 oz., $1.49
2 (Walmart) Peter Pan® 100% Natural Crunchy Peanut Butter Spread 16.3 oz., $2.32
3 (Walmart) Great Value Organic Unsweetened Coconut Flakes, 7 Oz., $1.98
4 (Walmart) Anchor Hocking 9" Glass Pie Plate
“What about peanut butter?” asked Thorin.

“Peanuts are a superfood,” said Bilbo. “They contain 26 minerals, 14 vitamins and monounsaturated fat that provides energy.”

“What about peanut allergy?” asked Thorin.

“Peanut allergy is due to aflatoxin produced by mold that is formed due to poor handling and storage practices,” said Bilbo.

“A scare that is unfair because it is not peanuts, but aflatoxin causing problems,” said Thorin.

“Japanese studies designed to search for the prevalence of aflatoxin found very little toxin,” said Bilbo. “According to CBS News, the Epipen that is sold to people who think they have a peanut allergy, generated $1.1 billion in net sales in 2016. More than one investigative reports have cautioned the public that the aflatoxin scare is designed to increase a demand for autoinjector devices.”

“Now that we have discussed the truth about peanut allergy, how to you make peanut butter balls?” asked Thorin.

“I use a teaspoon to scoop a small amount of peanut butter<sup>1,2</sup>, drop it on shredded coconut flakes<sup>3</sup> spread out in a pie plate<sup>4</sup>, and roll it around until it forms a small ball,” said Bilbo. “I like crunchy peanut butter because of the texture.”

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1. (Walmart) Anchor Hocking Company 4-Quart Clear Essentials Baking Dish, $6.88
2. (Amazon) Anchor Hocking Glass Prep Bowls Custard Cups, 10 Ounce, Set of 4, $11.70
3. (Walmart) Anchor Hocking 2-Quart Batter Bowl with Mango TrueFit Lid, $12.99
4. (Walmart) Farmhouse Cage Free Grade A Large Brown Eggs, 18 ct.
“We're up to Day Two” said Thorin.

“The first item to talk about is baked coconut custard,” said Bilbo. “Baked custard is a convenient dish because it can be made ahead and refrigerated. It will keep for five days.”

“That's not reflected in your menu plan,” said Thorin.

“The plan can changed if there is a food availability problem,” said Bilbo.

“What can you tell me about this dish?” asked Thorin.

“It took me a while to work out the equipment because custard needs to be baked in a hot water bath called a bain marie,” said Bilbo. “The water bath prevents the surface of the custard from drying out from overcooking.”

“What dish did you find for the bath?” asked Thorin.

“A 4 quart pyrex baking dish\(^1\) can hold five 10 oz. custard cups\(^2\) and one quart of hot water,” said Bilbo.

“What is the next step?” asked Thorin.

“Dwarves who work on this recipe should each make five cups of custard,” said Bilbo. “Expanding the recipe for a larger quantity would be too confusing.”

“What will they need?” asked Thorin.

“They will need a 2 quart Pyrex batter bowl\(^3\) to beat 5 eggs\(^4\),” said Bilbo.

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1. (Walmart) TenStrawberryStreet Catering Packs Round Cereal Bowl (Set of 12), $20.48
2. (Walmart) Egg Beater Classic Hand Crank Style 18/10 Stainless Steel Mixer 12 Inches, Mixer Crank Wire Agitator With 1810 3Cup Measures Inches Style, By Norpro, dishwasher safe, $30.39 (order 6)
3. (Walmart) Farberware 7pc Measuring Spoon Set, Black, $2.97
4. (Walmart) Spice Islands Pure Vanilla Extract, 2 oz (Pack of 3), $26.55
“What size eggs?” asked Thorin.

“The eggs I’ve been using are labeled ‘large,’ but I would consider them to be medium eggs,” said Bilbo. “If better quality eggs become available, the recipe would need to be adjusted to possibly 4 large eggs.”

“I like to open the eggs into a shallow white bowl\(^1\) first — to check for black spots. I only use eggs that are clean and clear looking.”

“They will need a hand beater,” said Thorin.

“I could not find an electric model with 18/10 stainless, but found an old-fashioned crank style beater\(^2\) made of high quality steel,” said Bilbo.

“So they need to beat the eggs?” asked Thorin.

“Yes, that's right,” said Bilbo. “They will also need a set of measuring spoons\(^3\) to add one and half teaspoons of vanilla extract to the mixture they are beating.\(^4\) It is important to use a brand of vanilla extract that does not contain high fructose corn syrup. Once the eggs and vanilla are blended, the batter bowl can be set aside.”

“What's the next step?” asked Thorin.

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\(^1\) (Walmart) Cook N Home 1 Quart Stainless Steel Sauce Pan with Lid, $14.99

\(^2\) (Walmart) Cook N Home 2 Quart Stainless Steel Sauce Pan with Lid, $17.78

\(^3\) (Walmart) Pyrex 3-Piece Measuring-Cup Set, $15

\(^4\) (Amazon.com) ZYLISS Lock N’ Lift Can Opener w Lid Lifter Magnet, White, $15

\(^5\) (Surlatable.com) Sur La Table® Large Nylon Spoon, $11 (order 9)

\(^6\) (Walmart) Norpro 3009 3-piece Spatula Set-3PC SPATULA, $6.35 (order 6 sets)

\(^7\) (Walmart) Native Forest Organic Coconut Milk, 13.5FO (Pack of 12), $25.68
“The next few steps will require 18/10 sauce pans, one quart size and a larger, 2 or 3 quart size pan, a measuring cup, a can opener and a rubber spatula or nylon mixing spoon to blend coconut milk with Half & Half,” said Bilbo.

“I see,” said Thorin. “The coconut milk is why the recipe is called Baked Coconut Custard.”

“A can contains more than a cup and the recipe calls for 3 cups of coconut milk/Half & Half mixture,” said Bilbo. “The first step is to use a can opener to open a 13.5 ounce can of organic coconut milk and empty it into the sauce pan. One cup contains 8 ounces, so we'll measure 3 ounces of Half & Half with a measuring cup to make up 2 cups, add that, and then add an additional cup of Half & Half.”

“Does that mixture need to be stirred?” asked Thorin.

“The stirring we need to do at this point is to check for lumps,” said Bilbo. “Sometimes the coconut milk is extra thick and we may need to use the hand beater to smooth it out. I've only had to do this a few times.”

“Do we turn on the burner at this point?” asked Thorin.

“Yes,” said Bilbo. “Turn the burner to Medium heat and watch for a small amount of steam over the mixture. It is important to take the pan off the heat when you notice steam so you don't curdle the Half & Half.”

“Curdled milk is lumpy,” said Thorin.

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1 (Walmart) Wild Oats Marketplace Organic Ground Nutmeg, 1.8 oz
2 (Walmart) Taylor 5806 Digital Timer, $4.56
3 (Walmart) A Greener Kitchen OM002 Organic Cotton Oven Mitt - Garden-Natural, $19.69

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“That's right,” said Bilbo. “As you take the milk mixture off the heat, you'll need fill your smaller pan with spring water—to about an inch from the top and place it on the heat. Turn the heat up slightly, because you'll want the water to be very hot. Also turn the oven on to 350 degrees.”

“Are we ready to combine the milk mixture with the beaten eggs?” asked Thorin.

“That's next,” said Bilbo. “Slowly pour your hot milk mixture into the batter bowl that contains your beaten eggs. When this mixture is blended, you can use the lip on the batter bowl to fill the custard cups.”

“What about the water that's on the stove?” asked Thorin.

“When it's clear that it's hot, pour the water into the 4 quart baking dish,” said Bilbo. “At this point, carefully place the filled custard cups into the hot water. I sprinkle the surfaces with organic nutmeg at this point and I don't worry if a little nutmeg gets into the water. And, if the oven is ready, I move the baking dish into the oven and set a digital timer to 45 minutes.”

“What happens when the digital timer goes off?” asked Thorin.

“You'll need oven mits,” said Bilbo. “Remove the baking dish from the oven and allow all of the glass to cool. When the glass is cool enough to touch, move the custard cups to a towel. Custard needs to be refrigerated for at least 2 hours. If they need to be stored longer, I tear off an ample piece of wax paper from a Dollar Store roll and secure it with a rubber band. The 10 ounce cups have a lip that can hold the rubber band in place.”

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1 (Dollartree.com) Durable Wax Paper, 65-ft. Rolls, 24 minimum
2 (Walmart) Alliance Rubber Sterling Rubber Band - Size: #32 - 3" Length X 0.12" Width X 0.03" Thickness - 13lb/in), $4.29
“The recipe is for five custards and there are 18 of us,” said Thorin.

“The custard keeps in the refrigerator for five days,” said Bilbo. “Make a batch each morning for four days and then serve the custard on the fifth day.”

“That will require planning ahead,” said Thorin.

“Now you can understand why I wanted a magnetic white board to plan meals,” said Bilbo.

“Will the dwarves need to make coffee on the morning the custard is served?” asked Thorin.

“Yes, and they'll also need to put out the toasters along the buffet tables,” said Bilbo. “They'll also need to set the table with a teaspoon and a folded napkin at each person's place.

“Each person will need a piece of toast with their custard?” asked Thorin.

“Hobbits may want to split a piece of toast, or have a quarter,” said Bilbo. “Dwarves should douse the amount of toast they should have with their custard. Carbohydrates put on weight. They're not essential to life.”

“If I douse a half instead of a whole, do I need to announce my need to split a piece?” asked Thorin.

“Yes, that is a good idea,” said Bilbo.

“What about butter?” asked Thorin.

“The dwarves who are assigned to assist at the meal will be toasting the bread in six toasters and applying butter,” said Bilbo. “Four sticks of butter will be placed on four dessert plates and placed between the toasters for the dwarves to reach.”

1 (Industrialstoredepot.com) Small 3 Shelf Utility Cart: Top and Bottom Tub, Middle Flat $123.00 (Black or Gray)
“So the dwarves managing the toasters will be placing buttered toast pieces on plates in front of the toasters?” asked Thorin.

“Yes,” said Bilbo. “Those who need to share will need to use one of the six knives placed out for that purpose. The custard will need to be moved from the refrigerators to the dining area on a small cart.”

“Will the dwarves need to place a wrapped custard at everyone's place?” asked Thorin.

“Yes,” said Bilbo.

“Will each person remove the paper from the custard?” asked Thorin.

“Yes, their paper will go into the trash can in the corner of the kitchen and an empty plate will need to be placed on the buffet table for collecting the rubber bands,” said Bilbo.

“Is there anything else we need to know about making, or serving custard?” asked Thorin.

“There is a recipe I've been planning to try,” said Bilbo. “I'd like to try adding the custard mixture to a small pie plate with an oat bran crust.”

“What size is the pie plate?” asked Thorin.

“Six inches,” said Bilbo.

“Why oat bran?” asked Thorin.

“Oat bran contains 12 minerals,” said Bilbo.

1 (Organizeit.com) Pie Plate - Mini Anchor Hocking, $5
2 (Jet.com) Bob's Red Mill Organic Oat Bran Cereal, 18 Oz, $3.72
3 (Walmart) Great Value Organic Unsalted Butter, 16 oz., $4.97
4 (Pyrexware.com) Pyrex® 1-qt Mixing Bowl, $7.99
“How do you make the crust?” asked Thorin.

“You combine a half a cup of oat bran with a quarter stick of butter,” said Bilbo.

“That sounds like you need a small bowl and a spoon,” said Thorin.

“A tablespoon works fine,” said Bilbo.

“What do you do with the mixture?” asked Thorin.

“You place the moist oat bran mix in the pie plate and press it into the small pie plate with the back of the spoon,” said Bilbo.

“Baked at the same temperature for the same amount of time?” asked Thorin.

“Yes, 45 minutes in a hot water bath at 350 degrees,” said Bilbo.

“I think you should try it,” said Thorin. “Two people could split a small pie.”

“The recipe is on my ‘to try’ list,” said Bilbo.

“Anything else?” asked Thorin.

“The egg shells need to be composted, but they need to be dried and ground first,” said Bilbo. “The empty shells need to be placed on a piece of parchment on a cookie sheet and heated at 200 degrees for about 20 minutes. When they're dry, they get put through a blender for grinding. The powder gets placed in the vermicululture system right away, or stored in a large Mason jar.”

“Are the ground shells fed to the worms to make soil for the garden?” asked Thorin.

“Some people raise worms to make rich soil for their garden,” said Bilbo. “We're raising them to feed to hens.”

“You're interested in quality eggs,” said Thorin.

“Eggs from hens that eat the right food are important,” said Bilbo.
“How fast do worms reproduce?” asked Thorin.

“Red wigglers are mature at 3 months,” said Bilbo. “Mature worms produce two to three cocoons per week. Each cocoon averages three hatchlings. Cocoons take up to 11 weeks to mature and hatch.”

“How many worms does each hen need to eat?” asked Thorin.

“Hens need three worms per day,” said Bilbo.

“How many hens do you have?” asked Thorin.

“We will have twenty four,” said Bilbo. “Hens lay one egg each day.”

“If they each need three worms each day, you must be raising a lot of worms,” said Thorin.

“We have four vermiculture systems,” said Bilbo.

“We'll be purchasing chicks\(^1,2,3\) soon. The young hens will need to start eating worms when they are 3 months old.”

“Will you have chicken coops?” asked Thorin.

“We're planning to purchase four large mobile chicken coops\(^4\) for the hens when they are 6 months old,” said Bilbo.

“Mobile?” asked Thorin.

“They have wheels,” said Bilbo. “They need to be moved once-

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1 (Mcmurrayhatchery.com) Starter Kit includes feeders, cardboard fence and heat lamp.
2 (Amazon.com) Coyote Creek Certified Organic Feed - Chick Starter - 20lbs
3 (Pet360.com) Native Earth Aspen Sani Chips 2.2 Cubic Foot Bedding
4 (www.omlet.us) New Eglu Cube Chicken Coop (for 6 hens), no run, $735 https://www.omlet.us/shop/chicken_keeping/eglu_cube
a-week to be washed. They're very well constructed. They come apart for easy cleaning.”

“That sounds like another task for an orange magnetic strip,” said Thorin.

“You're right about that,” said Bilbo.

“Will the hens be allowed to roam?” asked Thorin.

“Yes,” said Bilbo. “At nine months, when they start laying eggs, they'll be allowed to roam. We will be planting new Permaculture Garden plants for them while they are maturing.”

“Will you be needing dwarves for that project?” asked Thorin.

“Yes,” said Bilbo. “We'll need to talk about that project at a later date.”

“How do you give the hens their worms?” asked Thorin.

“In a dish¹,” said Bilbo. “They also have solar fountains² that we keep filled with spring water. They get two drops of Thyme tincture³ in their fresh water to kill parasites and the fountain gets cleaned once-a-week with a brush⁴.”

“Another task for an orange magnetic strip,” said Thorin.

“The person assigned to clean the solar fountains will also need to fill the bird and squirrel feeders,” said Bilbo.

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¹ (Amazon) Petrageous Designs Vintage Food Black, 6 in, $9.09
² (Amazon) Sunnydaze Ceramic Solar Frog Outdoor Water Fountain, 7 Inch Tall, Includes Solar Pump and Panel, $84.95
³ (Vitaminshoppe) Thyme Extract (1 Ounces Liquid)
⁴ (Webstaurantstore.com) Carlisle 4000002 Sparta 12” White Carafe & Server Bottle Cleaning Brush, $6.69
⁵ (Fedex.com) 4 ft. X 6 ft vinyl banner with grommet holes (landscape format), http://articles.x10.mx/bay_colony_map_permaculture_2_01_16_15.pdf $139.99
“They probably drink from the fountains,” said Thorin.

“It's so sad to see a bird drinking from a dirty puddle,” said Bilbo.

“Where are the feeders located?” asked Thorin.

“They're in dowsed locations,” said Bilbo. “The person assigned the task will need one of the electric utility vehicles.”

“Do you have a map of the locations?” asked Thorin.

“Yes, we have a large vinyl map⁵ that can hang on a wall with grommet holes, or get folded to take in the electric vehicle,” said Bilbo.

“You said the Cricket SW3 and the Club Car have rear carrier racks,” said Thorin.

“Tell me about the different feeders,” said Thorin.

“There are tube feeders¹ that hand on shepherd's hooks² and tray feeders³ on the ground for the larger birds. Squirrels have dried corn cobs⁴ on corn cob holders⁵. We also put out whole peanuts⁶.”

“And the bird seed?” asked Thorin.

“The bird seed⁷ is mostly millet with Black Oil Sunflower seeds mixed in,” said Bilbo.

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¹ (Wlid Birds Unlimited) WBU EcoClean® Extra Large Seed Tube Feeder (3493)
² (Acehardware.com) Pancea® 65in Single Shepherd Hook (89031)
³ (Walmart) Gardman Wild Bird BA01014 Ground Feeder Tray
⁴ (Amazon) Red River Corn On The Cob (40 pound bag)
⁵ (Amazon) Backyard Boys Woodworking BBW1 Squirrel Chair Feeder
⁶ (Greg Robert Pet Supplies) Peanut With Shell #1 Fancy - 25 lb
⁷ (Farmandfleet.com) Blain's Farm & Fleet Wild Bird Food
“Do the outdoor plants need irrigation?” asked Thorin.

“Outdoor plants have sprinklers, but there is care needed for indoor plants,” said Bilbo. Phalaenopsis orchids need two ice cubes each every 4th day and a Begonia plant needs one ice cube on the same schedule.

“Why ice cubes?” asked Thorin.

“The melting ice provides a slow drip and the amount is just right—so the plants are not over watered,” said Bilbo.

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“I think we're ready to talk about the next menu item,” said Thorin.

“Egg salad,” said Bilbo. “Each person also gets a slice of buttered toast.”

“So, that part is the same as the plan we've already discussed?” asked Thorin.

“As for the egg salad, the eggs are medium size, and each person needs three in the recipe,” said Bilbo.

“Do you check the eggs for black spots?” asked Thorin.

“I've never found totally clear eggs no matter where I buy them,”

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1 (Surlatable.com) Sur La Table® Nylon Slotted Spoon made from 18/10 stainless steel and nylon, $11

2 (Walmart) Rachael Ray Dinnerware Rise 10" Stoneware Serving Bowl, white, $29.99

2 (Dillards.com) Southern Living 11-Piece Stainless Steel Tri-Ply Cookware Set, $299
said Bilbo. “I still check all of the eggs and I drop the eggs into
simmering water.”

“How long to they simmer?” asked Thorin.

“I set the timer for 12 minutes,” said Bilbo.

“What is the next step?” asked Thorin.

“I lift the eggs out of the water with a slotted spoon and place them
in a medium size bowl,” said Bilbo. “There's usually a little water
that gathers in this process from drops on the spoon. The cooked
eggs need to then get moved to a a 2 quart Pyrex batter bowl.”

“And then?” asked Thorin.

“I use a knife and fork and cut them up,” said Bilbo.

“What do you add?” asked Thorin.

“I add about a tablespoon of mayonnaise for each person and
about 6 capers per person,” said Bilbo.

“Capers?” asked Thorin.

“A caper is an edible flower bud used in seasoning,” said Bilbo.
“They're also visually attractive in the egg salad. You need to
discard tiny stems if you see any.”

“Do you add any sea salt?” asked Thorin.

“I add about 1 sixteenth of a teaspoon per person,” said Bilbo.
“For a large batch, the quantity should be dowsed.”

“How do you serve the egg salad?” asked Thorin.

“I add about 1 sixteenth of a teaspoon per person,” said Bilbo.

“What dish is used to serve the egg salad?” asked Thorin.

“A small 10 oz. bouillon bowl,” said Bilbo. “You will need to distribute the egg salad in 18 bowls and learn how much to place in each bowl. Place the bowls on the buffet.”

“How do you serve the egg salad?” asked Thorin.

“I add about 1 sixteenth of a teaspoon per person,” said Bilbo.

“What dish is used to serve the egg salad?” asked Thorin.

“A small 10 oz. bouillon bowl,” said Bilbo. “You will need to distribute the egg salad in 18 bowls and learn how much to place in each bowl. Place the bowls on the buffet.”

“Neem iced tea?” asked Thorin.

“Ask each person what they would like to drink,” said Bilbo.

“What are the choices?” asked Thorin.

“Neem iced tea or water,” said Bilbo.

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“Are we ready to move on?” asked Thorin.

“I believe scrambled eggs and French Toast is the next item,” said Bilbo.

“What do you make first the scrambled eggs or the French Toast?” asked Thorin.

“As you may know, French Toast is made by dipping a slice of bread into beaten egg batter. The coated bread then gets sauteed lightly on both sides,” said Bilbo. “The French Toast slices are made first and then the hot scrambled eggs are spooned on top.”

“Do you use syrup?” asked Thorin.

“No,” said Bilbo. “The bread used in this recipe is a sourdough loaf from Panera. It has a tangy taste that you do not want to cover up with sugary syrup. We are lucky to have access to Panera's sourdough bread. As you know, sourdough bread is fermented and it is a healthy choice. Be sure to explain this to the dwarves.”

“Have you worked out the number of eggs per person?” asked Thorin.
“It is the same as the egg salad—three per person,” said Bilbo. “An additional six eggs will be needed to make the batter used to coat the toast.”

“Do you use butter to saute the coated bread?” asked Thorin.

“Butter or unrefined coconut oil\(^1\),” said Bilbo.

“So, what is the first step?” asked Thorin.

“The French Toast can be made up in the kitchen ahead of time,” said Bilbo. “The 10 inch serving bowl we called a ‘medium’ bowl in the egg salad recipe will work to coat the bread. Six eggs will need to be checked and beaten. The circumference of the sour-dough loaf is not large, so two slices may fit in the skillet at one time. If the oil or butter gets dark, the pan will need to be wiped out with a paper towel and new butter or oil will be needed to continue. French Toast is usually done by cooking two minutes on each side. A nylon spatula will be needed to turn the slices. When they're done, they can be temporarily stacked on six dinner plates.”

“And the scrambled eggs?” asked Thorin.

“The eggs will need to be scrambled on hot plates along the buffet table,” said Bilbo.

“So they're hot?” asked Thorin.

“So they're not overcooked,” said Bilbo. “They need to be removed from the pan as soon as there is no runny liquid—so they're fluffy and not rubbery.”

“How many hot plates?” asked Thorin.

\(^{1}\) (Walmart) Great Value Organic Unrefined Virgin Coconut Oil, 54 Oz, $14.96
“Six,” said Bilbo.

“The same as the number of toasters,” said Thorin. “Each dwarf will be making eggs for three people. They will have the completed French Toast slices on dessert plates and when the eggs are ready, they simply scoop them on top—dividing the eggs into three portions.”

“The table will need to be set with forks, knives and napkins,” said Bilbo.

“It would be impossible to make this dish in the kitchen,” said Thorin.

“Each dwarf who makes eggs will need some practice,” said Bilbo. “They will need a rubber spatula and a nylon spoon so they do not scratch the stainless steel pans.”

“Same beverages?” asked Thorin.

“Yes,” said Bilbo.

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“The snacks on Day Two are yogurt with pretzels, carrot salad with pretzels and vanilla ice cream,” said Thorin. “I never asked you when people eat their snacks.”

“Mid to late morning, mid to late afternoon and late in the evening,” said Bilbo.

“Are they optional?” asked Thorin.

1 (Surlatable.com) Sur La Table® Nylon Pancake Turner (or spatula) made from 18/10 stainless steel and nylon, $15

2 (Walmart) Proctor Silex 34101P Plug In Fifth Burner Elecetric Hot Plate, White | 2 Pack, $22.15
“The snacks are important for the nutrition, but sometimes people miss a snack if they're away, or involved in a project,” said Bilbo.

“Where are the snacks served?” asked Thorin.

“In the shared dining area,” said Bilbo.

“How to people know when meals or snacks are served?” asked Thorin.

“Times are dowsed and then written on a chalkboard\textsuperscript{1,2,3,4} outside—or, just inside, the shared dining area—ahead of time,” said Bilbo.

“Let's talk about the yogurt and pretzel snack,” said Thorin.

“I've only found two brands of yogurt that do not contain powdered milk as a thickener,” said Bilbo.

“Powdered milk?” asked Thorin.

“As author Sally Fallon and Mary Enig explain on p. 52 in the paperback edition of their book \textit{Eat Fat Lose Fat}, powdered milk is heated to a very high temperature and it's hydrogenated,” said Bilbo. “Dairy companies add powdered milk to all low-fat and no-fat dairy.”

“What are the brands of yogurt that do not contain powdered milk?” asked Thorin.

“Fage and Noosa,” said Bilbo. “We may add other brands if the food companies stop using powdered milk.”

“You've explained the benefits of sourdough,” said Thorin.

\begin{itemize}
  \item \textsuperscript{1} (Webstaurantstore.com) Aarco 42" x 24" Cherry A-Frame Sign Board with Black Write On Chalk Board, two needed at each shared dining, one for chef and the other for the general manager, $89.99 each.
  \item \textsuperscript{2} (Walmart.com) Crayola LLC Formerly Binney & Smith BIN510404 Crayola Colored Drawing Chalk, 24 S, $4.52 each.
  \item \textsuperscript{3} (Walmart.com) Cra-Z-art White Chalk, 16ct, $.98 each.
  \item \textsuperscript{4} (O cesupply.com) O-Cel-O Stay Fresh Sponges, $1.69 each.
\end{itemize}
“It would be nice if sourdough or sprouted grain crackers existed, but they don't,” said Bilbo.

“Can you explain what is in the carrot/seaweed salad?” asked Thorin.

“The salad is served cold and it's made from sauteed carrots sliced into match stick size strips and mixed with reconstituted Arame, chopped clams and Tamari,” said Bilbo. “This is an exceptionally nutrient dense dish because of the seaweed and the chopped clams. Seaweed contains ocean minerals and chopped clams are the richest source of Vitamin B12. You'll need to dowse quantities of food to buy for 18.”

“What's the first step?” asked Thorin.

“You'll need to peel and matchstick the carrots,” said Bilbo. “You'll need a cutting surface, a peeler, and a chef's knife. The matchstick sized pieces can go into a large skillet with a cup of spring water.”

“How long do they need to be cooked?” asked Thorin.

“Six minutes,” said Bilbo. “They will need to be drained in a collander and placed in a 4 quart Pyrex mixing bowl.”

“What's next?” asked Thorin.

“The Arame needs to be reconstituted in spring water in a large bowl for 10 minutes,” said Bilbo. Then, drain the seaweed in the

1 (Foodservicedirect.com) Fage Total Plain Greek Yogurt 7 oz, case of 12, $27.05.
2 (Foodservicedirect.com) Noosa Plain Yoghurt, 8 oz., 12 per case, $35.75 each.
3 (Walmart) Whole Organic Carrots, Earthbound Farms, 32 oz, $1.88 (In Store)
4 (Walmart) Eden Arame - Wild, Hand harvested, 2.1 Ounce (Pack of 3), $35.85
5 (Walmart) Natural Sea Clams - Chopped - Salted - 6.5 oz - case of 12, $58.98
6 (Walmart) San-J Organic Tamari Wheat Free Soy Sauce, 10 fl oz, (Pack of 6), $28.22
collander and add it to the 4 quart Pyrex mixing bowl.”

“What about the chopped clams?” asked Thorin.

“The cans need to be opened and drained. You can use the cover of the can,” said Bilbo. “Natural Sea is a wonderful brand. The pieces are tender.”

“So you add the chopped clams to the Pyrex bowl?” asked Thorin.

“Yes,” said Bilbo. “The mixture will need Tamari added. You will need to dowse the amount,”

“How should the salad be served?” asked Thorin.

“The small 10 oz. bouillon bowls would work well,” said Bilbo. “Dessert plates will be needed for the pretzels, as well as forks and napkins. It may be a slow introduction because most people have never tried seaweed. They may really like the taste. Tamari has an interesting flavor.”

“And the vanilla ice cream?” asked Thorin.

“As you may know, Haagen Dazs ice cream does not contain recombinant bovine growth hormone,” said Bilbo. “The single serve portion is an ideal snack. We'll use teaspoons, but in a pinch, the container has a little spoon under the lid.”

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1. (Amazon.com) Zyliss Swap It Peeler/Knife Combo, Green, $10
2. (Walmart) RUBBERMAID FG8316A Farberware 11” x 14” Poly Cutting Board, $16
3. (Walmart.com) Cuisinox Chef Knife, 18/10 Stainless, $35 Suzanne Landry's YouTube video provides a helpful lesson how to matchstick carrots. https://www.youtube.com/watch?v=wCgxpu6vm4
4. (Walmart.com) Pyrex 4 qt Mixing Bowl, Clear, $6.88
“That brings us to Day Three,” said Thorin.

“And the subject of scrambled eggs with creme fraiche,” said Bilbo.

“What is creme fraiche?” asked Thorin.

“Cultured cream,” said Bilbo.

“Similar to sour cream?” asked Thorin.

“Creme fraiche has a much more delicate flavor,” said Bilbo. “It can be made on the kitchen countertop using buttermilk\(^1\) as a starter.”

“Starter?” asked Thorin.

“The culture that starts the ferment of heavy cream\(^2\),” said Bilbo.

“What are the steps?” asked Thorin.

“Pour a pint of heavy cream into a glass container\(^1\) and add two tablespoons of buttermilk,” said Bilbo. “Leave the lid on but slightly ajar and place the container where it won't be disturbed—at room temperature—for 12 hours. When you touch it with a spoon, it will feel soft/solid. At this point, you can put the lid on properly and place the container in the refrigerator. This will slow the ferment.”

“So the plan for scrambled eggs with creme fraiche is similar to the previous plan?” asked Thorin.

“The scrambled eggs will be prepared the same way, but three tablespoons of creme fraiche will be folded in,” said Bilbo.

“How long does creme fraiche keep?” asked Thorin.

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\(^1\) (Vitadigest.com) Buttermilk, LF Cultured, 12 quarts, of 32 OZ, From ORGANIC VALLEY

\(^2\) (Foodservicedirect.com) Organic Valley Pasteurized Heavy Whipping Cream 16 Ounce, Case of 12, $58.25
“Two weeks,” said Bilbo.

“Will there be a lot of buttermilk or cream left over?” asked Thorin.

“We can make Dukan Inspired Egg, Oat and Buttermilk Bread,” said Bilbo.

“Dukan, the French doctor?” asked Thorin.

“Yes, he is the French doctor who taught people who to lose weight by eliminating carbohydrates in their diet,” said Bilbo.

“Isn't bread a carbohydrate?” asked Thorin.

“It has the texture of bread, but it's not,” said Bilbo.

“What is it made of?” asked Thorin.

“It's made with oat bran, buttermilk, eggs and baking powder,” said Bilbo.

“Are there carbohydrates in oat bran?” asked Thorin.

“Very little,” said Bilbo.

“How do you make it?” asked Thorin.

“The recipe requires a small loaf pan,” said Bilbo. “The glass container used to make crème fraîche will work very well.”

“What is the first step?” asked Thorin.

“You'll need to check 6 eggs,” said Bilbo. “When you're happy with the eggs, you can place them in the 2 quart Pyrex batter bowl. It has a lip that is useful for pouring into the loaf pan.”

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1 (Farmandfleet.com) Pyrex 6-Piece Storage Plus Rectangle Value Pack for making Crème Fraîche (note: use a lid for making Crème Fraîche but leave it open a crack), $14.39 (order 6 sets)
“Then?” asked Thorin.

“Add 8 tablespoons of oat bran, 10 tablespoons of buttermilk and 2 teaspoons of baking powder. The baking powder should be aluminum-free. I like Bob's Red Mill double acting baking powder,” said Bilbo.

“What's next?” asked Thorin.

“Pre-heat the oven to 355 degrees. Then blend the mixture using the hand beater,” said Bilbo. “The batter can be poured into your loaf pan and baked for 30 to 35 minutes.”

“And then?” asked Thorin.

“Use your oven mitts to take the loaf out of the oven and set it aside to cool,” said Bilbo. “When the glass is cool enough to touch, slip a dinner knife all around the perimeter and turn the loaf pan upside down over a dinner plate. Set this aside. The loaf should drop on the dinner plate on its own.”

“Is it ready to eat?” asked Thorin.

“I like to eat the bread cold, so I place it in the refrigerator for a while,” said Bilbo. “I sometimes put peanut butter on a slice. The texture will fool you. It will taste like bread. All of the ingredients are beneficial.”

“How many loaves will we need for 18?” asked Thorin.

“We'll need three,” said Bilbo.

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“Let's talk about the egg bistro sandwich,” said Thorin.

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1 (Vitacost.com) Bob's Red Mill Double Acting Baking Powder Aluminum Free -- 16 oz, $3.29
“The sandwich is made with one third of a sourdough baguette from Publix that is sliced open,” said Bilbo.

“Publix makes a nice soursough baguette?” asked Thorin.

“Yes,” said Bilbo. “They will need to be notified in advance.”

“Are there one or two eggs?” asked Thorin.

“Two,” said Bilbo.

“How are they cooked?” asked Thorin.

“They're basted,” said Bilbo.

“Basted?” asked Thorin.

“Basted eggs are made in a skillet with a tablespoon of spring water,” said Bilbo. “A cover is needed. The steam helps cook the top of the egg. A nylon spatula/pancake turner will be needed to lift the eggs out of the pan.”

“How many minutes?” asked Thorin.

“That will depend on whether someone likes the yolks hard or runny,” said Bilbo. “Four minutes is the time required for runny yolks. You need to use the timer and keep the cover closed. The enclosed steam is needed to cook the top of the egg.”

“What type of cheese?” asked Thorin.

“Slices are needed,” said Bilbo. “I found a source for a mild cheddar\(^1\) and provolone\(^2\).”

“Is the setup similar to the line of hot plates for scrambled eggs?” asked Thorin.

\(^1\) (Publix) Sourdough baguettes (available around Noon, pre-order in advance).
“Yes, and they'll also need to set up the toaster ovens because two slices of cheese need to be melted on top of the eggs,” said Bilbo. “The same cheeses can be used to make an open-faced melted cheese on a slice of sprouted grain bread.”

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“The only other recipe that's not a repeat is the egg in a basket on Day Five,” said Thorin.

“That's an egg cooked inside a hollowed out, 2.5 inch slice of Publix sourdough baguette, 2 minutes on each side for a runny version,” said Bilbo.

“Isn't it supposed to be made with a slice of bread?” asked Thorin.

“The version you're talking about is hard to manage in the pan because it flops all over,” said Bilbo. “The baquette has a hard crust that provides a lot of support for the egg.”

“Is it cooked in butter or coconut oil?” asked Thorin.

“Either one,” said Bilbo.

“If you make an open-faced melted cheese, how many slices would you use?” asked Thorin.

“Three,” said Bilbo.

“I see you added cold or warm milk labeled "‘Any Day, Any Meal, Any Snack,’” said Thorin. “Is that served in a mug?”

“Yes,” said Bilbo. “Twelve or Sixteen ounce. Warm milk can be

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1 (Foodservicedirect.com) Horizon Organic Cheese Slice, case of 12, $70.75.
2 (Foodservicedirect.com) Organic Valley Organic Provolone Cheese Slice 6 Ounce, case of 12, $71.85.
heated in a large sauce pan. It's ready when steam begins to form. Thyme Extract is sold in one or two ounce dropper bottles.”

“I remember you said hens need drops of Thyme Extract in their water as protection against parasites,” said Thorin.

“Yes,” said Bilbo. “Sumerians used Thyme 7,000 years ago. It's a potent antiparasite remedy and it's very pleasant tasting.”

“Did you find a brand1 that you like?” asked Thorin.

“Publix is one of the largest dairy processors in the United States and none of their milk contains rBGH, said Bilbo. “Walmart's own brand is also rBGH-free. And, organic milk in both stores are rBGH-free.”

“What is rBGH?” asked Thorin.

“rBGH stands for recombinant Bovine Growth Hormone2, 3, 4,” said Bilbo. “It's a hormone that's injected into cows to increase milk production, but it makes them sick. It's also dangerous for humans.”

“Part of the mess,” said Thorin.

“Definitely,” said Bilbo.

“So those are your recipes,” said Thorin.

“Yes,” said Bilbo. “I consider it a ‘work in progress.’”

1 (Publix or Walmart) Whole milk.


“You mentioned iced tea and coffee, but you never mentioned alcohol,” said Thorin.

“Fermented beverages are allowed in moderation, but not distilled liquor,” said Bilbo. “It would be a good idea to dowse the amount.”

“Why isn't distilled liquor allowed?,” asked Thorin.

“Because of the phytates,” said Bilbo. “Distilled liquor is made from grain.”

“I remember you said phytates are in all grains, nuts and seeds and that they bind up nutrients that we need,” said Thorin.

“They're antinutrients,” said Bilbo.

“Isn't some beer made with grain and other beer made with fermented malt?,” asked Thorin.

“The beer made with fermented malt would be better,” said Bilbo. “It would be a good idea to dowse choices.”
Bilbo and Thorin are discussing helpful equipment that make day-to-day life in a housing co-op easy. Bilbo has a file that contains the names of products.

“How long have you been collecting information for your file?” asked Thorin.

“Four years,” said Bilbo.

“Do you want to talk about the products in any order?” asked Thorin.

“Our discussion will be random,” said Bilbo.

“What do you want to talk about first?” asked Thorin.

“Measuring portions,” said Bilbo.

“What portions are we talking about?” asked Thorin.

“Egg salad and Neem iced tea,” said Bilbo.

“Ok, tell me about egg salad first,” said Thorin.

“Each person's portion fills a 10 ounce bowl, but there may be times when paper bowls are needed,” said Bilbo. “Paper bowls do not come in a variety of sizes and a scoop is helpful.

“I see what you mean,” said Thorin. “If a paper bowl is too big, you might run out of egg salad.”
“Webrestaurantstore.com sells a 9.5 ounce scoop1,” said Bilbo. “The portion is very close.”

“And the Neem iced tea?” asked Thorin.

“Each person needs 16 ounces three times a day,” said Bilbo.

“That's a pint,” said Thorin.

“Walmart's Great Value brand, large, red, 18 ounce plastic party cups2 are the right size and the DollarTree glass, pint-size mugs3 are good for measuring,” said Bilbo. “Hefty and Solo also make a similar plastic cup and the mugs have a glass handle.”

“Isn't that 18 ounce plastic cup the one that's used for the coffee ice cream float?” asked Thorin.

“That's the one,” said Bilbo. “That may be a good solution for startup when we can only really give each person about 8 or 9 ounces of coffee.”

“Why so little?” asked Thorin.

“We'll need to use Mr. Coffee machines to make coffee before he Bunn commercial equipment arrives and the pots only hold 72 ounces each,” said Bilbo.

“Won't there be a problem if people pour themselves a 12 or 16 ounce cup?” asked Thorin.

“We'll need to use a 9 ounce Publix cold beverage cup and use two if it's too hot to hold,” said Bilbo. “Coffee will need to be poured by server assistants who understand the limitation. The

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2 (Walmart.com) Solo Squared Red Party Cups, 18 Oz, 60 Count, $5.59.

3 (DollarTree.com) Glass Pint Jar Mug, $Minimum, 4 units.
coffee float is supposed to be a snack during the day, but it could also work in the morning. It would still be hot even with the ice cream and it may help those who need to wean themselves off of sugar.”

“So we will need to use the Mr. Coffee makers on Day 1?” asked Thorin.

“Mr. Coffee makers are actually phase 2 for the coffee,” said Bilbo.

“What are the other phases?” asked Thorin.

“Takeout coffee from a local coffee house is phase 1 and the Bunn airpot brewers are phase 3,” said Bilbo.

“What else do you have in your file?” asked Thorin.

“Walmart sells a very light weight, adjustable height PVC top folding table in black that's helpful for getting shared dining started,” said Bilbo.

“What do you mean by adjustable height?” asked Thorin.

“Regular dining height of 28-inch or a counter height of 36 inches,” said Bilbo. “The added height is helpful for buffets or food preparation.”

“Are the light weight tables strong enough to hold the toaster ovens?” asked Thorin.

“No,” said Bilbo. “The 6 and 9 slice toaster ovens need Walmart's strong folding tables that are either 6 or 8 feet long.

“While we're on the subject of toaster ovens, I need to mention how I made an open-faced grilled cheese,” said Thorin.

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4 (Walmart.com) Cosco 4’ Indoor Outdoor Adjustable Height Center Fold Tailgate Table with Carrying Handle, Multiple Colors, $31.99 - 38.99.
“Toaster ovens are great for melting cheese,” said Bilbo.

“I've made a great open-faced, melted sharp cheddar on sourdough slices from Panera and Food For Life sprouted grain bread using Extra Sharp Cheddar Cracker Cuts from Publix,” said Thorin. “The cracker cuts are small squares that can be tiled and even piled up”

“Extra Sharp Cheddar cheese is not easy to find,” said Bilbo.

“I think the group would really like the sandwich,” said Thorin.

“Anything else?” asked Thorin.

“If you recall, each person will be using an iBed in a Box to start, along with cot-sized bedding, a pillow, pillow case and a blanket,” said Bilbo. “The cots will need to be folded during the day and there will be a need to fold and store the bedding.”

“What is your plan?” asked Thorin.

“IKEA sells a clear DIMPA storage bag that can hang in a closet using a wooden hanger,” said Bilbo.

“Is it large?” asked Thorin.

“It's a 25.5 inch square with a gusset that's 8 and 3/4 inches,” said Bilbo.

“Will the cots have a small table for personal items?” asked Thorin.

“Bed, Bath and Beyond sells a very nice folding that can be used as a small table next to a cot,” said Bilbo.

“What is it called?” asked Thorin.

1 (Amazon.com) IKEA - DIMPA Storage bag, clear (FBA), $9.78
“It's a Kikklerland Rhino II Folding Stool in white with grey trim,” said Bilbo. “The stools are also helpful in the shower areas for placement of tote bags. They have a weight capacity of 300 pounds so they could hold someone who needs to sit down.”

“What else is in that file?” asked Thorin.

“I've been collecting information about street legal electric vehicles to move people around,” said Bilbo.

“What did you find?” asked Thorin.

“Polaris Industries GEM e6 is a 6 passenger vehicle and a solar panel for the roof is an interesting option,” said Bilbo. “Remarkably, they cost about 4 cents a mile to run. The solar panel may reduce the cost even further.”

“Can the electric vehicles be driven on every type of street?” asked Thorin.

“Operation is allowed on roads where the speed limit is 35 mph or less,” said Bilbo. “At times, there may be a need to cross a street with high-speed traffic. A low-speed vehicle may cross a road or street at an intersection where the road or street has a posted speed limit of more than 35 miles per hour.”

“That would involve planning a route with Google Maps,” said Thorin. “Is there any room for packages?”

“There is some space under each seat and a feature called an ‘S-Bed’ on the rear of the vehicle,” said Bilbo. “It measures 30.7

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2 (Bedbathandbeyond.com) Kikklerland® Rhino II Folding Stool in White/Grey, $12.99 Note: See Kikklerland step stool and outdoor sink and shower equipment in the Path to Ascension document, pp. 27-33, http://housing.x10host.com/path_to_ascension_04_08_17.pdf

3 (Gem.polaris.com/en-us/) GEM e6 Note: For further details, see my article about street legal electric vehicles at: http://housing.x10host.com/low_speed_vehicle_08_01_17.pdf
inches by 40 inches and it can hold 300 pounds. Stake sides are also an option for the ‘S-Bed.’”

“What are stake sides?” asked Thorin.

“It is a term that is associated with flatbed trucks used in the early 20th Century to haul farm animals,” said Bilbo. “Traditionally, stakes were flat pieces of wood that were used to add sides to the truck's flat bed.”

“I imagine cargo could be strapped into that compartment,” said Thorin.

“Yes,” said Bilbo.

“Anything else?” asked Thorin.

“I've been experimenting with color towels and I've discovered that there are a few dark colors that never give off lint on a dark cotton top,” said Bilbo. “We already have a plan to use chocolate brown and black. I also discovered dark green.”

“Didn't you add Navy for the kitchen?” asked Thorin.

“Yes,” said Bilbo. “Dark green would also be helpful in the kitchen.

“Could you please explain the lint issue,” said Thorin.

“Lint means you need to do more wash loads and separate clothes,” said Bilbo. “Dark towels help you reduce the total number of wash loads. However, this plan only works when retailers have the colors.”

“We may need to do some shopping,” said Thorin.
Somehow, Bilbo and Thorin need to create a plan to purchase some clothing basics for the group who are about to arrive. They are slightly stressed and they have started to discuss the situation.

“You know some of the dwarves will be bringing their female relatives with them,” said Thorin.

“I thought as much,” said Bilbo.

“Do you have a plan?” asked Thorin.

“We need to start with the basics,” said Bilbo.

“Men's or women's?” asked Thorin.

“Womens' clothing is more difficult, so let's start there,” said Bilbo. “They could all use a basic black skirt1.”

“Good idea,” said Thorin.

“A print2 would also be a nice addition,” said Bilbo.

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1 (Walmart) 24/7 Comfort Apparel Plus Size Women's Calf-Length Skirt, Black, Sizes: 1XL, 2XL and 3XL, $33.28.

2 (Walmart) French Laundry Women's Plus Button Front Printed A Line Midi Skirt, Print: Jet Black Combo, sizes: 1X. 2X and 3X, $10.98
“They'll need tops to wear with those,” said Thorin.

“Basic cotton tank tops are comfortable in the summer,” said Bilbo.

“They'll need something to wear over the tank in case it gets cold,” said Thorin.

“A front zip hoodie is practical,” said Bilbo.

“What about a button-down woven shirt?” asked Thorin.

“Good idea,” said Bilbo. “I also found a company that makes a womens' combed cotton knit short sleeve and long sleeve knit polo shirts. They also have a mens' pique knit polo on sale including size small. They're a small company and their specialty is golf shirts, but they also do custom tailoring.”

“What is the difference between combed cotton and a pique cotton?” asked Thorin.

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1. (Walmart) Just My Size by Hanes Women's Plus Size Shirtail Tank, sizes: 1X, 2X, 3X, 4X and 5X, colors: Black, Paleo Pink, Briny Pink, Purple, Process Blue and White, $6.99

2. (Walmart) Just My Size Women's Plus Size Fleece Zip Hood Jacket, up to size 5X, colors: Ebony, Jazzberry Pink Heather, Navy Heather, Out of the Blue Heather, Paleo Pink, Plum Port, Slate Heather, White, $10 to $12.88

3. (Walmart) Riders by Lee Women's Plus Sleeve Woven Shirt, patterns: Princess Blue Combo, Rouge Red, Sizes: 1X to 4X, $16.97

4. (Diamondgolfshirts.com) 130 Webb Way, Advance, NC 27006, 866-578-9708, Women's short sleeve golf shirt, 100% Combed Supima Cotton, Sizes XS thru 2XL (Tall sizes available +2" body length +1" sleeve length - call, add $5 for Tall), Custom Sizing Also Available, Colors: Black, Sage, Wine, $34.95, Long sleeve, $42.95.

Cotton Short Sleeve Pique Knit Polo (Mens'), Sizes: Small to 3XL, Colors: Black, Butter, Carolina Blue, Cobalt Blue, Emerald Green, Green Oasis, Iron Grey, Maroon, Navy, Oyster, Tomato Red and White, $29.95.
“A combed knit feels smooth,” said Bilbo. “A pique knit has a very tiny waffle texture.”

“What about shoes?” asked Thorin.

“Sandals look good with skirts,” said Bilbo.

“They'll need a purse or tote,” said Thorin.

“A tote with a zipper is usually a good idea,” said Bilbo.

“They'll need a wallet,” said Thorin.

“A wallet for both bills and coins,” said Bilbo.

“I think we should start a list for men,” said Thorin.

“Black cotton jersey shorts,” said Bilbo.

“Sounds good,” said Thorin. “A twill fabric is also nice.”

“I found Hawaiian shirts in rayon which is a natural fiber,” said Bilbo. “And a cotton ‘A’ shirt.

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1. (Walmart) Earth Spirit Women's Andi Sandal, sizes: 6, 6.5, 7, 7.5, 8, 8.5, 9, color: Honey, $12.99 - $16.11.
2. (Walmart) Earth Spirit Women's Rubi Sandal, sizes: 6, 6.5, 7, 7.5, 8, 8.5, 9, color: Honey, $13.49 - $18.04.
3. (Walmart) Coofit Fashion Handbag for Women Faux Leather Purse Tote Bag Black, $25.98
4. (Walmart) Buxton Heiress Ladies Cardex, color: Mahogany, $28.80
5. (Walmart) Hanes Big Men's Jersey Pocket Shorts, Black, sizes: 2XL, 3XL and 4XL, $6.24 - $8.50
6. (Walmart) Big & Tall Harbor Bay Elastic-Waist Twill Shorts, sizes 1XL to 6XL, colors: black, charcoal, navy, khaki, olive and stone, $39.99
7. (Walmart) George Big Men's Rayon Print Hawaiian Shirt, sizes 2XL to 5XL and LT, 2XLT and 3XLT, $10.00
8. (Walmart) Hanes Big and Tall Men's 3 Pack A-Shirt, sizes: LT, XLT, 2XLT, 3XLT and 4XLT, $11.96.
“What is an ‘A’ shirt?” asked Thorin.

“A’ stands for ‘athletic.’” said Bilbo. “It's made of ribbed cotton. It's neater if you wear it under a loose outer shirt.”

“Did you find an alternate shirt?” asked Thorin.

“The company that makes the short and long sleeve cotton polo shirts for women also makes them for men¹,” said Bilbo. “The choices are similar—combed cotton knit and pique.”

“They need a jacket also,” said Thorin.

“I could not find a full-zip hoodie, only a pullover style²,” said Bilbo.

“They need bag³ and a wallet⁴ also,” said Thorin.

“The mens' and womens' bags are both large enough for a spiral notebook and a 3-ring binder,” said Bilbo.

“The men also need shoes,” said Thorin.

¹ (Diamondgolfshirts.com) 130 Webb Way, Advance, NC 27006, 866-578-9708, Men's short sleeve golf shirt, 100% Combed Supima Cotton, Sizes M thru 3XL, Custom Sizing Also Available, Colors: Black, Sage, Wine, $34.95, Long sleeve, $42.95.

Cotton Short Sleeve Pique Knit Polo (Mens'), Sizes: Small to 3XL, Colors: Black, Butter, Carolina Blue, Cobalt Blue, Emerald Green, Green Oasis, Iron Grey, Maroon, Navy, Oyster, Tomato Red and White, $29.95.

² (Walmart) Hanes Big & Tall Men's EcoSmart Fleece Pullover Hoodie with Front Pocket, sizes: 2XL to 5XL, colors: black, deep red, smoke gray, $9.93 to $45.48

³ (Walmart) Port Authority Durable Paded Transit Messenger Bag, $22.38

⁴ (Walmart) Alpine Swiss Mens Leather Wallet Zipper Coin Pocket 2 Billfold Multi Card Bifold, brown or black, $14.99

⁵ (Landsend.com) School Uniform Girls Plaid Pleated Skirt Below the Knee, Hunter/Classic Navy Plaid, Size, Big Girls Size 14
“I found a casual oxford\(^1\) that I think will be comfortable,” said Bilbo.

“Name tags would help everyone get acquainted,” said Thorin.

“Good idea,” said Bilbo. “We can purchase the temporary type\(^2\) that's used at conferences and we can order an engraved version\(^3\).”

“While we're talking about clothes, we should talk about shower assignments and the steps to wash clothes,” said Bilbo.

“I remember the green magnetic strips are shower assignments,” said Thorin.

“We have too many people and too few showers, so the locations need to be assigned—to be fair,” said Bilbo.

“Besides the main shower in Bag End, where are other showers located?” asked Thorin.

“There are separate mens' and women's showers in the Recreation Centers,” said Bilbo.

“Wouldn't they need a car, or an electric vehicle?” asked Thorin.

“They may need to share a vehicle,” said Bilbo. “Or, use a bicycle.”

“Do you think we'll need more than the Rec Center showers?” asked Thorin.

“It's possible we might need to dedicate an empty Hobbit Hole for showering and other activities,” said Bilbo.

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1. (Walmart) Dr. Scholl's Men's Filo Casual Oxford Shoe, black or brown, sizes: 8 to 13, $14.88-$19.78
2. (Office Depot) Baumgartens Clip-Style Name Badge Kit, 4” x 3”, Clear, Box, 50, Item # 555167, $36.79
4. (Lordandtaylor.com) Lauren Ralph Lauren, Textured Wide Belt, Black, Size Small
“You mentioned you would like to purchase large capacity washers and dryers, but how do people get together to combine their wash?” asked Thorin.

“Wash groups make sense,” said Bilbo.

“Can you explain how a wash group would work?” asked Thorin.

“If six people form a wash group, they could share the task,” said Bilbo. “Two people could do the wash for the group and they could take turns.

“It's possible a wash group may be people who are involved in a project and they meet, work on a project, and get their wash done at the same time,” said Thorin.

“We have so much project work, members should look to form wash/activity groups to help,” said Bilbo. “They may find that they like getting together.”

“The plan would only work for people who are willing to be flexible and collaborate,” said Thorin. “I think we're talking about multi-tasking.”

“The inflexible ones won't last,” said Bilbo.

“Are you saying that they'll leave?” asked Thorin.

“They'll be kicked out,” said Bilbo.

“You'll kick them out?” asked Thorin.

“Problem members will just disappear,” said Bilbo. “There are usually signs ahead of time. Every night, I dowse the question, ‘Are we ok?’ If I get a ‘No’ response, I dowse everyone's name and the it's usually the troublemakers who are not ok.”

“Do you tell them that you dowsed and discovered they're ‘not ok?'” asked Thorin.

“Yes, but it's up to them to dowse and figure out why I discovered they're not ok,” said Bilbo. “After three ‘not oks’ they're usually gone.”
“So it's three strikes and they're out,” said Thorin. “What if they're confused about their behavior that is causing a problem?”

“I usually recommend that they dowse scores,” said Bilbo.

“What are dowsed scores?” asked Thorin.

“They're dowsed scores on a scale from 1 to 10 for offensive behavior,” said Bilbo. “A bad highlights a problem. I recommend dowsed scores to just about everybody.”

“How do you dowse a number?” asked Thorin.

“To dowse a number, you count the number of rotations of your hand,” said Bilbo.

“Can you give me some examples of offensive behavior?” asked Thorin.

“Glarging examples include:

  - Racist
  - Xenophobe
  - Prejudiced
  - Chauvinist
  - Misogynist
  - Maturity level
  - Manipulative
  - Interest in Nature
  - Talent or Skill as a Listener
  - Honesty
  - Laziness
  - Cleanliness
  - Neatness
  - Neediness
  - Selfishness
  - Considerate (e.g. noise or lights on when others are sleeping)
  - Excellence in caregiving
  - Interest in others
  - Having conscience or feeling remorse,”
said Bilbo. “Sometimes the behavior is so bad, the number is higher than 10.”

“I bet the serious troublemakers would not take the time to dowse,” said Thorin.

“I would imagine that those interested in staying would want to have very good scores,” said Bilbo. “They might also want high scores on Lion Goodman's ‘Master List of Virtues’.”

“Who is Lion Goodman?” asked Thorin.

“He's someone who took the time to compile a list of 650 virtues,” said Bilbo.

“We make choices every day about how to behave,” said Thorin.

“The uncooperative ones would just ruin every collaborative plan,” said Bilbo. “The smart ones catch on pretty quickly. They realize it's a good idea to dowse every decision—if they want to stay.”

“So, your dowsing makes you a messenger,” said Thorin.

“I dowse a LOT,” said Bilbo. “I don't want to make a mistake.”

“The six people would need to develop their own timetable and location,” said Thorin. “Of course, they would need to dowse their plan.

“They could use the smaller capacity machines, but the larger ones would be more convenient,” said Bilbo.

“We will need to hold a large event on one of the tennis courts to help people find others for their wash groups,” said Bilbo. “I'll tell them to dowse the members of their group.”

“An event would be a good idea,” said Thorin.

1 (Lion Goodman Master List of Virtues)
http://articles.x10.mx/virtues_the_master_list.pdf
The subject of technology has come up and Thorin has asked Bilbo whether the residents should each have a smartphone. He is surprised when Bilbo tells him that smartphones are not approved.

“If smartphones are not approved, what type of technology can be used?” asked Thorin.

“Older flip phones, iPads, notebook computers and workstation computers are all ok,” said Bilbo.

“Do you understand why smartphones are not approved?” asked Thorin.

“They're immersive almost to the point of addiction, the resulting exposure to Extremely Low Frequency Radiation is a concern, they're nudging users toward the use of artificial intelligence, they destroy small businesses and a professor of psychology at San Diego State University has noticed that smartphones make people lonely, particularly children,” said Bilbo.

“Is the radiation from a cell phone a health issue?” asked Thorin.

“Public health officials all over the world are concerned about cell phone radiation, but the telecommunications companies are very powerful,” said Bilbo. “California Senator Tom Hayden,
who was married to actress Jane Fonda, is in a documentary about the dangers of cell phone technology.”

“What is the name of the documentary?” asked Thorin.

“Public Exposure: DNA, Democracy and the 'Wireless Revolution',” said Bilbo. “It was produced in late 1999 and uploaded to YouTube in 2010.”

“Who is the professor of psychology at San Diego State University?” asked Thorin.

“Professor Jean Twenge,” said Bilbo. “She wrote a book titled iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us. Jean also wrote a story for The Atlantic titled ‘Have Smartphones Destroyed a Generation?’ She was also interviewed on NPR's All Things Considered.”

“Is advanced technology ok?” asked Thorin.

“Advanced technology is great as long as it does not harm,” said Bilbo.

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1 “Public Exposure: DNA, Democracy and the 'Wireless Revolution’”
https://www.youtube.com/watch?v=IJbCa-MZwXM

2 “Have Smartphones Destroyed a Generation?” by Jean M. Twenge, The Atlantic, September 2017

3 “How Smartphones Are Making Kids Unhappy,” All Things Considered, National Public Radio, August 7, 2017
Bilbo realizes that the shared dining area would be an ideal space for television viewing and that there is space for a TV in a corner of the room. The idea has prompted him to start planning a lending library with books, DVDs and laptop computers in one of the pantries. He's explained the idea to Thorin and they're in the process of brainstorming a plan.

“A flat panel TV¹ would need a stand,” said Thorin.

“I found one that fits into the corner of a room²,” said Bilbo.

“What size?” asked Thorin.

“32 inch,” said Bilbo. “The size seems right. It's measured on the diagonal and that size won't overwhelm the room. It's also assembled in the USA.”

¹ (Walmart) Element ELEFW328 32" 720p 60Hz Class LED HDTV, $128
² (Walmart) South Shore City Life Corner Chocolate TV Stand, $131.82 (dowse a finish)
“Where?” asked Thorin.

“South Carolina,” said Bilbo.

“Does it have a space for a DVD player¹?” asked Thorin.

“Yes,” said Bilbo.

“The dwarves could watch a film after dinner,” said Thorin.

“Would they sit at the dining table?” asked Thorin.

“They could bring their folding tailgate chair,” said Bilbo.

“Your lending library would be in a separate room,” said Thorin.

“Yes,” said Bilbo. “I want to use professional library equipment so we can expand the library and stay organized.”

“What would you start with?” asked Thorin.

“A wall unit that is designed for DVDs,” said Bilbo. “It's 72 inches high, so we need a safety ladder on wheels for the Hobbits”

“Did you find one?” asked Thorin.

“I found a rolling safety ladder, and it's made in the USA,” said Bilbo.

“Do the wheels lock?” asked Thorin.


¹ (Amazon) Sylvania SDVD6670 Progressive Scan Compact HDMI DVD Player, 1080p Upconvert with USB Input, $29.15

² (Amazon) Amazon Basics High-Speed HDMI Cable - 6 Feet (Latest Standard), $6.99

³ (Walmart) Atlantic Inc Oskar 72" Triple Slim Multimedia Storage Rack in Espresso, $141.95.

⁴ (Uline.com) 3 Step Rolling Safety Ladder with 10" Top Step, $212 each.
“No one should feel uncomfortable getting on that ladder,” said Thorin. “I bet that ladder may be a popular item to borrow.”

“I think you're right,” said Bilbo.

“What about a bookcase?” asked Thorin.

“I found a shorter 60 inch bookcase that seems solid,” said Bilbo.

“Will we need tables and chairs in that room?” asked Thorin.

“We'll need two Lifetime tables and folding chairs because of their adjustable height,” said Bilbo.

“What about the professional library equipment?” asked Thorin.

“I've put a list together,” said Bilbo.

“Are you planning a card catalog cabinet?” asked Thorin.

“That's the most expensive item on the list,” said Bilbo. “They're hard to find.”

“And the cards?” asked Thorin.

“The catalog cards come on 8.5 X 11 inch sheets that have perforations for three cards per page,” said Bilbo. “The sheets can go through a laser printer.”

“Cards need to be organized alphabetically,” said Thorin. “Did you find alphabetical dividers?”

1 (Bizchair.com) Pro-Line II Prado 60'' 4-Shelf Bookcase - Black [PRD3260-BLK-FS-OS], $136.99

2 (Demco.com) Gaylord® Tabletop Card Catalog Cabinet, 4 Trays 10"x 14-1/4" x 18-1/2", Item #: WF20530850, Natural Maple, $954.99

3 (Thelibrarystore.com) Laser & Inkjet Printer Catalog Cards - 3-Up (100/Pkg), Item # 44-0241A, $9.45 each. Note: OpenOffice word processing software will be needed to compose library card information.
“I found plastic dividers\(^1\), but they don't have a hole along the bottom that matches the hole in the cards,” said Bilbo.

“Did you solve that?” asked Thorin.

“I found a Eurotool punch\(^2\) at Walmart that makes a small round hole,” said Bilbo.

“What about the trays to hold the charge out cards?” asked Thorin.

“I found a single hardwood Charging Tray\(^3\),” said Bilbo.

“Library items contain a pocket that holds two cards” said Thorin. “When the item is charged out, one card stays in the pocket and the other is filed in the charge tray.”

“The charge tray needs alphabetic dividers\(^4\),” said Bilbo.

“And the cards?” asked Thorin.

“The book charge cards have columns for charge information\(^5\),” said Bilbo.

“Isn't the column information entered with a date stamper?” asked Thorin.

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\(^1\) (Thelibrarystore.com) Poly Catalog Card Guides, A–Z 1/5 cut, Item # 48-0103, $7.95

\(^2\) (Walmart.com) Eurotool EuroPunch 1.8mm Round Hole Punch Pliers For Bottle Caps, Sheet Metal, $8.89

\(^3\) (Demco.com) Hardwood Charging Tray Single 3-5/8"H x 4"W x 14"D Item # WS13871300, $72.99

\(^4\) (Demco.com) Charging Tray Guides Alphabet A-Z 26/Pkg, Item #: WS13417300, $17.99

\(^5\) (Demco.com) Demco® Book Cards - Author/Title, Date Loaned, Borrower's Name, Date Returned, Book Card Medium Wt w/2 Horiz & 3 Vert Columns White 100/Pkg, Item #: WS13222050, $3.09
“They're called band daters\(^1\) and we'll need two,” said Bilbo. “One stamps the date the item is checked out and the other stamps the date that it's due.”

“How long is a check out period?” asked Thorin.

“Two weeks,” said Bilbo. “No later than noon for a return, with an option for one renewal—as long as no one is waiting.”

“Are you planning to add more TVs?” asked Thorin. “Is that why the DVDs are in the catalog?”

“I think we may need more than one TV,” said Bilbo. “We can dowse that after we get set up.”

“What about the ink pad?” asked Thorin.

“We'll need an ink pad\(^2\), a re-inker\(^3\) and a stamp cleaner\(^4\),” said Bilbo.

“What about the pockets?” asked Thorin.

“I found clear book pockets\(^5\) that we can apply to the back of books, DVDs and inside covers of laptop computer bags,” said Bilbo.

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1. (Thelibrarystore.com) Band Dater- Month, Day & 6 Year, 1/8"H x 3/4"W, Item # 51-0101, $9.95
2. (Thelibrarystore.com) Memories Ink Pad, Item # 52-0350, Black, $7.95
3. (Thelibrarystore.com) Memories Re-Inker, Item # 52-0550, Black, $5.95
4. (Thelibrarystore.com) Stamp Cleaner, Item #51-0320, $6.95
5. (Demco.com) DEMCO Durable Clear Book Pkt 4-3/8"H x 3-1/2"W 100/Box Item #: WS13602950, $12.14

See:


http://housing.x10host.com/path_to_ascension_04_08_17.pdf (page 34)
“Let's talk about the information that is added to a card catalog card,” said Thorin.

“Besides the title, we should have the film's category such as science fiction, romantic comedy, or documentary,” said Bilbo.

“The year the film was released is useful and the year the DVD was released,” said Thorin.

“We should also list the director, the major actors and the name of the studio,” said Bilbo.

“This project will help people learn a lot about the films,” said Thorin.

“That will lead to very interesting conversations,” said Bilbo.

“I think you're right,” said Thorin. “During shared meals or, on road trips.”

“We'll need to dowse titles,” said Bilbo.

“What about boxed sets of popular television series?” asked Thorin.

“We'll need those, and the sets should be kept together,” said Bilbo. “The episodes will need to be dowsed separately.”

“And the laptops?” asked Thorin.

“There are two,” said Bilbo. “A PC version\(^1\)\(^,\)\(^3\) and a Mac laptop\(^2\)\(^,\)\(^3\) for those who need to work on graphics.”

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\(^1\) (Best Buy) Asus - Q304UA 2-in-1 13.3” Touch- Screen Laptop - Intel Core i5 - 6GB Memory - 1TB Hard Drive - Sandblasted aluminum silver with chrome hinge, $599

\(^2\) (Best Buy) Mac Book Pro, $1350

\(^3\) (Walmart) Targus Laptop Skin w/ Handle, $11
“Can anyone check out either one?” asked Thorin.

“The Mac laptops can only be checked out by those with genuine computer graphics projects,” said Bilbo.

“Any gadgets?” asked Thorin.

“The PC laptops have LED lights\(^1\) and headsets\(^2\) that plug into the computer's sound card,” said Bilbo.

“What about software?” asked Thorin.

“Right now, we're only planning to use the OpenOffice suite that's a free download,” said Bilbo.

“What can the beginners do to learn?” asked Thorin.

“Four copies of David Pogue's *Windows 10: The Missing Manual\(^3\)* will be available in the lending library,” said Bilbo.

“What about the Mac?” asked Thorin.

“Robin Williams' *The Little Mac Book\(^4\)* is a classic beginner's guide published by Peachpit Press,” said Bilbo.


“Windows XP is not the latest version,” said Thorin.

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1. (Outlandusa.com) Luna LED Light - 3 Pack, $29.97
2. (Aroundtheoffice.com) Olympus E-102 Headset, - OLY141567, Headset’s long cord plugs into computer’s sound card, 13 Feet $17.50
5. (Amazon) *The Little PC Book, Windows XP Edition*, by Larry Magid, $28.05
“Peachpit Press did not publish a version for Windows 10. Their books are so easy to understand, it's worth it to read the older version,” said Bilbo

“Cell phones will be needed to set up e-mail accounts” said Thorin.

“Everyone will have a Metro PCS phone\(^1\),” said Bilbo

“And a case?” asked Thorin.

“I found a black leather case\(^3\),” said Bilbo

\(^1\) (Metro PCS) ZTE Cymbal Z-320 Cell Phone, $29 X 18 = $522

\(^2\) (Metro PCS) $30/month plan X 12= $360 X 18 = $6480

\(^3\) (eBay) PU Leather Case Holster For LG True B460 450 B450 MS450 Pouch Belt Clip, $5.95
Bilbo has been researching the requirements for a goat dairy and collecting information about how to care for goats starting with what they like to eat. His dowsed list contains 36 plants, shrubs and trees. The list is so diverse, he has nicknamed the collection the Permaculture Garden plants. When he researched the nutritional content in the plants, he realized the decorative plants around Bag End should be replaced with the Permaculture Garden plants so that the hens will benefit.

“You did not tell me you were planning to purchase goats!” said Thorin. “We haven't even started to learn how to care for hens!”

“I don't have an immediate plan to acquire goats,” said Bilbo. “I just think about how hard it is to find high-quality dairy in this area. Someday, when we're very comfortable with our level of experience, I'd like to find six young goats.”

“I've read that goats come when you call them,” said Thorin.

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1 Nutrition, Permaculture Garden Plants, http://housing.x10host.com/nutrition_permaculture_garden_plants.pdf
“They're herd animals that crave the presence of other goats,” said Bilbo. “We'll need to purchase a group.”

“I'm relieved that you're not ready for that step yet,” said Thorin.

“Goats are very intelligent and they like to climb,” said Bilbo.

“I've seen pictures of goats high up in the Alps,” said Thorin.

“We'll need to build something very tall for them to climb,” said Bilbo. “So they don't get bored.”

“Starting with the plants they like to eat sounds like a practical approach,” said Thorin.

“I learned that goats like to browse,” said Bilbo.

“Browse?” asked Thorin.

“They're really not grazers like cows,” said Bilbo.

“What's the difference?” asked Thorin.

“Grazing is eating grass or forbs,” said Bilbo. “Browsing is eating woody twigs and leaves from trees and shrubs.”

“What is a forb?” asked Thorin.

“Forbs are flowering plants,” said Bilbo. “They're separate from grasses, sedges and rushes.”

“I've heard of grass,” said Thorin.

“I'm still learning,” said Bilbo. “For example, grasses and rushes can be either annuals or perennials. Sedges are perennial.”

“Doesn't perennial mean long-lasting?” asked Thorin.

“Yes,” said Bilbo. “I've also learned the stems of both sedges and rushes are generally soild, where as grasses are hollow.”

“This sounds like a complex project,” said Thorin.

“It is very complicated,” said Bilbo.
“It's so complicated, I think we should document the steps with photographs,” said Thorin.

“I know of a camera\textsuperscript{1,2} we should purchase,” said Bilbo.

“Can I take a look at your list?” asked Thorin.

“I had forty, now there are thirty-six,” said Bilbo, showing Thorin his list.

1. Arachis (perennial peanut)
2. Artemisia (also known as Wormwood, an antiparasite)
3. Black Knight Butter y Bush
4. Bougainevillea
5. Cicoria (also known as Italian Dandelion)
6. Citronella
7. Cranberry, American
8. Cypress, Italian
9. Cypress, Leyland
10. Dietes (Wild Iris)
11. Elderberry
12. Epazote (antiparasite)
13. Fig, Brown Turkey
14. Fig, Celeste (deleted)
15. Fig, Chicago Hardy
16. Fig, Marseilles (deleted)
17. Figgy Tree, Little Miss
18. Grape, Edelweiss (needs trellis)
19. Grape, Tara Scuppernong (needs trellis)
20. Hibiscus, spp. Fireball (edit)
21. Hibiscus, Jazzberry Jam (deleted)
22. Hyacinth Bean, Green (needs trellis)
23. Katuk or Sweet Leaf

\textsuperscript{1} (bhphotovideo.com) Sony Cyber-shot DSC-RX100 Digital Camera (Black), $448 each

\textsuperscript{2} (Jet.com) Kingston DataTraveler 8 GB High-Speed USB Flash Drive DTIG3/8GBZ, White and Yellow, $6.63 each.
24. Kiwi, Arctic  
25. Lavender, PhenomenalTM  
26. Marigold (antiparasite)  
27. Millet, Purple  
28. Monkey Puzzle Tree  
29. Mulberry, Red  
30. Myrtle, Cherry Razzle Dazzle Crape  
31. Myrtle, Wax  
32. Neem Tree (antiparasite)  
33. Rhubarb  
34. Rose, Double Knock Out  
35. Stevia  
36. Strawberry, Garden  
37. Sunflower, Black Oil  
38. Thyme, spp. El n Creeping (edit) Note: All Thyme is an antiparasite  
39. Thyme, Pink Chintz Creeping (antiparasite) deleted  
40. Turmeric (antiparasite)

“Why did you delete four?” asked Thorin.

“I could not find a source,” said Bilbo.

“These plants are all edible and nutritionally significant?” asked Thorin.

“Yes,” said Bilbo. “Six are significant for humans. There are probably more. I just stopped the research when I realized the list was rather long.”

“Do you have a separate source list?” asked Thorin.

“It was rather challenging putting that list together,” said Bilbo. “Some resources sell established plants and others sell seeds.”

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1 Source List, Permaculture Garden Plants,  
http://housing.x10host.com/plants_sources_07_16_16.pdf
“I also dowsed a layout for a garden,” said Bilbo.

“Can I see the layout?” asked Thorin.

“It's quite large,” said Bilbo, showing Thorin his illustration. It includes an adjacent area for goat housing, a space for their tall structure and a pasture for hens. You'll see a dividing line that indicates a fence. Dowsing helps me to understand that hens can have access to the plants all day, while goats should only be allowed in the garden for three hours each day.

“Do you understand, or know why goats are restricted?” asked Thorin.

“No,” said Bilbo. “I hope I understand more about that subject some day.”

“I see you've drawn small circles with numbers indicating the location of each type of plant,” said Thorin.

“The locations were all dowsed,” said Bilbo.

“You've also indicated the size of the plots,” said Thorin.

“Also dowsed,” said Bilbo.

“The color of the walkways between the plots is a brick color. Do you intend for the walkways to be brick?” asked Thorin.

“They could be grass,” said Bilbo.

“Did you dowsed locations for the plant replacements here at Bag End?” asked Thorin.

“Yes,” said Bilbo.

“Can I see the layout for your replacement project?” asked Thorin.

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1 Layout, Permaculture Garden
http://articles.x10.mx/garden_playground_layout.pdf
“You've seen the layout before,” said Bilbo. “It's the same map that contains the locations for the bird and squirrel feeders.”

“Now I understand,” said Thorin. “I can see that this map has similar small circles that contain the numbers of the plants. You had this made up as a vinyl map with grommet holes for hanging.”

“I found a room to set up as a workshop for this project,” said Bilbo. “We can put up some hooks so we can study the map. We'll also need more Lifetime tables and chairs in that room as well as some heavy duty shelves, bookcases and pendant lamps.”

“Besides setting up the furniture, what do you see as the first step?” asked Thorin.

“I found a galvanized metal plant sign that holds a postcard-sized card,” said Bilbo. “I've created content for the cards and I'm planning to have them printed. They should also be laminated.”

“Getting those in the ground, even before plant removal, would be helpful,” said Thorin.

“I agree,” said Bilbo. “This is a large project that could be confusing without the plant signs.”

“It sounds like plant signs are really the first phase of the project,” said Thorin.

“I agree,” said Bilbo.

“Did you find a company to print the plant signs?” asked Thorin.

“Vistaprint,” said Bilbo. “Because I created the content, it's considered a custom postcard. Fifty cards is the minimum order.”

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1 Layout, Permaculture Garden Plant Replacement Project  
http://articles.x10.mx/bay_colony_map_permaculture_2_01_16_15.pdf

2 (Gemplers.com) Galvanized Steel 7" x 5" Sign Holder with 30" Stake, $2.95 (dowse a total number).

2 Vistaprint.com, $15 for 50 postcards ($15 X 36 = $540)
“I can help you upload the PDF files,” said Thorin. “How long does it take?”

“About a week or ten days” said Bilbo.

“We need a stand for the signs, so we don't need to lay them on the floor,” said Thorin.

“I agree,” said Bilbo. “I've been planning to cut holes in the lids of several large rubber totes and insert 24 inch lengths of furnace pipe.”

“The weight of the plant signs should keep the whole thing steady,” said Thorin.

“It may also help to line them up against a wall,” said Bilbo.

“At least we'll be able to see the cards on the signs,” said Thorin.

“Are you planning to draw circles on the rubber lid and then cut with an Xacto knife?” asked Thorin.

“That's right,” said Bilbo.

1 List of PDF files for the Permaculture Garden plants
   http://articles.x10.mx/plant_signs_permaculture_garden_02_27_16.pdf
   Note: There are additional plant signs (and animal sighting signs) for the BCC property in a second chart in this document.

2 (Walmart.com) Sterilite 18 Gallon Tote Box, Titanium, Case of 8, $38.97 each.

3 (Acehardware.com) Imperial 6in Furnace Pipe (GV0381), length 24 inches, for 36 Permaculture Garden Plants plus 15 God-created BCC plants, $6.99 each.

4 (Officesupplyinc.com) Charles Leonard Ball Bearing Compass With Safety Pointed Tip, 12" Maximum Diameter (for drawing circles), $.64 each.

5 (Walmart) XACTO #1 KNIFE W/CAP, $2.97 each.

6 (Walmart) X-Acto #11 Refill Blades, 15-Pack, $4.03 each.
“I can help you with that,” said Thorin.

“Postcards are 7 inches by 5 inches,” said Thorin. “Laminators have pouches that are letter size which means that you will be able to laminate two cards at once.”

“We would need to test one to see how it fits on the metal plant sign,” said Bilbo. “To be waterproof, there should be a seal around the postcard and the cards may need to be trimmed slightly.”

“You'll need a self-healing mat\(^1\) for cutting and a metal ruler\(^2\),” said Thorin.

“I agree,” said Bilbo.

“You're going to have a lot of cards,” said Thorin. “Have you planned a filing system?”

“I could not find a file box for postcard sized cards,” said Bilbo. “There are a lot of file boxes for index cards.”

“An index card is 4 inches by 3 inches,” said Thorin.

“I came up with an idea to file the extra cards in 3-ring binder\(^3\) zipper pouches\(^4\) with windows and file them in large binders with spines that I can label,” said Bilbo.

“That must be the reason you want the bookcases in the work-shop,” said Thorin.

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1. (Walmart) 18 Inch x 12 Inch Small Self Healing Double Sided Thick Cutting Board Mat, $13.88 each

2. (Walmart) Acme Stainless Steel Rulers, $3.56 each.

3. (Webofficemart.com) IBusiness Source Round Ring View Binder 3" Binder Capacity - Letter - 8 1/2" x 11", (for storing Vistaprint cards) $3.09 each.

4. (Dollargeneral.com) Imagine Zipper Binder Pouch - Assorted Colors, (L) 9.5 in (W) 7.25 in. $1 each.
“That's exactly right,” said Bilbo.

“Did you find a laminator\(^1,2\)?” asked Thorin.

“Yes,” said Bilbo. “There's so much laminating, it makes sense to purchase a laminator instead of using a service shop.”

“Once the plant signs are complete, have you thought about Phase 2 of the project?” asked Thorin.

“I think we need to build a heavy duty workbench,” said Bilbo. “I found a builder named Mike Davis who has made his plan available. He made a workbench out of a door and 2 by 4s. His workbench is not full standing height, but it's too tall for dwarves and Hobbits. He provides advice on how to vary the height. We can purchase he lumber at Lowes and have them cut the pieces.”

“Standing to do work at a table that's too low is uncomfortable,” said Thorin. “We may need to build two workbenches.”

\(^1\) (Staples) 3M Scotch TM 4 Roller Thermal Laminator, 3 - 6 mil Pouch, $42.59

\(^2\) (Staples) Staples Letter Size Thermal Laminating Pouches, 5 mil, 100 pack, $54.99.

\(^3\) “Building a Heavy Duty Workbench” by Mike Davis https://www.youtube.com/watch?v=XK4u-zTqUmU

\(^5\) (Lowes.com) Lumber

\(^6\) (Homedeopot.com) 36 in. x 80 in. Composite Unfinished Flush Interior Door Slab

\(^7\) (Homedeopot.com) ZMAX 18-Gauge Galvanized Steel Angle

\(^8\) (Walmart) PORTEOUS 02790-0826-480 Drywall Screw, Bugle, #8, 2 1/2 In L, Pk 525

\(^9\) (Walmart) 3JHH3 Drywall Screw, #6, 1 1/4 In, Pk 100
“It's a simple design,” said Bilbo. “I think we can easily build two. I also found a vice\(^1\) to mount on the workbench.”

“We should talk about vehicles for local shopping and day trips,” said Thorin.

“Dwarves can use pedal extenders\(^2\),” said Bilbo. “The extenders will work on the Toyota Corolla\(^3\) and they would probably work on the Tahoma\(^4\) pickup. We'll also need a bus—either a 30 passenger Thomas Built Minotour school bus\(^5\), or a Green Power Bus\(^6\).”

“What is a Green Power Bus?” asked Thorin.

“It's an electric bus,” said Bilbo.

“How will the Hobbits get around?” asked Thorin.

“For trips, they'll need to travel in a bus driven by a dwarf, or someone taller,” said Bilbo. “For hauling their own items, they can pull a Sylvan trailer\(^7\) with a Cricket SW3.”

“We'll have to remember to order the Crickets with a trailer hitch\(^8\),” said Thorin.

“While we're on the subject of vehicles, what about bicycles?” asked Thorin.

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1. (Homedepot.com) Yost 8 in. Multi-Purpose Reversible Mechanics Vise, $349.99
2. (Amazon) Easy Reach Auto Pedal Extender Kit - For the Gas Pedal and Brake Pedal, $113.94
3. (Deerfield Toyota) Corolla
4. (Deerfield Toyota) Tahoma Pickup
5. (Matthewsbuses.com) Thomas Built School Bus Dealer, Orlando, Florida
6. (Greenpowerbus.com) All electric transit and school buses.
7. (Sylvansport.com) GO-Easy Utility Trailer, $1995
8. (Etrailer.com) Rapid Hitch Adjustable Aluminum Ball Mount Kit - 2 Zinc Balls - 5-1/2" Drop, 6-1/2" Rise, $179.99
“Huffy makes a Good Vibrations Cruiser¹ for men and women in a 20 inch, 24 inch and 26 inch bike,” said Bilbo. “The Howard Berger Word Combination Lock² is a cable lock that can be used on a bike.”

“What is a word combination lock?” asked Thorin.

“You can make up a word for your lock instead of using a number,” said Bilbo.

“Tipke makes a utility trailer³ that has a bike hitch⁴,” said Thorin.

“Let's also talk about carts and coolers,” said Thorin.

“Harper makes a light, but sturdy hand truck that converts to a dolly,” said Bilbo. “For moving cooked food, or dishes that needs careful handling, you can't beat the suspension on a flat bassinett stroller⁵.”

“I didn't think flatbed strollers still exist,” said Thorin.

“They're hard to find,” said Bilbo. “A waterproof plush throw⁶ and a bungee⁷ cord are good accessories to have with a stroller that's used to move food.”

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¹ (Walmart or Amazon) Huffy Good Vibrations Cruiser (20 in, 24 in or 26 in, search for men's or women's, $107.09)
² (Globalindustrial.com) Howard Berger Wordlock Combination Cable Lock CL-422-BK - 72”L Resettable 4-Dial, Black, $34.40 each.
³ (Walmart) Tipke Foldit 2200 Utility and Garden Cart, $228.98
⁴ (Westmarine.com) TIPKE MANUFACTURING, Bike Utility Cart Hitch for Foldit Marine Cart, $49.99
⁵ Mama & Papas Sola2 Stroller in Black with Bassinett, $499.99
⁶ (Medicalsupplydepot.com) 100% Waterproof Plush row - 36” x 52”, COL-OR=SAND, machine washable, $48
⁷ (Walmart) MASTER LOCK 3039DAT Adjustable Bungee Cord, Hook, 40”L $3.29
“What portable carts would you use for moving groceries or boxes?” asked Thorin.

“I think I mentioned that my favorite is the Ozark Trails folding wagon\(^1\),” said Bilbo. “I also like the simple American Tourister 2-wheel luggage cart\(^2\).”

“What about coolers?” asked Thorin.

“Ozark Trails makes a 36-can insulated zipper cooler\(^3,5\) with a removable hard liner and Coleman makes a 28 quart hard plastic cooler\(^4,5\) called an ‘Xtreme 3,’” said Bilbo. “They're both easy to handle.”

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“Is plant removal the next phase?” asked Thorin.

“I think the next phase is starting the plants that need to be grown from seed,” said Bilbo.

“About how many plants need to be grown from seed?” asked Thorin.

“About 6 plants need to be grown from seeds if the sources still have them,” said Bilbo.

“And how many starter plants are needed for each plant?” asked Thorin.

“Twelve,” said Bilbo.

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1. (Walmart.com) The Ozark Trail Folding Wagon, $49.87
2. (Walmart.com) American Tourister Folding Luggage Cart, $19.73
3. (Walmart.com) The Ozark Trail 36-Can Cooler with Removable Hardliner, $17.97
4. (Walmart.com) Coleman 28-Quart Xtreme 3 Cooler, preferred colors: orange and red, $19.92
5. (Walmart.com) Freez Pak™ Ice, $1.87
“Do you have a plan?” asked Thorin.

“I found a wooden crate project made from 5 gallon paint sticks\(^1\) and wood cut at Lowes\(^2\),” said Bilbo.

“Can you show me the plans for the crate?” asked Thorin.

“A blogger named Janet has provided the plans\(^3\),” said Bilbo as he showed Thorin the crate. I'm thinking the crate could hold small plastic starter pots\(^4\) sold at the DollarTree store.”

“You should probably build a prototype to make sure the plastic pots fit,” said Thorin. “The crate would provide a sturdy support for several starter plants.”

“The plastic starter pot does not have a drainage tray, but the bottom of a 500 ml. bottle of Fiji water\(^5\) fits on the bottom of the pot,” said Bilbo. “The bottom of the water bottle is square and would not tip over easily. It's thick plastic that needs a tin snips\(^6\) to make the cut. I found jute at Walmart for the crate's handles.\(^7\)

“You'll want to use craft tags\(^8\) to tie on the slats of the wood so the plants are not confused,” said Thorin.

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1. (Walmart) 5 gallon paint sticks QTY 60
2. (Lowes.com) Lumber, 1- pine board that is 3/8" deep by 4" wide by 36" long
3. (Todaysfabulousfinds.blogspot.com/2011/03/diy-paint-stick-crate-tutorial.html
4. DollarTree store: Plastic starter pots have drainage holes at the bottom, small 3½" x 3" pots (IN STORE)
5. (eBay.com) FIJI Natural Artesian Water Mineral 500mL Bottles (Pack of 24), $35.81
6. (Amazon) Apex Tool Group, Wiss M4R HVAC Pipe and Duct Cutter, $17.44
7. (Walmart) Canvas Corp CRD4200 14 ft. Jute Rope, Natural, Pack of 3, $4
8. (Walmart) Blank Tags with String, 2" x 3.25", 12pk, Kraft, $3.78
“I use a shot glass\(^1\) to water young seedlings so I don't over wa-
ter,” said Bilbo. “As you probably know, seeds need to germinate
in darkness. The plastic Ricotta cheese\(^2\) lid to the 15 oz. container
is a good size.

“Do you use organic potting soil?\(^3\)” asked Thorin.

“Yes,” said Bilbo.

“How long will it take for the seeds to germinate?” asked Thorin.

“A couple of weeks,” said Bilbo. “The seeds can germinate
indoors.”

“Where will you place the crates when the young plants need
sunlight?” said Thorin.

“There's a plant stand we will need to build,” said Bilbo. “We'll
dowse a position for partial sun and then dowse when the plants
are ready for full sun.”

“Can you show me the plans for the stand?” asked Thorin.

“A craftsman name Julian has provided the plan for a stand\(^4\) that is
60 inches wide,” said Bilbo showing Thorin the plans.

“I see he's provided a list of materials,” said Thorin. “We can
have the lumber cut at Lowes\(^5\).”

\(^1\) (Amazon.com) Thirsty Rhino Karan, Round 1.5 oz Shot Glass with Heavy
Base, Clear Glass, Set of 6, $9.99

\(^2\) (Walmart) Great Value Original Ricotta Cheese 15 oz. Tub, $1.77

\(^3\) (Walmart) Black Gold 1402040 16 QT U 16 Quart All Organic Potting Soil,
$7.71

\(^4\) (Julian's 60 Inch Plant Stand)
http://myoutdoorplans.com/furniture/plant-stand-plans

\(^5\) (Lowes.com) Lumber
“There are notches in the plan,” said Thorin. “We'll need a hacksaw to cut those.”

“Home Depot sells a Klein Tools 12 in. High-Tension Hacksaw\(^1\),” said Bilbo.

“There are also 60 degree angle cuts in the braces on the back,” said Thorin. “We'll need a speed square\(^2\) to measure those. There's a how-to YouTube video\(^3\) called ‘Marking an angle cut with a speed square’ that's helpful.”

“Do we need to paint the stand?” asked Thorin.

“I found Rust-Oleum General Purpose spray paints\(^{4,5,6}\) that are approximately the same colors as Julian's illustration,” said Bilbo. “The wood will need to be sprayed before we assemble the plant stand. I found craft paper in case newspaper is not available. By the way, Rust-Oleum is made in the USA.”

“I know you're making a list of products made in the USA,” said Thorin.

“Some day in the future, I would like to organize showrooms of products made in the USA,” said Bilbo.

“For buyers or contractors?” asked Thorin.

\(^1\) (Homedepot) Klein Tools 12 in. High-Tension Hacksaw for $26.63
\(^2\) (Walmart) Swanson Tool S0101C Value Pack Speed Square
\(^3\) (YouTube) Speed Square: https://www.youtube.com/watch?v=LplbbFKNGXM
\(^4\) (Truevalue.com) Rust-Oleum Painter's Touch 2X Spray Paint, Gloss Hunter Green, 12-oz., $2.99
\(^5\) (Amazon) Rust-Oleum 257418 Painters Touch 2X Spray, 12-Ounce, Satin Eden, $3.98
\(^6\) (Sears.com) Rust-Oleum 249065 Painter's Touch Multi Purpose Spray Paint, 12-Ounce, Satin Strawflower, $4.54
\(^7\) (Walmart) Pacon Kraft Wrapping Paper, 48” x 200 ft, Natural, $22.79.
“That's right,” said Bilbo.

“Do we need to paint the crates?” asked Thorin.

“I dowsed a ‘No,’” said Bilbo. “If you recall, the crates are holding the starter pots. We can dows at a later date when the plants are tall enough to plant in the ground. We might have leftover spray paint.”

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“Are we up to plant removal yet?” asked Thorin.

“Not yet,” said Bilbo. “We need to install the plant signs first.”

“That makes sense,” said Thorin. “What are you planning to use?”

“A rubber mallet,” said Bilbo.

“So we study the vinyl map, find what we think is the correct location, dows, and then install a plant sign?” asked Thorin.

“That's correct,” said Bilbo. “There are six locations for each plant.”

“If we succeed in obtaining every plant—or, seeds for every plant, that's 216 plant sign locations,” said Thorin.

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“Now we can talk about plant removal,” said Bilbo. “We can remove a lot of the small decorative plants, but we may need to hire freelancers to remove larger plants.”

“What tools have you found for the plant removal we can handle?” asked Thorin.

1 (Homedepot.com) TEKTON 32 oz. Wood Handle Rubber Mallet, $9.46 ea
“I watched a helpful video¹ about shrub removal and found the spade²,” said Bilbo. “Spades made of high quality metal can be sharpened as explained in a video titled, ‘Sharpen gardening tools - no power tools needed³.’”

“Any other tools?” asked Thorin.

“Black and Decker makes a long-handed tool set⁴,” said Bilbo.

“We'll need a wheel barrel to hawl away the plants we remove,” said Thorin.

“I found a garden wagon⁵,⁶ that can be pulled by hand, or attached to a rear hitch on a utility vehicle,” said Bilbo.

“What about garden shoes and over-alls?” asked Thorin.

“Muck makes waterproof garden shoes⁷ and Round-house⁸ makes bib over-alls⁴,” said Bilbo.

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“Do we add amendments to the soil?” asked Thorin.

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¹ (YouTube) How to remove a shrub: www.youtube.com/watch?v=tSy cDMsd8
² (Gemplers.com) King of Spades, $85.50
³ (YouTube) Sharpen gardening tools - no power tools needed: https://www.youtube.com/watch?v=yW51STHniwU
⁴ (Walmart) Black & Decker 5-Piece Long-Handled Garden Tool Set, $75.84
⁵ (Northerntool.com) Strongway Poly Garden Wagon 1200 lb capacity 39 in (L) X 25 in (W), $134.99
⁶ (Carid.com) CURT® 45821, 3-in-1 ATV Multi Use Ball Mount for 2" Receivers, $46.91
⁷ (Gardenshoesonline.com) Muck garden shoes for men and women
⁸ (Round-house.com) #45 Made in USA Vintage Hickory Stripe Bib Overalls
“Dolomite,” said Bilbo.

“Dolomite?” asked Thorin.

“It's made of calcium and magnesium and there's a mine that sells in York, Pennsylvania,” said Bilbo.

“Is that sufficient?” asked Thorin.

“A French scientist named C. Louis Kervran, who wrote a book called Biological Transmutation, explains that calcium is transmuted into other minerals,” said Bilbo. “We'll need to add 4 cups of dolomite to the locations where new plants will be added. We also need to add 4 cups around the base of palm trees.”

“Will we be planting the young starter plants we've grown first?” asked Thorin.

“Yes,” said Bilbo. “We can dowse to determine when they're ready to be planted.”

“And then purchase established plants at a pace that we can handle?” asked Thorin.

“Yes,” said Bilbo. “Four of the plants need trellises that would need to be built before we can plant any of the plants in that group.”

“Did you dowse any trellis designs?” asked Thorin.

“Yes,” said Bilbo. “The one I found resembles one side of a pergola that the craftsman Julian has built.”

“What is a pergola?” asked Thorin.

“It's a garden structure that usually has four columns supporting a roof that's used as a trellis,” said Bilbo. “We only need one side.”

1 (Bakerlime.com) Dolomite, 40 lb. bags or 1,500 pound super-sack
“Can you show me Julian's plans?” asked Thorin.

“I'll show you the photo of the trellis I dowsed and Julian's plans,” said Bilbo. “You'll see how one side of his pergola closely resembles the trellis. Julian uses a decorative jigsaw cut on corners. We could use plain square corners.”

“Are there supplies and tools or equipment in the trellis project that we have not already discussed?” asked Thorin.

“We would buy cut lumber at Lowes,” said Bilbo. “I found most of the required hardware at Walmart.”

“I see the trellises need to be anchored in cement,” said Thorin.

“We may need to hire a freelancer for that part,” said Bilbo. “I found concrete mix at Walmart, but we need someone who's had experience with cement.”

“We'll need a watering can,” said Thorin.

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3 (Photo, Approved Trellis) http://housing.x10host.com/path_to_ascension_04_08_17.pdf (page 131).

4 (Lowes) Lumber

5 (Walmart) U08305.037.0700 Carriage Bolt, Zinc, 3/8-16x7 L, Pk10, $4.95 X 4 = $19.80

6 (Walmart) 2XB19 Deck Screw, Flat Head, #10 x 4 In, PK 230, $23.97 X 2 = $47.94

7 (Walmart) SAKRETE 65200511 Crack Resistant Concrete Mix, Pail, 50 lb. G7495126, $24.21 ea.

8 (Fastenersplus.com) Simpson EPB44PHDG 4x4 Elevated Post Base Hot Dip Galvanized, Part #: EPB44PHDG, $13.41 ea. (The Strong- Tie EPB elevated post bases are designed to allow a 1" to 2-1/2" clearance above concrete)
“I found a very nice French Blue, 3-gallon can,” said Bilbo.
“There are built-in sprinklers on the property. We'll need to
dowse to determine if any extra water is needed.”

“We can't forget to take pictures of the project at various stages,” said
Thorin.

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“I think we need to form three associations,” said Bilbo.

“I agree,” said Thorin.

“Yes,” said Bilbo. “We need an Earth Recovery Grant Association, a
Housing Co-Op Association and an Alternative Farming Association.”

“To teach what we've learned?” asked Thorin.

“Yes,” said Bilbo.

“Housing Co-Ops consist of 18 residents whose presence
or membership in the co-op has been dowsed,” said Thorin.
“They're part of an interactive group that communicates mostly
over shared meals.”

“I like to think of them as study groups who learn from each other,”
said Bilbo. “The information sharing that takes place benefits
everyone in the group, much like med students, or law students
pool information in a study group—for accelerated learning.”

“The member interaction facilitates learning that could never be
experienced by individuals learning, or living on their own,” said
Thorin.

“They're also introduced to nutrition and ideas about food that have
either been lost, or deliberately suppressed,” said Bilbo.

2  (Walmart) French Blue Watering Can, $24.89
“Every bit of the structure, organization and routine has been dowsed,” said Thorin. And, it's rather complex because it's not a small group.

“An association would be a vehicle for individuals to meet who are seeking to form a Housing Co-op, or join one,” said Bilbo.

“An Alternative Farming Association would also introduce members to information that's been lost or suppressed,” said Thorin. “We've already agreed that natural projects are complicated. Pooling information about complex projects is a practical approach. The knowledge gathered is not finite and will only continue to expand. You could say that Alternative Farming Association members would be building a knowledgebase.”

“Yes, and it's due to the fact that natural life is connected,” said Bilbo.

“But what about the Earth Recovery Grant Association?” asked Thorin.

“I know from dowsing that grants are available through credit unions,” said Bilbo.

“Who is eligible?” asked Thorin.

“Each person who dowses a ‘Yes’ response to the question, ‘Am I eligible for an Earth Recovery Grant?’” said Bilbo. “Of course, they would then need to dowsed questions to determine how the grant money should be spent.”

“An Earth Recovery Grant Association would help stimulate ideas for grant seekers,” said Thorin.

“Would each association have monthly meetings?” asked Thorin.

“Yes, we could start monthly meeting one evening a month on a regular schedule that's easy to remember,” said Bilbo.

“The Housing Co-op Association could meet the first Monday of the month and the Alternative Farming Association could meet the third Monday of the month,” said Thorin. “The Earth
Recovery Grant Association meeting could be combined with the Alternative Farming meeting.”

“The meeting start time would vary because Sun Down varies,” said Bilbo.

“We could start by having meetings in Recreation Center #2,” said Thorin.

“Our alternative farming topics could include vermiculture, hens, Palm Tree rescue, and Permaculture Garden plants,” said Bilbo.

“You never did tell me how you learned about vermiculture,” said Thorin.

“The Worm Factory system comes with a DVD,” said Bilbo. “I also found several books that I want to read.”

“I think it would be great to search for recipes for the 6 Permaculture Garden plants that are important for human nutrition,” said Thorin.

“We could have a competition with prizes,” said Bilbo.

“We could also invite guest speakers,” said Thorin. “Someone from Fort Lauderdale's Waste Management department might want to give a presentation about the composting seaweed operation at Snyder Park.”

“Or, we could invite someone from FDGA,” said Bilbo.

“What's FDGA?” asked Thorin.

“The Florida Dairy Goat Association,” said Bilbo.

“'We may want to join, or go to the events that they hold,” said Thorin. “We could talk to them about Permaculture Garden plant nutrition and explain that we have a long-term goal to purchase goats and start a goat dairy.”

“I knew you'd be interested in goats,” said Bilbo.

“Do I need to be careful about encouraging your plan for a goat dairy?” asked Thorin.
“I don't think I mentioned all the goat related books\textsuperscript{1,2,3,4,5,6,7} I found on the Walmart site,” said Bilbo. “They're going into the lending library.”

“It is a good idea to become very versed in the subject of goat dairy before purchasing baby goats,” said Thorin.

“I think that we will be surprised at how much there is to know,” said Bilbo. “There's an important aspect to a goat's diet that I don't expect I'll find in any of the books. When I was dowsing the Permaculture Garden plants, I dowsed and asked if goats need to eat animal protein. I discovered that they do.”

“What made you dowse that question?” asked Thorin.

“I thought about how many people who raise hens don't realize that they need animal protein,” said Bilbo.

“Worms, or bugs,” said Thorin.

“Did you dowse possible animal protein foods for goats?” asked Thorin.

\textsuperscript{1} (Walmart.com) Raising Goats for Dummies
\textsuperscript{2} (Amazon.com) Storey's Guide to Raising Dairy Goats: Breeds, Care, Dairying, Marketing, 5th Edition
\textsuperscript{3} (Walmart.com) The Backyard Goat: An Introductory Guide to Keeping and Enjoying Pet Goats
\textsuperscript{4} (Walmart.com) Goat Song: A Seasonal Life, a Short History of Herding, and the Art of Making Cheese
\textsuperscript{5} (Amazon.com) Extraordinary Goats: Meetings With Remarkable Goats, Caprine Wonders & Horned Troublemakers
\textsuperscript{6} (Walmart.com) The Small-Scale Dairy: The Complete Guide to Milk Production for the Home and Market
\textsuperscript{7} (Walmart.com) The Complete Beginner's Guide to Raising Small Animals: Everything You Need to Know About
“I dowsed a ‘Yes’ on scrambled eggs and baked coconut custard,” said Bilbo.

“The same baked coconut custard that we reviewed for the Housing Co-Op?” asked Thorin.

“Yes,” said Bilbo. “Scrambled eggs would be easier.”

“How many eggs would an adult goat need per day?” asked Thorin.

“Six,” said Bilbo. “The same number of eggs that a large dog requires.”

“Dogs and cats require eggs?” asked Thorin.

“That's what I've determined through dowsing,” said Bilbo.

“Is that instead of meat?” asked Thorin.

“They need efficient protein just like we do,” said Bilbo.

“How many eggs would you give to a cat?” asked Thorin.

“Two,” said Bilbo.

“And a small dog?” asked Thorin.

“Three,” said Bilbo. “The number of eggs increases with body weight.”

“Do you think dogs and cats would adjust to scrambled eggs?” asked Thorin.

“They would probably need to be introduced gradually,” said Bilbo.

“Is there anything that can be added to the eggs to make them more tasty?” asked Thorin.

“Chopped pieces of Permaculture Garden plants,” said Bilbo.

“Which ones?” asked Thorin.

“I would try Stevia leaf,” said Bilbo.
“Dogs and cats probably need Thyme extract in their water just like the birds and squirrels,” said Thorin.

“Either Thyme extract in their water, or other Permaculture Garden plants that have antiparasite properties,” said Bilbo. “It's also important that they drink spring water because tap water is so polluted.”

“Have you dowsed a breed of goats?” asked Thorin.

“I dowsed a ‘Yes’ on Alpine,” said Bilbo.

“Did you learn anything about the breed?” asked Thorin.

“They're heavy milkers and they're often used in commercial dairy production,” said Bilbo.

“How big are they?” asked Thorin.

“Females are about 30 inches tall and they weigh about 135 pounds,” said Bilbo.

“That's about the size of a large dog,” said Thorin.

“The Alpine breed has ears that stand straight up,” said Bilbo.

“Did you learn anything else about Alpines?” asked Thorin.

“They originated in the French Alps and they've been called ‘alertly graceful’ with an ability to adapt to any climate,” said Bilbo.

“What color are they?” asked Thorin.

“They can be pure white, but also gray, brown, black, and red,” said Bilbo. The French Alpine originates from the Pashang breed, also known as the Bezoar, that can be traced to Mesopotamia in an area between the Tigris and Euphrates Rivers called the Fertile Crescent 12,000 to 15,000 years ago. The Greeks called the area Mesopotamia, which means "between the rivers."

“You said you found books about vermiculture,” said Thorin.
“Yes, I found several interesting books¹,²,³,⁴,⁵,⁶,⁷,” said Bilbo.

“We could cover topics such as antiparasite remedies including the Rife device at monthly meetings,” said Thorin.

“Fermentation would also be a good topic,” said Bilbo. “And Neem.”

“You must be talking about the W.R.Grace/U.S. Department of Agriculture attempt to patent Neem in 1995,” said Thorin.

“When they hear the story, they're realize Neem works,” said Bilbo. “Otherwise, why would W.R. Grace and the U.S. Department of Agriculture want to patent it?”

¹ (Amazon.com) The Worm Book For Beginners: 2nd Edition (Revised): A Vermiculture Starter or How To Be A Backyard Worm Farmer And Make The Best Natural Compost From Worms (Backyard Farm Books)

² (Amazon.com) Worm Farming: How to Start a Worm Farm: Learn About Vermiculture and Vermicomposting

³ (Amazon.com) Vermiculture Technology: Earthworms, Organic Wastes, and Environmental Management

⁴ (Walmart.com) Organic: Composting: Made Easy: How To Create Natural Fertilizer At Home


⁶ (Amazon.com) Commercial Vermiculture: How to Build a Thriving Business in Redworms by Peter Bogdanov, Bogdanov, Peter (1998) Plastic Comb

⁷ (Amazon.com) Vermiculture Technology: Earthworms, Organic Wastes, and Environmental Management (2010-12-20) Recycle With Earthworms: The Red Wiggler Connection

“Fortunately, India sued and won,” said Thorin. “We could show the group the 2005 article about the law suit.”

“We could show them the pint bottle of 70% Neem Oil that has a hose-end nozzle—sold at Walmart,” said Bilbo.

“It would be nice if it was 100% Neem oil,” said Thorin. “Natural lawn care would be an important topic for the meetings.”

“We will need to set up a simple Web site for each of the associations,” said Bilbo.

“How about Weebly sites?” asked Thorin. “Anyone with an e-mail address can set up 2 free sites. Weebly will be in the URL to start. Later, Weebly can register a real domain if you're interested.”

“I thought about Web sites for the associations,” said Bilbo. “It's the reason for the Macintosh laptops. The Mac's free Preview software can crop and resample photographs.”

“Resample?” asked Thorin.

“Change the resolution,” said Bilbo. “Digital cameras capture images at a resolution higher than you need on a Web site. Screen resolution is 72 pixels per inch.

“So you're saying, you don't need Photoshop,” said Thorin.

“That's correct,” said Bilbo. “Weebly has a library of free-of-rights photographs that are in the public domain. However, if you want to upload your own photos, they need to be re-sized.”

“Has anyone written a Weebly book?” asked Thorin.

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1 (Walmart) Monterey 70% Neem Oil Ready to Spray, $22.46
“No, but there are tutorials on the Weebly site,” said Bilbo.

“A Web site would be important for meeting announcements,” said Thorin. “Especially if we planned a field trip.”

“A site could also have an e-mail link in case anyone has a question,” said Bilbo.

“Have you thought about any alternate locations for meetings?” asked Thorin.

“I'd like to talk to Walmart about holding meetings in their store as well as a plan to built a demonstration Permaculture Garden,” said Bilbo.

“A version of the garden plan you showed me?” asked Thorin.

“I dowsed plant locations for a large triangle near the front entrance,” said Bilbo.

“Can you show me the layout?” asked Thorin.

“My drawing is approximate,” said Bilbo as he showed Thorin the layout. I drew it two years ago,”

“I've since learned how to plot GPS locations on a map, but I have not re-drawn the garden layout.”

\[2\] \text{http://articles.x10.mx/walmart_pompano_permaculture_demonstration_garden_2.pdf}
“You could re-draw the map using GPS coordinates from Google Maps,” said Thorin. “Calculators on the Web can be used to convert minutes and seconds to feet.”

“A Walmart location for meetings, or a Permaculture Garden demonstration project would be complementary,” said Bilbo. “A lot of the tools and supplies are from Walmart.”

“Our conversation about Neem reminded me that we never talked about lawn care,” said Bilbo.

“Isn't lawn equipment for tall people?” asked Thorin.

“Dwarves could probably handle the equipment, but Hobbits would have a hard time,” said Bilbo.

“Have you identified lawn equipment?” asked Thorin.

“I found cordless electric equipment 1, 2, 3, 4,” said Bilbo.

“Who will operate the equipment?” asked Thorin.

“We will need to hire freelancers,” said Bilbo. “And dowse a location for the equipment.”

1 (Mowersdirect.com) Worx (14") 24-Volt Cordless Electric Lawn Mower, $199.99
2 (Amazon.com) Sun Joe iONBV 40-Volt 4.0 Ah Variable-Speed (up to 201 MPH) Cordless Blower/Vacuum/Mulcher with Brushless Motor, $187.87
3 (Amazon.com) BLACK+DECKER LST300 12-Inch Lithium Trimmer / Edger, 20-volt, $80.74
4 (Amazon.com) BLACK+DECKER LHT2436 40V Cordless Hedge Trimmer, 24", $93.04
Bilbo has been researching details for a large group of dwarves who will need to travel to Wisconsin by bus. Dowsing has helped him to understand that one of dwarfs is eligible for an Earth Recovery Grant and the funds will be used to pay for the trip. He's talking to Thorin about preparations for the trip that will begin in two weeks.

“Will this group of dwarves need to sleep on the folding beds in Bagshot Row?” asked Thorin.

“This group live nearby,” said Bilbo. “They're Hobbit Hole dwellers. If they have limited beds, they can always purchase Linon Luxor Folding Beds¹ or Coleman Converta Cots² for their two week stay.”

“And a pillow³, pillow case⁴ and fleece blanket⁵,” said Thorin.

¹ (Walmart) Linon Luxor Folding Bed With Memory Foam Mattress, $110.42
² (Walmart) Coleman Converta Cot, $32.99
³ (Walmart) Mainstays HUGE Pillow 20" x 28" in Blue and White Stripe, $3.97
⁴ (Target) Room Essentials, 100% Cotton Pillow Case, Georgia Peach, 2, $8.99
⁵ (Walmart) Mainstays Plush Blanket, Twin, Grey, $10.46
“If necessary, the cots and bedding can be purchased with the Earth Recovery Grant,” said Bilbo.

“Do you know which credit union will set up the account?” asked Thorin.

“Tropical Financial or Coral Commnunity,” said Bilbo. “They'll need to dowse.”

“Will they need a Florida address?” asked Thorin.

“The credit union will need to use their address,” said Bilbo. “The staff will need to dowse.”

“Will they receive a Debit Card?” asked Thorin.

“Yes,” said Bilbo.

“What will be the first step once the account is set up?” asked Thorin.

“They will need to purchase one or more buses,” said Bilbo.

“A bus requires a tall driver,” said Thorin.

“They will need to find one or more drivers to hire who can make the trip,” said Bilbo. “They'll need to dowse.”

“Where will they find a bus?” asked Thorin.

“The Thomas Built Bus Web site says the Atlantic Truck Center in Fort Lauderdale is a dealer,” said Bilbo.

1 (Tropical Financial Credit Union) 5900 N Federal Hwy, Fort Lauderdale, FL
2 (Coral Community Federal Credit Untion) 1930 NE 47th Street #120, Fort Lauderdale, FL
4 (Atlantic Truck Center) 2565 W State Road 84, Fort Lauderdale, Florida (954) 587-8220
“What is a Thomas Built Bus?” asked Thorin.

“They're yellow school buses manufactured in North Carolina,” said Bilbo. “They're a subsidiary of Daimler Trucks North America which is part of the German Daimler AG.”

“Doesn't Daimler own Mercedes Benz?” asked Thorin.

“Yes,” said Bilbo. “Mercedes Benz is a brand of Daimler AG.”

“And didn't Daimler build aircraft engines and trucks for the Nazis?” asked Thorin.

“Yes,” said Bilbo. “The Daimler plant where aircraft engines were made was located in a forest south of Berlin.”

“Did they use forced labor?” asked Thorin.

“They used more than 63,000 forced laborers who were civilians or prisoners of war from concentration camps,” said Bilbo. “After the war, they admitted their link with the Nazis.”

“So now they build the very best school bus,” said Thorin.

“The Thomas Built Bus is considered solid and very safe,” said Bilbo. “There's a YouTube video that explains the history and the manufacturing.”

“Will there be any problem finding diesel fuel?” asked Thorin.

1 (YouTube) Thomas Built Buses, /www.youtube.com/watch?v=eNnqDFu-JEU

2 (Coral Community Federal Credit Unlton) 1930 NE 47th Street #120, Fort Lauderdale, FL


4 (Atlantic Truck Center) 2565 W State Road 84, Fort Lauderdale, Florida (954) 587-8220
“Just over half of U.S. gas stations offer diesel fuel, including nearly all of the major chains,” said Bilbo. “The Gasbuddy.com\(^1\) site is a search engine for finding diesel fuel on the road.”

“How does it work?” asked Thorin.

“The drivers will need to get online at a Panera, go the site and select their city location and diesel from pull-down menus,” said Bilbo.

“The driver or drivers will need to fill the tank whenever they can,” said Thorin.

“That would be a good idea,” said Bilbo. “Thomas has also started making hybrid electric buses,” said Bilbo. “The dwarves will need to ask the dealer about availability, and also dowse.”

“Will a school bus provide a comfortable ride?” asked Thorin.

“The trip that's planned has stops every three or four hours,” said Bilbo.

“What is the next step?” asked Thorin.

“They're going to need an Eagle Creek Pack-It Garment Folder and a luggage tag,” said Bilbo.

“What is an Eagle Creek Pack-It Garment Folder?” asked Thorin.

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\(^1\) (Gasbuddy.com) Site that helps drivers find the best gas prices, closest stations, friendliest service, cleanest restrooms, tastiest coffee and much more. GasBuddy is the leading source for the most accurate, real-time fuel prices at more than 140,000 gas stations.

\(^2\) (http://shop.eaglecreek.com) Pack-It Garment Folder Large, Black, $32.95

http://shop.eaglecreek.com/packit-garment-folder-large/d/1324

http://www.youtube.com/embed/kF_vuggyCEw?hl=en_US&rel=0

\(^3\) (Walmart.com) Travel Smart By Conair P2010 Leather Luggage Tags, 2pk, $7.69
“It's a packing system that minimizes wrinkles,” said Bilbo. “There's a YouTube video that explains how it's used.”

“What clothes will they need for the trip?” asked Thorin.

“They will need to douse the womens' and mens' items we identified online,” said Bilbo.

“How many outfits will they need?” asked Thorin.

“Four outfits, a hoodie, and an extra pair of sandals,” said Bilbo. “They'll need to douse whether a trip to the Hanes outlet will be needed.”

“Where is the Hanes outlet?” asked Thorin.

“Sawgrass Mills Mall,” said Bilbo. “Directions are online.”

1 (YouTube) Eagle Creek Pack-It Garment Folder, http://www.youtube.com/embed/kF_vuggyCEw?hl=en_US&rel=0
2 (campmor.com) Teva Hurricane XLT Sandal - Women's, Walnut, $59.95, Size 8
3 (campmor.com) Teva Hurricane XLT Sandal - Women's, Walnut, $59.95, Size 9
4 (campmor.com) Teva Hurricane XLT Sandal - Men's, Wavy Trail Olive, $59.95, Size 10
5 (campmor.com) Teva Hurricane XLT Sandal - Men's, Wavy Trail Olive, $59.95, Size 11
6 (campmor.com) Teva Hurricane XLT Sandal - Men's, Wavy Trail Olive, $59.95, Size 12
7 (campmor.com) Teva Hurricane XLT Sandal - Men's, Wavy Trail Olive, $59.95, Size 13
8 (www.cars-blog.us) Sandals Womens Cheap Fisherman Sandals WR4049-3635, Color= Brown, $49.99, ORDER ONE PAIR TO TRY X 1 = $49.99
9 (Hanes Outlet at Sawgrass Mills Mall) http://housing.x10host.com/trip_hanesbrand_store_10_23_16.pdf
“Have you created a style sheet¹ for this group to find clothes online?” asked Thorin.

“Yes,” said Bilbo. “I've been collecting photos and Web site addresses. They need to remember to purchase clothing for the drivers they hire, and an Eagle Creek Pack-It Garment Folder.”

“Will they need another bag other than the Eagle Creek Pack-It Garment Folder?” asked Thorin.

“Yes, they will need a large capacity travel bag for personal items such as shampoo, toothpaste and other items,” said Bilbo.

“Will the personal items be the same products ordered for the dwarves?” asked Thorin.

“Yes³,⁴,⁵,⁶,⁷,⁸,⁹,” said Bilbo.

¹ (Clothing Style Sheet) http://housing.x10host.com/cyborg_personal_items_04_29_17.pdf
² (eBay.com) Storage Travel Bags Folding Luggage Bag Foldable Handbags Large Capacity Tote LE, Colors: green, pink, orange and turquoise, $5.35 each.
³ (Walmart) Colgate 360 Degree Soft Fresh 'N Protect Toothbrush, 1.0 CT, $2.86 ea.
⁴ (Walmart) Tom's of Maine Botanically Bright Whitening Toothpaste Spear-mint, 4.7 oz., $5 each.
⁵ (Nubianheritage.com) Nubian Heritage Deodorant - All Natural - 24 Hour - Indian Hemp and Haitian Vetiver - with Neem Oil - 2.25 oz, $8.99 each
⁶ (Walmart) Edge Shave Gel For Men Sensitive Skin - 7 oz, $2.97 each
⁷ (Walmart) Gillette Sensor2 Men's Disposable Razors, 18 count, $10.78 each.
⁸ (Walmart) Garnier Fructis Triple Nutrition Conditioner for Dry, Damaged Hair, 13 oz, $3.42 each.
⁹ (Walmart) 6 Pack - Aussie Instant Freeze Hair Spray Non-Aerosol Maximum Hold 8.50 oz, $31.27
“Will they need to remember to provide a travel bag and personal items for the driver?” asked Thorin.

“Yes1, 2, 3, 4, 5, 6,” said Bilbo.

“Will they need name badges?” asked Thorin.

“Yes, the same temporary name badges7 we planned for the dwarves,” said Bilbo. “There won't be time to order the engraved ones.”

“Will they to hand print their name with a Sharpie marker?” asked Thorin.

“They need to dowse whether they have clear handwriting,” said Bilbo.

“And if the response if ‘No?’” asked Thorin.

“Then they need to find someone who dowsed a ‘Yes,’ and ask them to write their name,” said Bilbo.

“With a large group, the name badges will be important” said Thorin.

“It will take a while to learn everyone's name,” said Bilbo.

1 (Walmart) Cantu Shea Butter, Natural Hair Coconut Curling Cream 12 oz. Jar, $5.97
2 (Walmart) Cantu Shea Butter Leave-In Conditioning Repair Cream 16 oz., $5.97
3 (Amazon.com) Ace Classic Dressing Hair Comb, 7.5-in., Black, $6.34 ea. X 600 = $3,804
4 (Amazon.com) Tangle Teezer Hair Brush, Panther Black, 2.5 Ounce, $10.99
5 (Amazon.com) uxcell 2 Pcs Hairstyle DIY Wide Coarse Tooth Plastic Curly Hair Care Handgrip Comb 9 inches, $4.43 each.
6 (Bedbathandbeyond.com) Ace® 7.5-Inch Dressing Comb in Black, $1.99
7 (Office Depot) Baumgartens Clip-Style Name Badge Kit, 4” x 3”, Clear, Box, 50, Item # 555167, $36.79 X 5 = $ 183.95
8 (Walmart.com) Sharpie Extra-Strength Permanent Markers, Black, 2 pk, $2.97
“If they purchase more than one bus, will they need walkie talkies?” asked Thorin.

“Motorola Talkabouts¹,” said Bilbo. “The range is 23 miles.”

“How many laptops will they need?” asked Thorin.

“Two,” said Bilbo.

“Who will be using the laptops?” asked Thorin.

“The leader who is eligible for the grant and a dowsed co-leader who will need to keep track of spending,” said Bilbo.

“Do you have a plan for them?” asked Thorin.

“They will need to collect all receipts beginning with the bus purchase —and keep an approximate estimate of the credit union balance,” said Bilbo.

“What laptop work will this person have?” asked Thorin.

“Their laptop is a backup for looking up resources online at Panera,” said Bilbo. “The computer's calculator will also be helpful for keeping track of the account balance.”

“So when debit card is used, the co-leader who is keeping a total, subtracts the amount from the account balance,” said Thorin.

“It's important,” said Bilbo.

“Could they do the task on the bus?” asked Thorin.

“Yes,” said Bilbo. “If they use the laptop on the bus, they will need to remember to charge the battery at a hotel stop.”

¹ (Walmart.com) Motorola MH230R - 23 Mile Range Talkabout 2-Way Radios, PAIR, $71.58
“Do you think they could use a portable solar panel?” asked Thorin.

“Yes,” said Bilbo. “The X Dragon Solar Panel Charger¹ has the top review. They'll also need a Power Meter Tester Multimeter² to test current.”

“Is there any way the group can use the solar panel while they're on the road?” asked Thorin.

“Thomas Built Buses have optional USB charging ports,” said Bilbo. “They should ask the dealer if there's a bus with this option, or, if there's time to install one.”

“What's the best system for keeping track of the receipts?” asked Thorin.

“A three ring binder¹ with 3-ring zipper pouches²,” said Bilbo. “They can organize the types of recipes in separate pouches and the zipper enclosures will keep them secure.”

“What's the best bag for carrying the 3-ring binder?” asked Thorin.

“A messenger bag,” said Bilbo. “There are several on the style sheet I assembled.”

“And will everyone in the group need spiral notebooks and mechanical pencils?” asked Thorin.

¹ (Amazon) X-DRAGON Solar Panel Charger, X-DRAGON Solar Charger 40W SunPower (5V USB with SolarIQ + 18V DC) Laptop Charger for Phone, NoteBook, Laptop, Tablet, Apple, iPhone, ipad, iPod, Samsung, Android Smartphones, $106.99

² (Amazon) X-DRAGON Dual USB Digital Power Meter Tester Multimeter Current and Voltage Monitor, Test Speed of Chargers, Cables, Capacity of Power Banks (7 Modes Monitor, dual USB ports, Accuracy), $10.99
“Yes,” said Bilbo. “The same items 3, 4, 5, 6 we have planned for Bag End.”

“And the Casio Sport Watch?” asked Thorin.

“Yes,” said Bilbo.

“What about carts and coolers?” asked Thorin.

“Yes,” said Bilbo. “The same carts and coolers 8, 9, 10, 11, 12 we have planned for Bag End.”

1 (Webofficemart.com) IBusiness Source Round Ring View Binder 3” Binder Capacity - Letter - 8 1/2" x 11", (for storing Vistaprint cards) $3.09 each.

2 (Dollargeneral.com) Imagine Zipper Binder Pouch - Assorted Colors, (L) 9.5 in (W) 7.25 in. $1 each.

3 (Dollardays.com) Wire Notebook, 70 sheets One Subject, Wide Ruled School Supplies, case of 48, $37.92

4 (Amazon.com) Pentel Side FX Automatic Pencil with Eraser Re ll, 0.7mm, Color may vary, 2 Pack (PD257EBP2), $11.77 each.

5 (Amazon.com) Pentel Super Hi-Polymer Lead Re ll , 0.7 mm Medium, HB, 90 Pieces of Lead (C27BPHB3-K6), $4.19 each.

6 (jet.com) Re ll Eraser For Pentel Twist-Erase Series Pencils 3 pcs/Box, 12 Count (Pack of 12), $5.58 each.

7 (Amazon.com) CASIO F91W-1 Casual Sport Watch (1974), $10.97 each.

8 (Walmart.com) The Ozark Trail Folding Wagon, $49.87

9 (Walmart.com) American Tourister Folding Luggage Cart, $19.73

10 (Walmart.com) The Ozark Trail 36-Can Cooler with Removable Hardliner, $17.97

11 (Walmart.com) Coleman 28-Quart Xtreme 3 Cooler, preferred colors: orange and red, $19.92

12 (Walmart.com) Freez Pak™ Icicle Resuable Ice, $1.87
“Do you think they'll need to do any laundry on the road?” asked Thorin.

“The motels selected have self-serve guest laundry,” said Bilbo. “They should take three Purex Natural Elements\(^1\), white vinegar\(^2\), some plastic hangers\(^3,4\), and six, two-tier tripod dryers\(^5\) in an extra large duffel.”

“Do you think they should take a few gallons of spring water on the road?” asked Thorin.

“I dowse three gallons,” said Bilbo.

“What time do you think they should leave?” asked Thorin.

“8 a.m.,” said Bilbo.

“Should they already have their breakfast?” asked Thorin.

“Yes,” said Bilbo.

“Have you worked out an planned route?” asked Thorin.

“Yes,” said Bilbo. “I also placed it online.”

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1. (Walmart) Purex Natural Elements, Liquid Laundry Detergent, 72 oz, $3.97
2. (Walmart) Great Value Distilled White Vinegar, 1 gal, $2.48
3. (Homedepot) Honey-Can-Do Recycled Plastic Hangers, White, 60pk, $23.77
4. (Onlyhangers.com) Black Plastic Pant-Skirt Hangers w/Clips, Reference: PH404, Box of 100, $49.95 each.
5. (Amazon) Household Essentials 2-Tier Tripod Air Dryer
7. (Walmart) Spring Water 1 Gal (Pack of 6), Deer Park (or Great Value brand sold in store)
8. (Route/Stops, Trip to Wisconsin) http://housing.x10host.com/trip_to_wisconsin.pdf
“Any sightseeing?” asked Thorin.


“Won't they need cameras?” asked Thorin.

“The Nikon COOLPIX A10 Digital Camera\(^1\) is a camera they can order from Walmart,” said Bilbo. “They should also order AA\(^2\) batteries and a case\(^3\).”

“How many cameras?” asked Thorin.

“I dowse three,” said Bilbo. “The group needs to dowse who will be documenting the trip with photographs.”

“And cell phones?” asked Thorin.

“Metro PCS, the same as the dwarves,” said Bilbo.

“Will they need travel alarms?” asked Thorin.

“Yes,” said Bilbo. “The La Crosse alarm clock\(^4\) uses AA batteries. They will need to continually dowse. For example, before bed, they need to dowse the time to set their alarm. This should be communicated to the group with a plan to meet at the bus. I dowse the time to go to bed.”

“Lights out,” said Thorin.

\(^1\) (Walmart) Nikon COOLPIX A10 Digital Camera with 16.1 Megapixels and 5x Optical Zoom, $86.95  
\(^2\) (Walmart.com) Energizer Premium Max Batteries AA (Per 8), $6.94  
\(^3\) (Walmart) Case Logic Compact Camera Case, Black, $7.99  
\(^4\) (Walmart.com) La Crosse Technology Equity Quartz Travel Alarm, requires 1 AA battery, $5.64 each.
“Yes,” said Bilbo.

“What about meals on the road?” asked Thorin.

“It's too large a group to find seats at Panera,” said Bilbo.

“What is the alternative?” asked Thorin.

“They will need to make stops at Publix and Fresh Market stores, buy food and then rent three rooms for meal rest stops,” said Bilbo.

“Can you give me an example?” asked Thorin.

“The first stop is a Publix in Sebring, Florida,” said Bilbo. “It's a 3-hour trip from Fort Lauderdale. There's a Budget Inn in Sebring where the buses can park outside rooms on the ground floor while the group takes a lunch break.”

“Will they need to bring anything to set up for the lunch breaks?” asked Thorin.

“Four folding Lifetime tables and a portable trash can with a box of liners,” said Bilbo.

“Will they ever need that equipment for dinner?” asked Thorin.

“They will need the folding tables for distributing takeout food they purchase,” said Bilbo. “They'll probably want to set the tables up next to the bus with a portable trash can.”

“Won't the large takeout orders be overwhelming for a Panera?” asked Thorin.

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1 (Walmart.com or Amazon.com) Lifetime 4' Fold-In-Half Adjustable Table, White Granite (height: 24 in, 29 in and 36 in), $41.39.

2 (Amazon.com) Fiskars 30 Gallon Kangaroo Gardening Bag (94056949), $18.78

3 (Amazon.com) BioBag Premium Compostable Lawn & Leaf Yard Waste Bags, 33 Gallon, 10 Count (Pack of 2)
“They will need to take a Panera menu with them and call in orders three or four hours before they arrive,” said Bilbo. “If they study the route plan, they will see phone numbers for the Paneras.”

“Can you give me an example?” asked Thorin.

“There's a Panera about 2 hours and 45 minutes from Sebring, Florida in Spring Hill, Florida,” said Bilbo. “There's a Panera Spring Hill. where they will need to put a takeout list together to phone in before they leave Sebring.

“I see,” said Thorin. “That will give the staff at Panera two hours and 45 minutes to put the order together.”

“In a case like that, where will they eat the takeout food?” asked Thorin.

“They can either eat the takeout in the bus, or take it to the Holiday Inn Express Hotel nearby where there's a plan to stay overnight,” said Bilbo.

“Do you think they'll want to purchase takeout at the same Panera for breakfast?” asked Thorin.

“I think so,” said Bilbo. “But, they will need to give the staff at Panera a couple of hours notice.”

“Do you think the co-leader needs to study the route, get everyone's food order and phone it in?” asked Thorin.

“I think the co-leader could phone in the order, but he/she will need two additional helpers,” said Bilbo. “Everyone will need to dowse to determine if they are assigned the task of helper.”

“How many copies of the Panera menu should they take with them when they leave Fort Lauderdale?” asked Thorin.

“Twelve,” said Bilbo.

“Is Panera the only restaurant chain you've planned in the stops?” asked Thorin.

“How will they be able to phone in takeout if they've never been there?” asked Thorin.

“It would be a good idea to print the Mary's Market menu at FedExOffice before they leave Fort Lauderdale and make 11 additional copies,” said Bilbo. “That order will need to be organized before the group leaves Peoria, Illinois.”

“Panera, Publix and Fresh Market have online ordering,” said Thorin. “Placing an online order would be easier than phoning.”

“That means they would need to get copies of all the menus before they leave Fort Lauderdale,” said Bilbo. “Online orders would take more advance planning because they would need to use WiFi at an earlier Panera, with Internet on the Go, or a hotel stop.”

“What is Internet on the Go?” asked Thorin.

“It's a device that converts a cell phone signal to a WiFi signal,” said Bilbo. “It will provide a signal on the bus.”

“So you plotted a route with stops every three hours?” asked Thorin.

“Usually three hours, and occasionally four,” said Bilbo.

“The takeout food won't be labeled,” said Thorin. “Will the helpers need to organize the food on the table they set up?”

“Yes,” said Bilbo.

“How should they organize the takeout food?” asked Thorin.


2 (eBay.com) Internet on the Go Mobile Hotspot (3G) igmh001, $89.99 See (review): https://www.youtube.com/watch?v=5oPzanFcUAE See (review): https://www.youtube.com/watch?v=F6aGpxljYAY
“All they can do is place the food on the folding tables and help everyone find their order,” said Bilbo.

“What if the staff at Panera makes a mistake?” asked Thorin.

“There may be time to return and fix the mistake,” said Bilbo.

“What time of day will they arrive in Madison?” asked Thorin.

“Technically, the destination is Middleton, which is west of Madison,” said Bilbo. “They should arrive by late morning, or around Noon.”

“They will need lunch,” said Thorin.

“There is no restaurant at the hotel,” said Bilbo.

“What restaurant is nearby where they can go online, or phone in their order?” asked Thorin.

“There is a Cosi nearby,” said Bilbo.

“Does Cosi have online ordering?” asked Thorin.

“Yes,” said Bilbo.

“Is that another menu that will need to be printed?” asked Thorin.

“Yes,” said Bilbo.

“Will online ordering be needed at restaurants in Wisconsin until they get set up for meals?” asked Thorin.

“Yes,” said Bilbo.

“Besides Cosi, what other restaurants are nearby?” asked Thorin.

“Other restaurants a little further away include:

Barriques
8410 Old Sauk Rd, Middleton, WI, (608) 828-9502

Panera
601 Junction Rd, Madison, WI, (608) 826-0808

La Baguette
7424 Mineral Point Rd, Madison, WI (608) 827-6775,” said Bilbo.
“Do the menus need to be printed before the group leaves Fort Lauderdale?” asked Thorin.

“There is a small FedExOffice near the Marriot with one computer to rent,” said Bilbo.

“It may be easier to prepare before leaving Fort Lauderdale” said Thorin.

“Yes,” said Bilbo.

“Does Barriques and La Baguette have a menu online?” asked Thorin.

“The menus are available through local food Web sites¹, ²,” said Bilbo.

“Do the menus need to be organized in another 3-ring binder?” asked Thorin.

“A 3-ring binder with sheet protectors³ used to keep the copies together,” said Bilbo.

“We never talked about snacks” said Thorin.

“Snacks?” asked Bilbo.

“Snacks to take on the trip,” said Thorin.

“It would need to be a snack that does not need refrigeration,” said Bilbo.

“Cliff bars⁴ are quite good,” said Thorin.

¹ (Barriques Menu) https://www.allmenus.com/wi/madison/282543-barriques-coffee/menu/
² (La Baguette Menu) https://www.zomato.com/madison-wi/la-baguette-madison/menu
³ (Webofficemart.com) Avery Sheet Protector For Letter (Prayers) 8.50” x 11” Sheet - Clear - Polypropylene - 30 / Pack, $5.53 ea
⁴ (Publix or Walmart) Cliff bars
“Everyone could take a 16 oz. jar of peanut butter to eat with sour-dough pretzels,” said Bilbo.

“So, you're saying they could each take peanut butter and pretzels in their travel bag?” asked Thorin.

“Yes,” said Bilbo.

“They'll need a clip to keep the pretzel bag together,” said Thorin.

“Good idea,” said Bilbo.

“So, the group will set up a housing co-op at the hotel?” asked Thorin.

“The hotel is very large and it has not attracted convention business in a long time,” said Bilbo. “It's a practical plan, for them and for the group.”

“How many rooms will they need?” asked Thorin.

“Thirty,” said Bilbo.

“Will there be maid service?” asked Thorin.

“No,” said Bilbo. “Residents will need to keep cleaning supplies in their rooms and magnetic white boards will need to be set up. The hotel is also in need of replacement sheets. We'll also need dark towels for conserving on laundry steps as I've explained.”

“Do any of those products need to ordered before the group leaves?” asked Thorin.

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1. (Walmart) Great Value Natural No-Stir Crunchy Peanut Butter, 16 oz., $1.49
2. (Walmart) Peter Pan® 100% Natural Crunchy Peanut Butter Spread 16.3 oz., $2.32
3. (Walmart) Snyder's of Hanover Hard Pretzels Sourdough/Family Size, 16.0 oz., $2.98
4. (Walmart) Chef Craft Bag Clip Set (Set Of 4), Assorted Colors, $5.02

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“Yes, but they will need to be delivered to a self-storage location in Middleton,” said Bilbo.

“Did you dowse one?” asked Thorin.


“What arrangement needs to be made?” asked Thorin.

“They need to be paid for a 10 X 10 foot or 10 X 15 foot storage unit a year in advance,” said Bilbo. “They will also need to be paid to place shipment boxes in the unit for one month.”

“What products need to be shipped to B & J?” asked Thorin.

“First, the cleaning supplies to be stored in each room,” said Bilbo.

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1. (B & J Storage) 2325 Pinehurst Dr, Middleton, WI 53562, Open 24 hours, Phone: (608) 845-1799
2. (Walgreens.com) method Foaming Hand Wash Sea Mineral 10.0 oz Triclosan free Biodegradable, Naturally derived No animal testing
4. (Walmart) Bon Ami All Natural Powder Cleanser 14 Oz Shaker, $7.30, 2 per guest room. = $14.60
5. (DollarTree) Pears Transparent Glycerine Soap, 3.5-oz. Bars, case of 48, $48 each.
7. (Walmart) Mainstays 18 Pack Washcloth Collection, $3.92, 4 per apt. = 15.68
8. (Walmart) Purex Natural Elements Linen & Lilies Liquid Laundry Detergent, 72 oz, $3.97
9. (Walmart) Great Value Distilled White Vinegar, 1 gal, $2.48 X 500 = $1240
10. (Vitacost.com) C powder Thompson 8 oz Powder, removes stains $4.42
“What other products need to be shipped to B & J?” asked Thorin.

“Second, the towels,” said Bilbo.

“Are the towels the same as those ordered for the dwarves?” asked Thorin.

“Yes,” said Bilbo.

“And the replacement sheets?” asked Thorin.

“Those can't be ordered until they find out the size,” said Bilbo.

“Have you identified a company that supplies replacement sheets?” asked Thorin.

“Brooklyn Bedding,” said Bilbo.

“The same company that sells the sheets you identified for the bunk beds,” said Thorin.

“That's right,” said Bilbo.

“Will the same magnetic white boards and supplies be needed?” asked Thorin.

1. (Target) Performance Solid Bath Towels - Threshold, Color: Foraging Brown, $6.99
2. (Target) Performance Solid Hand Towels - Threshold, Color: Foraging Brown, $5.99
3. (Target) Performance Solid Wash Cloths - Threshold, Color: Foraging Brown, $4.99
4. (Target) Performance Solid Bath Towels - Threshold, Color: River Birch, $6.99
5. (Target) Performance Solid Hand Towels - Threshold, Color: River Birch, $5.99
7. (Target) Performance Solid Wash Cloths - Threshold, Color: Xavier Navy, $4.99
8. (Brooklyn Bedding), Sheets (a fitted sheet, flat sheet, and pillow case(s).
“Yes,” said Bilbo. “The magnetic white boards will be the same except for one difference.”

“And that is?” asked Thorin.

“If wall attachment is a problem, 4-ft. folding scaffolds can accommodate 2 boards each,” said Bilbo.

“How will the boards be attached to the scaffolds?” asked Thorin.

“With plastic ties,” said Bilbo.

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1. (Amazon.com) Quartet Prestige Total Erase Dry-Erase One-Month Calendar, 4 x 3 Feet, Graphite Frame (CP43), $249.38 each.
2. (Target.com) 4-pk. 75-lb. Picture Hangers (for hanging boards) - Chrome, $2.29 each.
3. (Uline.com) 1" x 2" Month Indicator Magnet Set, $8.95 each.
4. (Uline.com) 1" x 2" Days of the Week Magnet Set, $6.50 each.
5. (Uline.com) 1" x 1" Date Magnet Set (1-31), $12.50 each.
6. (Uline.com) Whiteboard Markers, Broad-Tip (set of 4), Assorted, $8.95 each.
7. (Uline.com) Magnetic Eraser & 10 Replacement Felts, $16.95
8. (Magnatag.com) Damp Erase Pens (for writing on magnet strips), $18.03 (per pkg. of 6), 3 pkg. X 3=$54.09
9. (Magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Yellow, 6 packages, 3/8th in width, 12 in length, for task assignments inside the apt. $40 each.
10. (Magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Orange, 6 pkgs, 3/8th in width, 12 in length, for task assignments outside the apt. $40 each.
11. (Magnatag.com) Magnatag® 12” plastic-laminated Magnet Strips, Green, 6 packages, 3/8th in width, 12 in length, for shower/bath locations, $40 each.
12. (Uline.com) 1" x 3" Magnetic Cardholders (pack of 25), $18.95
13. (Uline.com) 1" x 3" Flexcards (pack of 1,000), White $28.95
14. (Woodcraft.com) Metaltech 4 Foot Mini Folding Scaffold, Model I-IMCNT $144.99
15. (Walmart.com) Unique Bargains White Plastic 8mm Wide 200mm Long Power Cable Wire Zip Ties Straps 50PCS, $9.34.
“What about dishes?” asked Thorin.

“They will need to begin with disposables and order regular dishes later,” said Bilbo.

“Will they need the coffee brewing equipment?” asked Thorin.

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>1. Diamond Daily Multi-Purpose 20 Snack Cups with Lids</td>
<td></td>
<td>$2.97</td>
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<tr>
<td>2. Eco-products Wooden Stir Stick - 7” Length - Wood</td>
<td>(Pack 1000)</td>
<td>$6.96</td>
</tr>
<tr>
<td>3. Great Value Sized-4-Spills Double Roll Paper Towels, White</td>
<td>(168 sheets, 12 rolls) (5th place winner consumer reports)</td>
<td>$14.97</td>
</tr>
<tr>
<td>4. White Cloud Ultra Soft &amp; Thick Toilet Paper Rolls</td>
<td>(12 Ct)</td>
<td>$6.27</td>
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<tr>
<td>6. Creative Converting 56000B 9 oz. White Poly Paper Hot / Cold Cup</td>
<td></td>
<td>$17.76</td>
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<tr>
<td>7. Choice 8 oz. Printed Coffee Cup Sleeve / Jacket / Clutch</td>
<td>(1200/CASE ITEM #: 500COLLAR8)</td>
<td>$32/case</td>
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<tr>
<td>8. Choice 8 oz. White Paper Frozen Yogurt Cup</td>
<td>(for egg salad)</td>
<td>$44.30</td>
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<tr>
<td>9. Paper Plates, 9” Diameter, White</td>
<td>(100/Pack)</td>
<td>$1.93</td>
</tr>
<tr>
<td>10. Genuine Joe Heavyweight White Plastic Forks</td>
<td>(100/Box)</td>
<td>$73.22</td>
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<tr>
<td>11. Genuine Joe Heavyweight Plastic Spoons</td>
<td>(Poly-styrene)</td>
<td>$1.97 ea</td>
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<tr>
<td>12. Genuine Joe Heavyweight Plastic Knives</td>
<td>(1 Piece)</td>
<td>$70.82</td>
</tr>
<tr>
<td>13. Tork® Xpress® Tabletop Towel Dispenser</td>
<td>(for shared dining, outdoor sinks &amp; SIG apartments)</td>
<td>$16 ea</td>
</tr>
<tr>
<td>14. Tork® Xpress® Deluxe Interfolded Towels</td>
<td>(6 cases)</td>
<td>$67 ea</td>
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</table>
“No, the food will be a combination of catering and food the group prepares,” said Bilbo. “The hotel has coffee brewing equipment and we will ask them to use organic coffee.”

“I know organic coffee is a sensitive subject,” asked Thorin.

“Yes it is,” said Bilbo. “The pesticides used on conventional coffee kill songbirds.”

“Will all the kitchen equipment be needed?” asked Thorin.

“Some of the recipes will need to be eliminated,” said Bilbo. “They'll be using toaster ovens, but not baking. We should probably review what recipes they can handle, and it will be clear what equipment is needed.

“Should we break it down into days like we did for the dwarves?” asked Thorin.

“Good idea,” said Bilbo.

“The dishes we discuss will go up on the magnetic white board with the Flex Cards?” asked Thorin.

“Yes,” said Bilbo. “Ok, I've dowsed what needed to be changed, and this is the new list…”

**Day One**

- Ricotta Toast
- Pizza with a Dessert
- Sliced Brie Sandwich (with a dessert)
- Hot Coffee/Ice Cream Float
- Cheddar Cracker Cuts/Sourdough Pretzels
- Peanut Butter Balls

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Day Two

Ricotta Toast
Scrambled Eggs/French Toast
Egg Salad/Toast

Yogurt with Pretzels
Carrot/seaweed Salad with Sourdough Pretzels
Vanilla Ice Cream

Day Three

Scrambled Eggs/Creme Fraiche & Toast
Egg Bistro Sandwich
Pizza/Dessert

Hot Coffee/Ice Cream Float
Peanut Butter Balls
Yogurt/Pretzels

Day Four

Ricotta Toast
Sliced Brie Sandwich
Scrambled Eggs with French Toast

Yogurt/Pretzels
Hot Coffee/Ice Cream Float
Peanut Butter Balls

Day Five

Ricotta Toast
Melted Cheese Sandwich
Pizza/Dessert

Hot Coffee/Ice Cream Float
Peanut Butter Balls
Yogurt with Pretzels
Day Six

Sliced Brie Sandwich (with a dessert)
Egg Salad/Toast
Scrambled Eggs/French Toast

Hot Coffee/Ice Cream Float
Yogurt with Pretzels
Carrot/seaweed Salad with Sourdough Pretzels

“The dishes we discuss will go up on the magnetic white board with the Flex Cards,” said Thorin. “And at the hotel, the boards will be placed on scaffolds so they don't need to be attached to walls.”

“Yes,” said Bilbo.

“We should probably talk about the conversation with the hotel manager,” said Thorin. “I'm a little fuzzy about the plan.”

“They need to know that all of the arrangements are dowsed,” said Bilbo. “And, that tasks are assigned and that 4 foodservice hotel staff will need to have task assignments to work alongside the residents. They'll also eat with the residents when the food, or snacks are ready.”

“We should probably talk about the location for the tables and chairs,” said Thorin. “Will they be using the hotel tables and chairs?”

“Tables, no, their stackable chairs, yes,” said Bilbo. “Large round banquet tables are not shaped for very much conversation. The Lifetime tables will be needed. Other Lifetime tables will be needed for managing toasters, toaster ovens, hot plates and disposables.

“So the tables, chairs, and appliances will need to be placed in a meeting room that will need to be rented?” asked Thorin.

“Yes,” said Bilbo.
“Will the scaffolds that hold magnetic boards be in that room?” asked Thorin.

“If the room is large enough,” said Bilbo.

“How many resident tasks can fit on a magnetic board?” asked Thorin.

“Six,” said Bilbo.

“So ten will be needed for resident tasks?” asked Thorin.

“Yes,” said Bilbo.

“And, two boards can be mounted on each scaffold?” asked Thorin.

“Yes,” said Bilbo.

“How many additional boards will be needed for menu planning?” asked Thorin.

“Four,” said Bilbo.

“Days One through Six get repeated over and over,” said Thorin.

“Yes,” said Bilbo.

“And, foodservice at the Marriott will need a list of foods and dowsed startup quantities. And, nearly all of the food will be delivered, either from online suppliers, or local retailers such as the Willy Street Co-Op West.” said Thorin.

“The foodservice staff can't be expected to automatically produce perfect meals,” said Bilbo. “They will need to learn along with the residents. Because the co-op is using their refrigeration and other equipment, it can be considered catering. There will need to be a conversation about the fee that is also dowsed.”

“The food is pretty simple,” said Thorin.

“They will need to dowse and ask if it's ok,” said Bilbo. “If they get a ‘No’ response, they will need to dowse to explore what needs to be changed. As a result, they should probably dowse each food item separately.”
“Can you provide an example?” asked Thorin.

“A ‘No,’ not ok for scrambled eggs may mean they were cooked too long,” said Bilbo. “A ‘No,’ not ok for sliced brie or melted cheese sandwich may mean the there is not enough cheese. We are trying very hard to reach a daily minimum requirement.

“Will Wisconsin eggs need to be checked for spots?” asked Thorin.

“Yes,” said Bilbo. “We won't have high-quality eggs for some time.”

“Maybe we should review the menu items and you can provide comments that relate to the Marriott foodservice,” said Thorin.

“Good idea,” said Bilbo.

“Let's start with Ricotta Toast,” said Thorin. “The tables are set up for residents to have Ricotta Toast for breakfast which is one slice of toasted sprouted grain bread with a generous topping of Ricotta cheese and pitted Kalamata olives sliced lengthwise and embedded in the cheese.

“You didn't mention the chalkboard\textsuperscript{1,2,3,4} containing an announcement concerning the time for breakfast and what is being served,” said Bilbo.

“Where should that be set and when?” asked Thorin.

“By 9:00 p.m. the night before in the lobby,” said Bilbo.

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\textsuperscript{1} (Webstaurantstore.com) Aarco 42" x 24" Cherry A-Frame Sign Board with Black Write On Chalk Board, two needed at each shared dining, one for chef and the other for the general manager, $89.99 each.

\textsuperscript{2} (Walmart.com) Crayola LLC Formerly Binney & Smith BIN510404 Crayola Colored Drawing Chalk, 24 S, $4.52 each.

\textsuperscript{3} (Walmart.com) Cra-Z-art White Chalk, 16ct, $.98 each.

\textsuperscript{4} (O cesupply.com) O-Cel-O Stay Fresh Sponges, $1.69 each.
“Who dowses and writes the time and the menu item being served?” asked Thorin.

“We haven't talked about this, but there is a housing co-op general manager who has three assistants,” said Bilbo. “Everyone needs to dowse and ask if they're the general manager, or an assistant manager. The posting of a time for a meal along with a menu item is a task for the manager, or an assistant manager.”

“What if a resident does not like a menu item?” asked Thorin. “Is there anything else for them to eat?”

“Snack food is an option,” said Bilbo. “Peanut butter and pretzels are an example, but they are not nutritionally correct. If there is any cheese left from a previous meal, an open-faced melted cheese is also an option. The toaster ovens will need to be in the dining area on other Lifetime tables.

“Are tablecloths required?” asked Thorin.

“No tablecloths are required,” said Bilbo. “The hotel is handling the coffee. Organic Half & Half will be needed. They can use Lifetime tables if they want to. Residents should be weaned off sugar and green (unprocessed) Stevia in salt shakers is a preferred alternative if they need sweet tasting coffee.

“Is sugar ever ok?” asked Thorin.

“I've asked if sugar is ok and I always get a ‘No,’” said Bilbo. One sweet tasting coffee that is allowed is the hot coffee vanilla ice cream float, but that's at snack time.

“What should the staff do if a resident asks for sugar?” asked Thorin.

“They should tell them to dowse,” said Bilbo.

“So there's a row of Lifetime tables for seven toasters?” asked Thorin.

“Yes,” said Bilbo. “The Food for Life bread is purchased frozen
and it's ok to go straight into the Krups 4-slice toasters. Two rounds of toasting may be required. Single slices of completed toast can be placed on paper plates.”

“Are the pitted Kalamata olives sliced ahead of time?” asked Thorin.

“Yes,” said Bilbo. “That would be a foodservice task. There may be an orange magnetic strip assignment for foodservice assistance which means slicing Kalamata olives may be delegated to a resident. Orange strips contain assignments to help with food preparation.”

“So who scoops the Ricotta cheese and places the Kalamata olives?” asked Thorin.

“This is another foodservice task that may also involve assistance from a resident,” said Bilbo. “If residents show up and tell the foodservice group that they have been assigned to foodservice, they will need a task. A breakfast assignment means they will need to get there early.”

“In the dwarces co-op, heavy duty shelves were needed for stored food?” asked Thorin.

“Additional rented rooms may be needed for shelves,” said Bilbo. “The manager will need residents to inventory the shelves as well as refrigerated and frozen food once-a-week to stay on top of food orders. There is a form for this task.”

“So food is ordered if the quantity on hand falls below a certain level?” asked Thorin.

“At startup, the housing co-op general manager will need to douse startup quantities to order.” said Bilbo. “Because the

1 (Inventory Form) 
http://housing.x10host.com/form_food_supplies_to_order_apt_04_27_16.pdf
housing co-op management team will need lead time for ordering products, a physical inventory will be needed once-a-week to make sure that stock does not drop below 30% of the startup level. Products that need to be ordered can be communicated on a form and given to the housing co-op management team.”

“You said Willy Street Co-Op West is an example of a local food store,” said Thorin.

“The general manager will need to douse the list of required foods, visit the co-op, and talk to them about purchases as well as delivery,” said Bilbo. “The store is rather close.”

“Where should the management team work?” asked Thorin.

“They will need to arrange to rent a small meeting room,” said Bilbo. “They should start a rolodex with phone numbers and keep it in the new office.”

***

“Let's move on to the next menu item,” said Thorin. “Pizza with a dessert.”

“Pizza is easy to prepare because they will be heated in the toaster ovens in the same room,” said Bilbo. “The dessert is cheesecake that is purchased frozen from Cheesecake.com. They will need to be moved from the freezer to the refrigerator 12 hours ahead of time.”

“For the dwarves' plan, Amy's Cheese Pizza was ordered from

1  (Willy Street Co-Op West)  
6825 University Ave, Middleton, WI 53562, Hours: 7:30AM–9:30PM  
Phone: (608) 284-7800

2  (Walmart) Rolodex Covered Tray Card File w/24 A-Z Guides Holds 500  
2 1/4 x 4 Cards, Black, $31.64
“Foodservicedirect,” said Thorin. “Is this plan similar?”

“Only as a backup,” said Bilbo. “The manager will need to dowsed the selection of pizzas at Willy Street Co-Op.”

“Is there a beverage?” asked Thorin.

“Ice water which needs to be spring water1 with spring water ice cubes that the residents can make,” said Bilbo. “Coffee is an option with the cheesecake.”

“Will the ice cubes be made in small freezers that are purchased by the co-op?” asked Thorin.

“Yes” said Bilbo. “Home Depot sells small chest freezers4,5,6.”

“And cleanup?” asked Thorin.

“That's another orange magnetic strip assignment for two residents at each meal,” said Bilbo. “Assignments last 2 weeks. The start and end dates—and times—need to be dowsed.”

***

“Tell me about the next menu item,” said Thorin. “Sliced Brie Sandwich with a dessert.

“The dessert is added because the sandwich is a sandwich half,” said Bilbo.

“As I recall, the sandwich is easy to make,” said Thorin. “It's a

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1 (Foodservicedirect.com) Amy's Cheese Pizza - 13 oz. box
2 (Cheesecake.com) New York Cheesecake (6 inch or 9 inch)
3 (Spring Water) Gallons
4 (Homedepot.com) Haier 5.0 cu. ft. Chest Freezer in White, $169 each.
5 (Walmart) PROfreshionals Ice Cube Tray, 2 Pack (IN STORE ONLY)
6 (eBay.com) Better Houseware 1495 Ice Tray Holder White, $11.10
sandwich half that contains thin slices of Brie\(^1\) arranged in a staggered formation like Dominoes on toasted sprouted grain bread with little Dijon mustard\(^2\) served with slices of Wickles\(^3\).”

“Why do you slice the Wickles?” asked Thorin.

“They're hot because they're made with a chili pepper,” said Bilbo.

“Why don't you use regular pickles?” asked Thorin.

“Wickles are not made with high fructose corn syrup,” said Bilbo. “It's almost impossible to find pickles that do not contain high fructose corn syrup. The hot taste is addictive.”

***

“And the snacks for Day One?” asked Thorin.

“Almost all of the food can be sourced online as a backup plan,” said Bilbo. “The manager needs to dowse options at the Willy Street Co-Op.”

“There should be more cheese available in Wisconsin” said Thorin.

“Kalona dairy products are available in Wisconsin,” said Bilbo. “They make a quality cottage cheese that could replace one of the peanut butter snacks. A scoop of cottage cheese could be served wit sourdough pretzels.”

\(^1\) (Brie) Boar's Head or alternative from Willy Street Co-Op

\(^2\) (Bread) Sprouted Grain, Food For Life

\(^3\) (Organic Dijon) Willy Street Co-Op

\(^4\) (Wickles) Willy Street Co-Op or Walmart

\(^5\) (Cheesecake.com) New York Cheesecake (6 inch or 9 inch)

\(^6\) (Spring Water) Gallons

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“I thought peanut butter is a superfood,” said Thorin.

“It is a superfood, but it contains plant protein,” said Bilbo. “Cottage cheese is one of the most efficient proteins. It's a helpful addition for reaching a minimum daily protein requirement and it it high in calcium that gets transmuted into other minerals as needed.”

“It's misguided for the food industry to invent ‘dairy alternatives’ when dairy is so efficient,” said Thorin.

“Lactose intolerance is a parasite issue,” said Bilbo. “When you do a search on the words lactose intolerance parasite and nih, several scientific papers about *Giardia lamblia* are returned. It also comes up when you combine the words genetic engineer in the search.”

“The Rife device that is planned for the co-op residents should take care of that parasite,” said Thorin.

“That device provides the most efficient method for killing parasites,” said Bilbo.

“Walk me through a list of any equipment that's needed on Day One that we did not mention,” said Thorin. “And describe where the items need to be stored.”

“Jumbo locked cabinets will be needed for the dining area,” said Bilbo.

“Keys with the management team?” asked Thorin.

“Yes,” said Bilbo.
“How many?” asked Thorin.

“How many?” asked Thorin.

“Three,” said Bilbo.

“And the equipment or tools needed for what we've talked about so far?” asked Thorin.

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“What other equipment or tools are used on Day One?” asked Thorin.

“Even though we're using dispoables, we should order two sets of 18/10 flatware\(^1\,^2\) because we use pieces in food preparation,” said Bilbo.

“How long will they be using disposables?” asked Thorin.

“I dowse three years,” said Bilbo.

“Anything else?” asked Thorin.

“Nine inch pyrex pie plates\(^3\) are good for keeping coconut together when making peanut butter balls, a pancake turner\(^4\) is helpful for moving slices of pizza, large poly cutting boards\(^5\) and a chef knife\(^6\) for cutting up cheesecake, or other foods,” said Bilbo.

“What about water glasses and platters for food such as peanut butter balls?” asked Thorin.

“Water glasses and platters will need to be supplied by the hotel,” said Bilbo.

“No bottled water?” asked Thorin.

“The clear plastic used in water bottles leaches,” said Bilbo. “We need an organic compostable alternative, but that's not going to happen soon.”

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1. (Dillards.com) Southern Living Charleston 45-Piece Flatware Set, $149
2. (Dillards.com) Lenox Vintage Jewel Traditional Stainless Steel Flatware, 4 pc. Hostess Set, (18/10), $60
3. (Walmart) Anchor Hocking 9” Glass Pie Plate
4. (Surlatable.com) Sur La Table® Nylon Pancake Turner (or spatula) made from 18/10 stainless steel and nylon, $15
5. (Walmart) RUBBERMAID FG8316A Farberware 11” x 14” Poly Cutting Board, $16
6. (Walmart.com) Cuisinox Chef Knife, 18/10 Stainless, $35
“Let's talk about Day Two,” said Thorin. “Ricotta toast, Egg Salad with a slice of toast and scrambled eggs on top of French Toast.

“As we said, the French Toast can be made in the kitchen,” said Bilbo.

“The eggs need to be checked for spots,” said Thorin. “Panera's sourdough bread gets dipped into egg batter and cooked in a skillet using butter or coconut oil for about 2 minutes on each side.”

“Be careful not to purchase Panera's large sourdough loaf,” said Bilbo. “The correct size slice is a small oval with a manageable circumference. The French Toast slices can be piled on a plate and brought into the dining area. The eggs will be hot when the dish is served. The French Toast slices do not need to be hot. If anyone asks, maple syrup is not served because it would block the taste of the sourdough that is fermented and has a slightly tangy taste. Discussions about the health benefits of sourdough should be encouraged. Fermentation eliminates phytates that disrupt absorption of nutrients.

“You mentioned that it will take practice to make eggs fluffy as they are frequently overcooked,” said Thorin.

“Scrambled eggs need to me moved on top of a piece of French Toast as soon as the liquid is no longer visible,” said Bilbo.

“Would't a trivet be a good idea?” said Thorin.

“A trivet would be helpful if placed next to the hot plate where eggs are being cooked,” said Bilbo. “It would provide a place to rest the pan away from the heat of the burner.”

“Pans will be used to cook 9 eggs each, or eggs for 3 people?” asked Thorin.

“Yes, once the eggs are distributed on top of three slices of French Toast, that station is finished,” said Bilbo.
“We've added an additional Krups toaster and an additional hot plate because the food service staff will be eating with the group?” asked Thorin.

“Yes, and one of the people at the seven hot plate stations will need to cook eggs for 4 people instead of 3,” said Bilbo.

“They'll need to make sure they have a large enough pan,” said Thorin.

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“We've already talked about making egg salad,” said Thorin.

“For the dwarves' housing co-op,” said Bilbo. “This is a review.”

“Because egg salad needs to be chilled for a few hours, it would be a good idea to plan ahead,” said Thorin. “There's a small cup for the egg salad, and they could be made up ahead of time.”

“In the dining area, the toasters are managed by helpers and each person can apply their own butter,” said Bilbo.

“Would you place sticks of butter on dessert plates near the toasters?” asked Thorin.

“That would work,” said Bilbo. “The warm toast would melt the butter.”

“So I step up to a toaster station with a paper dinner plate?” asked Thorin.

“Yes,” said Bilbo.

“When ready, I then move to a tray of egg salad in cups, pick one up, take a plastic fork, and then find a seat?” asked Thorin.

“Yes,” said Bilbo.

“If I already buttered my toast, do I need any plastic flatware other than a fork?” asked Thorin.

“People who want to split a piece of toast might want a plastic knife,” said Bilbo. “Plastic knives and forks need to be available.”
“A short stoneware crock\(^1\) would be a good container for the plastic flatware,” said Thorin.

“Good idea,” said Bilbo.

“Yogurt with Pretzels, Carrot/seaweed Salad with Sourdough Pretzels and Vanilla Ice Cream are the three snacks for Day Two,” said Thorin. “Can you describe these?”

“Fage plain yogurt is a good choice in a 7 ounce container and a spoon will be needed,” said Bilbo. “The pretzels can be placed in a large 4 quart Pyrex bowl. Those who want pretzels can take a handful and place them in a paper bowl.”

“Yogurt separates if it's left unrefrigerated,” said Thorin. “A small refrigerator\(^2\) on a hardwood dolly\(^3\) would be helpful for keeping the yogurt cold.”

“So the refrigerator could be kept unplugged until needed on the dolly?” asked Bilbo. “And then wheeled into the middle of the room and stocked at snack time?”

“Yes,” said Thorin.

“That would help solve the separation problem,” said Bilbo.

“The dolly could also be used to move a small freezer to serve ice cream,” said Thorin.

“I like both ideas,” said Bilbo.

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1. (Redhillgeneralstore.com) Short Stoneware Utensil Crock, 1 Quart, 6 1/2" diameter by 4 1/4" height, $7.49
2. (Homedepot.com) Haier 4.5 cu. ft. Mini Refrigerator in Virtual Steel, $149 each.
3. (Globalindustrial.com) Hardwood Dolly with Solid Deck 24 x 16 1000 Lb. Capacity, $29.95
“We've talked about preparation of the carrot seaweed salad,” said Thorin. “Is the Diamond Daily Multi-Purpose Snack Cupⁱ suitable for a small portion of this salad?”

“I dowse a ‘Yes.’ That cup is in the list of disposables,” said Bilbo. “Tongs⁲ would be a good kitchen tool to distribute the salad into the cups,”

“The single serve Haagen Dazs vanilla ice cream has a little plastic spoon, but it's a little small,” said Thorin. “A larger plastic spoon would be needed.

“I've never once used that little spoon under the lid, but I'm glad it's there,” said Bilbo.

“Now that we've talked about the meals and snacks for Day Two, can you think of any equipment or tools that should be mentioned in our review?” asked Thorin.

“We talked about the 4 quart Pyrex mixing bowl³,” said Bilbo. “A two quart Pyrex batter bowl⁴ is also useful, as well as small white bowls⁵ to check eggs, an 18/10 egg beater⁶, and 18/10 sauce pans ⁷, ⁸.”

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¹ (Walmart) Diamond Daily Multi-Purpose 20 Snack Cups with Lids, $2.97
² (Amazon.com) All Clad SS Tongs, Stainless Steel, 12”, 18/10 stainless, $26
³ (Walmart.com) Pyrex 4 qt Mixing Bowl, Clear, $6.88
⁴ (Walmart) Anchor Hocking 2-Quart Batter Bowl with Mango TrueFit Lid, $12.99
⁵ (Walmart) TenStrawberryStreet Catering Packs Round Cereal Bowl (Set of 12), $20.48
⁶ (Walmart) Egg Beater Classic Hand Crank Style 18/10 Stainless Steel Mixer 12 Inches, Mixer Crank Wire Agitator With 1810 3Cup Measures Inches Style, By Norpro, dishwasher safe, $30.39 (order 6)
⁷ (Walmart) Cook N Home 1 Quart Stainless Steel Sauce Pan with Lid, $14.99
⁸ (Walmart) Cook N Home 2 Quart Stainless Steel Sauce Pan with Lid, $17.70
“Aren't we going to need the 18/10 Southern Living cookware set1 sold at Dillards?” asked Thorin.

“Yes,” said Bilbo. “Other items for this section include the Zyliss can opener2, and a large nylon spoon3.”

“Nylon utensils won't scratch the 18/10 stainless,” said Thorin.

“That's important,” said Bilbo. “You'll also want to clean them with a nylon scrubber and Bon Ami cleanser that won't scratch. Vitamin C powder can be used to remove stains.”

“What other equipment or tools are needed in this section?” asked Thorin.

“Other items include a spatula set4, a digital timer5, a Zyliss peeler6 and a nylon slotted spoon7,” said Bilbo.

“Anything else?” asked Thorin.

“Hot plates8,” said Bilbo.

“We need seven, and we'll be purchasing eight because they come in 2 packs,” said Thorin.

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1 (Dillards.com) Southern Living 11-Piece Stainless Steel Tri-Ply Cookware Set, $299
2 (Amazon.com) ZYLISS Lock N’ Lift Can Opener w Lid Lifter Magnet, White, $15
3 (Surlatable.com) Sur La Table® Large Nylon Spoon, $11 (order 9)
4 (Walmart) Norpro 3009 3-piece Spatula Set-3PC SPATULA, $6.35 (order 6 sets)
5 (Walmart) Taylor 5806 Digital Timer, $4.56
6 (Amazon.com) Zyliss Swap It Peeler/Knife Combo, Green, $10
7 (Surlatable.com) Sur La Table® Nylon Slotted Spoon made from 18/10 stainless steel and nylon, $11
8 (Walmart) Proctor Silex 34101P Plug In Fifth Burner Electric Hot Plate, White | 2 Pack, $22.15
“It's good to have a backup,” said Bilbo.

“I think we should mention Suzanne Landry's YouTube video that provides a helpful lesson how to matchstick carrots,” said Thorin.

“Suzanne's video is very well done,” said Bilbo.

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“That brings us to Day Three,” said Thorin. “Scrambled eggs with Creme Fraiche and an egg bistro sandwich are the only menu items on Day Three that we have not already covered.”

“Creme fraiche is wonderful,” said Bilbo. “It's cultured cream that needs to be made in advance and it will keep in the refrigerator for two weeks.”

“You found some Pyrex food storage containers for making the creme fraiche and for storing it,” said Thorin.

“The lids are important,” said Bilbo. “They have a rather flat shape and that's important because you want to leave the lid slightly ajar while the cream is fermenting at room temperature.”

“And by placing the creme fraiche in the refrigerator, you are slowing the ferment,” said Thorin.

“So this dish is very easy,” said Bilbo. “Each person making scrambled eggs can add a substantial spoonful of the creme fraiche to the eggs as they are cooking.”

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1 (Suzanne Landry's Video) How to Matchstick Carrots, https://www.youtube.com/watch?v=wCgxpu6vmJ4

1 (Farmandfleet.com) Pyrex 6-Piece Storage Plus Rectangle Value Pack for making Crème Fraiche (note: use a lid for making Crème Fraiche but leave it open a crack), $14.39 (order 6 sets)
“What about the bistro egg sandwich?” asked Thorin.

“That's made with a sourdough baguette that I found at Publix,” said Bilbo. “The manager would need to search for something similar, or change that menu item to an open-faced melted cheese.”

“Do you know where he/she could look?” asked Thorin.

“I would ask the staff at La Baguette,” said Bilbo. “They need to explain that they want sourdough.”

“This sandwich requires two cooked eggs made by basting which is accomplished with a little spring water in a skillet,” said Thorin.

“The eggs slide out easily,” said Bilbo. “They need to remember to use the nylon pancake turner.”

“Baguettes are a similar size,” said Thorin. “One baguette gets divided into three sections for three people. Then they're sliced open, but not all the way so the top and bottom of the sandwich stays together. The eggs are then placed on one half. Two or three slices of cheese are placed over the cooked eggs and moved to a small cookie sheet. Finally, the sandwich is placed in the toaster oven to melt the cheese.”

“A few pieces of sliced Wickles are nice on the side” said Bilbo.

“So is there equipment or tools used in this section that we need to review?” asked Thorin.

“A serrated bread knife,” said Bilbo.

\[\text{1 (Staples.com) Cuisinox Cuisinox 10" Bread Knife, 18/10 Stainless, $33.98}\]
“Every other menu item has already been discussed,” said Thorin.

“Yes,” said Bilbo.

“We started this discussion because we began talking about equipment that would need to be ordered for the Wisconsin co-op,” said Thorin. “Will any of this equipment need to be delivered to the self-storage?”

“Either location,” said Bilbo.

“Are you saying that the group will need to rely on takeout until the equipment is ordered, and then set up?” asked Thorin.

“Yes,” said Bilbo.

“Will an additional grant be needed?” asked Thorin.

“They will need to dowse that question,” said Bilbo.

“What's next?” asked Thorin.

“Getting settled,” said Bilbo.

“And then?” asked Thorin.

“Activities and projects,” said Bilbo.
Bilbo has been dowsing details for setting up a housing co-op at the Madison Marriott West in Middleton, Wisconsin. They both realize that a hotel with meeting rooms is an ideal location for “ramping up” to a more permanent housing co-op in an apartment building and for some, such as hotel staff, the space may be appropriate for a longer term.

“Hotel rooms are ready-to-use accommodations,” said Thorin.

“And meeting rooms can be used for shared dining,” said Bilbo. “If the hotels are flexible, a daily routine could be similar to a larger plan for an apartment complex. If the daily routine is similar, the hotel environment would offer practice and the hotels could help launch a group that would need to move into an apartment complex.”

“Would the hotel cater meals?” asked Thorin.

“Food would need to be stored and prepared in a way that is similar to the plan for housing co-ops in apartments,” said Bilbo. “In a way, the hotel staff would be learning along with the people who need to be hired as full-time chefs. The housing co-op chefs would need to be present and the whole group would learn from each other.”
“Are you saying all of the appliances that are planned for a housing co-op would need to be purchased and set up in a hotel meeting room?” asked Thorin.

“Yes,” said Bilbo. “Hotel staff have their kitchen appliances, but we need the housing co-op group to learn how to use everything they will need in an apartment housing co-op.”

“I bet the hotel staff knows how to set up and operate a Bunn Airpot Brewer,” said Thorin.

“Even if they are not familiar with that particular model, their knowledge of commercial coffee brewers would probably help,” said Bilbo. “There may also be able to introduce the group to commercial toasters, or other appliances.”

“Would chest freezers and small refrigerators need to set up in the shared dining area?” asked Thorin.

“Yes,” said Bilbo. “The situation needs to mirror what they may need in an apartment housing co-op.”

“They'll probably need quite a few power strips,” said Thorin.

“Yes,” said Bilbo. “There may need many more power strips needed in a hotel housing co-op, However, as much as possible, the plan should be similar to what we have already discussed for an apartment housing co-op version.”

“What about sourcing food?” asked Thorin.

“Food needs to be purchased from local sources unless there is a distributor that is willing to sell approved food items to the housing co-op group at a later date,” said Bilbo. “It's also possible that the hotel will learn a great deal about approved food choices. This represents a great opportunity to learn together.”

“How many will stay in each hotel room?” asked Thorin.

“Two,” said Bilbo.

“At this point, you'll need to walk me through what happens when someone arrives,” said Thorin.
“Ok,” said Bilbo. “Let's talk about a hotel that has enough meeting room space for four housing co-ops. We'll say the number in each co-op is 20 which includes two full time chefs. That is the number that would sit down at a shared meal if they were in an apartment.”

“Should every hotel manager dowse and ask if their hotel has been approved for one or more housing co-ops?” asked Thorin.

“Yes,” said Bilbo.

“And then they can dowse a number to determine how many,” said Thorin.

“That's right,” said Bilbo.

“And then they can print pages that say ‘Housing Co-Op #1, Housing Co-Op #2, Housing Co-Op #3, and Housing Co-Op #4,’ and pin or tape them on the doors of meeting rooms that dowse a ‘Yes,’” said Thorin.

“That is correct,” said Bilbo. “Round tables would be ok until each co-op orders their own.”

“What happens next?” asked Thorin.

“New people arrive and they need to dowse,” said Bilbo.

“What should they dowse?” asked Thorin.

“They can dowse the number of co-ops at the hotel and then dowse the number of the co-op where they have been assigned,” said Bilbo.

“And then?” asked Thorin.

“Everyone who arrives will need to dowse and ask if they will be one of the people responsible for financing the co-op,” said Bilbo.

“What should they do if the response is a ‘Yes?’” asked Thorin.

“In Realms 1 and 4, there will be a need to dowse whether there is a moneygram provided for a hotel deposit,” said Bilbo. “The deposit will get registration started and there will be a need to obtain an Earth Recovery Grant as soon as possible.”
“Will moneygrams and Earth Recovery Grants be available above Realm 4?” asked Thorin.

“Mostly to Muggles born on Earth and possibly for others,” said Bilbo. “They'll all need to dowse. Wealthy people will need to provide some funding.”

“What should the others do while the finances are worked out?” asked Thorin.

“They can dowse to determine their room assignment,” said Bilbo.

“Can you walk me through that?” asked Thorin.

“They can dowse to determine their floor,” said Bilbo. “Next, they can visit their floor and dowse the room.”

“And then?” asked Thorin.

“They can inquire whether there are meeting rooms assigned to the housing co-ops,” said Bilbo. “Hotel staff should know this in advance and set up tables and chairs for 20 people in each of the rooms.”

“Hotels usually have round banquet tables. Are those ok?” asked Thorin.

“For the first few days, or even a week, or two,” said Bilbo. “The folding tables planned for a apartment housing co-ops would need to be ordered.”

“Should they try to find their housing co-op’s meeting room?” asked Thorin.

“Yes,” said Bilbo. “They will be able to meet others in their housing co-op. Those who already know their assigned room number can find their roommate.”

“And then?” asked Thorin.

“Those who know they will be providing funding will need to meet others who also be providing funding,” said Bilbo. “There will
usually be three people and they each need to douse the number of co-ops they will need to fund.”

“What if they do not want to provide funding?” asked Thorin.

“They will not be staying in the realm,” said Bilbo. “If they are worried about the amount, they should douse and ask whether they can have one or more supplemental Earth Recovery Grants.”

“What is the next step for those who agree?” asked Thorin.

“They should find their co-op meeting rooms if they have been set up and introduce themselves to the group,” said Bilbo.

“And then?” asked Thorin.

“They'll need to talk to the hotel staff about registering members of their group. The hotel will most likely require a sizable deposit,” said Bilbo. “Those who have not yet found their assigned rooms will need to do that.”

“What about the groups in Realms 1 and 4?” asked Thorin.

“They will need Earth Recovery Grant money right away,” said Bilbo. “The hotels that are approved can open an account for one or more grants. The hotel rooms and startup catering can be prepaid. The hotels will need to purchase a vehicle for housing co-op members to go to participating credit unions. A trust account with 3 parties will be needed.”

“Are you saying that all housing co-op members need to douse and ask if they are one of the trustees?” asked Thorin.

“Yes,” said Bilbo.

“How much hotel catering will the housing co-ops need?” asked Thorin.

“Yes,” said Bilbo. “About two to four days.”

“Previously, you mentioned that residents in a hotel housing co-op do not have maid service,” said Thorin.
“That's right,” said Bilbo. “Residents will need to keep cleaning supplies in their rooms. They'll need to keep supplies in a plastic bin either in the corner of the room, or on a closet shelf.”

“Many hotels have self-service laundry,” said Thorin.

“If a hotel is in need of replacement sheets, we can provide them. We'll also need dark towels for conserving on laundry steps as I've explained,” said Bilbo.

“Do you think hotels would be flexible enough to accept a large number of packages?” asked Thorin.

“Each case may be different,” said Bilbo. “There may be a need to find a self-storage company nearby that will accept deliveries.”

“Will there be enough funds in the Earth Recovery Grant?” asked Thorin.

“Yes,” said Bilbo. “There will be enough funds to pay for hotel rooms for a year or more.”

“Do you think any others will want to join?” asked Thorin.

“Yes,” said Bilbo. “Madison's Marriott Madison West hotel has 292 rooms and 19 meeting rooms. There's plenty of room. I've dowsed that hotels with meeting spaces are approved in 20 states.

“Can you give me some examples?” asked Thorin.

“New York City has several,” said Bilbo. “Hotel Wales, a boutique hotel at 1295 Madison located near Sarabeth's Kitchen, Hotel Beacon at 2130 Broadway across the street from Fairway Market, the Maritime Hotel across from Chelsea Market, the Gramercy Park Hotel, a short distance from Union Square which is the location of New York City's largest farmers' market, the Round House in Beacon, New York, a Hudson Valley stop on New York's Metro North commuter railroad, and the Beekman Arms-Delamater Inn, a historic hotel in Rhinebeck, New York,”

“How will others who are awake find their assigned housing co-op?” asked Thorin.
“They will first need to dowse a state or, country because countries of Europe are included,” said Bilbo. “Hotels managers who have dowsed that they are approved for housing co-ops will need to search for a Housing Co-Op Association on the Web, call and ask that their hotel be added. Twenty InterContinental Hotels have been approved. Once someone knows their state, or country they can also search for the Housing Co-Op Association and dowse lists of hotels in the state where they know they have been assigned.”

“What should everyone do then?” asked Thorin.

“If someone dowses a ‘Yes’ for a hotel that is on the Housing Co-Op Association Web site it means they are eligible for Earth Recovery Grants,” said Bilbo. “The next step would be to dowse and ask if the hotel has received grant funding and whether you're supposed to travel there.”

“And then?” asked Thorin.

“If you dowse a ‘Yes,’ you should go to the hotel. Funded hotels will have an account to pay transportation expenses for those who do not have any money,” said Bilbo.

“What form of transportation?” asked Thorin.

“There will be no commercial air travel in Realms 1 and 4,” said Bilbo. “There will be rental cars. Licenses will not be needed in Realm 1.”

“So the hotel will need to pre-pay the car rental?” asked Thorin.

“Yes,” said Bilbo.

“Will the hotel need to help them turn in their rental car?” asked Thorin.

“Yes,” said Bilbo. “Or, their housing co-op group may have purchased vehicles by the time they arrive. If so, they will have others to help.”

“How will they find their housing co-op group when they arrive at the hotel?” asked Thorin.
“Hotels that receive funding will usually have more than one housing co-op set up,” said Bilbo. “There will be a meeting rooms for each co-op and that is the location to search. Each housing co-op will need to assist new members get a room assignment and the products they need.”

“You said that a day-to-day routine in a housing co-op set up in a hotel would need to mirror the routine in an apartment complex,” said Thorin. “What about laundry and cleanup after meals?”

“Meeting room space can be used for shared meals at startup, but a dining, activity and laundry space needs to be developed nearby within walking distance in cities, or with easy-to-use ground transportation in other areas,” said Bilbo.

“Can you give me an example?” asked Thorin.

“At the Madison Marriott West location, the Cosi restaurant and Fridays locations could be developed. They are both large enough to accommodate two housing co-ops each,” said Bilbo. “The locations would need at least 12 washers, 12 dryers, Plano shelves and drying racks. The spaces would also need the tables and chairs we have described.”

“Groups could work on projects or have special interest group meetings while they do laundry,” said Thorin.

“Yes,” said Bilbo.

“The kitchens in those restaurants don't really mirror kitchens in an apartment complex,” said Thorin.

“The equipment would need to be dowsed,” said Bilbo. “The plan for food prep would be similar and classic sink faucets can accommodate portable dish washers.”

“Even with one classic faucet, a group could purchase four portable dishwashers, load them and hook them up one-at-a-time while they work on a project,” said Thorin. “There is no special electric requirement for a portable dishwasher.”
“That's exactly right,” said Bilbo. “I think the locations that work out these type of details will have their funding approved right away.”

“Would the group need to wait to make Neem Iced Tea until they had portable dishwashers?” asked Thorin. “The glass coffee could break if they were washed by hand.”

“We don't want the group learning to use large commercial dishwashers. That information would be impractical,” said Bilbo. “If there is a classic faucet somewhere near the meeting rooms, portable dishwashers could be purchased.”

“Would Thyme Extract be a better option as an antiparasite until the group could make tea?” asked Thorin.

“Thyme Extract is definitely an option,” said Bilbo. “Lugol's Iodine\textsuperscript{1,2} would be even better.”

“Is it stronger?” asked Thorin.

“They are both strong. However, the maintenance dose for Thyme Extract is 6 drops three times a day and the maintenance dose for Lugol's is 3 drops,” said Bilbo. “Up until 2007, Lugol's Iodine could be purchased in any pharmacy. Pharmacists would make it up in brown glass bottles.”

“What happened?” asked Thorin.

“The Drug Enforcement Agency, or DEA, announced that meth labs were using iodine crystals to make methamphetamine,” said Bilbo. “Farmers are still allowed to purchase iodine crystals.”

\textsuperscript{1} Iodine book, 2007 (for Madison, Wisconsin's WAPF Chapter), http://articles.x10.mx/iodine_book_07_02_11.pdf. Dr. Hulda Clark's recipe for making Lugol's Iodine is on page 118. The recipe for making Saturated Solution of Potassium Iodide is also on page 118.

\textsuperscript{2} “Hard to Obtain Information to Discuss at Get-Togethers,” February 2016, http://housing.x10host.com/get_together_education_02_16_17.pdf
“Are you saying that housing co-op residents should take Thyme Extract until the group can make Lugol's Solution?” asked Thorin.

“That's one option,” said Bilbo. “There's also a tablet form. Dr. Guy Abraham formed a company called Optimox that created a tablet form of Lugol's. One tablet is equivalent to 2 drops.”

“Did the DEA try to disrupt Dr. Guy Abraham's company?” asked Thorin.

“You could say that,” said Bilbo. “Dr. Abraham died mysteriously in 2013. Dr. Hulda Clark died mysteriously in 2009.”

“What about the pharmacists who once made up Lugol's Iodine in brown glass for their customers?” asked Thorin.

“They stopped that practice more than ten years ago,” said Bilbo. “Lugol's Iodine needs to be available in pharmacies that need to call themselves apothecaries.”

“What is the difference?” asked Thorin.

“The word pharmacy refers to a place of business. An apothecary is someone who compounds formulas made of minerals or herbs,” said Bilbo. “In medieval Europe, apothecaries sold wine, spices and herbs.”

“Are there any apothecary-type businesses that exist today?” asked Thorin.

“Madison's Community Pharmacy is very close,” said Bilbo. “They sell bulk herbs, brown glass bottles and they do compounding.”

“Is the Community Pharmacy close to the Madison Marriott West?” asked Thorin.

Sources, iodine, potassium iodide and brown glass bottles needed to make Lugol's Iodine can be found on page 22 at:
http://housing.x10host.com/realm_one_housing_co_op_startup_01_28_18.pdf
“Their new West Side location is not far,” said Bilbo.

“Are the Cosi and Fridays locations within walking distance of the Madison Marriott West?” asked Thorin.

“They are close, but not really close enough to walk,” said Bilbo. “Each location will need to rent vehicles at startup and then purchase buses as well as electric vehicles. The electric vehicles will also need charging stations.”

“Have you figured out where the New York Hotel groups would source food?” asked Thorin.

“The Manhattan locations would have access to Fairway Market stores on the Upper West Side, Upper East Side and Chelsea,” said Bilbo. “The Culinary Institute of America in Poughkeepsie, New York, is about halfway between Rhinebeck and Beacon. The staff there probably has recommendations for quality food. Also, Ronny Brook Dairy Farm in Pine Plains, New York, is about 30 minutes from Rhinebeck and about an hour from Beacon.”

“So the Earth Recovery Grants come through credit unions and not banks?” asked Thorin.

“Mostly credit unions,” said Bilbo. “Walmart is a bank and they may be handling funding at some point.”

“Are you familiar with a credit union in the Madison area?” asked Thorin.

“Those who obtain a ‘Yes’ by dowsing will need to set up an account at the Heartland Credit Union nearby in Verona, Wisconsin,” said Bilbo.

“Will it be hard to remember names if the group is large?” asked Thorin.

1 Community Pharmacy West, 6333 University Ave #103, Middleton, Wisconsin, (608) 310-5390
“Due to the fact that the group will grow large, there is a need to tape up, with masking tape, letter-sized printouts containing each person’s photo, name, occupation, a short blurb and a room number,” said Bilbo.

“Should that be done in one of the meeting rooms?” asked Thorin.

“Yes,” said Bilbo. “Ideally, these printouts could also contain an e-mail and a cell phone number. At the start, a room number is helpful and members can slide a note under someone’s door if there is a need for communication.”

“That's something that could be accomplished with the digital cameras we talked about,” said Thorin.

“The hotel also has a business center with a printer,” said Bilbo.

“So each housing co-op member will need a computer and a cell phone?” asked Thorin.

“Yes,” said Bilbo. “Members of the group with computer skills will need to help. They should purchase the PC and Macintosh laptops we talk about as well as the introductory books if co-op members need them. Beginners should form an Introduction to the PC or Mac Users Group and also help each other.”

“Would the advanced members be expected to attend?” asked Thorin.

“Only as guest speakers,” said Bilbo. “For example, they could make an informal presentation on how to set up an e-mail account, or use WiFi. Beginners really need to make an effort and read introductory computer books.”

“So each co-op will have funding to pay for members' cell phones and cell phone service?” asked Thorin.

“Yes,” said Bilbo. “They'll also have cable TV in the hotel rooms.”

“Will they have cable TV if they move into an apartment complex?” asked Thorin.

“Yes,” said Bilbo.
“Do you think many will move into an apartment complex?” asked Thorin.

“I dowse three percent,” said Bilbo.

“How many outfits will each person need?” asked Thorin.

“Six,” said Bilbo. “They will also need outerwear.”

“How long will they be able to wear their summer clothing in Wisconsin?” asked Thorin.

“Until September,” said Bilbo. “There's a Lands End\(^1\) store nearby that will be a good source of winter clothes. The company holds a tent sale every August with deep discounts and they may arrive in time. The store usually distributes flyers. There will be summer and winter clothes at the tent sale.”

“Are you saying they need to start collecting winter clothing items around the time that they arrive?” asked Thorin.

“Yes,” said Bilbo.

“What are examples of mens' basic winter clothing?” asked Thorin.

“A heavy parka\(^2, 3, 4\),” said Bilbo.

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1. (Lands End) 209 Junction Rd, Madison, WI, Hours: 10AM–8PM
   Phone: (608) 833-3343.

2. (Walmart) True Religion L/S Parka Winter Down Jacket, Charcoal Gray, Mens, sizes XL and 2X, $199

3. (Walmart) Mammut Men’s Trift 3L Parka Jacket, Green, Sizes: M to 2X, $169.99

4. (Landsend.com) Men's Squall Parka, Black or Navy, Sizes 2 to 2X, $169
“And women's?” asked Thorin.

“So, a heavy parka1,2,3,” said Bilbo.

“What about shoes?” asked Thorin.

“Wrangler makes a mens' slip-on suede shoe7 that would be warm with the fleece socks7,” said Bilbo.

“Danskin makes a similar womens' slip-on shoe8 that would be warm with the fleece socks7,” said Bilbo. “For colder weather, Landsend sells a Plush Boot9 for women and a Lug Hiker Boot9 for men.”

“And other clothing?” asked Thorin.

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1  (Walmart) Under Armour Women's CGI Royal Parka, Color: Black, Sizes: Medium and Large, $299.95
3  (Landsend.com) Women's Expedition Down Parka, Sizes:: S to XL, Colors: Black, Burgundy and Cobalt, $209.97
4  (Landsend.com) Men's Action Boots, Black or Green, Sale price $45.99
6  (Walmart) Wrangler Men's Gan Memory Foam Shoe, Gunsmoke or Black, Sizes: 7, 8, 8.5, 9, 9.5, 10 and 10.5, $15.32 to $19.92
7  (Walmart) (Large) Gray Storm-Tec Fleece Socks, $8.50.
8  (Walmart) Danskin Now Women's Memory Foam Slip-on Athletic Shoe, SizesL 6, 6.5, 7, 7.5, 8, 8.5, 9, Color: Black, $12.88
9  (Landsend.com) Women's Plush Short Boots, Colors: Coriander and Black, Sizes: 6, 6.5, 7, 7.5, 8, 8.5 and 9.5, $44.99
10 (Landsend.com) Men's Lug Hiker Boots, Color: Brown, Sizes: 8, 8.5, 9, 9.5, 10, 10.5, 11, 11.5, 12 and 13, $48.99
“Men's\textsuperscript{1,2} and women's\textsuperscript{3} open-bottom sweatpants are a good choice with long underwear\textsuperscript{4,5,6},” said Bilbo.

“And tops?” asked Thorin.

“Women's\textsuperscript{7} and men's\textsuperscript{8} long sleeve polos are warm with a polar fleece top,” said Bilbo.

“From Diamondgolfshirts in North Carolina?” asked Thorin.

“The company you found for short sleeve polo shirts?”

“Yes, that's the one,” said Bilbo. “The only colors available for the long sleeve shirt are Black, Wine and Sage.”

“What is polar fleece?” asked Thorin.

\begin{enumerate}
  \item (Walmart) Gildan Men's Open Bottom Pocketed Sweatpant, Black, $8.97
  \item (Walmart) Gildan Big Men's Open Bottom Pocketed Sweatpant, 2XL, $9.47
  \item (Walmart) Hanes Women's Open Leg Fleece Sweatpants, Style O4629, Color: Black, Sizes: S, M, L, XL and 2X, $9.53
  \item (Walmart) Hanes Men's X-Temp Thermal Underwear Pant, Colors: Gray or Black, Sizes: S, M, L or XL, $9.96
  \item (Walmart) Hanes Big Men's X-Temp Thermal Underwear Pant, Colors: Gray or Black, Sizes: 2XL, 3XL or 4XL
  \item (Walmart) Hanes Women's X-Temp Thermal Underwear Pant, Colors: Black or Gray, Sizes: S, M, L, XL, 2XL or 3XL, $24
  \item (Diamondgolfshirts.com) 130 Webb Way, Advance, NC 27006, 866-578-9708, Women's short sleeve golf shirt, 100% Combed Supima Cotton, Sizes XS thru 2XL (Tall sizes available +2" body length +1" sleeve length - call, add $5 for Tall), Custom Sizing Also Available, Colors: Black, Sage, Wine, $34.95, Long sleeve, $42.95.
  \item (Diamondgolfshirts.com) 130 Webb Way, Advance, NC 27006, 866-578-9708, Men's short sleeve golf shirt, 100% Combed Supima Cotton, Sizes M thru 3XL, Custom Sizing Also Available, Colors: Black, Sage, Wine, $34.95, Long sleeve, $42.95.
\end{enumerate}
“It's a very soft napped fabric made from polyester,” said Bilbo.
“It's warmer than wool.”

“Napped?” asked Thorin.

“A raised fuzzy surface,” said Bilbo.

“Did you find men's and women's fleece tops?” asked Thorin.

“Yes,” said Bilbo. “Helly Hansen’s, Ash City and Two Harbors, are men's and women's brands1, 2, 3, 4.”

“What about hats5, 6, gloves and scarves?” asked Thorin.

“Wool berets, or faux fur trapper hats are warm,” said Bilbo.

“And gloves?” asked Thorin.

“Fleece lined gloves7 are warm,” said Bilbo. “Isotoner gloves are stretchy and can be worn over an inexpensive pair of fleece gloves.”

7 (Walmart.com) Glacier Glove Pro Hunter, $23.98.
“Did you find Isotoners?” asked Thorin.

“Yes¹,²,” said Bilbo. “I also found fleece liners³.”

“And a scarf?” asked Thorin.

“I found a Buffalo plaid⁴ scarf in red and black or white and black,” said Bilbo.

“Any other additions?” asked Thorin.

“I found several,” said Bilbo.

“Can you describe them?” asked Thorin.

“Faux shearlings for men⁵,⁶ and women⁷,” said Bilbo.

“What is a faux shearling?” asked Thorin.

“Faux meaning imitation, and shearling meaning sheep's fur,” said Bilbo. “They're very warm and because they're acrylic, they're . hand- or machine-washable.”

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1. (Walmart) ISOTONER Women’s SmarTouch Faux Leather Stretch Gloves, Size XL, $24.66
2. (Walmart) Isotoner Men’s Active Stretch Waterproof Hybrid Plush Lined Gloves - Black, $35.99
3. (Amazon) Tour Master Polar Fleece Glove Liner - Small/Medium, or Large/X-Large/Black, $21.99
4. (Walmart) David & Young Softer Than Cashmere Buffalo Plaid Winter Scarf, $9.95
6. (Amazon) Nautica, Men's Big & Tall Jacket with Faux Shearling Collar, Color: Dark Brown, Sizes: LT, XLT, 2X, 2XT, 3X, 3XT, 4X, 4XT, 5X, $159.99
7. (Amerimark.com) totes® Faux Shearling Coat Black or Brown, Sizes Small to 4X, $54.99 to $64.99
“Are they warmer than a cold weather parka?” asked Thorin.

“They're snuggly warm,” said Bilbo. “The women's faux shearling is a coat, and the men's is a jacket. I could not find a men's faux shearling coat.”

“What else did you find?” asked Thorin.

“I found flannel plaid shirts\(^1\) for men and polar fleece tops\(^2,3\) for both men and women,” said Bilbo. “I also found cotton turtle-necks\(^4,5,6\) to wear under the fleece and additional scarves\(^7,8\). The scarves are for men, but anyone can wear them.”

1. (Blair.com) Allegheny Acrylic Flannel Plaid Shirt, Item # 609678, Sizes: S, 2XL, 2XL, 4XL, 5 XL, 6XL, Lengths: R and TL, Pattern: 9 plaids
3. (Landsend.com) School Uniform Men's Big Thermacheck 100 Jacket, Sizes: 2XL, 3XL, 4XL and 5XL Colors: Black and Rich Red, $50
4. (Duluthtrading.com) MEN'S LONGTAIL T TURTLENECK, Med, Lrg, XLrg, 2XL Colors: Caramel Heather, Dark Gray Heather, Hunter Green, Gray Heather, Black and Navy $29.50
5. (Landsend.com) Men's Big & Tall Super-T Turtleneck Colors: White, Gray Heather, Dark Charcoal Heather, Classic Navy and Black, $34.50 Sizes, Big and Tall: 2XLT, 3XLT and 4XLT Regular: S, M, L, XL and 2X
6. (Duluthtrading.com) WOMEN'S LONGTAIL T TURTLENECK, 100% Cotton, Sizes: XSM, SM, Med. LRG, 2XL, $29.50, Colors: Blackberry, Black, Iron Ore, Mocha Heather, Royal Blue, Royal Red and White
8. (Landsend.com) Men’s CashTouch Plaid Scarf 2-Ply, 100% Acrylic, Camel Heather Plaid, Fir Heather Plaid, $9.99
“Where would the group find electric vehicles in Wisconsin?” asked Thorin.

“ColumbiaParCar is an electric vehicle manufacturer in Reedsburg, Wisconsin and Polaris, that makes GEM electric vehicles, is in Minnesota,” said Bilbo.

“I thought electric vehicles are for warm climates,” said Thorin.

“The manufacturers in the Midwest have models that are enclosed,” said Bilbo.

“If they're in Wisconsin and Minnesota, they must have solutions for cold weather,” said Thorin.

“Electric vehicles cost a penny a mile to operate,” said Bilbo.

“Aren't they slow?” asked Thorin.

“Electric vehicles can travel faster than most people realize,” said Bilbo. “Speed limits for electric vehicles are imposed by municipalities.”

“Where could electric vehicles be charged?” asked Thorin.

“That's another conversation to have with the Marriott manager,” said Bilbo.

“And if the group needs to purchase Toyotas?” asked Thorin.

“Smart Toyota is a dealer in Madison,” said Bilbo. “The group will need to douse whether they should purchase cars, or pickups.”

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4 (Columbia ParCar) 1115 Commercial Ave, Reedsburg, WI 53959, Phone: (800) 222-4653

1 (Smart Motors Toyota/Scion) 5901 Odana Rd, Madison, WI 53719 Phone: (608) 275-7808
“Do you think they will be settled in the housing co-op?” asked Thorin.

“About twenty percent will feel settled,” said Bilbo. “There may be trouble with some people who are not happy about sharing a room.”

“Have you dowsed whether there is the possibility of single rooms?” asked Thorin.

“I did dowse that question,” said Bilbo.

“And?” asked Thorin.

“Single rooms are available in exchange for work,” said Bilbo.

“What type of work?” asked Thorin.

“When I dowse that question, a few ‘Yes’ responses were returned,” said Bilbo.

“Can you describe the work?” asked Thorin.

“The housing co-op is going to need a Weebly Web site,” said Bilbo. “That's one.”

“The housing co-op is also going to need an activities manager,” said Bilbo. “That's two.”

“Can you provide examples of activities?” asked Thorin.

“I've been dowsing activities,” said Bilbo. “So far, I've dowsed a ‘Yes’ for:

1. Original Wisconsin Ducks
   Wisconsin Dells, WI
   608.254.8751
   http://www.wisconsinducktours.com

2. A road trip to see the Mississippi River with a visit to:
   Pettibone Park
   700 N Pettibone Dr. La Crosse, WI
   (608) 789-7533
(Lunch, Before or After Pettibone Park)
Fayze's, 135 4th St S, La Crosse, WI 5
+1 608-784-9548”

3. Visit to Milwaukee Street Traders and Milwaukee's Historic Third Ward

Milwaukee Street Traders
(coffee house on the way to Milwaukee)
523 Milwaukee St, Delafield, WI
(262) 646-9289

Milwaukee Public Market (located in the Third Ward)
400 N Water St, Milwaukee, WI

4. Olbrich Botanical Garden
3330 Atwood Ave. Madison, WI
(608) 246-4550

5. Visits to Coffee Shops and Restaurants
Barriques, Madison, WI
Blue Spoon, Prairie du Sac, WI
Cool Beans, Madison, WI (good quiche)
Jordandal Cookhouse, Verona, WI
Lakeside Coffee, Madison, WI
L’Etoile, Madison, WI

“Would the visits to coffee and restaurants be call-aheads for takeout?” asked Thorin.

“The restaurants could be contacted two weeks ahead of time about light catering,” said Bilbo. “The visit could include coffee and snacks.”

“Did you dowse any other type of work?” asked Thorin.

“Funds will need to be spent on winter clothing and a coordinator will be required,” said Bilbo. “That's three.”
“I asked about a ‘Made in USA’ showroom at Greenway Station,” said Bilbo. “That's four.”

“What is a ‘Made in USA’ showroom?” asked Thorin.

“It's a location for the public and buyers to see products made in the USA,” said Bilbo. “Armstrong Floors1 is an example. They have built model retail stores, that could be used to design the interior.”

“Would an Earth Recovery Grant be available?” asked Thorin.

“‘I dowse a ‘Yes,’” said Bilbo. As you know, most manufacturing has been moved to countries where there are slaves. It's challenging to find products made in the USA.”

“What about the associations that we have discussed?” asked Thorin.

“I dowse a ‘Yes,’” for two of the associations that the dwarves will be setting up,” said Bilbo.

“A Housing Co-Op Association and an Earth Recovery Grant Association?” asked Thorin.

“Yes,” said Bilbo. “When the Marriott Madison West fills up, another co-op can be formed nearby at the Hilton Garden Inn on Deming Way. The associations can help others get set up.”

“Anything else?” asked Thorin.

“The housing co-op needs a 12-person dowsing group,” said Bilbo.

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“To dowse assignments?” asked Thorin.

“A 12-person dowsing group could dowse a lot of topics,” said Bilbo.

“All together, how many private rooms can be made available through the work you’ve described?” asked Thorin.

“Eighteen,” said Bilbo.

“Eighteen people can have private rooms right away?” asked Thorin.

“No,” said Bilbo. “They will need to first demonstrate their level of interest for six weeks before being finally approved.”

“Dowsing and asking if they’re the right candidate for the job would probably be a good idea,” said Thorin.

“You’re right,” said Bilbo.

“Will everyone want their own room?” asked Thorin.

“Some people like sharing a room,” said Bilbo.

“Can task assignments be created in word processed PDF file until the magnetic white boards arrive?” asked Thorin.

“Yes,” said Bilbo.

“I’d use an OpenOffice text document and create a 7 column table with 6 rows,” said Thorin.

“For days of the week and weeks of a month?” asked Bilbo.

“Yes,” said Thorin. “Do you have a list of tasks?”

“The list I’ve developed is for startup,” said Bilbo.

“What are the tasks?” asked Thorin.

“Here’s my list,” said Bilbo showing Thorin his note page:

- Post 2-week task assignments
- Local Shop
- Meal Setup and Cleanup
“What do the various co-ordinators do?” asked Thorin.

“They keep an eye on the supply level and trouble-shoot,” said Bilbo.

“Will they need to douse?” asked Thorin.

“Yes,” said Bilbo.

“Can you give me an example of a question they will need to douse?” asked Thorin.

“When they check on a supply level, they can ask, ‘Do we need to purchase?’” said Bilbo.

“Will they need to name an item?” asked Thorin.

“They don't need an exact name. They can point at an existing item,” said Bilbo.

“What does the person or group in waste management do?” asked Thorin.

“Waste management is a huge subject,” said Bilbo. “At present, there are three types of garbage disposal methods in use: landfill, incineration and recycling. A fourth category that is underutilized
is called biological processing that includes composting. We should be composting food waste and PLA plastic, but we’re nowhere near where we should be. Only 3% of the food waste on the planet is composted.”

“How can members of the group learn about biological composting?” asked Thorin.

“IFAT is the world’s largest tradeshow on water, sewage and waste management,” said Bilbo “The Web site is www.ifat.de and the organization will exist up to Realm 20. We should be networking with Europeans because they’re ahead of us. The 2018 show is in Munich from May 14th to May 18th.”

“Are there examples of hotels that are advanced in waste management?” asked Thorin.

“Kimpton Hotel and Restaurant Group has had environmental initiatives since 2004,” said Bilbo. “They are part of the InterContinental Hotels Group that is based in the UK.”

“Is there a Kimpton hotel near Madison?” asked Thorin.

“The Journeyman, in Milwaukee's Third Ward neighborhood, is a Kimpton Hotel,” said Bilbo. “A group from the Madison Marriott West should go there. The Third Ward is a historic district that is very interesting. Milwaukee's Public Market is there as well as the Milwaukee Institute of Art and Design, or MIAD. Interestingly, the Bellagio Hotel in Las Vegas has been using compost tea for more than 20 years and they are in the desert.”

“Are you saying a group should also visit the Bellagio Hotel?” asked Thorin.

“They should visit everyone they can who is advanced, go to conferences, organize a Housing Co-Op Association and hold a conference.” said Bilbo. “They will need to search for best practices and not re-invent what others may already be doing. There may be a need to hire some of the experts as consultants. This question can be dowsed. Locally, nearby in Middleton, there is
an advanced nursery called The Bruce Company\textsuperscript{1} and an organic compost company called Purple Cow Organics?\textsuperscript{2}.”

“Should they go to Munich? ” asked Thorin.

“Yes,” said Bilbo. “They should also ask the staff at the Bellagio and The Journeyman if they attend IFAT. It would be helpful to travel together.”

“Didn't you tell me there would be no commercial airline industry below Realm 8? ” asked Thorin.

“Yes,” said Bilbo.

“How would they travel to Munich? ” asked Thorin.

“They would need to charter a private plane,” said Bilbo. “They should invite North Carolina State University's Vermiculture scientists\textsuperscript{3} that have been holding conferences for almost 20 years. NCSU will not be able to hold their own conferences due to the missing airline industry. However, the potential for networking is enormous if they traveled to IFAT together. There would be Earth Recovery Grant funding available to cover costs.”

“What you have just describes is the larger context,” said Thorin. “What would the waste management group do day-to-day?”

“They would need plan and implement garbage collection and recycling at the hotel by first talking to hotel staff and then talking to the local waste management department in Middleton,” said Bilbo.

\textsuperscript{1} The Bruce Company, 2830 Parmenter Street, Middleton, WI, 608.836.7041

\textsuperscript{2} Purple Cow Organics, LLC, 3213 Laura Lane, Middleton, WI, (608) 831-0349

Bilbo and Thorin are discussing how each housing co-op needs to set up what is called “central processing,” an area for keeping track of purchases, both local and online.

“I see there is a need for a central processing area because purchasing can become confusing,” said Thorin. “Where would a housing co-op set up central processing and would there be a need for any extra furniture?”

“Shelves will be needed for temporary storage of boxes and packages,” said Bilbo. “The shelves can be set up in the meeting room. There may be a need for an extra hotel room and sturdy shelves will probably need tools for assembly.”

“What exactly takes place?” asked Thorin.

1 (Officesupplyinc.com) Hirsh Riveted Shelf Unit Part Number: HID17126, 36" x 16" x 60", $98.67 ea.

2 (Globalindustrial.com) Hirsh Industries® 30"W x 16"D x 60"H, Riveted Steel Boltless Shelving Unit, 4-Shelf, $61.95 ea.

3 For line item descriptions of tools and a tool bag, see p. 13 in: http://housing.x10host.com/realm_one_housing_co_op_startup_01_28_18.pdf
“Record keeping can be accomplished on a notebook computer with a spreadsheet such as the spreadsheet in OpenOffice,” said Bilbo. “Local purchases can be fairly easy to track. It's online orders that need a lot of attention.”

“Who is the best person to set up the spreadsheet?” asked Thorin.

“Everyone in the housing co-op should douse and ask if they are the best person to set up and maintain the spreadsheet to track orders,” said Bilbo.

“What gets entered in the spreadsheet?” asked Thorin.

“They should make columns for the date, item description, quantity, total and an additional column for handling requirements such as assembly required,” said Bilbo. “Next, they should enter item descriptions with the name of the retailer in parentheses and the description they use on their Web site.”

“They should always make a backup,” said Thorin.

“Adding the word backup to the filename with the ‘Save As’ command would accomplish that,” said Bilbo. “I also add the date to the filename.”

“What else needs to be set up?” asked Thorin.

“If two or more housing co-ops order products at the same time, the volume of boxes will be confusing and an index can be set up that will help housing co-op members find items,” said Bilbo.

“How can they set up an index?” asked Thorin.

“Prior to delivery of any packages, they can make a state name index for boxes by creating labels in an OpenOffice text document,” said Bilbo.

“Why state names?” asked Thorin.

“The names are well-known and there are 50,” said Bilbo. “state.1keydata.com has an alphabetical list that can be copied.”
“How would you create labels?” asked Thorin.

“I would paste the names into an OpenOffice text document and apply 40 point type,” said Bilbo. “The names can be printed¹ and cut up with a scissors, or an Xacto knife, metal ruler and self-healing cutting board. If there is a need for more than 50 labels, they can start over and add an underscore character with the number 2, or 3, or 4, as many as needed.”

“What about the index?” asked Thorin.

“They need to create a second document with a list of the state names in 12 point type,” said Bilbo. “This file will also need a backup. A packages arrive, the OpenOffice text document with 12 point state names can be opened and a state name assigned by typing a short description of the contents next to the name. The state label name can be taped to the outside of the box and name of this state will need to be handwritten on a photocopy of the packing slip.

“It sounds like there will be a need to purchase a small photocopier¹,” said Thorin.

“It would be a good idea,” said Bilbo. “As packages arrive, they need to carefully open the box and look for a packing slip. Packing slips should be photocopies and inserted in an Avery plastic sheet protector sleeve in a 3-ring binder in alphabetical order BY STATE. The state label assignment can be accomplished before the Avery plastic sheet is filed in the 3-ring binder.”

“Can you walk me through the steps to find something?” asked Thorin.

¹ (Walmart) Brother DCP-L2540DW Laser Multi-Function Printer/Copier/Scanner
“To find an item, they can open the OpenOffice text document of state names with 12 point type and use the FIND command to determine the state name,” said Bilbo.

“What happens when the contents are distributed and the box with the state name is no longer needed?” asked Thorin.

“The box can be discarded and the state name and contents removed from the OpenOffice list. If the group is displaying a printout in central processing, the list can be reprinted,” said Bilbo.