

# Bolinas Hearsay News

50 Cents

Monday, October 17, 2016



Mimi Lubberman of Windrush Farm spins her wool at the Museum's Family Fun Farm Day. Photo by Curly Rigg

## WHAT'S HAPPENING??

Tuesday, October 18

**BOLINAS COMMUNITY LAND TRUST**  
Board meeting, 5pm at the Firehouse

**SCHOOL BOARD (BSUSD)**

Special meeting and CANDIDATES NIGHT @ Bolinas campus, closed session 5pm, open session 6pm. (Agenda inside)

Thursday, October 20

**MIDNIGHT ON THE WATER**

Trad tunes for dinner at the Coast Café, 6-8pm

**GRAMPS THE VAMP**

Live doom funk @ Smiley's, 8pm, no cover

Friday October 21

**PLUTOCRACY**

Original musical satire by Dale Polissar @ Community Center, 8PM, \$20

**NORTON MONEY/JUNK PARLOR**

Americana, then gypsy jazz @ Smiley's, 9pm, cover.

Saturday, October 22

**THE MISSING PIECES**

Live rock @ Smiley's, 9pm, cover.

Sunday, October 23

**PLUTOCRACY**

Original musical satire by Dale Polissar @ Community Center, 8PM, \$20

**ANALOG LIGHT JAM**

We'll make beautiful projections together with simple materials, no computers, Faultline Institute class with Jeff Manson at the BCC 7-9pm, \$5-10 sliding scale donation to help cover hall rental.

Tuesday, October 25

**LATA MANI**

'The poetics of fragility' @ Commonweal, 2-4pm

**October 17: Heather Peacock**

Kathy Sayers

Penny Jane Pruitt

**October 18: Jane Okamura Sanders**

Peter Gubbins

**October 19: Magda**

Micah

Ashley Ratcliffe

Candra Docherty

Stephen Haney

Perry Hooper

Richard Schoenherz

**October 20: Anthony DiStasi**

Leighton Norton

Kathy Sparling

Leo Kostelnik

Eddie Taylor

**October 21: Connie Angland**

Marsha Lenz

**October 22: Jerry Durham**

Michael Lerner

Kroeksak Onchan

Sylvia Lenz

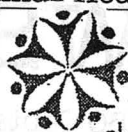
Tyler Albin Onorato

**October 23: Celia Barrow**

Nathan Lorenzo Alexander

Rita Booth

Eric Tremblay

COMMUNITY &  
CULTURAL CENTER

dance palace

For more information, to volunteer,  
or to join call 415-663-1075

Save \$ by buying in advance

Tickets at [www.dancepalace.org](http://www.dancepalace.org)

## Tuesday, October 18

A debate between Dennis Rodoni and Dominic Grossi, candidates in the race for District 4 supervisor, starts at 7 p.m. at the Dance Palace Community Center; doors open at 6:30 p.m. Moderated by the Point Reyes Light's Samantha Kimmey and KWMR's Katie Eberle; simultaneous translation to Spanish provided. Candidates are encouraged to remain after the debate ends at 8:30 p.m. to respond personally to questions from the audience until 9 p.m.

### FOOTNOTES ON "PLUTOCRACY"

Parents should know that my musical show, "Plutocracy", which is debuting Friday night at the Community Center, is really not for young kids. Along with sophisticated humor, there is a fair amount of profanity.

Also, people have asked what it means that the show is billed as "a semi-staged concert performance". It means that while the show has lots of song and dance, the play part of the show is done as a dramatized reading--the singers moving about and interacting with script in hand.

I've gotten great reviews on the songs I've sent out from rehearsal clips. Hope to see you there!

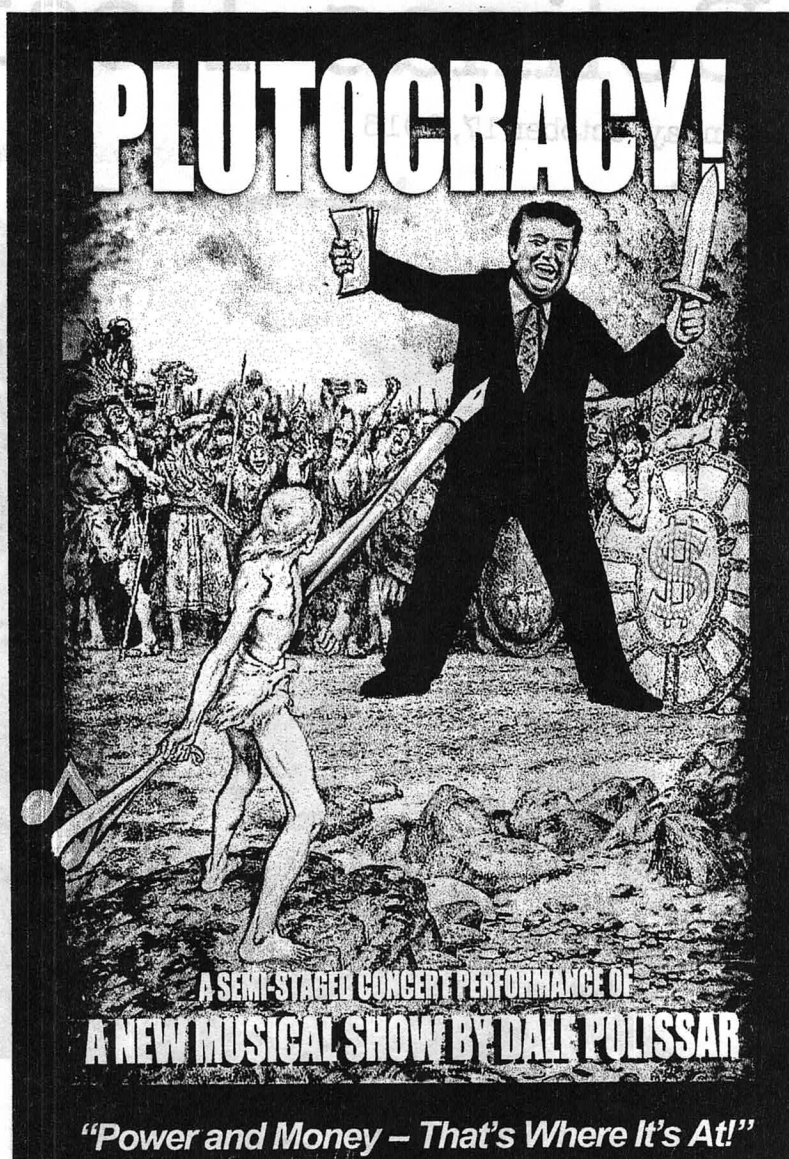
Dale Polissar

### WHAT HAPPENED THIS WEEK

10-17-16 Monday Morning Recap  
from Jenniepeiffer

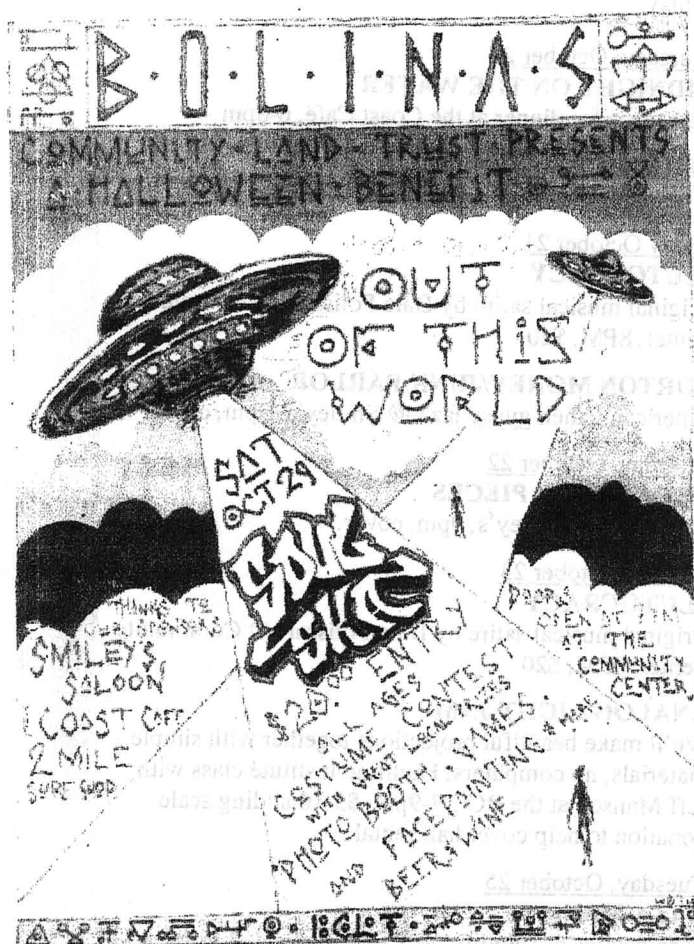
It was a delightful, delicious food event sort of week. At the Bolinas-Stinson School on Wednesday there was the third annual Barbeque and pot luck (Specialists open house), serving up some grilled hotdogs and locally farmed beef along with veggies from the school garden which is part of our exceptional outdoor science program, coordinated by third grade teacher, Rob Hodge, along with parent volunteers Heather Clapp and Kelly Albin. It was a beautiful setting, at the back of the Bolinas Campus, in between the two garden sites that offered up beautiful giant pumpkins and multi-colored varieties of corn. The corn was decoratively strung along the windows of the new garden classroom that was put in place this past summer. After a fine repast from the garden, along with potluck dinner & dessert contributions, and a few songs around the campfire, there was an open house of the art shops, the P.E. program, and the English Language Learner classroom. It's always a pleasure to get a glimpse into the outstanding offerings provided to the students of the district.

Then last night, at the Bolinas Community Center, was the annual BCC membership meeting and another super pot-luck, that augmented the Mexican Food dishes provided by Mirta and her volunteer chefs. We have so many excellent food preparers in Bolinas and Stinson and it is such a treat to eat locally produced and prepared meals. The music that brought the full house of participants to their feet was also local, four Padres of local children, with the irresistible rhythms of the Onorato Brothers, Tony and Sean, stand-up bass line by Doug Lee, and non-stop vocals by Jacob Leyva, who you have probably seen helping students cross the road safely in from of the Bolinas School campus. It was another delightful night and "thank you's" go out to BCC staff Lia, Randi, Katie, Arn (and his coworkers) and the volunteer BCC Board, some newly re-elected last night. They all work so hard to help let the good times roll. jp



### RALPH'S RAIN REPORT

I got 1.35" for this rain event.  
Remember, different locations and gauges  
get different amounts.





Over the past week you may have seen a determined group of six high school and college activists around town. These are the winners of the Brower Youth Awards. They've arrived in Bolinas from all over the U.S. to develop their organizing skills, learn how to surf, and to soak in a little Bolinas to power them on their journey. They've joined us in Bolinas each October before the awards ceremony for the last five years.

The awards were set up to honor legendary activist David Brower, the first executive director of the Sierra Club. Brower always surrounded himself with young people, and took great joy in mentoring them on their way.

Here, briefly are this year's winners:

Erica Davis, from Knoxville, TN is working with rural communities in Tennessee to make sure that oil and gas companies have to share the wealth they're taking out of the state.

Heidi Kritz, from Dillingham, AK, has spent her life working to protect Alaska's Bristol Bay from the Pebble Mine project, a copper and gold mining project that threatens the world's largest salmon fishery.

Karina Gonzalez, of Flagstaff, AZ is leading the campus divestment effort in Arizona. She's working with the indigenous Black Mesa Water Coalition to build clean energy investments in the Navajo Nation.

Susette Ornate, from Hialeah, FL was upset when developers for a shopping center bought a unique plot of rare pine rocklands habitat—a refuge for several endangered butterfly species. So she she turned her attention to develop a butterfly garden at her Miami-Dade County high school in Florida.

Will Amos, from Irvine, CA, has led a student and faculty team at the University of California, Irvine in building an innovative recycling system that turns plastic waste into stock material for 3D printing projects.

Xerxes Libsch from White Plains, NY created an environmental learning center with the Audubon Society at upstate New York's Muscote Farm.

They'll receive their awards on Tuesday, October, 18th at a free ceremony in San Francisco. The event is inspiring, and it's worth a trip to the city, particularly if you have a budding young environmentalist that you can bring along. You can get tickets at [www.browerawards.org](http://www.browerawards.org)

My thanks to all the folks who have helped show them Bolinas hospitality. Drew from 2Mile donated wetsuits and boards for their surfing adventure. Michael Stewart from Sustainable Surf helped out with the surfing part of the curriculum. Mirta Guzman kept their bellies full. In years past a cast of characters including Ian MacLaird and Mickey Murch have been a part of the circus.

Thank you Bolinas.

adam werbach X9525

## Bolinas-Stinson Union School District

announces:

### CANDIDATE'S NIGHT OCTOBER 18, 2016

From 6:00-7:00P.M.

A "Candidate's Night" has been scheduled for Tuesday, October 18, 2016 at 6:00 p.m. in the Library on the Bolinas Campus - 125 Olema Bolinas Road, Bolinas, CA.

This is your chance to come and pose questions on matters of the Bolinas-Stinson Union School District to the three candidates running for the two open seats on the BSUSD Board of Trustees.

The candidates are:

Cyrus Harmon  
Bob Demmerle  
Georgia Woods

The format for the evening will be as follows:

- Each candidate will make an opening statement;
- The audience then will have an opportunity to ask questions of the candidates;
- The candidates will then have the opportunity to ask each other questions.
- The evening will conclude with closing statements by each candidate. Please come attend

what promises to be an interesting and informative meeting.

October 18, 2016 Candidate's night

Please submit your question(s) for the school Board Candidates:

Your name (optional): \_\_\_\_\_

Email them to: [johannas@bolinas-stinson.org](mailto:johannas@bolinas-stinson.org)

or bring them to the meeting on

10/18/16 at 6:00 p.m.

Sera Mac presents.....

**AMERICANA** paintings

Where: Gospel Flats Farm Stand

When: Now! & through October

Reception: October 22<sup>nd</sup>

## ANNOUNCING EXECUTIVE DIRECTOR POSITION

The Bolinas Community Land Trust, a non-profit organization, dedicated to creating and sustaining affordable homes in Bolinas is looking for a new Executive Director. Key responsibilities include program development, administrative and financial oversight including fundraising and grant writing.

For a complete job description and instructions on how to apply email:

[bolinaslandtrustjobsearch@gmail.com](mailto:bolinaslandtrustjobsearch@gmail.com)

**PLEASE NO PHONE CALLS!** We are presently short-staffed so phone inquiries may not be returned. Thanks for your consideration.

## The Benefits of Dark Chocolate, Placebos, and Safe Abortion in Ireland

**Dark Chocolate:** Compounds in cocoa called flavanols are believed to benefit cardiovascular health; a systematic review and meta-analysis of 19 randomized controlled trials of cocoa consumption was recently published in the *Journal of Nutrition*. Dr. Simin Liu, professor and director of the Center for Global Cardiometabolic Health at Brown University, who worked with epidemiology graduate student and lead author Xiaochen Lin, found that "cocoa flavanol intake may reduce dyslipidemia (elevated triglycerides), insulin resistance and systemic inflammation, which are all major subclinical risk factors for cardiometabolic diseases." Flavanols are plant compounds found in many foods, and are especially high in tea, blueberries and cocoa.

Liu noted some limitations in the trials. All studies were small and of short duration, not all of the biomarkers tracked in these studies changed for the better, and none of the studies were designed to test directly whether cocoa flavanol consumption leads to reduced cases of heart attacks or type 2 diabetes.

But taking into account some of these heterogeneities across studies, the team's meta-analysis summarizing data from 19 trials found potential beneficial effects of flavanol-rich cocoa on cardiometabolic health. There were small-to-modest but statistically significant improvements among those who ate flavanol-rich cocoa product vs. those who did not. "The treatment groups of the trials included in our meta-analysis are primarily dark chocolate -- a few were using cocoa powder-based beverages," Lin said. "Therefore, the findings from the current study apparently shouldn't be generalized to different sorts of chocolate candies or white chocolates, of which the content of sugar/food additives could be substantially higher than that of the dark chocolate."

**Placebo Effects** Conventional medical wisdom has long held that placebo effects depend on patients' belief they are getting pharmacologically active medication. A paper published in the journal *Pain* is the first to demonstrate that patients who knowingly took a placebo in conjunction with traditional treatment for lower back pain saw more improvement than those given traditional treatment alone.

"These findings turn our understanding of the placebo effect on its head," said joint senior author Ted Kaptchuk, director of the Program for Placebo Studies and the Therapeutic Encounter at Beth Israel Deaconess Medical Center and an associate professor of medicine at Harvard Medical School. "This new research demonstrates that the placebo effect is not necessarily elicited by patients' conscious expectation that they are getting an active medicine, as long thought. Taking a pill in the context of a patient-clinician relationship -- even if you know it's a placebo -- is a ritual that changes symptoms and probably activates regions of the brain that modulate symptoms."

Kaptchuk, with colleagues at Instituto Superior de Psicologia Aplicada (ISPA) in Lisbon, Portugal, studied 97 patients with chronic lower back pain (which causes more disability than any other medical condition worldwide.) After all participants were screened and examined by a registered nurse practitioner and board certified pain specialist, the researchers gave all patients a 15-minute explanation of the placebo effect. Only then was the group randomized into one of two groups; the treatment-as-usual (TAU) group or the open-label placebo (OLP) group.

The vast majority of participants in both groups (between 85 and 88 percent) were already taking

medications -- mostly non-steroidal anti-inflammatories (NSAIDs) -- for their pain. (Patients taking opioid medications were excluded from the trial.) Participants in both the TAU and OLP groups were allowed to continue taking these drugs, but were required not to change dosages or make any other major lifestyle changes, such as starting an exercise plan or new medication, which could impact their pain. In addition, patients in the OLP group were given a medicine bottle labeled "placebo pills" with directions to take two capsules containing only microcrystalline cellulose and no active medication twice daily. Patients who knowingly took placebos reported 30 percent less pain and 29 percent reduction in disability compared to control group. 'Open-labeling' addresses longtime ethical dilemma, allowing patients to choose placebo treatments with informed consent.

Dear Reader -- this study could be interpreted in various ways -- that the caring and interest of health-care providers is powerful, or that doing something for pain is better than doing nothing, or that we have strong cultural belief in the taking of a pill. All of these are probably operative, but I think the caring and attention from a provider is the most powerful.

**Safe Abortion in Ireland** Women on Waves is a Dutch organization that sends the pills that can safely produce an early abortion to women in countries where abortion is illegal. The British Journal of Obstetrics and Gynecology recently reviewed and published the results of 5,650 abortions done in Ireland with these medications. All abortions were done at home. Women were diverse with respect to age, pregnancy circumstances, and reasons for seeking abortion. Study findings include:

- Among women completing early medical at-home abortion, 97 percent felt they made the right choice and 98 percent would recommend it to others in a similar situation.
- The only negative experiences commonly reported by women were the mental stress caused by pregnancies they did not want or felt they could not continue, and the stigma, fear, and isolation caused by current restrictive abortion laws.

Women with financial hardship had twice the risk of lacking emotional support from family and friends.

The author of the article stated

*"Women in Ireland and Northern Ireland accessing medical abortion through online telemedicine report overwhelmingly positive benefits for health, wellbeing, and autonomy. This examination and subsequent findings provide a new evidence to inform the policy debate surrounding abortion laws in Ireland and Northern Ireland."*

Sadja Greenwood, MD, back issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)

Pasteup      Ned Riley  
Ads/books      June McAdams  
Press      Jeff Manson

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**Ken & Sam Levin**

**Window Cleaning**

**415.663.9669**

**West Marin's Best**





**AGENDA****Bolinas-Stinson Union School District**

**Regular meeting of the Board of Trustees**  
**October 18, 2016**

**Meeting Time and Location:**

**Closed session 5:00-6:00 PM Bolinas Campus,  
 meeting room**

**Open session begins at 7:00 PM Bolinas Campus,  
 Library 125**

**Olema Bolinas Road, Bolinas, CA 94924**

**1. Call Meeting to order****2. Approval of Closed Session Agenda****3. Public Comments on Closed Session Agenda**

This is an opportunity for the public to address the Trustees on matters related to school business that is on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time. Concerns about individual employees shall not be discussed in public meetings of the Board of Trustees. Please contact the immediate supervisor (principal, administrator, superintendent) directly.

**4. Recess to Closed session**

- 4.1 Public Employee Appointment/Employment [54957]
- 4.2 Student matters [35146, 48912, 49073-49079]
- 4.3 Negotiations [54957.6]
- 4.4 Superintendent evaluation
- 4.5 Superintendent Contract renewal 2017-2020

**5. Reconvene into Open Session****6. Announcement of Reportable Action taken during Closed Session****7. Approval of Agenda / Introductions****8. Public Comments:**

This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time. Concerns about individual employees shall not be discussed in public meetings of the Board of Trustees. Please contact the immediate supervisor (principal, administrator, superintendent) directly.

**9. Correspondence/Information**

- 9.1 Enrollment – projected
- 9.2 Donation record
- Stamp collection from the Raven Schauf
- 9.3 Incoming Correspondence
- None
- 9.4 Outgoing correspondence
- None

**10. Special reports**

Reptiles in the classroom

**11. Superintendent's Report**

- 11.1 Budget and legislative update

**12. Principal's Report**

School update

**13. Approval of the following Consent agenda items**

- 13.1 Warrants dated: Batches: 10, 11, 12, 13, 13 and 15
- 13.2 Minutes from: 9/13/2016 regular meeting
- Other: Williams quarterly complaint report (7/1/2016 to 9/30/2016)

**14. STUDY & INFORMATION**

Strategic Plan

- Report on Pre-School funding/credentialing

**15. STUDY & INFORMATION**

School Van use

**16. BOARD CONSIDERATION-ACTION**

Strategic Plan

**17. BOARD CONSIDERATION – ACTION**

Approve Interdistrict transfers (1 incoming/continuation grade 1)

**18. BOARD CONSIDERATION – ACTION**

Extended Field Trip- Walker Creek Grades 4 & 5

**19. BOARD CONSIDERATION- ACTION**

Extended Field Trip- Utah/Wyoming, grade 7

**20. BOARD CONSIDERATION- ACTION**

Approve resignation of C. Robbins

**21. BOARD CONSIDERATION- ACTION**

Authorize Superintendent to form a screening/interviewing committee for Business Office position

**22. BOARD CONSIDERATION- ACTION**

Approve Resolution 4 2016-2017 GANN Limit  
 Revised from Resolution approved at 9/13/2016  
 Regular Board meeting

**23. BOARD MEMBER REPORTS**

Negotiations- Dar & Siedman  
 Fiscal Oversight & Facility Planning Advisory Committee (FOFPAC) – Harmon  
 Technology Committee – Harmon  
 Ecology and Outdoor Science Committee – Pfeiffer  
 Marin County School Boards Association (MCSBA)  
 Pfeiffer  
 Joint Legislative Action Committee – Pfeiffer

**24. Public Comments:**

This is an opportunity for the public to address the Trustees on matters related to school business that not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time. Concerns about individual employees shall not be discussed in public meetings of the Board of Trustees. Please contact the immediate supervisor (principal, administrator, superintendent) directly.

**25. FUTURE**

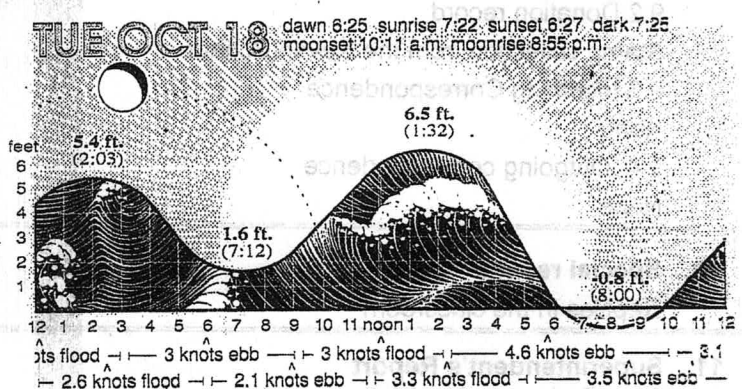
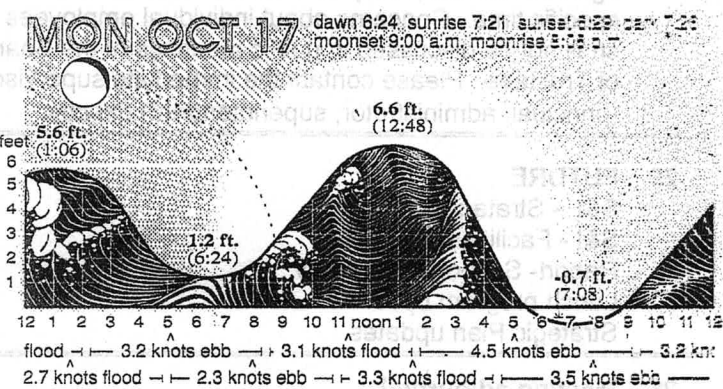
S&I - Strategic Plan  
 S&I - Facilities Planning  
 Report- School Technology  
 Lunch program update  
 Strategic Plan updates

**26. Meeting adjourned**



# KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Sunday Baroque
8:00	With Eyes Open! A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning Pieces of Peace	La Mañanita Alegre		
9:00	Park Wave-lengths The Valley Sound Science	Airwaves	Trash to Treasure Fish Tales		Specials		
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John Vinyl Cafe (repeat)	Waves of Joy Radio Bookmobile	For Children of All Ages Casual Footsteps	Libro Abierto	Day 6 (CBC)	Sunday Celebration
11:00	TALK & CURRENT AFFAIRS					Vida with Saga Tailgating Specials	
	Trailer Talk	Spirit & Mind Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bloneers						
	Farm & Foodshed Report	New Dimensions	Planetary Radio Making Contact	Commonweal Conversations	new Alternative Radio	Happy Days	
1:00	Ocean Currents Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire Hot Tech/Cool Science	Peace Paradigm Local Organon	Forms and Feelings	Jazz Rhythm
2:00	AFTERNOON MUSIC					Hawai'i Calling The Scoring Stage	The Vinyl Café
3:00	Cruisin'	Aztec Pride Desde La Bahía	Classical Wednesday	Classical Thursday	Classical Friday		
4:00	Art of the Song	Youth DJ Project Prof Kosmo	Youth DJ Project Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	Learning Curve To Hell & Bach	
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	Between Elbow Room Rock & A Jazz Place
7:00	EVENING MUSIC					Celtic Universe	Classic Radio Theater
	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond Shorty's Bunkhouse	No Bad Vibes Specials		
8:00							
9:00	Sessions from Chicken Point Silver Dollar Jukebox	DJ Your Life West County Prowl	Coast Highway Blues	Off The Cuff Running With Scissors	Night Flight Bring It On Home	The Jazz Groove	L.A. Theatre Works
10:00				Sit Down! Get Down!			
11:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	Rock of Ages
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour





# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W. F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door

## SERVICES

**CONFLICTS? DISPUTES?**  
**WEST MARIN MEDIATION CAN HELP-**  
confidential, effective, impartial, free. 415 459-4036

SG X

**BRUSH TO MEADOW TRANSFORMATION**  
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /  
plowing / post-hole drilling. Don Murch -0921

DMX

**FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING**  
Dump Runs, Cow Manure, Recycling, Humane animal removal  
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

**TREE SERVICE**  
Fine Trimming • Hedges • Removals • Brush Chipping  
Insured #676377 Steve Ryan 868-1584

SRX

**AIRPORT? HOWARD DILLON HAS**  
a Súbaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x

**ACCORDION MUSIC: Balkan and Rom (Gypsy) Styles**  
Available for Events, Restaurants, Circle Dances.  
Call or text Andrew 415 297-2535 Opa!

AC 10/21

[868hearsay@gmail.com](mailto:868hearsay@gmail.com)

Submit articles, ads and drawings by midnight  
Sunday, Tuesday or Thursday for publication the next  
day. Or request a link to the password-protected web-  
site to read online plus info on how to subscribe.



### How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind  
the BPUD office on Mondays, Wednesdays and  
Fridays between 9:30 & 10:30 am to have your  
article appear the same day, and until 11:00 am for  
classified ads.

Ad forms are also available anytime in the small  
mailbox next to the Hearsay door. You can fill out  
the form and have your ad billed to you, or you can  
enclose payment (please note on your ad if you are  
paying cash in case they become separated) & drop  
into door slot.

## HEALTH & HEALING

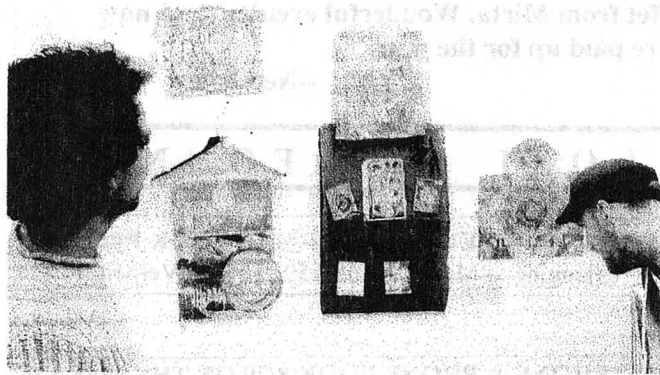
June McAdams, RN  
Compassionate and Skilled  
Hospice Care Home Care  
Newborn to Elders  
Coastal Marin Only  
More than 39 years nursing experience  
(415) 868-9052

## WANTED

**ANY LEADS ON SOME EXTRA FUR AND FEATHERS**  
...fake or real, to save myself a trip over the hill?  
It's that time of year! Thanks, call Van or Otis -9078

V&O 10/7

'A Particular Kind of Heaven'  
Art Group offered thru  
Faultline Institute artfully  
presents a re-cycled Calendar  
exhibit at Bolinas Post Office  
all OCTOBER. Featured local  
artists include Patricia Marina,  
Kale Likover, Mary Barror,  
Marilyn Schauf and Diana Long.  
All calendars donated by BO community



### 17 October

St. Audrey/Hengest

St. Audrey's Day is the date of the famous fair at St.  
Ives in Huntingdonshire, where St. Audrey's trinkets  
("tawdry" jewelry) were sold. It is also the Asatru  
festival of Hengest, which commemorates the Anglo-  
Saxon settlement of eastern Britain in the fifth cen-  
tury under the generals Hengest and Horsa. At right  
is Tyr, the Anglo-Saxon god of battlefields.



### 18 October

Pandrosos



The Greek goddess Pandrosos was known as the  
all-bedewing or all-refreshing one. She was the  
deified first priestess of Minerva. Today is the  
final chance in the year for really good weather,  
the St. Luke's summer of English tradition.

The Pagan Book of Days  
By Nigel Pennick

## ANNOUNCEMENTS

BOLINAS STINSON UNION  
SCHOOL DISTRICT

MIDDLE SCHOOL FILM  
PROJECT/EXPERIENTIAL  
LEARNING

SCREENING ON THURSDAY,  
OCTOBER 20, 2016

5:00 P.M. BOLINAS CAMPUS,  
QUESADA

PERSONAL DOCUMENTARY  
FROM EACH STUDENT  
COME JOIN US TO SEE THIS  
AMAZING PROJECT

### THREE GREAT THINGS ABOUT THIS PLACE...

- Huge brilliant rainbow Saturday at sunset, accompanied by strange orange light.
- Mist drifting on the mountain after our first real rain of the year.
- Membership night at the Community Center, with great new music from Los Padres and a taco buffet from Mirta. Wonderful evening, and now we're paid up for the year.

--Ned Riley

## LOST AND FOUND

**FOUND: ON EVERGREEN-MAC BOOK PRO**  
belonging to Monica? 868-1597 Angela Vernon

AV 10/3

**LOST: PHONE & PHONE BOOK 8/29 ON THE MESA IF**  
found call 415 868-0882. Thanks

JM 8/31

**LOST: CAR KEYS IN LAWN. DOES ANYONE HAVE A**  
METAL detector I can borrow? Bill Lyons 415-868-1937

BL 8/24

**FOUND: RETAINERS, TOP AND BOTTOOM IN GREY**  
case that says "Vivera retainers" on it. If these are yours please  
call 415-233 8736 to claim-Amber Distasi

AD 8/22

**OUR FRIEND LOST HIS WEDDING RING ON**  
SATURDAY July 16 at the channel. Hoping a friendly sea  
creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

**LOST:WOMAN'S WEDDING RING- GOLD, ON**  
BEACH? Phone 916- 606- 4265

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise w/Cenize Rodriguez	8:45-10:00am
Bo Babies & Toddlers Open Play Group (free)	10:00-Noon
Pilates w/Lisa Townsend (pre-register 868-0473)	5:30-6:30 pm
Yoga w/ Angela Sterpka	7:00-8:15

pm

#### TUESDAY

Diaspora for Elder Women w/Amber Hines	9:00-10:15am
Senior Stretch W/Anna Gottreich	11:00-12:00 pm
Core Contact Dance Class w/Lisa (teens & adults)	6:30-

#### WEDNESDAY

Pilates w/Lisa Townsend	8:30-9:45am
After School Theater w/Lisa T	3:30-5:00pm
Diaspora w/Amber Hines	6:30-8:00 pm

#### THURSDAY

USDA food bank	12 noon
Congolese Dance w/ Sandor	6:00-7:30 pm

#### FRIDAY

Pilates Mat Class w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00-10:30 am
Youth Dance w/Lisa 7-9 year old(starts Nov 5 <sup>th</sup> )	11:00am-Noon

#### SUNDAY

CommUnity Night (see website for details)	Noon-6:00 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC  
Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!

### Classified ads that are free

As a public service, the Bolinas Hearsay News will print ads in the categories **LOST & FOUND**, **FREE** and **RIDE SHARE** at no charge. Maximum approx. 20 words, it will run at least one week, often longer. Drop your ad through the slot in the door at our office on the left side of the PBUD building at 370 Elm Street. Or email to [868hearsay@gmail.com](mailto:868hearsay@gmail.com)

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