

Bolinas Hearsay News

46 ¢ + tax

Monday, March 3, 2014



Bird-seed design in Bolinas Museum Courtyard. Photo by Curly Rigg

WHAT'S HAPPENING

Monday, March 3

KINDERGARTEN REGISTRATION DAY

Stinson Beach campus, 1:30-3pm. More info: 1603

Tuesday, March 4

BCPUD

Meeting of Finance Committee, 270 Elm Rd, 10am

THE ART AND PRACTICE OF SEED SAVING

Astrid & Matthew Hoffman of Living Seed Company slide show/talk about values, history and practice of seed saving, Bolinas Library, 7pm.

Wednesday, March 5

ASH WEDNESDAY MASS

Followed by Lenten Retreat and Lenten soup, at St Mary Magdalen Church. Mass 9-10am, retreat & soup 10am-1pm.

Thursday, March 6

GREG SCHINDEL & DOUG ADAMZ

Live reunion @ Smiley's, 9pm

Friday, March 7

THE MILES AHEAD PROJECT

Live rock @ Smiley's, 9pm

Saturday, March 8

SOUP SATURDAY

At St Aiden's Church, 12 noon, free.

SPRAY: EPHEMERAL URBAN LANDSCAPES

From Berlin, Bydgoszcz, Bolinas & between. Bolinas Gallery. 52 Wharf road. Artist reception 1-5pm

TARDY HEARTY MARDI GRAS PARTY

@ Community Center; 5:30pm, parade; 6pm, door and food available; 6:45pm, music begins: the OMGZ, Boa Bunda Dancers, Bobo Tempo; \$10 adult, \$5 sr/teens.

ROADSIDE CINEMA

The films of Jodi Mack, Gospel Flat Farmstand, 8pm \$5

LA MANDANGA

Live Spanish flavor dance music @ Smiley's, 9pm.

HAPPY HAPPY BIRTHDAY

March 3: Karl Rosen-Schuster
Michaela Festin
Ariana Hooper
Ned Klein
John Finnegan
Nick London

March 4: Jan Tremblay
Diana Palomares
Alison Marks
Ward Young
Carol Bennett
Alethea Patton

March 6: Megan Gould
John Butler

March 7: Ralph Camiccia
Cynthia Putnam
Stephen McCarthy
Sofia Borg

March 8: Roger Peacock
Dennis Dierks
Pam Fabry

Find your birthday treat coupon in the Classified Section of today's Hearsay.

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

Friday, March 14

JOHN GOULDTHORPE

'Imagination is Reality' @ The New School, Commonweal, 10am-12pm

FuGa

Theater presentation by Patric Cashman, Julie Sheetz-Mahoney, & Lisa Townsend, music by Piro Patton @ Community Center, 7:30pm, \$15-20sliding. Contact: lisatownsend.com

JUST FRIENDS

Bolinas's favorites @ Pt Reyes Dance Palace, 8pm, \$5-10

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) **The Bolinas slideshow. What a nostalgic evening. Thank you Barbara Kayfetz.**
- (2) **Getting gradually caught up on rainfall. I think the district, if not the state, is almost out of the woods.**
- (3) **Going to the wake of a family member of your own generation. Makes you think. A good thing.**

EDITOR:

--Ned Riley

On Sunday morning, a couple of people came over from Hog Island Oysters, stopped in front of our place and stared in our window for several minutes. We were eating breakfast and it was unnerving to be stared at by strangers with no expressions, just staring into our window like that. Paul got up from the table and went out the door onto our deck and motioned to them, and they left. They went along the water's edge to where a flock of coots were dabbling for food and scared them into stopping feeding and into forming a protective huddle. Then the intruders went out to the rock and scared away a courting pair of gulls before returning to the picnic area. Weird and intrusive, don't you think?

How about if we add the detail that the couple were actually sitting at Hog Island, watching the video feed from the drone they were flying around the cove, and which they had hover just a couple of feet away from our deck while it filmed through our picture window. Is that different? We know they were looking in our window because we could see the glass eye of the camera pointing directly at us, and as soon as Paul waved it began to move away, and we saw one of the couple looking over at us while the other flew the drone.

This is just the beginning of the popularity of drones, and intrusive incidents are going to increase. Someone can hover a camera outside a window and record private lives and, if they get something they deem interesting, can post it online. Little camera drones have their uses, of course, and we understand that they're fun to play with. But perhaps this is the time, before the sky is constantly buzzing with them, to establish drone etiquette and Drone-Free Zones. Environmental Action Committee takes credit for banning jet skis on Tomales Bay, so we suggest they take this on as an issue of wildlife disturbance and personal intrusion.

W. Marin citizen 2/27/14

Sincerely

Donna Sheehan & Paul Reffell



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

VERMONT BOY IN THE GHETTO MY TRUE STORY!

Michael Sommers returns to the Dance Palace with his one man play, Vermont Boy in the Ghetto— My True Story! This show sold out at The Marsh Theater in San Francisco and received a standing ovation! "Two thumbs up- way up."—Tom Donald. Sommers plays 30 characters in this laugh-a-minute comedy of suspense. It is an eyewitness account of race and friendship when a rosy-cheeked Vermonter bumbles into the Ghetto and buys a house. "A triumph! Hilarious, poignant, completely engaging!"—John McConnell.

Friday, March 7, 8 PM

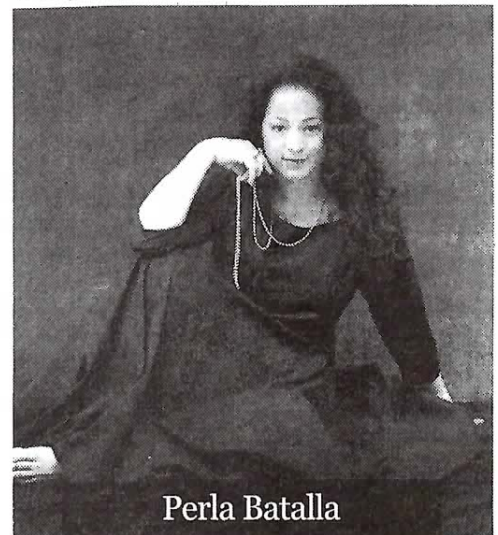
Tickets: \$10-\$20 sliding scale cash at the door

PERLA BATALLA

The Grammy-nominated vocalist, composer, and arranger Perla Batalla was born in Los Angeles. Her father was a musician and owned a popular Spanish-language record store. She first gained international attention as a backup singer for Leonard Cohen who later encouraged Perla to embark on a solo career. Perla released her debut "Perla Batalla" on the Warner/Discovery label in 1994. Not surprisingly, the critics loved it, calling her singing "sublime" and her talent "stunning." Like many original artists, Perla opted to go independent, releasing her second album, "Mestiza," in 1998 on her own Mechuda Music label. An immediate favorite on Public Radio shows throughout the United States, "Mestiza" was selected as Best Independent Release of the Year by Amazon.com. "Heaven and Earth" followed in 2000, along with a nod to Perla as Amazon's Emerging Artist of the Year.

Saturday, March 8, 8 PM

Tickets: \$26 general, \$24 seniors, \$13 youth



Perla Batalla

DREAMTIME

Walking through the portals of time
The memories dance to a sweet refrain

Oh how lovely we live with natures
Abundance. . .harmony in spirit

A story of love and new beginnings
The music of life

Expressing this inner soul
We dance and fly

Like birds in the twilight
Over an endless ocean

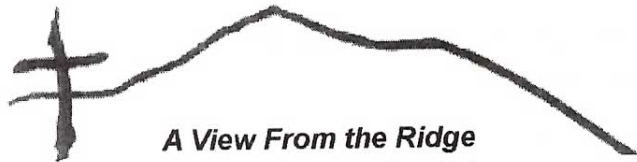
The waves of rhythm
So soothing in the rising moon

And your beating heart
That kisses the sunset goodnight

J. Bojeste

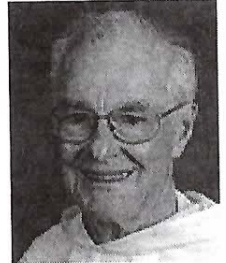
WHAT HAPPENED
MONDAY MORNING WEEKLY REVIEW
3/3/14 WRAP AND RECAP
from JenniePfeiffer

One thing that happened is that the ants are definitely back in the kitchen, so we are officially in our rainy season. Winter is arriving in time for spring. Another thing that is happening is that I am madly working to get the updated local directory out in the next two weeks (or three or so) which means columns will be truncated, or non-existent. Press on regardless, JP



A View From the Ridge
at St. Mary Magdalene
Bolinas Catholic Church

Wed, Mar. 5 – 9 to 10AM
Ash Wednesday Mass
No reservations needed



Father Bruno Gibson will be holding a Lenten Retreat 10 to 1PM consisting of two presentations, each followed by a period of silent prayer, meditation, examination of conscience and sacrament of reconciliation.

The morning retreat will culminate with a Lenten soup at noon. Please let us know you are coming for the soup (415) 868-5006 - stmmbolinas@gmail.com

Cowboy Jim's Hat

Cowboy Jim
Has on the rim
Of his hat
A very small sack
And in that sack
He has some snacks
And those snacks
Are for tomorrow.

By Caitlin

B
A

Balancing Act
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2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

Go to Health: Keep your brain working!

Everyone knows about Alzheimer's disease, with its 'clumps' of beta-amyloid protein and 'tangles' of abnormal tau proteins in the brain. While it is a dreaded disease of aging, not everyone with elevated beta-amyloid shows signs of dementia – there are other causes. The causes of Alzheimer's disease are not completely understood, but insulin may play a role, as explained below.

High blood sugar and insulin: People with adult-onset diabetes have an elevated risk for dementia. They have high blood sugar levels and also excess levels of insulin, because their cells have become insulin resistant. When insulin levels are higher than normal, less insulin enters the brain - due to shrinking numbers of insulin receptors in the 'blood-brain barrier'. However, brain cells need insulin for normal functioning. Insulin helps to clear toxic beta-amyloid out of the brain. The key to reversing this problem is for the person with diabetes to lose excess weight and exercise more. The diet should be low in saturated fats and sugars. A recent study from the University of Washington and Wake Forest University showed that raising brain insulin levels with a nasal insulin spray may help with cognitive impairment. Early results are promising, but final results will not be out for a few years. In the meantime, people with pre-diabetes and diabetes should use diet and exercise to help their brains.

High blood pressure has been shown to be another risk factor for cognitive impairment. Blood vessels can be damaged— leading to areas of the brain that lack oxygen. Small strokes, even silent ones, can contribute to memory loss. People with high blood pressure can prevent this by keeping or achieving normal weight, exercising 30 to 60 minutes a day (walking counts, so does gardening and housework), eating a healthy diet (vegetables, fruits, low fat dairy, poultry & fish, nuts & beans, whole grains, olive oil, low salt) Get a book on the Dash Diet from the library or a local bookstore. (DASH stands for Dietary Approach to Stop Hypertension.) See your doctor regularly and take medication to lower your blood pressure if needed – it's important to keep it normal.

Smoking is a known cause of injury to blood vessels and can lead to cognitive impairment. Don't. There are many ways to help you quit.

Exercise has been shown in multiple studies to help cognitive functioning. The mechanism may be that the tiny blood vessels that nourish brain cells are less active in sedentary people, while they expand their reach and grow in exercisers. Exercise may also expand brain volume and protect the cells that line blood vessels.

'Cognitive reserve' refers to the brain power that comes from a lifetime of using your brain by reading, attending classes, and learning new skills or games. Tests have shown that people with more years of education and bigger vocabularies are protected from the early onset of symptoms of Alzheimer's, regardless of their beta-amyloid levels.

Getting enough sleep may help the brain clear waste products and beta-amyloid – this is under investigation in humans – it has been found in experimental animals.

Caffeine is associated with memory preservation – the amount in 4-5 cups of coffee daily (500 milligrams). Preliminary evidence links higher vitamin D levels with less cognitive decline. Blueberries and strawberries may be protective. Fish with high levels of DHA and EPA, such as salmon, mackerel, sardines, herring or trout, are being investigated as helpful. While these studies proceed, it's not a bad idea to get the sleep you need, drink coffee or strong tea if you do well with it, check your vitamin D level, eat berries and fatty fish and pay attention to the last item - olive oil.

Olive oil is an important part of the Mediterranean diet – and there are studies showing that the Mediterranean diet gives some protection against dementia. Amal Kaddoumi at the University of Louisiana has shown that oleocanthal, a constituent in extra virgin olive oil, is anti-inflammatory and helps in the clearance of beta-amyloid from the brain. Her research is being followed by larger studies. In the meantime, keep your brain sharper by using olive oil on bread, salads and as your cooking fat.

continued next page

'The Soul in Motion' Family Art Show

Dear Bolinas Friends,

If you have not gotten to see our family art show at the Stinson Beach library I think you're in for a treat.

The show features Patricia's mixed media collage, Amber's recycled material dresses and tongue & cheek collages, Ethan's carved wood sculptures and Aaron's beautiful poetry which was written as a companion to the art boxes Patricia embellished (poems are stored in our Artist Book on the shelf).

The show comes down Monday, March 31st.

Most art pieces are for sale. The price list is inside the Artist Book.

Thank you all for your overwhelming kindness and support.

Patricia Marina



For these flowers

Blooming in the tossing seas

There is no season.

Mari and Lily in the Bolinas surf. Photo by Curly Rigg



BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT
BCPUD BOX 390 270 ELM ROAD BOLINAS
CALIFORNIA 94924 415 868 1224



A Meeting Of The Finance Committee Of
The Board Of Directors
March 4, 2014 10:00 a.m.
270 Elm Road, Bolinas

Agenda

1. Call to Order.
2. Roll.
3. Approve Minutes of the February 4, 2014 Committee Meeting.
4. Draft Fiscal Year 2014-15 Budget
5. Community Expression.
6. Adjournment.

continued from previous page

Much of the information in this column is taken from the January-February issue of the Nutrition Action Healthletter - Center for Science in the Public Interest. It's an excellent newsletter; consider subscribing.

Sadja Greenwood MD past columns at sadjascounms.blogspot.com. Check out my novel - *Changing the Rules* - in local book stores, Uniquities, or Amazon.



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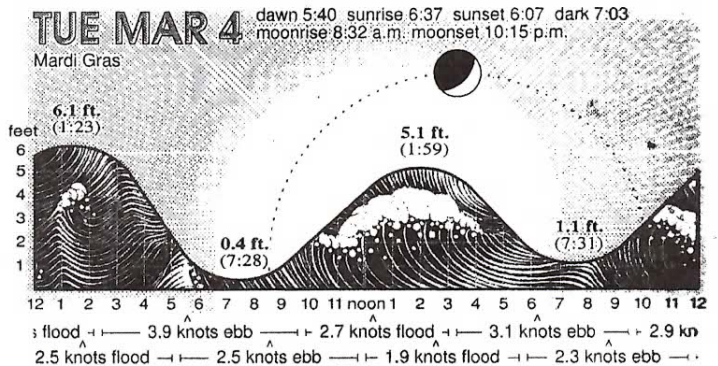
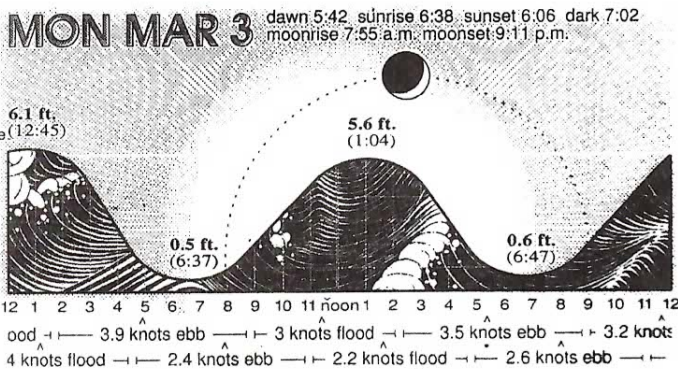
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music 6 am Art of the Song	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Radio Goethe 12-1 am KWMR Night Music 6 am As It Happens (rpt)	KWMR Night Music 5-7 am Sunday Baroque
7	Day 6 (CBC) (repeat)	As It Happens (repeat)	As It Happens (repeat)	As It Happens (repeat)	As It Happens (repeat)	Morning Glory	Daybreak
8	With Eyes Open! 8:30 am Park Wave-lengths KT's Kitchen	Hear the World A Cuppa Jo with Dr. Joe Rise and Shine	Swimming Upstream	Morning Blunder New Day Pieces of Peace	Barrio Vibes		
9		Art of the Song (repeat) Airwaves	Fish Tales			Vicarious Traveler Original Minds	Sunday Celebration of Sacred Music
10	Turning Pages At Nature's Pace	Turning Pages # Reading to John # Vinyl Café (repeat)	Turning Pages # Waves of Joy # ViewPoint (repeat)	Turning Pages # For Children of All Ages # Readers Delight	Turning Pages Specials	New Day/Time 6 (CBC)	Day
11	The Bioneers Trash to Treasure	# Spirit & Mind # Questing	Alternative Radio	Philosophy Talk	An Organic Conversation	Viewpoint	The Place We Live
12	The Farm & Foodshed Report	New Dimensions	The Local Organon KWMR Peace programs (repeat)	Attunement Commonweal Conversations	Open House Sabrina Artel's Trailer Talk	Forms and Feelings	Happy Days Jazz Rhythm LAST SUNDAYS
1	Ocean Currents Post-Carbon	On Being with Krista Tippett	Epicenter: West Marin Issues	# Art's Desire # Hot Tech/Cool Science	Peace Paradigm Radio Specials		
2	Cruisin'.....	What's New? Aztec Pride	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling Coming Woodstock West	Riverwalk Jazz
3							The Vinyl Café (CBC)
4	New Day/Time Climate One	New Day The Latin Alternative (repeat) # Youth DJ Project	Youth D.J. Project # Retro Rock Hour # Soul Hour	TeaTime Books #5 Coastal Airwaves		Circulo musical	Learnin' Kirven To Hell & Bach
5	Moyers & Company	Open House	Making Contact	Open House			
6	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)	NEW TIME As It Happens (CBC)	Happy Hour		
7	Release Me	Musical Varieté	Foggy Ridge Music West County Prowl	Bakersfield & Beyond Shorty's Bunkhouse	Friday Funk Fest	The Celtic Universe	Elbow Room Between Rock and A Jazz Place
8							
9	Barbarian Beach Party Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	New Day & Name Y2K Radio New Show Running With Scissors	Magic Radio	Rick's Jazz Café Greg's Groove	New Day & Time Theatre Works L.A.
10	Monday Night Mixtape	Professor Kosmo plays..... New: Repeat and Feelings	Forms	The Latin Alternative		Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
11			Sonic Sunspots	Best of British Unsigned	Grateful Dead Hour		

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Studio 415/663-8492/8317

01.09.14



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AR

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Good Pet Food Emporium regular store hours are noon to 5:00 daily, with occasional changes as staffing conflicts arise. Sorry for the inconvenience. We have many gift items and collectibles. For Olympics enthusiasts, we have Olympics first day cover collectable stamp albums with stamps starting in the 1970's. Submitted by Jenniepfeiffer

NEEDED

MIRROR FOR MEN'S BATHROOM

At the Bolinas Community Center. 15"x 26" or smaller. Please call Randi at the BCC-2128

BCC 3/5

hearsaynews@yahoo.com

Submit articles; ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day.

Or to request a link to the password-protected website to read online and info on how to subscribe online.

LOST & FOUND

LOST: BLACK WOOL HAT

Shaped like a Hershey's kiss. Micah – 0938

M 2/21

FOUND: FRI, JAN. 10 ON STAR ROUTE TRUCK SEAT –

a set of keys including car and P.O Box key. Belongs to someone who is a dog lover and buck knife owner.

Call -1658 to identify and claim

AL 1/13

LOST: SWEET LITTLE LEATHER BABY BOOTY

on Monday, January 9 while on a stroll around the mesa.

Please call 8971 if found. Reward and Gratitude.

MS 1/10

LOST: LICENSE PLATE (#5STW903)

somewhere on Poplar, or near People's Store or Post Office.

If found please call -9950 Thanks

1/4/14

LOST: MY DAUGHTER'S CANON POWERSHOT S3 IS

camera, possibly lost on the beach or in town Mon. or Tues.

before Thanksgiving. Rick Gordon: 246-2756(cell)

RG 12/2/13



CLASSES



Weekly Schedule

Monday

Contemp. Dance for yth w/Lisa T (workshop 2/3-3/3) 3:30-4:30 p.m.
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
Ninjitsu with Martin 7:00 - 8:30 p.m.

Tuesday

Yoga w/Lisa Brendel (on break till 2/25) 8:30 - 10:00 a.m.
Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.
Bo Babies & Toddlers (Free Hangout) 1:00 - 3:00 p.m.
Aerial Arts for Youth w/Joanna 3:30-5:45p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 -10:00 a.m.
After-School Theater w/ Lisa T. 3:30-5:00 p.m.
Private Workshop w/ Nathan 6:00 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/Lisa Brendel (on break till 2/20) 8:30 - 9:30 a.m.
USDA food bank 12 noon
Aerial Arts for Youth w/Joanna 4:30-5:30 p.m.
Congolese Dance w/ Sandor 6:00 - 7:30 p.m.

Friday

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
Contemp. Dnc 4 Adlts w/Lisa T(workshop 3/7-3/21)10:30-12:00p.m.
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

Saturday

Yoga w/ Lisa Brendel (on break till 2/22) 9:00 - 10:30 a.m.
Kids Hip-Hop/ African Dance w/Sagola (pre-K)10:45 - 11:45 p.m.
Ballet w/ Erika Townsend 12:15 - 1:45 p.m.

Sunday

Brazilian Dance with Anna 11:00 - 12:00 p.m.
Adlts Hip-Hop/African Dance w/Sagola 5:00 - 6:00 p.m.

Check the Library marquee or Calendar in BCC Foyer for special events. For More Info call 868-2128 or visit www.bocenter.org

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ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keeps ads to around 20 words.

We will run them for at least a week

or until you ask for removal.

Hearsay Staff

FREE

WRITING/DRAFTING DESK – 3 FT. WIDE,

sloped top, rugged plywood, black, on casters. Lia – 2128

LS 2/24

KOMBUCHA BABIES-FREE TO GOOD HOME CURLIE-2102.

CR 3/3

Free Birthday Treat at Bobolicious
Bring this coupon to receive a treat
for your Birthday!
Compliments of Bobolicious
and The Hearsay News



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

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CL 4/7/14

IT'S THAT TIME OF YEAR. TAX PREPARATION

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SH 4/4

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DP 3/10



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CH x



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UZx

HELP WANTED

HOUSEKEEPER WANTED FOR VACATION RENTAL.

Typically three hours. Availability on weekends needed. Must be reliable, experienced, flexible, detailed. Call 868-1415

SK 3/5



3 March

Aegir/St. Winnal



St. Winnal is a Christian version of Aegir, a Teutonic god of the sea. As controller of the sea's tides and weather, St. Winnal's holy day is associated with storms. When a Winnal storm occurs, this is March "coming in like a lion." It should presage a fine end to the month.

*First comes David,
Next comes Chad,
Then comes Winnal,
Roaring mad.*

Above is a medieval graffito of a hobbyhorse used in Morris dancing, which traditionally starts this time of year.

4 March

Egyptian Day



5 March

Navigium Isis

This ancient Egyptian festival recognized the goddess's invention of the sail and her patronage of sailing. It is observed as the beginning of the new sailing season.

