By the Editor

The Western Edition is publishing an update to the April 2018 article regarding Premier Floor Care’s lawsuit against Service Employees International Union Northern California — SEIU. The reason for the lawsuit is malfeasance by the union against Premier Floor Care.

Cedric Moore is the owner of Premier Floor Care. He has stated that his company lost an extremely large contract with Safeway in March due to unlawful union picketing of his contracted stores. King Janitorial took over the contract, and per the union contract, absorbed the Premier Floor Care employees.

The transitioning employees were promised by the union that their current wages and benefits with Premier Floor Care would be maintained, and they would also receive equivalent shift hours. However, this did not turn out to be the case. Many of Premier’s former employees began to contact their office, complaining about pay cuts and slashed work hours, saying they wanted to return to work for Premier Floor Care.

As the employee grievances continued to mount, King Janitorial

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Mithila exhibit at the Asian Art Museum

By Aryana Farsai

A show called “Painting Is My Everything,” featuring seventeen artists from the Mithila region is at the Asian Art Museum until Dec. 30. It is a spectacular exhibit and well worth seeing. The exhibit showcases artwork created primarily by women, which has been used traditionally to decorate their homes in a specific style within the Mithila region of India.

The Asian Art Museum was the recipient of a $5 million gift from East West Bank in late September. This donation goes to support the Asian Art Museums $90 Million renovation plan to add a new 13,000-square-foot Exhibition Pavilion and Art Terrace building to the Museum property.

Major funding for this 30-painting exhibit was made possible by the Akiko Yamasaki and Jerry Yang Fund for Excellence in Exhibitions and Presentations, along with other major donors.

Communications Manager Zac Rose was pleased about the museum having been chosen for the Mithila exhibit. “It’s a great opportunity for people to expand their concept of what contemporary art means — real communities engaging global con-

continued on page 12
James Howard Kunstler on San Francisco Architecture

By Frank Vaughn

James Howard Kunstler is an American author, social critic, public speaker, and blogger. He is best known for his books: “The Geography of Nowhere,” a history of American suburbia and urban development, “The Long Emergency,” and “Too Much Magic.”

Mr. Kunstler graduated from the State University of New York and worked as a reporter and feature writer for a number of newspapers, including a staff writer for Rolling Stone Magazine.

He has lectured at Harvard, Yale, Columbia, Princeton, Dartmouth, Cornell, MIT, RPI, UVA, Google, and many other colleges and corporate campuses. He has been invited to speak before many professional organizations, such as the AIA, the APA, and the National Trust for Historic Preservation.


TWE — From your early days at Rolling Stone there’s been a dramatic change to the San Francisco skyline. Buildings are shooting up all over the city. You’ve been an ardent critic of high-rise architecture. What exactly is the problem with the modern skyscraper?

JHK — The basic problem is they will not be renovated. They lack the capacity for adaptive reuse that is the key to cities organically reviving themselves periodically. We are heading into an era of resource and capital scarcity.

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The money will not be there to renovate the skyscrapers, and many of the modular fabricated materials we rely on will not be there either — even materials as seemingly humble as sheet-rock require long mining / manufacturing supply lines. These buildings are monuments to the hubris-of-the-moment infecting this society, with its techno-narcissistic center in the San Francisco / Silicon Valley region.

TWE — The city’s latest tourist attraction is a shiny glass, concrete and steel behemoth sinking into the muck on 301 Mission Street. The Millennium Tower now tilts 18 inches off plumb buckling the surrounding pavement. Glass panels have cracked leading engineers to fear that its curtain wall is separating from the building core. The so-called “Leaning Tower of San Francisco,” which was built for $350 million, may cost $500 million to fix. This is shaping up to be one of the costliest construction disasters in U.S. history. What’s your take?

JHK — An interesting fiasco. And another lesson in the perils of techno-narcissism. You are leaving out the legal litigation costs that will be another ruinous add-on to this botched real estate project. Eventually, it will have to be disassembled, since it is a hazard to the neighborhood.

TWE — You’ve been critical of so-called Starchitects and the high weirdness of their creations. What do you think of the “Transbay Transit Center?”

JHK — I featured it on my Eyesore-of-the-Month feature at www.kunstler.com, which is devoted to architectural monstrosities. It’s the poster-child for techno-narcissism, and a cruel joke to learn that it has been shut down within a month of opening due to structural failures. It embodies all the “gadget green” nonsense that gets public boondoggles like this through the permitting process — blowing green smoke up the public’s rear end — while it actually does a poor job of connecting the various transport modes of the Bay Area.

TWE — Recently, a Superior Court Judge sided with MT lawyers, who claim construction of TTC is the root cause of their leaning tower, ruling the TTC may have to pay for the Millennium Tower’s legal defense. Do you see this as a precedent for civil action we may see in the future?

JHK — Well, I haven’t seen any of the engineering reports — themselves subject to self-interested spin — but one can’t fail to notice that hugely expensive real estate ventures that fail spectacularly will prompt a lot of finger-pointing and blame. And it will be a font of revenue for the lawyers seeking to untangle this mess for years to come.

TWE — You’ve been very active in urban planning and your epic 2007 TED talk elucidated how bad architecture wrecks cities. How do you rate San Francisco in terms of sustainability and walkability?

JHK — I lived in San Fran for a year back in 1974-75. There’s a lot to admire in the original pre-automobile urban design of orthogonal city blocks imposed on the rugged landscape. San Fran is more like an East Coast city than all the other cities of the western USA. Of course, it has a lot to do with the city occupying a peninsula, preventing the sort of hyper-sprawl that exists most everywhere else in California. Whenever I return — most recently June of this year — I’m impressed at how bleak many of the major streets are due to a lack of street trees and poor detailing of the building frontages. Some of your DPW folks ought to visit Paris and see how they do it. It’s not rocket science. The Silicon Valley tech boom has distorted the life of the city, and it’s hard to say what will happen when that runs its course, as it will (even if nobody believes that these days).
Elder Care Alliance offers wide range of care services to seniors

By Liza McVinney

The mission of Elder Care Alliance has been to provide quality care to Bay Area seniors through innovative holistic wellness.

Elder Care Alliance has been serving seniors in San Francisco and around the Bay Area communities for nearly 20 years. The organization has a history that dates all the way back to the 1907 opening of the Mercy Retirement and Care Center in Oakland.

Within its network of five communities, a range of services is offered, from independent living to assisted living and clinical care. But what makes Elder Care Alliance stand out is their dedication to the empowerment and the holistic well-being of seniors. Rather than focusing solely on the physical aspects of care, Elder Care staff is equally committed to nurturing the body, mind and spirit of their residents.

Erin Partridge, PhD — an artist and registered board certified art therapist — has been working at Elder Care Alliance since 2010. As an experiential researcher in residencies, Partridge and her team are constantly finding new and different ways to support older adults within the local communities.

“Creativity,” Partridge said, “is deeply connected to the core of our beliefs. It is part of our vision statement, because we understand that creativity is important to who we are as human beings.”

Art therapy is used at Elder Care Alliance as a means for residents to explore and express themselves, as well as promote their resilience and connect to others. Art therapy is offered to seniors in group settings as well as individual sessions. For many Elder Care residents, individual art therapy sessions offer a space to work through personal and emotional matters such as grief and loss.

“Whether it’s the loss of a spouse or the loss of autonomy and independence that inherently comes from moving into assisted living, art opens the door that enables them to discuss the hard-to-talk-about things” explained Partridge. Open studios are also offered at Elder Care Alliance, and provide a safe and interesting space for seniors to come together to make and discuss art, or not. Residents are welcome to come into the space and simply sit at the table. “I never make people make art,” said Partridge. “I always say, ‘You don’t have to pick up a darn pencil at all, you can just sit here!’

Many residents at Elder Care have gone their entire lives believing that they aren’t artists, or that art is not for them. Perhaps they have been told that making art requires specific talent and craft, or that art is only for a specific kind of person. “This can be a lot to overcome,” stated Partridge.

Ultimately, the playful and positive nature of Open Studio is what attracts the residents. Lured in by the laughter and engaging conversation coming from the room, seniors will stop in to observe the space and quickly realize there is an opening for them to explore this. “And before long,” Partridge added, “they WILL pick up that darn pencil!” Over the course of the year that Partridge started working as an art therapist at Elder Care Alliance, there was such a positive response from the residents that the classes went from being held with one group once a week to being held all five days of the week, in all different areas of the building, with different focuses and media.

Art Appreciation is another class offered to the Elder Care community, which involves looking at photos of artwork from well-known artists and having group discussions interpreting the art. Residents then learn background information about the artist and the artist’s intention, and the group discusses how this changed their opinions of the artwork.

“This class really opens people’s minds and transfers them into a different way of thinking,” said Corinne White, activity coordinator at Elder Care who specializes in art. During the storytelling aspect of this class, residents get the opportunity to speak to each other on a more personal level. “They often relate the images and characters they see in the art to aspects of their own life,” White explained. “They get the opportunity to share their insight and discuss their own experiences.”

In these art classes, everybody is included in the conversations, as well as the art-making activities, no matter their physical limitations. Everybody is given the chance to participate equally. There are no wrong answers and no wrong ways to express yourself.

Group discussion is a very beneficial part of art therapy at Elder Care. When there are events occurring in the world that the community seems to want a dialogue around, there will be specific art projects about these topics, and everyone is given the chance to create together and share their work and their opinions.

However, one of the most important parts about art therapy is that it also allows residents to connect with one another in a nonverbal language. Many seniors are limited in their ability to engage in verbal conversation, but with art they are able to connect through their feelings.

“Art is a window into our human communication and how we are together,” said Partridge. “For residents that are living with dementia, these art classes are incredibly beneficial. “In many ways, art is feelings-based, and this makes it easy for residents with dementia to benefit from it, as they are able to rely on their intuition and instincts,” White explained.

Elder Care Alliance provides innovative and compassionate memory care programs, based on their “I’m Still Here™” philosophy — which focuses on the empowerment of seniors living with dementia. “Many of our residents with dementia require assistance bathing and getting dressed,” explained Partridge. “So we asked ourselves, what choices can we empower them to make for themselves?”

Art therapy at Elder Care is done in a way that responds to that need for empowerment by exploring art in an open manner that presents seniors with materials and encourages them to be creative beings and make their own choices.

Partridge explained the importance of using a wide variety of quality art materials that are adaptable to the needs of the seniors. “Making art is a physical practice that involves movement. Some residents use art as a way...continued on page 9
SEIU Lawsuit continued from page 1

held a meeting in Concord in September 2018 to discuss these issues. That meeting was led by a union spokesman and King employee, Alan Gallegos. There were many employee complaints, including not being paid correctly for hours worked, and not getting enough hours to clean the stores adequately.

Gallegos — a King employee and a union representative — did not tell Premier Floor Care employees that the union was holding a picketing action at Safeway.

According to an employee who attended the meeting, Gallegos defended King and blamed the employees for the missing pay, saying they were not clocking in and out correctly. This was never an issue while working with Premier.

This employee also stated that Gallegos spent nearly the entire meeting slandering Premier Floor Care. He accused Premier of not paying premium wages and benefits. However, one employee did tell him during the meeting that her paychecks had always been accurate while working for Premier Floor Care, and that she had health coverage for her entire family while working there.

The employee said Gallegos told them that Safeway had let Premier Floor Care go because Premier did not want to work with the union, and Safeway would never work with Premier Floor Care again.

Evidently no one questioned these statements by Gallegos, as there seemed to be a climate of fear that they would lose their jobs. The union spokesman was reported as threatening the new King employees, saying that if they spoke to anyone from Premier, they would lose their jobs.

The former Premier Floor Care employees began to realize the union had tricked them and had used them to disrupt Safeway’s business, which led to the termi-

nation of Premier’s contract.

The employees came to understand that a lawsuit had been filed. They were very disappointed that the picketing had caused Premier to lose its contract, and then they lost their jobs at Premier Floor Care.

Several employees said they wanted to help get what they were entitled to from King, and they knew of others who would try to provide additional information to assist the company in its lawsuit. They stated that they had never gone previously to any union meetings, that they had never been contacted by the union during the prior negotiations in 2016-2017, and they did not know that

Former employees stated that at King they would “miss up to $200 to $300 each paycheck” and “work hours were constantly cut,” while others were “pressured to do extra work on their shifts.”

When they arrived at the store at 11 a.m., Gallegos told them to put on some union shirts and join the picketing. They did this because they thought they could speak to Gallegos later, and they had already driven 1 1/2 hours to get there. They were told to march into the store and hand out flyers to customers. They then joined a picket line in front of the store, where the union was using bullhorns to tell people not to shop at the store. This upset many of the store’s customers.

No Premier Floor Care employees were working at the store during the picketing. The group was shouting that the company was not going to help with the health insurance and only wanted them to join union picketing actions.

When asked why they thought the union wanted Premier Floor Care to lose the Safeway contract, both said that they did not know why, since they had never heard anything negative about the company all the time they had been working there and they had always been treated fairly. They said they did not believe Premier would lose the Safeway contract.

Gallegos had told them at the first picketing in Alameda that when Premier lost the contract and the new company came in, they would get new machines and their pay from King has not been adequate.

Even worse, they said that their pay from King has not been consistent. Sometimes both were missing up to $200 to $300 on each check. They said that they also have to fight to keep their hours, as King has been constantly trying to cut them. They personally know of other employees with the same type of problems. They know of many employees who were pressured into doing extra work on their shifts, and many complained of not being treated with respect by their supervisors at King. Others expressed general unhappiness at working for King and want to return to work for Premier Floor Care. Some also stated they now believe that King was working with the union to push Premier Floor Care out of the contract so that King could take over.

In summary, it appears that some employee complaints were resolved. However, King’s actions forced them to undergo undue hardship and distress before anything was resolved.

What will be brought out in the case of Premier Floor Care against the SEIU is the fact that the union did not conduct a strike vote among the members before engaging in picketing.

Instead, the union tricked employees into engaging in picketing actions. It did this because it did not dare to hold picketing on its own against a well-liked employer with a record of exemplary service on its contracts. The company had been a contractor for years with numerous testi-

monials. Why did this suddenly change?

It had not changed. The entire scenario was waged against Premier Floor Care because the company did not agree to several union proposals, and the union wanted to cut them out of the picture. These facts, and more, will be brought out in the evidence.

It is also noteworthy that another case is also in the courts about unions failing to represent their members properly. A key aspect of the case concerns the responsibility of unions under the law to fairly represent their work-

ers, and the obligations unions have to maintain the rights of all their members — maintain the rights of all their members.
The future of senior food service: Groceries for Seniors

Have you ever thought about volunteering for a smaller organization that is working to help out seniors in the city? In a city with 40,000 seniors, it may be difficult in finding a place where free groceries are handed out to low-income seniors. However, when it comes to food services, one such service is Groceries For Seniors.

A little background about Groceries For Seniors: It provides free food for low-income seniors in San Francisco, who without their services may go hungry. Also, many seniors are confused about where to go to find such a program. Many of these seniors have income that falls below the federal poverty line. This makes them eligible for free services at Groceries For Seniors.

Many volunteer roles are available in this organization. When speaking with program manager, Tom Beaver, he mentioned the roles of volunteers. He said, "There are many specific volunteer titles, like volunteer coordinators who organize staff, and other important jobs like grocery baggers and drivers." Volunteers are needed in several areas.

Beaver further stated, "We rely on volunteers to serve our hungry seniors. The volunteers work Monday through Thursday from 9 a.m. to noon. The group has about 20 to 30 volunteers." The organization is always searching for more volunteers, especially grocery baggers and drivers. More information about volunteering for the organization can be found at the website http://www.groceriesforseniors.org/hunger-facts.shtml.

Groceries for Seniors has great leadership in Program Manager Tom Beaver, who commented on the background and origins of Groceries For Seniors. He stated, "Groceries for Seniors originated in Haight-Ashbury back in 1983 by the late John Meehan. He had a very rough background and used to get in trouble with the authorities back in his youth, but turned his life around later on."

Beaver added, "The founder, John Meehan, passed away in 2018; it was a big loss."

Groceries for Seniors distributes nutritious fresh food to about 1,000 senior citizens in San Francisco every week. Beaver said, "Groceries for Seniors provides organic food and has food selections like pasta, rice, chicken, fish and produce." The organization receives donations from The San Francisco Food Bank, which donates weekly to the program. It also receives food from local grocery stores such as Whole Foods, The Haight Street Market and Falletti Foods.

The food sorting space where volunteers donate their time is provided by Old St. Mary's Church. The organization can receive donations by checks which can be sent to Old St. Mary's Cathedral, 660 California St., San Francisco, CA 94108. Individuals can also donate via the "Network for Good" link at http://groceriesforseniors.org/donate.shtml.

One location receiving the grocery service is Eastern Park Apartments. They are a senior living community in the city for low-income individuals, age 62 and above. Groceries For Seniors is offered there as a brown bag program, which gives residents free groceries, food, and produce on a weekly basis. The coordinator, Eva Lai is a great leader in the community and helps coordinate the weekly food service.

The versatility and passion for helping others will always be good. Volunteering for nonprofits such as Groceries for Seniors really does pay off in the end. You can develop great work relationships and also make friends with the many seniors you serve. Many can relate to volunteerism, and the notion that you can help out seniors in our great city makes it twice as great. Volunteerism will always remain a great service, while helping to work around anyone’s flexible schedule. Everything can be done, and done as a unit. With serving the senior community as its motto, Groceries for Seniors establishes not only great ties with the community, but does justice to helping the voiceless.

Check out the Facebook page at https://www.facebook.com/GroceriesForSeniors/ for more information.
Is this the last election you will vote in your neighborhood polling place?

By Laurie MacDougall

I t's things continue in the direction they are headed, the answer is yes.

Polling places serving designated neighborhoods have been the predominant way elections have been conducted from early in this nation's history. But this is in the process of being altered by the California Voter's Choice Act of 2016. According to its adherents, this new system will modernize elections, providing greater flexibility and convenience for voters, while assuring transparency and accuracy.

When this new law is fully implemented, projected to be in time for the 2020 general election, there will be a number of differences from the way California has long run elections. This new law will replace the good old neighborhood polling place with vote-by-mail ballots and a considerably reduced number of “voting centers” strategically located around the city, where voters can register and vote in the same visit, and ballots can be dropped off without regard for precincts. In fact, polling places will be a thing of the past.

The new model is being tested driven this election year by two Bay Area counties, Napa and San Mateo. San Francisco County, along with every other county in California, will be watching closely how the new protocols work in these two test counties. Out of this pilot round will come a decision by election officials as to whether to adopt the new system in San Francisco County in 2020.

The key to the changes, voting by mail, has a long history. It was introduced in California over 50 years ago — in 1962 — as a way to accommodate people who could not get to their neighborhood polling place on Election Day. It was called an “Absentee Ballot” and had to be requested each year. (It became so popular that this was later changed so voters could request a permanent designation for the renamed “Vote-By-Mail Ballot.”)

In its first year, according to the California Secretary of State web-site, 2.63 percent of the California electorate posted their ballots in a mail slot rather than a ballot box — 156,167 votes were cast by mail — out of a total of 5,929,602 ballots.

A comparison to the previous decade of 2006 to 2016 shows an accelerating trend toward the mail-in ballot, as people have flocked to the flexibility of voting at their leisure; skipping the lines at the polling place; or doing research on candidates and propositions at their computers with ballots in hand. In the 2006 California general election, 3,696,940 mail-in ballots out of a total of 8,899,059 votes cast represented 41.54 percent of the total. Ten years later, in 2016, the percentage of mail-in ballots was 57.79 percent, representing well over half. (8,443,594 ballots were mailed out of 14,610,509 total.)

These figures demonstrate another trend — that a lot more people are voting. This makes the job of running a transparent, accurate election process ever more complex and difficult, depending as it does on many small, very local polling places in every neighborhood of an urban area such as San Francisco. To give an idea of how complex it is, the San Francisco Department of Elections staffed and supported 576 neighborhood polling places throughout the city during the general election in 2016.

The most common concern expressed about switching to nearly universal voting-by-mail is how to assure transparency and accuracy of the final count. This worry is based on a misconception about how mail-in votes are processed and verified before being accepted into the final vote count. In fact, the San Francisco Department of Elections has used the same system for the decades it has been processing mail-in votes. The new protocols don’t require a change in protocols that have been fine-tuned and successful over many election cycles. It just requires doing more of what it has done so well in the past. Moreover, a few states, such as Colorado, have been using the universal vote-by-mail system for years, without mishap.

It works because the system in place for processing mail-in votes duplicates the checks and balances in the neighborhood polling place. At the polls, a trained person verifies the identification of each person voting, and marks his or her name has having voted in order to prevent duplication.

Mail-in votes get the same treatment, except for the fact that the votes come in huge batches from the U.S. Post Office. As soon as a ballot is dropped into a U.S. postal box, it is covered by the same protections as the regular mail, with which tampering is a federal crime.

When the mail-in votes are delivered to the Election Center, which takes over the basement of the San Francisco City Hall, they are first sorted to be sure the envelope containing the ballot has been signed as required. Any unsigned ballot envelopes go no further in the process.

The signature on the envelope is then scrutinized by a trained person, in order to be sure it matches the signature on the registration record. Once authenticated, the envelope is opened, and the ballot extracted and tabulated just as it would have been at the polling place.

The system for processing mail-in ballots works because the Department of Elections has many checks and balances in place to assure transparency and accuracy. The general public is encouraged to observe the process at every step of the way, before, during, and after Election Day. Among these measures are official observers, drawn from representatives from political parties and campaigns, the Civil Grand Jury, the League of Women Voters, other committees and organizations, members of the media, and interested members of the public to join the Official Observer Panel. For a full list of all the opportunities to observe the process to help assure transparency, visit the website at https://sfelections.sfgov.org/observer-election-process.

The entire process is being live-streamed on the Department of Elections website, at www.sfelections.org/live. All activities are on view, and a comprehensive list of various stages of the process, and their times and dates, are listed at www.sfelections.sfgov.org.

This is an opportunity to learn about a major change that’s likely coming to the voting process in San Francisco and California in 2020. In the meantime, be sure to vote on November 6th, and when you do, pause a moment to observe the busy hive of activity that is the neighborhood polling place and appreciate its industry and effectiveness. You may never see it again.
Bayview Hunters Point

Halloween celebration for the whole community at the Bayview Opera House, Wednesday, October 31, admission free.

Join your neighbors at the expanded, more-scary-than-ever Halloween Community Celebration at the cultural hub of the neighborhood, the Bayview Opera House. The 2018 events will start early, at 2:00 p.m., and feature the Underground Pop-Up Market, performances and art activities for the whole family. Kids can visit the haunted house, join the costume contest and enjoy other fun activities. BVOH is located at 4705 Third St. For further information, call 415.824.0386, or email info.bvoh@bvoh.org.

What’s even fresher than a farmer’s market? The Bayview Growers Market, now open for business at the Florence Fang Asian Community Garden, every Saturday from 10 a.m. to 2 p.m.

The new Bayview Growers Market is a collaboration between seven Bayview community gardens to share their freshly grown fruits and vegetables with the local community. In these local urban farming operations, your neighbors grow a wide variety of produce from collard greens to strawberries, bok choy, Chinese chives and lots more locavore selections that change weekly. Participating gardens include: Alice Griffith Community Garden; Abundance Community Garden; FacesSF Garden; Northridge Cooperative Garden; Rose Green Garden; Florence Fang Asian Community Garden; and the Willie Mays Boys and Girls Club Edible Garden. All that effort comes together each Saturday at the Florence Fang Asian Community Garden, located at 1 Diana St. at Williams Avenue.

The Bayview Opera House, one of the most beautiful historic theater buildings in the city, will once again host the 24th annual festival from Thursday, October 18 through Sunday, October 20, 11:00 a.m. to 7:00 p.m. at the African American Art and Culture Complex, located at 762 Fulton St. For more information, contact the Youth Coordinator at 415.922.2049.

Free guided walking tour of the Landmark Victorians of Alamo Square, Sunday, October 20, 11:00 a.m.

This spectacular guided walking tour is offered through the San Francisco Public Library. Learn about some of the City’s most opulent and carefully restored “Painted Ladies,” including the famous “Postcard Row.” Tours meet in front of 824 Grove St. For further information (and a comprehensive list of city walking tours throughout San Francisco), visit www.sfcityguides.org.

The AfroSolo Theatre presents its 24th annual festival from Thursday, October 18 through Sunday, October 21.

This year the AfroSolo Theatre’s festival is called “Black Voices Performance Series: Our Stories Our Lives,” and features powerful solo performances by Nina Causey, Marshal Jearreau, Ayodele Nzinga, Kathryn Seabron and Thomas Robert Simpson. Performances take place in the Buriel Clay Theater, in the African American Art and Culture Complex at 762 Fulton St. For more detailed information, visit the website at www.afrosolo.org.

The Bayview YMCA’s CARE Program is planning another Merchant Walk to raise awareness of local merchants about the effects of truancy in the community. The goal is to encourage local merchants to fight truancy by not allowing students to patronize their businesses during school hours. Scheduled walkers include members of the 49ers and the Sheriff’s Department, as well as successful alumni and current participants of the YMCA’s CARE program. Anyone who cares about truancy is welcome to join the walk. The meet-up for the march is at the Bayview Hunters Point YMCA, 1601 Lane St.

Fillmore

Join the drop-in community creation of a Dia de los Muertos altar at the Western Addition Branch of the Public Library, Saturday, October 27, from 10:00 a.m. to 6:00 p.m.

Colorful and overflowing with offerings, the Dia de los Muertos altar is a celebration of those who have passed on. Help create a Dia de los Muertos — Day of the Dead — community altar for the 2018 celebration. Feel free to bring a special item to contribute to the altar, such as a drawing or photo of a loved one. All ages are welcome to participate. The altar that emerges from this workday will be displayed from October 27 through November 6 at the library, located at 1530 Scott St.

Don’t miss the 8th annual “Senior Moment, a Senior Prom for the 50s+” — an awards benefit for the Village Project, Friday, October 26, from 7:00 p.m. to 11:00 p.m., admission free for those over 50.

The Village Project provides an after school academic program and summer enrichment for kids in public and cooperative housing. The 2018 awards benefit supports these activities by honoring seniors for their contributions to their communities. The 2018 honorees are Rev. Cynthia Joseph; Helyanna Brooks; Mary Crenshaw; Thomas R. Simpson; Supervisor Vallie Brown; Beverly Taylor; John Templeton; and the Bayview Newspaper’s Mary and Willie Radcliff. Delectable dinner and awards will be served up at 7:00 p.m., and music starts at 8:30, with “down home” blues provided by the Groove Riders Blues Band, and DJ Mr. C will spin dance platters from the 50s, 60s, 70s and 80s. The prom will be held at the Westbay Conference Center, 1290 Buchanan St. Tickets are $40, or $30 for members. All tickets are admitted free, while admission for everyone under 50 is $20. Visit www.eventbrite.com for tickets, or visit the Village Project website for more information, at www.thevillageprojectsf.org.

The Fillmore Farmers Market offers shoppers free live jazz by local musicians. Everything for sale is California-grown by the very farmers that planted, nurtured and harvested the crops. The Plaza is located at 1475 Fillmore St.

Hayes Valley

Knit Happens, a free learning/teaching craft circle, will meet at the Main Branch of the Public Library on Saturday, October 20 and Saturday, November 17 from 1:30 to 4:30 p.m.

Learn how to knit or crochet, or hang out with other knitters and crocheters while you work on your own project. Knit Happens is open to all ages 12 and up, and all skill levels. The library supplies to practice with, but bring your own yarn and needles or hooks if you have a special project in mind. The group meets the third Saturday of each month. For information, contact the Art, Music and Recreation Center, 415.557.4525, or email artemusi crec@sfpl.org. The Main Library is located at 100 Larkin St. and

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By Chelsea Elben

When people think of rescuing animals, rarely do they gravitate towards senior animals. Muttville Senior Dog Rescue takes that paradigm and turns it on its head.

Beginning out of a residence in 2007, Muttville has become a nationally recognized organization, laying the foundation for senior dog rescue. This one-of-a-kind Bay Area organization takes in all abandoned senior dogs and treats each one as if it were its own. Prior to Muttville, Bay Area senior dog’s chances of finding human companions was dismal.

The founder, Sherri Franklin, made it her mission to let the Bay Area know that senior dogs are desirable. Sherri is a longtime animal advocate and volunteer with rescuing dogs regularly at different animal shelters in the bay. Sherri noticed that senior dogs were not getting rescued and were routinely euthanized. Sherri took it upon herself to begin housing senior dogs that needed homes in 2007.

In her first year, she rescued 27 dogs, utilizing her own home as a shelter. In 2011, the mayor of San Francisco declared May 10th as “Muttville Senior Dog Rescue Day.” Muttville has received the highest ratings from leading nonprofit watchdog organizations such as GuideStar and Charity Navigator. In 2012, senior dogs were finally able to be housed in a facility next to the San Francisco Society for the Prevention of Cruelty to Animals — SFSPCA.

In 2018, Muttville has become a nationally recognized organization, averaging approximately 1,000 senior dogs rescued annually.

Bunny Rosenberg — Muttville’s manager of the Volunteer and Foster Care program — gave full scope of just how committed Muttville is to its animals. In addition to managing the volunteers and foster care program, Bunny also oversees its largest annual fundraiser, Prom.

This is exactly as it sounds — senior dogs dressed in prom formal wear for all of people to gaze upon.

Bunny began her path with Muttville as a volunteer in 2012. She saw a car, a red VW Beetle, in the parking lot of her gym with a wrap about adopting senior dogs. It stuck in her mind. She decided to speak with the owner, Sherri Franklin. After that, Bunny adopted her first senior dog - a 12-year-old Chihuahua named Hemmy. Bunny never imagined 12-year-old Chihuahua named Hemmy. Bunny never imagined how committed Muttville is to its animals.

Bunny said volunteering at Sherri’s house was the highlight of her week. After two years of volunteer-

continued on page 9

Community Voices

Muttville Senior Dog Rescue

WHERE ARE YOU GOING? #2

That was the opening statement of “where are you going?” I wrote almost a bio in that column.

Today, I can share where I am now with excitement. My book “New York Flavor with a San Francisco Beat,” which I self-published in 1987, was revised in 2014 with additions. Also, “Brown on Brown: Black Lesbian Erotica,” and a relationship patch. I am happy to say they have been edited and are ready for the printer. I will take them to the printer at the end of the month.

“New York Flavor with A San Francisco Bea” has irresistible erotic stories and questions for age 55+. The purpose of the book is to encourage women and men to know more about their own bodies, erotic needs, and to help compose and reflect their thoughts. I believe men and women need to explore another dimension in their sensuality. The book is candid, imaginative and poetically graphic. When you finish this reading, your life will never be the same. I have provided space with questions and comments after each story as suggestive aids for your creative and inspirational writing.

With “Brown on Brown: Black Lesbian Erotica,” these stories can inspire your own fantasies, which can be acted out with a willing partner, or yourself. The stories are just some examples to get your creative juices flowing. Not discounting the missionary position, but variety can be the spice of life. These books are your private diaries. To write and explore your fantasies without sexual constraints.

Am I afraid of aging? Heck no! At age 82, I’m still working, so far so good with no aches and pains. I am doing my exercises and walking the Bernal hills. The libido is still working. I have a clear mind. I don’t allow my children, grandchildren and friends to monopolize my time. I hear some grandparents complain they have no life because they have allowed their children to take over their lives. Prepare your senior life before this happens.

Who am I? Who are you? What defines you? A wife, parent, writer, worker, designer? When I held workshops for parents, their answers to this question would be, “I’m a parent.” My response to the same question was, “I’m an independent African American female.” My mother said I was the prettiest black child in the hospital. She meant my color tone. She told and showed me what it was to be independent and mentally strong. That is my view of me.

Parenting and all that other stuff came last. Then I would share my credentials, author, teacher, writer, etc. etc. Your words define you. Remember words are powerful. I was a parent much later in life. What will I do tomorrow? Wake up, appreciate the day, stretch and do something for myself. I love people. I have three great coffee shops in our area. One is my favorite, with a patio. Usually I sit indoors because I love the variety of music. Depending on the weather, I will go outdoors always with pen, pencil and computer— which for me is working on the book, “I’m 82 and Still Having Fun.” That’s my daily routine because most of my mornings are free. Am I satisfied with my life? Oh boy! Yes! I’ve had my ups and downs with children, family, jobs, you name it, and I’ve been there. Yet, who hasn’t? I pick and chose my battles. I made time to spend with friends. It’s important I have a good read. My mental and physical health is my priority.

My email address is Midgetts@aol.com. “Host for Older Women” can be viewed on YouTube at https://www.youtube.com/watch?v=L9pX73MXPgw, and I am on Facebook at https://www.facebook.com/maridigget. I am also on podcast videos for Zami Nobla. The link to these podcasts is https://zanimobia.libsyn.com/podcasts/. My podcast is http://zanimobla.libsyn.com/midgett-speaks-on-satisfying-work-and-passionate-sex-at-age-82/tdest_id=762069.

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Muttville continued from page 8


Elder Care Alliance continued from page 3

[Left]: Senior participating in art project at the facility. [Right]: Residential grounds at the care facility. Photos courtesy of Elder Care Alliance.

doing, Bunny was hired full-time for Muttville in 2014. In 2019, Bunny is being promoted to Director of Community Engagement, where she will continue to provide humane education with youth summer camps, through a partnership with SPPCA. She will also continue to grow the "seniors-for-seniors" program, also known as the Cuddle Club. They work with other nonprofits, such as Little Brothers and Friends of the Elderly, here in San Francisco. Going to work feels like "Going to Disneyland" for Bunny and she even enjoys going to Muttville on her days off. Bunny currently has two senior dogs, a 14-year-old named Small Fry, and an 18-year-old pup named Potato Chip.

When interviewing the founder, Sherri Franklin, it was clear that the person behind this unique organization has a heart of gold. Sherri was not sure in the beginning if her vision would be successful. Volunteers helped get the organization to where it needed to be. Muttville's primary goals are — and will always continue to be — about saving dogs. Its other current goals are to increase community outreach — pairing isolated senior citizens with senior dogs in a program called the Cuddle Club. Seniors take a field trip from different senior homes in the bay to visit Muttville and engage with the dogs. Muttville's second goal is to continue to grow humane education with youth, teaching humane empathy. Its third goal is to buy a facility that it can call its permanent "Forever Home" in San Francisco, since they have been renting the facility they are currently residing in next to the SFSPCA.

The current Muttville facility has turned its upstairs into a veterinary suite. Sherri said that it is her hope to help educate more organizations to do what Muttville does, such as provide hospice care and spread the model of cage-free environment to let dogs bond and connect with other dogs. Sherri's home has been the "Hospice House" for dogs recouping from surgery or who are too elderly to be in the Muttville house.

Muttville’s funding is oriented 95 percent around private donations. They only get 5 percent funding from grants or larger foundations. They do not get any government or city funding. For the first year, all of the staff, including Sherri, were unpaid volunteers. In the fifth year, Muttville finally obtained funding and was able to have paid staff employees. Muttville currently has 19 employees, including its full-time on-staff veterinarian. They also rely heavily upon its 300 volunteers in the Bay Area and 100 active foster families. The volunteers are at the facility daily, doing a variety of help, from tending to the dogs to fostering. Muttville is being used as a model for other organizations, including its hospice program and its program for foster families to adopt off-site. Muttville has drafted a manual to provide to shelters, outlining the foster care toward adopting method.

Muttville is 100 percent committed to its dogs, and the proof is in the energy displayed at its facility and in its adoption statistics as presented throughout the social media. To become a volunteer, visit www.Muttville.com.

Elder Care Alliance

to strengthen themselves after a stroke. "If the pigmentation in the materials isn’t high quality, then seniors often have trouble making marks on the paper that they are able to see. “Every single mark of expression is important,” stated Partridge.

From scribbles to intricate oil paintings, everything the residents do is dignified by the staff and the Elder Care community. The process of making art and working together is an extremely significant aspect to art therapy, but there is also something to be said about the end result of the art-making.

When Elder Care residents have completed a work of art, when they have finally created something, and it is put into a frame and hung up on the wall, it is often times a transformative experience for them. “I’ve seen it over and over again,” said Partridge, “They will come up to their art hanging up and they will say, ‘I didn’t know anyone would care that much about what I do.’”

Partridge added that this experience is especially powerful for residents who have never considered themselves to be talented, or have come from backgrounds where their voices have not been particularly honored or celebrated. When they see their work up on the wall, it tells them that they are still a very important part of the community.

When seniors with dementia look back on the art that they have made at Elder Care, the stories they have about the artwork often changes, but the deep connections they have made to themselves remain. “I’ve also seen older adults with very advanced dementia remember very specific things that they did in community projects,” said Partridge. “One man walked straight up to a collaborative mural and said, ‘I know that that’s my hand. I’m the only one that painted my left hand, and it’s right there and it’s purple and it’s on that side, and that’s me.’”

Nonprofit News
Breathing exercises that help to reduce pain and stress in our lives

By Erik Peper, PhD

“Although difficult and going against my natural reaction to curl up in the response to my cramps, I stretched out on my back and breathed slowly so that my stomach got bigger with each inhalation. My menstrual pain slowly decreased and disappeared.”

“I never felt the injection when I exhaled, yet previously it hurt when I held my breath.”

“For as long as I remember, I had stomach problems and when I went to doctors, they said, I had acid reflux. I was prescribed medication and nothing worked. The problem of acid reflux got really bad when I went to college and often interfered with my social activities. After learning diaphragmatic breathing so that my stomach expanded instead of my chest, I am free of my symptoms and can even eat the foods that previously triggered the acid reflex.”

In the late 19th and earlier part of the 20th century many women were diagnosed with neurasthenia. The symptoms included fatigue, anxiety, headache, fainting, light headedness, heart palpitation, high blood pressure, neurolgia and depression. It was perceived as a weakness of the nerves. Even though the diagnosis is no longer used, similar symptoms still occur and are aggravated when the abdomen is constricted with a corset, or by style clothing, as shown in Figure 1.

The constricted waist compromises the functions of digestion and breathing. When the person inhales, the abdomen cannot expand as the diaphragm is flattened and pushing down. Thus, the person is forced to breathe more shallowly by lifting their ribs which increases neck and shoulder tension and the risk of anxiety, heart palpitations and fatigue. It also can contribute to abdominal discomfort, since the abdomen is being squeezed by the corset and forcing the abdominal organs upward. It was the reason why the room on top of stairs in the old Victorian houses was called the “fainting room.”

During inhalation the diaphragm flattens and attempts to descend which increases the pressure of the abdominal content. In some cases this causes the stomach content to be pushed upward into the esophagus, which could result in heartburn and regurgitation. Health care providers often advise patients with acid reflux to sleep on a slanted bed with the head higher than their feet so that the stomach content flows downward. However, they may not teach the person to wear looser clothing that does not constrict the waist and allow diaphragmatic inhalation “designer jean syndrome.” If the clothing around the waist is loosened, then the abdomen can expand in all directions in response to the downward movement of the diaphragm during inhalation and not squeeze the stomach and thereby pushing its content upward into the esophagus.

Many persons have experienced the benefits of loosening the waist when eating a large meal. The moment the stomach is given the room to spread out, you feel more comfortable. If you experienced this, ask yourself, “Could there be a long term cost of keeping my waist constricted?” A constricted waist may be as harmful to our health as having the expecting brake on while driving a car.

We are usually unaware that shallow rapid breathing in our chest can contribute to symptoms such as anxiety, neck and shoulder tension, heart palpitations, headaches, abdominal discomfort such as heart burn, acid reflux, irritable bowel syndrome or dysmenorrhea and even reduced fertility.

Assess whether you are at risk for faulty breathing

Stand up and observe what happens when you take in a big breath and then exhale. Did you feel taller when you inhaled and shorter/smaller when you exhaled?

If the answer is YES, your breathing pattern may compromise your health. Most likely when you inhaled you lifted your chest, slightly arched your back, tightened and raised your shoulders, and lifted your head up while slightly pulling the stomach in. When you exhaled, your body relaxed and collapsed downward and even the stomach may have relaxed and expanded. This is a dysfunctional breathing pattern and the opposite of a breathing pattern that supports health and regeneration, as shown in figure 2.

Figure 1. Wearing a corset squeeze the abdomen.

The image she used was that her lungs were like a balloon located in her abdomen. To create space for the abdominal expansion, she bought larger size pants and practiced breathing many times during the day. Thus, when she felt stressed and she automatically tightened her abdomen, she interrupted this tightening and returned to abdominal breathing. Practicing this was very challenging, since she had to accept that she had to be attentive to her breathing if her stomach became bigger. She reported that within two weeks her symptom disappeared, and upon a yearly followup has had no more symptoms. For a detailed description how this successfully cured irritable bowel syndrome see: https://pepperperspective.com/2011/06/24/healing-irritable-bowel-syndrome-with-diaphragmatic-breathing/

Figure 2. Correct and incorrect breathing. Source: www.clinicalsomatics.com/diaphragmatic-breathing/

Figure 3. Erect versus collapsed posture. There is less space for the abdomen to expand in the protective collapse position. Reproduced by permission from the book Clinical Somatics www.clinicalsomatics.com/healthwellness/continue on page 11
Satire looks at the evils of racism and telemarketing.

Hayes Valley Art Works has moved to a new location. Again.

The little arts center that could has moved once again. Downsized but not down-hearted, this art center has had to move any number of times over the last few years as the footprint of the former freeway on-ramp has slowly been filled in by development. Now you can find these resilient folks at Parcel R on the east side of Octavia Boulevard, between Oak and Lily Streets. Check out the artists at work, discuss their methods and ideas and chill in the sweet little garden setting any Friday, Saturday, Sunday or Monday, from 11:00 a.m. to 5:00 p.m.

Japantown
Annual Halloween Carnival, Friday, October 26, 6:00 p.m. – 8:30 p.m., JCCCNCS, $7 admission at the door

Every little ghoul and goblin will have a wicked good time at the annual JCCCNCS Halloween Carnival for the whole family, featuring games and prizes, tricks and treats, arts and crafts and goodies to eat! Enjoy the Haunted Hallway, the bounce house, and the costume contest with prizes. Japanese Street between Central and Baker, free admission.

With the generous support of the neighbors on the 1500 and 1600 blocks of Grove, as well as many other willing households nearby, every year NOPNA hosts one of the most fabulous Halloween events around, complete with a costume contest, parade, haunted houses and a LOT of trick or treating.

Two dates are set for Fall Community Dinners at St. Cyrilian’s, Sunday, October 4, and Saturday, November 1, at 6:00 p.m., admission free.

Free Community Dinner 6 p.m. Oct. 6 & Nov. 3

Delicious free neighborhood dinners will be hosted by St. Cyrilian’s in cooperation with the University of San Francisco’s Community Garden Outreach Class. Students grow, gather and glean the organic food, then prepare the seasonal feast for the neighborhood each year. Please RSVP for each meal by email to tcjackson@gmail.com, so they can be sure to have enough. Cyrilian’s Episcopal Church is located at 2097 Turk St. (at Lyon).

Divisadero farmers market, every Sunday in October, 10 a.m.-2 p.m.

The Divisadero Farmers Market offers seasonal, organic fare, flowers, and artisanal goodies such as empanadas, jams and humus. The market is located on Grove Street between Divisadero and Broderick Streets. Visit www.pcfma.com/divisadero for more information.

Breathing exercises continued from page 10

Take control of menstrual cramps

Numerous college students have reported that when they experience menstrual cramps, their natural impulse is to curl up in a protective cocoon. If they interrupted this natural protective pattern and instead lay relaxed on their back with their legs straight out and breathing diaphragmatically, they reported a 50 percent decrease in discomfort. For some, the discomfort totally disappeared when they placed a warm pad on their lower abdomen and focused on breathing slowly, about six breaths per minute, so that the abdomen went up when inhaling and down when exhaling. At the same time, they also imagined while exhaling that the air would flow like a stream from their abdomen down their legs and out their feet.

Breathing is a body-mind bridge and offers hope for numerous disorders. Lower diaphragmatic breathing at about six breaths per minute may reduce autonomic dysregulation. It has profound self-healing effects and may increase calmness and relaxation. At the same time, it may reduce heart palpitations, hypertension, asthma, anxiety, and many other symptoms.

Erik Peper, PhD, is a professor at the Institute for Holistic Health Studies in the Department of Health Education at San Francisco State University. He can be contacted at email at erik.peper@gmail.com. His blog is www.peperperspective.com, and his website is www.biofeedbackhealth.org.
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of their family and community.
Docent Bill Kinsey informed
located near the Nepal border of
India, there is a strong pride in
the women. They exhibit great
determination, built through the
struggle to survive many natural
disasters and economic challenges
the region has faced. The women
are known for their resilience and
for their resistance to foreign aid.
There is a strong cultural pride
where the women want to work
for the improvement and benefit
of their family and community.
The exhibit clearly evokes the
humanity of the individual art-
ists, with richly illustrated paint-
ings filled with daily life and all
of its meanings, within a global
framework. These paintings are
an exhibition of a richly preserved
cultural heritage, clearly giving
the viewing audience a meaning-
ful picture of the deep feelings and
motivations in the lives of this
artistic community.
Docent Bill Kinsey informed
us that in the Mithila region,

cens through creating art using
traditional methods,” he said.

An interesting feature of the
exhibit is that this is the first time
a tactile learning experience has
been incorporated into an exhibit
at the museum — whereby paint-
ings are interpreted into distinct
textures and convey the meaning
and depth of the piece, using more
of the senses than just the eyes. I
found the tactile representation
of the art to be fascinating and
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