

# Bolinas Hearsay News

Monday, April 30, 2018

50 Cents

BLESSINGS & GOOD WISHES



## HAPPY, HAPPY BIRTHDAY!!

- April 30:** Paul Kayfetz  
Suzanne Bartlome  
Marianell Shoultz
- May 1:** Jack Post (remembered)  
Emily Minken  
Jerry Mander  
Bo Carper  
Jamie Tacherra
- May 2:** Michael Gaspers  
Ian Cracknell  
Delano Jordan Willis  
Caid DeNaples
- May 3:** Susie Whaley
- May 4:** Gary Fontan  
David Liebenstein
- May 5:** Sandy Dierks
- May 6:** Adam Mandelman  
Kristina Amoroso  
Julie Brown

Bolinas community treasure Sadja Greenwood will be moving to Portland, Oregon this spring, to the dismay of her many friends in town. Her last performance with 'Midnight on the Water' will be this Wednesday, 7:30pm, at Smiley's. We will celebrate having known her and having played so many traditional tunes over the years. This drawing is by Vickisa.

## WHAT'S HAPPENING???

Monday, April 30

### **COAST GUARD AFFORDABLE HOUSING**

West Marin community meeting on county plans for 36 units on Coast Guard property; @ small gym, West Marin school, 6:30pm

Tuesday, May 1

### **BELTAINE/MAY DAY**

Traditional pagan celebration of first day of summer; student Maypole dance at Stinson campus, 11am

Wednesday, May 2

### **FLAGSHIP LIBRARY BUS**

Bi-lingual activities for kids @ Library, 1:15-2:30pm

### **MIDNIGHT ON THE WATER/ FAREWELL SADJA**

The last contradance performance for local trad band; and farewell to beloved flute-player/physician Sadja Greenwood @ Smiley's, 7:30pm

Thursday, May 3

### **DANNY MONTANA**

Live country/folk/blues @ Coast Café, 6-8pm

### **CHRISTOPHER ALEXANDER**

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

Friday, May 4

### **FREE LOCALS' KARAOKE NIGHT**

Show your chops @Smiley's, 9pm

Saturday, May 5

### **FREE ADMISSION COUNTY PARKS**

First Saturday free access program by Marin County Parks, 8am-5pm

### **SPEAKEASE**

Live soul/funk/jazz/rock @ Smiley's, 9pm, \$10

Sunday, May 6

### **MOTHERS' DAY/ DIA DE LAS MADRES**

Celebration @ Downtown Park: food, drink, mariachi music, & 'Los Padres', 12-4pm

### **BOLINAS WILDFIRE PLANNING**

Community meeting sponsored by Fire Safe Marin & BFD at Community Center, 1pm; guest speakers & light refreshment

### **WOOD, STEEL, CLAY**

Ido Yoshimoto, Dylan Flynn and Carey Cherney opening at Gospel Flat Farmstand, 2-5pm



COMMUNITY & CULTURAL CENTER

dance palace

### Point Reyes Community Lunch

05/03/2018 - 12:00pm to 1:00pm

Suggested donation \$3 (over 60 years old) / \$6 (under 60 years old)

#### POINT REYES COMMUNITY LUNCH—HOSTED BY WEST MARIN SENIOR SERVICES

Break bread with friends at the community lunch every Thursday. Plus live music the first Thursday of each month. The organic food is prepared by Good Earth Natural Foods. Make reservations by 11 AM on the prior Monday. Contact Cathy Bleeker, Nutrition Program Manager at West Marin Senior Services, 415-663-8148, x.104.

### Kids Musical Theater Performance

05/04/2018 - 7:30pm to 9:00pm This magical story

explores the world of Giants who live above the clouds. Ever since they left Earth a long time ago, the Giants have made a life up above where their job is to keep the sky beautiful. They polish the stars, poke the clouds to let it rain and paint the sunsets. But there is one curious Giant who wonders what life is like on Earth, so she steals a key to the locked up "beanstalk" and embarks on an adventure down below! KMT incorporates theater games, improv, and music and is open to students ages 6-12. Performances will be on Friday, May 4 at 7:30pm; Saturday, May 5 at 7:30pm, and Sunday, May 6 at 2:00pm. Ages 6-12 Instructor: Melissa Claire Show Performances: Friday, May 4, 7:30pm Saturday, May 5, 7:30pm Sunday, May 6, 2:00pm

### CHOIR FORMING

Serenade and comfort our local friends with song Molly Macguire directing Tuesday May 1 at 1 49 Wharf Rd.

Eleanor Lyman  
eleanor@eleanorlyman.com

### Mother's Day - *Dia de las Madres*

Come celebrate your Mothers on May 6 at the Downtown Park with Food, Drinks and Mariachi music and Los Padres. 12-4pm

*Ven a celebrar a sus Madres en Mayo 6 en el Parque del Centro de Bolinas con Comida, Bebidas y Musica de Marichi y Los Padres. 12-4pm*

-Mirta

## REUNIONES COMUNITARIAS

SOBRE VIVIENDAS EN EL GUARDACOSTAS DE "POINT REYES"



En los años 2019 o 2020 el Condado de Marin planea comprar la propiedad donde se encuentra el Guardacostas en Point Reyes y utilizar esa propiedad para vivienda económicamente accesible y en forma permanente. El Grupo de Trabajo de la Comunidad de Guardacostas y la Agencia de Desarrollo de la Comunidad del Condado de Marin solicitan su aporte mientras el Condado de Marin obtiene propuestas de los desarrolladores de vivienda para poder rehabilitar y administrar las 36 viviendas de dos, tres o cuatro habitaciones y los 24 cuarteles de una habitación para convertirlos en vivienda económicamente accesible y en forma permanente.

El aporte comunitario recibido en la junta del 30 de abril se utilizará para solicitar propuestas. Favor de llegar con ideas relacionadas a estos temas:

- ¿Cómo podremos servir a los más necesitados de nuestra comunidad mientras cumplimos nuestras responsabilidades bajo las leyes federales de derechos civiles?
- ¿Que desea ver en esa propiedad?
- ¿Cómo podremos dar la bienvenida e integrar nuevas familias a la comunidad?

**Presentación Previa a la Reunión de la Comunidad**  
 18 de abril 2018  
 6:30 - 7:30 PM  
 Small Gym, West Marin School  
 11550 Shoreline Highway  
 State Route 1, Point Reyes Station

**Reunión de la Comunidad**  
 30 de abril 2018  
 6:30 - 7:45 PM  
 Small Gym, West Marin School  
 11550 Shoreline Highway  
 State Route 1, Point Reyes Station

Proveeremos cuidado de niños y comida ligera.

¿Preguntas? **Debbi La Rue (415) 473-7309**  
o correo electrónico: [dlarue@marincounty.org](mailto:dlarue@marincounty.org)

## COAST GUARD HOUSING COMMUNITY MEETING



The County of Marin expects to purchase the Point Reyes Coast Guard property in 2019 or 2020 for permanently affordable housing. The Coast Guard Community Working Group and Marin Community Development Agency are asking for your input as the County develops a request for proposals from housing developers to rehabilitate and manage the 36 two-, three-, and four-bedroom townhomes and barracks with 24 single-rooms as permanently affordable homes.

Community input received from the April 30th meeting will be used in the Request for Proposals. Please come with ideas on these topics:

- How do we serve those most in need in our community while meeting our responsibilities under federal civil rights laws?
- What do you want to see on the site?
- How do we welcome and integrate the new families into the community?

**Presentación la Reunión la Comunidad**  
 18 de abril 2018  
 6:30 - 7:30 PM  
 Small Gym, West Marin School  
 11550 Shoreline Highway  
 State Route 1, Point Reyes Station

**Community Meeting**  
 April 30, 2018  
 6:30 - 7:45 PM  
 Small Gym, West Marin School  
 11550 Shoreline Highway  
 State Route 1, Point Reyes Station

Light snacks and childcare will be provided at both meetings.

Questions? **Debbi La Rue (415) 473-7309**  
or email: [dlarue@marincounty.org](mailto:dlarue@marincounty.org)

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

**Chocolate Lovers – Read On!**

New research from Loma Linda University indicates that there are possible health benefits to eating certain types of dark chocolate. The studies were recently presented at the 2018 Experimental Biology meeting in San Diego; they showed that consuming dark chocolate that has a high concentration of cacao (minimally 70% cacao) has positive effects on stress levels, inflammation, mood, memory and immunity. While it is well known that cacao is a major source of flavonoids, this is the first time the effect has been studied in human subjects to determine how it can support cognitive, endocrine and cardiovascular health. (Flavonoids are a diverse group plant chemicals found in fruits and vegetables. Along with carotenoids, they are responsible for the vivid colors in these foods. Flavonoids are antioxidants with anti-inflammatory and immune system benefits.)

Lee S. Berk, DrPH, associate dean of research affairs, School of Allied Health Professions and a researcher in psychoneuroimmunology and food science from Loma Linda University, served as principal investigator on both studies. "For years, we have looked at the influence of dark chocolate on neurological functions from the standpoint of sugar content -- the more sugar, the happier we are," Berk said. "This is the first time that we have looked at the impact of large amounts of cacao in doses as small as a regular-sized chocolate bar in humans over short or long periods of time, and are encouraged by the findings. These studies show us that the higher the concentration of cacao, the more positive the impact on cognition, memory, mood, immunity and other beneficial effects."

Here are the results presented during the Experimental Biology meeting:

*Dark Chocolate (70% Cacao) Affects Human Gene Expression: Cacao Regulates Cellular Immune Response, Neural Signaling, and Sensory Perception*

This pilot feasibility experimental trial examined the impact of 70 percent cacao chocolate consumption on human immune and dendritic cell gene expression, with focus on pro- and anti-inflammatory cytokines. Study findings show cacao consumption up-regulates multiple intracellular signaling pathways involved in T-cell activation, cellular immune response and genes involved in neural signaling and sensory perception -- the latter potentially associated with the phenomena of brain hyperplasticity. (Greenwood's explanation - Neuroplasticity is the brain's innate ability to adapt to training and learn new skills - from foreign languages to math, and, for an athlete, physical movement and strength. By stimulating the motor cortex during athletic training, the brain enters into a state of heightened plasticity known as "hyperplasticity," during which the brain adapts to training most effectively.)

*Dark Chocolate (70% Organic Cacao) Increases Acute and Chronic EEG Power Spectral Density ( $\mu\text{V}^2$ ) Response of Gamma Frequency (25-40Hz) for Brain Health: Enhancement of Neuroplasticity, Neural Synchrony, Cognitive Processing, Learning, Memory, Recall, and Mindfulness Meditation*

This study assessed the electroencephalography (EEG) response to consuming 48 g of dark chocolate (70% cacao) after an acute period of time (30 mins) and after a chronic period of time (120 mins), on modulating brain frequencies 0-40Hz, specifically beneficial gamma frequency (25-40Hz). Findings show that this superfood of 70 percent cacao enhances neuroplasticity for behavioral and brain health benefits.

(Greenwood – Many chocolate bars with 70% cacao contain about 48g in half a bar. Read the label carefully. An Endangered Species bar with 72% cacao has 43g, 210 calories and 12 g of sugar in half a bar. Lily's 70% cacao bars are sweetened with stevia – available at some specialty stores and on the internet. )

Berk said the studies require further investigation, specifically to determine the significance of these effects for immune cells and the brain in larger study populations. Further research is in progress to elaborate on the mechanisms that may be involved in the cause-and-effect brain-behavior relationship with cacao at this high concentration.

Take home message from these studies – while chocolate is a delicious treat with valuable properties for health, it often comes with too much added sugar. If you eat part of a 70% cacao bar regularly, avoid other sources of sugar and satisfy your sweet cravings with multicolored fruits. If you have an elevated blood sugar, go for the Lily's brand and follow the dietary advice of your health care person.

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

**THREE GREAT THINGS ABOUT THIS PLACE...**

- Beltaine—tomorrow's the Celtic pagan MayDay, the ancient celebration of the advent of summer. We're already halfway to the summer solstice!
- Last night's Rock, Pop and Soul Shop performances at the community center. Thank you, Molly Maguire and all the local talent.
- This year's Art and Gardens fundraiser; seeing from the point of view of the bar-tender, it was great success. And the music sounded wonderful.

--Ned Riley

# Student troubles aired at Bolinas School

By Anna Guth

Illuminating concerns around discipline policies and strained lines of communication between parents, staff, students and board members at Bolinas-Stinson School, an eighth grader took matters into her own hands at last Tuesday's board meeting and described her troubling experiences.

The testimony by Zetana Demmerle reflected concerns voiced by multiple teachers and parents since last fall that include the belief that student behavior is in a state of crisis and that the school's approach to discipline is failing. Administrators have continually downplayed any problems and defended their approach. Meanwhile, the combination of board and state policies that prevent discussion about individual students and teachers or about public comments that do not relate to agenda items have frustrated parents who aren't sure where else to turn.

Fourteen-year-old Ms. Demmerle is the daughter of board member Bob Demmerle and Bolinas-Stinson School counselor Maud Zimmer. She said she came to the board because staffers were not addressing her concerns.

"At this school I have experienced bullying starting at fifth grade until now," she said. "Now it is much harder for me because my teachers and some staff ignore bullying and my social-emotional concerns, and do not settle issues properly. In fact, I feel they do not help the situation and can make things worse. One very popular response I have gotten from my homeroom teachers is 'Solve your own problem.'"

A third of the way through her comment, the teacher of the combined fifth and sixth grade class, Rachel Dressler, interrupted to ask the board to stop Ms. Demmerle on behalf of the teachers' union.

The basis for her request was the board's policy that prevents discussion of specific school employees at public meetings. (The board adopted that standard within the last three years, though it also state policy to only allow licensed administrators to evaluate teachers.) Ms.

Demmerle had not named names, but mentioned the school principal, staff and teachers generally.

Nate Siedman, the board's chair, asked her to finish.

Teachers at the school—which this year has 111 students, from preschool to eighth grade—have been on high alert about anyone other than administrators evaluating their performance in recent months.

A recent letter sent from the union representative to the board stated that comments from a board member at a public meeting in February that drew attention to problems in certain classes were inappropriate because that member had not visited the classrooms or spoken to the teachers directly.

"The board meeting is no place for issuing judgment calls that inevitably reflect on the teachers involved. They may leave an unfair (and inaccurate) impression in the minds of those who hear them," the letter stated.

After Ms. Dressler's interruption, Ms. Demmerle continued to read her comment, pausing once to ward off tears.

"I think that a lot of the problems at the school between student and teacher are teacher-driven," she said. "If teachers are asking students to show up and give their full effort, then why can't the students ask the same expectations of their teachers? From my teachers, I expect that they own up to their words and actions and follow the kind, respectful, responsible and safe signs that I see at school."

She described teachers and staffers swearing, yelling at kids in front of classmates, nit-picking students with histories of behavioral problems and generally escalating conflicts.

"Some days I feel extremely unsafe and uncomfortable at school, but when I voice my concerns I have gotten in trouble," she said. "Don't you think that students should be able to speak their minds? Shouldn't what students feel, think and say matter?"

When Ms. Demmerle, the youngest person in the room last Tuesday evening by at least a decade save for one fellow student, finished speaking, she was greeted by silence.

As Mr. Siedman closed the public comment period and pressed on with the next agenda item, board member Jenny Pfeiffer implored, "That was a very heartfelt comment and we need to give it the importance it deserves."

Mr. Siedman explained that it was against the Brown Act to address public comments on items not on the agenda.

Mr. Demmerle, who ran for his seat on a campaign that promoted a social-emotional learning curriculum, suggested the board discuss his daughter's comment during their scheduled discussion of that

curriculum later on in the meeting. But when that item came around, it was clear that addressing her comments fell outside its scope, too.

Ms. Pfeiffer started the conversation. "I want to complement our district on producing such well-spoken students that can come speak before our board so articulately and well. It shows quite a bit about the skills and tools we give them," she said. "But clearly there's a bit of breakdown of what happens to that, and where that is received. Where is a good venue for us to close the circle of information? We need to hear students, our staff and our parents and families and find a way for that three-legged stool to be together and not sprawling out in different directions."

But other board members pushed back on her. Georgia Woods suggested that she personally volunteer in the classroom, and Mr. Siedman said it was not a good time to talk about a public comment.

Ms. Pfeiffer became somewhat heated. "I want to support a student who takes the time to come to us and really spill her feelings on such an emotional level and I want that to go somewhere," she said. "Here are some things specifically that a student said is going on—where are they listed?"

She turned toward Principal Jason Richardson and asked rhetorically, "Did you write them down?"

Mr. Richardson, who is completing his fourth school year as principal, announced this Tuesday to the school community that he has accepted an offer to serve as principal at an elementary school in San Rafael beginning in August.

Mr. Richardson did not directly address Ms. Demmerle's comments during the board meeting last week. Neither did Superintendent John Carroll, though he did offer his opinions on state and board policies.

"I think we are bumping up against the frustration of a school board, and that we need to revisit and accept the idea that as a governance team we can't solve all the problems at the school," he said. "The idea that we also cannot address a public comment is very frustrating. An agenda cannot form organically based on a public comment, and that's hard to live with, but that's what a board has to do."

Mr. Demmerle persisted. "I hear that and I understand the rules," he said. "I think what's frustrating is that a lot of what Zetana talked about is what a lot of kids feel in the upper grades."

He referenced a meeting held earlier this year at which teachers had read "state of the union" journal entries written by seventh and eighth graders, which described a range of disconcerted feelings.

According to Mr. Demmerle, at that meeting, staffers also cited behavioral issues in the upper grades that had led to uncertainty over whether the students would be allowed go on their end-of-year field trips. (The trips are on.)

Mr. Demmerle was interrupted by Mr. Richardson, however. "I think this is inappropriate—it is not part of agenda!" Mr. Richardson said.

cont. from prev. page

When Mr. Siedman asked Mr. Demmerle why he was describing that meeting again (he had done so at the previous board meeting), Ms. Pfeiffer answered, "Because we haven't addressed it."

Ms. Pfeiffer once taught at the school and now has grandchildren there. She described a former openness around issues in the school that had given way to more strained relationships with families. "This is not the community school that it used to be," she said.

Teachers, unable to find affordable housing, no longer live in the community, she said, taking a toll on the relationships between families, staff and board members. As an example, Ms. Pfeiffer said board members were not invited to the Christmas party last year, for the first time since the '80s.

"The way it used to be is that we would talk about these things and communicate. I can understand why the kids are upset," she said.

Looking ahead, the board rallied around the idea that administrators could track progress made on social-emotional learning curriculum. Ms. Woods said staff could evaluate the program's success, and Mr. Demmerle suggested hiring a part-time employee to do that work and to spend time with teachers and staff.

Mr. Carroll and Mr. Richardson agreed that tracking the program was a good idea. They also emphasized the importance of a new annual school climate survey for parents, staff and students.

Their assurances fell flat for some members of the audience, however.

Kristen Noel, a parent of a former student and a current kindergarten instructional assistant in the district, said her son "did not feel heard, and he had to leave this school because he felt so uncomfortable."

To Ms. Demmerle, she said, "You were brave and I felt that you were speaking for my son." To the board, she added: "I wanted to come to the board, but there was no space to voice my concerns—where is that space? This community has definitely changed: there is division, separation, dwindling enrollment... and if my only choice was to respond to an annual survey, I would not feel heard."

Another eighth-grade parent, Cristina di Grazia, who was present at the meeting, said afterwards that both she and her daughter resonated with Ms. Demmerle's experiences. She said there was a great need for a better platform for students and parents alike to voice their concerns.

"The board is trying to keep things in control and abide to protocol. You can have formality yet find ways to work within that formality, perhaps where things don't have to be so black and white," she said. "It's their job as administrators to address that in order to support the entire school community. If not, you may find an uprising out of pure frustration."

#### WHAT HAPPENED

4-30-18 Monday Morning Recap  
Week in Review from Jennie Pfeiffer

Thanks to the many merrymakers, it was a wonderful weekend of community events, ending last night at the Bolinas Community Center with the annual **Rock, Pop, & Soul Shop**, local musicians and singers showing what they got, which is a lot. Thanks to Molly Maguire for her exceptional musical talents and ability to help community members find their inner rock star, we will now have a whole new way to admire the smiling faces we see behind the desk at the library, or working with our local preschoolers, or giving us facials, and doing the many things around town that keep our lives running smoothly.

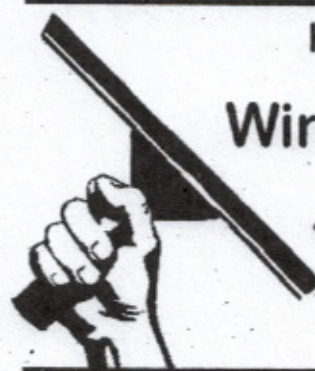
Saturday's Annual Art and Garden Community Center fund raiser was another beautiful celebration of spring and community, with plants and starts, music all day, art, silent auction goods and services, and **FOOD FABULOUS FOOD!** It was such an excellent day and a lovely transition event saying an appreciative "thank you" to Lia Sabbatini for her excellent seven years as Bolinas Community General Manager as she moves on to new projects, and a "hello" to Kate Ross who will be taking over for her. Thanks to them both, and all the many hands that made lighter work and an entertaining day.

We will also be saying goodbye to our much loved Sadjia Greenwood, who has done so much for our community over the many years she has lived here, but will now be moving to Portland to be close to her son. She has done so much to help keep us healthy with her weekly "Go To Health" column in the Hearsay, and to keep us happy, by years of working with West Marin Mediation, as well as making music with our little Midnight on the Water Band of players. We will miss her so very much and will be parading in her honor Wednesday evening at 7:30 from the Coast Café, where we will be gathering about 6:00pm for repast, over to Smiley's where we will be playing our final gig. All are welcome to join the merriment to say good-bye to Sadjia and thank her for the many ways she has touched our lives. Hope to see you there, jp

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or, Email, [Bolinastrees@gmail.com](mailto:Bolinastrees@gmail.com)



Ken & Sam Levin

Window Cleaning

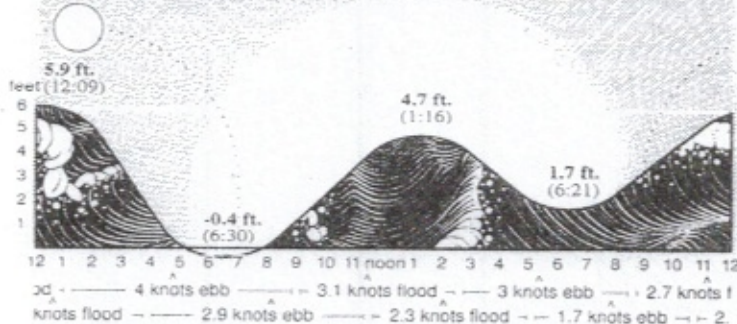
415.663.9669

West Marin's Best

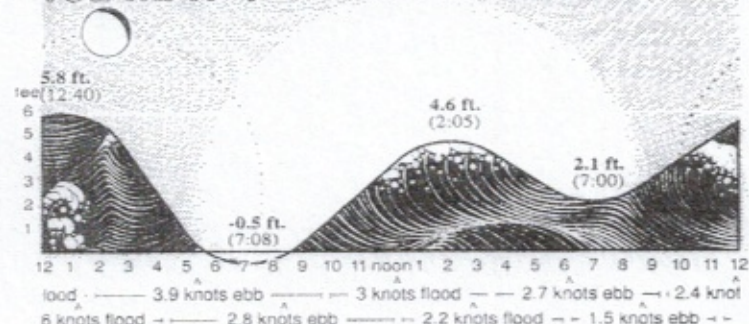
# KWMR RADIO SCHEDULE - APR

	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) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	Morning Glory	Sunday Baroque
8:00	With Eyes Open! / A Cuppa Jo	Rise and Shine	Swimming Upstream	Pieces of Peace	Milk Street Radio	The Vicarious Traveler / Original Minds	Sunday Celebration
9:00	Nature Notebook / Heart of the Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales	Top of the Morning / Art Scenes / Right Now	Inflection Point / Women at Work		
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Toon In	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Book Mobile	Reader's Delight	Day 6 (CBC)	
11:00	TALK & CURRENT AFFAIRS						
	Ocean Currents / TrailerTalk Bioneers	Attunement / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal	Vide with Saga / Off-Center Sports	
12 pm	Farm & Foodshed Report	On Being with Krista Tippett	Planetary Radio	Commonweal Conversations	Alternative Radio	AFTERNOON MUSIC	
1:00	Milk Street Radio	Inflection Point	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / The Local Organon	Forms and Feelings	Happy Days / Jazz Rhythm
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	Aztec 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	Circulo Musical	Midnight in Luxembourg / To Hell & Back
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	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	
	National Native News	National Native News	National Native News	National Native News		Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
7:00	Release Me / Foggy Ridge Music	Musical Varieté	West County Prowl / Running With Scissors	Bakersfield & Beyond / Shorty's Bunk House	Night Flight / Bring It On Home	The Jazz Groove	Rock of Ages
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / new Highway of Heartaches	Coast Highway Blues	Off The Cuff / Mind Waves	No Bed Vibes / Megalomania Melange	Saturday Night Function	L.A. Theatre Works
9:00	Forms and Feelings (repeat)	After Dark	Sonic Sunspots	By Any Means Radio / Under The Needle	new Cool Jazz Countdown		
10:00	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	new The Latin Alternative	Grateful Dead Hour
12 am							

**MON APR 30** dawn 5:13 sunrise 6:15 sunset 8:00 dark 9:02 moonset 7:00 a.m.; moonrise 8:50 p.m.



**TUE MAY 1** dawn 5:12 sunrise 6:14 sunset 8:00 dark 9:03 moonset 7:36 a.m.; moonrise 9:49 p.m.





## FOR SALE

**FOR SALE-BEDROOM FURNITURE- BUNK BED, 2 matching desks, 5 drawer dresser. I had them made to fit into small bedroom. In good condition-\$300 OBO. Christine-0892**

CM 4/30

## HOUSING WANTED

**SINGLE, FEMALE GAY, MEDITATIVE, YOGIC, QUIET** respective, 37, looking for room to rent-up to \$900 per month- Danielle Lanam- daniellelanam1@gmail.com

DL 4/30

## Read the Hearsay Online

**F**OR 33¢ per day, more or less. Give yourself, a friend, or an expatriate member of your of your extended family the gift of local news three times per week, delivered electronically. Stay home. Save trees. Isolate. Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

## FREE

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SG4/13

**How to contribute to the Hearsay News in person**  
 Come to the office at 270 Elm at Maple, behind the BPUD office on Mon's, Wed's and Fri's 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 mail box 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.

## CLASSES



### Weekly Classes and Events Schedule

<b>MONDAY</b>	
Somatic Exercise	9:30-10:45 am
Cooking Class w/ Nissa Pierson 6 <sup>th</sup> -8 <sup>th</sup> grade,	3:30-5:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
<b>TUESDAY</b>	
Pirate Pizza: Call (415) 328-1066 to preorder	3:00-7:00 pm
Aerial Arts for Youth w/ J. Haigood	3:45 - 6:00 pm
BCC Board of Directors Meeting (3 <sup>rd</sup> Tues of mnth in library)	5:00pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm
<b>WEDNESDAY</b>	
Pilates Mat w/Lisa Townsend	8:30-9:45 am
Yoga w/ Elaine Najma (Starts 4/4/18)	10:30-11:45 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15pm - 2:30 pm
After School Theater w/L.Townsend	2:45 pm - 5:00pm
<b>THURSDAY</b>	
USDA food bank	12 noon
Aikido w/ Bruce	5:45 - 7:00 pm
<b>FRIDAY</b>	
Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00 pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	12 noon
<b>SATURDAY</b>	
Diaspora Dance w/Amber Hines	9:00-10:30 am
<b>SUNDAY</b>	
Move & Tumble w/KT(4-6 yrs) Starts	10:00 - 10:45 am
Dance Fundamentals w/KT(7-9 yrs)	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](http://www.bocenter.org) for more info & special events!

## 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.

## LOST & FOUND

**FOUND: ON MESA RD. A TOOL BOX FOUND Monday**  
 morning- Call to describe- 415-302-3451

RS 4/18

**FOUND: ON ASPEN & ALDER-CUTE LONG HAIRE**  
**black cat-maybe Steve Wren's? I'll feed it for one more week**  
 and then have to take kitty to the Hmane Society/friend of ferals.Thanks Angela-0138

AR 4/16

**FOUND: ON WHARF WALL-HOOKS & BAIT KNIFE.**  
 Bait went to fishes, Knife and hooks are at the Hearsay office.  
 868-0138 (M.W.& F 9:30-12:00)

3/28

**LOST: A BUNCH OF KEYS WITH A BURGUNDY STRAP**  
 4 car keys plus others, lost downtown near Museum.  
 Contact Billy Spangler cleaning up downtown

DL 4/30

# 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

**CONFLICTS? DISPUTES?**  
**WEST MARIN MEDIATION CAN HELP-**  
confidential, effective, impartial, free. 415-868-3032

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 2010 SUBARU**  
Outback 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

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

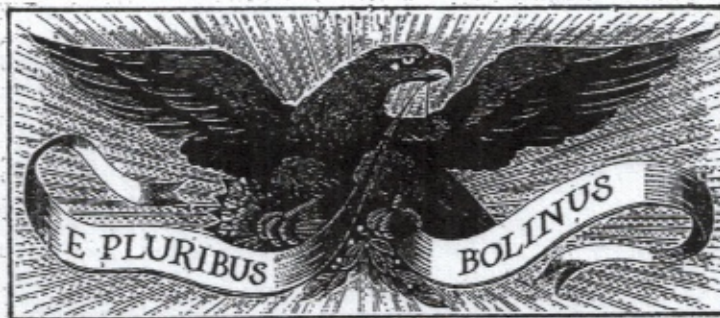
JM X

## 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
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas 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 Deli
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesday	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesday	6 p.m.	Bolinas 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 Tuesday	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

## 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



I would like to thank the following people for the beautiful evening of entertainment at the Bolinas Community Center last night. It was a home town performance by home town musicians singing and playing to a home town crowd. I was too busy having a good time to notice whether anyone else was as thrilled as I was. It reminded me of the good old days. Thanks to the following songs sung by the following people:

*Dancing in the Moonlight* – Dylan Squires,  
*Love Me Two Times* – Amelia Stratton, *Don't Worry Baby* – Danny Vitali, *Lovely Day* – Matt Lewis, *Father and Son* – Charlie and Rob Lenhoff, *Que Sera Sera* – Molly Maguire, *All Night Long* – Rob Lenhoff, *Putting on the Ritz* – Susan Tacherra, *I Can't Make You Love Me* – Toni MacDonald, *Seven Days* – Michael Pinkham, *Skye Boat Song* – Jeanne Bracken-Faye with a bagpiper, *That's The Way Love Is* – Camilla Ford, *Hit Me With Your Best Shot* – Amanda Mann

Beth Carusillo and Amber Hines = Backup Duo

Molly Maguire on Keyboards, Dylan Squires Lead Guitar, Danny Vitali on Bass Guitar, and Michael Pinkham on Drums

Backup singers in chorus = Stacey Henderson, Terry Donohue, Peter deJung, William McGovern, and Brenda Stine joined at times by Toni, Camilla, Matt, Jeanne, Beth & Amber.

Thank You – Michael Rafferty