

Bolinas Hearsay News

Monday, July 3, 2017

50 Cents



photo: Curly Rigg

WHAT'S HAPPENING?

Monday July 3

RAGING FYAH W/ LEE TAFARI

Reggae at the Community Center, 7pm, \$20adv/\$25door

SOUL SKA & SAM CHASE BAND

Live rock & ska @ Smiley's, 9pm, no cover

BOLINAS MUSEUM

Annual Third of July Benefit Cocktail Party, 5:30-7:30pm

Tuesday, July 4

INDEPENDENCE DAY

National holiday: most offices closed, many business hours changed.

COMMUNITY PARTY & PARADE

Tug of war, 9am; parade assembly, 10am; parade, 11am; live music, BBQ & Street Dance follows. Traffic restricted most of the day.

Friday, July 7

KENT ISLAND RESTORATION

Work-day from 10am-2pm; meet at dock. Info & RSVP: Greg Reza: 473-3778

THUNDER DOG & SALT SUNS

Live blues/hippie doo-wop @ Gospel Flats Farmstand, 6pm, free.

THE CASUAL COALITION

Live classic rock @ Smiley's, 9pm, \$5

Saturday, July 8

OPENING RECEPTION:

The Bolinas School of Botanical Art exhibit @ Stinson Beach Library 3-5pm

FIRST ANNIVERSARY PARTY

Amanda Ross Skin Care salon, 3-7pm

URBAN GRASS

Live roots Americana @ Smiley's, 9pm, \$10

Sunday, July 9

VANESSA SILBERMAN/CARISSA JOHNSON

Live rock music @ Smiley's, 8pm, no cover.

HAPPY HAPPY BIRTHDAY!!!

July 4:

Signy Coleman
Kira Martinelli
Calypso Brenard
Charlie Docherty

July 6:

Bobbi Likover
Gina Rosenberg
Georges Tamarelle

July 7:

Steve Ratcliffe
Kathryn Trythall (KT)
Rose Abbott
Ryan Gallagher

July 8:

Terry Paganini
Peter Brynes
David Downing
Lupine Juniper
Sasha Rabin
Magi Barror

July 9:

Laura Cutler

UP COMING EVENTS

Saturday, July 15

CROWSHOW

By Kale. Reception at Gospel Flat Farmstand

Sunday, July 16

CELEBRATION OF HERMAN BERLANDT

Community Center, 2-6pm

Tuesday, July 18

SHORT TERM VACATION RENTAL HEARING

Before Marin County Board of Supervisors. Survey and information at: www.marincounty.org/depts/cd/divisions/planning/short-term-rental_str

Sunday, July 23

ISABELLA AND THE JEWEL DIVINE

Circus Theatre Fable @ Commonweal

CELEBRATION OF ST. MARY MAGDALENE

and her namesake church, 10:30am, rsvp 868-5525

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

07/06/2017 - 12:00pm to 1:00pm

Point Reyes Community Lunch - Hosted by West Marin Senior Services Suggested Donations: \$3 (over 60) / \$6 (under 60). 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 11:00am on the prior Monday. Contact Cathy Bleeker, Nutrition Program Manager at West Marin Senior Services, (415) 663-8148 ext. 104. Ongoing, Thursdays from 12:00pm - 1:00pm

WHAT HAPPENED THIS WEEK

7-3-17 MONDAY MORNING MEMO

Week in Review Recap from Jennie Pfeiffer

No Recap for July due to over-scheduling, including camping with a humorous group of 50, including 17 kids, and other events too numerous to mention. You are on your own. I will say I was at Bolinas Lumber and Hardware this week, missed Terry Bell behind the counter, missed seeing his forward leaning hike up the bike path to town every day, always the wave, always the humor and the ironic smile. His departure has left a hole in the fabric of the town.

Hope everyone has a safe 4th as we Press on Regardless. jp

Crescent Moon Theater Presents:

ISABELLA AND THE JEWEL DIVINE: A CIRCUS-THEATER FABLE

July 23rd, 5pm

Commonweel Garden, Bolinas

Told through circus, theater, dance and music, *Isabella* brings to life a magical and mythical tale of a young woman coming to embody her presence and power.

\$10, 60 minutes

Ages 10+

www.crescentmoontheaterproductions.com

"Isabella is a brilliant and memorable piece of theater with a powerful and important message to anyone wondering whether they are getting what they really want out of life and looking for inspiration.

Missing it is missing out!"

~Don Smith

Persis Norton
needs a house
share.. Would
you have an
extra room
to rent to
her?

Kipersise
Yahoo.com
Thanks!

BABIES AND PARENTS ATTENTION !!! IMPORTANT !!!

There are still a few prints left on the Co-op counter in a red satin box of the photos taken by Jeff Warren at the Baby Blessing on Wharf Road Beach, June 11th. The prints are a free gift from Magi. Please come and take them !!

Mary Mansfield Barror
June 28th, 2017 AD

THREE GREAT THINGS ABOUT THIS PLACE...

- Karen Diblee's note about Terry Bell in Friday's Hearsay—touched with grace, humility and affection. Thank you.
- Surviving an epic arduous Soccer Club camp-out, this year (only) at a paddle-in primitive site on Lake Sonoma.
- Our Fourth of July celebration. I'm not a patriot but I love the street party.

--Ned Riley

"I can see again!"

CLEAR LIGHT WINDOW WASHING

Bringing clear vision to
West Marin for thirty years

Call Dale
415/868-0782

All About Olive Oil and Your Brain

Researchers from the Lewis Katz School of Medicine at Temple University (Philadelphia) have identified a specific ingredient in extra-virgin olive oil (EVOO) that protects against cognitive decline. In a study published online in the *Annals of Clinical and Translational Neurology*, June 21st, 2017, researchers found that EVOO protects memory and learning ability by reducing the formation of classic markers of Alzheimer's disease in the brain – amyloid-beta plaques and neurofibrillary tangles. The Temple team, led by Dr. Praticò, identified the mechanisms by which EVOO is effective: "We found that olive oil reduces brain inflammation but most importantly activates a process known as autophagy." Autophagy is the process by which cells break down and clear out intracellular debris and toxins, such as amyloid plaques and tau tangles.

"Brain cells from mice fed diets enriched with extra-virgin olive oil had higher levels of autophagy and reduced levels of amyloid plaques and phosphorylated tau," Dr. Praticò said. Phosphorylated tau is responsible for neurofibrillary tangles, which are suspected of contributing to the nerve cell dysfunction in the brain that is responsible for Alzheimer's memory symptoms.

Previous studies have suggested that the widespread use of extra-virgin olive oil in the diets of people living in the Mediterranean areas is largely responsible for the many health benefits linked to the Mediterranean diet. "The thinking is that extra-virgin olive oil is better than fruits and vegetables alone, and as a monounsaturated vegetable fat it is healthier than saturated animal fats," according to Dr. Praticò.

The Mediterranean diet, as you probably know, consists of primarily plant-based foods such as vegetables and fruits, whole grains, legumes and nuts. Butter is replaced by olive oil. Herbs and spices flavor foods, so that less salt is used. Red meat is limited to no more than a few times a month, while fish and poultry are eaten at least twice a week. Red wine is used in moderation if desired (not to exceed one glass for women, two for men). In previous studies, this diet has been associated with a decrease in high blood pressure, heart attack and stroke, and intestinal polyps.

In order to investigate the relationship between extra-virgin olive oil and dementia, Dr. Praticò and colleagues used a well-established Alzheimer's disease mouse model. Known as a triple transgenic model, the animals develop three key characteristics of the disease: memory impairment, amyloid plaques, and neurofibrillary tangles. The researchers divided the animals into two groups, one that received a chow diet enriched with extra-virgin olive oil and one that received the regular chow diet without it. The olive oil was introduced into the diet when the mice were six months old, before symptoms of Alzheimer's disease begin to emerge in the animal model.

In overall appearance, there was no difference between the two groups of animals. However, at age 9 months and 12 months, mice on the extra virgin olive oil-enriched diet performed significantly better on tests designed to evaluate working memory, spatial memory, and learning abilities. Studies of brain tissue from both groups of mice revealed dramatic differences in nerve cell appearance and function.

"One thing that stood out immediately was synaptic integrity," Dr. Praticò said. The integrity of the connections between neurons, known as synapses, were preserved in animals on the extra-virgin olive oil diet. In addition, compared to mice on a regular diet, brain cells from animals in the olive oil group showed a dramatic increase in nerve cell autophagy activation, which was ultimately responsible for the reduction in levels of amyloid plaques and phosphorylated tau.

"This is an exciting finding for us," explained Dr. Praticò. "Thanks to the autophagy activation, memory and synaptic integrity were preserved, and the pathological effects in animals otherwise destined to develop Alzheimer's disease were significantly reduced. This is a very important discovery, since we suspect that a reduction in autophagy marks the beginning of Alzheimer's disease."

Dr. Praticò and colleagues plan next to investigate the effects of introducing extra-virgin olive oil into the diet of the same mice at 12 months of age, when they have already developed plaques and tangles. "Usually when a patient sees a doctor for suspected symptoms of dementia, the disease is already present," Dr. Praticò added. "We want to know whether olive oil added at a later time point in the diet can stop or reverse the disease."

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

Come One Come All

To the Stinson Beach Library to
See botanical art in all its glory.
The Bolinas School of Botanical Art
is showing for the entire month of July.
Opening party July 8th, 3-5 pm

Artists:

Angie Calpestri

Anna Gade

Ashley Ratcliffe

Betsyann Gallagher

Bobbi Likeover

Bruce Bowser

Cathy Cook

Cher Stone

Dana O'Connor

Diana Long

Heather Clapp

Joni Harding

Judith Lowry

Judith Shaw

Judy Stemen

Marisa Willow

Meg Simonds

Phil Binley

Phil Butler

Sandy Thomas

Sharon Buquen

Siena Woods

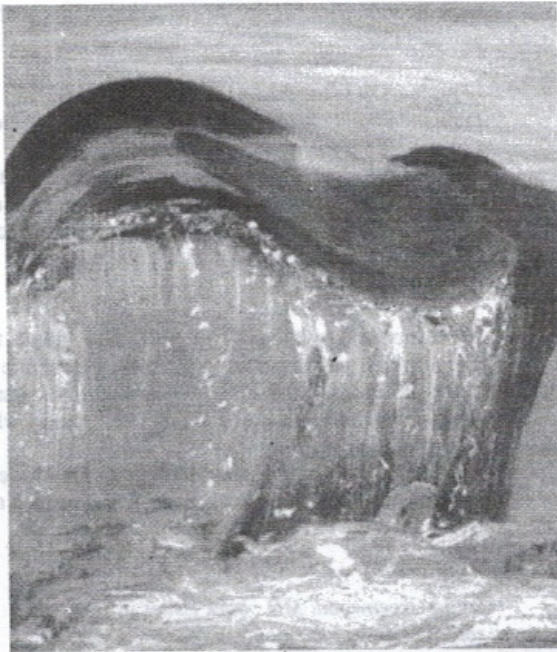
Vandy Seeburg

Vera Louie

Molly Brown - Instructor

BLUE WHALE OF BOLINAS {POETRY}

JULY 3, 2017 BY Kimberly Valzania (from Connecticut)



You were hit by a ship, they
said.

Blunt force trauma.

10 broken ribs.

Fatally unfair –

Did you struggle to stay alive?

For a short while,

swimming in circles,

knowing, the way animals know,

that you didn't have a prayer?

You washed up on that rough
rock beach,

and we trickled in to see –

You, litter now, like the stakes of
dry driftwood,

and hollow crusted shells, and
smooth, tumbled glass –

(that I placed along the seawall),
as your calling hours called to
me.

You, a giant ashore –
majestic, decaying debris.

I explored your remains.

I peered at your busted baleen,
your massive bones,
your sturdy vertebrae.

Scattered, in pieces, like bread
crumbs,

showing me the way.

Birds calling, landing, flocking,

pulling, and pecking

at your plentiful buffet.

You were female, they said.

79 feet long.

Adult.

I watched as crashing waves

relentlessly pushed,

your mighty tail still swayed and

swooshed,

beseeking you to move again –

The Pacific's regurgitation,

expelling you from wayward

waters,

to join her other "dead to me"

daughters,

laid to rest upon the jagged,

California coast.

You were headed north, following

the krill, they said.

Minding your own splendid self

and business.

You buoyed my conviction,

within the ocean's misty spray,

that life is precious, so precious
is life –

in our seas, upon our shores, in

our souls,

in all the land, across the world,

Teeming life, indeed, is meant

only for today.

I felt a wave of sadness,

And so I said a prayer.

A prayer for you –

The Beautiful Blue Whale of

Bolinas,

as your wild, torn spirit

breached through the rainbow's

wall –

you were a lady who reminded

me

to be quietly grateful,

to feel and embrace our

coexisting circle –

of beings great and small.

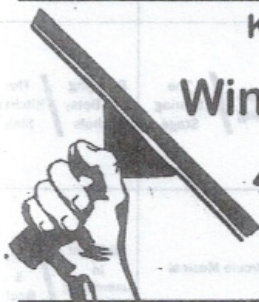


Pasteup.....Ned Riley

Ads/books.....June McAdams

Press.....Jennie Pfeiffer

photos: *Curly Rigg*



Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best



AMANDA ROSS
SKINCARE

Facials ✂ Massage ✂ Body Care ✂ Salon

One Year Anniversary Party

SATURDAY JULY 8th 3PM-7PM THE SALON - 7 WHARF RD

MUSIC - LIBATIONS - RAFFLE - GOOD VIBES

New oil paintings by Mary Siedman

💧 HENNA TATTOO DESIGNS 💧 EYE BROW PERFECTING 💧

💧 MINI HAND AND FOOT TREATMENTS 💧

In Honor of our Birthday

Free Gifts for the entire month of July

(\$25 minimum purchase)

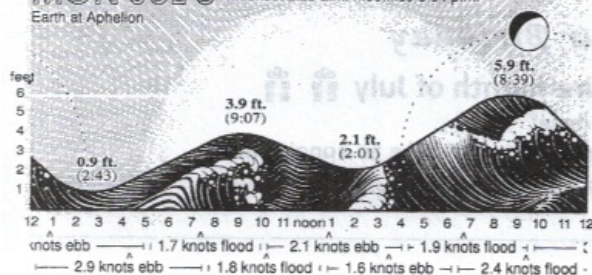
Call 415 233 8736 or visit amandarossskincare.com to make an appointment.

Friday-Monday 11-5 or by appointment. 7 Wharf Road, in the Sharon Building

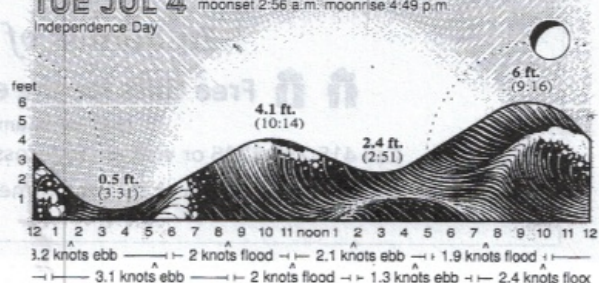
KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	KWMR Music	KWMR Music	DAWN KWMR Music	KWMR Music	KWMR Music	WEEKEND DAWN	
7:00	NEWS & KWMR MORNING SHOWS					As It Happens (CBC)	Fiesta!
8:00	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 MUSIC, TALK & NEWS	
9:00	With Eyes Open! Nature Notebook	A Cuppa Joe The Valley Sound Science	Rise and Shine	Swimming Upstream	Pieces of Peace Top of the Morning / Specials / Right Now	Milk St. Radio.	Morning Glory Sunday Baroque
10:00	TURNING PAGES					The Vicarious Traveler	Original Minds
11:00	At Nature's Pace	Reading to John / Specials	Waves of Joy / Specials	For Children of All Ages Radio Bookmobile	Reader's Delight	Day 6 (CBC)	Sunday Celebration
12 pm	TALK & CURRENT AFFAIRS					Vida with Saga / new Off-Center Sports	
1:00	Trailer Talk The Bioneers	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal	AFTERNOON MUSIC	
2:00	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attune-ment / Common-weal Conversations	Alternative Radio	Happy Days	
3:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / The Local Organon	Forms and Feelings	Jazz Rhythm
4:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
5:00	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Circulo Musical	Midnight in Luxembourg / To Hell & Bach
6:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	EVENING MUSIC & DRAMA	
7:00	NEWS & CURRENT AFFAIRS					Celtic Universe	new Along For The Ride / Between Rock & A Jazz Place
8:00	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour	The Jazz Groove	Rock of Ages
9:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		Saturday Night Function	L.A. Theatre Works
10:00	National Native News	National Native News	National Native News	National Native News		LATE NIGHT	
11:00	EVENING MUSIC					KWMR Music	Grateful Dead Hour
12 am	Release Me / Foggy Ridge Music	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Sherry's Bunkhouse	Night Flight / Bring It On Home		
	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors	No Bad Vibes / Megalomedia Mischance		
	Forms and Feelings (repeat)	Stuck in the Psychedelic Era / new Seventy Jim	Sonic Sunspots	Sit Down! / Get Down!	Under the Needle		
	DeepWaking 12-1 KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British 12-1 KWMR Music	Radio Goethe 12-1 KWMR Music		

MON JUL 3 dawn 4:43 sunrise 5:58 sunset 8:35 dark 9:45
moonset 2:23 a.m. moonrise 3:54 p.m.



TUE JUL 4 dawn 4:43 sunrise 5:53 sunset 8:35 dark 9:45
moonset 2:56 a.m. moonrise 4:49 p.m.



FOR SALE

SAILBOAT 4 SALE. 20' SLOOP

Lots of new parts Customized trailer, 4 stroke Honda motor (not quite broken in). Dacron mainsail, 2 jibs, no rot. See on Poplar between Cedar & Dogwood. Jack 868-2193

RF X

197 GEO PRISM 210K MILES

Runs very well, smogged. \$1,000
868-2103

RF X

WIRELESS ROUTER: LINKSYS N 600

Still in box. Plus USB 2.0 cable \$50 OBO
-1646

SS 7/3

ILKA HARTMANN'S PHOTOGRAPHS, GALLERY

PRINTS available: Bolinas since 1969. Other topics see
www.ilkahartmann.com or call Ilka @ 415-8680419

IH 7/3



LIBRARY ASSISTANT I - PART TIME

STINSON BEACH LIBRARY

\$22.74 - \$26.88 / HOUR

(Salary does not reflect a 3% increase effective July 2, 2017)

Marin County Free Library is looking for a part time Library Assistant I (32 hours biweekly) to assist the Community Library Specialist at the Stinson Beach Library. Hours will be in four hour shifts spread over four days a week.

If you are a team player who would enjoy the challenges of working in a small library branch and meeting the needs of an active, engaged community, please see our job posting at www.marincounty.org/jobs for more information, or call Marin County Human Resources Department at 415-473-3722.

Applications will be accepted until

Friday, July 7, 2017, at 4:00 pm. EEO/TTY 7/5

LOST & FOUND

LOST: BLACK KNEE LENGTH QUILTED JACKET

with brass zipper. Martine - 415 868 9036

MA 6/30

LOST: TURQUOISE WIDE BRIMMED

Fabric sun hat. Martine -868-9036

MA 6/19

MISSING: TAN/BROWN BLACKHAWK! BRAND

backpack outside Bolinas Rod & Boat Club. Would love to have it back at your earliest convenience. 868-9331.

BL6/16

LOST: READER GLASSES-RED & COLORED STRIPES

on agate beach-Wednesday 5/31/17. 707-652 5577.

S 6/14

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise	9:30-10:45am
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Move & Tumble, 3-5 yr. (6/26, 7/10, 7/25) w/ KT	3:00 - 3:45 pm
Acronastics, 6-9 yr. (6/26, 7/10, 7/25) w/ KT	4:00 - 5:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm

TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm

WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
Beginning Yoga w/ Brenda Stine (Starts 7/12/17)	6:00-7:15pm

THURSDAY

Yoga Flow w/Brenda Stine	7:30 - 9:00 am
USDA food bank	12 noon
Move & Tumble, 3-5 yr. (6/29, 7/6, 7/13, 7/20) w/KT	3:00 - 3:45 pm
Dance Fun(damentals) 6-9 yr (6/29, July 6, 13, 20) w/KT	4:00 - 5:00 pm

FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 th Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon

SATURDAY

Diaspora Dance w/Amber Hines	9:00-10:30 am
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SUNDAY

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

more LOST AND FOUND

LOST: Olive GREEN HOODIE YESTERDAY AFTER SUN
festival in park. Says Seward music festival on back. If found
call 415-299-4100

BC 6/12

FOUND: SMALL PAINTED MARACAS AT BABY

BLESSING Sunday 6/11 Please call 0902 to claim.

MB 6/12

LOST: BLACK MOTOROLA SMART PHONE LOST ON

Elm between Dogwood and overlook noon Sunday the 21st.
please call 415-997 8369 if found.

SM 5/22

FREE

UPRIGHT PIANO NEEDS NEW HOME ASAP!

It is at 5 Terrace Ave. You can see it from the back porch window. It needs a little work.

Call Amber at 868-9073 to arrange pick-up!

AH 6/30

RELATIVELY NEW FRIG-SMALL APARTMENT SIZE

62 inches high and 28 wide Hot Point with freezer.

Linda Mornell 415-868-2350 Horseshoe Hill Rd.

LM 6/7

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 -868-0493

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 415-669-6204

SB 9/15

WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE)
For the free box, approx. 30 X 80 inches. Please call-2769

SC X

Classified ads that are free

As a public service, the Bolinas Hearsay News will print
ads in the categories **LOST & FOUND, FREE** and
RIDE SHARE at no charge. Maximum approx. 20 words,
it will run at least one week, often longer.

Drop your ad through the slot in the door at our office on
the left side of the PBUD building at 370 Elm Street.

Or email to 868hearsay@gmail.com



Read the Hearsay Online

For 33¢ per day, more or less. Give
yourself, a friend, or an expatriate
member 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

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

FOR SALE / RENT

HOUSE IN OAXACA MEXICO
for sale or long-term rental. Contact
lynn.ohareberkson6@gmail.com or call 1-8178-6405363

LB 9/25

868hearsay@gmail.com

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

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

West Marin Branch Library Hours

Stinson Beach:

Mondays • 10 a.m. to 6 p.m.

Tuesdays • 2 to 9 p.m.

Fridays • 10 a.m. to 6 p.m.

Saturdays • 10 a.m. to 5 p.m.

Bolinas:

Mondays • 10 a.m. to 6 p.m.

Wednesdays • 10 a.m. to 6 p.m.

Thursdays • 1 to 9 p.m.

Saturdays • 10 a.m. to 5 p.m.

Point Reyes Station:

Mondays • 10 a.m. to 6 p.m.

Tuesdays • 2 to 9 p.m.

Thursdays • 2 to 9 p.m.

Fridays • 10 a.m. to 2 p.m.

Saturdays • 10 a.m. to 2 p.m.

Inverness:

Mondays • 3 to 9 p.m.

Tuesdays • 10 a.m. to 6 p.m.

Wednesdays • 10 a.m. to 6 p.m.

Fridays • 3 to 6 p.m.

Saturdays • 10 a.m. to 1 p.m.