Hobbit Conversation on Ramping Up to a Housing Co-Op

by Mary Jo Fahey

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Notes
Bilbo and Thorin have started a discussion about how to ramp up to a housing co-op in a motel that has rooms with efficiencies.

“What exactly is an efficiency?” asked Thorin.

“It's a room that includes a small kitchen area with a dining table and chairs,” said Bilbo.

“Where is the efficiency motel?” asked Thorin.

“It's the Napoli Belmar Resort in Fort Lauderdale,” said Bilbo. “The address is 625 North Birch Road.”

“Is it near the beach?” asked Thorin.

“It's a few blocks from the beach,” said Bilbo. “It's also close to Hugh Taylor Birch State Park.$^1$”

“Do you have a group in mind?” asked Thorin.

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1 Hugh Taylor Birch State Park
3109 East Sunrise Boulevard
Fort Lauderdale, FL (1.1 mi from Napoli Belmar Resort)
“I've been working on a plan for a group of fifteen,” said Bilbo.
“How many rooms would they need?” asked Thorin.
“They need thirteen double occupancy efficiency rooms,” said Bilbo.
“Eight rooms for people?” asked Thorin.
“Yes,” said Bilbo. “Seven rooms would be shared and one room would be a single occupancy.”
“What do you have planned for the other rooms?” asked Thorin.
“Three efficiencies would be used to store food, one would be used to store supplies and one would be used to store clothing for the Grey Seniors and the group from Mars,” said Bilbo.
“What would you call the extra efficiencies?” asked Thorin.
“I have a list,” said Bilbo showing Thorin his notes.

- Supplies Efficiency Studio
- Clothing Studio
- Food Efficiency Studio #1
- Food Efficiency Studio #2
- Food Efficiency Studio #3

“Will clothing be ordered online and delivered to the Napoli Belmar Resort?” asked Thorin.
“I dowse a ‘Yes,’” said Bilbo. “I've developed a system for keeping track of deliveries.’
“What type of system?” asked Thorin.
“It's a system for labeling shipping boxes as they arrive and to understand what is inside,” said Bilbo.
“So you're saying it may be impossible to unpack boxes right away,” said Thorin.
“That's right,” said Bilbo.
“How does your system work?” asked Thorin.
“There's a need to create labels in a word processor before any packages arrive,” said Bilbo.

“On a laptop?” asked Thorin.

“Yes,” said Bilbo. “OpenOffice is free software than can be used.”

“What type of labels?” asked Thorin.

“Labels that contain state names,” said Bilbo.

“Why state names?” asked Thorin.

“They're easy to identify and there are 50,” said Bilbo.

“What if there are more than 50 boxes?” asked Thorin.

“In that case, the list of states could be created again using an underscore at the end of the state name,” said Bilbo.

“How big should the labels be?” asked Thorin.

“I like 40 point type with enough space to cut above and below the state name,” said Bilbo.

“Do you use a scissors?” asked Thorin.

“I like to use an Xacto knife, a metal ruler and a self-healing cutting board,” said Bilbo. “The supplies can all be purchased at Walmart in the craft department. They'll also need packaging tape. I like Duck brand's EZ Start.”

“What's the next step?” asked Thorin.

“A second text document will be needed with a list of 50 states in regular point size which is 12 point,” said Bilbo.

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1 List of State Names
https://state.1keydata.com
Drag select the names of states and paste them into the text processor in OpenOffice.
“And then?” asked Thorin.

“As boxes arrive, they should be opened and the packing slip should be photocopied and the original returned inside the box,” said Bilbo. “A state name can be assigned and the label with the state name taped to the side of the box. A short description of the box contents can be typed next to the state name in the list of state named created in 12 point type.”

“What happens to the photocopies of the packing slips?” asked Thorin.

“I like to file them in Avery plastic sheet protectors in a 3-ring binder. They don't need to be punched and sometimes packing slips are different sizes. I also write the state name at the top,” said Bilbo.

“Do you make a backup of your file?” asked Thorin.

“Yes,” said Bilbo. “I add the word backup to the filename with the Save As command.”

“Do you ever realize you're accidentally working in the backup version?” asked Thorin.

“That can happen,” said Bilbo. “I just use the Save As command again and delete the word backup.”

“Now that you have your list of state names and contents, what happens?” asked Thorin.

“The boxes need to be stacked so the state names are visible,” said Bilbo. “To find an item, I use the FIND command in the text processor and the line of text with the state name is highlighted. The 3-ring binder is also a backup record.”

“What happens when you unpack a box and it's no longer needed?” asked Thorin.

“The box can be discarded and the state name and contents removed from the OpenOffice list. If the list was printed, a new copy can be printed.”
“It really doesn't matter how the boxes are arranged,” said Thorin.

“No,” said Bilbo. “As long as the state name is visible.”

“In the case of the Napoli Belmar Resort, could a box be stored in any of the extra studios?” asked Thorin.

“Yes,” said Bilbo.

“Is there self serve laundry on the premises?” asked Thorin.

“Yes,” said Bilbo. “There's also a coin operated laundry nearby.”

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1 Samy Coin Laundry
3104 NE 9th St # 1 (.6 mi from Napoli Belmar Resort)
(954) 561-0640
Bilbo and Thorin have started a discussion about trash management in motels and hotels. Bilbo has just told Thorin that only 40% of companies in the hospitality business recycle. He also mentioned that municipal trash collection and private trash collection will not be available above Realm 4.

“This is a BIG issue,” said Thorin. “Food preparation and meals in the food efficiencies will generate a lot of garbage.”

“Recycling and composting would reduce the amount of trash to about 20 percent,” said Bilbo. “According to a recent article in The New York Times, by removing paper, plastic and other recyclables from trash, hotels and motels can trim their trash removal bill by 50%. Composting paper towels that contain environmentally friendly soap or white vinegar would trim the bill another 30%.”

“Are you talking about Pears soap?” asked Thorin.

1 “Getting the Guests to Sort,” Susan Stellin, October 5, 2009
“Yes,” said Bilbo. “Others include Method and Planet Ultra. The Environmental Working Group gives letter grades to soaps. They made a mistake giving a high grade to Dr. Bronner's soaps because they’re too alkaline, but many of their grades are correct. I dowse 60%.”

“What is too alkaline?” asked Thorin.


“Emanual Bronner founded that company in 1948,” said Thorin.

“Many people have not considered that an alkaline soap would neutralize the body's acid mantle,” said Bilbo. “Acids and bases cancel each other out. When you mix an acid and a base, you get salt and water.”

“What is the acid mantle?” asked Thorin.

“It's a slightly acidic film on the surface of skin that acts as a barrier to bacteria, viruses and pathogenic organisms that might penetrate the skin,” said Bilbo. “An acid pH is also needed to activate enzymes responsible for creating fat or lipid molecules in the skin as well as a lipid membrane that forms around skin cells. When skin is damaged, an acid pH is also needed for repair.”

“Are you saying that the Tork Xpress interfolded towels\textsuperscript{2,3} you planned for the food efficiencies are compostable?” asked Thorin.

“Yes,” said Bilbo. “Composting would be particularly important for Realms above 4.”

\textsuperscript{1} “EWG's Guide to Healthy Cleaning,” https://www.ewg.org/guides/cleaners#.WuCUSneZP-Y

\textsuperscript{2} (uline.com) Tork\textsuperscript{®} Xpress\textsuperscript{®} Tabletop Towel Dispenser - White (for shared dining, outdoor sinks & SIG apartments), $16 each.

\textsuperscript{3} (uline.com) Tork\textsuperscript{®} Xpress\textsuperscript{®} Deluxe Interfolded Towels, 6 cases, $67 each.
“Where is trash taken in Fort Lauderdale?” asked Thorin.

“To a large incinerator on Route 441 north of Griffin Road,” said Bilbo.

“Will that incinerator operate in realms above Realm 4?” asked Thorin.

“No,” said Bilbo.

“Will there be a recycling facility?” asked Thorin.

“Yes,” said Bilbo.

“Fort Lauderdale collects yard waste and they compost seaweed at Snyder Park. Will any yard waste be collected and will there be seaweed collection or composting?” asked Thorin.

“In Realms 1 and 4,” said Bilbo.

“If everyone reduces their trash to 20%, what will they do with it?” asked Thorin.

“They will need to get together and form a Zero Waste initiative,” said Bilbo.

“What is a Zero Waste Initiative?” asked Thorin.

“It's keeping trash out of landfills and incinerators,” said Bilbo.

“What are the alternatives?” asked Thorin.

“Recycling and composting,” said Bilbo. “The ideal would be more composting because packaging should be made of plant resin or paper that can be composted.”

“I don't think there is a lot of recycling in Florida,” said Thorin.

“Florida municipalities have started recycling collection fairly recently,” said Bilbo. “As a result, a lot of recyclables get thrown in the trash.”

“The challenge for a hotel must involve housekeeping,” said Thorin. “It involves a lot more work and they're already pressed for time.”
“Housing co-ops won't have maid service,” said Bilbo. “Residents will need to learn what items go into recycling, compost and trash.”

“The approved hotels and motels probably don't have composting. Do they have recycling?” asked Thorin.

“They don't have either,” said Bilbo. “In all the realms, there is a need for waste management company recycling pickup and a compost bin purchase.”

“What should the other realms do with their trash in the short term?” asked Thorin.

“There's a waste management company called Clean Harbors1 that dowses a ‘Yes,’” said Bilbo. “They offer a range of disposal options including incineration, wastewater treatment, landfill, recycling and specialty disposal.”

“What composter did you find?” asked Thorin.

“The Yimby Tumbler Composter2 dowses a ‘Yes,’” said Bilbo. “Each housing co-op group of 20 people will need 4. Yimby makes a single chamber and a dual chamber composter. The single chamber has a larger capacity.

“Do they come assembled?” asked Thorin.

“No,” said Bilbo. “The Yimby Tumbler Composter needs to be assembled. There are YouTube videos that provide instruction.3,4”

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1 Clean Harbors Environmental Services, Inc.  
1400 NW 13th Ave., Pompano Beach, FL 33069  
Phone 754-222-5102

2 (Amazon) Compost Tumbler, 7 cubic foot capacity, $125.05

3 “Yimby Single Chamber Tumbling Composter Set-up & Use,” April 28, 2012  
https://www.youtube.com/watch?v=skORvwIVbEU

4 “Yimby Tumbling Composter Assembly & Review,” by Nishan A,  
February 16, 2017  
https://www.youtube.com/watch?v=_l0Wa9Dltqs
“Are there any instructional videos that explain how to compost?” asked Thorin.

“There's a YouTube video titled, “How to Make Good Quality Compost Using a Tumbler”,” said Bilbo. “It's made by a blogger named Eduardo Silva. The film features the Yimby dual chamber composter. The number of chambers does not matter. Eduardo's tips on composting are excellent. He does mention the addition of fresh, finished compost used as a compost starter. That will need to be purchased. He also groups tea bags in with brown waste. They're brown waste. Wet tea bags and coffee grounds are both green waste due to the nitrogen content.”

“What is a starter?” asked Thorin.

“It's similar to starters used in fermentation. A starter assists with the beginning of the process,” said Bilbo. “It contains beneficial bacteria and beneficial fungi.”

“Where will the tumblers be stored?” asked Thorin.

“Each co-op group will need to have a conversation with the motel or hotel about placement,” said Bilbo. “Hotels and motels will also need to purchase at least two wood chipper/shredders. The number will need to be dowsed.”

“What are the wood chipper/shredders for?” asked Thorin.

“Yard waste,” said Bilbo. “Co-op residents will need to dispose of fallen palm branches and leaves. They will need to dowsed whether to use the material as mulch or place the material in the composters.”

“Do you think Clean Harbors would pick up yard waste?” asked Thorin.

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1 “How to Make Good Quality Compost Using a Tumbler,” by Eduardo Silva, August 20, 2017
https://www.youtube.com/watch?v=OOZpnwUIA7k
“Possibly,” said Bilbo.

“Do you think Clean Harbors would collect and compost seaweed?” asked Thorin.

“Possibly,” said Bilbo.

“Will there be landscaping services above Realm 4?” asked Thorin.

“No,” said Bilbo.

“Will there be any freelancers available for waste management services or landscaping?” asked Thorin.

“Military personnel,” said Bilbo.

“Are there any military bases near Fort Lauderdale?” asked Thorin.

“There’s a U.S. Coast Guard unit in Pompano Beach, a U.S. Navy Surface Warfare unit in Hollywood,” said Bilbo.

“Did you find a wood chipper/shredder?” asked Thorin.

“There are three manufacturers that make electric models,” said Bilbo. “The others run on gasoline.”

“What companies make electric versions?” asked Thorin.

“There is an ECO Shredder made by Duromax¹,” said Bilbo. “Also Sun Joe Wood Chippers and Log Splitters² and an electric chipper/shredder³ from PowerSmart USA.”

¹ Duromax Landscaping Products
   https://www.duromaxpower.com/products/landscape/

² Sun Joe Wood Chippers and Log Splitters
   https://www.snowjoe.com/collections/chippers-log-splitters

³ PS10 Corded Electric Chipper/Shredder
   https://powersmartusa.com/products/ps10-corded-electric-chipper-shredder
“Where would the chipper/shredders be stored?” asked Thorin.

“Housing co-op groups would need to have a conversation with the hotel staff,” said Bilbo. “They'll all realize the benefit when the palm branches pile up.”

“Do you have a plan for trash collection indoors?” asked Thorin.

“Trash, recycling and material to be composted will need to be collected separately with plastic drawstring trash bags used only for trash,” said Bilbo.

“Did you find alternatives for collecting recyclables and material to be composted?” asked Thorin.

“Rubbermaid makes a bright blue 50 gallon container for collecting recyclables,” said Bilbo.

“What about the collection of paper towels that contain environmentally friendly soap or white vinegar that can be composted?” asked Thorin.

“A 30 gallon paper trash bag will be needed for the food efficiency studios,” said Bilbo. Target sells Up & Up brand bags for about .50 cents each.”

“How big are they?” asked Thorin.

“They are 35 inches tall, 16 inches wide with a 12 inch gusset,” said Bilbo.

“Won't it need a trash can?” asked Thorin.

“I could not find a trash can, support stand or holder for that size,”

1 (Amazon) Rubbermaid Commercial BRUTE Heavy-Duty Rollout Waste/Utility Container, 50-gallon with Recycling Logo, Blue, $64.97
said Bilbo. “Globalindustrial.com sells a Universal Trim-to-Fit Plenum used for air conditioning ductwork that's 35 inches tall, 19.75 inches wide and 18.75 deep.”

“That stuff is made of galvanized steel,” said Thorin. “You could drop the trash bag inside.”

“It would have an industrial look, but it would hold up the bag,” said Bilbo.

“Won't you need a smaller version for the bathrooms?” asked Thorin.

“Yes,” said Bilbo. “Bathrooms are definitely a location for collecting for paper towels that contain environmentally friendly soap.”

“What did you find?” asked Thorin.

“I started with the bag,” said Bilbo. “I found a company called qualitylogoproducts.com that sells a Kraft Paper Shopping Bag in Natural Brown for .01. They provide a printing service, but the also sell the plain bags.”

“What size is that bag?” asked Thorin.

“That bag is 15 inches wide, by 14 inches tall with a 10 inch gusset,” said Bilbo.

“Do the bags have handles?” asked Thorin.

“Yes, but I did not think they would be in the way,” said Bilbo.

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1 (Globalindustrial.com) Hamilton Home Products Universal Trim-to-Fit Plenum WKDP20, $97.95 (available at Lowes for $125).

2 (qualitylogoproducts.com) Kraft Paper Brown Shopping Bag - Paper - Natural Brown - 15H x 14W with a 10 inch gusset, .01 each
“A tin snips could be used to cut a plenum into two supports that are each 13, 14 or 15 inches high,” asked Thorin.

“I thought so too,” said Bilbo.

“Did you find a tin snips?” asked Thorin.

“I found a 9 iuch Wiss Straight Multi-Purpose Snips1 at Ace Hardware,” said Bilbo.

“Will they need anything else?” asked Thorin.

“When they're no longer ramping and start to cook eggs, the egg shells can be dried, and ground in a blender,” said Bilbo. “They are high in calcium, so the ground powder would be a good addition for the compost. I dry and grind my eggshells when I make scrambled eggs.”

“How exactly do you dry and grind them?” asked Thorin.

“First, I rinse off the eggshells to remove any egg white. Egg white can dry like glue if you don't remove it,” said Bilbo. “I cut an HDPE water jug in half horizontally and place the eggshell halves facing down to dry.”

“What blender do you use?” asked Thorin.

“Mainstays 6-speed blender from Walmart2,” said Bilbo.

“Have you ever collected seaweed from the beach?” asked Thorin.

“I've collected Sargassum seaweed from the public beach at Lauderdale-by-the-Sea,” said Bilbo.

“Sargassum?” asked Thorin.

“It's a dark brown seaweed that Portuguese sailors named after the Sargasso Sea,” said Bilbo. “The species I found have

1  (Ace Hardware) Wiss® Straight Multi-Purpose Snips, $14.99
2  (walmart.com) Mainstays 6-speed blender, $14.92
berrylike gas-filled bladders that help keep the seaweed afloat to promote photosynthesis.”

“Where is the Sargasso Sea?” asked Thorin.

“It's in the Atlantic bounded by four different currents that move clockwise and form an ocean gyre called the North Atlantic Gyre,” said Bilbo.

“What are the names of the currents?” asked Thorin.

“There is the Gulf Stream on the west of the Sargasso Sea, the North Atlantic current is north, the Canary Current is east and the North Atlantic Equatorial Current is south,” said Bilbo.

“Aren't the gyres the locations where plastic is accumulating?” asked Thorin.

“Yes, unfortunately,” said Bilbo.

“There must be a plastic accumulation in the North Atlantic Gyre,” said Thorin.

“It's called the North Atlantic Garbage Patch and it was first described in 1972,” said Bilbo. Edward J. Carpenter and Kenneth L. Smith Jr. wrote a paper called “Plastics on the Sargasso sea surface” while working a the Woods Hole Oceanographic Institution in Woods Hole, Massachusetts. Their paper is in the PubMed database.

“Compost made from seaweed must be nutrient rich,” said Thorin.

“In his book about sea salt¹, Dr. Jacques De Langre identified 88 minerals,” said Bilbo.

“Who is Jacques De Langre?” asked Thorin.

“He was a Belgian-American food scientist who created the natural sea salt industry in America and the Celtic Sea Salt

¹ Sealsalts Hidden Powers by Jacques De Langre, December 1987
https://www.youtube.com/watch?v=OOZpnwUIA7k
brand,” said Bilbo. “He formed the Grain and Salt Society that is now called Selina Naturally. Selina is Jacque's daughter.”

“If sea salt contains 88 minerals, then isn't it important for the salt to stay on the seaweed when it is composted?” asked Thorin.

“Yes,” said Bilbo. “Some gardeners wash seaweed, but that is unnecessary.”

“Why would they wash seaweed?” asked Thorin.

“They're concerned that salt will make their soil too alkaline,” said Bilbo. “Salt is alkaline, but I dowsed a ‘No’ when I asked whether seaweed should be washed.”

“Does it need to be chopped?” asked Thorin.

“I dowse a ‘No’” said Bilbo.

“Wouldn't the compost from the paper towels and seaweed need to be mixed?” asked Thorin.

“Paper towels and seaweed can be composted together,” said Bilbo.

“Once the compost is finished, what should they do with it?” asked Thorin.

“According to my dowsed questions, they're supposed to put it in the tall paper lawn and leaf bags\textsuperscript{1,2} that can be stapled with a heavy stapler\textsuperscript{3,4},” said Bilbo. “I also found a plastic scoop\textsuperscript{5}. I've also dowsed that they need to apply a large white label, sell the bags for $5 each and teach others how to compost. Composting, selling the compost and teaching others how to compost are conditions for remaining in Realm 4.”

\begin{itemize}
\item[(1)] (target.com) Lawn & Leaf Paper Trash Bags - 30 Gallon - 12ct - up & up, $5.79
\item[(2)] (walmart.com) TOUGH GUY 4JMZ4 Paper Outdoor Trash Bag, PK 5, $6.37
\item[(3)] (walmart.com) Rapid Classic K1 Plier Stapler, 50-Sheet Capacity, Chrome, $16.59
\item[(4)] (walmart.com) Rapid Staples for S50, SuperFlatClinch High Capacity Stapler, $4.44
\item[(5)] (walmart.com) Manna Pro All Purpose 3 qt. Feed Scoop, $3.58 \textbf{Note:} Test measure 2 quarts of compost to create a "fill line" and transfer 2 quarts at a time
\end{itemize}
“Where will they find large white labels?” asked Thorin.

“They're called crack and peel labels,” said Bilbo. “Amazon sells a box of full Sheet 8.5” x 11” weatherproof white labels\(^1\) that can be loaded in a laser printer. The non-weatherproof type\(^2\) are also ok.”

“What software do you think they should use?” asked Thorin.

“They could experiment with regular paper using the text processor in OpenOffice to start,” said Bilbo. “If they want a more professional looking label, they will need to search for a graphic designer. That could be a laser printer solution they could produce themselves, or purchase from FedEx Office.”

“Does offset printing still exist?” asked Thorin.

“The offset printing industry is facing extreme competition from companies that use digital printers,” said Bilbo. “Projects like this involve experimentation and it does not make sense to order more than 40 or 50. An offset press would consider the job too small. Their smallest projects are called shortrun and the quantity is usually several hundred. Paper is also disappearing as a medium. We need it because it's compostable.”

“Is this a project for a group of 20 people in a housing co-op?” asked Thorin.

“Yes,” said Bilbo.

“Once they're happy with their labeled bags of compost, then what?” asked Thorin.

“They need to rent a retail store, a corner of some other company's store, or get a retailer to sell the compost for them,” said Bilbo.

\(^1\) (amazon) 100 Label Outfitters Full Sheet 8.5” x 11” White Laser Vinyl Weatherproof Permanent Labels - HORIZONTAL LINER SLITS – 100 Sheets, $39.97

\(^2\) (staples) Staples® White Inkjet/Laser Full Sheet Shipping Labels, 8-1/2” X 11, 100/Box, $27.99
“What about the teaching that they're supposed to do?” asked Thorin.

“In Realm 4, they could contact Fred Walters about teaching a workshop or seminar at the next Acres USA conference,” said Bilbo. “The Midwest Renewable Energy Association Fair is also excellent. MREA has had such success with their fair, they added a second event. There are also green expos.”

“Have you ever noticed a green expo in South Florida?” asked Thorin.

“Broward County ran a green expo in 2016 at Quiet Waters Park,” said Bilbo. “There was also a green expo at the Broward County Convention Center run by Green Festivals, Inc., but the company went out of business.”

“South Florida does not have continuing education,” said Thorin. “We need a company like New York's Learning Annex or Chicago's Discovery Center.”

“A special interest group, or SIG that meets once-a-month is a possibility,” said Bilbo. “Consistent monthly meetings are easy for people to work into their schedule. For example, a meeting on the first Tuesday, or the second Wednesday of the month is easy to remember.”

“If they formed a SIG, where could they meet?” asked Thorin.

“The Whole Foods in Pompano Beach has a community room that seats 12 and there is no fee,” said Bilbo. “Broward County's Fern Forest Nature Center has a banquet room called Royal Fern Hall that seats 175, but there is a rental fee.”

“How much is it?” asked Thorin.

“It's $50 an hour with no minimum,” said Bilbo. “The room is usually booked on weekends for weddings, but it's easy to book on a weekday.”

“Promoting an event in South Florida is a challenge because retailers do not have bulletin boards,” said Thorin.
“Libraries allow placement of a stack of flyers with permission,” said Bilbo. “They could also use Meetup.com to announce their group. It costs about $70 for six months. As the group grows, they should form a Yahoo group for e-mail announcements and possibly build a Weebly Web site.”

“They'll discover that work on a monthly project is fun,” said Thorin.

“As the group grows they could invite guest speakers who know about biological processing,” said Bilbo. “Composting is related to fermentation and vermiculture.”

“Who could they invite?” asked Thorin.

“Authors who have written books,” said Bilbo.

“You mentioned vermiculture before,” said Thorin. “You're talking about worm farming.”

“They speed up composting,” said Bilbo. “In Realm 4, I would recommend a field trip to North Carolina State University's annual vermiculture conference. It's been held for 18 years. Rhonda Sherman, of NCSU’s Biological & Agricultural Engineering Department is the conference organizer.”

“They must know a lot about composting,” said Thorin.

“The conference attracts people from around the world and it is an excellent opportunity to network,” said Bilbo. “Another field trip could be organized to go to the Bellagio Hotel in Las Vegas to speak to the horticultural department. They have been making and using compost tea for 15 years.”

“Compost tea?” asked Thorin.

“It's a brew that contains beneficial bacteria,” said Bilbo. “I've seen recipes made with blackstrap molasses. Molasses contains sugar and it stimulates the growth of bacteria. Glen Rabenberg, who founded Soil Works in Yankton, South Dakota, tells farmers to put sugar on their soil just before winter. The snow forms a
blanket, the bacteria grow and they're ready in the spring.”

“Is Glen a consultant?” asked Thorin.

“His company sells GSR Calcium, a water soluble product that is easy to apply,” said Bilbo.

“You've mentioned that calcium is transmutable, but I'm not sure I understand what you mean,” said Thorin.

“Transmutation means one element is converted into another,” said Bilbo. “Alchemy, which pre-dated chemistry, supposedly included transmutation.”

“How old is alchemy?” asked Thorin.

“Some scholars say it traces to Mesopotamia,” said Bilbo.

“I remember that Hermes Trismegistus\(^1\), or thrice-greatest Hermes refers to Thoth's skills in Alchemy, Astrology and Theurgy,” said Thorin.

“I've dowsed and asked whether Thoth knew how to transmute elements,” said Bilbo. “The response was ‘Yes.’”

“There are clues that ancient Egypt and Mesopotamia are a lot older than the historical record,” said Thorin. “And more advanced.”

“Modern scientists have achieved transmutation in nuclear reactions,” said Bilbo.

“What about in Nature?” asked Thorin.

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1 Soil Works, LLC
https://soilworkslcc.com

In 2015, this site said the company is a partnership between Amazon and Google. At that time, they had a list of 10,000 books and they were giving away free eBooks about Hermes, Bacon and St. Germain. Today, there are eleven titles that link Francis Bacon and Shakespeare. The site's list has grown to over one million books
“A French scientist named Corentin Louis Kervran theorized that the amount of calcium in a hen's eggshell can only be due to transmutation because a chicken does not eat that much calcium,” said Bilbo. “Kervran wrote a book called Biological Transmutation1.”

“It sounds like there is a back and forth process,” said Thorin. “Calcium converted into other elements and other elements into calcium.”

“Peter K. Hepler, a PhD who is known for his work on the role of calcium in plant cell biology, says calcium's role is elusive2,” said Bilbo.

“Bone meal was used as an organic fertilizer for plants in the nineteenth century,” said Thorin.

“Bone meal is mentioned as plant fertilizer in an episode of Father Knows Best titled ‘Margaret Hires a Gardener,’” said Bilbo. “Compost tea is also mentioned. The show aired in 1957.”

“Why did gardeners stop using bone meal?” asked Thorin.

“It became unpopular due to the Mad Cow Disease, or Bovine Spongiform Encephalopathy scare in the 1980s and 90s,” said Bilbo. “Organic certification bodies in Europe and Canada banned the use of bone meal due to the risk of BSE. BSE is linked to prion proteins that are genetically engineered. I've added prion proteins to my list of genetically engineered life forms.

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1 Biological Transmutation by Corentin Louis Kervran, First Edition, 1972


Mad Cow Disease is related to Creutzfeldt–Jakob Disease, or CJD, an incurable and universally fatal neurodegenerative disease.”

“Do you think the two forms of the disease were deliberately engineered?” asked Thorin.

“I dowse a ‘Yes,’” said Bilbo. “I found a scientific paper in the PubMed database\(^1\) that describes a cluster of CJD on Long Island that is six times the national rate.”

“Isn't compost tea used to stimulate the growth of beneficial soil bacteria?” asked Thorin.

“Yes,” said Bilbo. “The horticultural department at the Bellagio Hotel\(^2\) in Las Vegas has been using compost tea for more than twenty years. It's mentioned on their Web site. Compost tea is made with blackstrap molasses and seaweed\(^3\). Farmers of the Midwest also spread sugar on their soil before snowfall. The snow creates a blanket and the sugar provides food for the bacteria through the winter in preparation for spring.”

“Sugarcane must be natural,” said Thorin.

“I dowse 50 percent natural,” said Bilbo. “Ninety percent of fruits have been genetically engineered and I suspected they were created to feed harmful parasites. I dowsed a ‘Yes.’”

“In the fairy tale Show White, the Queen gives Snow White a poison apple,” said Thorin.

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“Many fairy tales have gruesome origins,” said Bilbo. “Disney produced many of the fairy tales. He was a 33rd degree Mason, but I dowsed that he was manipulated. Pamela Lyndon Travers, who wrote Mary Poppins, was not happy with the Disney version of her book. She didn't think it was dark enough.”

“Can we conclude that apples were genetically engineered?” asked Thorin.

“I dowse a ‘Yes,’” said Bilbo. “Along with all the other unnatural varieties.”

“So ten percent of fruits are ok to eat,” said Thorin.

“Carbohydrates provide fuel, but they are not essential to life,” said Bilbo. “Fruit and vegetables are also alkaline forming and parasites thrive in alkalinity1.”

“What exactly do you mean by alkaline forming?” asked Thorin.

“I think I need to explain pH,” said Bilbo.

“Yes,” said Thorin.

“pH stands for potential hydrogen,” said Bilbo. “Svante August Arrhenius2 is considered to be one of the founders of physical chemistry. In the late nineteenth century, he said, ‘An acid is a substance that increases the concentration of hydrogen ions that have a positive electrical charge. In physics a positive charge is considered to be north pole energy. When hydrogen ions are dissolved in water, they’re called hydronium ions.’ He also said ‘bases are substances that increase the concentration of hydroxide ions that have a negative charge’”

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“So a negative charge in chemistry must be equivalent to south pole energy in physics,” said Thorin.

“That is correct,” said Bilbo.

“What happens when you mix an acid and a base?” asked Thorin.

“You get salt and water,” said Bilbo.

“You were going to explain alkaline forming,” said Thorin.

“Japanese author George Ohsawa introduced the concept of acid and alkaline forming foods to the West in the mid twentieth century and they were recorded by his student Herman Aihara who wrote a book called Acid and Alkaline published in 1980,” said Bilbo. “I can make a list of a few acid and alkaline forming foods.”

“That would help,” said Thorin.

“The concept is related to minerals that foods leave behind when they are metabolized,” said Bilbo. “It does not matter if the food itself is acid or alkaline. It's the minerals that are left behind that count.”

“Ok, let's see your list,” said Thorin.

“I'll make two columns. The first column will be acid forming and the second column will be alkaline forming,” said Bilbo. “I'll begin with the minerals that are left behind and write the acids and bases they form underneath in parentheses followed by a list of foods in each of the columns and whether they are weak, medium or strong.”

“Are acid forming foods more important than alkaline forming foods?” asked Thorin.

“Acid forming foods provide energy because hydrogen ions are needed for all the chemical reactions that occur in the metabolic pathways,” said Bilbo. “People who eat alkaline forming foods won't have enough hydrogen ions and they will probably feel tired. Incidentally, saturated fat means saturated with hydrogen.”
“I remember you said fat provides energy,” said Thorin.

“Here's the list,” said Bilbo and he began writing in his notebook:

<table>
<thead>
<tr>
<th>Acid Forming Foods</th>
<th>Alkaline Forming Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minerals Left Behind</td>
<td>Minerals Left Behind</td>
</tr>
<tr>
<td>Chloride (hydrochloric acid)</td>
<td>Magnesium (magnesium hydroxide)</td>
</tr>
<tr>
<td>Phosphorus (phosphoric acid)</td>
<td>Calcium (calcium hydroxide)</td>
</tr>
<tr>
<td>Sulfur (sulfuric acid)</td>
<td>Potassium (potassium hydroxide)</td>
</tr>
<tr>
<td>Foods</td>
<td>Foods</td>
</tr>
<tr>
<td>Apple Cider Vinegar (strong)</td>
<td>Citrus Fruits (strong)</td>
</tr>
<tr>
<td>Peanut Butter (strong)</td>
<td>Green Vegetables (strong)</td>
</tr>
<tr>
<td>Chocolate (strong)</td>
<td>Seaweed (strong)</td>
</tr>
<tr>
<td>Meat (medium)</td>
<td>Green tea (strong)</td>
</tr>
<tr>
<td>Bread (medium)</td>
<td>Sea Salt (medium)</td>
</tr>
<tr>
<td>Eggs (medium)</td>
<td>Coffee (medium)</td>
</tr>
<tr>
<td>Black Tea (medium)</td>
<td>Wine (medium)</td>
</tr>
<tr>
<td>Milk and Cheese (medium)</td>
<td>Ginger (medium)</td>
</tr>
</tbody>
</table>

“The government as well as most diet and cookbook authors tell people to eat fruit and vegetables,” said Thorin.

“And Whole Foods is promoting veganism,” said Bilbo. “Some vegetarians eat eggs. Vegans eliminate eggs. When I dowse the question, ‘Is this a modern blunder?’ a ‘No’ is returned.”
“How many people understand this?” asked Thorin.

“I dowse one percent,” said Bilbo.

“If Herman Aihara's book was published in 1980, this situation must be the result of technological control over artificial genetics,” said Thorin.

“The Weston A. Price Foundation promotes the correct diet,” said Bilbo. “They also de-emphasize vegetables. The foundation's Web site has been hacked several times.”

“You said parasites thrive in alkalinity,” said Thorin.

“A handful of scientists understand that an alkalinity in diet, or soil will lead to a parasite problem,” said Bilbo. “Hulda Clark was a biophysicist. She describes parasite problems in tissues of the body that become south polarized. She died mysteriously in 2009.”

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Notes
Bilbo and Thorin have are continuing their conversation about ramping up to a housing co-op and the subject of meeting rooms has come up.

“Does the Napoli Belmar Resort have meeting rooms?” asked Thorin.

“No,” said Bilbo. “There is an outdoor barbeque area.”

“Won't there be a need for meeting rooms?” asked Thorin.

“Yes,” said Bilbo. “There will also be a need to book twenty rooms at the Hampton Inn in Pompano Beach.”

“Does the Hampton Inn have any efficiencies?” asked Thorin.

“They advertise efficiencies but the refrigerators are mini size,” said Bilbo.

“I think a mini refrigerator has a 1.7 cubic foot capacity,” said Thorin.

“That's for storing a few beverages, but not food,” said Bilbo.

“The Napoli Belmar Resort sounds easier for ramping up,” said Thorin.
“Each of the locations has benefits,” said Bilbo. “Ramping can only be relatively short term because cooked egg dishes provide the most efficient meals for reaching daily protein requirements.”

“Are you talking about the need for a dishwasher if the group starts to cook?” asked Thorin.

“That’s exactly right,” said Bilbo. “If efficiency studios could accommodate portable dishwashers for handling the cleanup from large groups, then they would work.”

“Do portable dishwashers hook up to a kitchen sink?” asked Thorin.

“Yes,” said Bilbo. “They need a classic kitchen faucet.”

“Would one dishwasher be enough for a large group?” asked Thorin.

“Two to four will be needed depending on the capacity,” said Bilbo.

“What exactly will the group be doing at the Hampton Inn?” asked Thorin.

“The meeting room will be used for activities,” said Bilbo.

“Can you give me an example?” asked Thorin.

“Computer laptop education,” said Bilbo.

“And what will their daily routine be like?” asked Thorin.

“Showers, laundry, breakfast, then Prayers,” said Bilbo.

“What breakfast food will be available?” asked Thorin.

“The group will need a Ricotta Toast tasting, an Organic Coffee tasting and an Other Dairy tasting to see what they like,” said Bilbo.

“Can they start the tastings the first morning at Napoli Belmar?” asked Thorin.
“They need to because there are no breakfast restaurants nearby,” said Bilbo. “There's one on Himmarshee called the O-B House, but it's not yet approved.”

“How far is it and what does O-B stand for?” asked Thorin.

“It's about 17 minutes by car and O-B stands for Old Fort Lauderdale Breakfast House,” said Bilbo.

“I hope they get approved,” said Thorin.

“I do too,” said Bilbo.

“Are you saying that the tastings will help the group figure out what to eat in the morning?” asked Thorin.

“Yes,” said Bilbo.

“So they'll have enough items to proceed with the tastings from the first food shop?” asked Thorin.

“Yes,” said Bilbo.

“And if the O-B House is approved they can go there?” asked Thorin.

“Yes, but after Prayers—probably as much as 4 times a week,” said Bilbo.

“What about lunch?” asked Thorin.

“Lunches also need tastings in case there is a need to stay in,” said Bilbo. “There's also CroissanTime and Stork's.”

“And dinner?” asked Thorin.

“Lunch and dinner tastings are similar,” said Bilbo. “Dinner needs to be planned around Prayers. CroissanTime closes at 6:30 p.m. and Stork's is open late.”

“If laundry takes some effort, can they wash clothes later in the day?” asked Thorin.

“Yes,” said Bilbo. “I've dowsed that it's ok to accumulate a couple days of clothes.”
“What about their activities?” asked Thorin.

“There are visits to Nature Centers and a farm in Davie, Florida,” said Bilbo.

“Is the farm a dairy farm?” asked Thorin.

“No,” said Bilbo. “They grow vegetables and raise cattle. The last dairy farm in Broward and Dade County closed in 2005.”

“What was the name of the farm?” asked Thorin.

“Waldrep Dairy,” said Bilbo. “The farm was established in 1928. Large sections of the land are now the campuses for Broward Community College and the University of Florida at Davie that has an extension service called the Institute of Food and Agricultural Sciences.”

“What is the name of the farm that grows vegetables and raises cattle?” asked Thorin.

“Marando Farms and Ranch\textsuperscript{1,2},” said Bilbo. “I found them through Localharvest.org.”

“What is Localharvest.org?” asked Thorin.

“It's a search engine that brings farmer and consumers together,” said Bilbo. “It was founded by Guillermo Payet, a Santa Cruz, California-based software engineer. His site helps Web visitors

\begin{footnotesize}
\begin{enumerate}
\item Marando Farms Market
\begin{tabular}{p{10cm}}
1401 SW 1st Avenue  
Fort Lauderdale, FL 33315  
Ph: 954.294.2331  
E-Mail: info@marandofarms.com
\end{tabular}
\item Marando Ranch
\begin{tabular}{p{10cm}}
5151 SW 64th Avenue  
Davie, Florida 33314  
Ph: 954.945.5744  
E-Mail: info@marandoranch.com
\end{tabular}
\end{enumerate}
\end{footnotesize}
nd farmers markets, CSAs and farmers that sell products directly off the farm.

“But vegetables and cattle are the wrong direction,” said Thorin.

“Yes,” said Bilbo. “However, they are a very advanced organic farm which is unusual in Florida. They could be a demonstration Permaculture Garden site and switch to eggs and dairy.”

“You've mentioned the nutrition in Permaculture Garden plants,” said Thorin. “And, the benefits to animals and humans. You've also mentioned that eggs and dairy are the most efficient forms of protein supplying more than three times as many essential amino acids than meat, fish and poultry.”

“Veganism is becoming popular and vegetables don't have as many essential amino acids as meat, fish and poultry,” said Bilbo.

“So you would like the housing co-op members to see Marando Ranch?” asked Thorin.

“Yes,” said Bilbo. “They conduct tours on Tuesdays, Thursdays and some weekends.”

“Would you organize trips to Marando Ranch more than once?” asked Thorin.

“Yes,” said Bilbo. “Particularly if they started a Permaculture Garden.”

“If they raised pastured hens, would the hens have access to the Permaculture Garden all day?” asked Thorin.

“Yes,” said Bilbo.”

“How many hens should they raise?” asked Thorin.

“I dowse 100,” said Bilbo.”

“What exactly do you mean by ‘pastured hens?’” asked Thorin.

“Pastured hens really refers to a system of rotational grazing,” said Bilbo.”
“What is rotational grazing?” asked Thorin.

“A farmer named Joel Salatin who created Polyface Farm in Virginia popularized rotational grazing for hens. He moves his chicken coop around so hens can access fresh grass. He calls it an eggmobile,” said Bilbo. “There are dairy farmers who use rotational grazing methods for dairy animals. Dairy farmers in the Midwest, Ireland and New Zealand are the most advanced.”

“Do hens need to rotational graze?” asked Thorin.

“Joel Salatin explains in his articles that hens do not like to eat where they poop nitrogenous waste,” said Bilbo.

“Are you saying that Marando Farms would need to use chicken coops on wheels?” asked Thorin.

“Chicken coops on wheels would be best,” said Bilbo.”

“Do they exist?” asked Thorin.

“There's a wonderful chicken coop on wheels from a British firm called Omlet called the ‘Cube,’” said Bilbo. “The company says it can hold ten hens, but I dowse six. It's made of recycled plastic that is easy to clean.”

“They would need about 18,” said Thorin.

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1 Omlet U.S.
   2711 Centerville Road, Suite 400
   Wilmington DE 19808
   646-434-1104

2 “How to Raise Chickens in Your Own Backyard,” Martha Stewart, Apr 2012
   www.marthastewart.com/901133/how-raise-chickens-your-own-backyard

   “Backyard Chickens for Beginners,” Martha Stewart, Episode 5128
   www.marthastewart.com/264904/backyard-chickens-for-beginners

3 Murray McMurray Hatchery
   191 Closz Dr.
   Webster City, IA 50595
   Phone: (515) 832-3280
“They're lightweight and easy to move,” said Bilbo.

“If they have never raised hens, how could they learn?” asked Thorin.

“Martha Stewart has had backyard chickens for over 30 years,” said Bilbo. “The subject has been a topic on two of her television shows and she has two great videos on her Web site. She explains how to get started with 2-day old chicks she orders from Murray McMurray Hatchery.”

“Do Martha's videos contain correct information?” asked Thorin.

“I dowse a score of 20 on a scale of 1 to 10 for Martha's getting started techniques,” said Bilbo. “The babies are fed organic grain when they're very young, but they need animal protein at 3 months.”

“You're talking about worms,” said Thorin. “You mentioned this before. I think you said it's called vermiculture. If I recall, there's a vermiculture system that you like.”

“The Worm Factory 360 that is sold on Amazon.” said Bilbo. “The system is so popular, several people have made getting started YouTube videos. It also comes with a DVD.”

“Aren't chicks too small for chicken coops?” asked Thorin.

“They need to be raised indoors for about 6 months,” said Bilbo.

“What form of transportation would you use to organize a trip to Marando Farms?” asked Thorin.

“I have dowsed approval for GreenPower Motor Company's all-electric buses,” said Bilbo. “They're newest bus seats 100 people and it can travel as much as 170 miles on a single charge.”

“Where are they?” asked Thorin.

“They're based in Vancouver, but they have an office in California,” said Bilbo.

“How long would it take to get electric buses?” asked Thorin.
“I've dowsed three months,” said Bilbo. “We'll need to rent Ford Transit passenger vehicles from Budget until then.”

“Budget should rent GreenPower buses” said Thorin.

“Everyone should be using all-electric vehicles,” said Bilbo.

“Have you dowsed what will occur after 4 months of ramping?” asked Thorin.

“I've dowsed that Bay Colony Club will have 10 housing co-ops that include a group of Grey Seniors and a group who are the artificial descendants of Earth's indigenous race,” said Bilbo. “There's a lot of work to do and not a lot of time.”

“Won't a ramp approach to a housing co-op take up more of their time?” asked Thorin.

“They need to develop a daily routine that is efficient so they can be free to work on necessary projects,” said Bilbo. “I've dowsed that 20 percent of the Cyborgs in Realm 1 will graduate and move on at the end of three years. That group will be selected based on the work that they do. The Grey Seniors are serious about their Ascension Path and they will be good as role models. They're very focused and goal oriented due to their maturity level.”

“Should they douse?” asked Thorin.

“Yes,” said Bilbo. “Dowsing the question ‘Am I ok?’ and God Scores are part of the daily routine. I also like to check in and

1 GreenPower Motor Company  
1700 Hope Avenue  
Porterville, CA 93257  
Email: info@greenpowerbus.com  
Phone: 604-563-4144

2 Budget Car Rental  
1250 N Federal Hwy  
Pompano Beach, Florida  
Phone: (954) 946-6911
ask if I have any tasks. If I get a ‘Yes,’ I ask for a number that helps me understand whether the task begins immediately, or in a couple of hours. If my hand just drops straight down, it means the task is needed immediately.”

“How do you know what the task is?” asked Thorin.

“I dowse broad topics to narrow down the possibilities,” said Bilbo.

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

“I dowse topics such as food, transportation, addresses that are related to projects, or the names of projects that are in progress,” said Bilbo. “I keep going until I get a ‘Yes.’ When I get a ‘Yes,’ I continue to dowse related questions.”

“Does dowsing ever feel fuzzy?” asked Thorin.

“At times,” said Bilbo. “When I'm feeling confused about whether there is a task for me, I sometimes dowse ‘Is this a tv night?’ Sometimes it is.”

“I know you take a lot of notes,” said Thorin.

“Notes contain mostly my ‘to-do’ lists,” said Bilbo. “I always write the date at the top of the page, and then review the list to see if there's anything that is not completed. Lately, I've started to use index cards instead of notebook pages. I could go back to a small spiral notebook.”
Bilbo and Thorin have resumed their discussion about ramping up to a housing co-op and the topic they're covering is food.

“What meals do you have planned at the motel with efficiencies?” asked Thorin.

“They're ramping, so I've called the meals “tastings,” said Bilbo.

“What is a tasting?” asked Thorin.

“A tasting is a gathering where people sample, compare, and evaluate foods,” said Bilbo.

“Can you describe them?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

**Food Efficiency Studio #1**
- Pizza and Cheesecake Dessert Tasting
- Ricotta Toast and Pickles Tasting
- Open-Faced Grilled Cheese and Pickles Tasting

**Food Efficiency Studio #2**
- Sourdough Pretzel and Dairy Snack Tasting
- No Stir Peanut Butter and Phytate-Free Bread (Toast) Tasting
- Goat Cheese, Kalamata Olives, and Phytate-Free Toast Tasting
Food Efficiency Studio #3

- Organic Coffee Tasting
- Cottage Cheese and Repeat Sourdough Pretzel Tasting (top 2 contenders)
- Other Dairy Tasting: Buttermilk, Yogurt and Greek Yogurt

“I see there is no cooking, mostly heating things up” said Thorin. “That must be the ramping part. Will they ever cook?”

“Ramping lasts for about 4 months, then there is cooking,” said Bilbo.

“Will you need a few extra appliances in the Food Efficiency Studios?” asked Thorin.

“Each Food Efficiency Studio will need two, six or nine slice toaster ovens, 4 four-slice toasters and two chest freezers,” said Bilbo.

“I also see there are nine tastings,” said Thorin. “Do they repeat?”

“There are only three tastings planned per week,” said Bilbo.

“What do you have planned for the other meals?” asked Thorin.

“There are two restaurants nearby that dowse a ‘Yes,’” said Bilbo. “There's also another possible restaurant.”

“What are they?” asked Thorin.

“CroissanTime¹ and Stork's Bakery², said Bilbo.

“What are the foods that you dowsed?” asked Thorin.

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¹ CroissanTime
1201 N Federal Hwy Ste 4A (2.1 mi. From Napoli Belmar Resort)
Fort Lauderdale, FL

² Stork's Bakery
2505 NE 15th Ave
(3.8 mi from Napoli Belmar, Sunrise to NE 15th Ave to NE 26th St)
Wilton Manors, FL
“Mushroom and Broccoli Quiche and a Brie Cheese Sandwich on Sourdough with Dijon at CroissanTime, said Bilbo.

“What about Stork's Bakery?” asked Thorin.

“Sharp White Cheddar Melt or Brie on San Franciscan Sourdough Bread on Sourdough with Dijon at Stork's,” said Bilbo. “Stork's also has Mozarella Cheese, Cheesecake and organic Peruvian coffee.”

“Did you dowse a number for meals at each of the restaurants?” asked Thorin.

“Approximately 12 at CroissanTime and 12 at Stork's, said Bilbo.

“Will they need a white magnetic board?” asked Thorin.

“Yes,” said Bilbo. “I found an 8 foot magnetic white board on wheels. It does not have a calendar. A monthly calendar will need to be drawn with a dry erase marker.”

“Where will that be stored?” asked Thorin.

“In the Supplies Efficiency Studio,” said Bilbo.

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1 (Globalindustrial.com) Rolling Magnetic Dry Erase Whiteboard - Double Sided Reversible - 96 x 40, $230.95

2 (Globalindustrial.com) Global Industrial™ Dry Erase Marker Set, Pack of 4, $3.95

3 (Globalindustrial.com) EXPO® Eraser Dry Erase, $3.18
Bilbo and Thorin are discussing how to launch and implement a ‘group shop’ and stay organized. Trucks and drivers will be needed, routes planned and members will be assigned to shops at various local retailers.

“Did you dowse how many trucks with drivers will be needed?” asked Thorin.

“Nine,” said Bilbo.

“What are the retailers and destinations for the items in the trucks?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

**Truck #1**
- Hanes Sawgrass Mills Shop
- Destination: Hampton Inn

**Truck #2**
- Walmart Non-Food Shop
- Destination: Napoli Belmar, Supply Efficiency Studio

**Truck #3**
- Walmart Food Shop
- Destination: Napoli Belmar, Food Efficiency Studios

**Truck #4**
- Pottery Barn, Steinmart and HomeGoods Shop, EAST
- Destination: Hampton Inn and Public Storage, NE 14th Ave.
Truck #5  
Steinmart and HomeGoods Shop, WEST  
Destination: Hampton Inn

Truck #6  
Target Shop  
Destination: Hampton Inn

Truck #7  
DSW Shop  
Destination: Hampton Inn

Truck #8  
Publix Shop  
Destination: Napoli Belmar, Food Efficiency Studios and Supply Efficiency Studio

Truck #9  
Combination Shop  
Whole Foods  
Trader Joe's  
Panera  
Starbuck's  
DollarTree  
Destination: Napoli Belmar, Food Efficiency Studios and Supply Efficiency Studio

Truck #10  
Dillards and The Children's Place Shop  
Destination: Napoli Belmar

“Will the trucks be going to more than one store?” asked Thorin.

“Yes,” said Bilbo. “I created lists of addresses and I created color maps for the drivers.”

“How will they know what to purchase at each store?” asked Thorin.

“I created index cards for the items with a note about the quantity required,” said Bilbo. “I also purchased single samples that are
labeled. Some of the samples can be carried on the shopping trips. Other samples are too large.”

“Do you have some other record of what is on the index cards?” asked Thorin.

“I'm planning to type the content into an OpenOffice spreadsheet— with a backup version of the file,” said Bilbo. “In a spreadsheet, the line items can be sorted alphabetically. I'll record the item name, the destination and the quantity. I'm calling them decks.”

“Will they be using debit cards?” asked Thorin.

“Western Union Prepaid Netspend cards,” said Bilbo. “They're available at Speedway.”

“What is Speedway?” asked Thorin.

“It's a gas station that's open 24 hours,” said Bilbo.

“Have you calculated minimum levels for food and supplies for each tasting?” asked Thorin.

“That's important because there will be a need to know when to do more shopping,” said Bilbo.

“I thought you probably dowsed the levels,” said Thorin.

“I have another list,” said Bilbo showing Thorin his notes.

**Food Efficiency Studio #1**
- Pizza and Cheesecake Dessert Tasting
  - Pizzas (3 each): Greenwise Three Cheese, Amy’s Cheese, Monteli Margherita
  - Edwards Cheesecake (2 slices per box, Min: 8 boxes)
  - Sara Lee New York Cheesecake (single slice), 16 slices
  - Publix Bottled Spring Water, 3 six packs

1 Speedway
3053 N Ocean Blvd., Fort Lauderdale, FL 33308 (near Oakland Park Blvd)
Hours: Open 24 hours, Phone: (954) 630-9353
• Ricotta Toast and Pickles Tasting
  - Publix Whole Milk Ricotta Cheese, Five Required
  - Food for Life Sprouted Grain Bread (Genesis, Navy Wrapper), 1 Loaf
  - Mezzetta Pitted Kalamata Olives, 2 jars
  - Wickles Chips, 2 jars
  - Mt. Olive Organic Pickles, 2 jars
  - Publix Bottled Spring Water, 3 six packs

• Open-Faced Grilled Cheese and Pickles Tasting
  - Publix Extra Sharp White Cheddar Cracker Cuts, 5 required
  - Trader Joe's Sharp (Yellow) Cheddar Slices, 4 required
  - Food for Life Sprouted Grain Bread (Genesis, Navy Wrapper), 1 Loaf
  - Wickles Chips, 2 jars
  - Mt. Olive Organic Pickles, 2 jars
  - Publix Bottled Spring Water, 3 six packs

Food Efficiency Studio #2
• Sourdough Pretzel and Dairy Snack Tasting
  - Snyder's Sourdough Pretzel Nibblers, 3 required
  - Snyder's Sourdough Hard Pretzels, 3 required
  - Organic Valley Cottage Cheese, 12 required
  - Publix Bottled Spring Water, 3 six packs

• No Stir Peanut Butter and Phytate-Free Bread (Toast) Tasting
  - Food for Life Sprouted Grain Bread (Genesis, Navy Wrapper), 1 Loaf
  - Panera Sourdough Loaf, 1 loaf
  - Great Value Natural Crunchy Peanut Butter
  - Peter Pan Crunchy Peanut Butter
  - Publix Bottled Spring Water, 3 six packs

• Goat Cheese, Kalamata Olives, and Phytate-Free Toast Tasting
  - Food for Life Sprouted Grain Bread (Genesis, Navy Wrapper), 1 Loaf
  - Panera Sourdough Loaf, 1 loaf
- Whole Foods Brand Organic Goat Cheese
- Trader Joe's Goat Cheese
- Mezzetta Pitted Kalamata Olives
- Publix Bottled Spring Water, 3 six packs

**Food Efficiency Studio #3**

- **Organic Coffee Tasting**
  - Greenwise Organic Columbian Coffee Beans, 4 required
  - Starbucks's Yukon Organic Coffee Beans, 4 required
  - Wells Coffee Beans (equivalent)
  - Spring Water Gallons, 6 required
  - Publix Half and Half, 2 quarts required
  - Publix Bottled Spring Water, 3 six packs

- **Cottage Cheese and Repeat Sourdough Pretzel Tasting** (top 2 contenders)
  - Snyder's Sourdough Pretzel Nibblers
  - Snyder's Sourdough Hard Pretzels
  - Organic Valley Cottage Cheese
  - (Future) Kalona Supernatural Cottage Cheese
  - Publix Bottled Spring Water, 3 six packs

- **Other Dairy Tasting: Buttermilk, Yogurt and Greek Yogurt**
  - Organic Valley Buttermilk, 4 quarts required
  - (Future) Kalona Supernatural Buttermilk, 4 quarts required
  - Noosa Yoghurt, 16 required
  - Fage Greek Yogurt, 16 required
  - Kalona Supernatural Greek Yogurt, 16 required
  - Publix Bottled Spring Water, 3 six packs

“I notice you have tasting assigned to specific food efficiency studios,” said Thorin.

“Certain tasting will require similar equipment,” said Bilbo.

“Toasters and toaster ovens,” said Thorin.
“Yes,” said Bilbo.

“Do you think the food will fit in the efficiency kitchens?” asked Thorin.

“An extra small refrigerator and a chest freezer is planned for each of the food efficiency studios,” said Bilbo. “There may also be a need to use freezer and refrigerator space in the member efficiency studios. That will need to be dowsed. I'm planning 7 Ozark Trails 38 can coolers for that type of transport.”

“Are you planning to get any giant coolers for the shops?” asked Thorin.

“Yes,” said Bilbo. “Coleman, Rubbermaid and Igloo all make 100 and 150 quart coolers. I will get three with three blue ice Coleman Chillers for each cooler.”

“What about plates?” asked Thorin.

“Disposable,” said Bilbo.

“Can you add side plates from DollatTree?” asked Thorin. “Pitted Kalamata olives are hard to cut up on a paper plate.”

“We can do that,” said Bilbo. “DollarTree has a Royal Norfolk white round stoneware side plates that is 7.5 inches. They will need to be washed by hand, but they're easy to handle.”

“I guess that plate should be optional,” said Thorin.

“I think so too,” said Bilbo.
Bilbo and Thorin are discussing Earth's most serious problems and the projects that billionaires need to sponsor in Realm 4.

“Did you determine Earth's most serious problems with dowsing?” asked Thorin.

“I guessed, then I dowsed,” said Bilbo.

“What are they?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

• Cyborg slavery
• Synthetic Fertilizer
• Plastic

“What are the projects that billionaires need to fund?” asked Thorin.

“The first is Cyborg housing everywhere and housing co-ops in general,” said Bilbo. “Cyborgs don't have a place to live and housing co-ops are a new idea. Florida is a good location for housing co-op models.”
“Are you saying Cyborgs are homeless?” asked Thorin.

“About sixty percent of them never leave their place of work,” said Bilbo.

“I see why you call it slavery,” said Thorin.

“They need to live in housing co-ops like everyone else,” said Bilbo.

“In apartments?” asked Thorin.

“Hotels are a better solution,” said Bilbo.

“That's the ramped housing co-op we've been talking about,” said Thorin.

“Yes,” said Bilbo.

“How many Cyborgs are there?” asked Thorin.

“In Realm 4, Cyborgs make up about twenty percent of the population,” said Bilbo. “They have very little and the need a normal life—a place to live, a nutritionally correct diet, a laptop computer and computer education.”

“Isn't that too big a project for a billionaire?” asked Thorin.

“A billionaire can form a Housing Co-Op Association and use Earth Recovery Grants to supplement the cost,” said Bilbo. “They will also need 4 changes of clothing and shared dining with the approved menu.”

“What about synthetic fertilizer?” asked Thorin.

“Synthetic fertilizer is creating nitrogen runoff into our waterways and causing the growth of Algal blooms that give off nitrous oxide, a


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greenhouse gas that is 300 times more potent than carbon,” said Bilbo.

“That's a tough problem to turn around,” said Thorin. “You're talking about fertilizer that's used in agriculture and on lawns.”

“China uses four times as much as we do,” said Bilbo. “Their Algal blooms are huge.”

“How do you know their Algal blooms are so large?” asked Thorin.

“The Business Insider and the Daily Mail Australia have published photos on the Web,” said Bilbo.

“Isn't that another project that is too big a project for a billionaire?” asked Thorin.

“The billionaire who takes on this project would need to get governments involved,” said Bilbo.

“The U.S. and China?” asked Thorin.

“Yes,” said Bilbo.

“Won't farmers feel lost without fertilizer?” asked Thorin.

“Biochar is a better alternative, but that's a project for another billionaire,” said Bilbo.


“Biochar?” asked Thorin.

“It's a slow burn of mostly wood that leaves the ground rich in nitrogen, phosphorus, potassium and calcium,” said Bilbo. “The ancients knew about the technique.”

“Ancients?” asked Thorin.

“Shen-Nong, a Chinese Emperor whose reign was 4,755 years ago, taught the people of his kingdom how to farm using a slash-and-burn technique for clearing the land,” said Bilbo.

“Is biochar a modern term?” asked Thorin.

“There are a few people using biochar around the world, but they're not using a slow burn technique,” said Bilbo. “Cornell University is studying black earth from the Brazilian rainforest called Terra Preta. They think it was created with a slow burn, but they have not figured out the steps.”

“Do you think the information has been lost?” asked Thorin.

“I dowse that there are 6 people on Earth who know the correct technique,” said Bilbo.

“Will they be in Realm 4?” asked Thorin.

“Yes,” said Bilbo.

“Are you saying the billionaire who takes on a biochar project will need to find them?” asked Thorin.

“Yes,” said Bilbo.

“How?” asked Thorin.

“They will need to dowse,” said Bilbo.

“Do you know where the first biochar projects should take place?” asked Thorin.

“Florida citrus should be biocharred,” said Bilbo. “Citrus fruit contains citric acid, but when it is metabolized, it is a strong alkaline forming food which is the wrong pH. All bugs thrive in alkalinity.
Wood that is biocharred produces better soil than plants and citrus is grown on large shrubs, or small trees. Florida's citrus is valued at 10 billion, but it has to go. That land would be valuable for nutrient-rich Permaculture Garden plants.”

“What about plastic?” asked Thorin.

“Plastic is damaging the world's oceans,” said Bilbo. In December 2017 nearly 200 countries signed a U.N. resolution in Nairobi to eliminate plastic pollution from entering the oceans.

“Are recycling and landfills the alternatives?” asked Thorin.

“Biological processing is the best solution,” said Bilbo.

“Biological processing?” asked Thorin.

“It's another name for composting that's accomplished naturally with beneficial bacteria,” said Bilbo. “Earthworms can speed the process. Composting with Earthworms is called vermicomposting.”

“I thought plastic is pervasive and that it never breaks down,” said Thorin.

“Plastic made from oil is pervasive1,” said Bilbo. “Water bottles and food containers need to be made from plastic made from plant resin. It's called PLA plastic, an acronym that's short for poly lactic acid.”

“What about paper such as the paper used in milk cartons?” asked Thorin.

“Milk carton paper is coated with plastic,” said Bilbo. “That needs to be PLA plastic.”

“Is PLA plastic totally equivalent to plastic derived from oil?” asked Thorin.

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1 “Get Behind Bill Gates Campaign: A Two-Part Strategy” by Mary Jo Fahey December 2016
“Until recently, plastic made from oil has been more heat resistant, but new improvements have been made and it's called ‘high heat PLA’ because the material can withstand temperatures up to 190 degrees Fahrenheit, or 88 degrees Centigrade,” said Bilbo.
Bilbo and Thorin are discussing two of Marriott's Residence Inns located in Fort Lauderdale and Pompano Beach, Florida.

“Residence Inns are extended stay hotels,” said Thorin. “The Inns probably have efficiencies.”

“They do,” said Bilbo. “There are also 735 Residence Inns in the United States. The two in Fort Lauderdale and Pompano Beach are models for the ramping we've been discussing.”

“Are these the model housing co-ops that you have talked about?” asked Thorin.

“Yes,” said Bilbo.

“Who will stay there?” asked Thorin.

“Everyone needs to dowse and ask if they are assigned to one of the housing co-op models,” said Bilbo. “They can also dowse the location.”

“What if someone has very little money and they dowse a ‘Yes?’” asked Thorin.

“The billionaire sponsors of housing co-ops need to form a Housing Co-op Association that has a Web site,” said Bilbo. “Those with
very little money can contact the Housing Co-Op Association and explain that they dowsed a ‘Yes’ for one of the model housing co-ops. The sponsor will need to make travel arrangements. The sponsor can also dowse everything he or she needs to know. Sponsors can also put a team of dowsers together to verify housing assignments.”

“Are the rooms also dowsed?” asked Thorin.

“Yes,” said Bilbo. “At check-in, when a Residence Inn staff member finds an available room, the person checking in can dowse if the room assignment is correct. They also need to dowse whether the room will be shared. The Residence Inn will need to find a meeting space for new housing co-op members who can help each other on arrival.”

“Where are the Residence Inns?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- Residence Inn
  1350 N. Ocean Blvd, Pompano Beach, FL

- Residence Inn
  3333 N.E. 32nd Ave, Fort Lauderdale, FL

“How close are they?” asked Thorin.

“About six miles,” said Bilbo. “The Residence Inn in Pompano Beach has 88 rooms and the Residence Inn in Fort Lauderdale has 105 rooms.”

“Are the Residence Inns close to the ocean?” asked Thorin.

“They are both east of the Intercoastal waterway that runs parallel to the ocean,” said Bilbo.

“Intercoastal Waterway?” asked Thorin.

“The Intercoastal is an inland waterway that runs from Boston all along the Atlantic to the tip of Florida and along the Gulf coast to Brownsville, Texas,” said Bilbo.
“Is it natural or manmade?” asked Thorin.

“There are several natural bodies of water along the Intercoastal that have been connected with an artificial canal,” said Bilbo.

“Does it connect to the ocean?” asked Thorin.

“There are inlets that allow ships to pass into the ocean,” said Bilbo.

“Are you saying that the Residence Inns are both on the strip of land that lies between the Intercoastal and the ocean?” asked Thorin.

“Yes,” said Bilbo.

“Will the co-op residents ever need to leave that strip?” asked Thorin.

“There are mostly homes and hotels along the ocean,” said Bilbo. “Most commercial businesses are on the west side of the Intercoastal.”

“Are there bridges?” asked Thorin.

“There are a few,” said Bilbo. “Anyone who drives needs to learn where the bridges are located.”

“Where are they located?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- 14th Street
- East Atlantic Blvd.
- East Commercial Blvd.
- East Oakland Park Blvd.
- East Sunrise Blvd.
- East Las Olas Blvd, but not until construction is complete
- Southeast 17th Street

“Where are the two Residence Inns in relation to these streets?” asked Thorin.

“The Residence Inn at 1350 North Ocean Blvd. is very close to 14th Street,” said Bilbo. “Incidentally, North Ocean Blvd. is also
known as Florida State Road A1A, or just ‘A1A.’ It runs from Key West to Fernandina Beach, just south of Georgia.”

“What about the Residence Inn on NE 32nd Avenue?” asked Thorin.

“That Residence Inn is located just north of East Oakland Park Blvd.” said Bilbo.

“Do you have a transportation plan for the Residence Inn groups?” asked Thorin.

“Street legal electric vehicles are starting to become popular in Fort Lauderdale and Pompano Beach,” said Bilbo.

“I remember we've talked about the Cricket, the Club Car and the Polaris GEM,” said Thorin. “They need charging stations.”

“We'll need to talk to the Residence Inns about that,” said Bilbo.

“Where are they located?” asked Thorin.

“Will the Residence Inn housing co-ops be organized with the same plan that you created for Napoli Belmar?” asked Thorin.

“Yes,” said Bilbo.

“Did you find restaurants for the Residence Inn co-op members like you did for the group at Napoli Belmar?” asked Thorin.

“Yes,” said Bilbo. “The Residence Inn at 32nd Avenue is not far from CroissanTime and Stork's. There's also a Whole Foods at 2000 North Federal Highway between East Oakland Park Blvd. and East Sunrise Blvd, and they have seating.”

“Federal Highway sounds like it runs north-south,” said Thorin.

“Yes,” said Bilbo. “It's also called U.S. Highway 1 or just ‘U.S. 1.

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1 “Setting Up a Housing Co-Op” by Mary Jo Fahey
http://housing.x10host.com/hobbit_beds_and_food.pdf, p. 41
It's part of the United States Numbered Highway System that was created in 1926. In Florida, it runs along the east coast from Key West to Georgia.”

“What are the approved foods at Whole Foods?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- Artisan Sourdough Bread that needs slicing in the bakery
- Food for Life Sprouted Grain bread
- Organic Valley Cottage Cheese
- Fage Yogurt
- Noosa Yogurt
- Jarlsburg Cheese
- Organic Valley Buttermilk
- Whole Foods Brand Goat Cheese

“Does Whole Foods make made-to-order sandwiches?” asked Thorin.

“They cater, but none of the foods are approved,” said Bilbo. “With enough preparation time, and a regular amount of business, they may be willing to put an order together for the group.”

“Is there enough seating?” asked Thorin.

“There are a large number of small tables indoors and outside,” said Bilbo. “Inside, there are some counter-height tables where a food order could be placed. It would be great if the store would acquire 4 four slice toasters like the toaster in the Pompano Beach store.”

“What could they make if there are enough toasters?” asked Thorin.

“The group could organize a tasting and try several different cheeses on toasted sprouted grain bread or sourdough—maybe with different mustards to try,” said Bilbo. Containers of Organic Valley Cottage Cheese could be shared between two people. If
the store sells pitted Kalamata olives, it would be interesting to try a variation of Ricotta Toast with goat cheese.”

“I know we've talked about giving retailers and restaurants notice in advance” said Thorin.

“Each housing co-op group has about 2 dozen people and all of the food needs to be planned in advance,” said Bilbo. “All food purchased locally to take back to the Residence Inn refrigerators needs to be ordered in advance.”

“Won't they need a truck?” asked Thorin.

“Florida can get hot,” said Bilbo. “The ideal type of truck would be a freezer truck from a company such as Polar King. The next best solution is a cargo van with 100 quart coolers and blue ice.”

“A 100 quart cooler would be heavy if it's filled with food,” said Thorin.

“A company called Harper makes nylon 2-in-1 convertible hand truck that folds down and becomes a dolly,” said Bilbo. “They make three sizes.”

“Ok, so the groups in housing co-ops at the Residence Inn at northeast 32nd Avenue will need to supplement their tastings with restaurant visits to CroissanTime, Stork's and Whole Foods,” said Thorin.

“I've also added three Panera Bread location near each of the Residence Inns and Napoli Belmar because Panera sells sourdough bread, white cheddar cheese they may be willing to put on a grilled cheese and Broccoli Cheddar soup,” said Bilbo.

1 Polar King Freezer Van  

“Where are the Panera Breads located?” asked Thorin.

“I have a list with addresses that are arranged north to south,” said Bilbo showing Thorin his notes.

- Panera Bread
  Pompano Citi Centre
  2101 N Federal Hwy
  Pompano Beach, FL

- Panera Bread
  1762 N. Federal Hwy
  Fort Lauderdale, FL

- Panera Bread
  1461 SE 17th St.
  Fort Lauderdale, FL

“The Panera Bread at 1762 N. Federal Highway must be the one that's closest to NE 32nd Avenue,” said Thorin.

“Yes,” said Bilbo. “It's not far from Whole Foods.”

“It sounds like the group at Napoli Belmar could also go to Whole Foods or the nearby Panera,” said Thorin. “The Panera at 1461 SE 17th Street must be closest to them also.”

“That's correct,” said Bilbo.

“What approved restaurants are close to the Residence Inn at 1350 North Ocean Blvd in Pompano Beach?” asked Thorin.

“There's a Whole Foods at 2411 North Federal Highway in Pompano Beach and the Panera Bread at Pompano Citi Center,” said Bilbo.

“Anything else?” asked Thorin.

“There's a lovely restaurant on the ocean not far from the Pompano Beach Residence Inn called Sea Watch on the Ocean,” said Bilbo. “They cater private parties, but I would need to talk to them about approved foods such as cheeses, sprouted grain or sourdough bread and cheesecake.”
“Have you figured out which food stores are near the Residence Inns?” asked Thorin.

“I have a list with addresses that are arranged north to south,” said Bilbo showing Thorin his notes.

- Publix Market  
  2450 N. Federal Hwy,  
  Lighthouse Point, FL

- Walmart Neighborhood Market  
  1199 S. Federal Hwy  
  Pompano Beach, FL

- Publix Market  
  1405 S. Federal Hwy  
  Pompano Beach, FL

- Publix  
  Coral Ridge Mall  
  3400 N. Federal Hwy,  
  Fort Lauderdale, FL

“If there is more than one housing co-op group in a Residence Inn and they place a large order with a Publix, wouldn't it get confusing for the store?” asked Thorin.

“Each hotel needs a housing co-op general manager who can organize central purchasing,” said Bilbo. “Everyone at each of the Residence Inns will need to dowse and ask if they are the person assigned as housing co-op general manager. The general manager will also need two assistant managers.”

“How would the general and assistant managers know how much to order?” asked Thorin.

“There's a form that can be used,” said Bilbo. “It was originally intended for a housing co-op in an apartment building, but it would work at an extended stay hotel.”
“The form would probably need to be printed and photocopied,” said Thorin.

“It's a PDF file at present¹,” said Bilbo.

“When we talked about developing a housing co-op at the Marriott Madison West in Madison, Wisconsin, you talked about the need for a dining, activity and laundry space nearby accessible with easy-to-use ground transportation².” said Thorin. “Won't the groups at the Residence Inns need a space like that?”

“You're correct,” said Bilbo. “The group at the Napoli Belmar Resort will be fine because the group is small. However, the Residence Inns will have more than one group and each group will have at least 20 people. They need a place to do laundry and the hotels probably have less than a dozen coin operated machines.”

“If the Residence Inn permitted portable dishwashers, laundry would still be a hassle,” said Thorin.”

“The only way it would work is if the hotel opened the laundry room around the clock so washer/dryer sharing could be accomplished,” said Bilbo.

“Have you spotted any possible locations for a dining, activity and laundry space close to the Residence Inns?” asked Thorin.

“I have a list with addresses that are arranged north to south,” said Bilbo showing Thorin his notes. “The companies listed are only possibilities.”

¹ Inventory Form
http://housing.x10host.com/form_food_supplies_to_order_apt_04_27_16.pdf

² “Setting Up a Housing Co-Op” by Mary Jo Fahey
http://housing.x10host.com/hobbit_beds_and_food.pdf, p. 178
• Laundry World  
  1198 N Federal Hwy  
  Pompano Beach, FL

• LA Fitness  
  1000 N. Federal Hwy.  
  Pompano Beach, FL

• Laundromat  
  3408 N. Ocean Blvd.  
  Fort Lauderdale, FL

• Sushi Song  
  Corporate Office  
  3414 N Ocean Blvd.  
  Fort Lauderdale, FL  
  Note: Other locations in  
  Fort Lauderdale, Deerfield Beach, ans South Beach

“Are you talking about subletting space?” asked Thorin.

“Not from the laundromats, just the other businesses nearby,” said Bilbo. “If you notice, they're quite close.”

“So the housing co-op members could get their laundry done while they have a shared meal or work on activities,” asked Thorin.

“That's correct,” said Bilbo.

“What makes you think Sushi Song and LA Fitness would be interested?” asked Thorin.

“They seem to be overextended,” said Bilbo.

“Would there be a need for new appliances for the temporary tenants?” asked Thorin.

“Probably,” said Bilbo. “The owner of Sushi Song may not want to include the use of any commercial restaurant equipment and LA Fitness would not have any existing appliances. There would be a need to hook up portable dishwashers at both locations.”
“Would the separate co-op housing groups at both Residence Inns need to share the space?” asked Thorin.

“They would need to alternate,” said Bilbo. “For example, each group could use the space every third day for breakfast, lunch and dinner if that’s what they plan.”

“Is there a need for coordinators in each housing co-op?” asked Thorin.

“That would make things run more smoothly,” said Bilbo.

“What functions need coordinators?” asked Thorin.

“Meal planning and food ordering,” said Bilbo.

“Is that one person?” asked Thorin.

“A team of two people,” said Bilbo.

“Anything else?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- Meal Planning and Food Ordering (2 person team)
- Transportation
- Activities
- Task Assignment coordinator for the dowsed tasks that get posted on a white board
- Clothing which also includes personal items
- Tastings
- Get-togethers for getting acquainted
- Project assignments including hotel and shared dining/ wash and activity space as well as biological processing

“Is that a total of nine people?” asked Thorin.

“Yes,” said Bilbo.

“How long do they have the job as coordinator?” asked Thorin.
“Indefinitely,” said Bilbo.

“I imagine everyone needs to dowse and ask if they are assigned to any of the coordinator functions,” said Thorin.

“That is correct,” said Bilbo.

“Will the regular hotel staff be working?” asked Thorin.

“Twelve instead of a usual twenty and they need to be included in the housing co-op,” said Bilbo.

“So everyone is responsible for keeping their room neat and clean?” asked Thorin.

“Cleaning supplies were a topic in our original discussion about setting up a housing co-op,” said Bilbo. “An alternate color wash cloth will be needed for cleaning. Dark colors are a good idea because the wash loads do not need to be separated.”

“Isn't cleanliness one of the God Scores?” asked Thorin.

“Yes,” said Bilbo. “Those who are the most mature with the highest God Scores will graduate first. Because the hotels are short staffed, points will be scored for those who volunteer to help.”

“Wouldn't recycling and biological processing be hotel-wide instead of a function for each housing co-op?” asked Thorin.

“Those coordinators need to meet to solve problems,” said Bilbo.

“Isn't there a need for a dowsing group?” asked Thorin.

“Up to Realm 4, Cyborgs will need to attend a Sunday morning Cyborg meeting,” said Bilbo. “They are good candidates for dowsing and so is the general manager and assistant managers who need to ask ‘Are we ok?’ on a daily basis.

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1 “Setting Up a Housing Co-Op” by Mary Jo Fahey
   http://housing.x10host.com/hobbit_beds_and_food.pdf, p. 12
“Are you saying they will not be any Cyborgs above Realm 4?” asked Thorin.

“Police and military will be above Realm 4,” said Bilbo.

“Would they want to participate in the Cyborg Sunday morning meetings?” asked Thorin.

“Possibly,” said Bilbo.

“How often should residents do laundry?” asked Thorin.

“Every day is ideal, but every third or fourth day is ok,” said Bilbo. “Bedding will need to be washed once-a-week.”

“Won't they need a laundry bag and somewhere to hang up wet clothes?” asked Thorin.

“They will need a laundry bag as well as a clothing rack and plastic hangers to put in their studio to dry clothe,” said Bilbo. “The plastic hangers were part of our original discussion, but not a clothing bag. A clothes drying tripod was part of our original discussion. Walmart's Mainstays Clothing Rack is also ok.”

“Are there any other details about doing laundry?” asked Thorin.

“The laundry bags come in different colors,” said Bilbo. “Each co-op should dowse their color because the colors will need to be different. One of the assistant managers will need to distribute quarters as well as the approved detergent, white vinegar and plastic measuring cups. These items were included in our original discussion about setting up a housing co-op.”

1 Amazon
   Extra Large Laundry Bag with Drawstring, Color: Red, Size: 30x45, Nylon/Polyester, $16.97

1 Walmart
   Better Homes & Gardens Deluxe Collapsible Garment Rack, $39.87
“Will the general manager ever need to call a general meeting to discuss improvements?” asked Thorin.

“That would be a good idea,” said Bilbo.

“How would they make an announcement?” asked Thorin.

“Everyone is supposed to get PC Asus laptop,” said Bilbo. “Some people will need Intro to the PC training. The training needs to be done on a PC notebook because Cyborgs will share the information through hive mind and PC notebooks are easier to obtain than Macs. Until they are up-to-speed. the general manager will need to use a sign in the lobby.”

“How would they hold a meeting that large?” asked Thorin.

“They could set up E-Z Up canopies1 from ecanopy.com,” said Bilbo. “Everyone is supposed to get a tailgate chair. tailgate chairs were a topic in our original discussion about setting up a housing co-op. I have since found a source for a folding camp chair without arms for small people who do not fit into a child-size tailgate chair. Samples should be ordered and tried.3”

“Would that be in the parking lot?” asked Thorin.

“Probably,” said Bilbo. “Early morning or late afternoon would be best to avoid the sun. There's YouTube video2 that show how to set up an EZ Up canopy with one person.”

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1 (ecanopy.com) Craft Show 10x10 Canopy Package Deal + 4 Sidewalls & Weight Bags. $319.95 ea.

2 (YouTube.com) “DIY: You can setup an E-Z up tent with one person in less then 5 minutes - ez up canopy setup,” https://www.youtube.com/watch?v=9uiXir6B7s4

3 (Amazon) TD Design Camouflage Ultra Portable Folding Camp Chair with Compact Size, Ideal for Kids or Outdoor Event Carry On
“Would it be inappropriate for the general manager to mention any ‘No’ responses while dowsing the question ‘Are we ok?’ — at a general meeting,” asked Thorin.

“That will need to be communicated privately,” said Bilbo. “A general manager would not need to know details, but just relay the message to dowse. A general meeting will also be needed to build a spreadsheet of clone variation of their prime’s name.”

“In Realm 4 wouldn’t that be three or four clones depending on whether there is a Muggle Clone Minor version?” asked Thorin.

“Yes,” said Bilbo.

“Would each of the general manager's clones work as general manager?” asked Thorin.

“No,” said Bilbo. “There will only be one general manager and two assistant managers for each of the Residence Inns.”

“Have you added anything to your helpful equipment file?” asked Thorin.

“A few items,” said Bilbo.

“What have you added that's new?” asked Thorin.

“We already talked about Walmart's lightweight folding table,” said Bilbo. “I've been thinking that the tables could be used for Intro to the PC training that could take place anywhere under the EZ Up canopies. The tailgate chairs could also be used. I also found a rolling magnetic white board\(^1,2,3\) that can be used for instruction, or even a manager's meeting.”

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1. (globalindustrial.com) Rolling Magnetic Dry Erase Whiteboard - Double Sided Reversible - 96 x 40, $230.95
2. (globalindustrial.com) EXPO Eraser Dry Erase, $3.18
3. (globalindustrial.com) Dry Erase Marker Set, Pack of 4, $3.95
“What else did you add?” asked Thorin.

“Everyone needs an eight inch scissors\(^1\) from DollarTree to open the Pears cellophane,” said Bilbo. “There's one in a sewing kit that was included in our original discussion about setting up a housing co-op.”

“I like that Pears is pH neutral, but that bar gets gooey if it's wet,” said Thorin.

“I found a 3-inch square glass candle holder\(^1\) at DollarTree that can be filled with DollarTree glass marbles\(^2\) to keep the Pears bar dry,” said Bilbo. “The goo still forms, but on the marbles or pebbles that need to be cleaned occasionally.”

“Anything else?” asked Thorin.

“Publix sells a bath mat\(^3\) with holes that does a good job of trapping hair in a tub shower,” said Bilbo. “I've searches for an equivalent mat online, but could not find one with the same type of holes.”

“I know you probably have more items on that list,” said Thorin.

“Each person will need a large bag of 18 ounce plastic party cups from Walmart\(^5\), Publix or a slightly smaller cup from DollarTree\(^4\) that can be used to hold spring water for brushing teeth,” said Bilbo. “Another option would be a 16 ounce ceramic mug\(^6\) that they can wash with Planet Ultra or Mrs. Meyers dish soap.”

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1. (dollartree.com) Square Glass Candleholders, 3 in., $1
2. (dollartree.com) Clear Glass Accent Gems (marbles), 14-oz. Bags, $1
3. (publix) Bath Mat with holes, in-store only
5. (walmart.com) Great Value Party Cups, 18 oz, 120 Count, $6.98
“Anything else?” asked Thorin.

“I remember Mrs. Meyers dish soap and Seventh Generation dishwashing packs, but I don't remember Planet Ultra,” said Thorin.

“Planet Ultra has been a given a rather high score from the Environmental Working Group, or EWG,” said Bilbo. “I've seen it on the sink in Sheldon's and Leonard's apartment in TV's *Big Bang Theory*. It may be due to the picture of Earth on the bottle. It would be great if the writers of that show made Sheldon a fanatic about nutrition and the environment.”

“According to Nielsen ratings, that show averaged 18.5 million viewers in 2017,” said Thorin.

“That show could be a wonderful source of information,” said Bilbo. “The Sheldon character digs deep into his research. The writers would also need to dowse.”

“Who sells Planet Ultra dish soap?” asked Thorin.

“It's on Walmart's Web site,” said Bilbo.

“They will need a writing instrument,” said Bilbo. “Pentel makes a very nice mechanical pencil with an eraser and refillable leads. We talked about those items in our earlier discussion. That talk also included a wire notebook for creating to-do lists.”

“Anything else?” asked Thorin.

“Room Essentials washcloths that are sold at Target,” said Bilbo. “There are several colors.”

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3. (Target.com) Washcloth Set 8pc - Room Essentials, $2.99
“Previously, we talked about Mainstays white washcloths sold at Walmart that's a package of 18,” said Thorin.

“Colors can be used for different functions,” said Bilbo.

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

“Yellow for cleaning countertops with some water and three squirts of Method hand foamer soap, camel for washing the interior of the sink with Bon Ami and the same amount of Method hand foamer,” said Bilbo. “Navy for personal use.”

“What do you consider personal use?” asked Thorin.

“I use a couple of navy washcloths,” said Bilbo. “I've sewn bright green thread on one that I use in the shower. I use another saturated with white vinegar wring out and rolled up in a snack-size plastic bag from Target.”

“What is the white vinegar washcloth for?” asked Thorin.

“I use it to wipe off flatware, particularly in restaurants,” said Bilbo.

“You mentioned that the sewing kit contains a scissors. Does it contain several different colors of thread?” asked Thorin.

“There are 11 spools,” said Bilbo.

“I was thinking that if two or three people always did their wash together, they could mark similar piece of clothing with thread on the label the same way you mark your washcloth,” said Thorin.

“That would eliminate the need for iron-on clothing labels,” said Bilbo.

“If they adopt your practice of saturating a rolled up washcloth with white vinegar, they will a few gallons in their room.” said Thorin.

1 (Target.com) Snack Size Bags - 90ct - up & up™ $2.39
“I dowse three,” said Bilbo. “Walmart's Great Value brand distilled white vinegar was in our previous discussion about setting up a housing co-op.”

“Anything else?” asked Thorin.

“I had another discovery, but it's not related to helpful equipment,” said Bilbo.

“What did you find out?” asked Thorin.

“The diet at the housing co-op will be a big adjustment for most people,” said Bilbo. “For example, I dowse that 95% are presently eating some form of carbohydrate for breakfast. I did the math on the daily protein requirement and it's tough to achieve even with eggs and dairy. I've added an additional egg to my scrambled egg breakfast.”

“How many is that?” asked Thorin.

“Four,” said Bilbo. “I don't want to worry about the daily minimum.”

“What does that mean for the housing co-op diet?” asked Thorin.

“They don't cook for the first three months, so an additional egg is not an issue,” said Bilbo. “However, when they do start to eat eggs, I think they will need to ramp—first with two, then three, and then possibly four.”

“I've been thinking about how we all need to brush our teeth in spring water,” said Thorin.

“There are a lot of pollutants in tap water,” said Bilbo. “Dr. Hulda Clark found a very large number that she reported in her book that was published in 2007.”

“Are there any solutions?” asked Thorin.

“There are 30 naturally filtered lakes in Europe and I've dowse that the methods used could be used to treat municipal water,” said Bilbo. “I've dowse that the methods used by the Palm Beach County Water Utility Department to filter water at Wakodahatchee Wetlands are eighty percent.”
“Wakodahatchee Wetlands?” asked Thorin.

“It's a 50-acre park that has been created on unused utility land,” said Bilbo. “It's become a habitat for exotic birds that is open to the public. The park has a three-quarter mile boardwalk with gazebos.

“Where is it located?” asked Thorin.

“It's in Delray Beach,” said Bilbo. “There are also alligators in the Wetlands, but those will be phased out.”

“Phased out?” asked Thorin.

“One third of the plant and animal life on Earth is artificial and most of the artificial species will be phased out,” said Bilbo.

“Can you dowse a ‘Yes’ or a ‘No’ on a animal or plant to find out if it is artificial?” asked Thorin.

“Yes,” said Bilbo. “You can dowse anything to find out if it is approved.”

“What about television programs?” asked Thorin.

“Most current television programs are not approved,” said Bilbo. “The content is either dark, or the characters are immature. The solution is a DVD library for each of the Residence Inns. DVDs can be played on the Asus notebook computers.”

“I remember you found a headphone set for playing a DVD if you don't want to disturb anyone. You also found an interesting LED light that plugs into the USB port if lights are out and it's PC only.”

“Where will the DVDs be stored?” asked Thorin.

“In one of the Supply Studios,” said Bilbo. “The manager can dowse the location.”

1 (Target.com) Snack Size Bags - 90ct - up & up™ $2.39
“Will there be a need for library equipment?” asked Thorin.

“Not if the DVDs are returned to the Supply Studio,” said Bilbo.

“Ok,” said Thorin. “If one or more people want to watch TV, they can check to see if there's something on TV that's approved, watch a DVD by themselves on a notebook computer with a headset, or watch a DVD with others with the sound turned up.”

“That is correct,” said Bilbo.

“Do you have a getting started list of approved DVDs?” asked Thorin.

“There is a getting started list that the manager can dowse in the Path to Ascension document,” said Bilbo. “The list also contains books and game. There's also library equipment listed if lending problems develop.”

“Are we done talking about helpful extras?” asked Thorin.

“Not quite,” said Bilbo. “I found sources for brown glass that will be needed to make Lugol's Iodine Solution.”

“I remember our talk about Lugol's,” said Thorin. “It seems to be the most efficient antiparasite remedy.”

“Fewer drops required,” said Bilbo.

“Could you review the number of drops?” asked Thorin.

“The adult maintenance dose is 2 drops three times a day,” said Bilbo.

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1 Path to Ascension by Mary Jo Fahey, p. 34-36
http://housing.x10host.com/path_to_ascension_04_08_17.pdf
“What about children and pets?” asked Thorin.

“The dose for small children is one drop three times a day,” said Bilbo.

“What would you consider to be an appropriate size for the adult maintenance dose?” asked Thorin.

“One hundred pounds,” said Bilbo.

“And pets?” asked Thorin.

“Small to medium size dogs would need one drop two times a day,” said Bilbo.

“What about a large dog?” asked Thorin.

“A large dog would need two drops two times a day,” said Bilbo.

“Is that the same dose for farm animals such as goats or sheep?” asked Thorin.

“That's correct,” said Bilbo.

“What about a very large animal such as a horse or cow?” asked Thorin.

“If they are not grazing on Permaculture Garden plants that have antiparasite properties, the dose for a horse and cow would be 6 drops two times a day and ,” said Bilbo.

“What about the recipe?” asked Thorin.

“The recipe is in a letter1 and the sources for the minerals and brown glass are in a document called ‘Housing Co-Op Startup’,” said Bilbo.

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1 Letter: Conversations in the Backyard, p. 7
   http://housing.x10host.com/letter_bob_fahey_yard_conversations_03_13_18.pdf

2 Housing Co-Op Startup, p. 22
   http://housing.x10host.com/realm_one_housing_co_op_startup_01_28_18.pdf
Bilbo and Thorin are discussing the need for four Napoli Belmar residents to assist with an off-site residence that will be a home for 4 adults and 4 puppies.

“Will the Napoli Belmar group be ahead?” asked Thorin.

“One step,” said Bilbo.

“Will the Napoli Belmar group stay overnight?” asked Thorin.

“No,” said Bilbo. “Two Napoli Belmar residents will work together and rotate the assignment with two other team members. They will eat their three meals with the off-site group and return to Napoli Belmar after Prayers.”

“Will they need to arrive before Sun Rise and say morning Prayers off-site?” asked Thorin.

“Yes,” said Bilbo.

“How long will the assignment last?” asked Thorin.

“Four weeks,” said Bilbo.

“And how long will the 4 adults be residents off-site?” asked Thorin.

“Twelve months,” said Bilbo.
“How long will the off-site residents ramp?” asked Thorin.
“Six months,” said Bilbo.
“Will they need additional help when they end the ramping phase?” asked Thorin.
“Yes,” said Bilbo.
“So their ramping phase will mirror the arrangement at Napoli Belmar,” said Thorin.
“Yes,” said Bilbo.
“Is the residence furnished?” asked Thorin.
“Yes,” said Bilbo. “There will be a need for supplemental equipment similar to Napoli Belmar. There will also be a need for pet supplies.”
“A chest freezer?” asked Thorin.
“Two,” said Bilbo.
“A magnetic white board?” asked Thorin.
“Two,” said Bilbo.
“Will they be using electric vehicles?” asked Thorin.
“Yes,” said Bilbo.
“Will there be shipment processing?” asked Thorin.
“Occasionally,” said Bilbo.
“Will this group of four residents and puppies be included in group activities?” asked Thorin.
“Yes,” said Bilbo. “One of the four residents will need to be an activities coordinator.”
“Is the location near any retailers?” asked Thorin.
“They will be very close to a Publix,” said Bilbo.
“I imagine they will need clothes, computers, phones and DVDs,” said Thorin.
“The residence has cable TV, but DVDs can provide supplemental programs,” said Bilbo.

“How old are the puppies?” asked Thorin.

“Four months,” said Bilbo.
Bilbo and Thorin are discussing the need for locations that can accommodate large groups for shared meals including residents at Napoli Belmar, 57th Street, the Residence Inn and others invited to join the group.

“Given that a co-op group is approximately 20 people, are you talking about locations that can accommodate as many as sixty people?” asked Thorin.

“One hundred,” said Bilbo.

“Have you identified any locations?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- Seawatch on the Ocean, N. Ocean Blvd., Fort Lauderdale
- Royal Fern Hall, Fern Forest, Coconut Creek
- Caldwell Pavilion, Snyder Park, Fort Lauderdale
- General Store, Tradewinds Park, Coconut Creek
- Mangrove Hall, Anne Kolb Nature Center, Hollywood
- Marando Ranch, Davie
- Riverside Hotel, East Las Olas Blvd.
• Cheesecake Factory, Fort Lauderdale
• Olive Garden, Fort Lauderdale
• Sea Cloud II
• The Wreck Bar, B Ocean Resorts, Seabreeze Blvd.
• Hilton at Resorts World Bimini, Alice Town, Bahamas

“Do all of these locations serve approved food?” asked Thorin.

“Several do,” said Bilbo. “A few locations are possibilities that I hope will work out.”

“What do the Cheesecake factory and Olive Garden serve that's approved—besides cheesecake?” asked Thorin.

“The Cheesecake factory serves beets and goat cheese,” said Bilbo. “Olive garden serves Sicilian cheesecake, Five Italian Cheese Fonduta as well as Tomato and Mozzarella Caprese.”

“A couple of these locations are locations for banquets” said Thorin.

“I would ask CroissantTime and Storks to provide catering at the locations that have kitchens,” said Bilbo. “We need to develop a 20-person team to provide catering at the more rustic locations. They would live at the Residence Inn where the Earth Security team will be based.”

“Do they need uniforms?” asked Thorin.

“Regular clothes and aprons,” said Bilbo.

“Do they need previous experience?” asked Thorin.

“No,” said Bilbo.

“Is this one of those situations where everyone needs to douse whether this is their assignment?” asked Thorin.

“Yes,” said Bilbo.

“Which Residence Inn?” asked Thorin.
“The one in Pompano Beach at 1350 N. Ocean Blvd.,” said Bilbo.

“Should the Earth Security and Caterers look for their groups there?” asked Thorin.

“Yes,” said Bilbo. “They'll also need to dowse room assignments. It will be two per room. Each of the groups will also need a studio that will be used as their office.”

“Will they need food efficiency studios, a clothing studio and a supplies studio similar to Napoli Belmar?” asked Thorin.

“Yes,” said Bilbo.

“And transportation?” asked Thorin.

“Mostly electric vehicles,” said Bilbo.

“When you plan a large event, will everyone just meet there?” asked Thorin.

“That will be possible at locations nearby. At the locations further away, buses will be needed,” said Bilbo.

“Are you talking about holding shared meal events frequently?” asked Thorin.

“Yes,” said Bilbo.

“How are you planning to communicate the details?” asked Thorin.

“Web, e-mail and the activities coordinator in each group,” said Bilbo.

“Is this one of those ramping situations?” asked Thorin.

“Yes,” said Bilbo. “That will allow us to learn what works.”

“It will also provide an opportunity for everyone to see each other,” said Thorin.

“What about the puppies?” asked Thorin.

“They need to go too,” said Bilbo. “We don't want anyone to stay
behind to babysit. I found an IRIS pet playpen that's lightweight and portable.”

“How big is it?” asked Thorin.

“Each side is 4 feet,” said Bilbo. “The sides hook together with connecting rods and three can be used to make a larger pen.”

“What is the Sea Cloud II?” asked Thorin.

“It's a barque built as a cruise ship,” said Bilbo. “Barques are sailing vessels with three or more masts. This one has three. It's operated by Sea Cloud Cruises GmbH of Hamburg, Germany.”

“I've heard of the word barque,” said Thorin. “In ancient Egypt, they were ships used by pharaohs. The English word is spelled bark, but the French use the spelling barque. Shakespeare used the spelling barke and Francis Bacon used barque.

“Barques were popular workhorses in the golden age of sailing in the mid-19th century,” said Bilbo.

I once looked up details about the ship because I wanted to know whether it would be considered a schooner or windjammer.”

“What did you find out?” asked Bilbo.

“Schooners are ships with two or more masts,” said Thorin. “Windjammers have three to five masts. It's a general name, so a barque with three masts would also be a windjammer.”

“Was there a Sea Cloud I?” asked Thorin.

“The original Sea Cloud did not have a Roman Numeral designation,” said Bilbo. It's still in use and was built for cereal heiress Marjorie Merriweather Post and her second husband, Edward Francis Hutton who co-founded E.F. Hutton with his

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1 (Chewy.com) IRIS 4-Panel Exercise Plastic Play Pen, white, $29.39
brother Franklyn Laws Hutton, and Gerald M. Loeb. Marjorie had a lot more money than Edward. They had one daughter, Nededia, who was actress Dina Merrill. Marjorie and Edward divorced in 1935, but the yacht was built in 1931 while they were still married. When Dina was a little girl, about age 9, they spent three months of the year aboard the yacht.

“How many passengers can the Sea Cloud II accommodate?” asked Thorin.

“96,” said Bilbo.

“Why is the Sea Cloud II on the list?” asked Thorin.

“They sail in the Caribbean in the winter,” said Bilbo. “In 2016, Port Everglades was ranked the third busiest cruise port in the world, and it's in Fort Lauderdale. The Belize temple of Lubaantun, where archaeologist Frederick Albert Mitchell-Hedges lifted a crystal skull, would be an interesting destination. Another cruise line makes a 10 night tour to Playa del Carmen, Mexico; Cozumel, Mexico; Belize City, Belize; Santo Tomas de Castilla, Guatemala; Falmouth, Jamaica; and Labadee, Haiti.”


“Mitchell-Hedges was English,” said Bilbo. “He died in 1959 at the age of 76. Some consider him to be the real-life Indiana Jones.”

“He took the crystal skull from the Temple of Lubaantun?” asked Thorin.

“In 2012, while Director of the Institute of Archaeology in Belize, Dr. Jaime Awe sued Disney, Lucasfilm and Paramount Pictures demanding that the Mitchell-Hedges crystal skull be returned to Belize and that the nation receive a share of profits from the 2008 Indiana Jones and the Kingdom of the Crystal Skull film,” said Bilbo.

“What happened?” asked Thorin.

“The suit was dismissed as frivolous,” said Bilbo.
“Where is the skull?” asked Thorin.

“Mitchell-Hedges found the skull with is adopted daughter Anna,” said Bilbo. “Anna died, but her husband is still living, and he has the skull.”

“When did Mitchell-Hedges and his daughter find the crystal skull?” asked Thorin.

“The exact date is unknown. Anna was supposedly 17-years old and the year was either 1924 or 1927,” said Bilbo.

“Where the Nazis really interested in archaeological artifacts?” asked Thorin.

“Yes,” said Bilbo. “A Dutch-German historian named Herman Wirth helped Himmler form an SS organization called Ahnenerbe to research the archaeological and cultural history of the Aryan race. Wirth believed the destruction of Atlantis was the Noachian Flood, and that the survivors of Atlantis had fled to the highest parts of the world.”

“Did the Nazis believe Atlantis was in the Caribbean?” said Thorin.

“They were probably not sure,” said Bilbo. “I found a site called Atlantipedia with a tag line that says, ‘An A-Z Guide to the Search for Plato's Atlantis. Ahnenerbe is mentioned in many of the entries. A writer named Mark Chorvinsky who founded Strange Magazine says Mitchell-Hedges believed that there were Atlanteans who survived the cataclysm who established themselves as the Mayans of South America.”

“Does he say the Atlanteans survived a cataclysm that occurred in the Mediterranean?” asked Thorin

“The Atlantipedia group and Mark Chorvinsky mention Plato, so they're not referring to the Caribbean,” said Bilbo. “Thoth was Quetzalcoat11 in Middle America.”

“Thoth?” asked Thorin
“Thoth was the son of Isis and Osiris,” said Bilbo. “Thoth was his Egyptian name. In Rome, he was Mercury, in Greece, he was Hermes. There are occultists who believe Thoth was also Francis Bacon and William Shakespeare.”

“There's a statue of Mercury over Grand Central Station in New York City,” said Thorin. “There's also a statue of Mercury riding Pegasus in the Place de la Concorde in Paris.”

“In Zecharia Sitchin's book *The Lost Book of Enki*, Thoth's name is Ningishzidda,” said Bilbo. “The book says Ningishzidda's face is on the Sphinx:

*Let the gazing lion, precisely eastward facing, with Ningishzidda's image be!*

“Did you check to see if the Sphinx faces east?” asked Thorin.

“It does,” said Bilbo.

“I'm wondering why the Wreck Bar is on your list,” said Thorin.

“The Wreck Bar opened in 1950,” said Bilbo. “The name of the hotel where it is located has changed several times, but the bar has remained. There's a mermaid synchronized swimming show that takes place in the hotel pool that has portholes into the bar. The show was inspired by Esther Williams' Hollywood movies of the 1940s and '50s.”

“Do they serve any approved food items?” asked Thorin.

“We would need to work on that,” said Bilbo.

“What about the Hilton at Resorts World Bimini, Alice Town, Bahamas?” asked Thorin.

“That's 42 miles east of Miami and it's on the edge of the Bermuda Triangle,” said Bilbo. “The Bimini Road is 1,500 feet from the hotel.”

“Bimini Road?” asked Thorin.
“It's also been called a wall because it looks manmade,” said Bilbo. “There's an arrangement of rectangular limestone blocks that could not be natural.”

“And the Bermuda Triangle?” asked Thorin.

“Bimini is on the edge of the Bermuda Triangle bounded by Miami, Puerto Rico and Bermuda and an intersection point on a dodecahedron-shaped planetary grid described by *New York Times* bestselling author Christopher Bird,” said Bilbo.

“Didn't he write *The Secret Life of Plants* with Peter Tompkins?” asked Thorin.


“What is a dodecahedron?” asked Thorin.

“A dodecahedron is a polyhedron with 12 flat faces,” said Bilbo. “In his article, “Planetary Grid,” published in the *New Age Journal*, Christopher Bird explains that if the Earth is mapped out as a dodecahedron or icosahedron grid, there are equidistant geometric points or vortices of intersecting Ley lines. Christopher Bird’s article has been preserved on the Pleiadian Library Web site including a “Vile Vortices Overview” from Ivan Sanderson’s 1972 article in *Saga* magazine titled, “The Twelve Devil’s Graveyards Around the World” describing the locations of ship and plane disappearances worldwide.”

“What is an icosahedron?” asked Thorin.

“An icosahedron is a polyhedron with 20 flat faces,” said Bilbo. “David Daniel Zink, who died in 2008, was formerly an English

1 “Planetary Grid” by Christopher Bird, *New Age Journal*, May 1975
www.bibliotecapleyades.net/mapas_ocultotierra/ esp_mapa_ocultotierra_11.htm
professor at the USAF Academy in Colorado and Lamar University in Texas,” said Bilbo. “Zink mapped an icosahedron on a world map that shows intersecting vertices very close to Bimini.”

“Wouldn't a boat be needed to see the Bimini Road?” asked Thorin.

“Zink carried out extensive searches with funding from A.R.E. in the shallow waters off Bimini producing detailed maps of the underwater “Bimini Road” that is in 10 feet of water about 500 meters from the Hilton Hotel in Bimini,” said Bilbo.

“Isn't A.R.E. the Edgar Cayce organization?” asked Thorin.

“Yes,” said Bilbo. “The hotel has recently added a glass-bottom boat trip. There's also snorkeling at the hotel.”

“What form of transportation is needed to reach the Hilton?” asked Thorin.

“There's a new fast ferry serving Bimini hotels⁴,” said Bilbo. “A day trip is about $100, but there are also packages with the Bimini hotels called ‘Cruise and Stay.’ For example, the ferry and one night at the Hilton is $382, two nights is $494. The round-trip ferry is included and the ferry leaves Miami at 9:00 a.m. The trip takes 2 hours and the return trip leaves at 8:30 p.m. The actual boat trip is probably one hour, but passengers need to get dropped off at several different hotels.”

“What about dining at the Hilton?” asked Thorin.

“There are eight restaurants at the hotel and I've dowsed that four

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⁴ GoBahamasPlus
Port of Miami (Terminal H) is located at 901 South America Way - Miami, Florida, no passport required for U.S. Citizens
https://gobahamasplus.com
have approved food items,” said Bilbo.

“Some of the other locations on your list have related attractions,” said Thorin.

“I another list for that and I've added the related attractions in red,” said Bilbo showing Thorin his notes.

- Seawatch on the Ocean, N. Ocean Blvd., Fort Lauderdale - ocean view
- Royal Fern Hall, Fern Forest, Coconut Creek - 300 million year-old ferns and cypress knees (WiFi)
- Caldwell Pavilion, Snyder Park, Fort Lauderdale - exotic Banyan trees, 7 AM – 6 PM
- General Store, Tradewinds Park, Coconut Creek - farm animals, 8:30 a.m. to 3:30 p.m.
- Mangrove Hall, Anne Kolb Nature Center, Hollywood - Seating capacity, 277, theater seating, no tables (WiFi) Also: pontoon boat ride that can accommodate 40 people
- Marando Ranch, Davie - ranch tours (WiFi)
- Riverside Hotel, East Las Olas Blvd. - Water Taxi Stop
- Cheesecake Factory, Fort Lauderdale
- Olive Garden, Fort Lauderdale
- Sea Cloud II - Belize, the crystal skull
- The Wreck Bar, B Ocean Resorts, Seabreeze Blvd. - mermaid synchronized swimmers
- Hilton at Resorts World Bimini, Alice Town, Bahamas - Bimini Road

“What is a cypress knee?” asked Thorin.

“No one knows,” said Bilbo. “They can be seen as you walk along the trails at Fern Forest that wind past ferns. They protrude out of
the pond water. There are lots of them and they're a little spooky looking.”

“Ferns are 300 million years old?” asked Thorin.

“Yes,” said Bilbo. “Ferns fossilized in rock look exactly the same as present-day specimens.”
Bilbo and Thorin are discussing the need for upgraded lifestyle conferences at large meeting hotels and conference venues. Thorin is not sure he understands the purpose of the conferences or, who should attend.

“What is an upgraded lifestyle conference?” asked Thorin.

“It's an integration of knowledge familiar to 10 percent of Earths' population,” said Bilbo.

“Are you saying that only 10 percent of Earth's population have the knowledge?” asked Thorin.

“The number was once 10 percent, but now it may be only 6 percent,” said Bilbo.

“Are the conferences designed to capture the knowledge before that number drops to zero?” asked Thorin.

“Yes,” said Bilbo.

“Why is the number getting smaller?” asked Thorin.

“It's due to the Sirian invasion,” said Bilbo. “They're not Earth culture.”

“Would that group attend a conference?” asked Thorin.
“I dowse that three percent would be interested,” said Bilbo. “The conferences are really for everyone else, before the information is lost.”

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

“We have had previous conversations about classic styles,” said Bilbo. “We talked about power ranking events for clothing.”

“I remember you referred to old-fashioned names of clothing styles such as cardigans, espadrilles and men's field jackets,” said Thorin.

“Those terms are so out-of-date that most people don't know what they don't know,” said Bilbo. “There are still people who work in the clothing business who know the terms.”

“That group may be shrinking,” said Thorin.

“That's the problem,” said Bilbo. “There are classic styles in clothing, furniture, fabric and even architecture. Sirians are not interested in Earth's classic styles.”

“Do they have their own styles?” asked Thorin.

“They do and they're showing up in Earth's famous retail stores that used to sell only classic styles,” said Bilbo.

“Can you give me an example?” asked Thorin.

“There's a new style of mens' suit that's so tight, a writer named Ezra Paul Lizio-Katzen said the style reminded him of Pee-wee Herman whose tight suit was a comedy prop,” said Bilbo.

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1 Earth's Status, Likelihood of Change and Heaven by Mary Jo Fahey, p. 66 http://housing.x10host.com/hobbit_earth_status_change_heaven_08_18_17.pdf

“Do you think Sirians are trying to eliminate Earth's classic styles?” asked Thorin.

“Yes,” said Bilbo.

“There's a new *Lost in Space* TV series,” said Thorin. “Maybe they like space suits.”

“More silver lamé?” asked Bilbo.

“Silver fabric was used in the 1965 version,” said Thorin. “They seem to like glittery, shimmery fabric like Michael Rennie's suit in *The Day The Earth Stood Still*."

“Do you think anyone is noticing the changes?” asked Thorin.

“A relatively small group are noticing—about six percent,” said Bilbo.

“How will the others understand?” asked Thorin.

“Remember when we talked about celebrities photographed in classic styles for power ranking events?” asked Bilbo.

“Yes,” said Thorin. “That idea grew out of the list of 14 preppiest brands published on the JackThreads Web site1.”

“I've been adding to that list of classic styles and I think they can be presented at conferences. The photos are easy to find with Google,” said Bilbo showing Thorin his notes.

1. Cary Grant
   Cardigan Sweater
   *A Touch of Mink*, 1962

2. Michael Caine
   Cardigan Sweater
   *Born Reckless*, 1959

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1 Earth's Status, Likelihood of Change and Heaven by Mary Jo Fahey, p. 60
http://housing.x10host.com/hobbit_earth_status_change_heaven_08_18_17.pdf
3. Walter Matthau  
*Grumpy Old Men*  
Hunter’s Cap with a Brim and flaps lined with faux fur  
Note: Hunter’s caps are similar to aviator’s caps, but the aviator version does not have a brim

4. Jack Lemmon  
*Grumpy Old Men*  
Knitted Cuffed Long Beanie Hat  
Note: In a *Waltons* episode called The First Day, John Boy has to wear a cloth beanie hat that is an initiation for freshmen. Ohio State University started this tradition in 1912 and lasted until mid-20th Century (popular at 12 of 14 Big Ten Schools).

5. Kevin Kline  
*Dave*, 1993  
Crew Neck Sweatshirt  
Heather Gray

6. Pierce Brosnan  
Crew Neck Sweater  
with Aston Martin DB5 in *Golden Eye*, 1995

7. Patrick Dempsey  
Cardigan with a shawl collar  
2016

8. Jack Black  
Cardigan with a shawl collar with black glasses  
*Goosebumps*, 2016  

9. Daniel Craig  
Black Shawl Collar Cardigan  
*Quantum of Solace*, 2008
10. Daniel Craig
   Short Sleeve Polo Shirt (also called golf shirts or tennis shirts)
   *Thunderball*
   *Casino Royale*
   *Quantum of Solace*
   *Spectre*

11. Chevy Chase
   Short Sleeve Tennis Shirt (also called golf shirts or polo shirts)
   *Fletch, 1985*

12. Brad Pitt
   Navy Polo Shirt
   *Moneyball, 2011*

   Red Polo shirt, Car Trip
   *As Good As It Gets, 1997*

14. Clint Eastwood
   Red Polo Shirt, 1972

15. Kurt Russell
   Light Blue Polo Shirt with khakis
   *Breakdown, 1997*

16. Nigel Havers
   beach running sequence (with Vangelis’ academy award music)
   Short sleeve collarless henley shirt with a round neckline and a button placket
   *Chariots of Fire, 1981*

17. Cary Grant
   Double Breasted Suit Jacket
   *His Girl Friday, 1940*

18. Faye Dunaway
   French Beret
   *Bonnie and Clyde, 1967*
19. Harrison Ford
Fedora
_Indiana Jones_, 1981 - 2008

20. Steve McQueen
Irish Sweater (also known as Aran jumper)
_The Thomas Crown Affair_, 1968

21. Victoria Beckham
Fair isle sweater
“How cheap copies are killing off REAL Fair Isle as Rihanna and Victoria Beckham inspire new interest in traditional knitwear,” by Ticky Hedley-dent, London's _Daily Mail_, December 13, 2010

22. Zachary Quinto
Fair isle sweater

23. Prince of Wales (later Edward VIII)
Fair Isle Sweater, 1921

24. Prince George, December 2015, Family Christmas Card
Fair Isle Sweater

25. Princess Charlotte, May 1, 2017, 2nd Birthday Photo,
Fair Isle Sweater

26. Robin Williams as Mrs. Doubtfire
Fair Isle Sweater
Mental Floss Article and Film Trailer
_Mrs. Doubtfire_, 1993

27. Robin Williams as prep school teacher John Keating
Red Crew Neck Sweater
_Dead Poets Society_, 1989
28. Guy Ritchie  
Fair Isle Sweater  
“Guy Ritchie looks relaxed as he steps out in London with a pal...hours after ex wife Madonna shares flashback family photo with son Rocco amid ongoing custody battle,” by Joanna Crawley and Rebecca Lawrence, London’s *Daily Mail*, January 5, 2016

29. Guy Ritchie  
Gray cardigan with a shawl collar  
“Suicide Squad 2 news: Guy Ritchie offered directing role? ’I could do a good job with it,’” by Shaun Kitchener, London’s *Express*, May 9, 2017  
www.express.co.uk/entertainment/films/802076/Suicide-Squad-2-Guy-Ritchie-director-rejected

30. Dakota Fanning  
Pleated Plaid Uniform Skirt and Sweater Vest  
*Uptown Girls*, 2003

31. Jason Schwarzmann as Max Fischer  
School Uniform  
From “Max Saved Latin,” Cork Grips Blog, 6/14/2010  
https://cork-grips.com/2010/06/14/max-saved-latin/  
- Gitman Brothers Vintage Oxford Shirt (now selling an updated “slim” version, see “A Tale of Two Gitmans,”  
*A Fine-Tooth Comb* Blog, June 18, 2016)  
- Brooks Brothers Blazer  
- Apolis Standard Issue Utility Chinos  
- Moscot Lemtosh Glasses  
*Rushmore*, 1998

Animated Title Sequence, Shoes:  
Tim Considine (Mike, Wingtip aka Brogue)  
Don Grady (Robbie, Penny Loafers)  
Stanley Livingstone (Chip, Sneakers)  
Notes: (1) In 1936, G.H. Bass of Wilton, Maine launched a loafer called the ‘Weejun’. This shoe, called a penny loafer,
became very popular in the U.S, especially among prep school students, who kept pennies in the saddle slot for pay phone calls. (2) Barry Livingston played an adopted son named Ernie.

33. Prince William (Duke of Cambridge)
   Navy Blazer
   Santa Barbara Charity Polo Match
   *Daily Mail* Photo, July 9, 2011
   Article: “He shoots he scores! Kate rewards her prince for his victory at star-studded polo match before they hit the Hollywood red carpet” by Sarah Bull and Rebecca English

34. Humphrey Bogart
   Trench Coat
   *Casablanca*, 1942

35. Jack Kennedy
   Cape Cod, 1953
   White Oxford Cloth Shirt, Classic (roomy) fit
   Split back yoke with a box pleat (adds extra room)

36. Jacqueline Kennedy
   Lilly Pulitzer Light Yellow and White 2 inch gingham check *Life* Magazine, September 1, 1961

37. Jacqueline Kennedy Onassis
   Famous photograph, black turtleneck sweater

38. Judi Dench
   Black Turtleneck

39. Patrick Stewart
   Black turtleneck

40. Denzel Washington
   Black Turtleneck
   “Hollywood Star of the Week”
41. Maggie Smith
   Black Turtleneck
   Photograph by Terence Donovan

42. Marilyn Monroe
   Black Turtleneck
   Marilyn Monroe at home in Hollywood, 1953
   Alfred Eisenstaedt—Time & Life Pictures/Getty Images

43. Hugh Jackman
   Cashmere turtleneck sweater by Gilded Age
   Men’s Vogue, November/December 2006

44. Colin Firth
   Gray Cable Knit Turtleneck
   Red Nose Day Actually (Love Actually Sequel),
   BBC One, 2017

45. Simon Pegg
   Bow Tie
   “Simon Pegg reprises his quirky field agent character in a smart green suit and bow tie as he is spotted on set of Mission Impossible 6 in London,” by Julia Pritchard,
   Daily Mail Online, February 11, 2018

46. Kevin Bacon
   Bow Tie
   Footloose, 1984

47. Jim Parsons
   Bow Tie
   2013 Screen Actors Guild Awards

48. Jim Parsons
   Messenger Bag
   The Big Bang Theory, “The Meemaw Materialization,”
   Season 9, episode 14, 2016
49. Matt Smith
Bow Tie, Tweed jacket, waistcoat (vest)
Geekandbooknerd, November 23, 2013
Note: Waistcoats have existed since the 17th Century.

50. Richard Dreyfuss
Light Blue Oxford Cloth Shirt, Classic (roomy) fit
Split back yoke with a box pleat (adds extra room)
*What About Bob?* 1991
(just before his *Good Morning America* interview)

51. Matt Damon
Light Blue Oxford Cloth Shirt, Classic (roomy) fit
Split back yoke with a box pleat (adds extra room)
*The Talented Mr. Ripley*, 1999

52. David Duchovny
Tattersall Cloth Shirt with a button down collar,
Classic (roomy) fit, split back yoke with a box pleat (adds extra room)
*Return to Me*, 2000
(in the reunion scene with Minnie Driver)

53. Tom Cruise
White Oxford Cloth Shirt, Classic (roomy) fit
Split back yoke with a box pleat (adds extra room)
*Risky Business*, 1983
(dancing underwear scene, available on YouTube, shirt looks pink, it could be the lights on the set)

54. Paul Newman
White Oxford Cloth Shirt, Classic (roomy) fit
Split back yoke with a box pleat (adds extra room)
*Torn Curtain*, 1966 (Hitchcock)
(Scene: Armstrong re-dresses after a visit to the helpful Dr. Koska).

55. Don S. Davis as General Hammond
Epaulette, Passant, or Shoulder Strap on his shirt
*Stargate SG-1*, 1997 - 2007
56. Security Guard, Entrance
Tomsky Convalescent Home
Epaulette, Passant, or Shoulder Strap on his shirt
*What About Bob?*

57. Cary Grant
Fred Astaire
Casual, loose-fitting pants, 1930s

58. James Dean
Argyle Sweater Vest
*East of Eden, 1955*

59. Rob Lowe
Argyle Sweater
*Class, 1983*

60. Son
Julia Louis-Dreyfus
Argyle Sweater Vest
Old Navy First Day of School TV Commercial

61. Diane Keaton
Steve Martin Diane Keaton Photo
Yellow Cardigan, White Blouse, Pearls
*Father of the Bride, Part 2, 1995*

62. Kirsten Dunst
Cable Knit Cardigan Sweater
Blouse with a Peter Pan collar
*Mona Lisa Smile, 2003*

63. Candace Cameron Bure
Dark Blue Cardigan with Brass Buttons and a printed blouse
"Real Murders: An Aurora Teagarden Mystery, 2015"

64. Melanie Griffith as Tess McGill
Navy/Black blazer and a white blouse
*Working Girl, 1988*
65. Grace Kelly
   White drawstring skirt with black halter and a white straw hat with the crown removed
   *To Catch a Thief*, 1955

66. Grace Kelly
   Rose Crepe Pleated Skirt, “Picnic Outfit”
   *To Catch a Thief*, 1955

67. Maggie Gyllenhaal
   Floral gathered skirt with a short sleeve sweater
   *Mona Lisa Smile*, 2003
   Scene: women present paint by number pictures to Julia Roberts

68. Elizabeth Taylor
   Blouse and Windowpane Skirt
   1948

69. Elizabeth Taylor
   Green and White gathered skirt
   (appears black and white in publicity photos)
   *A Date With Judy*, 1948

70. Lauren Bacall
   Gathered Skirt with a White Blouse
   *Key Largo*, 1948

71. Cyd Charisse
   White Pleated Skirt and Blouse
   “Dancing in the Dark” number in Central Park with Fred Astaire
   *The Band Wagon*, 1953

72. Erin Moran
   Plaid Pleated Skirt with a knitted sweater vest and white blouse
   *Happy Days*, “Fonzie Moves In,” Season 3, Episode 1
73. Gina Lollobrigida
   Dirndl Skirt
   1950s

74. Jane Fonda
   Pleated Skirt with a Plaid Blouse
   *Tall Story*, 1960

75. Helen Mirren
   Pleated Skirt with a Cardigan in Central Park photographed while filming *Arthur*
   *Arthur*, 2011

76. Helen Mirren
   Blue Full Skirt with a Lace Top
   Photographed in Los Angeles while filming David Mamet’s *Phil Spector*, HBO, 2013

77. Lucille Ball
   Tartan Taffeta Circle Skirt

78. Lucille Ball
   Solid Taffeta Skirt with White Lace Top
   Photographed with Desi Arnaz and Buster Keaton on the set of *I Love Lucy*

79. Sophia Loren
   Pleated Printed Skirts with pleats that open to a plain fabric
   Photographed with her 1955 300SL Mercedes-Benz SL Gullwing

80. Sophia Loren
   Mexican inspired skirt designed for the film *The Pride and the Passion*, 1957
   Publicity photo

81. Drew Barrymore
   Floral circle skirt with navy Kimora Lee Simmons top
   Financo CEO Forum, January 18, 2016 in New York City
82. Robin Wright
Black pleated skirt by Dolce & Gabbana with a Tweed Jacket by The Row
*House of Cards*, Netflix Web Television Network
Scene: U.N. Lounge

83. Lauren Hutton
Pleated skirt with knife pleats and a white T-shirt
*The Gambler*, 1974

84. Ali MacGraw
Red Plaid Pleated Skirt worn with a black wool peacoat
*Love Story*, 1970

85. Barbara Feldon
Plaid Skirt with double breasted blazer
*Get Smart*, "The Groovy Guru," Season 3, episode 15

86. Bette Davis
Portrait
Long floral skirt for Warner Bros Studios 1942

87. Jeannie Mai
Windowpane Circle Skirt
Opening night of Cirque Du Soleil's 'Kurios in Los Angeles, December 9, 2015

88. Nicole Kidman
Michael Kors pleated skirt with a long sleeve sweater
*InStyle’s “Look of the Day” for June 13, 2014*

89. Petula Clark
Gathered Skirt with a white turtleneck top
*Cover, Vol. 11 (Vinyl) at Discogs 1959*

90. Queen Elizabeth
Poodle Skirt, 1955
*Life Magazine*
91. Anna Wintour in a knee length skirt photographed with Eddie Borgo, Billy Reid, and Prabal Gurung at the CFDA/Vogue Fashion Fund party at the J Crew Men's Shop on April 20, 2011 in New York City. 
Source: Dario Cantatore/Getty Images North America 
Note: Anna is Editor-in-Chief of American Vogue (since 1988) 

92. Taylor Swift 
Oscar de la Renta navy skirt with a wool gingham top 
New York City, May 2014 

93. Ivanka Trump 
Camel skirt with black embellishments and a black turtleneck top 
September 19, 2017 
London’s Daily Mail 

94. Oprah Winfrey (for an interview with Luvvie Ajayi) 
Blue-Gray Skirt and a black top 

95. Kerry Washington 
J. Mendel Floral Skirt 
Comic Con, July 2012, San Diego, CA 

96. Jennifer Lopez 
Red Satin Noir Sachin & Babi pleated skirt with a high-neck crop top by SisSae 
Fox Winter TCA All-Star Party in Pasadena, CA, January 2015 

97. Jennifer Lopez 
Sea-foam green jacquard skirt (a jacquard fabric is incorporated into the weave, instead of being printed or dyed onto the fabric) 
AOL Build Speaker Series, New York City, January 2015
98. Michelle Obama
   Printed Skirt from Nigerian designer Duro Olowu
   Photographed with daughters Malia and Sasha
   Visit to Milan, Italy June 17, 2015

99. Victoria Beckham
   Pleated Skirts
   “Victoria Beckham Makes a Case for the Pretty Pleated Skirt”
   Vogue Slideshow
   www.vogue.com/slideshow/victoria-beckham-pleated-skirt-gallery

100. Katie Holmes
   Michael Kors Floral Skirt with a lime green top
   New York Fashion Week, 2013

101. Zoe Saldana
   Sachin + Babi Circle Skirt
   71st Annual Golden Globe Award Ceremony
   Beverly Hills, CA, January 12, 2014

102. Tea Leoni
   Checked Skirt with a white blouse and red pumps
   Madam Secretary TV series, 2014 - present

103. Lydia Bright
   Canary colored pleated skirt
   The British Style Collective presented by The Clothes Show at The Liverpool Exhibition Centre in Liverpool
   London’s Daily Mail
   July 9, 2017

104. Lea Michele
   Photographed in a black and white circle skirt outside
   Jason Wu's Spring 2012 Mercedes-Benz Fashion Show in New York City.
105. Sarah Jessica Parker  
White pleated skirt, a light blue blouse and a brown belt  
Photographed near Times Square in New York City  
July 11, 2017

106. Jessica Alba  
Yellow plaid skirt  
Ralph Lauren spring/summer 2013 show, New York City

107. Natalie Portman  
Christian Dior Skirt and Top  
Opening season Paris Opera Ballet Party 2015  
Photographed with her husband Benjamin Millepied

108. Meghan Markle  
Pleated camel skirt by British label Joseph and a black Wolford bodysuit  
Meghan accompanied Prince Harry for a visit to the Terrence Higgins Trust World AIDS Day charity fair in Nottingham, December 2017

109. Duchess of Cambridge (formerly Kate Middleton)  
Banana Republic print skirt and a shite blouse  
Photographed at the official launch of the Heads Together charity, May 16, 2016

110. Camilla, Duchess of Cornwall (formerly Camilla Parker Bowles)  
Printed skirt with a white jacket  
Padstow, Cornwall, UK. 20th July 2015. The Duke and Duchess of Cornwall were photographed starting their annual visit to the Duchy at Padstow

111. Emma Stone  
Black skirt with white blouse  
Set, *LaLaLand*, Los Angeles, CA  
August 2015
112. Viola Davis
White and black skirt with a black top
Disney Media Distribution International Upfronts at Walt Disney Studios on May 17, 2015 in Burbank, California.

113. Kristin Scott Thomas
Black skirt and a white blouse
Opening Night afterparty of *The Seagull* held at Sardi’s Restaurant
New York City, February 10, 2008
Note: Anton Chekhov wrote *The Seagull* in 1895. Thomas won the 2007 Olivier Award for Best Actress in a Play for her performance as Arkadina in *The Seagull*.

114. Andie MacDowell
Long gray skirt and white jacket
*Four Weddings and a Funeral*, 1994

115. Katherine Heigl
Oyster-colored Knee length pleated skirt
Photographed picking up lunch at The Oaks Gourmet market in Los Angeles
London’s *Daily Mail*, September 10, 2012
“Having a Marilyn moment! Katherine Heigl dons pleated white skirt and showing off her curves in tight top,” By Sarah Fitzmaurice

116. Julianne Hough
Blue Lace Skirt
AOL Studios, 2016

117. Kate Hudson
Christopher Kane emerald green metallic pleated skirt
Photographed in New York City promoting an episode of *Running Wild With Bear Grylls*
London’s *Daily Mail*, July 10, 2015
118. Brooke Adams
   Aqua skirt and a white blouse
   Photographed with husband Tony Shalhoub at the 57th Annual Primetime Emmy Awards in Los Angeles, September 18, 2005

119. Melanie Griffith
   Black skater skirt with a white top
   Photographed in Los Angeles

120. Princess Diana
   Red Pleated Skirt
   Photographed Arriving for a Pavarotti Concert At Royal Albert Hall, May 8, 1995

121. Crown Princess Victoria and Princess Estelle of Sweden
   Floral skirt by H & M
   Photographed at a meeting with the national ice hockey team, May 2017

122. Salma Hayek
   Blue and green floral skirt
   Photographed visiting *Good Morning America* in New York City, August 2015

123. Nicky Hilton Rothschild
   Black circle skirt with a white lace top

124. Billie Lourd
   Circle skirt
   Caption: Silver Jacquard Crop Top and Midi Skirt worn by Billie Lourd on Scream Queens
   Published on the *Worn on TV* blog, September 23, 2015
   Note: Billie Lourd is Carrie Fisher’s daughter
125. Zosia Mamet
Khaki skirt with a white blouse
Photographed during Fashion Week, New York, February 18, 2015
Note: Zosia Mamet is David Mamet’s daughter

126. Reese Witherspoon
Amaryllis Floral skirt
Photographed with her daughter Ava in Brentwood, California

127. Amal Clooney
Dolce & Gabbana Floral Skirt
“Amal Clooney Blossoms in Dolce & Gabbana’s Floral Print,” by Edward Barsamian, Vogue, April 11, 2018

128. Rachel Weisz
Black and white circle skirt
Photograph by Max Vadukul for Italian Vogue December 2007

129. Catherine Zeta-Jones
Floral black and white skirt with a black top
“Youthful Catherine Zeta-Jones, 48, looks elegant in floral monochrome skirt and black blouse as she attends TV event in Los Angeles,” Connie Rusk, January 14, 2018, Daily Mail Online

130. Alex Kingston
Circle skirt with a white blouse
Salt lake Comic Con, Utah, March 26, 2016

131. John Mahoney
Plaid Button-down shirt
Frasier
132. Ted Danson
   Plaid Button-down shirt
   Cheers

133. Bebe Neuwirth
   Khaki trench coat
   Cheers
   “Where Have all the Floorboards Gone?” Season 10, episode 8

134. Anne Hathaway
   Khaki Trench Coat
   Photographed with her mother Kathleen Ann Hathaway after lunch in New York City

135. Kristen Wiig
   Trench coat
   “Ready for Autumn? Kristen Wiig flaunts her eclectic take on summer style in a patterned dress and khaki trench coat as she steps out in London,” by Ekin Karasin, Daily Mail Online, June 21, 2018

136. Julie Andrews
   Trench Coat
   Torn Curtain, 1966

137. Carey Mulligan
   Khaki trench coat
   Never Let Me Go, 2010

138. Jude Law
   Trench coat
   Sky Captain and the World of Tomorrow, 2004

139. Gwyneth Paltrow
   Trench coat
   Sky Captain and the World of Tomorrow, 2004

140. Goldie Hawn
   Trench Coat
   Foul Play, 1978
141. Chevy Chase  
Trench Coat  
*Foul Play*, 1978

142. Gwyneth Paltrow  
White wool trench coat, Michael Kors Collection  
Opening night FIS Alpine Ski World Cup in Kitzbuhel, Austria  
January 22, 2016

143. Romeo Beckham  
Burberry Trench Coat and Scarf  
Note: Romeo Beckham is David Beckham’s son

144. Kaia Gerber  
Cream colored winter trench coat  
Catwalk at the Chloe AW18 show during Paris Fashion Week  
“Kaia Gerber, 16, continues her successful Fashion Week run in chic winter wear and grungy accessories as she storms the runway at the star-studded Chloe AW18 showcase in Paris,” by Julia Pritchard, March 1, 2018  
London’s *Daily Mail*  
Note: Kaia Gerber is Cindy Crawford’s daughter

145. Glenn Close  
Dark Green Trench Coat  
Photographed in Manhattan’s Stuyvesant Square while filming a scene for television show Damages (2007-2012)

146. Ted Danson  
Red Crew Neck Sweater  
Cheers  
“Homicidal Sam,” 1983, Season 2, episode 4
147. Noah Wyle
   Suspenders
   ER, 1994

148. Michael Douglas (4)
   Wall Street, 1987
   Suspenders

149. David Hyde Pierce
   Suspenders
   Frasier
   “The Dinner Party,” 1999, Season 6, episode 17

150. David Hyde Pierce
   Double Breasted Suit
   Frasier
   “Dinner at Eight,” 1993, Season 1, episode 3

151. Presley Gerber
   Cream colored Italian cotton crew neck sweater by Officine Generale (stores in Paris and London)
   “Presley Gerber Charms in L’Uomo Vogue Shoot,” The Fashionisto, April 3, 2017
   Note: Kaia Gerber is Cindy Crawford’s son

152. Woody Allen
   Green crew neck sweater over a pale blue shirt with khaki pants
   Photographed with actors from his 2017 film Wonder Wheel including Jim Belushi, Kate Winslet, Juno Temple and Justin Timberlake.
153. Woody Allen
   Khaki pants
   London *Daily Mail* photos

154. Pierce Brosnan with wife Keely Shaye Smith and sons
   Paris and Dylan
   Khaki pants and white shirts
   Dr. Jane Goodall Champagne and Tea Reception
   December 09, 2004

155. Jake Gyllenhaal
   Red Buffalo plaid shirt with tan corduroys
   Photographed filming Nocturnal Animals, 2015
   “Jake Gyllenhaal is ruggedly handsome in flannel shirt as
   he joins Isla Fisher on the set of new drama Nocturnal
   Animals,” by Heather Waugh, London’s *Daily Mail*, October
   21, 2015

156. Armie Hammer
   Blue Crew Neck Sweater
   Photographed on the set of Nocturnal Animals with actress
   Amy Adams
   My New Plaid Pants blog by Jason Adams, December 11,
   2015
   http://www.mynewplaidpants.com/2015/12/join-armie.html

157. Jack Kilmer
   Camel coat, Saint Laurent Menswear, 2015
   “New York Fashion Week Man: celebrity sons modeling
   The sons of celebrities among the most successful models.
   Like father, like son,”
   Italian *Vogue*, Published 7/15/2015
   http://www.vogue.it/en/shows/oddities/2015/07/new-york-
   fashion-week-man-models-star-son#ad-image
   Note: Jack Kilmer is Val Kilmer’s son.
158. Beckham boys: David, Brooklyn, Cruz and Romeo
Dark Navy/Black blazers with white shirts and ties
Photographed at the BBC Sport Personality of the Year Awards in December 2010 where David Beckham receives the BBC Sports Personality Lifetime Achievement award
“Posh school: Beckham boys enrol in fee-paying school as speculation mounts about David signing for Spurs,” by Jody Thompson, London’s Daily Mail, January 5, 2011

159. Mitt Romney
Crew neck sweater with khaki pants
Elise Amendola/AP Photo
“Mitt Romney’s Sons’ Low-Key Role in Campaign,” by Shushannah Walsh, August 25, 2011

160. John Ritter
Khaki pants
*Three’s Company*, 1977

161. Chris Pine
Red Buffalo Plaid Shirt
Photographed in downtown Vancouver October 2010

162. Jake Gyllenhaal
Red Buffalo plaid shirt with tan corduroys
Photographed filming Nocturnal Animals, 2015
“Jake Gyllenhaal is ruggedly handsome in flannel shirt as he joins Isla Fisher on the set of new drama Nocturnal Animals,” by Heather Waugh, London’s *Daily Mail*, October 21, 2015

163. Willow Smith
Red Buffalo Plaid Cocoon Coat
Before performing at The Fader Fort by Converse in Brooklyn in late 2014, Smith posed for cameras in an understated black turtleneck, denim shorts, and an oversized buffalo plaid sweater by Isabel Marant Étoile.
164. Willow Smith
Black and White Buffalo Plaid Button Down Shirt
Photographed at Burj Khalifa in Dubai
“Jaden and Willow Smith talk about their view of the UAE and future plans,” by Rob Garratt, August 12m 2015

165. Son's Buffalo Plaid Shirt
Allstate Accident Forgiveness TV Commercial, 'Grounded'
www.ispot.tv/ad/wwOJ/allstate-accident-forgiveness-grounded

166. Cole Sprouse
Milo Thatch Halloween Costume:
Oversized round glasses, a turtleneck sweater, a green trench coat and a pair of extra-large pants, sinches at the waist with a brown belt
“Cole Sprouse's Milo Thatch Halloween Costume Will Pull at All Your Heartstrings—Pics!” By Kendall Fisher, October 8, 2015
Notes: The National Geographic Store calls Milo Thatch’s sweater a “World War II Military Sweater.” Cole Sprouse and his twin brother Dylan Spouse are former Disney Channel child stars.

167. Eric Trump
Light blue gingham shirt with khaki pants and a navy blazer
Photographed with his wife Lara

168. Bill Gates
Yellow crew neck sweater and khaki pants
Life Size Celebrity Cardboard Cutout
169. Family Wardrobe, *Stuart Little* film, 1999
   Live Action Cast:
   Geena Davis as Eleanor Little
   Hugh Laurie as Frederick Little
   Jonathan Lipnicki as George Little

170. Myrna Loy
   Military style short belted jacket
   *Wings in the Dark*, 1935

171. Arnold Schwarzenegger
   White shirt and khaki pants
   Photographed talking to George W. Bush
   London’s *Telegraph*
   “George W. Bush in Pictures”

172. Ryan O’Neal
   Pin stripe shirt and a light yellow tie
   *Chances Are*, 1989

173. Ryan O’Neal
   Irish aran sweater

174. Gwyneth Paltrow
   Irish aran sweater

175. Grace Kelly
   Irish aran sweater

176. Robert Redford
   Irish Aran Sweater
   *Spy Game*, 2001

177. Owen Wilson
   Irish Aran Sweater
   *Meet the Parents*, 2000

178. Sybil Saulnier
   French actress who bears a strong resemblance to Marilyn Monroe photographed by Paul Schutzer in an Irish Aran Sweater, Paris, April 1963
179. Emma Watson
   Moss green cable knit sweater by Zady

180. George Clooney
   Khaki Pants
   THE MENS SHOPPE/Her Boutique

181. Robert De Niro
   Blue and white pin stripe shirt, blue cardigan and khaki pants
   *The Intern*, 2015

182. Jeremy Irons
   Khaki suit
   2001 Donna Karan Campaign

183. Seymour Hoffman
   Khaki suit
   *The Talented Mr. Ripley*

184. Courtney Thorne-Smith
   Tweed suit
   *Ally McBeal*, 2001

185. Emily Blunt
   Blouses and Cardigan Sweaters
   *Salmon Fishing in the Yemen*, 2012
   Trailer, YouTube
   https://www.youtube.com/watch?v=wQFEsww8lvY

186. Emma Thompson
   White Blouse
   Photographed at The Cambridge Union on June 9, 2017 in Cambridge, Cambridgeshire
187. Jenna Coleman
  Powder Blue Crew Neck Sweater over a white blouse with a black skirt
  “She's popular! Jenna Coleman takes selfies with fans on the set of Doctor Who as she gets stuck into work following a cosy encounter with Prince Harry at the polo,” Joanna Crawley, *Daily Mail* Online

188. Freema Agyeman
  Turquoise and Rose Cardigans worn with a white blouse
  *Law & Order : UK*, “Unloved,” Season 1, episode 2

189. Anthony Hopkins
  Vest with a white shirt worn by Anthony Hopkins’ character Dr. Robert Ford made by Magnoli Clothiers
  HBO series *Westworld*, Season 1, episode 10, December 4, 2016

190. Chris Pratt
  Vest, Shirt and tie
  British *GQ*, May 2017

191. Chris Evans
  White Shirt
  Photographed with Evan Rachel Wood for *Elle*, 2011

192. Mark Ruffalo
  Peacoat
  *Just Like Heaven*, 2005

193. Rufus Sewell
  Pullover sweater worn over a white shirt
  *The Holiday*, 2006

194. Cuba Gooding, Jr.
  Suit
  Light cream with a light yellow tie and white shirt
  *The Fighting Temptations*, 2003
195. Bill Pullman
   Khaki jacket
   *While You Were Sleeping*, 1995

196. Neil Patrick Harris
   Double breasted camel coat
   “Neil Patrick Harris Throws the Right Kind of Shade,” by
   David Banner, *GQ* Magazine,
   February 19, 2014

197. Bob Saget as Danny Tanner
   Crew Neck sweater worn over a plaid shirt
   *Full House*, “Our Very First Show,” Season 1, episode 1,
   1987

198. John Goodman
   Red Plaid Shirt
   *Rosanne* Reboot, Season Premiere, March 27, 2018

199. Tom Hanks
   Khaki jacket with an open umbrella
   *Sleepless in Seattle*, 1993

200. Clive Owen
   Khaki Field Vest
   *Hemingway*, HBO, May 28, 2012

201. Hugh Grant
   Blazers
   *Nine Months*, 1995

202. Tom Selleck
   Dark Green Field Jacket with a Corduroy Collar
   *Jesse Stone: Lost in Paradise*
   “*Jesse Stone: Lost in Paradise* Debuts Oct. 18 on
   Hallmark Channel,” Mannie Holmes, *Variety*,
   August 13, 2015
“Two hundred and two!” said Thorin.

“That does not include the styles we talked about previously,” said Bilbo.

“We covered a lot of famous people in that conversation,” said Thorin. “Princess Diana, Audrey Hepburn, Pierce Brosnan, Michelle Obama, and George Clooney to name just a few.”

“There are a lot of style icons,” said Bilbo.

“Are you talking about holding workshops or seminars?” asked Thorin.

“The Midwest Renewable Energy Fair is a good model. The format includes free educational workshops,” said Bilbo. “The MREA fair is so popular they added a second event.”

“What type of educational workshops would be included?” asked Thorin.

“Sirians would attend workshops for free. Everyone else would need to be paid to attend,” said Bilbo.

“Paid?” asked Thorin.

“Yes,” said Bilbo.

“Can you explain?” asked Thorin.

“Are you familiar with the game called Pac-Man?” asked Bilbo.

“The arcade game from the 1980s?” asked Thorin.

“Yes,” said Bilbo.

“Pac-Man navigates a maze and eats Pac-Dots,” said Thorin.

“That’s the game,” said Bilbo. “The Sirians ate all the Pac-Dots.”

“So paying people to get skills training is a way to return some of the Pac-Dots,” said Thorin.

“Lots of Pac-Dots need to be replaced—with upgraded versions,” said Bilbo. “Paid skills training is just part of what’s needed.”
Sirians need to stop hiring only Sirians. Twenty percent need to me Muggles, and an additional twenty percent need to be Major and Minor Race members. Cyborgs also need salaries. The amounts will all need to be dowsed.”

“What skills would you include?” asked Thorin.

“I have another list,” said Bilbo showing Thorin his notes.

- **Dowsing and the Daily Routine Required for Ascension**
  A review of dowsing techniques used to obtain a Yes or No or numerical answer, the relationship between the amount a person dowses and pace of development as well as the daily routine summarized in a chart at the end of *Earth’s Status, Likelihood of Change and Heaven*, [http://housing.x10host.com/hobbit_earth_status_change_heaven_08_18_17.pdf](http://housing.x10host.com/hobbit_earth_status_change_heaven_08_18_17.pdf)

- **Housing Co-ops**
  This workshop is planned for everyone, particularly Cyborgs who do not have homes. The presentation will include slides that show pictures of hotels approved as co-ops, dowsing to determine assigned locations and roommates. Housing co-ops consist of a group of 20 and supplemental rooms are required as food efficiency studios, a clothing studio and a supplies studio as described in this document. Note: all of the content in the five Hobbit documents should be reviewed. For links to these documents, see the section labeled "The Hobbit" at [http://articles.x10.mx](http://articles.x10.mx).

- **Personal Makeovers**
  This workshop is planned for 4 participants who have completed the housing co-op workshop. The group with a percentage of genetics related to Earth's indigenous race are a priority (Earth's poorest who have been excluded from the job market). The format is based on Bravo's Tim Gunn's Guide to Style including a shopping trip, and a better haircut (stylists who run this workshop will need to dowse choices for each participant). Similar to the other workshops, par-
Participants will be paid and they will obtain 4 outfits including accessories, a laptop computer and a cell phone.

• Computer Skills
  Operating Systems, Hardware, Office Suite (e.g. OpenOffice), computer graphics software and Web page construction).

• Earth's Real History
  The destruction of planet Marduk that formed Earth and Mars five billion years ago and the indigenous race who space travelers. Survivors founded Atlantis and the Atlanteans co-existed on Earth with Sirian-Oiion-Reptilians for 1,000 years. Earth's Biblical Flood was part of an extermination agenda and the survivors (Sirians, Sirian-Orion-Reptilians and Atlanteans survived at high elevations). Fake wars and distorted history followed.

• Nutrition
  Daily protein requirement achievable with eggs and dairy, the importance of calcium as a transmutable element, avoiding phytates in grains, nuts and seeds with sourdough or sprouted grain bread and eliminating distilled alcoholic beverages, food chemistry that includes acids and bases formed in metabolic pathways (most people are eating the wrong foods due to a deliberate extermination agenda), foods to avoid (e.g. soy, processed foods that contain harmful ingredients, GMOs, foods that were never meant to be consumed, ultra-pasteurization, and selecting high-quality foods).

• Fat, the Cholesterol Myth and the Need for Fat in the Diet
  University of Minnesota professor Ancel Keys first introduced the “lipid hypothesis” in the 1950s. Although it was his hypothesis that first established a connection between saturated fat, cholesterol in the diet and the incidence of coronary heart disease, near the end of his life (he died in 2004 at the age of 101), he told an interviewer that “there’s
no connection whatsoever between cholesterol in food and cholesterol in the blood. And we’ve known that all along.”

- Parasites As A Cause of Disease
  Scientific studies, well-known parasites, eggs and larva migration, criminal negligence, pH (alkaline soap that destroys the body's acid-mantle and alkaline-forming foods that alter the body's terrain) eradication in plants, animals, humans and the environment, Lugol's Iodine Solution, Neem, Thyme Extract and radioseptics.

- Soil Remineralization
  Soil preparation for Permaculture Garden plants.

- Pastured Hens
  Rotational grazing and permaculture garden plants.

- Dairy Animals
  Rotational grazing and permaculture garden plants.

- Clean aquaculture
  Shrimp and clams.

- Radioseptics
  Parasite eradication.

- Biological Water Treatment
  Naturally filtered lakes (e.g. Naturbad Riehen created by architects Herzog and de Meuron)

- Biological Processing
  Seaweed composting (Snyder Park, Fort Lauderdale) extended to include Paper/PLA Plastic water and food containers.

- Clothing Design, Construction, Manufacturing, and Retailing
  Private Label King-Size Printed Sheet

- Fermented Foods
  Dairy (e.g. cheese, yogurt, kefir, crème fraiche, buttermilk), vegetable (kimchee and sauerkraut) and bread (sourdough)
recipes, ingredients, equipment and fermented foods restaurants.

• Interior Decorating
  Focusing on the history of furniture design and furniture eras as well as reasonably priced reproductions:
  
  Ancient – China, Egypt, Persia, Greece and Rome
  Medieval - 15th Century
  Early Georgian – Early 18th Century
  Georgian – Mid to late 18th Century
  Regency – Early 19th Century
  Victorian - 19th Century
  Arts and Crafts Movement – Early 20th Century
  Mid Century Modern – Mid 20th Century

• Auto Repair
  AAMCO that has been specializing in transmissions since 1957. Eckler’s sells parts for popular Tri-Five models (the 1955, 1956 and 1957 Chevrolet automobiles, in particular, the Bel Air, 150, 210 and Nomad). All-new body shells are available for the 1957 Chevrolet Bel Air. The Eckler’s site also lists classic chevy clubs in 45 states (8 in Florida).

• Publishing, TV and Radio Production & Film

• Books (e.g. Lightning Source now owned by Ingram), magazines and newspapers.

“Is clothing design and construction for women?” asked Thorin.

“It's for men and women,” said Bilbo. “All of Earth's culture is being phased out. Earth needs a re-boot and both genders need to capture many different aspects of Earth's culture before it disappears. I've dowsed that 60% of those who sew are women. Some very famous women designers include Edith Head who won 8 Academy Awards, Coco Channel, Sarah Jessica Parker, Malania Trump, Paloma Picasso, and Lilly Pulitzer.”

“Men are tailors,” said Thorin.
“They also design clothes for both genders,” said Bilbo. “Several of the world's most famous clothing designers are men and forty percent of costume designers who have won Academy Awards are men.”

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

“In clothing, examples of designers who know how to sew include Oscar de la Renta, Ralph Lauren, Valentino, Jean Paul Gaultier, Karl Lagerfeld, Tommy Hilfiger, and Kenneth Cole,” said Bilbo.

“Don't all designers know how to sew?” asked Thorin.

“I dowse only 40%,” said Bilbo.

“What about costume designers who have won Academy Awards?” asked Thorin.


“You must have dowsed those because I noticed you stopped at 1986,” said Thorin.

“I did,” said Bilbo. “The costume designers are probably talented. The films are not approved.”

“You have been saying that all decisions need to be dowsed,” said Thorin.

“I try to dowse every decision,” said Bilbo.
“Who has enough background to teach a seminar about Earth's Real History?” asked Thorin.

“Twenty percent of the Cyborgs,” said Bilbo.

“I guess there cannot be real quality of life until everyone knows the truth,” said Thorin.

“That subject is very large,” said Bilbo. “It will probably need to be a series.”

“A lot has been brushed under the rug,” said Thorin.

“Dowsing helps me to understand that we only know 3 percent of what's under there,” said Bilbo.

“The story is very old,” said Thorin.

“And we do not have real dates,” said Bilbo.

“What did you find out?” asked Thorin.

“I've dowsed that there are six advanced ancient centers on Earth that are 14,000 years old,” said Bilbo showing Thorin a list:

   Mohenjo Daro, Indus Valley  
   Minoan  
   Aroi Sun Kingdom of the Pacific  
   Yax Mutal, northern Guatemala  
   Han China  
   Mississippi River Valley

“What do you mean by advanced?” asked Thorin.

“Highly developed cities that had indoor plumbing,” said Bilbo.

“Did they have space travel?” asked Thorin.

“No,” said Bilbo. “They were not pre-industrial, but equivalent to early twentieth century.”
“Were they all destroyed by the Great Flood?” asked Thorin.

“Yes,” said Bilbo.

“That was a terrible interruption in our development,” said Thorin.

“We would have been more advanced by now,” said Bilbo. “Perhaps that was one of the reasons for the flood.”

“They may have had technology that could extrapolate our pace of change,” said Thorin.

“Today, their artificial life forms can move into a dimension that approximates bent space time. It provides them with an ability to see a close version of the future,” said Bilbo.

“How far ahead?” asked Thorin.

“A hundred years,” said Bilbo.

“How long have they had that technology?” asked Thorin.

“About three hundred years,” said Bilbo.

“With that technology, why aren't we all dead by now?” asked Thorin.

“Biological life forms are creative problem solvers and artificialis are not,” said Bilbo. “They can probably see that in their simulations.”

“Do you think they'll always keep some biological life forms around?” asked Thorin.

“When I dowse that question, I get a ‘No,’” said Bilbo. “At this point, they are trying to destroy all biological life. ”

“None of the names of the ancient centers look familiar to me,” said Thorin.

“The world's ancient sites that are familiar are within these centers,” said Bilbo.

“Can you give me some examples?” asked Thorin.
“Yes,” said Bilbo adding examples to his list:

Mohenjo Daro, Indus Valley  
   Taj Mahal, Agra India  

Minoan  
   Great Pyramid at Giza  
   Stonehenge, England  
   Gobekli Tepe, Southeast Turkey  
   Akrotiri, Island of Santorini  

Aroi Sun Kingdom of the Pacific  
   Moai human figures, Easter Island, Polynesia  

Yax Mutal, northern Guatemala  
   Machu Picchu, Peru  
   Chichen Itza, Yucatan Peninsula, Mexico  

Han China  
   Great Wall of China  

Mississippi River Valley  
   Monks Platform Mound, Cahokia, Illinois  

“The survivors had to start all over,” said Thorin.

“That is correct,” said Bilbo.

“The dates are really distorted,” said Thorin. “We've been told the Great Pyramid at Giza is about 4,500 years old and the Taj Mahal is, about 370 years old.”

“We've been told the Great Wall of China is about 2,300 years old,” said Bilbo.

“We've also been led to believe that Earth's population was comprised of hunter gatherers as recent as 6,000 years ago,” said Thorin.

“There's evidence of a very large cover-up,” said Bilbo. “Japanese archaeologists discovered carbon steel in southeast Turkey, vitrified stoneware was discovered at Mohenjo Daro and Phoenician glass has been discovered in Cyprus.”
“Aren't you talking about materials that need to be manufactured at very high temperatures?” asked Thorin.

“Yes,” said Bilbo. “Clay will vitrify only at temperatures of about 2,900 degrees Fahrenheit.

“Carbon steel and glass must require similar temperatures,” said Thorin.

“Yes,” said Bilbo. “To make steel, iron needs to be melted at 2,795 degrees Fahrenheit and glass requires 3,090 degrees Fahrenheit.”

“You said that the advanced ancient centers had advanced plumbing,” said Thorin.

“Google Mohenjo Daro advanced sewer system or Akrotiri advanced plumbing to find details,” said Bilbo.

“When was modern indoor plumbing introduced?” asked Thorin.

“A Boston hotel called the Tremont installed indoor plumbing in 1829,” said Bilbo. “Rural America did not have indoor plumbing until the 1930s.”

“What caused the interruption?” asked Thorin.

“The Great Flood,” said Bilbo. “There’s evidence that it was real and that it was planned.”

“Please explain,” said Thorin.

“Enoch, who is Noah's great-grandfather and also Shu, an Ennead family member, hid a golden delta triangle containing the name of god— before the flood — so that it would be preserved,” said Bilbo. “After he hid the triangle, he built two

pillars. They're called Antediluvian Pillars, or Enoch's Pillars, and they're mentioned on the Pleiadian Web Library site¹.”

“Enoch?” asked Thorin.

“The Book of Enoch is in the Bible, but it's not approved in Judaism and Christianity,” said Bilbo. “It is approved in the Ethiopian Orthodox Church.”

“What is the Ennead?” asked Thorin.

“The Egyptian Ennead was a group of nine deities who were worshipped in the ancient city of Heliopolis,” said Bilbo.

“Which nine deities?” asked Thorin.

“I have a list,” said Bilbo as he opened a notebook:

- Atum (father, aka Ra or El)
- Shu (son, air god, aka Enoch, great-grandfather of Noah)
- Tefnut (daughter, water goddess)
- Geb (grandson, aka Methuselah)
- Nut (granddaughter)
- Osiris (great grandson, aka Enki, Ea, Zeus, Biblical Abel & many other names)
- Isis (great granddaughter, aka Sekhmet, Ninhursag & other names)
- Set (great grandson, aka Seth, Enlil, and the Biblical Cain)
- Nephthys (great granddaughter)

“What are the other clues that the Great Flood was real?” asked Thorin.

“A National Geographic Society explorer who's an underwater archaeologist named Robert Ballard found evidence of the flood in the now salty Black Sea. He used a robotic submersible and found evidence of an ancient shoreline and man-made structures off the coast of Turkey,” said Bilbo. “Columbia University geologists
William Ryan and Walter Pitman theorize that a great flood occurred from rising water levels at the end of the last Ice Age. They believe the Mediterranean Sea overflowed with a force 200 times greater than that of Niagara Falls, converting the Black Sea from fresh to saltwater. Ballard agrees. He's found fossils of now-extinct freshwater species dating back some 7,460 to 15,500 years.”

“Rising sea levels from the last Ice Age sounds natural,” said Thorin.

“The Santorini volcanic eruption and the ancient Akrotiri site on that island provide extra clues,” said Bilbo.

“What are the extra clues?” asked Thorin.

“Akrotiri was buried in the eruption, yet no bodies or precious items have been found, unlike Pompeii,” said Bilbo. “Akrotiri also has advanced plumbing. There's a WIRED magazine article written by a professor of geosciences titled ‘How to Trigger a Volcanic Eruption on Purpose.’ He says the best location is Santorini.”

“What's his name and where does he teach?” asked Thorin.

“His name is Erik Klemetti and he teaches a Petrology and Volcanology class at Denison University in Ohio,” said Bilbo.

“If there were no bodies or valuables found at Akrotiri, that implies the population knew the volcano was going to erupt and they left,” said Thorin. “If this group of ancients were technologically advanced, they probably understood how to trigger a volcanic eruption.”

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“There's a reference in Sitchin's The Lost Book of Enki\(^1\) about Marduk addressing a group called the Igigi giving them a choice to avoid the calamity by going to a way station on Mars or dispersing to Earth's distant mountainlands to survive the Deluge,” said Bilbo.

“Who is Marduk and who were the Igigi?” asked Thorin.

“The book's glossary describes Marduk as Enki's first born son. The Igigi are 300 Anunnaki assigned to shuttlecraft and a station on Mars who abducted female Earthlings as wives,” said Bilbo.

“What is a shuttlecraft?” asked Thorin.

“The Anunnaki in Sitchin's book have spacecraft,” said Bilbo.

“Those who stayed on Earth probably dispersed to the Alps,” said Thorin. “That would have been easy to do in a shuttlecraft.”

“There are modern scientists who are saying Minoan DNA\(^2\) is similar to European populations in Northern and Western Europe,” said Bilbo.

“The Minoans are in your list of ancient centers that are 14,000 years old,” said Thorin. “It sounds like they're trying to kill us.”

“There have been three large attempts to kill us,” said Bilbo.

“Didn't you say three strikes and they're out?” asked Thorin.

“That is correct,” said Bilbo.

“What are the three attempts?” asked Thorin.

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“The first attempt was a cosmic event that was large enough to form the present-day asteroid belt,” said Bilbo. “The second attempt was the Great Flood and the third attempt has been modern wars, biological warfare in the form of parasites, Artificial life, damage to the economy and the removal of language.”

“Have you figured out why they want to kill us?” asked Thorin.

“In the Lost Book of Enki, Anu, the Anunnaki ruler, was unhappy about intermarriage taking place with Earth's indigenous population,” said Bilbo. “There are probably other reasons.”

“The Anunnaki were only part Sirian,” said Thorin.

“Sirians hide,” said Bilbo. “Advanced technology belongs to Sirians.”

“The group that were responsible for the flood showed up later and referred to themselves as gods,” said Thorin.

“That is correct,” said Bilbo.

“The attempts have not stopped and they're now surreptitious,” said Thorin. “They have probably spent thousands of years perfecting ways to harm us.”

“They're here now, so the strategies are effective but not quite as cataclysmic,” said Bilbo. “Genocide is a theme in William Bramley's book The Gods of Eden and he starts with the pyramid builders.”

“Do you think they control earthquakes, tornadoes and hurricanes?” asked Thorin.

\[1 \text{ The Gods of Eden, William Bramley} \]
\[\text{http://articles.x10.mx/gods_of_eden_bramley.pdf} \]
“Yes,” said Bilbo. “The High Frequency Active Auroral Research Program, or HAARP¹ was created by the Air Force, the Navy, the University of Alaska Fairbanks and Defense Advanced Research Projects Agency, or DARPA. HAARP equipment is designed to transmit high frequency energy into the ionosphere. When I dowse the question, ‘Does HAARP weaponize weather?’ the response is ‘Yes.’”

“If the University of Alaska Fairbanks participated, the HAARP facility must be in Alaska,” said Thorin.

“HAARP is in Gakona, Alaska that has a population of 218,” said Bilbo.

“How are they removing language?” asked Thorin.

“Windows 10 is the last version of Windows and that will lead to the end of the QWERTY keyboard,” said Bilbo.

“QWERTY keyboard?” asked Thorin.

“QWERTY is named for the left top row of letters on a standard keyboard,” said Bilbo.

“That's not really part of tablet computer design,” said Thorin.

“They're also encouraging short, 140 character Tweets or 160 character text messages called Short Message Service or SMS,” said Bilbo. “They're also encouraging the use of Alexa-enabled devices in home automation.”

“Alexa-enabled devices?” asked Thorin.

¹ Angels Don't Play This HAARP: Advances in Tesla Technology, Dr. Nick Begich and Jeane Manning, July 1, 1997, Free Kindle Edition, October 23, 2014
“Alexa is a virtual assistant capable of voice interaction developed by Amazon,” said Bilbo. “Amazon is encouraging device manufacturers to add Alexa voice to their products using Alexa Voice Service or AVS, a cloud-based service.”

“Cloud-based service?” asked Thorin.

“Cloud-based is an Amazon term. It's refers to distributed computing or shared resources over a network,” said Bilbo. “Distributed computer networks used to exist in physical file servers. Today, distributed networks exist over the Internet.”

“TV commercials imply that the population will soon be talking to their refrigerators and mattresses,” said Thorin.

“There's a very real danger that written language will disappear,” said Bilbo. “Vocabulary will shrink and many words with different spellings sound alike.”

“Are you talking about a population that would become illiterate?” asked Thorin.

“Yes,” said Bilbo. “Earth's secrets will really be buried if the population is illiterate.”

“Won't it be hard for people to process the fact that there is an extermination agenda, or that we're becoming illiterate?” asked Thorin.

“Many people who love new technology may not notice,” said Bilbo.

“Those who do not adopt technology will need it explained,” said Thorin. “They may have trouble understanding what's happened.”

“You're right about the need for an explanation,” said Bilbo.

“Who will do the explaining?” asked Thorin.

“Those who are capable,” said Bilbo. “Dowsing will reveal who should take on that task.”
“The subject can get quite technical,” said Thorin.

“Some will process the information better than others,” said Bilbo. “While it is important to know the truth about Earth's problems, we can't get bogged down by what's happened, or it will hurt our progress. We have so many problems that have an emergency status—we need to focus.”

“Won't there be grieving involved?” asked Thorin.

“Yes, waves of grief,” said Bilbo. “I'm most worried about the Kubler Ross stage that involves anger or rage.”

“Kubler Ross stages?” asked Thorin.

“Elisabeth Kubler Ross was a Swiss psychiatrist who described the emotional states experienced by those who lose loved ones,” said Bilbo. “Psychiatrists have discovered that the Kubler Ross stages are experienced after any type of loss.”

“What are the Kubler Ross stages?” asked Thorin.

“Denial, anger, bargaining, depression and acceptance,” said Bilbo. “Anger is a concern, but it is an emotion that prompts people to take action.”

“How long does a stage last?” asked Thorin.

“Everyone is different,” said Bilbo. “Post traumatic stress talk therapy can help. Groups will be needed.”

“Can talk therapy diffuse the rage?” asked Thorin.

“Possibly,” said Bilbo.

“Then your list of workshops will expand,” said Thorin.

“And keep expanding,” said Bilbo.

“I noticed skills on your list that are not familiar to Sirians or Cyborgs,” said Thorin.

“That's correct,” said Bilbo. “Some of the skills are familiar to Major Race Members and Muggles.”
“So they would need to be hired as instructors?” asked Thorin.

“Yes,” said Bilbo.

“I think Sirians have been trying to make several of these subjects disappear,” said Thorin.

“That’s correct,” said Bilbo. “Think of them as upgraded Pac-Dots that need to be replaced.”

“Would you also include exhibits?” asked Thorin.

“Yes,” said Bilbo.

“Who would hold the workshops?” asked Thorin.

“We would need to draw from commercial companies, professional trade associations and college instructors because they still have the knowledge,” said Bilbo. “There are a lot of classic styles in films that would make presentations interesting. They would need to add still photos to PowerPoint presentations. Workshops on fabric would probably need samples that people can touch.”

“Did you dowse any schools?” asked Thorin.

“Yes,” said Bilbo. “Pratt and New York’s Fashion Institute of Technology dowsed a yes for clothing design. Carnegie Mellon, M.I.T. and Rhode Island School of Design dowsed a yes for industrial design which would include furniture. Pratt also dowsed a yes for textile design.”

“What meeting hotels and conference venues did you find?” asked Thorin.

“I have a list,” said Bilbo showing Thorin his notes.

- Tryp Maritime by Wyndham, Fort Lauderdale
- B Ocean Resort, Fort Lauderdale
- Embassy Suites by Hilton, Fort Lauderdale
- Fort Lauderdale Marriott Harbor Beach Resort & Spa
• Hilton Fort Lauderdale Beach Resort
• The Ritz-Carlton, Fort Lauderdale
• Broward Center for the Performing Arts, Fort Lauderdale
• Greater Fort Lauderdale/Broward County Convention Center
• The Global Event Center, Fort Lauderdale

“How many workshops would you include at the first event?” asked Thorin.

“Four,” said Bilbo. “It will grow.”

“How many events would you have per year?” asked Thorin.

“Four,” said Bilbo.

“I’m sure you will be dowsing choices,” said Thorin.

“I really try to dows every decision,” said Bilbo.
Bilbo and Thorin are discussing the need for revisions in healthcare that has been an allopathic medical system for more than 100 years.

“What is an allopathic medical system?” asked Thorin.

“It's medicine that uses drugs and surgery for treating illness,” said Bilbo. “It's also a system that ignores nutrition. About twenty percent of medical doctors understand that parasites cause disease and the rest are asleep.”

“A malnourished population is more likely to develop disease,” said Thorin.

“There's a lot of money in drugs and surgery,” said Bilbo. “I guess it's too tempting.”

“If the population eats better food and they use antiparasite remedies, do we need many medical doctors?” asked Thorin.

1 “The History of the AMA,” by Ty Bollinger, February 11, 2012
http://www.cancertruth.net/ama-history/#sthash.NFc7ecvw.dpbs
“We need them in emergency medicine that has dowsed procedures,” said Bilbo.

“What about obstetrics?” asked Thorin.

“I've dowsed that the population is not supposed to date or get married until they're more mature,” said Bilbo. “I imagine that the ones who ignore that will end up in an upper, upper realm.”

“How mature do they have to be?” asked Thorin.

“A minimum of 7 on a scale from 1 to 10,” said Bilbo.

“Can the existing medical doctors be re-integrated into a new medical system?” asked Thorin.

“That would be ideal,” said Bilbo. “They have studied the basic sciences.”

“What else would they need to study?” asked Thorin.

“The biochemical pathways that relate to nutrition have only been studied in the last 20 years,” said Bilbo. “Only 5 percent of alternative medical doctors have studied what is called functional medicine.”

“Should medical doctors live together in housing co-ops?” asked Thorin.

“That would accelerate the pace of what they need to learn,” said Bilbo. “In med school and law school, students form study groups to accelerate the pace of learning. The situation is similar.”

“Would the same housing co-ops also include osteopaths, chiropractors, naturopaths, nurses and other allied health professionals?” asked Thorin.

“Possibly,” said Bilbo. “Dowsing is needed to determine the state, city, housing co-op, roommates, bedroom and even which bed.”
“How would they begin?” asked Thorin.

“For the first year, they need to form teams to identify the best quality food in their area and at a relatively close distance,” said Bilbo. “The task will also include the purchase of spring water. They will need to have conversations with grocery managers who can advise them on how to buy large quantities. They'll also need to buy chest freezers and think about how to transport the food they purchase.”

“How would they determine quality?” asked Thorin.

“There is no cooking for the first four months in a housing co-op, but they will need to identify one or more sources for high-quality eggs in month number five,” said Bilbo. “They need to purchase a brix meter, or refractometer from eBay and brix the egg whites. After identifying the eggs with the best brix number, they should prepare scrambled eggs to make sure the taste is ok.”

“Brix meter?” asked Thorin.

“Brix meters can be used to measure nutrient density in food1,2,” said Bilbo.

“Once they find the best eggs, should they organize a tasting?” asked Thorin.

“Yes,” said Bilbo.

“Isn't there a plan to hire two full-time chefs for each housing co-op?” asked Thorin.

“Yes,” said Bilbo. “It's a big job to prepare three meals and two

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2 “Is Disease Due to Neglect,” by Mary Jo Fahey, November 13, 2013, see: ‘Brix Meters Measure Nutrient Density in Food,’ http://articles.x10.mx/disease.html
snacks for 20 people—each day. The two chefs do not find sources. They learn to inventory food supplies for 20 people and they also dowse a menu a month in advance on a white board.”

“Won't co-ops be supplementing the co-op meals with meals at restaurants serving approved dishes?” asked Thorin.

“Yes,” said Bilbo. “Identifying those restaurants, the approved dishes, and transportation is work for another team.”

“What is next?” asked Thorin.

“Quality dairy is important,” said Bilbo. “They need dairy products that do not contain recombinant bovine growth hormone or rBGH.”

“I think it's also called recombinant bovine somatotropin or rBST,” said Thorin.

“rBGH causes medical problems in dairy cows,” said Bilbo. “The hormone increases milk production one gallon per day, but the cows get mastitis and develop hoof problems.”

“I know it's very controversial,” said Thorin.

“Fox television reporters Jane Akre and Steve Wilson¹ lost their jobs when they refused to falsify details about rBGH,” said Bilbo. Also, Veterinarian Richard Burroughs² lost his job at the FDA when he opposed FDA approval.”


“Organic dairy products do not contain rBGH,” said Thorin.

“That's correct,” said Bilbo. So far, the organic standard does not include genetically modified organisms or GMOs.”

“The word ‘recombinant’ refers to genetically re-arranged material,” said Thorin.

“That's correct,” said Bilbo. “A few dairy processors who are not organic don't use milk with rBGH. Publix is an example. They're one of the largest dairy processors in the United States and their dairy is hormone-free.”

“I know there have been legal battles over the right to label ‘no-rBGH,’” said Thorin.

“That's also correct,” said Bilbo. “Co-op groups need to be careful because consumer groups have organized campaigns against a few large organic dairies. The Cornucopia Institute¹ and the Organic Consumers Association² are both helpful watchdog organizations. Both organizations are mentioned on the Horizon’s Wikipedia page.”

“How many months do you think it will take to research quality food and water sources?” asked Thorin.

“I dowse twelve months,” said Bilbo.

“What should they focus on in year 2?” asked Thorin.

“Residence Inns can accommodate 6 housing co-ops,” said Bilbo. “Weston Price chapters with meetings open to the public are needed.”

“The Weston Price Foundation requires chapter locations to be 10 miles apart,” said Thorin.

¹ Cornucopia Institute, https://www.cornucopia.org
“Ten miles is not very far,” said Bilbo. “Meeting space requirements will determine the need for extra chapters. Each person will need to dowse the question, ‘Should I become a Weston Price Chapter leader?’”

“How many months do you think that will take?” asked Thorin.

“I dowse six months,” said Bilbo.

“What about the next six months in year 2?” asked Thorin.

“Acres USA conferences are next,” said Bilbo.

“Acres USA conferences?” asked Thorin.

“Acres USA, Rodale Institute, Michael Fields Agricultural Institute, Cornell University's Small Farms Program, Will Allen's Growing Power, and Vermont's Intervale Center are important resources for alternative farmers that health professionals should know about,” said Bilbo. “Acres USA is a trade journal and an organization that holds conferences.”

“What about the other organizations?” asked Thorin.

“Several plan events and publish,” said Bilbo.

“Is it true that synthetic fertilizer used in modern, conventional agriculture grew out of the munitions business?” asked Thorin.

“The chemistry is similar,” said Bilbo. “After World War I, Nobel prize-winning chemists Carl Bosch of IG Farben and Fritz Haber turned inert nitrogen gas into highly reactive ammonia (NH3) used in the American and European munitions industry. During World War II, the United States built 10 large-scale nitrogen factories to make bombs. After the war, those factories made nitrogen fertilizer. ‘Big Ag’ sold cheap inorganic fertilizer to farmers who abandoned crop rotation as a natural method of adding nitrogen to soil. Farmers were brainwashed into believing that nitrogen, phosphorus and potassium are the only elements that plants need.

“Organic farming survived,” said Thorin.

“Yes,” said Bilbo. “Thanks to people like Sir Albert Howard,
Rudolf Steiner, Eve Balfour, William Albrecht, Carey Reams, Jerome Irving Rodale, Maynard Murray, Charles Walters, Christopher and Martina Mann and Ruth Zinniker. Modern organic farmers who have followed in their footsteps include Gary Zimmer, Neal Kinsey, Joel Salatin, Daniel Skow, Wendell Owens, Jon Frank, Rex Harrill and Edward Berna.”

“Is anyone using the slow burn technique used in China thousands of years ago?” asked Thorin.

“That's information from the ancients that needs to be recovered,” said Bilbo. “Chinese emperor Shen-Nong knew about the nutrition in seaweed and sea sponges. Marine and freshwater ecosystems are very fragile now. They are both topics that should be included in *Acres USA* conferences.”

“Are you talking about climate change?” asked Thorin.

“Yes,” said Bilbo. “Climate change is a subject that has been covered up.”

“Who are the people watching the climate change problem?” asked Thorin.


“NOAA?” asked Thorin.

“What about year 3?” asked Thorin.

“Year three will include a study of biochemistry that really needs to start in year one,” said Bilbo.

“How would they do that?” asked Thorin.

“Jeffrey Bland is known for his educational conferences and text books,” said Bilbo. “He's considered the father of functional medicine and his work describes human biochemical pathways. Thorne Research used to publish Alternative Medicine Review and the articles exist in the PubMed database. Life Extension Magazine maintains and extensive archive but there is no longer a keyword search feature on their Web site. The articles can be accessed through Google if topics are combined with the name of the magazine. The Weston Price Foundation Web site has valuable articles about nutrition and the Price Pottenger Nutrition Foundation has also created an online archive. David Brownstein and Guy Abraham have also collaborated on articles about iodine and selenium needed in thyroid metabolism”

“Thorne Research and Life Extension sell supplements,” said Thorin.

“Supplements don't usually contain co-factors needed in metabolic pathways,” said Bilbo. “Standard Process and Innate supplements are made from whole foods. Standard Process supplementa are usually only available through medical offices, but Willner Chemists in New York City sell them.”

“Supplement manufacturers understand the biochemistry of nutrition, but they don't mention food,” said Thorin.

“That is correct,” said Bilbo. “Ten years ago, U.S. Department of Agriculture food tables contained clues about which foods are naturally high in various minerals. That information seems to be lost. The tables exist online, but they seem to be abbreviated.”

“Can you give me an example?” asked Thorin.

“Cucumbers contain a significant amount of selenium, yet the
current USDA database does not include selenium in the record for cucumber,” said Bilbo. “Also, peanuts are a superfood with 26 minerals and 14 vitamins—yet the USDA record contains only a few of the nutrients. The USDA staff better provide better research, or they’ll end up in some higher numbered realm. They should also figure out a way to get the information to the the public.”

“Do you think it's an innocent mistake?” asked Thorin.

“No,” said Bilbo. “In March 2001, Life Extension magazine published a cover story titled “Vegetables Without Vitamins” that compared the nutrient values in the U.S. Department of Agriculture’s food tables published in 2000 to the food tables published in 1975 and 1963. The values published in 2000 were numbers that were half of those published in 1963. The article is about a nutritionist named Alex Jack who happened to notice the drop because he had an old USDA handbook.”

“Information sharing in housing co-ops is important because nutrition information is hard-to-obtain,” said Thorin.

“It is scarce,” said Bilbo. “In her book published in 2007, Hulda Clark mentioned three nutrients that are critically important for white blood cells. She mentions Vitamin C from rose hips, selenium from Hydrangea Root and Germanium from Korean Ginseng.”

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“The foods you mentioned must contain the co-factors,” said Thorin.

“Yes,” said Bilbo. “For example, rose hips contain co-factors Rutin and Hesperidin that are not usually present in Vitamin C supplements.”

“If a supplement does contain co-factors, are they a suitable source of the nutrient?” asked Thorin.

“I dowsed 50% effectiveness due to information that is not yet completely understood,” said Bilbo. “I also dowsed that only 30% of the nutrients needed for metabolic pathways have been identified”

“Are supplements acceptable?” asked Thorin.

“That question needs to be dowsed for each individual,” said Bilbo.

“Are you saying that vitamin manufacturers should continue to produce supplements?” asked Thorin.

“That question needs to be dowsed for each product,” said Bilbo.

“What type of work will the study of nutrition lead to?” asked Thorin.

“Graduation from a realm occurs in three years,” said Bilbo. “Graduates will find themselves in situations where they have been guided.”

“And those who do not graduate?” asked Thorin.

“They will need to repeat the work for another three years,” said Bilbo. “Possibly less time if they demonstrate dedication and enthusiasm.”
Bilbo and Thorin are discussing answers obtained from dowsing detailed questions about using a Yimby single chamber tumbler compost bin.

Looking at Bilbo's long list of dowsed questions, Thorin asked, “What made you dowsed questions about the Yimby?”

“I ordered it from Amazon and I started thinking about the steps that would be required when it arrives,” said Bilbo. “I also thought of a few questions after watching Eduardo Silva's YouTube video titled, “How to Make Good Quality Compost Using a Tumbler”

“I have a few questions of my own,” said Thorin.

“Let's dowsed your questions and then we can talk about my questions,” said Bilbo.

“Can the tumbler be used indoors or outdoors?” asked Thorin.

“The response to your question is a ‘Yes,’” said Bilbo.

“If used outdoors, does it need to be protected from the rain?” asked Thorin.

“The response to your question is a ‘No,’” said Bilbo. “Moisture is needed in the composting process. A small amount of rain water seeps into the Yimby. That is ok.”
“Did you find a source for the compost starter mentioned in Eduardo Silva's YouTube video?” asked Thorin.

“Amazon,” said Bilbo. “Jobe's makes an organic starter.”

“How many cups of starter compost is needed for each new batch?” asked Thorin.

“Six,” said Bilbo.

“Once you have produced compost, can that be used as the starter?” asked Thorin.

“Yes,” said Bilbo.

“What tool should be used to remove the completed compost from the bin?” asked Thorin.

“The Van Ness scoop we've talked about previously,” said Bilbo.

“Where should the finished compost be distributed?” asked Thorin.

“Any dowsed location,” said Bilbo.

“Do you think we will ever have excess compost?” asked Thorin.

“Yes,” said Bilbo. “The compost would need to be bagged and labeled at that point. We talked about weatherproof labels.”

“Have you thought about, or dowsed what information should be added to a label?” asked Thorin.

“Besides the word ‘Compost’ the label could contain a list of what materials were composted, the name of Yimby single chamber tumbler compost bin and possibly contact information,” said Bilbo.

“How long can you keep a bag of compost in those thick paper bags you're planning to use?” asked Thorin.

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1 (Amazon) Jobe's Organics Compost Starter 4-4-2 Organic Gardening Compost Accelerator, 4 pound bag, $14.08
“Two years,” said Bilbo. “The thick paper bag will probably deteriorate after that. The date on the label will help.”

“Are you planning to take pictures?” asked Thorin.

“Yes,” said Bilbo.

“In his YouTube video, Eduardo Silva describes brown and green material to add to a compost bin,” said Thorin.

“I've been dowsing questions about those categories,” said Bilbo.

“Are the ground eggshells brown or green?” asked Thorin.

“Brown,” said Bilbo.

“I noticed you’ve been storing your ground eggshells in small, 15 ounce, empty Ricotta cheese containers,” said Thorin.

“I've filled several,” said Bilbo.

“Did you dowse how many of those Ricotta cups full of ground eggshells need to be added to each batch?” asked Thorin.

“Two,” said Bilbo. “They're pretty full, but not full to the top.”

“Did you dowse how long it will take to compost a batch?” asked Thorin.

“Three weeks,” said Bilbo. “That pace requires turning the tumbler each day with six revolutions.”

“I think that's it,” said Thorin.

“Let's go over the questions that I dowsed,” said Bilbo.

“Ok,” said Thorin.

“I dowsed the percentages of brown and green material required for each batch,” said Bilbo. “I learned that we need 20% brown and 80% green.”

“Is green material unprocessed plant-related material?” asked Thorin.

“That is correct,” said Bilbo.
“Are paper towels, paper plates and paper cups green or brown?” asked Thorin.

“Brown,” said Bilbo.

“What green material do you plan to compost?” asked Thorin.

“Used tea bags with the paper filters as well as used coffee grounds with the paper filters,” said Bilbo. “Seaweed, cut up palm branches and hedge clippings are also in the green category. I've dowsed that most palms are acceptable and 50% of hedges can be used.”

“What palm needs to be avoided and why?” said Thorin.

“Sago Palm is on the ‘11 Most Poisonous Plants for Dogs’ list,” said Bilbo. “It's also toxic to humans.”

“Won't most people find it hard to identify a Sago?” asked Thorin.

“I found a video produced by a company called Fernandina Mulch that shows a male a female Sago Palm,” said Bilbo. “A woman named Vanessa explains what they look like and there are examples in the video.”

“What about the other 10 most poisonous plants for dogs?” asked Thorin.

“I've put a list together that I found on a Seattle-based Web site called Rover.com,” said Bilbo showing Thorin his list:

1. Aloe Vera
2. Ivy
3. Jade

1 “Male or Female Sago, How to tell the difference” Fernandina Mulch, 2014, https://www.youtube.com/watch?v=sspgC9wmW9E
4. Dumb Cane
5. Philodendron
6. Pothos
7. Sago Palm
8. ZZ Plant
9. Elephant Ear
10. Corn Plant
11. Asparagus Fern

“There is a lot of Ivy, Philodendron, Pothos, Elephant Ears and Asparagus Ferns in Florida,” said Thorin. “They're all over the place.”

“The Rover.com article has photos that should be studied,” said Bilbo. “Dowsing would also be a good idea.”

“Isn't the corn plant grown indoors?” asked Thorin.

“People put them outdoors in the summer,” said Bilbo.

“Did you figure out how to measure the amount you need for the tumbler?” asked Thorin.

“I remembered that the tumbler is 7 cubic feet which I dowsed is 12 gallons,” said Bilbo. “I dowsed that we need 3 gallons of brown material and 9 gallons of green.”

“Are you planning to purchase gargage cans that hold those amounts?” asked Thorin.

“I'm planning to purchase 13 gallon tall kitchen garbage cans, fill them with the 3 and 9 gallon amounts of tap water and then draw a line with a Sharpie marker,” said Bilbo. “I'll probably make up a flyer to post on the wall next to each garbage can that describes the contents.”

“Are you planning to use liners in those tall kitchen garbage cans?” asked Thorin.

“Yes, but the liners need to really stay in the trash can and only be changed as needed,” said Bilbo.

“Would you take the garbage can marked at 9 gallons outdoors to collect green material?” asked Thorin.

“That would be a good idea,” said Bilbo. “That material should not be allowed to fall all over the ground.”

“What tool are you planning to use to cut up the palm branches?” asked Thorin.

“We’ve already talked about an electric chipper,” said Bilbo. “I’ve also dowsed that garden shears can be used to cut up 2 inch pieces.”

“Do you think there are branches too large for a home chipper?” asked Thorin.

“Chipper blades can get dull if the branches are too thick,” said Bilbo. “Dowse and ask, ‘Is this ok for the chipper?’ The large thick pieces get picked up as Yard Waste in Realms 1 and 4.”

“Are garden gloves a good idea?” asked Thorin.

“Yes,” said Bilbo. “I found cotton and polyester jersey gloves\(^1\).”

“Did you find garden shears?” asked Thorin.

“I dowsed that the proper tools include the bypass secateur and the ratchet secateur,” said Bilbo. “The bypass version is for most work and the ratchet version is for growth that is slightly harder to cut.”

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\(^1\) (Homedepot) Cotton/Poly All Purpose Brown Jersey (3-Pack), Large, $2.91

\(^2\) (Homedepot) Ladies Small/Medium Pink Flower Poly/Cotton Blend Gloves with PVC Dotted Palm and Knit Wrist, $1.50 per pair.
“Secateur?” asked Thorin.

“Secateur is a French word that's used in Britain,” said Bilbo. “I found Alan Titchmarsh’s No Fuss video guide to choosing secateurs that helped me understand the various types. Walmart sells the Fiskars brand and they have both types but they're called a bypass pruner and a ratchet pruner.”

“Won't your paper products need to be compostable?” asked Thorin.

“Consumer Reports magazine tested Chinet and Hefty paper plates,” said Bilbo. “They found that the Hefty plates disintegrated completely in three weeks.”

“The bacteria responsible for composting must be aerobic,” said Thorin.

“The tumbling provides plenty of oxygen,” said Bilbo. “Compost piles that are turned infrequently would be considered an anaerobic system.”

“Is aerobic composting better than anaerobic?” asked Thorin.

“There are benefits to aerobic composting that do not exist in an anaerobic system,” said Bilbo. “Aerobic composting is fast, there is heat generated that kills harmful bacteria and cultivates psychrophilic, mesophilic, and thermophilic bacteria that thrive at higher temperature levels. These bacteria colonize in plant roots and take part in plant biology.”

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3 (Walmart) Fiskars Smooth-Action Bypass Pruner, $11.47

4 (Walmart) Fiskars Ratchet Pruner, $19.97
“Do you think any municipal composting is aerobic?” asked Thorin.

“Probably not,” said Bilbo. “As a result, the soil produced in municipal composting would not contain beneficial bacteria.”

“Someone will need to invent a giant tumbler,” said Thorin.

“I'm planning to try composting bowls made from bamboo fiber and coated with PLA plastic made from sugarcane,” said Bilbo. “Aerobic composting has a higher temperature.”

“Sugarcane?” asked Thorin.

“I could not find organic PLA plastic,” said Bilbo. “Most PLA plastic is made from corn and most corn is GMO. Sugarcane is the best option for my test.”

“Where did you find the bowls?” asked Thorin.

“Walmart,” said Bilbo.

“Didn't you tell me that new forms of PLA plastic are heat resistant up to 190 degrees Fahrenheit?” asked Thorin.

“Yes,” said Bilbo. “I'd like to find out what works.”

“Cities with municipal composting will need similar tests,” said Thorin.

“They should network and share information,” said Bilbo. “The Conference of Mayors meets every six months. That meeting represents an excellent opportunity to present progress reports.”

“The bacteria that ferment sauerkraut must be anaerobic,” said Thorin. “The cabbage is supposed to be submerged under a weight.”

1 (Walmart) B(100 pcs) 22 oz Round Disposable Bowls - Natural Bagasse Sugar-cane Bamboo Fibers PLA Coating Eco Friendly Environmental Paper Plastic Bowl Alternative 100% by-product Tree Wax Free Hot Liquids Proof, $28.99
“The lactic acid bacteria that ferment sauerkraut are anaerobic,” said Bilbo. “They cannot survive when oxygen is present.”

“Do you think Earth's soil problems would be solved if everyone composted?” asked Thorin.

“I dowse 50% when I ask that question,” said Bilbo.


“A planet dies in that episode because the soil bacteria are all dead,” said Bilbo. “Everyone should watch that episode. It's part of Season 5. Barnes & Noble sells Season 5 on a DVD and the episode is also available as a download from Amazon for $2.99.”

“That episode aired June 1, 1992 and won the Hugo Award for Best Dramatic Presentation in 1993.” said Thorin.

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May 19, 2018

“The Yimby tumbler arrived and I put it together,” said Bilbo.

“Was it easy to put together?” asked Thorin.

“I took about 20 minutes and it required a couple of tools that I'm glad I had,” said Bilbo.

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1  (Sears) Crescent 6” Chrome Finish Adjustable Wrench, $11.99
2  (Walmart) Stanley Screwdriver Set, includes: Keystone Slotted 1/4” x 4”, Phillips #2 x 4, $2.40
“What were the tools you needed?” asked Thorin.

“A 6 inch adjustable crescent wrench\textsuperscript{1} and a keystone slotted screwdriver\textsuperscript{2} that came as part of a Stanley set,” said Bilbo.

“Did the composter come with directions?” asked Thorin.

“It came with printed instructions about composting and assembly,” said Bilbo.

“Did you learn anything?” asked Thorin.

“The ratio of brown to green material is different than the amounts that I dowsed,” said Bilbo. “I will follow my dowsed directions.”

“Anything else?” asked Thorin.

“There were helpful directions concerning how to remove a cured batch,” said Bilbo. “The directions say to place a tarp under the tumbler and then rotate the tumbler so the door is on the bottom. When the door is opened, the compost falls out.”

“Did you find a small tarp?” asked Thorin.

“I found a small waterproof tarp\textsuperscript{1} on the Walmart Web site,” said Bilbo.

“Are you planning to collect seaweed to make up most of your green material?” asked Thorin.

“I've dowsed that each batch should have a minimum of 1.5 gallons of seaweed,” said Bilbo. “The whole 9 gallons could also be seaweed.”

“How hard would it be to collect 9 gallons?” asked Thorin.

“I went to the public beach at Lauderdale by the Sea in the morning and I was only able to collect 1.5 gallons,” said Bilbo.

\textsuperscript{1} (Walmart) Blue Tarp Tarpaulin Poly Tent Canopy Cover Camping Ground Sheet w/ Grommets 4’x 6’, $5.59
“The City of Fort Lauderdale collects the seaweed in the early morning. To collect 9 gallons, it would be a good idea to collect it late in the day.”

“If you collect more than 9 gallons, is it ok to save it until the next batch?” asked Thorin.

“You would need to collect 10.5 gallons and make up the rest in palm pieces or hedge clippings if you did not want to go back for more seaweed,” said Bilbo. “Sargassum seaweed looks burned when it dries out. I’ve dowsed that the burnt look does not matter and that is ok to save it for future batches.”

“Anything else?” asked Thorin.

“The tumbler has drainage holes and I’m concerned about the ground eggshells and starter falling out,” said Bilbo. “The holes are on the outer edge of the drum. If I’m careful to add the ground eggshells and starter in the middle, it should be ok.”

“Did the Yimby instructions mention anything about pests?” asked Thorin.

“Pests are being phased out of Realm 1 and 4,” said Bilbo.

“Did you dowsed any information about pests for the other realms?” asked Thorin.

“The instructions say that rodents are attracted to meat and fatty foods,” said Bilbo. “The instructions also say that flies and insects are attracted to uncovered kitchen scraps and that the solution is to cover the scraps with brown material or finished compost. The only kitchen scraps in this plan are used coffee ground and tea bags. The drainage holes are the only opening where the pests could have access. Small lizards may be able to fit through the holes.

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May 20, 2018

“I found two tall kitchen garbage cans and I marked them with a
“Sharpie,” said Bilbo. “I have the measurements for anyone who buys the same garbage cans.”

“Where did you find the garbage cans?” asked Thorin.

“Lowes sells white Hefty garbage cans with a touch lid,” said Bilbo.

“What are the measurements for 3 gallons and 9 gallons?” asked Thorin.

“Six and a half inches for the 3 gallon mark and 16 inches for the 9 gallon mark,” said Bilbo.

“The garbage can with the 3 gallon mark is for brown material such as paper products and the garbage can with the 9 gallon mark is for green material such as seaweed, pieces of palm branches or hedge clippings.” said Thorin

“That's correct,” said Bilbo.

“What should people use for their green material if they don't live near the ocean?” asked Thorin.

“The farmers of the Midwest buy kelp in bags,” said Bilbo.

“Do you know where they buy it?” asked Thorin.

“Midwestern BioAg sells Thorvin Icelandic kelp that's organic,” said Bilbo. “Larch Hanson in Maine also sells seaweed fertilizer, but I've dowsed that at the present time, the content contains too much brown material in his fertilizer mix.”

“Can you create a chart that contains exactly what you're planning to use in the tumbler?” asked Thorin.

1 (Lowes) Hefty Touch Lid White Plastic Trash Can with Lid, $14.98

2 (Midwesternbioag.com) Thorvin Kelp, certified-organic, Icelandic kelp with high levels of naturally chelated, bioavailable nutrients.
“Yes,” said Bilbo and he took out his notebook. “I'll make two columns. One for brown and one for green.”

<table>
<thead>
<tr>
<th>Brown Material (Carbon)</th>
<th>Green Material (Nitrogen)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used paper towels with good soap</td>
<td>Seaweed</td>
</tr>
<tr>
<td>Ground egg shells</td>
<td>Used coffee grounds</td>
</tr>
<tr>
<td></td>
<td>Used tea bags</td>
</tr>
<tr>
<td></td>
<td>Compost Starter</td>
</tr>
</tbody>
</table>

“You said that hedge clippings or cut up palm leaves would also be green,” said Thorin.

“Yes,” said Bilbo.

“You also said coffee and tea are both optional,” said Thorin.

“I did,” said Bilbo.

“And. you said that finished compost would take the place of the compost starter after the first batch,” said Thorin.

“That is correct,” said Bilbo.

“How many Yimby tumblers will the housing co-ops need?” asked Thorin.

“Each co-op group of 20 people will need six,” said Bilbo.

“Won't their paper products always exceed the Yimby capacity?” asked Thorin.

“They will be working their way toward dishwashers when the ramping phase is over,” said Bilbo. “Greasy paper plates can't be composted anyway and plastic cups can be recycled.”

“What's left?” asked Thorin.

“Paper towels that have environmentally friendly soap, white vinegar, or Vitamin C powder and no grease,” said Bilbo.

“Should they still do a test with Hefty paper plates?” asked Thorin.
“Yes,” said Bilbo. “They need to make sure the plates are made of paper and not foam. Sugarcane fiber is ok. For example, Amazon makes a compostable clamshell take-out food container that is made of sugarcane fiber1.”

“I did not know that Amazon is manufacturing products” said Thorin.

“The take-out food containers are part of their private label brand called AmazonBasics,” said Bilbo.

“Wouldn't it be a good idea for restaurants to use take-out containers made of sugarcane fiber that can be composted?” asked Thorin.

“Yes,” said Bilbo. “Municipal waste management departments need to also get started. Extra large tumblers are available. Gardeners.com sells a tumbler with a 25 cubic foot capacity and Treehugger.com has an article and video about an industrial-scale tumbler.”

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May 25, 2018

“I saw about 7 or 8 medium sized fish jump out of the water along a very quiet tributary of the Intercoastal waterway yesterday,” said Bilbo. “They created quite a large splash each time. When I looked it up, I discovered several Florida species jump and some scientists believe it's due to oxygen deprivation and others think

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1 (Amazon) AmazonBasics 9” x 9” x 3.19” Compostable Clamshell Take-Out Food Container, 300-Count, $66.99
2 (Gardeners.com) Extra-Large, Super-Efficient Dual-Batch Compost Tumbler, $600.21
3 “Compost in 3 Days!? Awesome Industrial-Scale Compost Tumbler (Video), by Sam Grover, January 3, 2011,
it's due to pain from too much ammonia in the water that burns on fishs' gills.”

“Did you dowse that?” asked Thorin.

“Yes,” said Bilbo. “A ‘Yes’ was returned for both. That made me think of the Dead Zones in the Earth's oceans, lakes and rivers. I found a research article in the PubMed database that was published in March of 2000\(^1\). The author describes the Dead Zone in the Gulf of Mexico that doubled in size after the great Mississippi flood in 1993.”

“That was eighteen years ago,” said Thorin.

“The article said the Dead Zone measured 7,700 square miles in July of 1999 which was an all-time high,” said Bilbo. “In 2017, CBS News interviewed Nancy Rabalais, a marine ecologist who was asked to step down as executive director of the LUMCON after 10 years. Nancy was involved in measuring the Dead Zone in the Gulf since 1985. In her CBS News\(^2\) interview, she reported that the Dead Zone measured almost 9,000 square miles.”

“What is LUMCON?” asked Thorin.

“LUMCON stands for Louisiana Universities Marine Consortium. It’s a marine lab operated by a consortium of state and private universities,” said Bilbo. “The National Oceanic and Atmospheric Administration, or NOAA, a branch of the Department of Commerce, oversees the measurement.”

“Who paid for the measurements?” asked Thorin.


“A major amount of funding came from British Petroleum after the 2010 British Petroleum oil spill in the Gulf which was the largest in history,” said Bilbo. “The BP grant was 500 million.”

“What happened?” asked Thorin.

“LUMCON was told that continued funding was dependent on using a ship called the Nancy Foster that later developed engine problems,” said Bilbo. “The measurement cruise was cancelled for the first time in almost 30 years\(^1\).”

“That must have come from the Department of Commerce if they're NOAA's parent,” said Thorin.

“We have a conflict of interest because Wilbur Ross, who is U.S. Commerce, is well known for his investments in gas and oil,” said Bilbo. “Synthetic fertilizer is made from petroleum. Wilbur was appointed by Donald Trump. However, most state and federal election campaigns are probably funded with oil money.”

“The Department of Commerce did not want Nancy Rabalais talking to CBS News,” said Thorin.

“The Gulf of Mexico is not the only Dead Zone near U.S. coastlines,” said Bilbo. “There are large Dead Zones in the Chesapeake, all along the California coast and East Coast as well as Florida Bay. I found a *Scientific American* article\(^2\) that says a 2008 study found 400 worldwide.”

“Fish die in Dead Zones due to lack of oxygen and it's a shock to see Google photos,” said Bilbo.

“How did you do the search?” asked Thorin.

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“Type the words dead zone fish gulf of mexico photo,” said Bilbo. “To see Dead Zones photos in other areas, replace Gulf of Mexico with Chesapeake, California coast, or Florida Bay.”

“Decomposition of fish and plant material underwater without oxygen is an anaerobic process,” said Thorin.

“Composting without oxygen is called anaerobic digestion,” said Bilbo.

“The oceans are digesting the fish!” said Thorin.

“When the fish break down, there's even more nitrogen because nitrogen is in amino groups that are the building blocks of protein,” said Bilbo.

“What causes the ammonia that burns the fish's gills?” asked Thorin.

“In anaerobic digestion, sugars and amino acids break down into carbon dioxide, hydrogen, ammonia, and organic acids,” said Bilbo.

“So the fish are tortured first and then they die,” said Thorin.

“The ocean's phytoplankton could help because they take in carbon dioxide and give off oxygen, but the plastic accumulation in the ocean is killing the phytoplankton,” said Bilbo.

“And, plastic is made from petroleum,” said Thorin.

“We need to replace petroleum-based plastic with a version made from plant resin that is compostable,” said Bilbo.

“And not from corn because most corn is genetically modified,” said Thorin.

“Organic hemp would be a good idea,” said Bilbo. “Hemp is being used as a filament in 3D printing. The hemp is grown in Canada because industrial hemp is still restricted in the U.S.”

“The alternative farmers of the Midwest understand composting,” said Thorin.
“They don't see all the dead fish washing up on shore because they're in the middle of the country,” said Bilbo. “Big Ag is also trying to drive them out of business.”

“Can you think of any solutions?” asked Thorin.

“I can think of two,” said Bilbo. “The alternative farming conference called Acres USA¹ needs to add marine scientists.”

“Can you think of an example?” asked Thorin.

“Nancy Rabalais,” said Bilbo. “She started over at LSU.”

“LSU?” asked Thorin.

“Louisianna State University,” said Bilbo. “Her title is LSU Department of Oceanography & Coastal Sciences Professor.”

“What is the other solution?” asked Thorin.

“Cornell University's School of Ornithology has an excellent citizen science program that could be a model for other universities,” said Bilbo.

“What is a citizen science program?” asked Thorin.

“Cornell scientists who study birds need data and they mobilize hundreds of thousands of people to help,” said Bilbo. “There are several citizen science projects that are described on the school's Web site².”

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June 1, 2018

“I ordered one plant sign from Gempler's³ and it arrived,” said Bilbo.

¹ Acres USA, North America's oldest publisher on production-scale organic and sustainable farming, https://www.acresusa.com


³ Hobbit Housing Co-Op, http://housing.x10host.com/hobbit_beds_and_food.pdf, p. 102 (Gempler sign)
“Just one?” asked Thorin.

“The plant sign holds a 7 inch by 5 inch card and I wanted to see how it's attached,” said Bilbo.

“What did you find out?” asked Thorin.

“The plant sign holder is slightly larger than 7 inches by 5 inches which means I don't need to trim the card,” said Bilbo. “The extra space will also be helpful because I want to laminate the card.”

“Does the plant sign fit securely?” asked Thorin.

“The card does not fit snugly, but there are holes in the back plate that could hold a bolt,” said Bilbo. “One of the holes is to the left and it clears all the copy on the plant signs.”

“Did you figure out what type of bolt you need and the size?” asked Thorin.

“I decided on a machine screw with a Phillips pan head in zinc plated steel from Bolt Depot\(^1\),\(^2\),” said Bilbo. “I believe the correct size is a number 4-40 with a three quarter inch length.”

“Is Bolt Depot available in all the Realms?” asked Thorin.

“Only up to Realm 30,” said Bilbo. “Walmart sells a Philips Machine Screw Assortment Kit\(^3\) that contains an M2.5 bolt which is equivalent to number 4-40.”

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\(^1\) (boltdepot.com) Machine screws, Phillips pan head, Zinc plated steel, #4-40 x 3/4” $1.66 per bag of 100

\(^2\) (boltdepot.com) Hex machine screw nuts, Zinc plated steel, #4-40 $1.25 per bag of 100

\(^3\) (walmart.com) Pan head screw nut and washer Phillips Machine Screw Assortment Kit 304 stainless steel 400pcs, M2 M2.5 M3 M4 M5, $56.64
“What is an M2.5 bolt?” asked Thorin.

“Metric,” said Bilbo.

“So you need to make a small hole in the card?” asked Thorin.

“Yes,” said Bilbo.

“How will you know where to make the hole?” asked Thorin.

“I found out that Sharpie markers bleed through paper,” said Bilbo. “I'm planning to mark the location on the card with the tip of the Sharpie before I laminate the card.”

“Won't you need to make a small hole?” asked Thorin.

“I found a Fiskars hand punch\(^1\) at Walmart that makes a hole one eighth of an inch wide,” said Bilbo. “I'll punch the hole after the card is laminated.”

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June 2, 2018

“I went to the beach at Lauderdale by the Sea and collected Sargassum seaweed,” said Bilbo. “It was very hot and I only collected about 6 gallons. I filled the Yimby and had to make up the difference in green material with cut up palm branches.”

“When is the best time to collect seaweed?” asked Thorin.

“May to July is peak seaweed season on both coasts,” said Bilbo. “Articles I've read say to go to the beach during low tide.”

“When is low tide?” asked Thorin.

“I found a Fort Lauderdale tide table on tide-forecast.com,” said Bilbo. “There's a search function for other locations.”

\(^1\) [walmart.com](walmart.com) Fiskars Hand Punch Circle 1/8”, $4.11

\(^2\) [Fort Lauderdale Tide Table](https://www.tide-forecast.com/locations/Mayan-Lake-Fort-Lauderdale-Florida/tides/latest)
“Do some beaches have more Sargassum than others?” asked Thorin.

“Many Caribbean islands have a Sargassum seaweed problem,” said Bilbo. “They have much more seaweed than they need.”

“Should Americans help?” asked Thorin.

“Americans who purchase industrial size tumblers to help the Caribbean nations would get 30 percentage points toward their 50 percent soul requirement,” said Bilbo.

“How did you fill the Yimby?” asked Thorin.

“When I got home, I added the seaweed to the garbage pail with the used coffee grounds and tea bags,” said Bilbo. “That helped me determine how much green material I had. Dowsing helped.”

“In what order did you load the components?” asked Thorin.

“Dowsing helped me to understand that the paper towels should go in first,” said Bilbo. “Dowsing helped me to understand that the paper towels should go in first. The seaweed and cut up palm branches went in next.”

“How did you add all that ground up eggshell powder and compost starter?” asked Thorin.

“Again, I dowsed and determined that I sprinkled one container of ground eggshell powder and gave the Yimby three spins,” said Bilbo. “I did that twice because I added two containers of ground eggshell powder.”

“What about the compost starter?” asked Thorin.

“The original directions was 6 cups,” said Bilbo. “I did not have

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a cup to measure the starter and used a 9 ounce paper cup from Publix to estimate a half cup. I dowsed that I should spin the Yimby three times each time I added two cups of the starter. The bag of Jobe's starter is not very large and I ended up adding 9 Publix cups—which I dowsed. I have some left for the next batch. Some of the ground eggshell powder and starter fell out of the drainage holes in the Yimby but I dowsed that was ok.”

“So tomorrow you start your 6 spins per day,” said Thorin.

“Yes,” said Bilbo.

“When the compost is finished, did you dowse how much needs to be set aside as starter for the next batch?” asked Thorin.

“Nine cups,” said Bilbo.

“Should the left over Jobe's Starter be used?” asked Thorin.

“I dowse ‘No,’” said Bilbo.

“What are you planning to use to measure and store the 9 cups?” asked Thorin.

“A Publix 9 ounce paper cup will double as an approximate half cup until a Walmart order arrives,” said Bilbo. “I ordered a plastic measuring cup1 and a trowel2.”

“What are you planning to put it in?” asked Thorin.

“I'm planning to cut open a gallon spring water jug and keep the handle,” said Bilbo. “The HDPE plastic is easy to cut with a regular scissors. I'll use two if necessary.”

“If one of the paper lawn and leaf bags is only half full are you going to use a couple of binder clips3 to hold it closed?” asked Thorin.

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1 (walmart.com) Chef Craft Measuring Cup Set (4 Pieces, 2 sets min.), White, $1.61
2 (walmart.com) Fiskars Ergo Trowel, $4.49
3 (walmart.com) Large Binder Clips, 1” Capacity, 2” Wide, Black, 12/Pack, $7.72
“I think the large binder clips are very strong,” said Bilbo. “They're stronger than any other type of temporary clip that I've used.”

“What arrangement can be made for the full bags of compost?” asked Thorin.

“Long before the compost is finished, co-op residents should show the compost plant sign to retailers and ask them to try it,” said Bilbo. “They will want to dowsse a list of retailers.”

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June 4, 2018

“How is your compost doing?” asked Thorin.

“Dry matter spilled out of the Yimby drainage holes on day #2,” said Bilbo. “I dowsed that 4 cups of water were needed and 6 additional spins.”

“Did you use the Publix 9 ounce paper cup?” asked Thorin.

“Yes,” said Bilbo. “Eight that were not filled all the way to the top.”

“Were you supposed to add the water when you filled the Yimby?” asked Thorin.

“We're in South Florida's rainy season that starts in May and ends in October,” said Bilbo. “There is a moisture accumulation inside the tumbler when it rains.”

“It has not rained,” said Thorin.

“I've dowsed that I may need to add water until the dry matter no longer spills out of the drainage holes,” said Bilbo.

“The same amount?” asked Thorin.

“I'll need to dowsse the amount,” said Bilbo.

“Do you think some people will need to add water when they first add their components?” asked Thorin.
“I think everyone will need to add 4 cups at the very beginning unless they begin composting in South Florida's rainy season,” said Bilbo. “In rainy season, 4 extra cups of water may be too much if there's any rain. Compost that is too wet can be low on oxygen. Dowsing will be needed.”

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June 5, 2018

“How is your compost doing on day three?” asked Thorin.

“It didn't rain overnight and there was some scattered dry matter that came through the drainage holes after the six spins,” said Bilbo. “I dowsed that 4 more cups of water were needed.”

“And that meant 8 Publix 9 ounce paper cups almost full with water?” asked Thorin.

“Yes,” said Bilbo.

“Are the components breaking down?” asked Thorin.

“There is definitely some rapid biological processing taking place,” said Bilbo.

“Anything else?” asked Thorin.

“The Lawn & Leaf Paper Trash Bags arrived,” said Bilbo. “The bags have a 30 gallon capacity, but we're not supposed to add more than 12 gallons. I dowsed that the paper is not strong enough to hold a larger amount.”

“Won't that look like a giant lunch bag that's only partially full?” asked Thorin. “Those bags have a large 16 inch by 12 inch bottom because they're designed to stand up by themselves.”

“I thought about that,” said Bilbo. “When the compost is done, I'm going to try stapling the bottom to one half of the gusset. I'll fill it with 9 gallons and then try 12 gallons. I'll dowse both. With the bottom stapled to half of the gusset, the bags should be able to be stored flat.”

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“We talked about using a heavy stapler\(^1\) and adding a weatherproof label or a regular label,” said Thorin. “The Rapid Classic K1 Plier Stapler has a 50 sheet capacity. Heavy staples are needed for the lawn and leaf bags, but the stapler can also hold regular staples.”

“The labels are really 8.5 inch by 11 inch sheets that can be used in a laser printer,” said Bilbo. “Office supply stores sell that size, but Amazon has the weatherproof version.”

“Could the compost plant sign\(^2\) be printed on a sheet of blank weatherproof label paper and used?” asked Thorin. “Two labels fit on one page. The labels would be easy to cut out on a self-healing cutting board using an Xacto knife and metal ruler. The board, the knife and the metal ruler are all available at Walmart.”

“I dowse a ‘Yes,’” said Bilbo. “The compost contents would need to be the same.”

“How would you measure 12 gallons?” asked Thorin.

“The scoop I found has a 3 quart capacity,” said Bilbo. “A paper quart container for half & half can be cleaned with friendly soap and used to fill the scoop to 2 quarts. A Sharpie will be needed to make a ‘fill’ line.”

“The used lawn and leaf paper bags can be cut up and composted,” said Thorin.

“Yes,” said Bilbo.

“Have you thought about the steps for removing the finished compost from the Yimby tumbler?” asked Thorin.

“I took a look at the blue tarp from Walmart and it has 3 grommet holes on each side that measures 6 feet,” said Bilbo.

\(^1\) Compost 7 in X 5 in sign for Gempler Plant Sign or compost bag, http://housing.x10host.com/1_a_compost_05_26_18.pdf
“Gempler sells a package of ten 18 inch bungee cords\(^1\) that could be used to make handles,” said Thorin. “The bungees could be formed into a loop and hooked through a grommet hole.”

“I like your idea,” said Bilbo. “The tarp full of compost could be pulled nearby. The compost could be scooped into the HDPE jug and used as starter and the bags could be filled at that point.”

“Two small black folding tables\(^2\) could be pushed together and used as a work surface,” said Thorin. “Tailgate chairs or plastic folding chairs\(^3,4\) could also be used.”

“What about patio umbrellas?” asked Thorin.

“I dowsed an umbrella and base from Trademark Innovations\(^5,6\), that received a ‘Yes,’” said Bilbo.

“What about cleanup?” asked Thorin.

“I like the expandable pocket hose\(^7\),” said Bilbo. “It’s received terrible ratings, but I liked it once I added a new nozzle\(^8\) from Walmart.”

\(^1\) (gemplers.com) 18”L Premium Bungee Cords, package of 10, $12.59
\(^2\) (Walmart.com) Cosco 4’ Indoor Outdoor Adjustable Height Center Fold Tailgate Table with Carrying Handle, Multiple Colors, $31.99 - 38.99.
\(^3\) (bizchair.com) HERCULES Series 800 lb. Capacity Premium Grey Plastic Folding Chair, $10.99 each.
\(^4\) (walmart.com) HERCULES Series 800 lb. Capacity Premium Grey Plastic Folding Chair, $12.99 each.
\(^5\) (amazon.com) Trademark Innovations Tilt Crank Patio Umbrella, 7’, $52.71
\(^6\) (amazon.com) Square Resin Umbrella Base - 17.3”X 17.3” - By Trademark Innovations (Gray), $17.99
\(^7\) (amazon.com) Pocket Hose Bullet 25-Ft Expandable Garden Hose by Bulb-Head No Hose Reel Needed, Portable Water Hose (25 Feet), $12.99 each, 75 foot version, $29.99
\(^8\) (walmart.com) Garden Hose Nozzle Water Sprayer Sprinkler Head Insalated Nozzle 7 Spray Patterns, $6.99 each.
“Once the tarp or tarps have been hosed off, they'll need a secure location to dry off,” said Thorin.

“I found a Moerman Legacy 4 Arm Umbrella Style Outdoor Clothes Dryer\(^1\),” said Bilbo. “The center pole will fit the patio umbrella base.”

“Do you think the tarps will need anything other than the bungee cords to hang them up?” asked Thorin.

“That will need to be tested,” said Bilbo. “Walmart and Amazon sell clothes pins if they are needed.”

“Once new seaweed is collected, a new batch of compost can be started,” said Thorin.

“My friend Marjorie said Pompano Beach has more seaweed than Fort Lauderdale,” said Bilbo. “I found a page on the Pompano Beach Web site that contains a map\(^2\) with access points to the public beach. I also dowsed a Wikipedia page titled, ‘Populated coastal places in Florida on the Atlantic Ocean.’” Boynton Beach, Florida also dowsed a ‘Yes’ for more seaweed.

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June 6, 2018

“What did you experience when you did your Yimby spin on day four?” asked Thorin.

“It rained very hard and the rain distributed some particulate matter through the Yimby drainage holes,” said Bilbo.

\(^1\) (amazon.com) Moerman Legacy 4 Arm Umbrella Style Outdoor Clothes Dryer, $132.34

\(^2\) Beach Access Points, Pompano Beach, Florida
http://pompanobeachfl.gov/pages/pr_beach/beach
“Did any more particles fall through the holes when you did your spin?” asked Thorin.

“No,” said Bilbo. “I dowsed that no further water needed to be added. From now on, I just spin.”

“For three weeks?” asked Thorin.

“At three weeks, I'll dowsse and ask if it's ready,” said Bilbo.

“Three weeks is an approximation.”

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June 7, 2018

“How is your compost on Day 5?” asked Thorin.

“There was heavy rain last night,” said Bilbo. “I dowsed a ‘No’ for additional water.”

“Did any of the content come out of the drainage holes when you did your spin?” asked Thorin.

“A small amount of debris came out,” said Bilbo. “The material must be stuck together at this point. It made a thumping noise.”

“What do you think?” asked Thorin.

“I dowsed that it's ok,” said Bilbo.

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June 8, 2018

“What happened with your compost on Day 6?” asked Thorin.

“There was heavy rain again last night,” said Bilbo. “I didn't think I should add any water, but I dowsed anyway and a ‘No’ was returned. There was a small amount of debris and I dowsed that it was soil!”

“Was there still a thumping sound?” asked Thorin.
“There was less of a thump,” said Bilbo. “It seems less stuck together.”

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June 13, 2018

“I thought of a question,” said Thorin.

“Which is…,” said Bilbo.

“If a coffee shop wants to use a Yimby tumbler and they have a lot of coffee grounds and tea bags, is there a maximum amount for the those components?” asked Thorin.

“I dowse that they can use up to seven and a half gallons,” said Bilbo. “They should still use a gallon and a half of seaweed.”

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June 24, 2018

“Was yesterday the end of your three week compost cycle?” asked Thorin.

“Yes,” said Bilbo. “I dowsed that it was ready three days before the cycle, but I kept it going because I did not have the ingredients for my new batch ready.”

“You must mean the seaweed,” said Thorin.

“I went to collect the new seaweed at Pompano's public beach this morning,” said Bilbo. “I think I have about 7 and a half gallons. I'll make up the rest of the 9 gallons with used coffee grounds and tea bags.”

“It rained last night. Won't your compost be a little moist?” asked Thorin.

“I dowsed that I will need to let it dry a little,” said Bilbo. “I'll spin it for another three days. My seaweed for the next batch will be dry by then. I dowsed that dried seaweed is ok.”
“What is the maximum amount of time you can spin your compost before you're required to start your next batch?” asked Thorin.

“I could spin it for six weeks,” said Bilbo. “The microorganisms I need to start the next batch would not last longer. Six weeks is actually a little risky. The nine cups of compost with live microorganisms should be added to the new seaweed when the compost is ready.”

“That is your starter,” said Thorin.

“You're correct,” said Bilbo.

“The Jobe's compost starter was dry,” said Thorin.

“When I dowse a number on a scale of 1 to 10 for live microorganisms in the Jobe's, I get a 5,” said Bilbo. “I dowse a 20 for the finished compost.”

“What time did you arrive at the beach this morning?” asked Thorin.

“About 7:20 a.m.,” said Bilbo. “A large section of the beach had already been cleaned, but there were still large hand fulls available at the perimeter. It was much easier to collect seaweed, but it would be difficult for several housing co-ops to collect what they need.”

“Have you thought of a solution?” asked Thorin.

“I think they will need to collect seaweed before the beach cleaning begins,” said Bilbo. “The beach is open at 6:00 a.m. and the life guards arrive at 9:00 a.m.”

“When was Sun Rise this morning?” asked Thorin.

“6:30 a.m.,” said Bilbo. “Prayers will need to be said in a parked vehicle with a flashlight.”

“Were there other people on the beach when you arrived?” asked Thorin.

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“There was a couple who probably arrived close to Sun Rise. The beach cleaning tracks went around them,” said Bilbo. “I also noticed two young women on a small 4-wheel ATV with large tires moving along the sand near the water. My seaweed collection was quick. It occurred to me that an electric flatbed utility truck could be used to collect seaweed for several co-ops and they could take turns.”

“What is an ATV?” asked Thorin.

“All terrain vehicle. They're also known as quads or quadricycles,” said Bilbo. “I was able to park very close to the beach. I don't know if the girls worked for the City of Pompano Beach. Even in realms where vehicles are not allowed on the beach, an electric flatbed utility vehicle would make the job easier.”

“Is there an ATV version?” asked Thorin.

“Club Car makes a rugged electric farm ATV that has a spacious cargo area,” said Bilbo. “It's also 4 by 4.”

“Four wheel drive?” asked Thorin.

“Yes,” said Bilbo.

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August 28, 2018

“How is your composting project?” asked Thorin.

“I burned the motor in my blender after 10 months of use,” said Bilbo.

“Will you purchase another blender?” asked Thorin.

“No,” said Bilbo. “I don't think blenders are strong enough chopper/grinders for the long term.”

1 (Jeffreyalleninc.com) Club Car commercial utility and transport vehicles, 2701 Reese Rd, Davie, FL 33314, (800) 282-6256
“What are you planning to do?” asked Thorin.

“I will continue to look for a stronger grinder,” said Bilbo. “In the short term, I will try a cast iron manual grinder¹ I found on Amazon. There were several manual grinders and the one I’m planning to purchase dowsed a ‘Yes.’”

“Cast iron,” said Thorin. “Sounds heavy.”

“It has a table clamp and it's portable,” said Bilbo. “The table will need to be sturdy. I wanted to build a Mike Davis workbench², but it's too thick.”

“What is a Mike Davis workbench?” asked Thorin.

“Mike Davis is a hobbyist who recorded a step-by-step YouTube video of a workbench he built with a solid interior door,” said Bilbo. “The manual grinder needs a table surface with a maximum 1.5 inch thickness. The thinnest interior door is 1 3/8th.”

“Do you have another table planned?” asked Thorin.

“Walmart sells a heavy OxGord 30" Large Pet Foldable Grooming Table³ that may work,” said Bilbo. “The top is covered with pebbled rubber vinyl that would need to be covered. Eggshell powder could get into the small grooves and it would be difficult to clean.”

“It would be nice to find a table that had a smooth surface,” said Thorin.

¹ (Amazon) WMN_TRULYSTEP Manual Grain Corn Coffee Wheat Nuts Grinder, Portable Table Clamp Mill Maker with Wooden Handle Home Use, Cast Iron Grinding Miller, $85.59, Free Shipping

² “Building a Heavy Duty Workbench,” Jan 26, 2015, https://www.youtube.com/watch?v=XK4u-zTqUmU

³ (Walmart) OxGord 30" Large Pet Foldable Grooming Table, $62.95, Free Shipping
“Walmart sells a Coaster Company Clayton Dining Table\(^1\) that the reviewers say is very sturdy,” said Bilbo.

“Are there chairs included?” asked Thorin.

“No,” said Bilbo. “Walmart sells a set of 2 Mainstays Windsor Chairs\(^2\).”

“What about the shipping cost?” asked Thorin.

“Walmart has free shipping on orders over $35,” said Bilbo.

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**August 29, 2018**

“I wrote to Selina De Langre and asked her advice about a grinder,” said Bilbo. “I received a response this morning.”

“Who is Selina De Langre?” asked Thorin.

“She's the daughter of Jacques De Langre who founded The Grain and Salt Society in 1976,” said Bilbo. “Jacques introduced Celtic Sea Salt to the United States. He was a biologist, researcher and author. He wrote a book called *Seasalt's Hidden Powers.*”

“They grind salt and they must know which kitchen grinders to use,” said Thorin.

“That's right,” said Bilbo. “Selina named her company Selina Naturally and they sell Celtic Sea Salt. A sales representative named Ian Hilley found my e-mail and he forwarded it to Selina.”

“What grinder did they recommend?” asked Thorin.

“They said the Blendtec\(^3\) is long lasting and will blend anything,” said Bilbo.

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\(^1\) (Walmart) Coaster Company Clayton Dining Table, Chairs Sold Separately, $141.40

\(^2\) (Walmart) Mainstays Windsor Chairs Set of 2, Black, $74.00

\(^3\) (Walmart) Blendtec Fit Blender, $249.95
“Anything else?” asked Thorin.

“I also received an e-mail from Tatyana Dokuchayeva, the Senior Manager at Cornell's Nutrient Analysis Laboratory,” said Bilbo. “I sent her a half cup of the compost to be analyzed and she sent me a report.”

“Is there a fee?” asked Thorin.

“They charge $20,” said Bilbo. “I wrote to several laboratories and Cornell is the only lab I could find willing to test for Iodine, and Yttrium. I'm also interested in Cobalt. Cornell is one of the top three agricultural schools in the world and they test for all three.”

“What are the other schools?” asked Thorin.

“UC Davis and Wageningen University in the Netherlands,” said Bilbo. “Wageningen University is considered number one.”

“Why are you interested in Iodine, Yttrium and Cobalt?” asked Thorin.

“Iodine due to its role in thyroid metabolism, Yttrium because it activates endocytosis in plant cells and Cobalt due to its role in the synthesis of Vitamin B12.” said Bilbo.

“What is endocytosis in a plant cell?” asked Thorin.

“It's an inward folding of a plant cell's plasma membrane to bring substances into the cell,” said Bilbo. “It's the method used to ingest.”

“Does Tatyana's report say those elements are in the compost?” asked Thorin.

“All three are in the compost in addition to 29 other elements,” said Bilbo.

“Did Tatyana send you a PDF file?” asked Thorin.
“The report came in an Excel Spreadsheet file,” said Bilbo showing Thorin the file. “I opened it with the spreadsheet component in OpenOffice.”

“I see the elements are in alphabetical order by their atomic symbols, but I don't see Iodine,” said Thorin.

“It's at the end,” said Bilbo. “It may be due to the fact that Iodine and Yttrium are not on the form Tatyana told me to use. She asked me to write Iodine and Yttrium in.”

“What form did you use?” asked Thorin.

“Number 6021,” said Bilbo. “It's called ‘Plant Tissue Analysis’.
I found the form in a section called ‘Acid Digestion.’”

“Can you make a PDF file with the OpenOffice spreadsheet?” asked Thorin.

“Yes,” said Bilbo. “It's three pages and you need to scroll to see all of the elements.”

“Are you familiar with the mg per kg units used on the report?” asked Thorin.

“No,” said Bilbo. “I found a footnote in a soil report on the Oregon State Web Site that says units used in analytical reports vary. For example, 1 ppm (w/w) = 1 mg/kg or 1 ug/g. They recommend using units that are familiar.”

1 Cornell, Plant Tissue Analysis form:  
http://css.cornell.edu/cnal-forms/CNAL-plant-analysis.pdf

2 Cornell, Plant Tissue Analysis report:  
http://housing.x10host.com/cornell_compost_08_29_18.pdf
Bilbo and Thorin are discussing what Bilbo calls a pastoral community. The subject came up when Bilbo calculated the number of eggs required for the housing co-op menu.

“What is a pastoral community?” asked Thorin.

“The word pastoral refers to pasture,” said Bilbo. “Many people associate the word with sheep and cattle, but we know meat is not as efficient as eggs and dairy.”

“So you are using the word to refer to hens and dairy animals,” said Thorin.

“Yes,” said Bilbo.

“We've talked about hens and dairy animals,” said Thorin. “I thought they were part of a future project.”

“I started thinking about how many eggs we would need when egg dishes are introduced,” said Bilbo. “Publix GreenWise eggs are suitable, but there are not enough.”

“Is there any land for pasture in South Florida?” asked Thorin.

“Very little,” said Bilbo.

“Have you thought of a location?” asked Thorin.
“I dowsed a ‘Yes’ for a location around the Walmart Supercenter at 2300 West Atlantic Boulevard,” said Bilbo. “I have not narrowed down the exact location. The project will have a rustic Hobbit theme.”

“Will co-op members need to travel back and forth from The Residence Inn?” asked Thorin.

“A team of 18 will need to form a housing co-op at a hotel nearby,” said Bilbo.

“Did you find a hotel?” asked Thorin.

“Extended Stay America\(^1\) has full kitchens like The Residence Inn, but the rooms are too small for shared dining,” said Bilbo.

“What is the solution?” asked Thorin.

“A work/activity space with a sink and a refrigerator would need to rented on a long-term basis,” said Bilbo.

“I remember we talked about work/activity spaces for housing co-op groups,” said Thorin.

“A work/activity space with a sink and a refrigerator would need to rented on a long-term basis,” said Bilbo. “Sheraton Suites Fort Lauderdale at Cypress Creek\(^2\) is another option.”

“Do the rooms have full kitchens?” asked Thorin.

“No,” said Bilbo. “Rooms have under-the-counter size refrigerators and the hotel has a lot of conference rooms for shared dining. Extended Stay America and Sheraton Suites also have self-serve laundry.”

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1. Extended Stay America - Fort Lauderdale - Cypress Creek - Park North, 1401 W McNab Rd, Pompano Beach, FL 33069-4700, Phone: +1 877-432-9997, 2.7 miles from Walmart Supercenter

2. Sheraton Suites Fort Lauderdale at Cypress Creek, 555 N.W. 62nd Street, Fort Lauderdale, FL 33309-6105, (954) 772-5400, 2.2 miles from Walmart Supercenter

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“Sheraton Suites would be easier than finding a work/activity space,” said Thorin. “It sounds like the choice will depend on the manager's flexibility.”

“I agree,” said Bilbo.

“Are you planning to purchase newborn chicks?” asked Thorin.

“No,” said Bilbo. “We need adult hens that can lay eggs right away.”

“Where are you going to find adult hens?” asked Thorin.

“Murray McMurray Hatchery sells adult hens,” said Bilbo.

“Did you dowse a number?” asked Thorin.

“Yes,” said Bilbo. “The number 40 was returned.”

“Will they live in the Omlet chicken coops?” asked Thorin.

“Yes,” said Bilbo. “The large coop that Omlet calls the ‘Cube.’ Six chickens in each coop. We'll need 7 chicken coops so the hens are not crowded.”

“What will they eat?” asked Thorin.

“We'll need to ramp up to a Permaculture Garden and the Worm Factories,” said Bilbo. “They'll need organic grain and Spting Water. We'll also put Lugol's Solution or Thyme Tincture in the water.”

“Won’t the hens need people living very close?” asked Thorin.

“There’s a renovation project needed to create a living space for a team of six people,” said Bilbo. “I have not narrowed down the exact location. In the meantime, we will need six RV Class B vehicles for the six-person assignment. A fence contractor will also be needed to put up a fence.”

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“Won’t you need a barn, or a shed for storing the hens’ food and water?” asked Thorin.

“Yes,” said Bilbo. “We’ll also need plumbing and electricity. The chicken coops need to be washed once-a-week. The Omlet Cube is easy to wash.”

“Did you find a source?” asked Thorin.

“I found a company called CCI Buildings in Ft. Pierce, Florida,” said Bilbo. “They sell sheds and car ports. Their Web site has a gallery of photos that provide a lot of ideas. They probably have a lot of customers who have added plumbing and electricity. Dowsing will also be required.”

“Won't the hens need a lot of shade?” asked Thorin.

“Car ports or tents will be needed to cover the chicken coops for 7 months out of the year,” said Bilbo. “Fresh water is important. We talked about solar fountains to hold the Spring Water. I also learned that Leghorns and Andalusians are suited for hot weather. They are called the Mediterranean breeds.”

“What about ground covering under the car ports or tents?” asked Thorin.

“I dowsed rubber mulch,” said Bilbo. “It's used in playgrounds and it is sold in bags. The color should be dowsed.”

“How far is Ft. Pierce from Fort Lauderdale?” asked Thorin.

“110 miles,” said Bilbo. “Google Maps says it takes an hour and 40 minutes on I-95.”

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1  CCI Buildings, 10700 Okeechobee Rd., Fort Pierce, FL 34945, 772-318-6700, www.ccibuildings.com, Email: info@ccibuildings.com

“Will Extended Stay America replace The Residence Inn?” asked Thorin.

“No,” said Bilbo. “The housing co-op at Extended Stay America will be in addition to The Residence Inn housing co-ops.”

“How would a project like this start?” asked Thorin.

“The teams need to be settled first,” said Bilbo. “Hens cannot be purchased until a dowsed response indicates every detail has been taken care of.”

“How long do you think it will take to develop a Permaculture Garden?” asked Thorin.

“It may take a year, or more,” said Bilbo. “The soil in Florida is very sandy. Topsoil will need to be purchased.”

“What about your compost?” asked Thorin.

“Compost will eventually become soil,” said Bilbo. “It's a nutrient-dense layer that will cover the topsoil.”

“Where would you purchase topsoil?” asked Thorin.

“Walmart sells Black Gold Organic Lawn & Garden Compost¹,” said Bilbo.

“Do you know how deep the 12 by 12 plots will be?” asked Thorin.

“I dowsed 9 inches,” said Bilbo.

“Do you know how bags of Black Gold compost will be needed to fill a plot?” asked Thorin.

“20,” said Bilbo. “Two inches of seaweed compost will be spread on top.”

“I understand why it will take a year or more,” said Thorin.

¹ (Walmart) Black Gold Organic Lawn & Garden Compost, $28.97
“Is it ok to develop parts of the Permaculture Garden in stages?” asked Thorin.

“I dowsed a ‘No’ for that question,” said Bilbo.

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September 17, 2018

“What is the priority project for the teams in the other housing co-ops?” asked Thorin.

“ Wealthy people will need to fund relocation projects to set up housing co-ops for Cyborgs starting with the hotel where they have been assigned,” said Bilbo. “The rooms at conference hotels are approximately the size of studio apartments in large cities. Two people will share a room including the hotel staff. They will need to dowse a meeting room location for their shared dining. Everyone will need to dowse the number of projects they are required to sponsor and the locations.”

“Will they know the Cyborgs?” asked Thorin.

“They will know some of them,” said Bilbo. “They will need to dowse to find the others, or seek help from Cyborgs who use hive mind,”

“I remember our discussion about billionaire projects and Cyborg relocation,” said Thorin. “You said sixty percent never leave their place of work.”

“Only twenty percent have a place to live,” said Bilbo.

“Will that group need to move into a housing co-op in a hotel?” asked Thorin.

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1 Cyborg discussion, Hobbit Conversation on Ramping Up to a Housing Co-Op, p. 54, http://housing.x10host.com/hobbit_ramp_housing_co_op_02_21_18.pdf

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“No,” said Bilbo. “However, they do need to spend time in a housing co-op and participate in shared meals. Everyone's location and housing co-op assignment can be dowsed.”

“Will the billionaire sponsors need to dows a list of locations?” asked Thorin.

“Yes,” said Bilbo. “They could Google golf resorts with meeting facilities.”

“Are you saying golf courses can become pasture for pastoral communities?” asked Thorin.

“They started that way,” said Bilbo. “Golf was created in Scotland on land that was used to graze sheep.”

“Can a portion of a golf course become a pasture?” said Thorin.

“Golf is not approved,” said Bilbo. “There won't be any golf. All golf courses can become pastures.”

“Did you find any golf resorts with meeting space?” asked Thorin.

“Yes,” said Bilbo. “I found a November 2015 article on the Golf Advisor Web site titled, ‘Beyond Marriott and Starwood, a look at the top hotel brands in golf.’ Brandon Tucker, the Managing Editor for Golf Advisor, wrote the article and he covers Starwood, Marriott, Hyatt, Hilton, Fairmont, Wyndham Worldwide, Omni Hotels and Resorts and Four Seasons. He mentions The a $12.2 billion purchase of Starwood Hotels & Resorts Worldwide by Marriott International that created the world's largest hotel company, with 5,500 hotels and 1.1 million rooms.”

“That's huge,” said Thorin.

“Yes,” said Bilbo. “Marriott owns almost 80 golf resorts. Even small hotel and resort companies have several golf courses and a massive amount of space. Salamander Hotels and Resorts owns three in the State of Florida: Hammock Beach in Palm Coast, Florida on the east coast near Daytona, Reunion in Orlando and Innisbrook in Tampa Bay. I found a PDF brochure on the Web. Innisbrook has four golf courses, 560 rooms and 100,000 square feet of meeting space. Reunion has three golf courses, 330 villas and suites and 25,000 square feet of meeting space. Hammock Beach has 325 villas and suites, several restaurants and numerous meeting spaces.”

“How much hotel space will need to be devoted to housing co-ops?” asked Thorin.

“Twenty percent,” said Bilbo.

“So housing co-op sponsors assigned to conference hotels that do not have golf courses will need to find vacant land nearby and follow the 40 hen model that you described?” asked Thorin.

“Yes,” said Bilbo.

“In northern latitudes, won't the chicken coops need a heated building?” asked Thorin.

“Sponsors will need to douse that question,” said Bilbo.

“What percent of the necessary housing co-ops can be set up at golf resorts?” asked Thorin.

“I douse 50 percent,” said Bilbo.

“What percent of the Cyborgs will need to commute to a job or company that does not close?” asked Thorin.

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“I dowse 20 percent,” said Bilbo.

“Will the sponsors need to provide transportation?” asked Thorin.

“Yes,” said Bilbo. “Four passengers per vehicle. Larger vehicles such as buses are ok if a large group works at the same location.”

“If a sponsor has several clones, do they all work on the same projects?” asked Thorin.

“No,” said Bilbo. “They can work in 2 or 3-person teams and the projects will be different.”

“Will the Cyborgs understand what is happening?” asked Thorin.

“No,” said Bilbo. “They will eventually.”

“How long will it take?” asked Thorin.

“I dowse 12 years,” said Bilbo.

“Eighty percent of the Cyborgs that join housing co-ops will no longer have jobs?” asked Thorin.

“That is correct,” said Bilbo.

“What percent will be from businesses that close?” asked Thorin.

“I dowse 50 percent,” said Bilbo.

“Will they be forming small businesses for Earth's Re-boot?” asked Thorin.

“Yes,” said Bilbo. “The small business projects will be other assignments for the billionaires. They will need to dowse the number of businesses, type, location, size and every other detail.”

“Do you think there are any small business owners who were driven out of business who are not yet retired?” asked Thorin.

“Wouldn't their experience be valuable?”

“Former small business owners have skills, but possibly not enough experience with technology,” said Bilbo. “Sponsors would benefit from the small business owners' knowledge,
but they would need to facilitate training in technology with Cyborgs, or in addition to the Cyborg technology training.”

“Are you talking about training beyond the basic business applications?” asked Thorin.

“Everyone needs to dowse detailed information about their future including a need for training and the type of training,” said Bilbo.

“How many years will this next phase take?” asked Thorin.

“I dowse 3 years,” said Bilbo.

“Three years will go by fast,” said Thorin.

“Everyone needs to work at a pace as though they are on a tight deadline,” said Bilbo. “I like to dowse the number of hours until by next task assignment. If the number is more than an hour, that's when I get my personal tasks accomplished. Dowsed tasks are a priority.”

“When do you think the housing co-ops will be ready to transition from tastings to cooked eggs?” asked Thorin.

“The adult hens should start to lay eggs a few weeks after they arrive,” said Bilbo. “There may be a need to supplement the hens' eggs with supermarket eggs.”

“Didn't you think the groups would be organizing tastings for three months?” asked Thorin.

“It may take three or more months to make preparations for hens,” said Bilbo.

“Which egg dishes?” asked Thorin.

“Egg salad, scrambled eggs with toast, and scrambled eggs with French Toast can be made with hot plates,” said Bilbo.

“What about an egg in a basket?” asked Thorin.
“The egg in a basket would need to be supplemented with scrambled eggs,” said Bilbo. “Each person will need 4 eggs if they are small and three if they are large. The number needs to be dowsed.”

“You're talking about the minimum protein requirements,” said Thorin.

“Didn't we talked about the egg dishes in detail?” asked Thorin.

“They won't be able to reach their minimums without eggs,” said Bilbo. “A large egg contains 7 grams of quality protein and 90 percent of it is usable.”

“Didn't we talked about the egg dishes in detail?” asked Thorin.

“We talked about working out a menu in advance as well as details about the preparation,” said Bilbo.

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