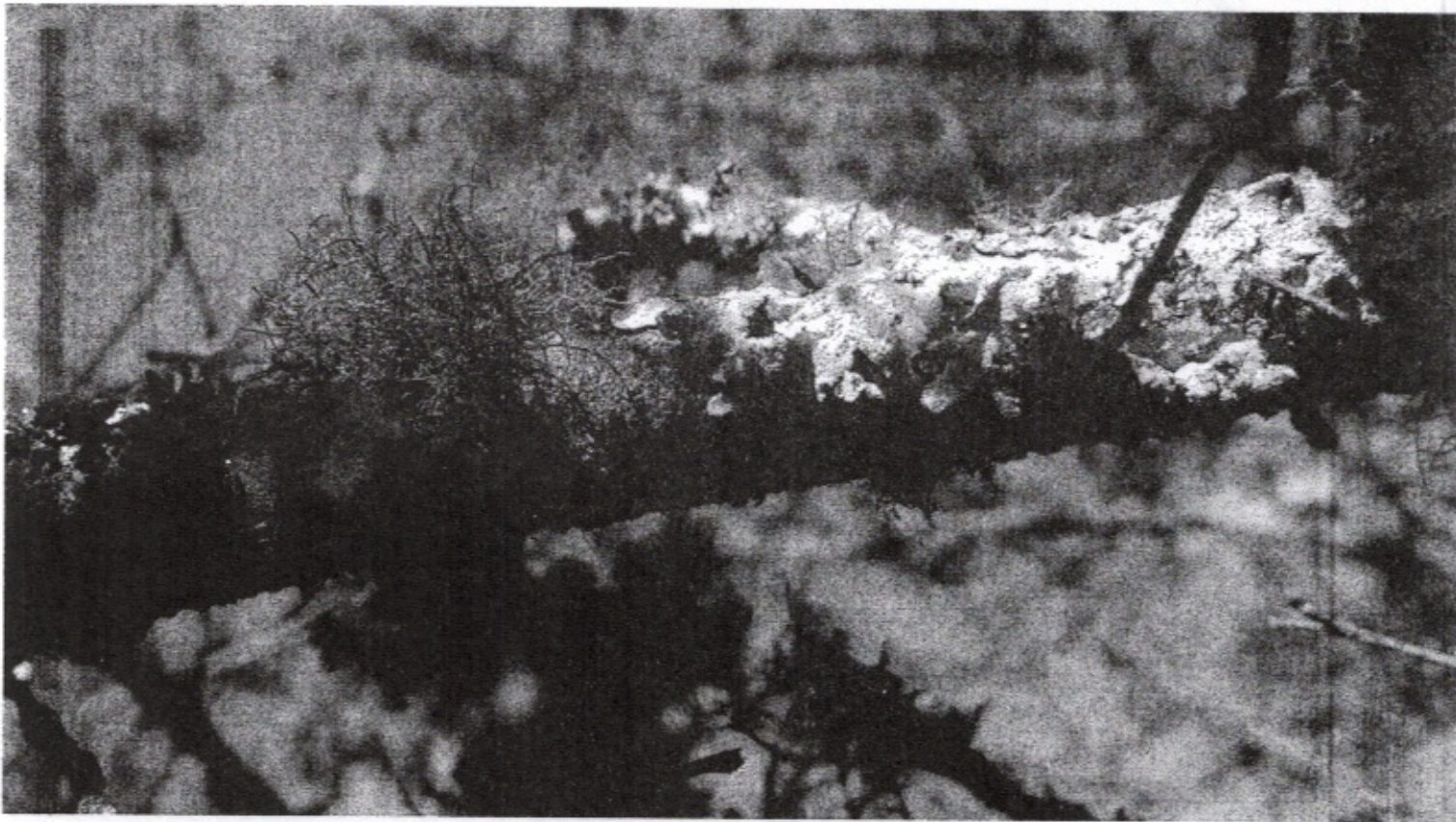


Bolinas Hearsay News

Monday, March 5, 2017

50 Cents



Lichen dressed limb; photo by Curly Rigg

WHAT'S HAPPENING???

Monday, March 5

BSUSD (SCHOOL DISTRICT)

Special meeting of the Board: Strategic Plan Study Session
9am-noon, Commonweal Library

Wednesday, March 7

FLAGSHIP LIBRARY BUS

Bilingual kids activities, 1:15-2:30pm

Thursday, March 8

MATT BRADFORD

Live folk music at Smiley's, 8pm, no cover

Friday, March 9

RODONI OFFICE HOURS

Supervisor locally available at Pt Reyes Library, 10:30-12:30am

JERRY JOSEPH & THE JACKMORMONS

Live rock'n'roll @ Smiley's, 9pm, \$10

Saturday, March 10

FREE STATE PARKS ADMISSION

Second Saturday program at Samuel P Taylor and Mt Tam State Parks, 8am-6pm

SOUP SATURDAY

Monthly free brunch at St Aidan's, noon. All are welcome.

COFFIS BROTHERS

Live rock'n'roll @ Smiley's, 9pm, \$10

Sunday, March 11

DAYLIGHT SAVINGS TIME BEGINS

ACOUSTIC EMBERS

Live music @ Smiley's, 6pm, no cover.

Thursday, March 15

KINDERGARTEN REGISTRATION

6-7:30pm Stinson school campus.

HAPPY, HAPPY BIRTHDAY!!

- March 5:** Blair Harris
Amy Lewis (remembered)
- March 6:** Megan Gould
John Butler
- March 7:** Ralph Camiccia
Steve Wrenn (remembered)
Cynthia Putnam
Stephen McCarthy
Sofia Borg
- March 8:** Roger Peacock
Dennis Dierks
Pam Fabry
- March 9:** Bruce Bowser
Caleb Norton
- March 10:** Winston Grant
Terry Guitar
Chandra Sherr
Anna Lee Rhea
- March 11:** Dieter Tresp

pasteup-----Ned Riley
ads/books----June McAdams
press-----Jennie Pfeiffer



COMMUNITY & CULTURAL CENTER

dance palace

For more information, to volunteer, or to join Call 415 663-1075 Save \$ by buying tickets in advance at: www.dancepalace.org

West Marin Choir - Winter 2018 Season

03/13/2018 - 7:00pm to 8:30pm

Name: West Marin Choir Winter Season

Dates: Jan. 30 to Mar. 13, Tuesdays 7:00-8:30pm

Space: Church

Community Awards Banquet

03/10/2018 - 5:00pm

The 2018 Community Awards Banquet is SOLD OUT.

The Dance Palace community is excited to present the 3rd annual Community Awards Banquet on Saturday March 10th, 2018 starting at 5 PM at the Dance Palace.

This year we are delighted to honor two couples for their outstanding service and leadership: Pam and Jim Campe and Linda and Barry Linder.

Residents of Marin since the 1970's, our honorees have each dedicated themselves to the well-being and vitality of West Marin for decades.

Dear Bolinas,

Do you have a service or talent that you would like to donate to the BCC Art, Garden & Food Festival Silent Auction in the form of a gift certificate? This is a great event. The date is 4/28. More details to come.

Call us 868.2128 or email me your ideas at randi@bccenter.org



CALVARY PRESBYTERIAN CHURCH EST. 1871, BOLINAS, CALIFORNIA

On Easter, April 1st, at 12:30pm there will be a town picture taken in front of Calvary Presbyterian Church. Food will be served after the photo --Pine Tree

THREE GREAT THINGS ABOUT THIS PLACE...

- This year's Tardy Hearty Mardi Gras Party, last Saturday—Mirta's great food, Los Padres' great music, costumes, beads. Sorry not to have Bobo Tempo, though.
- Late frost! Had to scrape the windshield this morning.
- New Hearsay press! So great to have our normal publishing routine back.

--Ned Riley

Kindergarten Registration for 2018-19 school year will be on

Thursday, March 15, from 6-7:30pm.

We will meet in the Kindergarten classroom on the Stinson Beach campus at 3805 Hwy. One, Stinson Beach.

Come meet our teacher, Cathy Nichelini and our Principal Jason Richardson.

Learn all about our Kindergarten programs, receive registration packets and bring your questions.

In accordance with State Law and District policy, a child must turn 5 years old on or before September 1, 2018.

Childcare will be provided for children 3 years old and up. Please RSVP for childcare to Kara at 868-1603.



The Mind Diet – Rush University Medical Center

Rush University Medical Center dates back to March 2, 1837, when Rush Medical College received its charter. The college is named for Benjamin Rush, a signer of the Declaration of Independence and a Pennsylvania physician, who counted George Washington among his patients. He became a medical and humanitarian leader after the Revolutionary War. He was also a social activist, a prominent advocate for the abolition of slavery, for scientific education for the masses— including women—and for public medical clinics to treat the poor.

The Mind Diet, created by researchers at Rush University Medical Center, may help substantially slow cognitive decline in stroke survivors, according to preliminary research presented on Jan. 25 at the American Stroke Association's International Stroke Conference 2018 in Los Angeles. The findings are significant because stroke survivors are twice as likely to develop dementia compared to the general population.

The MIND diet is short for Mediterranean-DASH Diet Intervention for Neurodegenerative Delay; it is a hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Both have been found to reduce the risk of cardiovascular conditions such as hypertension, heart attack and stroke.

"The foods that promote brain health, including vegetables, berries, fish and olive oil, are included in the MIND diet," said Dr. Laurel J. Cherian, a vascular neurologist and assistant professor in Rush's Department of Neurological Sciences. "We found that it has the potential to help slow cognitive decline in stroke survivors." Cherian is the lead author of the study, which was funded by the National Institute of Aging. "I was really intrigued by the results of a previous MIND study, which showed that the people who were most highly adherent to the MIND diet cognitively functioned as if they were 7.5 years younger than the least adherent group," Cherian said. "It made me wonder if those findings would hold true for stroke survivors, who are twice as likely to develop dementia compared to the general population." "The Mediterranean and DASH diets have been shown to be protective against coronary artery disease and stroke, but it seems the nutrients emphasized in the MIND diet may be better suited to overall brain health and preserving cognition." Cherian said that studies have found that folate, vitamin E, omega-3 fatty acids, carotenoids and flavonoids are associated with slower rates of cognitive decline, while substances such as saturated and hydrogenated fats have been associated with dementia. "I like to think of the MIND diet as a way to supercharge the nutritional content of what we eat. The goal is to emphasize foods that will not only lower our risk of heart attacks and stroke, but make our brains as resilient as possible to cognitive decline." Cherian cautions, however, that the study was observational, with a relatively small number of participants, and its findings cannot be interpreted in a cause-and-effect relationship.

Study co-author Martha Clare Morris, ScD, a Rush nutritional epidemiologist, and her colleagues developed the MIND diet based on information from years of research about what foods and nutrients have good, and bad, effects on the functioning of the brain. The diet has been associated with reduced Alzheimer's risk in seniors who adhered to its recommendations. Even people who moderately adhered had reduced risk of AD and cognitive decline.

Rush, in Chicago, is currently seeking volunteers to participate in the study, which aims to show whether a specific diet can prevent cognitive decline and brain changes with age. From 2004 to 2017, Cherian and colleagues studied 106 participants of the Rush Memory and Aging Project who had a history of stroke for cognitive decline, including decline in one's ability to think, reason and remember. They assessed people in the study every year until their deaths or the study's conclusion, for an average of 5.9 years, and monitored patients' eating habits using food journals.

The researchers grouped participants into those who were highly adherent to the MIND diet, moderately adherent and least adherent. They also looked at additional factors that are known to affect cognitive performance, including age, gender, education level, participation in cognitively stimulating activities, physical activity, smoking and genetics. The study participants whose diets scored highest on the MIND diet score had substantially slower rate of cognitive decline than those who scored lowest. The estimated effect of the diet remained strong even after taking into account participants' level of education and participation in cognitive and physical activities. In contrast to the results of slower decline with higher MIND diet score, stroke survivors who scored high on the Mediterranean and DASH diets, did not have significant slowing in their cognitive abilities.

"This is a preliminary study that will hopefully be confirmed by other studies, including a randomized diet intervention study in stroke survivors," she says. "For now, I think there is enough information to encourage stroke patients to view food as an important tool to optimize their brain health."

The MIND diet has 15 dietary components, including 10 "brain-healthy food groups" and five unhealthy groups.

Foods to enjoy include

- 1) green leafy vegetables – 2 cups raw or one cup cooked, daily.
- 2) Berries – at least 2 cups a week. Bananas count as a berry.
- 3) Vegetables and fruit— at least one serving daily -2 cups raw vegetables or one cup cooked, one cup fresh fruit or ½ cup dried. An apple equals one cup.
- 4) Nuts - almonds, pecans, walnuts et al. 1-2 ounces at least 3 times a week
- 5) Whole grains – 3 servings a day. Oats, quinoa, spelt, rye, brown rice, whole grain pasta, buckwheat, 100% whole grain bread.
- 6) Seafood – at least one serving a week of salmon, sardines, trout or other seafood you enjoy. 4-6 ounces.
- 7) Beans – a serving every other day – fresh or cooked. Wash canned beans to eliminate extra salt. Unsweetened non-dairy milk: soy, almond, cashew or rice milk.
- 8) Poultry – at least 2 four ounce servings a week, skin removed. Poultry provides protein and vitamin B12, iron and zinc, important for cognitive health.
- 9) Olive Oil – Use as primary oil for cooking and for salads and cooked vegetables. Olive oil has many anti-oxidant and anti-inflammatory properties. Use low to moderate heat when cooking with olive oil. Grapeseed oil is also good for

cooking and can be used at higher heat.

10) Wine – one 5 ounce serving of wine – containing alcohol or not. Wine has micronutrients that help prevent degenerative diseases. Red or purple grape juice may have same effects of wine on health – to be verified.

The diet also specifies limiting intake of the designated unhealthy foods

- 1) Red meat – beef, lamb, pork and duck – limit intake to 3 ounces less than 4 times per week. Look for lean, organic an/or grass fed options. Avoid all cured and processed meats.
- 2) Pastries and Sweets – less than 5 servings a week – such as one small cookie. Try to enjoy whole fruit instead.
- 3) Butter and stick margarine – Avoid any fat that is solid at room temperature, including palm oil, coconut oil and other shortenings. No hydrogenated oil. Limit butter to less than 1 ½ teaspoons daily.
- 4) Full-fat cheese – limit to 1.5 ounces, less than once a week. Try low or no fat options, or vegan cheese.
- 5) Fried or fast food – limit to one small serving of fries twice a month at most.

Greenwood's addenda: 1) Studies from Oxford University and elsewhere have shown that levels of vitamin B12 decrease with age and low levels can affect leaning and memory adversely. B12 is only found in animal food. Supplements are advisable in vegans and older people. 50 micrograms a day should suffice.

2) Alcohol use disorders are the most important preventable risk factors for the onset of all types of dementia, especially early-onset dementia, according to a nationwide observational study of over one million adults diagnosed with dementia in France. Red or purple grape juice may have the same effects as wine on health – to be verified.

3) SA cookbook based on the Mind Diet by Kristin Diversi is published by Ulysses Press: The Mind Diet Cookbook

Sadja Greenwood, MD Past issues at sadjascolumns.blogspot.com

No drill, no spill: Advocates take a stand against offshore drilling



If you haven't submitted your comments already, please take a moment to share your concerns about offshore drilling before the March 9 deadline. Visit <https://tinyurl.com/protect-thepacific> to submit your comments today.

-- Diane Bramwell

WHAT HAPPENED

3-5-18 Monday Morning Recap
Week in Review from Jennie Pfeiffer"

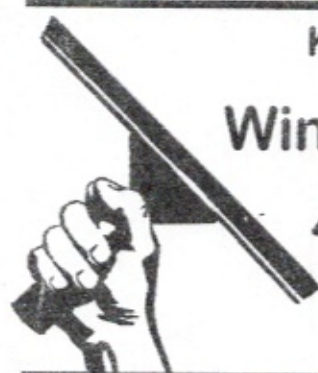
As frequently happens when I'm not paying attention, we slipped into another month and now here we are in March already. It did indeed come in like a lion, as the saying goes, with several windy, cold days, then some rainy ones (thankful for the rain), and then some windy, cold, AND rainy ones, with some heavy hail in there as well. It all ended with a beautiful Sunday, yesterday, so as, they say, if you don't like the weather, wait a minute and you'll get something else. We shall see if March goes out like a lamb, as we get toward Easter, which falls on April 1st this year, making one wonder if the whole rising from the tomb story was another April Fools Day prank. Coordinating that with rabbits that have multicolored eggs, has never made sense to me. Maybe it's all a big April Fools joke that I don't get., but we have time yet to ponder all those questions.

The usual last Wednesday of the month, *Midnight on the Water* music night at Smiley's didn't happen last week, cancelled for only the second time in twenty or so years that we've been playing Irish and Traditional folk tunes. I am sad to report that we are coming to the end of a very long run as a group. We lost our much loved Lewie Likover last year, Sadja Greenwood, our mainstay, is moving to Portland, Oregon, Hawk, now an octogenarian, is scaling back, so we have gone from 8, down to 4, sometimes 3. We have played our final, "Last Wednesday of the Month" birthday night. We are planning one more Smiley's gig, May 2nd as a farewell party. Watch for more on that event.

In re-reading last week's lofty goals for my year - world peace, and after taking care of that, making sure every child has clean, healthy water, air, and food, along with a quality education & environmental protection – I had to laugh as it reminded me of a term paper assignment I had back in high school where my chosen topic was "Man and Nature" (back when "man" also included women – except when it didn't, and we had to try to figure out when that was, which turned out to be pretty much most of the time), that elicited a comment from my English instructor suggesting I might want to narrow it down a bit because that actually included everything. It looks like narrowing things down is still a problem for me, and maybe that should be my resolution. lol

Thursday evening there was a Marin County School Board Association Leadership Workshop. One might think I could pass that up, having been on the School Board of Trustees for a decade now, but it seems there is always something that's been changed, or something new to discover. It's interesting to see how other Districts in the County operate, as we compare problems and successes. What I always bring away with me, is what an outstanding school we have, and how committed our administration and staff are to "engaging our students with cooperative and creative problem solving, providing them with the tools they need to become independent thinkers and lifelong learners." That's our mission statement, and it's a good one. It ends by saying, "We promote a culture of respect which values diversity and the whole child." I thought about these words Saturday night at the *Tardy Hearty Marti Gras Party* at the Bolinas Community Center, as I watched so many of our youngest school children dance wildly and with reckless abandon to the lively Spanish songs and rhythms of "Los Padres", that irresistibly upbeat dance band made up of dads of children of the District. Those kids were having a happy night of cultural diversity as they were learning to value and respect the many ways to express creativity. It was a delightful sight. Thanks to "Los Padres", for playing for Mardi Gras night. It was great, though we did miss *Bo Bo Tempo*, the usual hosts of this event, and I hope they recover quickly from their various health setbacks and are playing together again soon.

Closing here with a shout out to community member Fran McDormand for her best acting Oscar win last night. Congratulations! JP.



Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best

Minutes from the January 22nd 2018,
Bolinas Fire Protection District Board
Meeting

Pres. Bass called the regular meeting of the Bolinas Fire Protection District to order at 6:30PM. Vice Pres. Chiera, Dir. Shaw, Dir. Gade and Dir. Kimball were present. Also present: Chief Brown, Administrative Assistant Cadance Lynam, Lisa Doran of Doran and Associates, Chris Martinelli and Ian Johnson.

MSC Chiera/Shaw (unan.) to approve the agenda including a request from Chief Brown to discuss Action Item #1 prior to the Chief's report.

Action Item #1: Review and Accept Draft Audited Financial Statements.

Lisa Doran presented the Draft Audited Financial Statements FY16/17. In terms of completing the work to draft the statements, this year was much more difficult for several reasons, one of which was the District had hired a new bookkeeping firm that had great difficulty in providing the necessary documents. Other contributing factors included this was the first audit for our Administrative Assistant and Marin County had changed their financial software systems causing confusion with the reconciliations. The District was very fortunate that Kaaren Gaan, our previous bookkeeper, offered to step in and help us work through the issues. Also discussed was the language around the refinancing of the fire house construction bonds (C.O.P's). Technically, the District issued Certificates of Participation rather than bonds as they are referred to in the financial statements. While there is very little material difference between the two, and the public at large is most familiar with the terminology of bonds, it was decided to add C.O.P. in the first paragraph of Note 6 after the word bond to be most correct. After Lisa Doran finished presenting the statements the Draft Financial Statements FY 16/17 were accepted with one requested edit.

MSC Gade/Chiera (unan.) to Approve Draft Audited Financial Statements FY 16/17 with the modification of adding (C.O.P.) in the first paragraph of note #6 after the word bond.

CHIEF'S REPORT

NERA
On January 11th, MERA and Motorola staff attended the Regional Planning Committee meeting. The RPC had informed MERA that the design of the Gen II system was unacceptable due to the potential for "bleed over" into other frequencies based on tower locations and power density. This information caused a big slip in the Gen II timeline and sent the team back to the drawing board for new design options.

Despite the original negative response to MERA's application with RPC, the Committee voted unanimously to approve MERA's application without changes. The application now must be processed by the FCC for frequency licensing. Chief Brown will be attending the next regular meeting scheduled for Wednesday, January 24th where the impacts of the decision will likely be clarified. However, it seems that this decision will save all of the agencies money and certainly puts us back on a better timeline.

Prevention
No Update.

Roads
Chief Brown attended a meeting at the request of Sup. Rodoni to address the parking enforcement issues in Bolinas.

Attendees at the meeting included Sup. Rodoni and his assistant, Jennifer Blackman, BCPUD, Bruce Bowser, Bolinas Parking Committee, MCSO Undersheriff Mike Ridgeway, Renee Brewer and Kerry Gerchow, Marin County Council, Reuel Brady DPW, and Max Korten, Marin County Parks. Issues discussed included MCSO's ability to continue to enforce on non-County maintained roads and Bolinas Parking Committee work. County Counsel reviewed the issue of the Sheriff's office inability to continue to enforce vehicle code violations on non-County maintained roads as they have done for decades. They felt the best course forward to allow continued enforcement would be to draft a new ordinance for the Marin County Board Supervisors to adopt. It was agreed to have County Council draft the ordinance for B.O.S. adoption in order to allow continued enforcement of vehicle codes on non-County maintained roads. Also discussed was the frustration by some residents of the illegal parking during the summer months and busy weekends. Under Sheriff Ridgeway explained the role of the Parking Enforcement Officer and how that person maybe more available now that Muir Woods has hired their own officers. That position has been expanded by two weeks each summer. Sup. Rodoni asked about other options to discourage illegal parking including adding tow away zones since increasing the \$99 illegal parking violation amount is not possible due to state laws. Under Sherriff Ridgeway explained that towing was not a good option due to the time it takes to tow a vehicle, 3-4 hours, and the lack of towing agencies willing to make that kind of effort for very little financial return. He did reiterate that any vehicles that were blocking access or hydrants could be towed. At this point in the meeting, Jennifer Blackman reviewed the draft recommendations made from the Vehicle Habitation Committee to the BCPUD Board. Jennifer thought the BCPUD Board would officially accept the recommendations at their February meeting. It was agreed by all present that work would continue to try and alleviate the parking issues...

Planning

- Ongoing-
- 20 Nymph Road - Demolish existing residence, new construction
- 324 Ocean Parkway - Addition
- 350 Fern - Studio addition
- 415 Yucca - Legalize Second Unit
- 380 Larch Road - New septic system, habitat restoration
- 210 Laurel - Legalize second unit
- 350 Lauff Ranch Rd. - Legalize multiple structures
- 4900 Shoreline Highway - Remodel
- 120 Horseshoe Hill Rd - Addition, remodel
- 10 Olema-Bolinas Rd - Second Unit
- 370 Overlook - Remodel, addition of 2nd unit
- 12 Olema-Bolinas Road - 2nd Unit
- 105 Wharf Road - Second Unit
- 46 Horseshoe Hill Rd - Addition/ Remodel
- 190 Ocean Parkway - Remodel

NEW

- 6 Wharf Rd - Final for Remodel

Training

Training has resumed. EMT Recertification will be the focus for the first few months as well as mandated trainings such as Patient Privacy Notification Marin County 911 Referral Program and Recognizing Human Trafficking.

Apparatus

U231 has had its annual safety inspection and the ABS breaking system is completely repaired.

Disaster Council

DCC Godfrey has resumed radio drills. Work is also being done to recruit new

Liaisons and to schedule a meeting with all of our Area Coordinators to have radio's reprogrammed as well as refresh radio training.

Resource Recovery

Chief Brown attended the regular meeting held the afternoon of January 22nd. Mike Aiken reported that it has been very busy; he is working hard to keep the site clean. There was an inspection on December 11th where it was noted the material on site was too close to the protective berm. DPW has not contacted the BCPUD about this issue yet. It is extremely difficult to maintain the required 50' setbacks due to the very limited capacity of the site. Mike also noted that the loader is on its last legs and will eventually need to be replaced.

Building and Grounds

Update provided under Board Committee Reports.

General Operations/Administration

Our current AT&T bill is one of the highest monthly expenses the District has... After much research Ian Johnson found a plan that may save the District significant money per month and also offer better service. There will be more discussion and research done before changing contracts.

Surfers' Overlook Repair/Terrace Avenue

Jennifer Blackman and Chief Brown met with Larry Kennings, LAK on December 26th to discuss next steps. It was agreed that Jennifer and Chief Brown would reach out to sup. Rodoni and new DPW leadership in hopes of reestablishing the potential for the Public/ Private relationship that was undertaken for Phase I of the project. Jennifer will also be following up with SAGE Assoc. regarding their continued involvement. The new representatives on the Coastal Commission were also discussed.

GENERAL BUSINESS

Action Item #2 - Appoint Board Member to Fill Vacancy Created by Resignation of Sydney Bass.

Despite the opening being advertised for several weeks, only one Letter of Interest was received for the Board of Directors seat from Chris Martinelli. Board members were in agreement that Chris would make an excellent Director.

MSC Shaw/ Chiera (unan.) to Appoint Chris Martinelli to fill the Vacancy on the Fire District's Board of Directors

Action Item #3 - Election of Officers

MSC Bass/ Gade (unan.) to appoint Dir. Kimball as the new Board President and Ed Chiera as Vice President.

Action Item #4 - Formation of Committees

Director Chiera made a recommendation for the District Committees as follows:
Finance and Budget - President Kimball and Dir. Shaw
Personnel - Dir. Martinelli and Vice President Chiera
Buildings and Grounds - Dir. Gade and Vice President Chiera
MSC - Chiera/ Kimball (unan.) to Approve Formation of Committees.

Action Item #5 - Regular Board Meeting Schedule for 2018

MSC - Kimball/ Shaw (unan.) to adopt meeting schedule dates per the usual schedule of the fourth Monday of each month with the exception of the December 2018 meeting which changed from December 24th to December 17th.

⚡ KWMR RADIO SCHEDULE - FEB ⚡

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	Grand Teton Music Festival	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	Fiesta!
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)	National Native News	
8:00	With Eyes Open!	Rise and Shine	Swimming Upstream	Pieces of Peace	Milk Street Radio	Morning Glory	Sunday Baroque
9:00	A Cuppa Jo		Trash to Treasure	Top of the Morning	new Infection Point	The Vicaricus Traveler	
	Nature Notebook	Airwaves	Fish Tales	Art Scenes / Right Now	new Women at Work	Original Minds	
10:00	TURNING PAGES					Day 6 (CBC)	
	At Nature's Pace	Reading to Jobn / Teen lit	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Book Mobile	Reader's Delight		Sunday Celebration
11:00	TALK & CURRENT AFFAIRS					Vida with / Q1-Center Sports	
	Ocean Currents / TrailerTalk Bloniers	Attunement / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
12 pm	Farm & Foodshed Report	On Being with Krista Tippett	Planetary Radio	Commonweal Conversations	Alternative Radio	AFTERNOON MUSIC	
1:00	Milk Street Radio	Infection Point	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence / The Local Radio / Organon	Forms and Feelings	Happy Days
2:00	AFTERNOON MUSIC					Jazz Rhythm	
3:00	Cruisin'	Akren Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
4:00	Art of the Song	Youth DJ Project / Specials	Youth DJ Project / Specials	TeaTime Books (Coastal Airwaves)	The French Touch!		
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Midnight in Luxembourg / To Hell & Bach	
	Epicenter	Epicenter	Epicenter	Epicenter		Circulo Musical	
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
	EVENING MUSIC					EVENING MUSIC & DRAMA	
7:00	Release Me / Foggy Ridge Music	Musical Variety	Faithline Radio	Bakersfield & Beyond / Shorty's Bunk House	Night Flight / Bring It On Home	Celtic Universe	Along For The Ride / Between The Rock & A Jazz Place
8:00	Sessions from Chicken Point / Silver Dollar Jakebox	DJ Your Life / West County Proud	Coast Highway Blues	Oh The Cuff / Running With Scissors	No Bad Vibes / Meza-media Montage	The Jazz Groove	Rock of Ages
9:00	Forms and Feelings (repeat)	After Dark	Sonic Sunspots	new Prof Kozmo	Under the Needle	Saturday Night Function	LA Theatre Works
10:00	LATE NIGHT					LATE NIGHT	
11:00	DeepWaking 12-1 Spirit & Mind 1-2 New Dimensions 2-3	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour
12 am							

continued from previous page

Action Item #6 - Resolution #183-2018 a Resolution Determining the 2017-2018 Appropriations Limitations of Tax Proceeds.
 MSC - Kimball/ Chiera (unan.) to accept Resolution #183-2018.

COMMITTEE REPORTS

Updates from Finance and Budget, Personnel, Building and Grounds and Operational Working Group.
 Finance Committee - CalPERS is exploring the possibility of changing their amortization policy from thirty years to

twenty years as a way to better address the growing issue of unfunded accrued liability. The Finance Committee watched a webinar provided by CalPERS discussing the potential change and what the ramifications could be. It is expected that the financial impacts of the change initially would increase but overall, the costs to the District would be less due to the shorter amortization period... The Finance Committee felt that the recommendation was an appropriate way to address the growing UAL and completed a survey for CalPERS stating their position. If the change is implemented, it is likely we would not see the effects of it for 2-3 years.

Buildings and Grounds - The State confirmed the District's request to participate in the California Uniform Public Construction Cost Accounting Procedures which allows the District to follow informal bidding procedures on capital projects under a certain amount. Buildings and Grounds can now resume their work on several maintenance issues with the building.

GOOD OF THE ORDER

Chief Brown expressed how grateful she is to have had Sydney Bass on the Board. Dir. Bass expressed her appreciation to each Board member for their friendship and work and for Chief Brown's leadership and humor.

- Cadance Lynam

ADJOURNMENT

FOR RENT

FOR RENT: UNIQUE SPACE FOR ONE INDIVIDUAL on mesa. Little house on trailer: 26' x 9' x 13' tall. One year lease. Available April 1. \$1895 includes all utilities except WIFI. Serious inquiries only pls contact me for more details.
 bau.rental@gmail.com

D-SC 3/12

HOUSING WANTED

SINGLE, FEMALE GAY, MEDITATIVE, YOGIC, QUIET, -respectful, 37. Looking for room to rent-up to 1 k per month-
 Danielle Lanam-650 483 6089

danielle.lanam.1@gmail.com DL4/30

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 website to read online plus info on how to subscribe.

We need someone to take over coordination of The Spirit House. I have done it for many years and am no longer up to doing it. Please call 868-9052 if you are willing to do this. Many Thanks, June McAdams



LOST & FOUND

BANDITO HAS GONE AWOL FROM 225 HORSESHOE Hill Rd - Male GREAT PYRENEES Large white dog with black mask around his eyes thus the AKA BANDITO.
 I am in Mexico until 3/6/18 Reward offered if spotted call Jesus 415-521-8604 or 868-1412 after Monday.

MB 3/2

LOST: MY PAIR OF SUNGLASSES ON THE BIG MESA on Monday 2/5, possibly on Alder. They are Suncloud brand, in brown/tortoise, and polarized. Relatively cheap glasses, but I'd still like them if you find them. David 415-669-1200.

DB 2/7

LOST: FOLDING ALUMINUM LADDER, about 12' tall, was taken from Bolinas Museum's courtyard/storage area. Please notify us if you have any information on its whereabouts. 868-0330

BM 1/19

CLASSES



Weekly Classes and Events Schedule

MONDAY	
Somatic Exercise	9:30-10:45 am
Cooking Class w/ Nissa Pierson 6 th -8 th grade.	3:30-5:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka (February 2018)	7:00-8:15 pm
Diaspora Dance w/Amber Hines (March 2018)	7:00-8:30 pm
TUESDAY	
Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15 am
Pirate Pizza: Call (415) 328-1066 to preorder	3:00-7:00 pm
Aerial Arts for Youth w/ J. Haigood (Back Feb.)	3:45 - 5:45 pm
BCC Board of Directors Meeting (3 rd Tues of month in library)	5:00pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm
WEDNESDAY	
Pilates Mat w/Lisa Townsend	8:30-9:45 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15pm - 2:30 pm
After School Theater w/L.Townsend (Starts 2/7)	2:45 pm - 5:45pm
Beginning Yoga w/ Brenda Stine	6:15-7:30 pm
THURSDAY	
Yoga Flow w/Brenda Stine	7:30-9:00 am
USDA food bank	12 noon
Spanish for 3 rd -6 th Graders w/ Liliam (Starts 1/18/18)	4:30 - 5:45 pm
Spanish for Adults w/ Liliam (Starts 2/8/18)	6:00 - 7:30 pm
FRIDAY	
Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 th Fridays)	10:30-12:00 pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon
SATURDAY	
Diaspora Dance w/Amber Hines	9:00-10:30 am
SUNDAY	
Move & Tumble w/KT(4-6 yrs) Starts 1/14/18	10:00 - 10:45 am
Dance Fundamentals w/KT(7-9 yrs) Starts 1/14/18	11:00 - 12:00 am
(No classes with KT last Sunday of the month!)	
Brazilian w/Anna Gottr. (last Sunday of month)	11:00 - Noon

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit www.bocenter.org for more info & special events!

FREE

FREE: UPHOLSTERED CHAIR, RECLINING CHAIR, end table, light weights, pillows, sheets-415-250-3535,
 sadja37@gmail.com

SG 3/5

SOFA BED

Redwood frame and thick foam pad. Use as couch or single bed.
 Call Liz Grace -1882

LG 1/19

UPRIGHT PIANO MADE BY WILLIAM KNABE & CO. recently tuned. Bolinas' Calvary Presbyterian Church is giving away this Oldie but Goodie.

CPC 1/13/18

Call Pinetree @ 415-516-7382

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 to submit

SERVICES

TAX TIME AGAIN!
Susan Hewlett Johnson
868-1134

SHJ 3-30

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415-868-0493

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 SUBARU SW
for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD X

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE
windows, sliding glass-door rollers, screens. Reasonable.
No extra charge for West Marin. Sean 415-699-6204

SB X

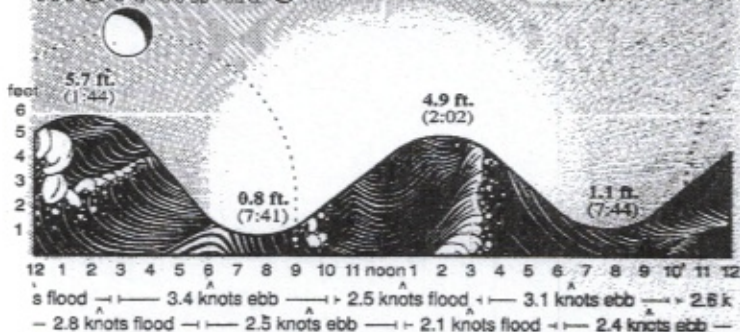
HOUNDG HEAVEN: DOG SITTING
By the day or overnight. Big enclosed yard.
Contact Judy 868-0782

JM X

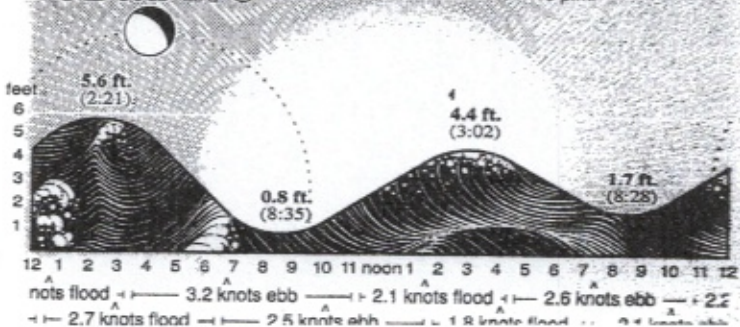
FAST, RELIABLE WEED-EATING & BRUSH REMOVAL
Services: Poison Oak • Scotch Broom • Rake Outs • Hauling.
Available 7 days a week. Gabe 415 532 5226

GC 4/18

MON MAR 5 dawn 5:39 sunrise 6:36 sunset 6:08 dark 7:04
moonset 8:59 a.m. moonrise 10:19 p.m.



TUE MAR 6 dawn 5:38 sunrise 6:34 sunset 6:09 dark 7:05
moonset 9:33 a.m. moonrise 11:18 p.m.



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

Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Lag. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bollinas Community Center	3rd Tuesday	5-7 p.m.	Bollinas Library
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Comm Center
W.M. Lions Club	1st/3rd Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff room
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at		Perry's Dell
Bollinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bollinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	7:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bollinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC



MARIN COUNTY
FREE LIBRARY

ARLIE RUSSELL
HOCHSCHILD
STRANGERS
IN THEIR
OWN LAND



One Book One Marin
Official 2018 Selection

The Big Fix—a Josh &
Rebecca Tickell Film and Festival de
Cannes Official Selection
A One Book One Marin Program

The Big Fix offers viewers the opportunity to understand the ongoing situation of corporate apathy and lax political enforcement of environmental regulations, discussed at length in *Strangers in Their Own Land* and affecting the health and well-being of the land and people of Louisiana.

"The scathing documentary, *The Big Fix*, investigates questions of corporate negligence and political corruption surrounding the Deepwater Horizon oil spill and its lingering aftereffects on the Gulf Coast", *Los Angeles Times*

Tuesday March 13 7:00 pm
STINSON BEACH LIBRARY
3521 Shoreline Highway

All Library events are free. Call 415 868-0252 or visit www.onebookonemarin.org